

Gusties take the win in NY



News

Involvement fair returns... **Page 4**

Variety

... **Page 3**

WEEKLYScan

A preview of this week's top news and more

Feature

Rock Bend music... **Page 9**

Opinion

You don't know how to decorate... **Page 10**

Entertainment

Movie Review: Guardians of ... **Page 13**

Sports

How to stay active in college... **Page 14**

The Gustavian Weekly Staff

Cadence Paramore
Carter Brown
Taite Stevens Aldrich
Kyra Stepan
Grace Kearney
Brady Boie
David Eide
Britta Blanding
Maggie Anderson

Editor-in-Chief
News Editor
Variety Editor
Opinion Editor
Entertainment Editor
Sports & Fitness Editor
Web & Media Manager
Photography Editor
Features & Graphics Editor

Clare Greeman
Mel Pardock
Grace Kearney
Cadence Paramore

Sean Cobb

Lead Copy Editor
Copy Editor
Cody Editor
Business & Advertising Manager
Adviser

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.

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

50¢ First copy free

EMAIL weekly@gustavus.edu

WEBSITE weekly.blog.gustavus.edu



Campus Safety Report

Saturday, September 3, 2022

- On Saturday, September 3, 2022, Campus Safety provided a Medical Assist for a student in Norelius Hall.

Saturday, September 3, 2022

- On Saturday, September 3, 2022, Campus Safety responded to an under age

alcohol conduct violation in Norelius Hall.

Monday, September 5, 2022

- On Monday, September 5, 2022, Campus Safety responded to Lund Circle to take a report of student on student stalking.

Tip of the Week:

Common parking errors:

- Three-flags circle is no parking any time, even with flashers on (\$50 citation).
- Green permit parking is no parking 2am-7am, 7 days a week (\$30 citation).
- Designated overnight green spots are available in the Motor Pool lot.
- All parking in the Stadium/

Beck parking lot is marked No Parking 2am-7am, 7 days a week (\$30 citation).

- There are 14 red parking lots, you may have to search more than one lot to find an open parking space.
- Visitor parking is closed to students and staff at all times (\$30 citation).

- A vehicle is not registered until the permit is properly displayed on the vehicle (\$30 citation).
- Temporary Permits: hanging from the rear view mirror, with vehicle information side out. Contact the Campus Safety office 24 hours a day at 507-933-8888 with any parking related.

WANTED

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Writers and Photographers
for the Gustavian Weekly

Hiring for Sports, Variety, and News



Requirements:

- cool
- ready to have fun
- will respond to emails

Inquire by email at
cparamor@gustavus.edu

REWARD: \$10.33/hr

Daily Sabbath
Calendar

Academic Convocation:
Tuesdays (Christ Chapel)
10 - 10:20

Morning Praise:
Wednesdays (Christ Chapel)
10 - 10:20

Holy Communion:
Thursdays (Christ Chapel)
10 - 10:20

Musical Showcase:
Fridays (Christ Chapel)
10 - 10:20

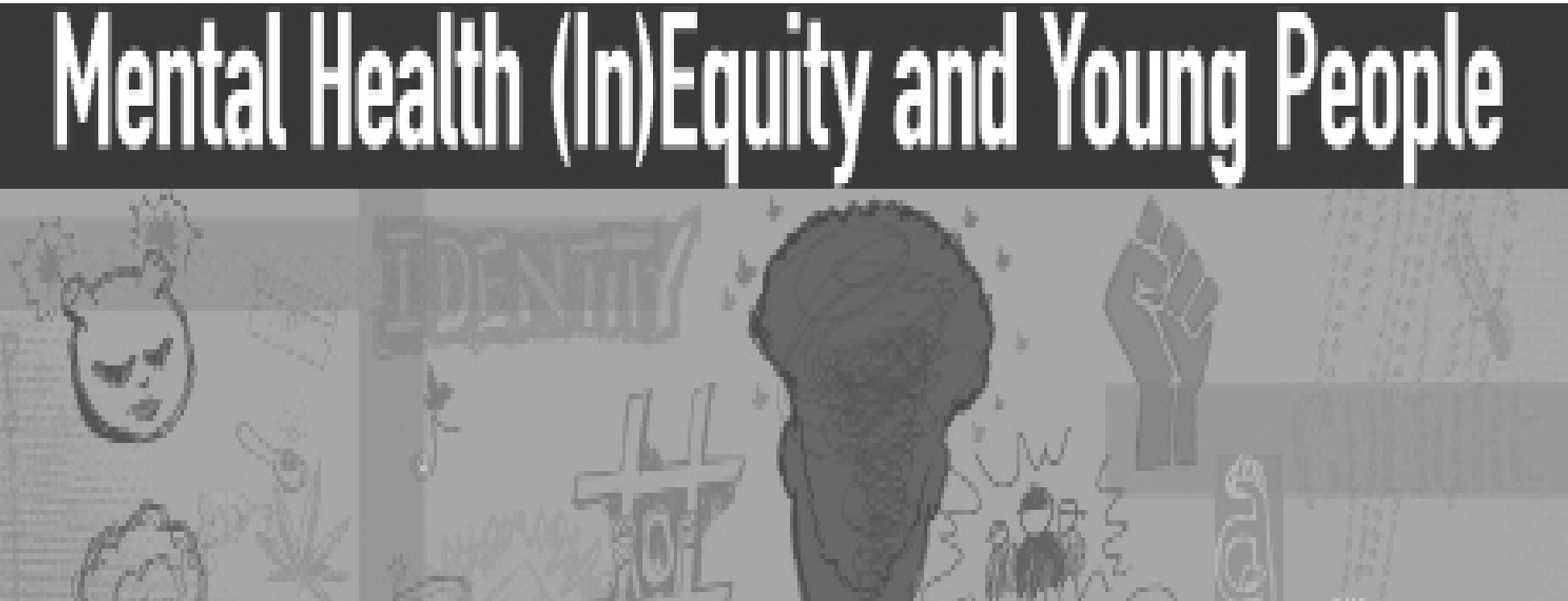
Sunday Worship Community:
Fridays (Christ Chapel)
6:30

CAB Calendar

Friday Night Fright
" NOPE "

September 9th, 7:30 PM
Borgeson Cabin

“Teachers Talk” about mental health for Nobel



The banner for the Nobel Conference topic for this 58th Nobel Conference.

Submitted

Leah Thompson
Staff Writer

The Nobel Conference is returning to Gustavus for Nobel Conference 58: Mental Health (In)Equity and Young People. This year’s conference starts on Wednesday, September 28, and continues through Thursday, September 29 at the Lund Arena.

Tickets are available to students free of charge and can be purchased at the student’s earliest convenience. If a student is unable to attend, the conference will be live-streamed on the conference website and archived to watch at a later date.

There will be four total sessions split between the two conference dates with two occurring on each day. Doors will open for The Nobel Conference at 8:30 a.m. on both Wednesday, September 28 and Thursday, September 29.

The Nobel Foundation, located in Stockholm, Sweden, has had a relationship with Gustavus since the naming of the Alfred Nobel Hall of Science in 1963, when they were given permission from The Nobel Foundation to name the science building after Alfred Nobel.

Gustavus was also given permission to host The Nobel Conference. This makes Gustavus the only place in the United States to host the lecture program with the official stamp of approval from the foundation.

Since the early 1960s, Gustavus has been hosting The Nobel Conference, a series of lectures that reflect on some of present-day society’s most important and pressing issues regarding both the physical and social

sciences.

Throughout the years The Nobel Conference has touched on topics such as climate change, the solar system, economics, and accessibility to medicine.

With this year’s subject Mental Health (In)Equity and Young People the speakers will be presenting on a number of topics regarding race-related experiences, mental health outcomes, mental health among autistic youth, and inclusive-change making.

Professor of Philosophy and Nobel Conference Director Lisa Heldke has been working as the Conference Director for years and helps to run and supervise the unfolding of each year’s conference. This process happens by working closely with the chairs who are experts on the year’s topic, along with the Nobel Conference committee.

“We work to publicize the

conference in the wider world and to envision ways to make it available to more people,” Heldke said.

As a Nobel Conference Director, Heldke was able to explain that this year’s topic focuses on Gustavus students and their experiences. It’s about identities and inequity and how they can shape daily life.

This year’s presenters include Meryl Alper, Manuela Barreto, Daniel Eisenberg, Joseph P. Gone, Priscilla Lui, G. Nic Rider, and Brandesha Tynes. All presenters are professors from various universities and experts in their respective fields ranging from communications to psychology to social medicine.

“[The Nobel Conference is] addressing issues about your identity and living in a world with multiple crises from Covid to climate change. Your life is

shaped by multiple identities regarding racial, sex/gender/sexuality, class, and dis/ability and how society does or does not address these inequities” Heldke said.

Each presenter will be lecturing on a unique aspect of mental health and how young people are being affected by it. Panel discussions and audience Q&As occur throughout the day allowing attendees to ask their own questions on the subject matter.

Workshops, learning labs, and led activities are aspects of this year’s Nobel Conference that help engage the Conference attendees. However, independent activities in Christ Chapel and the Bonnier Multifaith Center in Anderson Hall both hold an area for quiet reflection and decompression during the day.

“Students should know that there is a chance for them to

talk with presenters in a small format discussion, open only to Gustavus students. These discussions will happen on Wednesday afternoon,” Heldke said.

Gustavus students have an exclusive opportunity to meet with the panel speakers from 4:00 to 5:00 p.m. on Wednesday, September 28 on the first floor of Beck Hall. During this meeting students are able to gain in-depth knowledge about the various subjects by asking their own questions to the speakers.

Tickets to the 58th Annual Nobel Conference: Mental Health (In)Equity and Young People are available online free of charge for students on the Gustavus website. Presentations will be held Wednesday, Sept 28, through Thursday, Sept 29 at the Lund Arena.



Supporting Mental Health among Autistic Youth in the Digital Age
Meryl Alper
Associate Professor of Communication Studies, Northeastern University



It takes a village to make someone lonely.
Manuela Barreto
Professor of Social and Organizational Psychology, University of Essex



Investing in youth mental health at a population scale
Daniel Eisenberg
Professor, Department of Health Policy and Management, UCLA



Anticolonial Approaches to Community Mental Health Services for American Indians: Enacting Alternative Payment
Joseph P. Gone
Professor of Anthropology and of Global Health and Social Medicine, Harvard



Scientific understanding of racism and discrimination experiences: A path toward mental health equity
Priscilla Lui
Associate Professor of Psychology, Southern Methodist University



Radical Healing and Inclusive Change: Making Transgender and Gender Diverse Communities
G. Nic Rider
Assistant Professor and Transgender Health Research Program Coordinator, Institute for Sexual and Gender Health, Brown National Center for Gender-Specific Health, Department of Family Medicine and Community Health, University of Wisconsin-Madison



Adolescents’ daily racism-related experiences and mental health outcomes
Brandesha Tynes
Executive Professor of Psychology and Professor of Education and Psychology, USC

An image of the panelist speakers for the 58th Nobel Conference.

Submitted

Involvement fair returns to campus



A picture of Eckman Mall, located right in front of the Jackson Campus Center.

Britta Blanding

Mel Pardock
Staff Writer

With the first week of classes drawing to a close, Gusties all across campus are gearing up for the 2022 Involvement Fair. The fair provides students to advertise their orgs and showcase their values, their goals, and what they do around campus to their peers. It also provides those not in orgs or those looking to get even further involved on campus with a chance to see and experience the wide array of missions, interest, and merit-based clubs and organizations that the Gustavus community has to offer.

"The purpose of the Involvement Fair is to give students the opportunity to browse the various options they have to get involved on campus. There will be over 100 student organizations, departments, and community partners spread out throughout the mall. They will have posters, sign-ups, and free giveaways to help students learn more about what it would look like to get involved with their organization," Assistant Director of Campus Activities Garrett Meier said.

The Involvement Fair involves many different student organizations and each organization has different goals and plans to help them differentiate

themselves, recruit new members, and spread the word about what they do around campus and for the community they serve. As the new year begins, orgs are going all out to increase their numbers and promote themselves.

"Plans that we have for the Involvement Fair includes handing out stickers, engaging with people, and giving them information about our organization along with possibly talking about future events that we may have. We want anyone that sup-

ports women to join our organization," Senior and Women's Action Coalition Co-President Leah Meyer said.

The Involvement Fair takes place each year to keep Gusties involved on campus. Staying involved keeps you close to your community, and can provide you with countless opportunities and new experiences.

"I think involvement on campus is super important. It is a way to meet new people and make new friends, especially ones that share the same pas-

sion as you and have the same interests. It can also give you really cool opportunities in the community around you. For me, being a part of WAC has taught me better leadership skills and group discussion skills which are very important for me and my future career," Meyer said.

The Fair creates an atmosphere of togetherness and belonging for the Gustavus community, and it is one of the biggest, most notable social events of the semester.

"EVERYONE comes to the

Involvement Fair! It is one of the highlights of the semester! Involvement on campus has extensive positive benefits. It allows students to pursue interests they may have that are not a part of their major. It allows students to meet people, develop friendships, and feel a sense of belonging. Student organizations also give students opportunities to better themselves, the Gustavus community, and the St. Peter community," Meier said.

"It allows students to pursue interests they may have that are not a part of their major. It allows students to meet people, develop friendships, and feel a sense of belonging."

This year, the Involvement Fair is going to be held from 5 to 7 p.m on Tuesday, September 13, in Eckman Mall. If you are looking to get more involved in the Gustavus community, find like-minded people, make some new connections, and get some free stuff, make sure to come out!



Another angle of Eckmann mall.

Britta Blanding

Tragedy: Holding Auditions

Emma
Staff Writer

This Friday and Saturday, September 9 and 10, auditions for TRAGEDY: A Tragedy will take place in the Rob and Judy Gardner Theater here on campus. Students who are interested in auditioning must sign up and prepare a 45-50 second monologue to perform for the play's director, Professor Henry MacCarthy.

"Everybody's welcome to audition, regardless of major, class standing, experience... [etc]," MacCarthy said. He emphasized that anyone interested is encouraged to audition— theater is for everyone regardless of experience.

MacCarthy said that when students ask him what they should choose for a monologue, he always tells them the same thing: "I want you to show me what you do best." MacCarthy said. It doesn't matter what kind of piece a student is reading, because "everybody's here to learn."

"I want you to show me what you do best... It doesn't matter what kind of piece a student is reading, because 'everybody's here to learn.'"

"I'm always impressed by actors who are very comfortable with who they are as people. And that they have energy," MacCarthy said. Energy is a very important piece for the professor. He said he is looking for students who are not only engaging as performers, but engaged themselves. "... Because it is a learning process, it is an investment, and a time commitment," MacCarthy said. The director wants to make sure that students who are cast are all not only talented, but are committed and passionate about the project.

For those seeking guidance for auditions, Seniors Lillian Kline and Sam Peters held an audition workshop on Wednesday, September 7, 6:30pm to 8:30pm. "Anyone can come to run monologues, ask questions, [etc]," Kline said. This opportunity allowed for students to practice their audition skills, and receive some mentorship from experienced students.

For TRAGEDY: A Tragedy, MacCarthy stressed the importance of building a collaborative, synergistic ensemble. MacCarthy described his approach to the casting process as not only seeking talented actors as individuals, but finding the right group of people as a whole, that can work to-



Professor Henry MacCarthy

Submitted

gether, and take risks together.

"Everybody's here to learn. What I'm looking for is actors/performers that are not afraid of taking risks," MacCarthy said. He described the audition and callback process as one of exploration, and growth. Throughout the process, MacCarthy will have students try out different ways of performing sides, act out scenes with different groups of people, and encourage the students to learn whether they are ultimately cast in the show or not.

"What I'm looking for is actors that are not afraid of taking risks."

The show, while named TRAGEDY: A Tragedy, is labeled by MacCarthy as a comedy. According to the Gustavus website, the play is "a tragically hilarious play for the fake news era."

Junior Carter Learned, stage director for TRAGEDY: A Tragedy, says the show is funny yet has many profound moments that he believes will really make audience members think. "It's a satirical take on the American news media," Learned said.

The play is written by Obie Award-winning playwright Will Eno, who MacCarthy speaks highly of. "I love the stories that he tells, how he uses language, the rhythm of his pieces...it's very smart humor... he can say some extremely profound things," MacCarthy said. He explained how this

combination of humor and thought-provoking content is what makes Eno's plays so captivating. "When you leave the theater...you discover things," MacCarthy said. Audience members have the opportunity to gain new perspectives, and see things in a different light after sitting in the audience.

"His characters to me are so human, they're fascinating people...he writes about regular people and finds beauty in the regular things they do," MacCarthy said. He described how Eno's plays are like a mirror for audience members— in it, they can see themselves. According to MacCarthy, this is a very powerful aspect of this show as it highlights real-life issues.

"His characters to me are so human, they're fascinating people... he writes about regular people and finds beauty in the regular things they do."

TRAGEDY: A Tragedy will take the stage to perform in early November.

GUSTIE of the WEEK

Abbie Doran

Michaela Woodward
Staff Writer

It took Senior Abbie Doran a while to figure out her college path, but her patience and self-reflection paid off in the end.

"I love the quote 'we rise by lifting others' and I think that was something I saw Gustavus doing. Students uplifting other students, that was really important to me," said Doran.

"I love the quote 'we rise by lifting others' and I think that was something I saw Gustavus doing. Students uplifting other students, that was really important to me."

Originally from Washington state, Doran now calls Rosemount, Minnesota home. She was made aware of Gustavus through her sister, who is now an alum, but did not initially think it was the path for her.

"[My sister and I are] complete opposites in every way, especially when it comes to what we're interested in, the way we learn, and the way we think. I saw her going to Gustavus and I was like, 'That's great for her, but obviously because she and I are the complete opposite, that's not for me.' It took me a while to look at all these other schools, explore my different options. These other schools were very focused on success on a very personal and individualized level. And that is great for some people, but I was looking for a place that I could grow in my community with others, and it was definitely a shift in what I really was looking for. It took me a while to understand but I realized... I want to go somewhere that cares about not only the individual success but also the success of the community as a whole," said Doran.

Now as a Gustie Greeter, Doran enjoys welcoming new Gusties to the home that she has found on the hill.

Upon coming to Gustavus, Doran found that her previously intended path of study was not necessarily what she had anticipated. As a Mathematics and Computer Science double major with Dance and Economics minors, Pre-Med was originally the track she planned to follow before she found where her passions lied.

"For my first semester I was taking a computer science class for my math major and I really enjoyed it, and so I was like 'Oh, wait, this is a lot of fun.' Because what it really involved was a ton of problem solving, and really it's just all puzzles, and it was just so fun for me in a way that biology hadn't been before," Doran said.

Her values focused on service to others, Doran had planned to be a doctor before realizing that what she enjoyed most could still be used for the greater good.

"I've worked for the past two years as a software engineer at a medical imaging company, and so I still see how my work goes to those hospitals. It goes and helps those physicians advise patients on what their options are, and helps point out concerning areas in patients, so I had to take a step back before I could realize how all these different things that were super interesting and super fun for me could intersect into a possible career," Doran said.

Doran sees her Dance minor as a way of keeping herself accountable in nurturing her creative side. She also participates in the Gustavus Dance Company, the Gustavus Choir, and has been involved in Christmas in Christ Chapel in both music and dance. Doran has also danced in the Nobel Conference and served as a Student Host. She is a Student Leader in the Sunday Worship community, assists in the Chaplain's office, and is a TA and tutor for the MCS Department.

"It's so exciting when I get to work with students and see how I can bring some joy, some energy into some subjects that aren't seen as the most enjoyable," said Doran.

"It's so exciting when I get to work with students and see how I can bring some joy, some energy into some subjects that aren't seen as the most enjoyable."

Additionally, she serves as the Technology Chair for Student Senate, working to make technology resources more accessible to the student community.

In 2020 she was crowned St. Lucia.

"I've always loved the term of being a light, of spreading the

light to others. That was very meaningful to me because it was very affirming of the things I find myself striving to be, and one of the best things about St. Lucia is sharing that light with other people and also gathering that light from other people all across campus. Everyone has this special fire, this light inside them that is so special and unique to them... that I think is so great to share and draw from," Doran said.

"I couldn't have been more honored and more blessed to be with the court," said Doran.

Fellow Gustie Greeter Junior Ellen Callender reflects on Doran's commitment to her peers and involvements.

"[Doran] is one of the most hardworking, genuine, and thoughtful people I have ever met, and I feel lucky to call her a friend and a fellow Gustie greeter! She dedicates herself wholeheartedly to everything she does, and balances all of her involvements with grace and positivity," said Callender.

Director of Campus Ministries Maggie Falenschek has witnessed Doran embody Gustavus' values over several years.

"I've known Abbie for four years now and she is one of the most genuine, compassionate people I've met. I love watching her interact with her peers—she treats everyone with respect and will always take time to listen," said Falenschek.

Doran shared some advice for fellow seniors anxious about the future like her, the new first-years arriving on campus, and all returning members to the Gustavus community.

"We're in a new school year... It's a scary time, trying to plan for your future whether you're a first year trying to figure out what major you want, if you're a senior going into possibly grad school, the workforce, taking a year off. I think just having strength in this community, having faith and knowing that no matter what you do next it's going to be the right step... and just having the courage to maybe explore something you hadn't thought about or take that class in that department you've never been a part of," said Doran.

"Be all of who you are. Don't be afraid to try something new. Just know that no matter what you do, you've got us supporting you along the way," said Doran.



Abbie Doran

Izabela Taylor

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

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

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

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

Summer Research in Ecuador

Taite Stevens Aldrich
Staff Writer

Seniors Cora Hentges and Maddie Banks traveled to Ecuador over the summer alongside Associate Professor in Geology and Program Director in Environmental Studies Jeff La Frenierre and University of Minnesota faculty and students to study the effects of climate change on glaciers. The group arrived in Quito at the end of May and planned on staying for a month to study watershed systems on two volcanoes: Chimborazo and Cayambe.

"We were there collecting water samples to study what percent of the watersheds is glacial melt and how much of it is ground and rain water. From that data we can hypothesize how climate change and glacial retreat will affect accessibility to water in regions like the Andes," Hentges said.

"From [the data collected] we can hypothesize how climate change and glacial retreat will affect accessibility to water in regions like the Andes."

This group also included Associate Professor and Chair of Art and Art History and Environmental Studies Betsy Byers and Gustie alum Emily Dziewieczynski ('19), who, as artists, created a more interdisciplinary research experience. This was not their first time making the trip. They have been there previously and had their work featured at the Nobel Conference in 2019. Their piece focused on the impact of climate change on the Cayambe volcano in Ecuador. Byers and Dziewieczynski used drone footage taken by the research group of



Cora Hentges flying a drone used to collect data

Submitted

the glacier as well as their own watercolor paintings to create an immersive experience reflecting the path of water droplets through the hydrologic system.

This research has been ongoing for 10 years, but this most recent trip made evident just how much the glaciers have receded in the past years. "We went up to this refuge at 15,000 feet elevation and we were just at the point where we could see the tongue of this glacier outside our window and I was totally in awe, it was so huge and beautiful, and Emily, who came with Betsy, started crying, and I thought it was the view, but she was crying because she realized how much it had

shrunk since the last time she was there," Hentges said.

These shrinking glaciers are a concern for the communities that rely on glacial melt as a water source. Featured in a 2019 BBC web exclusive, La Frenierre expressed concern with water insecurity caused by climate change. "Between 1986 and 2013 the ice surface area on Chimborazo decreased by 21 percent," La Frenierre said.

The issue of climate change and water scarcity have become deeply intertwined, and will need to be addressed simultaneously.

Hentges has participated in research before in Idaho summer of 2021, studying structural

geology but felt more connected to her time in Ecuador due to the impact this research can have on local communities. "I want the work that I do to mean something outside of academia, and getting information about how water accessibility will change and how it will affect these remote areas feels more important and relevant to those who are being affected by climate change," Hentges said.

The research group experienced unpredictable changes to their project. What was originally meant to be a week and a half stay on Cayambe collecting water samples was cut short. The group was forced to drive back down to their hostel by

a severe blizzard. Once there, they received news of protests organized by the Confederation of Indigenous Nationalities of Ecuador. "Protests organized by indigenous organization CONAIE erupted across Ecuador on June 13, with demonstrators' demands including lower fuel prices and limits to further expansion of the mining and oil industries," wrote Alexandra Valencia with Reuters. Due to the protests the research group did not leave their hostel for 10 days. "CONAIE didn't want people traveling in and out of town, so it felt more appropriate for us to stay," Hentges said.

The team was eventually able to leave the hostel via helicopter, and they were flown to a landing strip in Quito.

"We were standing in this field holding flares and jumping up and down trying to wave down the helicopter," Hentges said. Then they boarded an airplane to be flown to Atlanta, Georgia, and then arrived back to Minnesota on June 27th. "Overall it was a pretty emotional experience, it made me want to go out and learn as much as I can about different people from around the world and know more experiences outside my own, in that was it was a broadening moment, and looking at things on the macro scale is a big part of geology research you have to look at these huge systems and see how they've changed over time," Hentges said.



Mariana Cardenas, Cora Hentges, Ally Jacoby, Maddie Banks stand atop a mountain in Ecuador

Submitted

Rock Bend Music Festival

Celebrating 31 years of music in the park

*September 10 & 11th
Free and open to the all
Minnesota Square Park*



ROCK
BEND
31

"What a music festival should be"



*Local and national performances
beginning at noon both days*

*Join thousands of visitors celebrating summer's
end, community, and tradition with a cherished
music festival in the heart of St. Peter*



Fair food, local art, and crafts

You don't know how to decorate your room



Jonas Doerr
Opinion Columnist

This is the season when Gusties start to wonder, "how can I cover these naked walls?" The unclad white plaster starts to create anxiety in the Caf-filled stomachs of some students, while other students think "why bother?"

Hamlet asked, "to be or not to be?" but far more important than the question of whether to live is the question of whether to decorate. Is it worth the trip to the store? Are fourteen strings of lights enough? Is the two-week-old ramen stain enough decoration?

For some, home is where the heart is, and that means they should plaster their heart all over the walls and ceiling in the form of decorations. Plants, posters, and lights give rooms the personality of their owners.

"Decorating makes it more like home," Pittman residents Kendra Stanton, Katie Linder, and Samara Goltz said. Between the three of them, they had a little coffee area, hanging lights, and some Halloween decorations stashed away for spooky season.

One student noted that he hadn't decorated his room much, but he would soon. "It's probably a little boring and

looks a little bland. I'll have to liven it up a little," Pittman resident Joey Auge said.

Not decorating one's room "makes it feel like a jail cell," First-year Taylor Katzenmeyer said. A dorm should be nicer than a jail cell - it's a lot cheaper to get a cell, after all.

"Not decorating one's room 'makes it feel like a jail cell.'"

However, not all students agree that decorating is necessary. "If you want to have lights, ok, but what's the point?" Collegiate Fellow Nazid Mahin said. Instead, he says, people should just stick to simplistic stuff like a whiteboard and good organization.

Decorating can make your room look "too cluttered," First-year Tanner Hadler said. Students have a hard enough time keeping their things clean already, so why make it harder?

In reality, there's a formula for how much of one's room can be decorated and how much shouldn't. First off, you need to calculate the volume of your room. A Pittman dorm is eight feet tall, 16.75 feet long, and about 9.5 feet wide. This comes out to 1273 cubic feet of volume, which sounds like a lot.

"For some, home is where the heart is, and that means they should plaster their heart all over the walls and ceiling in the form of decorations."

Now that you know it's a



A bed with a tapestry as a bedskirt.

Cadence Paramore

lot, it means you have enough for decorations. You can designate about 271.1 cubic feet towards decorating, and the other 1001.9 will be for sleeping, jumping jacks, and other general shenanigans.

So far, this still isn't very useful. What should the 271.1 cubic feet of decorations be? There are two key things to remember while deciding this.

First of all, remember that you will accumulate more stuff over the semester. The Campus Activity Board is practically dying to give you free stuff, and you wouldn't want to have to say no because of your oversized plush hippopotamus.

This means you need to start off slim on the decorations. That two-year-old photo of a high school friend you'll (probably) never see again? Eh, toss it. That half-dead plant you found in someone's backyard? Feed it to the worms. Don't use up your cubic footage too soon.

Secondly, make the most of the space you do have. Every decorative item you have needs to be very meaningful to you. A couple of first-year students have great examples of this idea.

First-year roommates Kaia

Meyer and Carolee Hanks decided to use some of their space for plants. But not just any plants. Their plants have personality. The succulent is named Talen, after a friend. The aloe vera plant is named Alfredo, but not because the juice in the leaves tastes like a pasta sauce.

But wait, there's more. Meyer and Hanks even named their garbage can after their friend Precious, whom they must have mixed feelings towards.

"The Campus Activity Board is practically dying to give you free stuff, and you wouldn't want to have to say no because of your oversized plush hippopotamus."

This, O fellow students of our beloved institution, is how you milk a dorm for every last drop of value. Do your plants have names? Better yet, does

your garbage can have a name? If not, you either don't care about your room or you don't have friends' names to borrow.

It probably won't matter too much whether you chose to lavishly decorate your dorm or not to anyone except your guilt-ridden conscience. If you can ignore the voices telling you that you're boring and bland, why not be boring and bland? On other hand, if your bank account is screaming for you to empty it, why not buy some dumpster-fodder to hang on your walls?

One thing most students can agree on is that your decorations express your personality. They show people who you are. So don't stress about whether you need a bit more festive adornment in your room. It'll reveal your soul to anyone who visits, but does it really matter? You can always say it's your roommate's personality.



A decorated dorm room.

Izabela Taylor

The best spots in St. Peter



David Eide
Opinion Columnist

As the semester gets rolling, I've found myself thinking about all of the fun places that I could potentially visit when I want to get off campus for a change. Don't get me wrong, I appreciate all the neat places on campus to spend time, but the campus isn't very big and at a certain point I just need to stretch my legs and see new stuff. Luckily, there's a wealth of options in St. Peter and beyond for those interested in having a good time, seeing cool stuff, and maybe even having a tasty bite to eat.

I'll start off this little odyssey by discussing some potential locations to visit in St. Peter itself. First off, there's a lot of great restaurants to visit down the hill if Caf food just doesn't

satisfy you anymore.

One of my favorite places to eat in St. Peter is the Third Street Tavern. I have yet to try an item off their menu that I disliked; even stuff I usually avoid, I found myself liking quite a bit at Third Street. In particular, I'd recommend their mac and cheese as well as their ribs, as they are just shockingly good in my opinion. However, Third Street does have a bit of a downside in that it's very pricey to eat at, so I wouldn't recommend visiting every week especially- considering college students aren't well known for their deep pockets.

"One of my favorite places to eat in St. Peter is the Third Street Tavern. I have yet to try an item off their menu that I disliked."

If you're looking for a cheaper place to dine out, give Patrick's a try. This sports bar has the stylings of an Irish style pub which can make for a fun experience on a game night. Plus, it's much cheaper than Third Street although unfortunately, the menu has been a bit more limited than it used to

be in recent years. That being said, I definitely still like most stuff on their menu.

Another restaurant I quite enjoy in St. Peter is El Agave, located on the northern side of town. This Mexican restaurant is one of the few places in town where you can get food outside of the standard "American" fare. I've got nothing against burgers or corn dogs but when I need something with a little spice to it, I'll go to El Agave. Another good place to get some good spicy food is the China Town restaurant down on Main Street. I'm a big fan of Chinese food in general and I think that China Town is a pretty good example of the style. They have pretty big portions (always a plus with Chinese food) along with some great flavors. For Chinese food, there's also Great Wall, however I haven't had their food enough to really be able to speak to it, so I'll leave that up to you.

In a discussion of food options in St. Peter, I would be remiss to not to mention our beloved St. Peter Food Co-Op. The Co-Op has a great variety of organic and healthy foods to pick from. They have fresh vegetables, fancy designer pops, and all other manner of products. On top of all that, they also have a deli where you can order from a sizable menu of sandwiches or burritos. Personally, my favorite sandwich

is the BBQ pulled pork. I'll just come out and say it, the Co-Op is pretty great all around and it's definitely one of my favorite places to get food in St. Peter even when considering all of the other establishments previously discussed.

"Co-Op has a great variety of organic and healthy foods to pick from. They have fresh vegetables, fancy designer pops, and all other manner of products."

Of course, there's more to do in St. Peter besides eating at various different restaurants. There's also a lot of interesting retail stores to explore. If you're interested in picking up some cheap clothes, there's no better place than Finders Keepers Thrift. There's actually a lot more besides clothes at thrift stores, as I've found a lot of interesting and seemingly rare books at thrift stores so if you're into that kind of thing I'd further recommend Finders Keepers. If you're more interested in novelty decorations or are just interested in repping Gustavus' Swedish heritage in your dorm, then I'd take a look

at Swedish Kontur Imports. This Main Street business has a lot of fun little knick-knacks and decorations, including Swedish-made clothing, Nordic candies, and plenty of gnomes. Finally, if you're interested in picking up a plant for your dorm room, head over to the Traverse Des Sioux Garden Center located on the northern side of town. They have an incredible selection of plants to choose from, and they sell a lot of gardening tools to help you out if you're just starting to take care of a plant.

As you can see, there are plenty of places to go if you want to get away from campus for a while and this list isn't even half of it. There are a lot more restaurants and stores to explore in St. Peter that I didn't even mention. There are also a lot of nearby parks and historical sites if that's the type of thing you enjoy as well. Even if all that doesn't sate your appetite for exploration, we're only a couple miles away from Mankato which is a much bigger city with all the amenities that come with it. Hopefully this list helps you out if you find yourself bored of campus and in need of a little vacation.



St. Peter.

“We Didn’t Start the Fire” is a joke



Kaylene Kerber
Opinion Columnist

To complain about a song that was released 33 years ago seems irrelevant, but when one of your favorite artists is recognized for some of their less interesting works, you can’t sit back in silence. Additionally I wasn’t an opinion writer 33 years ago, but I am given the opportunity now.

I believe that the worst Billy Joel song is “We Didn’t Start the Fire,” both musically and in meaning. Many would argue that what makes a song good is its influence on the public. Initially “We Didn’t Start the Fire” was met with success, going triple platinum. For comparison, “Vienna” only made it to platinum. However, many artists from Arianna Grande to Ben Platt have done

covers of Vienna. Conversely, “We Didn’t Start the Fire” really doesn’t allow for covers as its lyrics start from Billys’ birth to the song’s release date.

“I believe that the worst Billy Joel song is “We Didn’t Start the Fire,” both musically and in meaning.”

However, there are countless parodies of the song instead. For example, The Office has a scene where the character Dwight Schrute makes light of the fact that another character started an office fire by singing “Ryan started the fire!” He then mumbles the rest of the words before repeating the main line again. This shows that the song as a whole is unmemorable, only its cultural impact remains.

Billy Joel songs usually discuss universal feelings or ideas. For example, “Vienna” is about overburdening yourself, “Piano Man” is about unfulfilled dreams, and even “The Longest Time” talks about hope to love again. What universal thoughts or emotions does “We Didn’t Start the Fire” offer? It is a history lesson that starts with Billy Joel’s birth and ends with the release date of the song. One could counter

that the universal emotion is that the youth are blamed for the problems of the world and that the world has always been a mess. This is a message that felt disingenuous from a then 40 year old man, and feels even more disingenuous now.

When researching the history of the song itself I learned that Billy Joel wrote the song after a younger musician in the studio remarked that nothing happened in the 50s when Billy Joel was younger. I agree it is cool to think of “We Didn’t Start the Fire” as a diss track but it could also be seen as an older man upset about the youth himself.

In comparison, “Vienna” is a song that was written full of passion and thoughtful observation. Billy Joel talks about how the people of Vienna, unlike the people of the US, care about their elderly and it is also a song about his own father who disappeared to Vienna. In an interview he confessed that “Vienna” acted as a tribute to his father and the city he left them for.

“We Didn’t Start the Fire” isn’t fraught with meaning.

Now to address the other part of the message, the world has always been a mess. Many people find reassurance in the fact that every decade has its challenges. This observation doesn’t change the situation because it is a problem that can’t be fixed by only one perspective. Many of the earlier



Billy Joel.

Submitted

examples of emotions: overburdening yourself and unfulfilled dreams are things that you, yourself, can change.

“Billy Joel wrote the song after a younger musician in the studio remarked that nothing happened in the 50s when Billy Joel was younger.”

Billy Joel songs can inspire and help you see your own patterns. In Billy Joel’s “Vienna” he sings “you know that when the truth is told, that you can get what you want, or you can just get old”. This shows the logic and patterns behind overburdening yourself and inspires you to find a work-life balance. The world’s patterns can make a person disillusioned. For example in the song “We Didn’t Start the Fire” Billy sings “JFK – blown away, what else do I have to say?” furthering the sentiment that there is nothing that we can do about the state of the world.

One could argue that the song “Uptown Girl” also deals with problems outside of one’s own control like classism,

however within the song he proclaims: “she’s got a choice” between a downtown and uptown man, that an individual love can overcome classism.

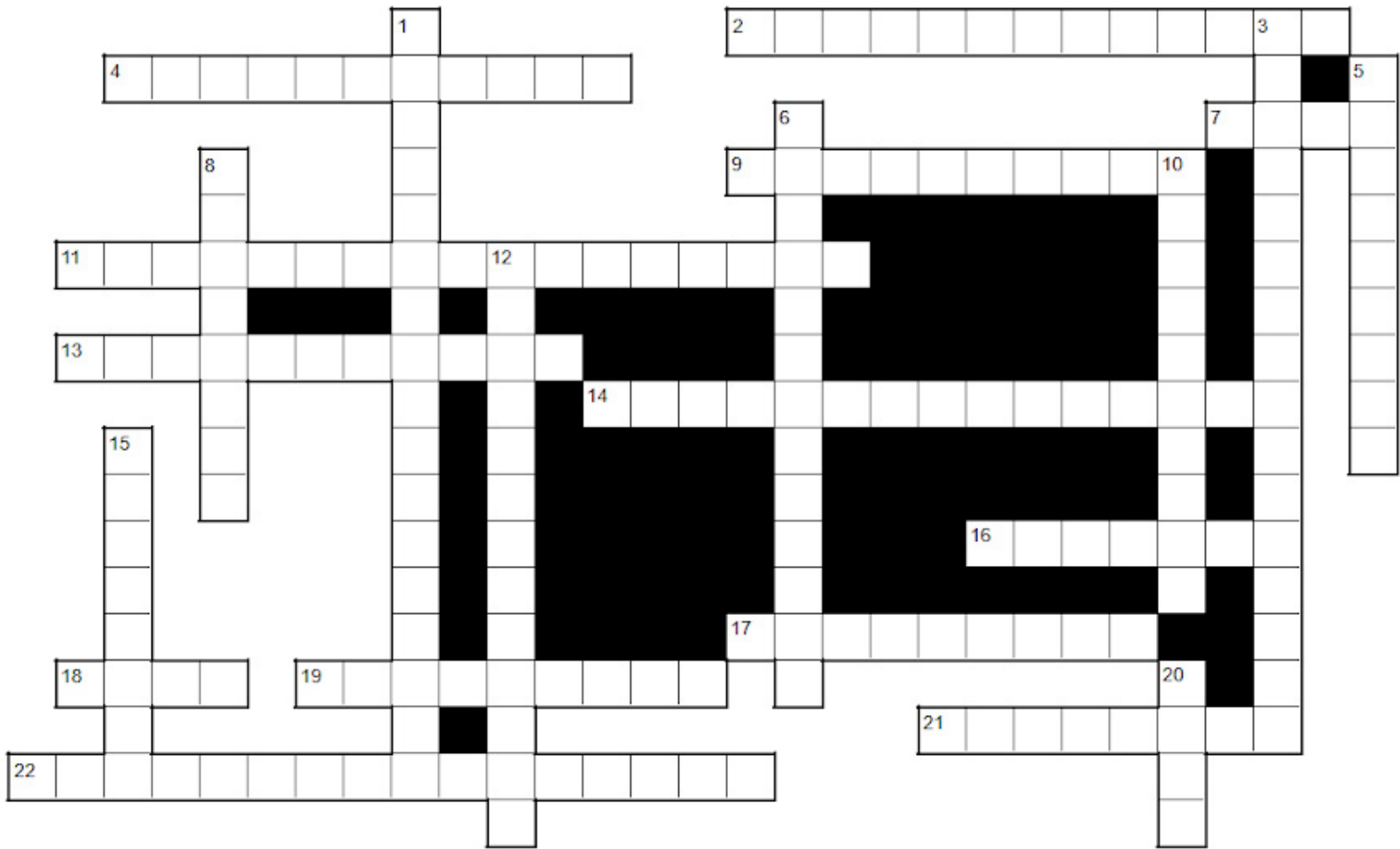
Others would mention that “We Didn’t Start the Fire” deviates from his usual soft rock with poetic storytelling. “We Didn’t Start the Fire” has about twelve instruments in comparison to “Just the Way You Are” which only has six instruments. It really is a testament to the lyrics; Billy Joel must have felt that he needed the lyrics of “We Didn’t Start the Fire” to be masked by instruments.

Don’t believe me? Billy Joel himself feels regretful about his song saying that “[it’s] one of the worst melodies I ever wrote” in an article from Kane. Although Billy is kind of a music snob, it says a lot when even he can admit his song’s flaws. The only potential that “We Didn’t Start the Fire” has is memeability lacking the heart that all of his other songs possess.



Billy Joel.

Submitted



Movies from the Library: *Guardians of the Galaxy*

Will Sorg

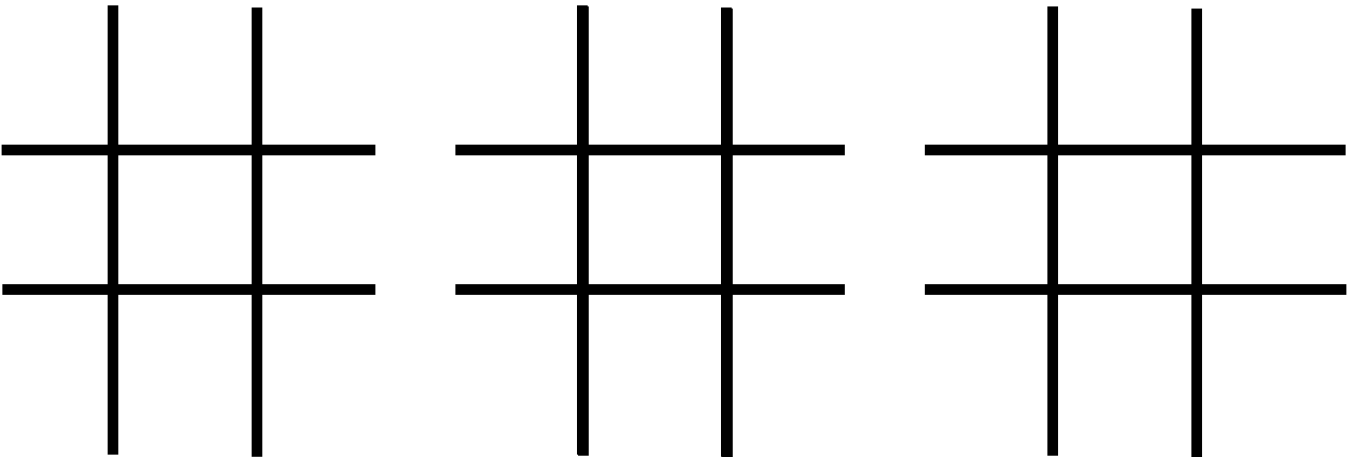
One of the greatest challenges modern science fiction has had to face is the deluge of mediocrity that plagues the genre. There are hundreds of sci-fi films that offer nothing beyond sterile visuals and flat characters, plopped into whatever formulaic situation the filmmakers came up with seemingly on a weekend, which is why it is so genuinely wonderful to see a sci-fi movie that truly understands the genre and what makes it exciting and entertaining. James Gunn’s second entry in the Marvel Cinematic Universe is a phenomenal movie that breathes so much life into not only the genre, but the cinematic universe the film is set in.

The Marvel Cinematic Universe is a deeply strange concept if you look at it from the perspective of conventional filmmaking. There are hardly any other franchises in movie history that plan out their films like television, push out movies and shows at such a fast pace, and build a gigantic loyal fanbase that so consistently shows up for each new piece of content. It often lends itself to formulaic storytelling and in many ways its requirements of interconnected stories causes MCU directors’ styles to feel overshadowed by the Marvel template.

James Gunn is one of the exceptions to that dilution of style. Here in *Guardians 2* we are able to see the director and his team really show off their creativity. From a ridiculous opening centered around Baby Groot to the near endless barrage of colorful settings, Gunn takes the audacity of comic book superheroes and applies them perfectly to the fun, adventurous tone of classic science fiction, but where the film truly shines is its storytelling.

The story itself is nothing new. It follows well-trodden themes like found family, conflict within friendships and the importance of support and care from other people. It just so happens that these themes are explored through some of the most charming characters to ever populate a blockbuster. If general audiences from 30 years ago were told that a blue guy with a southern accent and a CGI racoon would be two of the most entertaining characters from a billion dollar franchise they would probably assume society had collapsed and gone insane in the future. Perhaps this is just my own personal preference, but I am serious when I say that Yondu is probably one of my favorite characters from the MCU. Gunn, along with actor Michael Rooker were able to bring so much life and energy to the character. He steals each and every scene he is in and his dynamic with Rocket Racoon throughout the film is a delight. What is impressive is that Yondu and Bradley Cooper’s kleptomaniac Rocket aren’t even the main plotline.

The successful implementation of multiple character driven plots that all converge on each other is a testament to Gunn’s masterful work as a screenwriter. He knows how to put all the pieces together and when he does it ends up being a glorious sci-fi romp filled with eye-catching action and more character development than half of the MCU put together. It’s funny, it’s heartfelt, and Kurt Russel plays Chris Pratt’s otherworldly father. What’s not to love?



Famous Quotes

All the clues for this crossword are famous quotes from well-known movies. Fill in the title of the movie to solve the crossword.

DOWN

1. “Every time a bell rings, an angel gets its wings.”
3. “Carpe diem. Seize the day, boys. Make your lives extraordinary.”
5. “She doesn’t even go here!”
6. “Tigers and lions and bears, oh my!”
8. “No, I am your father”
10. “Here’s Johnny!”
12. “I see dead people.”
15. “I am serious. And don’t call me Shirley.”
20. “To die would be a grand adventure!”

ACROSS

2. “Exercise gives you endorphins. Endorphins make you happy. Happy people just don’t shoot their husbands, they just don’t”
4. “My mamma always said life was like a box of chocolates. You never know what you’re gonna get.”
7. “That’ll do, pig. That’ll do.”
9. “You’re killing me, Smalls.”
11. “There’s no crying in baseball!”
13. “You can’t handle the truth!”
14. “Look at me. I am the captain now.”
16. “I’ll never let go, Jack. I’ll never let go.”
17. “Keep the change, ya filthy animal.”
18. “You’re gonna need a bigger boat.”
19. “With great power comes great responsibility.”
21. “To infinity and beyond!”
22. “My name is Inigo Montoya. You killed my father. Prepare to die.”

How to Stay Active in College

Striving for Success in a Sedentary World

Brady Boie
Sports & Fitness Editor

Let's face it- the "Freshman Fifteen" is not a myth. In fact, studies would indicate that there is more truth to it than not. A recent UGA study found that freshmen gain about eight pounds in their first year of college. There are a lot of factors that play into that reality: eating food exclusively from the cafeteria, stress eating, and increased consumption of food and beverages at social events all play a role in this seemingly inevitable weight gain. However, the sedentary nature of college is another factor at play that does not get as much recognition as it deserves. It's hard NOT to sit in college. A full load of classes, monstrous study hours, and even relaxing with friends all occur while sitting. This constant sitting with little time to get up and move around certainly makes gaining weight easier. While gaining a little bit of weight is not necessarily bad, most people do not want to gain weight and realize that the college lifestyle inhibits their ability to stay in peak physical condition. Here are just a few ways that you can stay in shape as the college semester begins to ramp up.

Walk 10,000 steps a day: Getting out and about for a walk every day does so much

for your physical and mental/emotional health. Select Health reports that 10,000 steps a day improves heart health, increases focus, provides more energy, and strengthens the lungs, muscles, and bones. The bottom line is that walking this far (about 5 miles a day) is really good for you. The ways to get these steps in are almost endless. Hiking on trails in parks in Mankato, taking a walk in the Arb, or even just hopping on a treadmill in the new Lund facility are all great ways to get those steps in and improve your overall health.

"Select Health Reports that 10,000 steps a day improves heart health, increases focus . . . and strengthens the lungs, muscles, and bones."

Find fun ways to exercise: Exercise is not always enjoyable. Long workouts on the treadmill, spin bike, and even workouts with weights can become a drag at times. Fortunately, our body is not limited to those types of workouts in order to stay active or in shape. Fun ways to get exercise can include a game of ultimate frisbee, basketball, frisbee golf, and hiking, and more. Dancing, bowling, and a round of golf are other enjoyable ways to get exercise if the gym is



Lund now open post-expansion.

Hailley Brune

not right for you. At the end of the day, it is about getting up and moving around to get the blood flowing; it does not matter how it is done, so have fun with it.

"Fun ways to get exercise include a game of ultimate frisbee, basketball, frisbee golf, and hiking."

Find a workout partner:

Finding a friend or two to work out with is huge when it comes to overall fitness success. Having a gym partner will motivate you to get to the gym, lift heavier weights, and push you harder than you ever could on your own. While it can be hard at times to coordinate schedules in order to exercise together, it is essential that you and your partner make time to exercise with one another on a consistent basis. Like most things in life, a task at hand is much easier to tackle with a re-

liable partner, and fitness is no exception. Fitness partners also can help evaluate your form and help hold you accountable if you are trying to lose or gain weight. A gym partner is a must if you want to stay on top of your game.

"Having a gym partner will motivate you to get to the gym, lift heavier weights, and push you harder than you ever could on your own."

College is an exciting but stressful time for most people, and physical fitness is one of the first things that gets pushed to the back burner. By walking 10,000 steps a day, making exercise a fun activity, and finding a reliable workout partner, you can stay in tip-top shape and potentially even see progress in your physical fitness. Remember: it is never too late to start a fitness or weight-loss journey. It is one of the most satisfying and healthful things you can do for yourself. The best part about all of this is that it does not take as much time as you think it would. All it takes is about thirty minutes a day to get a quality workout in, so get up and get moving!



New Lund equipment.

Hailley Brune

Football Rolls in Season Opener

Team Trip to Iowa ends in Trouncing of Buena Vista

Parker Burman
Staff Writer

The Gustavus football team once again started off their season in Iowa for a showdown with Buena Vista University. Last year, the Gusties started off with a bang in an 80-58 victory which tied a Division III record for most combined regulation points. Hoping to have that same high powered offense, the Gusties were confident entering their first game of the year.

When the clock had struck all zeroes at the end of the fourth quarter, the Gusties secured a 62-20 victory over BVU. It was a complete victory with the offense dominating throughout the game and the defense locking down their side of the ball, key turnovers keeping the momentum in favor of the Gusties.

"It is always exciting going into that first game, but we knew that it was important to keep what happened last year out of our minds, because at the end of the day we are facing a new team in a new season. So we just came into the game with a mindset of playing our style of football and not getting ahead of ourselves," Junior receiver Jake Breitbach said.

Gustavus was able to put points up on the board early. First-year starting quarterback Daniel Rennie found Breitbach open for the 15-yard touchdown toss to cap a 74-yard and seven play drive with 8:20 remaining in the first quarter. "It felt pretty surreal getting my first college start especially here at Gustavus. I felt very prepared with all the work I put in during the off-season and the work we put in during camp with the offensive guys along with the coaching staff," Rennie said.

On their third possession of the game, BVU lined up to attempt a 40-yard field goal. The kick was blocked by Senior defensive lineman Zach Jakes, who scooped up the ball and rumbled all the way down to the BVU 30-yard line. Gustavus was unable to capitalize on the BVU turnover as they committed a turnover of their own with an interception. However, a three and out on BVU's next possession put the ball back into Rennie's hand. Rennie marched the Gusties down the field for a six play drive which ended on another 29-yard touchdown throw to Breitbach.

"[I] absolutely love throwing to all the playmakers we got on the outside this year. All of them have the ability to make explosive plays," Rennie said.

The Gustavus defense continued to dominate as they forced yet another BVU three

and out. Senior receiver Dalton Thelen secured the BVU punt and took it all the way down to the BVU 37-yard line. One play later Gustavus was back in the endzone as Junior running back Rohee Konde broke off a 37-yard touchdown run to put the Gusties up 21-0 at the end of the first quarter.

Buena Vista had another drive stall after Jakes dropped back into coverage and picked off a screen pass. Rennie once again took advantage, connecting with senior receiver Mathew Kipper for the 21-yard touchdown and a 28-0 lead with 11:53 remaining in the second quarter.

The defense forced another punt which set up the Gustavus offense on their own 16-yard line. Making it to mid-field, the drive stalled as the Gusties were unable to make a first down. Making a gutsy call to go for it on fourth down paid off as senior running back David Peal took the fourth down carry for a 46-yard touchdown run, increasing the Gustavus lead to a commanding 35-0.

The Gustie defense forced a BVU fumble in their own territory and recovered it at the BVU 33-yard line. Rennie led the offense to the goal line where he executed a quarterback sneak for the touchdown to push the Gustavus lead to 42-0. The ball was right back into Rennie's hands after another three and out was forced by the defense. Rennie found

Breitbach for their third connection of the half for the 49-0 lead going into the half.

The second half started off the same as the first half had ended when Junior defensive back Isaiah Chambers intercepted BVU. Gustavus got the ball back and capped off the possession with a touchdown. Buena Vista broke the shutout with 12:36 remaining in the

game on a 56-yard touchdown pass, but the extra point was blocked, making the score 56-6.

With the Gusties holding onto a very comfortable lead, they were able to rotate in less experienced or younger players. One of those players was Sophomore quarterback George Sandven who took over the reins of the offense late in the game from Rennie. He took

advantage of his opportunity finding junior receiver Major Martin for a 5-yard touchdown pass, for his first career touchdown pass.

"When Major scored the touchdown I was very excited. We had a great drive and it was nice to finish it with a touchdown," Sandven said.

Gustavus currently sits tied for first with Saint John's in the Northwoods division, with both having 1-0 records. The Gusties are confident that a complete game to start the year on both sides of the ball is just an example of what is to come this season, as they strive to secure a MIAC Championship for the first time since 1987. "I think that we are going to have a great season and it's going to be a lot of fun. We have a great mix of veterans as well as some up and coming young guys with lots of potential," Breitbach said.

"My outlook is to take each practice, lift, game one at a time. Try to go 1-0 each week and not get ahead of ourselves looking down the road. Obviously the end goal being winning the MIAC championship this year but first continue to keep trying to win the day each day," Rennie said.

Gustavus is off for the week but will be back in action on September 17 at home against the University of Wisconsin-Stout.



Gustie football players lining up to begin another season.

Submitted



Football on the field.

Submitted

Gustie volleyball ends NY trip with a W

Team goes undefeated at Bomber Invitational

Emma Esteb
Staff Writer

The Gustavus volleyball team traveled to Ithaca, New York, this past Friday, September 2 to compete at the Bomber Invitational. While touring the Empire State the Gusties faced off against SUNY Geneseo, Swarthmore College, and Ithaca College. The team went undefeated and battled with tight scores and close sets. The Gusties started the trip out strong with a three set win against SUNY Geneseo on Friday.

They carried this momentum and winning mentality throughout the weekend.

Next, Gustavus faced off against Swarthmore and won the first two sets 26-24 and 25-22. After losing the third set with a close 25-23 score, the Gusties bounced back with a resounding 25-12 win in the fourth set. Senior Sarah Elliott led the offensive team with 14 kills against Swarthmore with Junior Marlee Turn coming in close with 13 kills. Junior Kassie Tweet carried the team with 34 assists and First-Year Maren Sunberg led the team with 13 digs.

"This weekend we really showed our gritty defensive skills in the front row with our blocking and in the back row with picking almost every single ball up," Senior Court-

ney Peterson said. Even with this being the first few games of the season, the Gusties have already started to show team cohesion and smoothed out all the first game jitters with two matches on September 2nd and September 3rd.

After facing Swarthmore, the team took on Ithaca College where they were put to the test and came out victorious.

"I feel like everyone really clicked and everything was going really well together so it was so much fun to be a part of that," Elliot said.

The Gusties swept in three sets, winning 25-23, 25-21, and 25-18. Turn was the front runner for the Gusties where she had 11 kills with Junior Madi Kes rounding out with 10 kills. Tweet shaped the team again with 28 assists while Sunberg also had 19 digs.

"The Gusties swept in three sets, winning 25-23, 25-21, and 25-18."

"These trips are just the best to get to know everyone. We haven't had a trip yet because of COVID so it was so much fun to get to fly somewhere with everyone," Elliot said.

Team travel trips play a vital role in helping shape the team and are an important part of college sports. The team was



Women's volleyball in action during previous years.

Submitted

able to explore upstate New York where they saw a lot of waterfalls, went to the farmer's market, hiked, and even attended the New York State Fair.

"In preseason you're just in the gym constantly and we do team bonding at night, but just being able to be with everyone for five days where it's not all about playing is such a great bonding experience," Peterson

said.

Each game this weekend was very close and put the Gusties to the test. "As a new team and in the beginning of the season it can be really hard to get through that with all the pressure, stress, soreness, or whatever and we pushed through it almost every single time which is really exciting that we are already doing that," Peterson said. The close-

ness of the games really set the Gusties up for success, as they were able to lean into each other and set the tone for the rest of the season.

This weekend was the perfect debut for the 2022-2023 Gustie volleyball team. "We have a very dynamic and deep team this year so we have a lot of players that can contribute to the team in so many different ways and it's not just the starting lineup that's really strong. The whole team is extremely strong," Elliot said. The Gustie volleyball team is unique due to how balanced everyone is. All players are pulling their weight and contributing equally to each play.

With this promising start to the season, seniors Elliott and Peterson are most looking forward to soaking in every last moment on the court and making the most of every single day. This weekend set the tone for the Gusties as they are already meshing and are off to a tremendous start. The Gusties will play at 2:30 pm this Friday, September 9, against Pacific Lutheran at the Augsburg Invitational.



Women's volleyball celebrating another win.

Submitted