



ESTABLISHED 1891

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LAST ISSUE OF 2022



Sunset in the Arb over footprints in the snow.

Katie Doolittle

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The Gustavian Weekly Staff

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Events Calendar

Theater production:
Fuzzy Gray Lines
Dec. 9th at 7 - 9 p.m.
Dec. 10th at 4:30 - 6:30 p.m.
Dec. 11th at 2 - 4 p.m.
Gardner Lab Theater

Dance Production:
Shared Space - Tangled Relations
Dec. 9th at 9:30 - 11:30 p.m.
Dec. 10th at 2 - 4 p.m. & 7 - 9 p.m.
Dec. 11th at 4:30 - 6:30 p.m.
Anderson Theater

INVERSiTY Reflection Event
Dec. 11th at 2:00 - 3:00 p.m.
Virtual Meeting

Midnight Express with the PAs
Dec. 14th at 8:30 - 11 p.m.
The Caf

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)

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Campus Safety Report

- Friday, December 2, 2022**
- On Friday, December 2, 2022, Campus Safety took a report from a student about their property being stolen.
 - On Friday, December 2, 2022, Campus Safety responded to a fire alarm in Uhler Hall.
- Saturday, December 3, 2022**
- On Saturday, December 3, 2022, Campus Safety discovered 2 broken light fixtures in North Hall.
- Monday, December 5, 2022**
- On Monday, December 5, 2022, Campus Safety responded to a medical assist at Old Main. Student was transported to Rivers Edge Hospital.
- Tuesday, December 6, 2022**
- On Tuesday, December 6, 2022, Campus Safety responded to a medical assist for an employee in Lund Center. Employee was transported to urgent care.

- When driving in snowy and icy conditions:**
- Make sure to increase your distance from the car in front of you so you have more time to stop.
 - Turn slowly and wide.
 - Don't hit the breaks when you feel your car sliding on ice, but keep control of the wheel.

Contact the Campus Safety office 24 hours a day at 507-933-8888.

Christmas in Christ Chapel

Colin Maiwurm
Staff Writer

As the semester comes to an end and students prepare for final exams, projects, and essays, a few events have been held in hopes of giving students, faculty, and staff a break. One of these events was from the 3rd to the 5th of December: Christmas in Christ Chapel. This event began in 1973, making this the 49th anniversary. The title this year is “Celestial Wonder, Joy Unfolding”. Stated by the college, “Christmas in Christ Chapel 2022 is a celebration in which heaven, earth, and all creation join Mary and Elizabeth, mothers of Jesus and John the Baptist, to proclaim with wonder, hope, and joy the peace that the birth of Christ heralds into the world.”

From the program: “Our

service this year is a bold, dramatic, and lively celebration of the Nativity centered on two thematic ideas. One is wonder, seen in the human fascination with the celestial realm of planets, stars, and the universe beyond our terrestrial reach. The other is joy, heard in the stories of the two mothers in the Nativity story. These women, Mary and Elizabeth, respond in an intimate, personal, and human way to the news of the birth of Jesus.”

Christmas in Christ Chapel consists of an assortment of the Gustavus community coming together to create music, entertainment, and an opportunity to bond with the community. This year, Christmas in Christ Chapel is presented by the Gustavus Choir, Choir of Christ Chapel, Christ Chapel Ringers, Gustavus Symphony Orchestra, Lucia Singers, and dancers. With this recurring event composed of a multi-

tude of diverse groups, tickets for each of the time slots were bought out rapidly. For those who missed out on acquiring tickets, there was livestream footage of the event.

Christmas in Christ Chapel has now been going on for 49 years, but what is the experience of Christmas in Christ Chapel for those who are a part of it?

“[Christmas in Christ Chapel] is one of the most unique musical showcases I can be a part of. It brings me so much joy to perform with 350+ peers that I know share my love and passion for music . . . People all around the world come to watch us share a message of joy and community that could not be showcased with such raw emotion and sense of togetherness in any other way,” said Sophomore Mya Hanson, singer in the Gustavus Choir.

While some participate

in this event because their ensemble is required to perform, many have a different take on why they participate in Christmas in Christ Chapel year after year.

“The significance of [Christmas in Christ Chapel] is a time for us to come together to work really hard on something and have it all pay off in the end. Our hard work is rewarded by our grateful and supportive audience, along with the beautiful outcome we get to experience during every performance,” said Sophomore Emi Jono, harpist for the Symphony Orchestra.

Hosting an event such as this requires lots of time and effort. The students who were a part of this event not only put countless hours into Christmas in Christ Chapel, but also had to balance their academic and school life around it leading up to finals.

“It takes a lot of time, hard work, and dedica-

tion by so many people to pull this show together. For choir, each individual choir continues normal rehearsals throughout the week (this is an hour and fifteen minutes, five days a week for Gustavus Choir) while we also add in group rehearsals. These rehearsals begin on Halloween, and there is one three-hour rehearsal each week until performance week, when we do two full run-through nights and a dress rehearsal. As consuming and challenging as it is to balance the rest of life with [Christmas in Christ Chapel], I can attest that it is worth it for the end product,” said Hanson.

It is speculated that the 50th annual Christmas in Christ Chapel next year will be a “best-of” performance, featuring all of the choir’s best pieces. This will mean a lot of work for our Gustavus choirs, but a huge pay off for the Gustavus choir’s many fans.



Christmas in Christ Chapel, 2018.

Submitted

The end of an era

Cadence and Clare say goodbye

Cadence Paramore
Editor-in-Chief

It's hard to believe that the semester is already coming to an end. Freshman year simultaneously feels like it was just yesterday and a lifetime ago.

At the beginning of the semester I set goals for myself and for the Weekly as I stepped into the position of Editor-in-Chief, and looking back over this semester I'm pleased with our accom-

plishments.

We reinstated the use of the Oxford Comma (thank you Clare Greeman), we updated our masthead (thank you Carter Brown), the "CAB Calendar" went through some changes and is now the "Events Calendar" to include all activities students might wish to attend (thank you Iza Taylor), we had more interaction between writers/photographers and editors, and we introduced a standard for training new staff members. We also had more people

read the Weekly than in all the past years I've attended Gustavus.

It's amazing to witness how much can be accomplished when we work together, and when a few people who deeply care spread that to those around them.

I'm incredibly grateful to have had the opportunity to work so closely with all the wonderful people who work for the Weekly, and how that's allowed me to interact with even more people across campus.

As much as there are frustrations that come with slow programs, fallible technology, and exhaustion from long nights-- It's all worth it in the end. My time with the Weekly will be my greatest memory as I graduate from Gustavus.

There have been times, too many times, when I've felt small. When my voice has gone unheard, and I know others feel that way too. When we get scared to speak our minds because we've been shut down and

silenced our entire lives. And when standing up can begin as looking like we're standing alone-- because change can look scary. But we aren't alone.

It's my hope that the Weekly continues to amplify the voices of those who have been talked over for far too long, and will continue to aid in a gateway to learning and conversation.



Cadence Paramore as a freshman (Sept. 2019).



Clare Greeman as a junior (2021).

Submitted

Clare Greeman
Lead Copy Editor

Though I was a part of the Weekly for 1.5 of my 3.5 semesters on the hill, I've found that my time working for this org. has defined a good part of my college career. I have made some of my best friends, had some of my most memorable

moments, and discovered my passions in the dingy basement of Uhler where the Weekly calls home.

Starting out as a not-quite bushy tailed nor-very bright-eyed Junior, I was still looking for a place on campus where I could belong, as cheesy as it is to say. Part of being a Gustie is being defined by the organizations we are involved in. Up until

that point, I was not so naive to say that I wasn't looking for a community, but had given up on the idea. That's why I was so surprised to stumble into a copy-editing job that became my most enjoyable and meaningful contribution on campus. More than that, I finally found a sense of belonging amongst my coworkers and a real passion for the work that I

was doing.

I hope that everyone reading this has the opportunity to find a group and a hobby that has meant to them what the Weekly has meant to me. I know that when I reminisce on my college years, my time in the Uhler basement will define it (and not just because I hate that basement).

It is with a slightly-light

heart that I leave campus in a couple of days, but I know my heart will be leaden when I plod up these stairs and out into the snow for the final time.

Thank you Weekly, thank you readers, and thank you remaining staff (and good luck)!

Junk Drawers: Odds and Ends

Michaela Woodward
Staff Writer

Next week, while students are hard at work studying for finals in the Library, they can take a break to admire work by the senior art majors. As of reading day, pieces from the senior exhibition "Junk Drawers: Odds and Ends," will be displayed all over the Library for visitors and students to peruse as they wrap up the semester.

Senior Sage Kiefer is especially excited to plan an exhibition in this particular venue.

"We have so many different works that are kind of coming together right now and being curated to fit the Library's audience. I think it'll be cool, in this setting specifically, because we already have a natural audience, instead of the typical museum goers. [The audience is] people from all sorts of different backgrounds," Kiefer said.

"We have so many different works that are kind of coming together right now and being curated to fit the Library's audience."

The seniors decided on the Library after looking at several other locations, but Senior Hannah Jones enjoys the creative freedom they have been given in this space.

"We found the Library and they've been very nice and are pretty much kind of letting us do whatever we want, which is fantastic," Jones said.

Finding a venue was not the only struggle putting the show together.

"Most of our seniors are at least double majoring, or even triple majoring. If not, they're involved in everything else, always around the place. In class we only really have an hour where most likely everybody will be there, but it's not guaranteed, so planning things is really hard," Kiefer said.

"All of us have different

schedules, so getting us all in one area for 30 minutes took weeks," Jones said.

However, the teamwork of this group has been essential to the success of the show.

"I love the [artist] co-op so much. I think we're a really great team together. It's been stressful just to find a venue but I think it worked out exactly as it should have and everyone really brings a lot to the table. This has been the first time that I think any of us has been in an artist co-op. There's been different challenges that come up with that, but I'd say it's pretty successful for like the different issues presented. It's a really cool experience to work together as a community," Kiefer said.

"I love the [artist] co-op so much. I think we're a really great team together. It's been stressful just to find a venue but I think it worked out exactly as it should have..."

This exhibition is a culmination of the work these seniors have done in their Senior Seminar course, but their works showcase pieces they have done previously or are reworking.

"I am also working on a piece that I started last spring that I intended to go in a different exhibition, but it'll work great here because it's [a] surreal piece with like fish coming out of the sky. I think it'll be fun in the children's section," Kiefer said.

"I am also working on a piece that I started last spring...it's [a] surreal piece with like fish coming out of the sky. I think it'll be fun in the children's section."

Along with more whimsical pieces, Kiefer's art also focuses on emotions and how they manifest themselves through her artistic style.

"My recent fascination has been about very strong and intense emotions that are ephemeral and fleeting. Which obvi-

ously are particular to my experience but what I'm trying to do in my art is to portray them in a way where they're like ambiguous enough – so that the viewer can really see themselves or potentially confront something that they've not wanted to for a while," Kiefer said.

Several of these pieces deal with feelings and experiences that have come along with her senior year, such as anxiety and, in contrast, friendship and community.

Jones' work dedicates space to focus on the elements of art through stylistic and engaging portraits and pieces.

"My work mostly focuses on figure and form. I really like bodies in space and how they use that space and then enhancing their natural figure and movement with specific line work. [I] usually [use] a strong contrast of colors," Jones said.

The opening reception for the exhibition will take place on Dec. 15 from 5-7 p.m. in the Library.

Anyone sequestered between the shelves finishing up their final papers will be able to find some piece that speaks to them amidst the chaos and stress of finals week.



Class of '23 art students at the opening of their junior show, spring 2022.

Submitted

GUSTIE *of the* WEEK

Gabriela Passmore

Emma Kelsey
Staff Writer

Gabriela Passmore graduated from Gustavus in 2020 with a Bachelor's degree in English with a writing emphasis. She was involved in cross country and track and field, the track and field choir, and was a lead copy-editor for the Gustavian Weekly. Even though her time as a student on the hill has ended, she hasn't gone far. Passmore is currently a Courtyard Café Supervisor and an Assistant Cross Country Coach.

"I love working with and coaching the students on this campus who always brighten my day with their humor, curious and critical minds, and kindness," Passmore said. Passmore's favorite part about Gustavus is the community and all of the amazing people she has found during her time here.

Passmore says that the support she found at Gustavus was instrumental in her development as a young adult. "After

graduating, I had a couple of lonely years figuring out who I was and where I wanted to be. Many of my college friends had moved away, and I felt a bit lost. In my last role I was a corporate business and marketing writer, and while I enjoyed writing, I felt very isolated. Since coming back to campus, I'm the happiest I've been in years. I've reconnected with college friends who are also back in the area, and life feels more full of purpose for me than it has in a while," Passmore said.

Liz Kvebak, a 2021 graduate and current admissions counselor at Gustavus has known Passmore for about six years. Kvebak says Passmore was one of the first people she met at Gustavus and is truly deserving of the Gustie of the Week recognition for several reasons. According to Kvebak, Passmore loves her roles here on campus and is very passionate about giving back to the Gustavus community. "She inspires me every day...she is an incredibly easy person to talk to and has not only been a person for people

to come to for personal help, but also advice," Kvebak said.

Trevor LaVigne '23, who knows Passmore from cross country, says that Passmore is a great mentor for all the athletes on the cross country team, offering advice on topics like training, school, mental health, and anything else that comes up. "Gabby is kind, positive, energetic, and passionate. She is very intentional about how she treats people," LaVigne said.

"Gabby is kind, positive, energetic, and passionate. She is very intentional about how she treats people."

Nadia English '23, also met Passmore through cross country and is happy to see her friend back on campus. "Gabby has this energy about her that is filled with never-ending kindness, knowledge, and care. I've come to learn that she is one of the most hard-working people I know, and I am lucky to be

able to see this in her every day – as a coach, staff member, and friend. I am pumped that Gabby is being recognized as Gustie of the Week, she is so deserving!" English said.

Junior Evelyn Villalobos notes the impact Passmore has had on the cross-country team, and how her name is still mentioned in upperclassmen stories. Villalobos says she got to know her better this past summer and knew immediately she would love having her around. "She really makes an effort to know everyone she meets personally and is always there to listen and she seems to always know exactly what you need to hear at that moment. Whether it's someone to lean on or someone to make you laugh Gabby can do it all. Gabby was exactly what [the team] needed this season. She contributes so much positive energy and support to the team and everything she does. We love Gabby," Villalobos said.

Madeline Leach '23 works at the Courtyard Café with Passmore and met her at the beginning of this school year.

"She always makes me and my coworkers feel welcome whenever we come to our shifts. She makes it a point to ask people how they are doing and genuinely cares about the response. I know she makes many other Gusties feel good as well because so many Courtyard customers know her by name and are excited to see her when they come to get coffee!" Leach said.

Brenden Huber, the Head Men's and Women's Cross Country Coach and Assistant Men's and Women's Track and Field Coach in Athletics, has known Passmore for the past ten years.

"Gabriela radiates positive energy... She is an amazing listener and does a great job of understanding those around her. She is compassionate and caring to all those she crosses paths with. I think the general public who visits the Courtyard Café find out right away as they are greeted with warmth and a smile, that Gabby is a phenomenal representative of Gustavus. Your day never gets worse after you've interacted with her, it can only get better!" Huber said.

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.



Gabriela Passmore.

Soren Sackreiter

Chef's Corner

Launching the "Chef's Corner" monthly column

Leah Thompson
Staff Writer

The Kitchen Cabinet is an organization on campus that is composed of students and employees. This group seeks to informally advise the Dining Service Director on how the Dining Service can continue to deeply serve the educational mission of Gustavus.

The Kitchen Cabinet meets monthly to address the questions, concerns, and opportunities the Dining Service faces as it creates meals for the greater community. As the Dining Service fosters this sense of community, it strives to support and advance the educational goals of the college, which consist of excellence, justice, community, service, and faith.

Over the past decade, the Kitchen Cabinet has been a

driving force behind a variety of sustainability initiatives. For example, the Kitchen Cabinet has been involved in creating and implementing the Gustiware program, the campus composter, Big Hill Farm, the campus fair trade designation, and the Coca-Cola Sustainability Grant program.

In 2008, the Gustiware program began when the Dining Services wanted to create a way to cut back on waste. The purpose of the Gustiware program is to reduce the usage of cardboard containers and create a reusable take-out option for students.

With the help of the Kitchen Cabinet, composting became widely accessible across campus. As of last year, most dorm buildings were given mini green compost bins to help encourage students to compost in their rooms.

According to the mission statement, "The Big Hill Farm

is a student-run organization that strives to educate the Gustavus community about local food production, food justice, gardening techniques, and plant care."

"The Big Hill Farm is a student-run organization that strives to educate the Gustavus community..."

The Big Hill Farm also sells all its produce to the Gustavus Dining Services which is incorporated daily into meals.

Many of the monthly Kitchen Cabinet meeting minutes are posted online for students and staff to browse through to gain a better understanding of the group's thought process.

Another aspect of the Gustavus Dining Service experience is access to a registered dietitian.

Jen Donkin is a registered

dietitian on campus that works with Health Service and Dining Service. She works with the Dining Service by doing the nutrition analysis for the recipes and works to update the daily menu on the Gustavus website with the nutrition and allergy information.

Donkin also encourages students to "Look at how they're filling their plate and check to see what they're missing." She explained that fruits, vegetables, and fiber are typically missing from a typical student's plate. However, students can use MyPlate as a guide to help them create a well-balanced meal.

"Look at how they're filling their plate and check to see what they're missing."

If any students are inter-

ested in learning more about nutrition or healthy eating habits throughout college and beyond, students can schedule an appointment with Donkin in Health Services for free. Those who take on this service are given a safe space to ask questions, look at their health concerns, and have a personalized plan developed.

During the last monthly Kitchen Cabinet meeting, an idea was proposed to have a small weekly section in the newspaper called "Chef's Corner". In this weekly segment Chef Tim, the executive chef in the Dining Services, would be able to share information about different food in the cafeteria.

Some segment ideas could be about what's made from scratch, new menu items, and low energy foods.



Student works to harvest plants at Big Hill Farm.

The Legend of Krampus

by Aiya Jorde, Features Writer

Every night before Christmas, a suspiciously jolly old guy in a red sweatsuit flies around in a sleigh driven by reindeer, breaks into your house via chimney, eats your food, drops off a bunch of wrapped items, and then dips.

And we're not supposed to call the cops?!?

The United States is not the only country with some (slightly concerning) bizarre Christmas legends. Let's take a quick trip to the Alpine region of Central Europe.

Krampus

Nothing would make you scream "Christmas" like a horned half-goat, half-man creature that chases naughty children and drags them to hell (well, maybe you wouldn't be screaming "Christmas" but you would definitely be screaming).



Annually around early December, the children of Austria and the surrounding Alpine region prepare for the potential wrath of Krampus, an evil demonish thing who is rumored to terrorize any naughty children. Believed to have originated in Germany with his name deriving from the German word Krampen, which means "claw," the story of Krampus has its roots in pagan mythology. According to legend, Krampus is the son of Hel, the Norse god of the underworld. Described as having pointy devilish horns, dark coarse fur, and a long snake-like tongue (that would put Gene Simmons' tongue to shame), Krampus is not the archnemesis of Santa but is actually Santa's terrifying business partner (#bestiegoals). On the night of December 5th, known as Krampusnacht, Santa and Krampus work together as a dynamic duo with Santa rewarding presents to the nice children and Krampus whipping the naughty children with birch branches (...Tbh I don't know which option I would prefer... Sorry, that was too far). If the children are super naughty, Krampus throws them in a sack and will either eat them, drown them in a river, or drag em' to hell (Idk, sounds pretty reasonable to me).

Today, Krampus is still celebrated in the Alpine region of Central Europe on Krampusnacht, which translates to "Krampus night," where adults dress up as our favorite beloved demonic creature and frighten children at their homes. Sometimes, a Krampuslauf, which translates to "Krampus run," takes place where men get drunk, dress up as Krampus, and chase children around the street. Nothing like a good ol' dose of public harassment to get you into the Christmas spirit. I would be interested in a research study investigating whether these children actually behave better, or battle Krampus-induced mental trauma for the rest of their lives.

Well, that's a wrap on this piece. Have a lovely final week before break and don't be naughty (or do, I don't want to Kramp your style...that was pretty bad but I really wanted to use it at some point in this article).

Merry Krampus :)



Krampus, depicted on an Austrian postcard, 1910.

Submitted



It's free. So why aren't we using it?



Jonas Doerr
Opinion Columnist

On the few occasions I've eaten fondue, I sometimes wonder what it would be like to stick my head in the fountain and have that warm, gooey chocolate flowing directly into my mouth. But then I realize I'd get chocolate all over my face, choke, and generally look like a doofus.

Reading the news feels like sticking your head in a fondue fountain. There's so much of it floating around that it drowns you in information until you're screaming for a respite from this bleak world you live in and yet again you look like a doofus. But I believe that news 'chocolate' is worth slurping up anyways.

Many Gustavus students do not read or listen to the news. It certainly is not difficult; in fact, the Student Senate recently expanded the free access they provide to one of the most respected newspapers in the country, the New York Times. Although they do not track how many students use it, most students I know do not take advantage of this subscription.

Why not? Some students have other ways of getting the news; for example, Louise Forssell, a student from Stockholm, Sweden, understandably prefers to read a Swedish newspaper instead. She finds the large number of American news sources to be confusing. Others might listen to podcasts or stay

updated through social media sources like Twitter.

Yet many others stay away from the news altogether. While they might occasionally read an article or two, for some, reading the news is a sporadic activity. There are several reasons why they might choose this.

Reading the news can be sad. It can be upsetting to hear about wars in Europe, drought in California, and arrested protesters in China. Although there are sometimes happy stories, much of the news is not cheerful.

Plus, a lot of the news can feel inapplicable. How does what's happening in China or Russia or Qatar affect us thousands of miles away? Even what's happening in our federal or state governments can seem distant, like it has little impact on our daily lives.

And reading the news takes valuable time. Many students believe they do enough reading already for class, so why read more? That time could be spent on things like self-care that can

get lost in the busyness of a semester.

But I believe the news is worth it for several reasons. It encourages us to be more empathetic, it grants us valuable new perspectives, and makes us more grateful.

Reading the news helps us to become more empathetic by learning of other people's struggles or successes. While it might only feel spitefully pleasant to hear about the downfall of a celebrity after a poorly considered statement, hearing about what groups like the Uyghurs in China or war-torn Ukrainians go through helps us to understand there are problems greater than a lukewarm latte on a Monday morning.

When we hear narratives like these, it can inspire us to work for something beyond our own self-interest. Instead of only worrying about our own happiness, thinking about what other people go through can encourage us to work for greater causes. This type of

selflessness is what inspires some of the fantastic programs on our campus, like Habitat for Humanity trips or the A Moment of Magic organization.

The varying views one finds in the news can broaden our perspectives. While some news organizations promote mostly one viewpoint, newspapers like the New York Times offer a wide range of creative opinion pieces. Often one can easily find well-reasoned pieces that are liberal, conservative, and moderate listed next to each other.

Reading pieces like these not only help us to think about our society's most pressing issues more often, but also in more exciting ways. The writers for the New York Times are at the top of their field, and their arguments are cohesive and innovative. Instead of offering a one-dimensional worldview like many social media posts, articles like these can help us develop a more complex understanding of what others believe.

Lastly, reading the news can make us more grateful. Few things are more vital to enjoying life than a healthy sense of gratitude – even when rough times come, focusing on the blessings one does have makes everything seem rosier. The news can help cultivate that.

When we read about the wide swath of experiences portrayed in the news, it's impossible not to compare it to our own life. We begin to appreciate what we have more: our free speech, safe environments, relatively stable governments, food security, and many other things. Realizing these things can make us generally happier.

And, of course, one could read the news just to sound smarter. It does sound rather intellectual to be able to spout facts about current events, but your friends might not appreciate it if you decide to be a "news-sance" like that. You might be better off reading Shakespeare and learning his most pithy insults, like "Come, come, you froward and unable worms!"

You don't need to read the news. But I encourage you to try it and see if it really does help you become more empathetic and grateful. After all, lest you forget, your Student Senate fee is funding these readership programs. Better make it worth it!



Weekly stand in Beck.

Hailey Brune

Demystifying the overinvolved Gustie



Gabrielle Lavan
Opinion Columnist

We've all heard of it, the myth of the "Over-Involved Gustie". We've heard it from professors, from peers, and from faculty. Maybe some of us have even heard it from our therapists in the Counseling Center. No matter

where you've first heard the term, the mystical Over-Involved Gustie is not something made of myth. Meaning, you won't merely be hearing tales of these students who have near-telepathic connections to their Google Calendars.

"No matter where you've first heard the term, the mystical Over-Involved Gustie is not something made of myth."

Hunched shoulders with coffee in hand, staring at their laptop screens for hours in the Courtyard Cafe. Their email signatures are at least five lines long and display their many well-deserved commitments and leadership roles on cam-

pus. They aren't hard to spot, mainly because they are everywhere. The championing of the Over-Involved Gustie archetype from all areas of campus has left many of our student leaders overworked and burnt out. It leaves me wondering, can Gusties have it all?

"The championing of the Over-Involved Gustie archetype from all areas of campus has left many of our student leaders overworked and burnt out."

When thinking about the Over-Involved Gustavus student we must look at the causes. I argue that there are four main

causes to the worsening crisis of the Over-Involvement of Gusties. 1) Gustavus' culture of busy-ness normalizes schedules packed full of activities. 2) While Gustavus may be a small campus it is full of opportunities to engage with 100+ student organizations. More student organizations means more leadership opportunities to be filled. 3) As a liberal arts institution, Gustavus' student recruitment is based around the idea that Gusties can and do have it all when it comes to arts, athletics, and academics. 4) The Covid-19 pandemic has greatly impacted student's willingness to take on hard-working leadership roles.

Being over-involved isn't necessarily a bad thing. There is nothing wrong with having multiple passions and wanting to pursue every one of them. However, I challenge all Gusties to consider the level at

which they are involved versus the level at which they are expected to be involved. When students are spread thin by academics and curricular activities, they experience burnout. When students are burnt out, we cannot produce the quality of work and skill learning that is integral to the college experience.

You may be left with the question of what can be done? To that, I say make sure to find time to step back and reevaluate your commitments and ensure that your work is being appreciated and valued. Work for the sake of doing work is not work well done, Gusties.

Winter, friend or foe?



David Eide
Opinion Columnist

As I've previously stated in this column, fall is and remains my favorite season. However, I also have an appreciation for the other seasons, particularly winter. Unlike with fall, my relationship with the coldest of the seasons is a bit more complicated than pure affection, as I also have to consider both the eerie beauty and the biting cold at the same time. Winter is somewhat paradoxical in that regard, it is serene yet barren, comforting yet deadly. I want to use my last opinion for this year to explore several of the most personally fascinating aspects of winter which I think speak to the dual nature of the season.

I'll start off with the main impetus for this article, the blizzard. Last Friday night I was helping to valet cars for

Christmas in Christ Chapel and the weather was decidedly unagreeable. As I'm sure you remember, the winds were brutally cold and what had started out as sleet earlier in the day had transitioned into a blowing snowfall as night fell. On one hand, it was not fun at all to stand outside for several hours trying to keep keys and other things organized all while the wind somehow kept getting stronger and the snow kept piling up. Even wearing several layers and with freshly purchased pocket warmers in tow, it was rough going basically the entire time and I had to leave before my shift was technically over just because of how bad conditions had gotten. In spite of these terrible conditions, there was an undeniable beauty to them as well. The fresh snow coating the ground and the near-total silence besides the wind lent an otherworldly appeal to that night that few other moments in my life have captured. Of course, I appreciated it a lot more once I was back inside my heated room but I don't think I would have appreciated quite as much if it hadn't been for those couple of hours spent outside in the cold.

I've found that this dual nature of winter can often be communicated through media very effectively. For example, one of my all-time favorite films, *The Thing* by John Carpenter is very effective at conveying the unforgiving nature of winter and

the cold. The film is set on an Antarctic research station where a shapeshifting alien organism is preying upon the staff in hopes of escaping into the wider world. In the film, the cold serves as both an obstacle and a protector; as it keeps the staff of the station trapped there with the creature, it also prevents the creature from escaping into the wider world. I think that the beauty and the danger of winter can be conveyed very well by interactive media such as video games. One of my favorite examples is *The Long Dark*, a survival game. The game takes place in the remote Canadian wilderness and owes a lot to *The Grey* starring Liam Neeson or some of the stories of Jack London. You play as the survivor of a plane crash following a major geomagnetic storm who has to survive the frigid yet alluring landscape along with predators, like wolves. *The Long Dark* can be pretty difficult, which communicates the danger of winter and the cold while also looking very pretty which I think is a very fitting dichotomy.

A cursory look at history also reveals the immense power that winter used to hold, and for many across the world continues to hold, over life and death. The past is replete with reminders of how if you were not prepared for winter, whether it be with shelter or with proper provisions of food, you were effectively as good as dead. I'll always remember a description

of what rural life in the winter was like prior to widespread electrification. It effectively consisted of huddling together for warmth in the biggest bed while a single fireplace burned for most of the day interspersed with the other critical tasks that needed to be performed. Of course, there is the infamous story of the Donner party, a group of pioneers headed to Oregon who wound up snowbound in the Sierra Nevada mountains following the onset of winter. They soon ran low on provisions and began dying of starvation, disease, and of course, the ever present cold. It eventually reached a point where many of the survivors were forced to resort to cannibalizing

the already deceased to have any hope of surviving the winter. If that doesn't convince you of the power that winter and the cold holds then I'm not totally sure what will.

As I've said many times in this piece, winter is beautiful and simultaneously incredibly dangerous, and personally that is the main allure. To me, the most fascinating things in life are those that have a duality to them and contain both positive and negative aspects in balance with each other. If you take anything from this article however, it's that you should never underestimate winter, because it can turn even mild situations into deadly ones far more quickly than you might expect.



Campus with snow.

Katie Doolittle

My struggle with *My Struggle*



Clare Greeman
Reader or Masochist?

As the semester shudders to an end, I have been attempting to finish my months-long mission of completing Karl Ove Knausgård's *My Struggle* book sextet. In Norwegian, its original language, it sounds much like Hitler's genocide manual, but to English readers it is simply that: the struggle of a man. Knausgård undergoes no particular hardship, at least none in the way that he is a white middle-class man with no important life events that have defined him up until now. At least nothing requiring six editions.

I, undoubtedly like you, reader, are wondering why Knausgård published an autobiography in six parts and why anyone would bother to read it. About to finish this chapter in my reading journey, I am still asking that myself.

"I, undoubtedly like you reader, are wondering why Knausgård published an autobiography in six parts and why anyone would bother to read it."

For one, readers much more qualified than myself have said that he has revolutionized the autobiography genre. This is because he writes unabashedly about his highest highs and lowest lows. Even some things he might want to keep to himself in the era of #MeToo and general decency are aired in his highly read titles. His tone shifts on a dime and his actions seem to vacillate like the swinging of an ax: one such incident is when he makes cuts to his own face while on

a night out with friends, and even when penning this, still doesn't understand why.

Another technique that defies the genre is his shifting of writing styles across these books. *Book One* is set in modern day where Knausgård experiences writer's block in his office and considers life with his wife and children, then bounces around between different moments in his life, seemingly following a thin thought thread between them. During the end, he magnifies the death of his father that happened roughly a decade ago. In his proceeding books, the threads follow more or less linearly and it is clear Knausgård is attempting to focus on one aspect or time of his life.

Beginning in *Book Three* and continuing onward, he hyper-focuses on different events in his life. He recalls with startling detail moments of his childhood being abused by his father, his time teaching in rural Norway as an 18-year-old, his acceptance into the prestigious writing academy at 19, and then life creeping up into his 30s in *Book Six*.

The writing style, like his focus, shifts on a whim. Not only is subject matter inherent to him, the progression of the story is similarly unique. These details, especially the incredibly personal and transgressive, were another point of praise for the series.

No matter how much we might know about Knausgård by the end of the series, he still keeps a wall up between himself and us. The writing is blunt and without the floridity of most other novelists, which Knausgård is by trade. So while he might manage to pull us in close, he manages to keep us at arms length.

"No matter how much we might know about Knausgård by the end of the series, he still keeps a wall up between himself and us."

While he has us here, by the collar of our shirts or the meat of our ears, we might try to escape, but something inexplicable keeps us here. And it's not just the element of completism that keeps you reaching for the next installment. I began to understand the appeal at the end of *Book One*.

Knausgård learns of his father's sudden death; though he knew his father had become a heavy drinker, Knausgård had no idea the extent until he visited the home where his father died. Until his death, Knausgård's father lived with his mother, Karl's grandmother. Inside they found a home smelling of feces with a kitchen covered with grime and a spot on the floor stained with the remnants of his father. After living there for years and drinking all day everyday, his father had broken his leg months before his death and hadn't moved from his spot on the floor since.

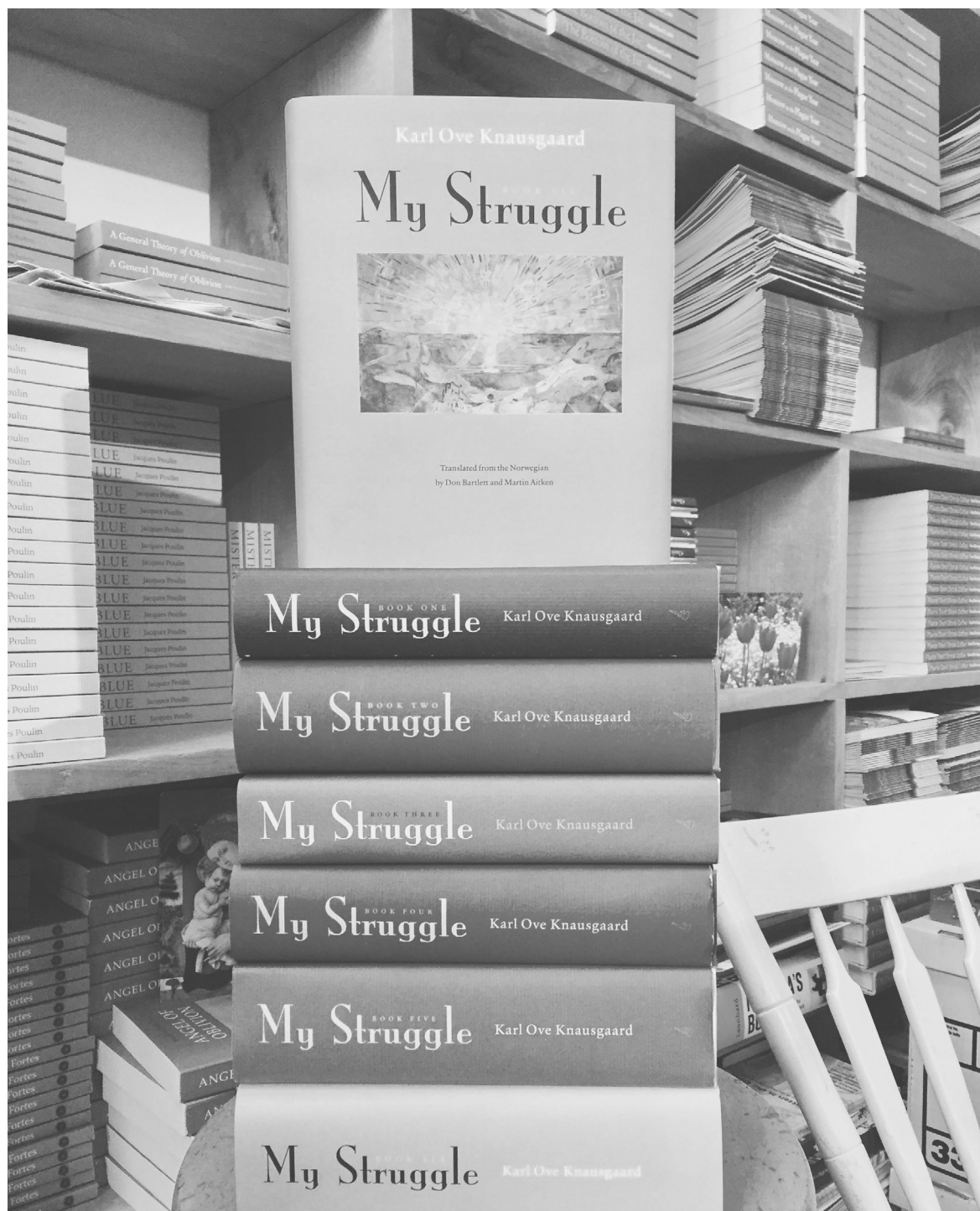
Days before the funeral Knausgård and his brother drink with his grandmother. The beer and the stories of his

childhood lure Knausgård and the reader into some much needed comfort after days of horrible imagery and grief. Just as we settle into a cozy scene, Knausgård notices that his grandmother's hands have stopped shaking. After taking drink after drink, she slowly becomes the woman she was when he was younger. Sitting next to the spot where her son drank himself to death, she and her grandsons drink themselves into forgetting. Knausgård lurches into a moment of horror while the reader can only reel in the terrible reckoning. A cacophony of dysfunction and disgust jars the reader as if we were living that very moment.

Knausgård's ability to drag the reader through his life, no

matter how reluctantly at some points, is what got me through the series. You are strapped into his shoes as he simultaneously lures and repels with a disjointed sensation you miss the moment it's gone.

So while it is one thing to swear off a six part autobiography, it is quite another to experience a rollercoaster ride of emotion, tone, and style. I recognize that these books aren't for everyone. Being six books in, I'm not even sure it's for me. I just hope that more people open themselves up to unique reading experiences, because you might stumble onto something you'll never have the chance to experience anywhere else.



My Struggle series.

Submitted

Movies from Swank: A Love Song

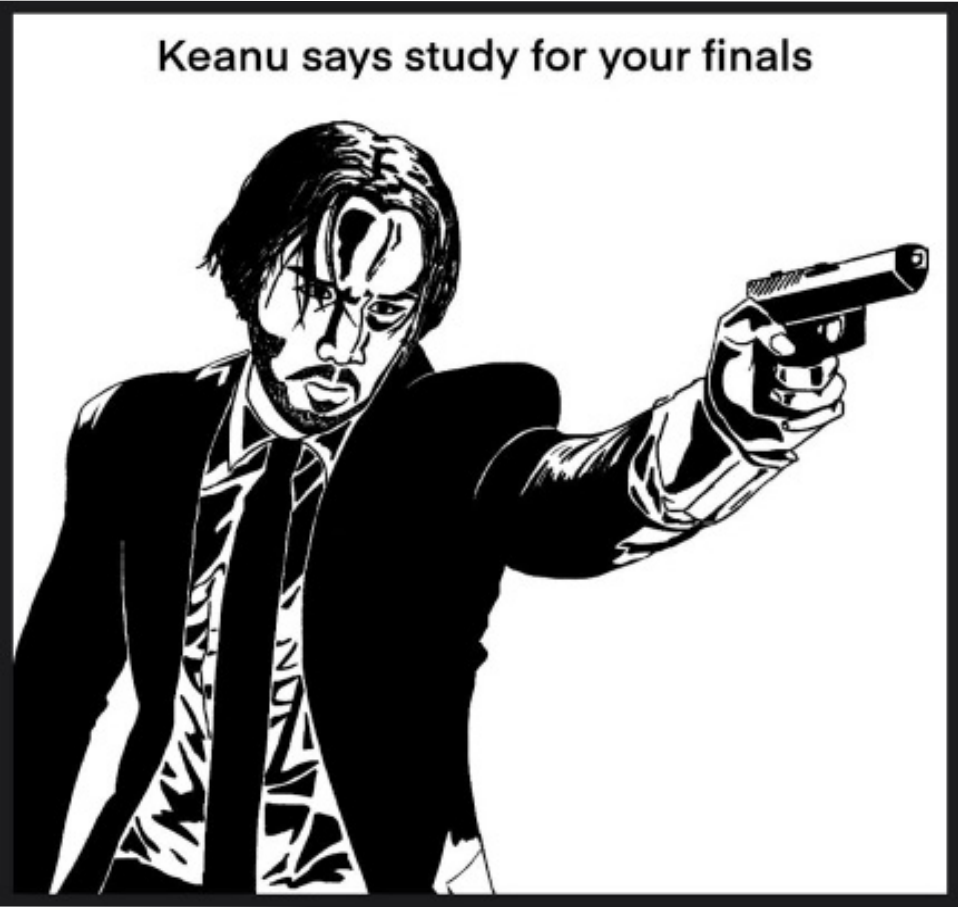
Will Sorg
Movies Guy

Gustavus’ streaming service Swank has a genuinely impressive library of 2022 movies. There’s a ton of big releases on there right now, from *Jurassic World* to *Nope*, but equally impressive is its selection of smaller films from this year. *A Love Song* premiered at the Sundance Film Festival this year and is the feature film debut of Max Walker-Silverman. It stars Dale Dickey as a widowed woman named Faye as she waits for a reunion with her highschool sweetheart Lito, played by Wes Studi.

Faye spends her time camped on a lake in the Colorado mountains as time moves forward towards her eventual meeting with Lito. Walker-Silverman highlights the little details in this film, partially out of necessity as the story itself is one of waiting and placidity, but also out of a clear intention to bring the audience into the setting. The film makes perfect use of its campsite vistas with the film’s grainy pastel coloration that compliments the aged cast and the gorgeous visuals that are brought to life by the camera. We get glimpses of Faye’s routine as she catches and cooks crawdads, visits with strangers that pass her campsite, receives mail from the postman, and listens to a radio that always turns to the right song. We are given a simple look into the life of a woman who is clearly very lonely. Each time a car approaches her camper, she adjusts her hair in preparation for the possibility that the man she wants to see more than anything will be in that car. We get a sense of her loneliness as she wakes up every morning, her hand outstretched to touch an absent figure in her bed.

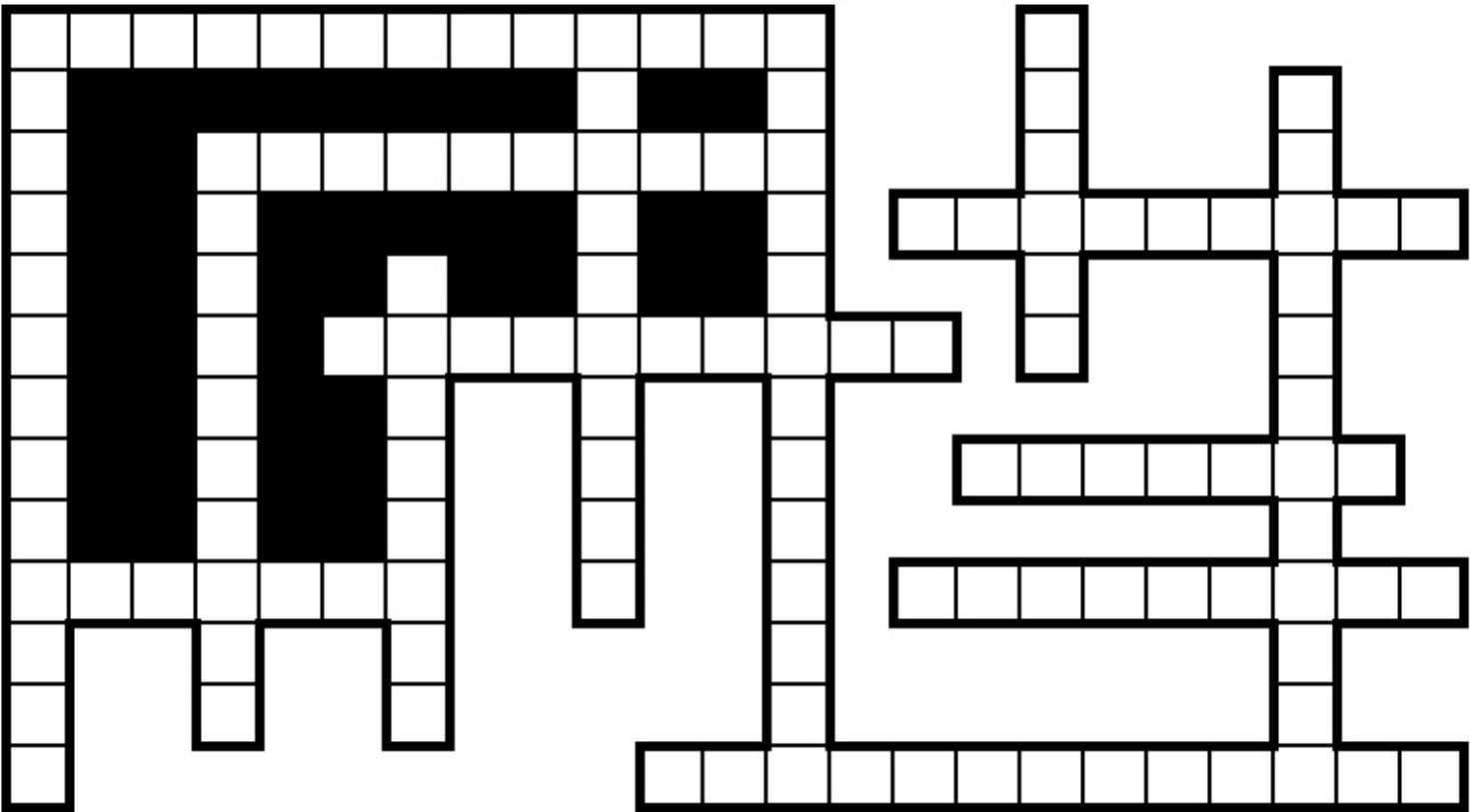
So when Lito shows up there is an incredible beauty that comes from the fact that he is just a normal guy. What is seen in this film is not remarkable people falling in love in remarkable circumstances. Instead we see two widowed older characters reconnecting after decades away from each other. There is an inherent awkwardness in their interactions that humanize them far more than any grand love story might. They have simple conversations, reminisce on their high school years or other little memories of their life. There is a scene where they simply play guitar together while Lito sings. Neither of them are particularly talented, yet there is such a comforting joy to be found in seeing two people enjoy each other’s company.

Still, while the whole film plays out there is a looming question between the two. Are they ready to move on from their late spouses? It is never fully articulated, but the presence of that question is in every part of the film. They mention their departed loved ones often, Lito especially brings up his wife in a very self-conscious way, always telling Faye about how his wife was always the smarter, more capable person in the relationship. They’re both living in the shadows of their past lives and the people they would have spent their time with. We as an audience get to see these two people gently test the waters to see if the comfort of their old lives can be recaptured, or if there’s even something new for them to experience.



Frija Reinert

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Self-Care Fill-In

Using crossing words and length as clues, fill in the grid with the following self-care strategies to help you make it through finals

- 6 BE CALM
- 7 SLEEP IN
STUDY UP
- 8 TAKE A NAP
- 9 GET ACTIVE
PLAN AHEAD
- 10 ACCEPT THAT (sometimes you need to)
ASK FOR HELP
EAT HEALTHY
WALK AROUND
- 12 KEEP ROUTINES
- 13 LISTEN TO MUSIC
TALK TO FRIENDS
TREAT YOURSELF
SET BOUNDARIES

Women's hockey still top dog

No. 1 Gusties batter Winona 3-0

Parker Burman
Staff Writer

This past weekend the Gustavus women's hockey team traveled to Winona to face off with conference rival Saint Mary's. Over the past four years the Gusties and the Cardinals have tied in every matchup and this year's team looked to break that streak. They did just that in a dominating 3-0 victory with all three goals coming via the power play.

In the first period, the Gusties were quickly on the power play after Saint Mary's committed a hooking penalty at the 3:04 minute mark. Just over a minute later, Sophomore Kaitlyn Holland buried her fifth goal of the year with assists coming from Junior Brooke Remington and Junior Brooke Power.

"On the first power play goal my teammates did a great job of moving the puck around to create a passing lane and I was able to get the puck across to my teammate on the back side who then scored," said Remington.

The Gusties went back on the power play at 5:59 on a tripping call and then again at 13:02 from a hooking. However, they were not able to find the back of the net for a second time in the period, instead having to enter the first intermission with a 1-0 lead.

Having played nearly the entire first period in their opponent's zone and on the power play while not allowing a shot on Senior goalie Katie

McCoy, the Gusties wanted the score board to match their dominance. Gustavus would have to wait till the 13:30 mark before they were able to find the back of the net once again.

After a face-off win by Senior Molly McHugh, the puck went to Senior defenseman Kayla Vrieze who ripped a shot from the point. This shot was deflected by Saint Mary's but was put right on the stick of First-year Lily Mortenson. Mortenson's second goal of the year was the second for the Gusties on the power play in the game.

"Kayla Vrieze had a great shot from the point which caused a perfect rebound. It just found my stick and all I had to do was hit it in," said Mortenson.

"It was definitely an all around team effort. We all moved the puck well and communicated well. The more that we work together on the power play, the more opportunities we have and it definitely paid off," said McHugh.

Six minutes later with just seconds left on the clock, the Gusties were back on the power play once again in the second period. An offensive zone face-off was won by Gustavus and was directed back at Remington, who sent the puck over to Holland who then buried her second goal of the day.

"I was able to bury two power play goals because we were playing as a team and working together to be one. We were there for one another and it was a team effort to get those two goals in the back of the net," said Holland.



Gustie player makes a pass.

Submitted.

"I was able to bury two power play goals because we were playing as a team and working together to be one. We were there for one another and it was a team effort to get those two goals in the back of the net."

"On the second one, our center did a nice job off the face-off which allowed us to get the puck to the net," said Remington.

The last-second goal in the second period sent the Gusties into the second intermission with a commanding 3-0 lead. Saint Mary's had been held out of the Gustavus loan for nearly all of the first 40 minutes totaling just three shots in two periods compared to 37 for Gustavus. This dominance would not change once the third period got going.

The third period saw very little action for either team as both played clean hockey and stayed mostly out of the box. Saint Mary's was able to get six more shots on McCoy but never really had any high danger chances in the Gustavus zone. Gustavus fired 11 more shots at Saint Mary's but was shut out in the third period.

The Gusties had done what they had done to so many other teams throughout the young season, showing they are worthy of being No.1. Goalie Katie McCoy collected her second straight shutout after facing nine shots on net, Holland was able to bury two power play goals, both with help from Remington who picked up a pair of assists. In the face-off dot McHugh won 14 of 17 faceoffs which helped keep the offense going while Mortenson highlighted the advantage of the youth on the team.

Even after another dominant performance, the Gusties are not getting overconfident and are taking each game one at a time.

"The goal for us is to keep playing hard and working hard taking it one game at a time. Our long term goal is to make it as far as possible with the hopes that we can end at number 1 in the nation, but

that starts with winning games now and focusing on how we can get better every day," said McHugh.

"The goal for us is to keep playing hard and working hard taking it one game at a time. Our long term goal is to make it as far as possible with the hopes that we can end at number 1 in the nation, but that starts with winning games now and focusing on how we can get better every day."

"We can't get overconfident because of the ranking. We need to keep pushing and working hard and not underestimating anyone," said Mortenson.

This weekend the Gusties will matchup at an away game with cross-state rival River Falls in a battle of the top two ranked teams in the nation.

"Our goal is to come out strong and that we are ready to work hard and give it our all everytime we are on the ice," said Holland.

"The team is feeling very excited heading into this matchup. There has always been a strong rivalry between these two programs; it just makes it that much more special to play them as the two top-ranked teams," said Remington.



Gustie player pushes the pace on offense.

Submitted

Women's basketball dominates Macalester

Gusties improve to 5-1 record



Gustie player drives to th hoop.

Submitted

Nyden Hill
Staff Writer

This past Saturday, the Gustavus women's basketball team took on the Macalester Scots at home in St. Peter. Going into the matchup, the Gusties looked to bounce back, as they were coming off of their only loss of the season to Concordia on Nov. 26.

"Obviously it was a tough loss to Concordia on Saturday, so this entire week practices have been focusing on us and getting back to where we were before the Concordia game. Going into the game, we were ready to show the rest of the conference that we were still very relevant," said Sophomore forward Rachel Kawiecki.

Early in the first quarter, the Gusties wasted to time running out to a commanding lead. Just three minutes into the first quarter, a steal and layup on the other end by Senior guard Anna Sanders gave the Gusties an 11-0 lead. The Scots remained scoreless on the game all the way until just 6:19 was left in the first, with a Macalester three-pointer breaking the scoring drought to change the score to 11-3.

"Just knowing that we had a lot of depth compared to them was really helpful. They only play six or seven girls a lot of minutes. We knew that if we

took advantage of that and played a faster paced game, we would be able to tire them out quickly and take advantage of our depth," said Senior guard Anna Sanders.

This dominance for the Gusties continued throughout the first half, as they were able to keep control of the ball while forcing what was seemingly turnover after turnover.

"We have been working on pressing a lot in practice so that is something we wanted to try out. We really focus on the defensive end when we play and that is something we take a lot of pride in," said Junior forward Izzy Quick.

"We have been working on pressing a lot in practice so that is something we wanted to try out. We really focus on the defensive end when we play and that is something we take pride in."

Another forced turnover increased the score to 25-12 in favor of the Gusties.

Upon the conclusion of the first quarter, Quick led the Gusties offensively, totaling seven points on two field goals and three made free throws.

Defensively, Sanders forced the majority of the Macalester turnover, adding five steals in addition to five points.

"I feel like I have to give a lot of the credit to my teammates. Being able to find the right pass to the open person, which happened to be me a bit in the first quarter, running our offense right, and focusing on the little things helped with my success," said Quick.

Throughout the second period, the Gusties' dominance remained the same, with the score differential increasing to as much as 31 points. This time, Sanders led the Gusties on both ends of the ball by posting ten points and three steals in the period.

After a whole half of play, the box score tells a story of dominance, with the Gusties leading in every available category. They led the Scots by 20 turnovers, 17 second chance points, and 12 fast break points.

After the half, the momentum that the Gusties had built through the game thus far only increased. In the third quarter, exceptional shooting and three-point shooting by the Gusties gave them a 40 point lead going into the final quarter of play. In addition to shooting 56% from the field and 66% from three, scoring for the Gusties was much more evenly distributed than in previous quarters. Sophomore guard Julia Knudson led the

Gusties with six points, while Quick and Kawiecki added five and four points, respectively.

With such a large lead heading into the final period of action, one might expect the Gusties to fade a bit. However, with the score differential increasing to as much as 49 points, this assumption was far from the reality. When the horn sounded to signal an end to the game, the Gusties emerged victorious with a dominating performance and yielded a final score of 89-40.

Ending the game, Sanders finished with 17 points and six steals. However, she was not the only Gustie in double digits. Quick and Kawiecki each added an additional 12 and 11

points, respectively.

This Gustie win advanced the team to 5-1 (3-1) on the season and undoubtedly adds to the already big hopes for the team this year.

Looking forward, the Gusties travel to Northfield on Dec. 7 to take on the St. Olaf Oles. We wish them the best of luck as they hope to continue this remarkable year.



Gustie player fights for possession on the tip-off.

Submitted

Gusties make a splash at Pioneer Classic

Men's and women's team both claim first place



Gustie swimmers line up before a race.

Submitted.

Emma Esteb
Staff Writer

The Gustavus men's and women's swim team traveled to Grinnell, Iowa for the Grinnell Pioneer Classic on Saturday, Dec. 3. Both the men's and women's team took home first place with the men claiming the title for the fifth consecutive season with 947 points and the women winning for the second straight title with a score of 982. "I think we had a really good meet, a lot of swimmers did drop a lot of time. We had a few taper swimmers so they were suited up and did really well. It was awesome that both men and women won, the women had it probably by the second session but for the men it came down to the last relay so that was super fun to watch," Senior Amelia Stewart said.

The women's team started Saturday with a meet record in the 200 medley relay consisting of Sophomore Mikayla Witte, First-Year Lindsay Sundby, Sophomore Marit Isaacson, and Junior Lucy Peterson with a time of 1:47.68. "The women's 200 medley relay got to suit-up and dropped a ton of time which was so awesome to see,"

Senior Emily Pearson said. Isaacson carried that momentum and went on to win the 400 IM in 4:47.33, the 100 backstroke in 1:00.49, and the 100 free in 54.03. The women's 800 free relay won with a time of 8:13.86 and the 400 free relay finished off the day with a win and a time of 3:39.40.

"Isaacson carried that momentum and went on to win the 400 IM in 4:47.33, the 100 backstroke in 1:00.49, and the 100 free in 54.03...The women's 800 free relay with a time of 8:13.36."

The Gustie men also got off on the right foot as they started the day with a meet record in the 200 medley relay. The team consisted of Junior Peyton Richardson, Junior Kieran Ripken, Senior Dane Hudson, and Senior Andrew Becker with a time of 1:34.42. "It was a lot of fun as it was our first away meet so it's always fun to travel and hang out with the team for a full day and a half," Becker said.

Ripken went on to also win the 100 breaststroke with a time of 59.03. The 800 free relay team of Hudson, Senior Erik Small, Richardson, and Junior Matt Strom won in 7:11.09. Senior Callen Zemek carried the team with distance swimming and won the 1650 free with a time of 16:50.26, while Becker carried the short distance swimmers as he won the 100 free with a time of 47.37. The Gustie men finished out the meet with a win from the legendary team of Hudson, Strom, Ripken, and Becker in the 400 free relay with a time of 3:08.25.

"It was a lot of fun as it was our first away meet so it's always fun to travel and hang out with the team for a full day and a half."

The Grinnell Pioneer Classic was the team's first overnight meet of the season and was the perfect way for the Gusties to prepare for the Conference meet. "This meet is set up the same way that MIACs are set up so it's kinda like a mini practice MIACs for us. Friday night is day one, Saturday morning is

day two, and then Saturday night is day three," Peterson said. With that, the Gusties were pleased with their performance at this meet and hope to continue to carry that momentum for the rest of the season.

"This meet is set up the same way that MIACs are set up so it's kinda like a mini practice MIACs for us. Friday night is day one, Saturday morning is day two, and then Saturday night is day three."

Both the men's and women's teams have continuously shown a lot of potential and talent. "I think compared to last year when we went to Grinnell, it is very easy to see the support of this team. If you look at our bleachers this year compared to last year, there was no one sitting on the bleachers cause everyone was at the end of the lanes. This year it is very rare to see teammates just sitting on the sidelines because everyone is cheering for each other," Senior Jake Krusell said. The excite-

ment and support from teammates has carried the Gustie swim team to great heights as they reach the halfway point of their season.

The team is looking forward to showing their potential and hopefully continue to dominate in the pool. "I am really looking forward to just finishing out the remaining practices we have and just trying to focus up and get ready for Conference," Sophomore Jonathan Cordano said. The team is also gearing up to head to San Diego for their training trip after Christmas break. This is an awesome experience for the swimmers to get some practice in while also having fun with their teammates and getting some sun. "Of course I am looking forward to MIACs, that is going to be a fun time of the year. It always is fun during championship season, but a little bit more short-sided, I am looking forward to the training trip because that has really been the highlight of every year for me," Krusell said. The Gusties are now off until Jan. 13 when they will host Carleton in a MIAC dual meet.