

St. Lucia Court shines once again



Throwback photo of St. Lucia Court pausing for a picture with kids.

Photos from the Gustavian Weekly Archives



(From left to right): St. Lucia Courts from 2011 and 2012.

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St. Lucia Court
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Events Calendar

NEH Speaker Gathering
Dec. 2nd at 12 - 1 p.m.
Center for Inclusive Excellence

DEIB: Gender Identity/Pronouns
Dec. 7th at 12:30 - 1:30 p.m.
Presidents Dining Room

INVERSITY Reflection Event
Dec. 7th at 2:30 - 3:30 p.m.
and 6 - 7:15 p.m.
President's Dining Room

Festival of St. Lucia
Dec. 8th at 11 - 1:30 p.m.
Alumni Hall

DEIB: Wordly Ears
Dec. 8th at 1:30 - 2:30 p.m.
Saint Peter Room

Sexy Jeopardy
Dec. 9th at 8 - 9 p.m.
Courtyard Cafe

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

- Sunday, November 20, 2022**
- On Sunday, November 20, 2022, Campus Safety was notified of a suspicious circumstance which took place the previous evening in Norelius Hall.
- Wednesday, November 23, 2022**
- On Wednesday, November 23, 2022, Campus Safety responded to a marijuana call in College View apartments. One student was referred to the Campus conduct system.
- Thursday, November 24, 2022**
- On Thursday, November 24, 2022, Campus Safety noticed damage to the Gustavus Adolphus College sign on South Ring Rd and College Ave.
- Wednesday, November 30, 2022**
- On Wednesday, November 30, 2022, Campus Safety responded to a motor vehicle accident in Norelius Hall parking lot A.

- 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.

Soups and Sexuality

Mel Pardock
Staff Writer

On Wednesday, Nov. 30, the Gustavus Peer Assistants hosted an event entitled “Soups and Sexuality” in the Center for Inclusive Excellence (CIE). The event was created to give Gusties a safe space in which to talk about the complexities of the spectrum of identity, sexual orientation, and inclusivity. And what better way to convince some freezing cold Gusties to trudge through the snowdrifts to the CIE than the promise of some nice warm soup? Attendees were even given options for their piping hot delicacy—chicken and wild rice, chili, or chicken and dumplings, accompanied by a seemingly endless selection of toppings.

“This event was created to give Gusties a safe space in which to talk about the complexities of the spectrum of identity, sexual orientation, and inclusivity.”

“As one of the DEI co-chairs for the Peer Assistants part of our collective mission is to create events that promote diversity and inclusion in all aspects and also make events that are different from the rest of the ones we have hosted in the past. In one of our many brainstorming sessions, Zach Gbor and I were brainstorming ways to promote identity and inclusion in the fall. With wanting cozy vibes since we all know how Minnesota weather is, we created Soup and Sexuality,” Senior Peer Assistant Jenesis Tompkins said.

“In DEI, we like to focus on groups that we, as

the Peer Assistants, think could use our focus or groups on our campus that we haven’t focused on or talked about before. That’s how we came up with Soups and Sexuality,” Senior Peer Assistant Zach Gbor said.

The topic of sexuality is not one that is often discussed in such public and open settings, but the PAs found it to be a crucial topic for students to be able to talk about amongst each other along with someone to guide them. In addition to this, the LGBTQ+ community and those questioning their identity can be shy and nervous to talk about their experiences, so Soups and Sexuality aimed to ease that nervousness and provide a safe space.

“. . . sexuality is not one that is often discussed in such public and open settings.”

“[Gusties attended the event] because they had a fun and safe environment to learn about the topic or learn even more than they have before, and to have a conversation about gender identity, sexuality and the spectrum. This is something lots of people aren’t entirely educated about, so this [served] as an amazing opportunity,” Gbor said.

Also at this event, Gusties were able to hear Steven Thomas from Minnesota State University in Mankato speak and join in on their conversations. Thomas is MSU Mankato’s interim director of their LGBT Center.

“Stephen Thomas from MSU was name-dropped during training week and I thought [this event] would be a perfect time to use his talents and expertise to promote on the Gustavus Campus,” Tompkins said.

In addition to providing attendees with an informative speaker, a safe and enriching environment in which to discuss the spectrum of identity and sexuality, and some yummy soup, those who attended the event were entered into a raffle to earn some wonderful prizes, including a Comfy, a Squishmallow, a weighted blanket, and more. All in all, Soups and Sexuality was an event full of meaningful conversation and lots of delicious soups that left questioning and nervous Gusties feeling a bit more secure and warm, in the temperatures of both their bodies and their hearts.



Center for Inclusive Excellence.

Federal Student Loan Relief Program: What we know



Vice President Kamala Harris and President Joe Biden.

Submitted

Cadence Paramore
Editor-in-Chief

On August 24th of this year, the Biden-Harris Administration announced a three-part plan for student loan forgiveness. This plan consists of a final extension of the student loan repayment pause and ensuring that the student loan system is more manageable for current and future borrowers. Additionally, it provided targeted debt relief, meaning that students would no longer be required to pay some or all of their student

loans, depending on the situation of each individual.

The plan would give federal student loan borrowers up to \$10,000 in debt relief, and Federal Pell Grant recipients up to \$20,000 in debt relief. This came as a welcome shock to many student loan holders. However, recently this plan has come to a halt. What's happening now?

According to the U.S. Department of Education, courts have issued orders blocking the student loan debt relief program and are no longer accepting applications. A federal judge in Texas who blocked the plan

stated that it was “unconstitutional,” according to TIME Magazine, and many lawsuits have been filed. A large number of the complaints against the program feel that it is unfair for non-Pell Grant recipients to only receive \$10,000 in debt relief, as well as unfair to exclude private loan borrowers. “Plaintiffs want an opportunity to present their views to the Department and to provide additional comments on any proposal from the Department to forgive student loan debts,” one lawsuit from the TIME article mentions.

Others feel that Biden

lacks the authority to grant widespread debt relief. However, the question then remains of who possesses the correct authority to grant widespread debt relief? “The Biden Administration justified the plan under the Higher Education Relief Opportunities for Students (HEROES) Act of 2003, which gives the Education Department the ability to change student financial assistance programs during a ‘national emergency,’” says TIME. The Biden Administration says the COVID-19 pandemic is one such emergency. Countering these argu-

ments, many people, like Tara Grove, professor at the University of Texas School of Law, say that arguments against the relief program are rooted in this feeling of unfairness because they see other people receiving benefits that they themselves are not eligible for. Many students, within and outside of our community, have expressed feelings of frustration at being stuck in this place of uncertainty.

St. Lucia Court shines once again

Katie Doolittle
Staff Writer

Gustavus Adolphus College will celebrate the long-standing Swedish festival of St. Lucia on Thursday, Dec. 8 at 10:00 a.m. in Christ Chapel. The 81st celebration of this tradition will then be followed by a luncheon in Alumni Hall, which will begin at 11:00 a.m.

The festival begins with the community of Gustavus choosing six sophomore women to be a part of the Court of St. Lucia. The court members are selected based on their embodiment of courageous leadership, service to others, strength of character, and compassion. After the six are voted in by the sophomore class, the greater campus selects one woman to represent St. Lucia.

St. Lucia, or otherwise referred to as Festival of Lights, derives from a 4th-century tale about an act of martyrdom from an Italian saint. According to Swedish legend, Lucia came to Sweden during a great famine and distributed resources to the poor. For Sweden, Lucia represents light returning to the world after long winter nights.

For the festival, Sara Ruble, the Associate Provost, Dean of Academic Programs and Accreditation in Provost's Office, and a Professor in Religion, will feature her presentation about the realities of truth.

"My talk focuses on two related questions: why should we tell hard truths about the past— particularly when those truths challenge communities, ideals, or institutions we love, and what gives us the courage to tell such truths," said Ruble.

Even though her talk requires plenty of preparation, Ruble is still looking forward to enjoying this tradition. "I enjoy opportunities to celebrate Gustavus students as well as the values we remember on St. Lucia Day. I'm looking forward to being part of that celebration," said Ruble.

The festival wouldn't be possible without the work of Ruble and the current court of sophomore women. The 2022 Saint Lucia court includes Abby McCready, Grace McFarlane, Lily Goloh, Cristina Sirbu, Morgan Kelly, and Linnea Hanson.

McCready is a Biology major with a Music and Statistics double minor from St. Charles, Minnesota. McCready is involved in Gustie Greeters, Gustavus Choir, Pre-PT/OT club, the Tri-Beta Biology Honor



This year's Court of St. Lucia.

Katie Doolittle

Society, and works in the Admissions office as a tour guide.

"Being named to Lucia Court is a huge honor and it means so much to me that the campus community trusts me to represent them in this way," said McCready.

"Being named to Lucia Court is a huge honor and it means so much to me that the campus community trusts me to represent them in this way."

McFarlane is a Biochemistry and Molecular Biology major from Sillwater, Minnesota.

McFarlane is a member of the Lucia choir and is the Secretary of the Diversity Leadership Council. In the future, McFarlane wants to research pharmaceutical or medicinal chemistry.

"This experience has been really exciting and hopeful for me. This time of the semester is always overwhelming and full of uncertainty, and it is nice to have something to look forward to," said McFarlane.

Sirbu is a Philosophy and Russian Eastern European Studies double major with an intended double minor in Music and Theatre from Moldova, Chisinau. Sirbu is involved with the CIE (Center for Inclusive Excellence), GAIN (Gusties Attaining Interpersonal Networks), the Phonothan, the

Lucia Choir, the Philharmonic Orchestra, the International Cultures Club, the Eastern European Club, and CASA.

"I am looking forward to the connections I will make with other people and the positive attitude that will revolve around campus," said Sirbu.

Kelly is a Communications and Spanish double major and Political Science minor from St. Peter, Minnesota. Kelly is a part of the women's basketball team, Gustavus Women in Leadership, Student Senate, Hall Council, and Alpha Sigma Tau sorority.

"Knowing the history of St. Lucia and the kind of women who are involved in celebrating that history really made me want to be a part of that

community. These women are kind and strong leaders who look to make a difference in the world with a strong sense of character and to be considered as one of those women is a huge honor," said Kelly.

Hanson is a Biochemistry and Molecular Biology major from Hastings, Minnesota. Hanson is a part of the Pre-Health club and the Lucia choir.

"Being in the St. Lucia court is very exciting for me as I come from a very Swedish family and I have grown up celebrating the St. Lucia tradition," said Hanson.

GUSTIE *of the* WEEK

Itzell Martínez

Emma Kelsey
Staff Writer

Junior Itzell Martínez has certainly brought a lot to the Gustavus community. From her infectious energy to her unwavering dedication to that which is important to her, Martínez is well known by those around her as an incredible person, and as a Gustie worthy of recognition.

Martínez follows her passions, as shown through her involvement on campus. She is involved in OLAS (Organization for Latinx Students), Gustie Greeters, Pre-Dental club, and is the VP of Harm Reduction for Tri Sigma Sorority. Martínez says these orgs are each important to her for the different qualities they bring into her life as a Gustie. "My favorite part of Gustavus is the community and relationships I have built throughout my time here," Martínez said.

"My favorite part of Gustavus is the community and relationships I have built throughout my time here."

Martínez is on the Pre-Dental track with a Spanish major, and hopes to bring her many different skills into the dentistry field. Martínez shares that she chose Spanish as her major because she grew up speaking the language at home, but never learned how to read or write in Spanish in an academic setting. She hopes to utilize her bilinguality in a meaningful way in a career in dentistry. "I chose [the pre-dental route] because I always found it interesting and since it is essential to our health I want to use my ability to speak two languages to help others," Martínez said.

Maritza Beltran, who has known Martínez for three years and has been a close friend of

hers for two, says that Martínez sets an example as someone who can balance academics with a social life, along with her commitment to spreading awareness about her culture. "I think that Gustavus could really use more of that, so it makes her shine just a bit brighter... Itzell puts a lot of work into advocating underrepresented voices on campus, and I'm blessed to have her as a friend and a fellow E-Board member of OLAS," Beltran said. Beltran added that Martínez is excellent at staying organized, completing tasks in a timely manner, and doesn't hesitate to address issues head-on when

they affect team dynamics.

"... Itzell puts a lot of work into advocating underrepresented voices on campus, and I'm blessed to have her as a friend and a fellow E-Board member of OLAS."

Pamela Pearson, the Multilingual and Intercultural Program Coordinator in the Center for International and Cultural Education at Gustavus, has

known Martínez for approximately two years, and has witnessed all that makes her deserving of the Gustie of the Week recognition. "She is a highly involved member of our campus community...I appreciate Itzell's kindness to others and dedication to studying, but above all, I admire her goal setting and future planning. Itzell intends to become a dentist and continually seeks out opportunities to build her skills and profile for dental school, including completing a program for pre-dental students at the University of Minnesota School of Dentistry last summer."

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.



Itzell Martínez.

Soren Sackreiter

The National Student Exchange

Michaela Woodward
Staff Writer

For many Gustavus students, studying away is an essential part of their college experience. However, few students know that studying away does not necessarily mean studying overseas.

Gustavus is a member of the National Student Exchange, an organization with over 300 participating colleges and universities throughout the United States, including U.S. territories like Puerto Rico, Guam, and the U.S. Virgin Islands, as well as Canada.

While there are many advantages to doing a domestic study away, one is that this program can be extremely affordable, as it is comparable to what students pay at Gustavus.

Study Away Program Coordinator Matthew Hirman is well acquainted with the benefits and flexibility that the National Student Exchange can offer to students.

"It allows students to do a semester or year-long exchange where you pay your home tuition. You go to the site and you pay them for housing and the meal plan which is usually comparable to a Gustavus plan. It's a really exciting program that way and students don't know that much about it," Hirman said.

As well as being financially beneficial, it can also provide a rich cultural experience.

"We've had a number of students who have used it to go to a HBCU, a historically Black college or university, and so it's an opportunity for students to get a different experience that way than they would here at Gustavus," Hirman said.

The National Student Exchange can provide a study away opportunity for students who may not have the chance otherwise.

"For students who maybe don't have travel documentation, whether they're a DACA student or they have refugee status or something like that where they might not have an actual passport that they can travel on, NSE can be a great option for those students too. International students who are here studying can also use this to study abroad in different parts of the US," Hirman said.

Scholarships are also available to make this program accessible to all students.

A big benefit of this program is the unique academic experiences students are offered by studying at a different institution.

"There's a lot of schools that have special programs that students can enroll in. The University of Northern Arizona has a Grand Canyon semester, so students spend most of their time studying the Grand Canyon. I think the University of Montana has one where they're backpacking in the mountains. The U.S. Virgin Islands has marine biology. [There are] environmental studies programs in Alaska where they can get



Josie Kleckner.

Submitted

some marine biology or some forestry management experience that we just don't offer here on campus," Hirman said.

Senior Josie Kleckner took advantage of the unique environmental studies options in Alaska.

"NSE provided me with a chance to try out classes and opportunities that I wouldn't have been able to do at Gustavus. I was able to pursue marine

biology opportunities as well as partake in many outdoor recreation opportunities. I was able to participate in a seal necropsy, learn winter survival techniques, and assist with research on the Taku Glacier," Kleckner said.

The availability of programs is also what drew Sophomore Autumn Manus to looking towards Gustavus for course additives. A student from East Central University in Oklahoma, Manus participates in theater and music at Gustavus to supplement her major and minor at her home university.

"[ESU is] a small public college where the theater department's quality is declining and so are its members. Thankfully I was approached with an opportunity to go on an exchange program called National Student Exchange. When I was trying to decide on schools to attend, I was looking for schools with amazing music programs. On the list of options I had, Gustavus was the most well-known for its music program and had the highest ratings for the program as well," Manus said.

Manus is a member of the Lucia choir and has been preparing for Christmas in Christ Chapel, which has been an experience like no other.

"At ECU our choir is made up of only about 20 people. While rehearsing for CinCC I've been singing with more than 100 people," Manus said.

Additionally, Manus has been able to explore different classes for her theater major.

"I've also been able to take classes that are not offered at ECU such as Beginning Direct-

ing where I have written a play and I'm currently directing it. I've always been interested in directing and here I'm not only able to learn in a classroom about the art of directing but I'm also able to be fully immersed in the directing process," Manus said.

"I'm also taking Beginning Jazz, which has been so fun. ECU no longer offers a dance degree and as someone who wants to pursue musical theater, dance is a very important component in the goals I've set for myself. I also had a great experience [as an] assistant stage manager for the show Tragedy. I've gained so much knowledge about what it takes to produce a show and work in a professional environment," Manus said.

NSE has also opened Manus up to different worldviews and cultural experiences.

"I was also looking for very inclusive environments because ECU is a somewhat conservative school. Seeing the diversity at Gustavus within the people and experiences has been truly incredible. I feel as if it has opened my mind to what I want the world to look like and the kind of places I want to be," Manus said.

For students interested in NSE, the priority enrollment window is from December 1 until March 1. Students should meet with Hirman to discuss their interest and fill out an application, but direct enrollment after the deadline is also possible.



Autumn Manus in the theatre for her Beginning Directing class with Carter Learned behind.

Submitted

The Science of Seasonal Depression

Written by Aiya Jorde, Features Writer

Trigger Warning: Mention of suicide and disordered eating

Around this time of year, I begin my annual tradition of hermiting away in my room, spiraling into existential dread, cutting off everyone in my social circle (convinced that they all secretly hate me), spending as much time unconscious as I can (via naps), and feeling like I resemble a woolly mammoth (this one may just be a personal unrelated issue).

Having lived in Minnesota for my 20 years of life thus far, I’ve noticed that as the days get shorter and the temperature declines, my happiness and will to live also follow suit. And every year, I ask myself the same question: “Why do I feel like this?”

Well folks, after some research I seem to have uncovered a rather reasonable explanation as to why I feel like a corpse for half of the year, and maybe you do too. The answer is SAD. No, seriously, it’s called SAD.

Seasonal affective disorder, or SAD, is a type of depression that occurs with the changing of the seasons. Oftentimes starting in the late fall and continuing into the winter months, SAD affects up to 10% of people in the United States (according to the National Library of Medicine). Some potential symptoms of SAD include:

Feeling depressed most of the day, nearly every day	Losing interest in activities you once enjoyed	Experiencing changes in appetite or weight
Having problems with sleep	Feeling sluggish or agitated	Having low energy
Feeling hopeless or worthless	Having difficulty concentrating	Having frequent thoughts of death or suicide
Oversleeping (hypersomnia)	Overeating, particularly with a craving for carbohydrates	Weight gain
	Social withdrawal (feeling like “hibernating”)	

Although researchers don’t exactly know the cause of SAD, most theories seem to conclude that a lack of sunlight is to blame. When there’s less sunlight, your biological clock shifts, your brain chemicals (such as serotonin) get all wacky, vitamin D levels become deficient, and the overproduction of melatonin can occur. Great huh? Too much sun and you die. Not enough sun and you feel like dying. Well, all hope is not lost (even though it may feel like it). Here are a couple of evidence-backed ways that experts recommend to find relief:

- Bright light therapy:** Get yourself a light therapy box and plant yourself in front of it for 30 minutes every day right when you wake up, preferably early in the morning (experts recommend before 8 a.m.). The light mimics outdoor light and stimulates the body to produce hormones to increase wakefulness and alertness to push you through the day.
- Cognitive behavioral therapy (C.B.T.):** Oof, I know, I know. You’ve probably heard the numerous benefits of therapy and blah, blah, blah. But seriously, C.B.T. is one of the most effective ways to identify and change unhelpful thought and behavior patterns to improve your overall well-being.
- Antidepressant medications: Drugs.** Now we’re talkin! SAD can be treated with various antidepressant medications, such as Prozac and Zoloft, which increase levels of serotonin in the brain.
- Some fresh air:** With the Minnesota winters, I understand if this option isn’t even...well...an option. However, the quality of light is best during the morning so if you can bear it, I’d highly suggest bundling up and taking a light stroll around the arb for a mental health boost.
- Move to Hawaii:** This isn’t recommended by the experts. I just think this would fix all of my problems and they seem to be thriving in the warmer weather.

Well, there you go! In all seriousness though, if you think you may be experiencing SAD please reach out to your healthcare provider or the Counseling Center for help. It’s normal to have crappy days here and there but if your crappy days largely outweigh your non-crappy days, there’s no shame in reaching out and asking for some support.

Have a wonderful December and stay warm!

You got this. I got this. We all got this.

When hair causes despair



Jonas Doerr
Opinion Columnist

I was washing dishes when my roommate looked at me and said, “Jonas, I think you’re going bald!” I was so taken aback I had nothing to say back; I just said, “Okay.” But while I might have appeared calm, I was completely shaken. As soon as I found a spare moment, I rushed to a mirror to peer at my scalp. Was it true? Were my follicles really deserting

me at the ripe old age of 20? Maybe my locks did seem a bit thin. Perhaps my hairline really was leaving faster than a first date after a dad joke. “Woe is me,” I wept. The next few weeks were even worse. I started noticing loose hairs falling from my head. Instagram caught on and started shoving hair loss treatment ads in my face. I began to accept that soon my head would be smoother than an icy sidewalk. But I’m not alone in having this experience. According to YouGov.com, over half of men and women are “terrified” of going bald. Although it might seem like a surface-level problem, showing the surface of one’s skull seems to be on par with riding roller coasters and public speaking. What could cause such fear? After all, having hair is a lot of work. It has to be shampooed, conditioned, styled, combed, and cut. It’s unpredictable, too. Unless one has a buzzcut, flyaways could appear any day. One day your hair might be flat, and the next it might be fluffier

than the McDonald’s arches. And for what benefit? Hair provides some warmth, but nothing that a well-placed beanie can’t provide. It gives an opportunity to express oneself, but that too can be remedied with hats or suction-cup decorations. “Hair provides some warmth, but nothing that a well-placed beanie can’t provide. It gives an opportunity to express oneself . . .” Perhaps the only real reason to be scared of going bald is the social stigma. Many people believe that people wouldn’t like their new look, but why let other people’s opinions direct your life? A bald head signals the wisdom of the Dalai Lama, the athleticism of Michael Jordan, and the humor of Dave Chapelle. Eventually I realized that my situation wasn’t bad at all. My hair wasn’t falling nearly as fast as the snow outside like I

originally thought. No one, other than my roommate, thought I was particularly hairless. And if I did lose my hair, I could probably expect to become a billionaire like Jeff Bezos. So before you succumb to those Instagram ads that plead with you to save your hair before it’s too late, I have a few tips for you. First, realize that no one else is thinking about your hair as much as you are. Since we often think about our own appearance, it is natural to assume that others notice everything we do. But that’s just not true. The spotlight effect is a phenomenon social psychologists have found in which one thinks that others pay more attention to one’s appearance and actions than they actually do. For example, Tom Gilovich ran a study in which college students wore an embarrassing T-shirt and then estimated how many other people noticed it. The estimations were drastically larger than how many people actually noticed the T-shirt. When worrying about our hair loss, we can fall subject to

the spotlight effect. We imagine most people will notice our thin hair, receding hairline, or bad haircut. But in reality, most other people won’t even see the offending tresses. “We imagine most people will notice our thin hair, receding hairline, or bad haircut. But in reality, most other people won’t even see the offending tresses.” In fact, if you told someone you were worried about your hair, you’d probably just draw their attention to something they’d have otherwise missed. By lamenting your impending baldness, you would make it more obvious. Then what should we do if we are worried about our hair? After you’ve realized that others aren’t perceiving your hair as much as you are, use that to your advantage. If they aren’t noticing, then you have the freedom to be bold. You can experiment and find the flow that works for your hair.

“If they aren’t noticing, then you have the freedom to be bold.”

Next, turn this boldness into confidence. Confidence covers up a multitude of woes; once you can inject some swagger into your personality, people won’t dream of thinking about your hair. They’ll just be dreaming of you. And if you manage to achieve smooth scalp nirvana, don’t keep it to yourself: share the love with other people. Now that you’re confident in your hair, compliment others on theirs. You could be the reason someone else is reassured that they look great. While it might feel fake, there’s something to appreciate about everyone. Once they’re aware you care for their hair, you’ll be sure to spare them from despair.



Hair falling out.

Submitted

A picky eater's guide to "good" food



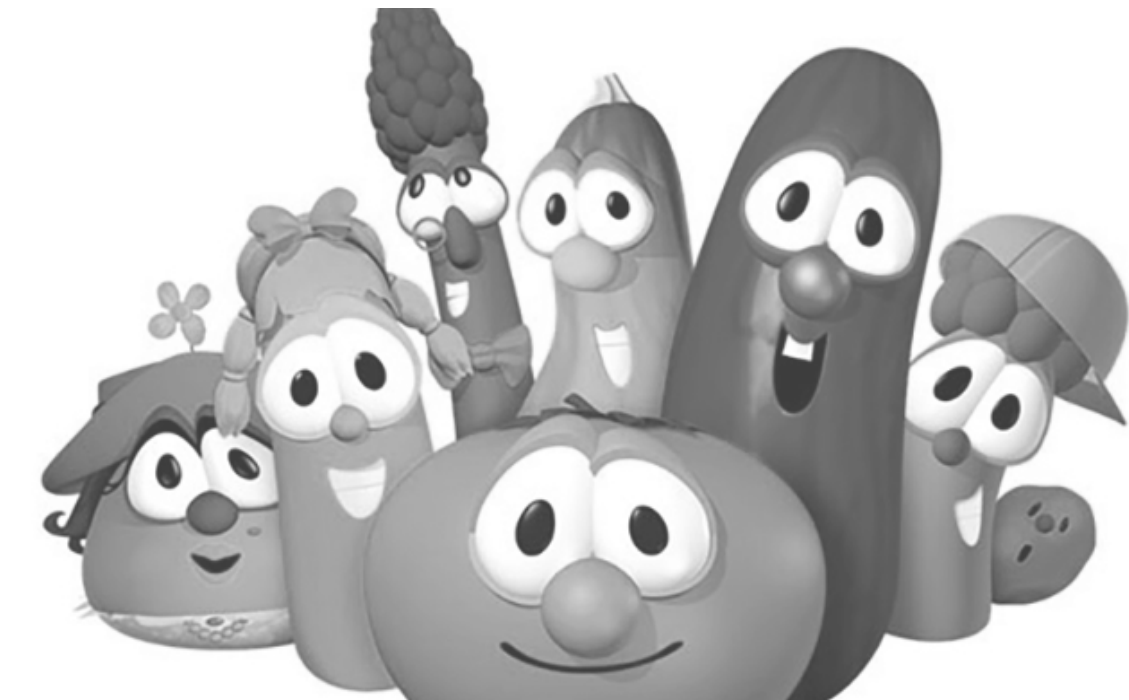
Cadence Paramore
Reluctant Writer
(when all else fails)

I've been told my entire life that I'm a very picky eater. For example: I love pomegranates but hate grapes and watermelon, I love sushi but hate soy sauce, I love mushrooms and tomatoes but hate cucumbers (they're literally just water in an unfortunate shape), and many more. So here's my guide on what I consider "good" and "bad" food items, which I've broken up into four parts: Condiments, Produce, Pastries & Desserts, and Snacks.

1. Condiments. Mustard is disgusting, and those who enjoy ketchup are superior. Mayo is also extremely overrated, and I can promise you

that sandwiches, when done right, don't feel any drier without it. If you put ranch on anything other than a salad, I don't trust you. BBQ sauce has many forms and the sweeter ones should be eradicated from existence (why would I put liquid sugar on my chicken tenders)? Hot sauce belongs on absolutely everything, I don't care if it gives me heartburn. Lastly, honey is the backbone of our society and I will die on that hill. It makes everything better: Peanut butter sandwich? Don't use jam (ick), use honey. Cornbread? Add honey. Tea? Sweeten it with honey!

2. Produce. The humble potato, in any form, is one of nature's greatest creations and should be treasured. On that note, vegetables are better than fruits and you can't change my mind. I'd gladly eat broccoli over cantaloupe any day. Strawberries are also overrated (I'm sorry, but they are), and blackberries are underrated. Olives and pickles are literally the most delicious items of food ever, and you can't change my mind. I will continue to buy my Costco size jar of pickles and eat them within a week (they're the cool cousin that cucumbers wish they were). If you enjoy pickles (don't make a dirty joke about that, you pervert), you're hot. Also, what's the deal with honeydew? It's an old-people fruit.



Veggie Tales.

Submitted

I hate it. Chives, bell peppers (though NOT the red ones), and artichokes = yum! Celery, yams, and pumpkin = disgusting. Also, brussel sprouts are totally average, everyone hates on them far too much. And limes SUCK (I once threw up a margarita, and not because of the tequila).

3. Pastries & Desserts. Jello and pudding are disgusting. Pudding doesn't have any worthwhile flavors to get over

the fact that it feels as if I'm eating baby food, and Jello feels illegal to eat. 10/10 should be branded the same as play-dough- "fun to play with, but not to eat!" Scones are actually so amazing. Cheesecake is nasty. And while we're on the topic of cake, funfetti as a flavor profile (in cakes AND ice cream) is literally so nasty. If you enjoy it, you're a child. And brownies in ice cream are too squishy for me, I'll pass. Although Cosmic Brownies? Delicious, plastic-tasting particles of goodness. I WILL down an entire box, and only feel slightly guilty about it afterwards. Chocolate is always a delectable go-to for me, though I respect that it's not for everyone. However, white chocolate will never be chocolate, and I stand by that wholeheartedly. It's an imposter. Also, Trolli Gummy Worms are better than Albanese Gummi Worms, and whatever your favorite Starburst flavor is- they all taste like lightly flavored wax. Lastly, sugar cookies, and this includes 'Gustavus' beloved "frost your owns," are really gross.

4. Snacks. Flavor Blasted Goldfish suck, the baby ones are the reigning champions. People who eat plain crackers are either literally ill, understand the importance of their marriage to soup, or are psychopaths. Cashews and hazelnuts are the worst nuts. Dot's Pretzels make me want to vomit. Flaming Hot Cheetos are better than Takis. Kettle Chips are better than regular chips, and if you disagree you just have a weak mouth (again, not a dirty joke, get your mind out of the gutter). Vegetable

snack plates are delicious. Blue Sour Patch Kids taste kind of toxic. Soft pretzels are literal serotonin, but don't you dare ruin it with disgustingly fake melted cheese. Oreos are meh (although the dark chocolate ones slap), Triscuits feel like sand in my mouth, Sunchips are disgusting, Animal Crackers are actually okay, caramel corn can go to hell (though it DOES smell divine), and any brand of cheese ball or cheese puff feels AND tastes like styrofoam. Put your nasty, mall-pretzel cheese on a packing peanut and you can call it the same thing.

I'm sure no one is finishing this article in agreement with everything, and maybe some of you disagree with it all, and that's perfectly okay. Everyone is entitled to their own opinion, and I've found that I get along best with people who have different taste buds than me. I'll eat the tomatoes out of your salad if you'll take the cucumbers from mine. If I don't have to share my favorite snacks, I'm not sad. Feel more than willing to eat the cashews out of my Chex-Mix, and if there are bell peppers in your stir fry that you hate- give 'em to me! If we're able to admit when we think something's gross simply because we HAVEN'T tried it yet, and therefore can't pass judgment until we have, then we're doing alright. If everyone is open to learning from sharing new experiences with each other, that's a pretty awesome thing.

The Good, the Bad, and the Meh



The Good
The semester is almost over.



The Bad
This is the busiest time of the year.



The Meh
Just a couple more weeks, just a couple more weeks . . .

The enduring appeal of *A Christmas Carol*



David Eide
Opinion Columnist

A couple weekends ago I had the privilege of attending the opening night of *A Christmas Carol* at the Guthrie Theater in Minneapolis. The show itself was great and I'd recommend seeing it if you have the opportunity. However, seeing the familiar story of Ebenezer Scrooge and the three ghosts play out once again got me really thinking about the core concepts of the story and its role within our general culture. I'm fairly certain that *A Christmas Carol* is the single most adapted work in the entirety of the English

language. It feels like every holiday season we see several new spins on the tale. I think there's several reasons for that, and I want to use this opinion piece to explore a couple of them.

"I'm fairly certain that A Christmas Carol is the single most adapted work in the entirety of the English language."

Let's start at the beginning with the original story by Charles Dickens. *A Christmas Carol* was first published in 1843 and was written during a period in English history when the Christmas traditions we are familiar with were becoming popular. It is during this period that Christmas trees and Christmas cards were first popularized and traditions like Christmas carols were repopularized after a period of dormancy. The story was an immediate hit and served to popularize the now commonplace "Merry Christmas" as the default Christmas greeting. Immediately after the immense

success of *A Christmas Carol*, several adaptations of the work entered production including several plays, the main form of live entertainment at the time. Indeed, only a year after the release of the story, there were already eight different productions of *A Christmas Carol* in theaters across London. There have been hundreds of adaptations of these theater productions, from live-action films to animated movies and even a couple of podcasts. Based on this, it seems like there is something uniquely adaptable about the story and themes of *A Christmas Carol* which I hope to be able to identify.

I think an underrated reason for the adaptability of the story is how easy it is to cut several elements without losing the key message of the tale. If you want to do a 45-minute television adaptation of the story, it is relatively easy to remove scenes such as the coal miners celebrating Christmas or Scrooge being robbed following his death in the future. These scenes merely serve to compound on points that have already been made by the core story beats, and as such they can be cut without losing the overall themes. You could do the most bare bones telling

of the story only featuring the most important scenes from each of the ghost encounters and you still would be able to get the main point of the story across.

Of course, the main point of the story is an important reason why it continues to hold such resonance even today, nearly 200 years after it was first published. I think the idea of a bad person changing for the better is a timeless story and that *A Christmas Carol* pulls off such a story incredibly well. Furthermore, the idea of using one's wealth for the general welfare of society rather than hoarding it for yourself was a somewhat radical idea at the time and unfortunately it remains so even today. I think every good story has some element that challenges the values society presents as normal and *A Christmas Carol* is no exception. I still sometimes come back and read the original story because I think its message and themes are very important to capturing my conceptualization of "the spirit of Christmas."

Of course, an exploration of the ways in which *A Christmas Carol* resonates with our society would be incomplete without mentioning the wealth of parodies and derivative works

that make use of the general outline of the story while transplanting it into some other setting. I remember as a kid it seemed almost mandatory that any show I would watch would have some kind of holiday episode which used the general outline of *A Christmas Carol*. In part, I think this is because the story is particularly versatile. You can apply the three Christmas ghosts to practically any situation you want and it still kind of works. At this point, I think the story is self-sustaining: new works that adapt, or feature elements of *A Christmas Carol* aren't so much referencing back to the original as the adaptations that have come before. In essence, the work has entered popular culture and has become a kind of general tale, unconnected to any source material.

"I still sometimes come back and read the original story because I think its message and themes are very important to capturing my conceptualization of 'the spirit of Christmas'."

I've always enjoyed *A Christmas Carol*. I enjoyed reading the original story, I loved watching *A Muppet's Christmas Carol* (it's actually my favorite adaptation), and I loved seeing it at the Guthrie. I think each new adaptation brings something unique to the story and it's so cool seeing how different people adapt each individual element of the story. If there's any takeaway from this, it's that sometimes the simplest of stories can be the most meaningful. In spite of its short length and relatively simple plot, *A Christmas Carol* has endured and become a touchstone for how our culture interacts with Christmas and the holidays.



Pine trees with snow.

Submitted

Movies from Swank: *Mrs. Harris Goes to Paris*

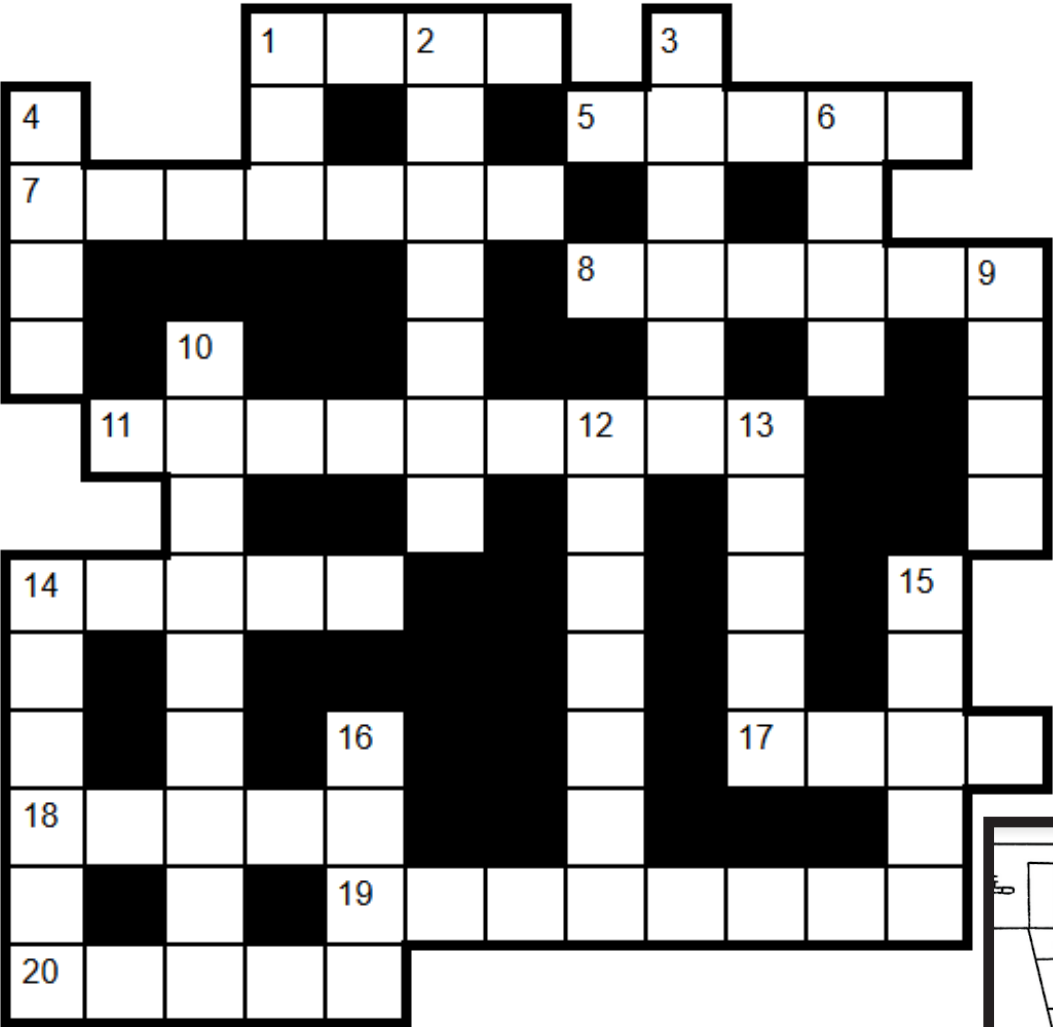
Will Sorg
Movies Guy

Mrs. Harris Goes to Paris was a film advertised by the movie theater I worked at over the summer. It was never shown at my theater, but our box office received plenty of phone calls from elderly people asking if the theater was showing it. I had to politely explain that we had other locations in the cities that were showing it, conversations which could have easily been avoided had their grandchildren taught them how to Google movie showtimes. It was a welcome change of pace from the endless *Top Gun: Maverick* questions. Later, I discovered that *Mrs. Harris Goes to Paris* was on Gustavus' free streaming service, Swank. So, I had to see if the hype of roughly eight old

people was justified. It kind of was. You have likely seen a version of *Mrs. Harris Goes to Paris*, by which I mean you have likely seen a film about an older woman taking a leap of faith and achieving her dreams of a fulfilling life in her later years. Here, the titular Mrs. Harris is a cleaning lady living in 1950s London. Played by Lesley Manville, Ada Harris spends her days in contentment while she waits for her husband, an airforce pilot who went missing in World War II, to come home. When she sees a Dior dress in the house of one of her clients, she is inspired to raise enough funds to travel to France and purchase a dress of her own. Though it follows a simple,

crowd-pleasing formula, the film is a fascinating work from independent filmmaker Anthony Fabian. It does not shy away from being cheesy, but in doing so there is a level of genuine fun that comes out of the film. Manville plays the role of a kind but naive working woman and supporting antagonist, Isabelle Huppert, both play their roles empathetically and wonderfully. As the film progresses, the audience also can find some genuine thematic resonance at play. The film is set during a garbage strike in France, which serves as a backdrop for Mrs. Harris to discover her inability to stand up for herself and presents an opportunity for her to change.

I truly think there is something to be said about movies like *Mrs. Harris Goes to Paris*. They are unlikely to change your life or even be movies you'll watch more than once, but the simple joy of seeing someone likable and kind go through a journey of self-fulfillment feels undeniably good. In a time and place where everything seems to be going wrong and much of our media consists of world-ending threats or traumatic events, it's nice to watch a movie as simple and fun as this. Maybe the older generation is onto something when they always go out to see these kinds of movies.



Antonyms Crossword

Each crossword entry is the antonym of the given clue

- ACROSS
1. DANGEROUS

5. MOST

7. RETREAT

8. WEAK

11. PERMANENT

14. DEAD

17. SHRINK

18. BLACK

19. ADD

20. LEFT
- DOWN
1. LAND

2. FACT

3. WORSE

4. FIRST

6. LATE

9. BAD

10. ENDING

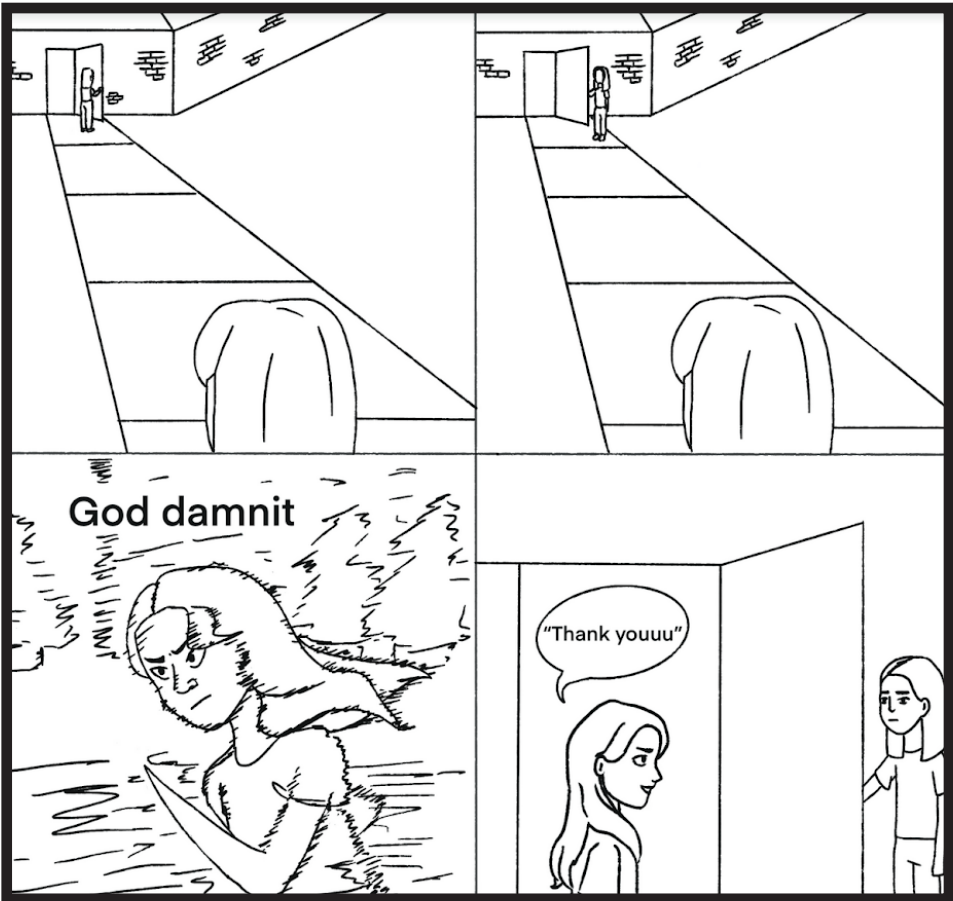
12. MODERN

13. OLD

14. QUESTION

15. BACK

16. WORST



"Excessive Niceties"

Frija Reinert

Are you CREATIVE?
Do you LOVE PUZZLES?
NOW HIRING for
**ENTERTAINMENT
EDITOR**
email gkearney@gustavus.edu
for information or
cparamor@gustavus.edu to apply

Historic season draws to a close

Men's soccer finishes season in Elite Eight

Parker Burman
Staff Writer

The Gustavus Men's Soccer finished up their season and run in the NCAA Tournament with a 1-0 defeat against the University of Chicago in the Elite Eight. Even though their season ended with a loss, this season was one of the most successful years in program history. It was their first quarterfinal since 2005 and just their third ever in program history.

"This run showed us that we really do belong at the highest level and that we can play with the best. Knowing our group of players, I have no doubt in my mind that we will be back and we will be ready for whatever challenge lies ahead," said Junior Raphael Cattelin.

In the Gustie men's NCAA third round match up against conference rival St. Olaf the Gusties had a chance to host a home NCAA tournament game. Playing in the bitter cold in a packed house, the Gustavus men put on a performance to remember. Getting their revenge for their MIAC Championship loss, the Gusties won 2-2 after a 4-3 shootout.

Gustavus fell behind early after St. Olaf scored the opening goal due to Gustavus scoring on themselves. Nearly eight minutes later Junior Owen Johnson set up Cattelin for the equalizing goal to make the game 1-1.

"During the game against St. Olaf we were up against a familiar rival that knows a lot about how we like to play. St.

Olaf are an incredibly gifted team, and since it was our third time playing them this year the thing that helped us break them down was our teamwork. Individual efforts were not going to be enough to get past St. Olaf, so our moments of success came when we were able to combine and work together as a cohesive unit to break through," said Johnson.

Starting off the second period the way they did the first, St. Olaf was able to score on their own to make it 2-1. Once again a helper from Johnson to Cattelin was what the Gusties needed to get back on the board and tie the game. The score would remain even the rest of the half resulting in penalty kicks.

"Scoring goals is just about being more determined and more ruthless than the opposing team's defenders. Goals are also not scored without the help of one's teammates. If I don't have the quality of player's around me like I do, my job would be much much harder. Being able to link up play with players like Otis, Owen and Sam, just to name a few, is any forwards dream," said Cattelin.

"Scoring goals is just about being more determined and more ruthless than the opposing team's defenders...If I don't have the quality of players around me like I do, my job would be much harder."



Wes Sanders makes a save.

Submitted.

Both Gustavus and St. Olaf made their first round of penalty kicks before Senior goaltender Wesley Sanders made an acrobatic save to stop an Ole score. Gustavus was not able to capitalize on the save and the score remained 1-1 entering the third round.

An Ole miss to start the third opened the door for Gustavus as Cattelin scored, followed by both Sophomore Teig O'Kelly and Sophomore Clarence Weah. This shootout victory is what propelled them to their match up with Chicago in the next round.

The Elite Eight match against Chicago placed the No. 5 Gusties against the No. 2 ranked Maroons for a trip to

the final four. The game was low scoring with the only Chicago goal coming after a penalty was committed in the box by Gustavus. On the penalty kick, Sanders made a valiant effort to stop the shot but it still went in to give the Maroons a 1-0 lead which is all they would need.

With the Gusties being knocked out after their match with Chicago they hope that the lessons they learned throughout the year will propel them to a championship next season.

"The Elite Eight match against Chicago placed the No. 5 Gusties against the No. 2 ranked Maroons for a trip to the final four. The game was low scoring with the only Chicago goal coming after a penalty was committed in the box by Gustavus."

"It was everything I thought it would be and then some. At the start of the year our whole team sat in a room and talked about some of the goals we had as a group. One of the goals we had was to not only make it to the NCAA tournament, but to be one of the hosting teams. The fact we were able to accomplish that in itself already makes for a successful season, but we also wanted more," said Cattelin.

"At the start of the year our whole team sat in a room and talked about some of the goals we had as a group. One of the goals we had was to not only make it to the NCAA tournament, but to be one of the hosting teams. The fact we were able to accomplish that in itself already makes for a successful season, but we also wanted more."

"This season has been such a great experience for our team. I don't think that it has set in quite yet, but I know that looking back at this season in years to come we will realize how special of a season it was. Making it as far as we did and ending the season with the record we did does not happen often. The thing that will set this team apart from other teams though was not that we were able to get as far as we did, but the camaraderie and team culture that our team had all year," said Johnson.



Gusties defender fights for the ball.

Submitted

Men's Basketball wins on the road

Gusties top Cobbers 81-74



Coach Degrood talks with Junior Adam Biewen during a timeout.

Submitted

Nyden Hill
Staff Writer

This past Saturday, Nov. 26, the Gustavus men's basketball team traveled to Moorhead to take on the Concordia Cobbers. Going into the contest, the Gusties had a record of 1-3 (1-1), while the Cobbers sat at 1-3 (1-1) and were coming off of a one-game winning streak.

With the Cobbers being the third in-conference matchup of the year, the Gusties knew they needed to be prepared to face fierce competition.

"Pretty much our entire game plan going into the game was pretty much being faster than them. We knew that if we pushed the ball in transition we would get a lot of easy buckets out of that," said Junior forward Evan Wieker.

Sophomore guard Brady Kienitz also added his thoughts on what the Gusties looked to rely on going into the game.

"All of us could guard any of their guys, so we were able to switch everything personnel wise," said Kienitz.

During the first few minutes of action, the Gusties seemingly struggled to find their full form and rhythm. Within the first minute of action, a Cobber layup and three-pointer put the Gusties down zero to five. However, as the first half continued, the Gusties showcased

their scrappiness by keeping things competitive and narrowing the Cobber lead to two, with the score being 14-16 with 13:45 left in the half.

Up to this point, this comeback was fueled mostly by Junior forward Adam Biewen and Kienitz, with Biewen providing some offensive firepower and Kienitz facilitating the offense. As time elapsed, the Gusties turned on the heat even more and gained a lead of four points, courtesy of a three-pointer by Kienitz, with the score being 32-28 with 5:06 left in the first half.

Over the course of the next five minutes, the Gusties and Cobbers would exchange field goals with the lead seemingly changing with almost every made basket. To end the first half, a sequence of missed shots and a singular turnover put the Gusties behind, resulting in the Cobbers being up 43-39 going into halftime.

While he initially started cold, Wieker along with Biewen, led the Gusties offensively in the first half. The duo each posted seven points, with Wieker posting an assist and Biewen adding a steal to the box score.

"Starting off the game, I would actually say I played pretty terribly, but I came out and coach Gary Holmseth gave me a little pep talk. After that, I went back in and just focused on getting rebounds and push-

ing the ball. That ultimately helped me and the team perform better all around," said Wieker.

Being down after 20 minutes of play, the Gusties knew that in order to turn the tide they had to make adjustments on both sides of the ball. Kienitz detailed exactly what changes occurred for the Gusties in order to bounce back and finish the game strong.

"I think we stepped it up defensively big time and I think we just ran our offense a lot better," said Kienitz.

Kienitz was not the only Gustie to share this sentiment.

"We really forced them to turn the ball over and took advantage of good buckets on the offensive end. We also did a good job really attacking the basket and getting to the free throw line," said Biewen.

"We really forced them to turn the ball over and took advantage of good buckets on the offensive end. We also did a good job really attacking the basket and getting to the free throw line."

With this in mind, to start the second half of play, the

Gusties wasted no time taking the lead. They chipped away at the lead that the Cobbers had built in the first half, until just three minutes of action had elapsed, in which a three-pointer by Wieker put the Gusties in front 46-43.

Wieker's three-pointer served as a turning point for the Gusties, as the Gusties extended their lead to six points not long after the courtesy of another three-pointer by Senior guard Jordan Schommer.

"Wieker's three-pointer served as a turning point for the Gusties, as the Gusties extended their lead to six points not long after the courtesy of another three-pointer by Senior guard Jordan Schommer."

Throughout the rest of the second half the Gusties did an amazing job of controlling the ball and the pace of play. They stayed true to their brand of basketball, which led to them staying in command and increasing their lead to seven by the time the horn sounded to signal an end to the game, resulting in a final score of 81-74.

In the second half, Wieker

and Schommer led the Gusties, with Wieker adding nine points to his seven in the first half and Schommer exploding for 13 second half points.

Throughout both halves, Wieker led the team on both ends of the floor, posting 16 points and 13 rebounds. Biewen and Schommer both finished with 13 points. This win over the Cobbers improved the team's record to 2-3 (2-1) and gave head coach Justin DeGrood his second career win as head coach of the Gusties.

With the season still unfolding for the Gusties, the team knows they have a long season ahead, and under DeGrood's tutelage, they have clearly defined expectations going forward.

"Overall it's going how we expected. Coming into this season, we have a whole different situation compared to last year," said Wieker.

In addition to Wieker's thoughts on the season, Biewen expanded on this concept of this being a different Gustie men's basketball team than last year.

"We are a less experienced group and have a new coach. It's obviously going to take some time to get used to our offensive and defensive concepts but I think once we really start figuring each other out we are going to be a really good team," said Biewen.

Senior spotlight: Clara Billings

Rochester native has top-ranked Gusties flying high



Billings leads the MIAC with nine goals this season.

Soren Sackreiter

Emma Esteb
Staff Writer

Clara Billings has been a vital member of the Gustavus women's hockey team since her first year in 2019. Appearing in all 28 games of her first year, Billings finished fourth on the team with nine goals and second on the team with four game winning goals. She led the Gusties with 114 shots on goal, putting her fourth in the MIAC. Her rockstar first-year season was just the beginning for the Rochester, MN native.

With her sophomore season being cut short due to COVID, Billings still made her mark. She played in all five games and logged a +3 rating on the season. The Gustie hockey team was a force to be reckoned with last season as they finished second in the NCAA tournament. Billings scored a pair of clutch, game-tying playoff goals in the NCAA Quarterfinal vs. UW-River Falls and in the National Championship game vs. Middlebury. "My favorite memory is definitely going to the National Tournament last year in Vermont. Just being there with my teammates was

very special and such a great experience," Billings said.

She skated in 28 games for the Gusties last year and had 12 assists, finishing ninth in the MIAC with a +17 rating, and scored 19 points putting her 14th in the MIAC. She is also a three-time ACHA All-American Scholar and a two-time MIAC Academic-All Conference. "My biggest inspiration is Laura Vanelli, she played hockey here at Gustavus and actually coached me in high school. In hockey, she is definitely my biggest inspiration. She had a full-time job at the Mayo Clinic while she was coaching my team so just seeing how she was able to do all of that was very inspiring to me," Billings said.

Billings is a Biology major and is hoping to get into medical school post graduation where she wants to become a physician one day. She excels in both school and athletics and is able to balance both. "I put a lot of things on my Google calendar and stick to my schedule. I always make sure to block off time to study whether it's before practice or after practice and really just sticking to that helps a lot. Another thing is just prioritizing things that are more important because we are always going to be busy and there's always something to do

but to be able to balance school and sports you just have to pick what's most important at that moment," Billings said.

"Billings is a Biology major and is hoping to get into medical school post graduation where she wants to become a physician."

The season is already underway for the women's hockey team and they are currently undefeated. The team is ranked number one in the nation after the most recent USCHO college hockey poll. The Gusties are 8-0 overall and 4-0 in the MIAC. Billings was just named MIAC athlete of the week for her offensive performance as she scored seven points in the Gusties' last three games. Billings scored two goals and two assists against UW-Superior last Tuesday, an assist in Friday's game against Bethel, and then got two more goals in their 7-1 victory on Saturday. Three of her goals were scored on the power play contributing to her national leading statistic.

She is the leader of goals in

the MIAC with nine goals so far this season and averages 1.13 goals per game. She is fourth in the MIAC with a 0.41 shot percentage and is number one in power play goals with six goals in the last eight games. The domination from the Gustie women's hockey team is setting them up for another successful season and hopefully another National appearance. "I am most looking forward to winning games. I'm also really excited for J-term because we are all able to focus on hockey a little bit more and we do tons of team bonding and stuff like that because we have more time," Billings said.

Billings is a strong leader on and off the ice. "Clara is an amazing teammate and friend that I get the privilege of looking up to. Not only does she contribute to the stat sheet, she is always a person I can find to pick me up after a bad day or a bad shift. I cannot imagine my time here at Gustavus and on the hockey team without her," Sophomore teammate Rachel Wieland said.

"Clara is an amazing teammate and friend that I get the

privilege of looking up to. Not only does she contribute to the stat sheet, she is always a person I can find to pick me up after a bad day or a bad shift."

The team has an extremely strong bond and has been a strong unit within the hockey community. The girls all have the same goal in mind and strive to be the very best. "I think my favorite thing about this team is all of our little traditions and superstitions that we do before every game. We have quite a lot of them and so it's fun to get hyped before the game by doing all of those," Billings said. The Gustie women's hockey team will play Saint Mary's University this Friday at home and away on Saturday.