



THE GUSTAVIAN WEEKLY

ESTABLISHED 1891

MARCH 31, 2023

ISSUE 19

Recapping Africa Night



Angel Obiorah shows off her talents

Submitted by Iza Taylor

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

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Events Calendar

Arboretum Egg Hunt
 April 1, 10:00 a.m.
 Arboretum, Interpretive Center

Spring Break
 April 1-9

Gustavus Serve Twin Cities
 April 3-7

Summer Registration Begins
 April 3

Intent to Graduate Deadline
 April 3

Majors/Minors Fair
 April 12, 3:30-5:30 p.m.
 Banquet Rooms

that single fleeting moment
 April 13-15 8:00 p.m.
 April 16 2:00 p.m.
 Lab Theatre

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:
 Sundays (Christ Chapel)

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Campus Safety Report

Wednesday, March 22, 2023

- On Wednesday, March 22, Campus Safety witnessed a motor vehicle driving recklessly through campus

Friday, March 24, 2023

- On Friday, March 24, Campus Safety responded to College View Apartments for damage to Gustavus property.

Safety Tips for Spring Break

- Keep your ID on you in order to avoid the possibility of being stranded.
- Use the buddy system.
- Stay hydrated
- Rotate drivers on road trips
- Wear sunscreen
- Drive sober and well-rested
- Use common sense

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

Charlie Academy teaches students, faculty, and staff leadership skills

Elliot Steeves
Staff Writer

Gustavus alum Bruce Jackson is granting free usage of the online leadership courses called Charlie Academy for the 2022-23 school year. A group of faculty, staff, and students are involved in testing the modules for future use. Charlie Academy is a series of courses that teach leadership and life skills flexibly online.

On March 20th, the first-ever at-Gustavus program that introduced the class included a short program about what Charlie Academy is, as well as information from the Building Resilience module. The event was entirely centered around the Resilience module and was titled Mocktails and Conversations.

According to Junior McKenzie Alders, one of the students who brought the program to Gustavus, over 60 students attended the event. The most popular station was Letters of Gratitude, where over 30 students left postcards.

"Part of the module

was recognizing who to lean on at hard times, and we wanted to make that an activity," Alders said.

There was also a table concerning "circles of influence", where students learned about how to deal with factors in their life out of their control. Junior Emma Shumaker, a student in charge of this table, worked with students to build skills around ways to deal with this where they may not have had that ability previously.

At the table, there were several conversation starters. Questions such as "Is a hot dog a sandwich?" were interspersed among heavier questions, like "What was the last conversation that inspired you?", and "What is one ability you feel that you embody that demonstrates resilience?"

Shumaker loved the diversity of attendants that showed up to the event. "It looked like Gustavus. There were student senate kids, choir members, athletes, [and] Peer Assistants," Shumaker said.

The event was a massive help to many students who felt that finding a community was a struggle. "Going into creating a conversational event around Charlie Academy, we wanted to create a space where people felt okay along with their peers. If students go into it with an open mind and a willingness to learn, it will have nothing but positive effects," Shumaker said.

In addition to Jackson, Gustavus Adolphus partnered with the C. Charles Jackson Foundation and the group behind the Charlie Life and Leadership Academy to provide students with the complete course library. There are 21 different modules on Moodle available for use.

Charlie's full course menu on Moodle features several online interactive activities designed to promote a specific aspect of leadership growth. "The Power of Visualisation", "Architecting Goals", and "Building Your Personal Phi-

losophy" are just some of the available modules. The simple structure allows students to interact with readings that feature flashcards and true-or-false questions, then take a final assessment of multiple-choice questions.

The academy provides essential leadership knowledge and skills for success in today's economy. It is a broad course in resilience and leadership training that offers students an edge in crucial leadership skills. It is also organized into three different categories: "Personal", "Interpersonal", and "Team".

Students have the option of taking one or more of several individual courses, or an initial assessment to help them with discovering their best leadership path. It is currently on Moodle as an individual course that both students and faculty can enroll in.

The diversity of available courses approaches the broad theme of resilience from a variety of angles. "There is one that discusses negative self-talk,

and [how it relates to] constantly setting yourself back. I would never have thought this relates to resilience as a topic," Alders said.

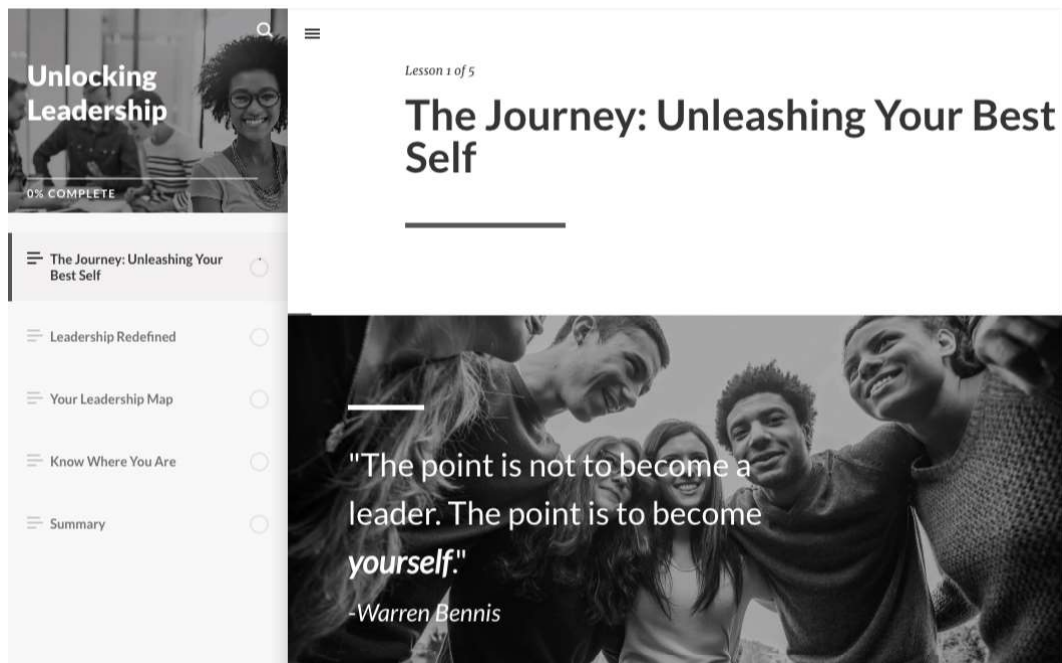
The program is currently being piloted for co-curricular use in several different courses among the Nursing and Chemistry departments. The Student-Athlete Volunteer Educators used the program during the 2023 January term.

The program was partly brought in to fill a gap in how students learn about leadership and resiliency at Gustavus. There was a need for a tool to teach students how to be leaders, not just obtain leadership positions.

"Gustavus does the resume building, Charlie Academy teaches how to make it come to life. When you go into a job interview, Charlie Academy teaches you how to answer those questions," Alders said.

"What Charlie Academy does is offer an infrastructure and a consistency where you can gather things, and [figure out] 'Have I learned this or that quality'? There was not a spot on campus where there was a clear way to learn this," Book-Mark Assistant Manager Erin Kuiper said.

Dr. Bruce Jackson, a graduate of the class of 1990 and the Executive Director of the Intentional Leadership Institute, created Charlie Academy. His career involves "the development of individuals, teams, organizations, and communities that seek to maximize influence, leadership, and change," the Gustavus Website wrote.



One of the many Charlie Academy courses available on Moodle

Submitted

Summer Term 2023 approaches

Katie Samek
Staff Writer

As spring semester passes its halfway point, students are encouraged to start making plans for registration - not only for fall semester but for summer term as well. After a successful pilot program last year in 2022, Summer Term is back again and ready for a full rollout.

Summer Term 2023 will run from June 5-30, a total of nineteen days. Registration for summer term opens on Monday, April 3 through MyGustavus, which students can access by going to the main page, clicking on Student Planning, "Go to Plan and Schedule", and then accessing the summer term calendar. To look for the specific summer term courses, students should go to the Course Information tab, open the Advanced Search filter tab, and then select "Summer 1 2023".

While the main registration period for summer term opens on April 3, there will be an approximate two-week closure to allow for fall course registration, which runs from April

17-27. After that, both summer and fall term registration will be open for students to access. Any summer term course changes that need to be made during the two-week closure on MyGustavus should be brought to the Registrar's Office in person. Summer Term registration officially closes on May 31. While there is no limit to the number of courses a student may take during summer term, the recommended course load is 2.0 credits or less.

This year, there are fifteen different courses offered for summer term, with different departments across campus being represented. Furthermore, every course offered for summer term fulfills at least one general education requirement. All but two courses are offered synchronously online, with BIO-245: Conservation Bio and GEO-144: Guide to the End of the World both being held as on-campus, in-person courses.

On-campus housing will be available for students taking summer term courses. Students who stay on campus will be housed in the same apartment complex-style housing as sum-

mer research students. However, students are responsible for making their own housing arrangements for summer term, including filling out and submitting the summer housing paperwork on time. Students should also be made aware that certain on-campus resources will not be available to the same extent as they are during the school year: the library will only be open on weekdays, the Academic Support Center staff will have limited availability, and the Counseling Center will be closed.

Summer Term at Gustavus is a fairly new program, first introduced last year as a pilot program in the summer of 2022 which proved to be a great success. Plans for a summer term, however, have been in the works since long before the COVID-19 pandemic, and the program likely would have been implemented a year earlier had the pandemic not happened.

Dr. Elizabeth Kubek, Professor of English and Director of Summer Term, works closely with all professors involved to help coordinate both classes and resources for all students involved

with summer term.

"Last year was a good success," Kubek said. "We had about 50 students sign up, and their feedback shaped a lot of how summer term will run for this year. We hope to see more interest this year - we didn't have a lot of time to get the word out about summer term last year, so the hope is that announcing it earlier will help students plan ahead for their registration."

Dr. Vera Foley, Professor of English, is teaching the summer term course ENG-101: Fairy Tales and Film, which will run from 10:30 AM - 1:00 PM on Mondays, Wednesdays, and Fridays, with asynchronous assignments on Tuesdays and Thursdays. This course, along with fulfilling major requirements for students in the English field, counts as a WRITL credit for non-English majors.

"One thing that makes this course especially exciting is that students get to put the analytical skills they learn in the first half of the course into practice. The second half of the course is devoted to students working in teams to create a film proposal

based on one of the fairy tales they've just read," Foley said.

Not only does summer term allow for students to stay on track for graduation, but it also allows them to fulfill credits in a familiar environment instead of having to go through the hassle of transferring credits from other universities' summer programs.

"Many students already take summer courses elsewhere, but that requires you to transfer credits back to Gustavus," Kubek said. "Summer Term at Gustavus allows students to interact with faculty you already know without having to transfer credits. Plus, you can take classes at home since most of the courses offered for summer term are online."

Students with further questions about summer term may reference the online FAQ on the Gustavus website, located at <https://gustavus.edu/summerterm/>.

Narcan Training

Colin Maiworm
Staff Writer

With students stressing through their midterms, some tend to relieve this stress with substances. One of these substances that are used frequently is opioids. On Thursday, March 30 the Alpha Sigma Tau sorority hosted a Narcan Training event.

"Naloxone (also commonly known as Narcan) is a medication that can be administered to treat a narcotic overdose in an emergency situation," said the Gustavus Webpage.

This training event was from 6:00 p.m. - 7:00 p.m. in the Banquet rooms. It was free for all faculty and students on campus. Within this training session, people learned about what Narcan is and how to administer it. They also learned how to recognize an opioid overdose within someone. In addition to that, they learned what Steve's law is, which is also called naloxone legislation. Finally, everyone who came to the Narcan Training received their own naloxone

kit as well as were taught how to use it.

"The event is a training to educate the Gustavus community on the prevalence of the opioid epidemic, how to identify an opioid overdose, and the steps to take in administering naloxone. Our hope in putting on a much-needed training like this and offering a free Narcan dose is it could save a life," Senior Chloe Keller said.

While opioids might not be the leading cause of death, that does not mean that there isn't a problem regarding opioids in this society.

"Approximately every 8 minutes, on average, a person dies from an opioid overdose. In 2021 there was 80,411 reported overdose deaths," said the Gustavus Webpage.

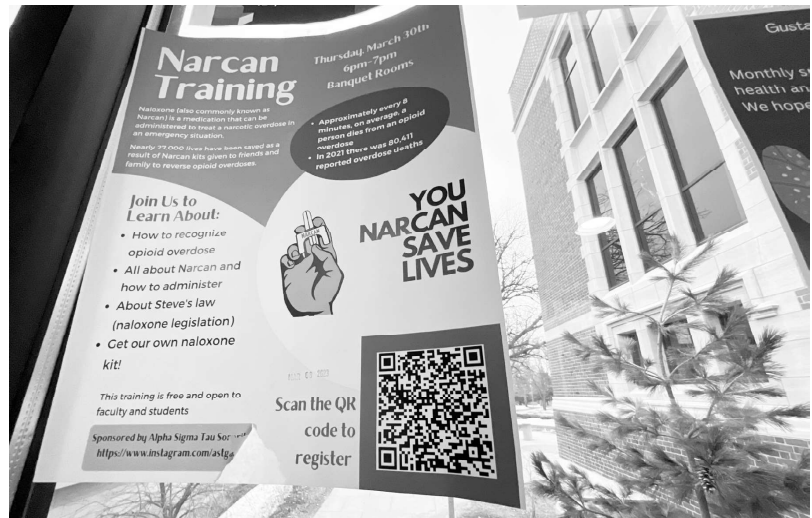
Even with these high numbers, the Alpha Sigma Tau sorority tries to remain positive. In addition to these statistics, they also advertise that almost 27,000 lives have been saved by giving out Narcan kits to friends and family. One of the main objectives of this Nar-

can Training event is to spread awareness as well as distribute as many Narcan kits as possible to the community. Their hope is to lower the number of overdose incidences even just a little through these methods.

This Narcan Training event is held in many other locations as well to help spread awareness of opioid addiction. The Narcan Training event at Gustavus this year is supposedly the biggest yet. Over 150 peo-

ple signed up for the training multiple days in advance.

If anyone has questions or wants to learn more, they can contact Chloe Keller.



Event poster

Katie Doolittle

Gusties take on the great outdoors

Katie Doolittle
Staff Writer

Mark Hanson '83 is in his first year as the Recreation Program Coordinator. In this position, Hanson is responsible for organizing and hosting different recreational opportunities for student life. Some of these activities include canoeing, kayaking, rock climbing, and bowling.

For Hanson, as an Outdoor Education Professor in the Health and Exercise Science department and a former basketball coach, this opportunity perfectly aligned with his interests and background. "I have been teaching outdoor recreation courses for more than 30 years within the HES department. The timing was very good as the position was created to fill a recreation gap at the same time that I decided to leave coaching," Hanson said.

The passion to teach students about different ways to

spend their time is limitless for Hanson. "This position fits an interest in creating opportunities for students to get out in the area, be active and create more relationships. Many students aren't aware of the many places to go and activities that are available in the surrounding area," Hanson stated.

"This position fits an interest in creating opportunities for students to get out in the area, be active and create more relationships."

While he's no longer coaching, Hanson still is scratching that itch to share his knowledge with young adults. "It has been wonderful to continue working with college students and provide new options for them to get involved in," Hanson expressed.

For students, getting away from their studies and their other commitments can be dif-

ficult, but worthwhile. "The biggest challenge has been to get a sense of when and how long programming is best suited for our students. The speed in which many events have filled indicates that we have regularly hit a sweet spot for filling students' interests," Hanson said.

To better understand the interests of current Gusties, Hanson has assistance from students who share a similar adoration for the outdoors and exploring new activities. "They have been excellent resources for student interest, providing leadership and organization as well as pushing programming so students knew what was happening," Hanson said.

Seniors Tessa Johnson '23 and Morgan Miedema '23 began to work with Hanson this past fall for their Environmental Studies Senior Seminar. Their work involved incorporating environmental-related projects within Hanson's student activities.

"It was great to be able to help Mark get started with his new position/program and provide feedback from a student's point of view. It's also really nice to know that students have been enjoying all of the activities that have been done so far," Miedema said.

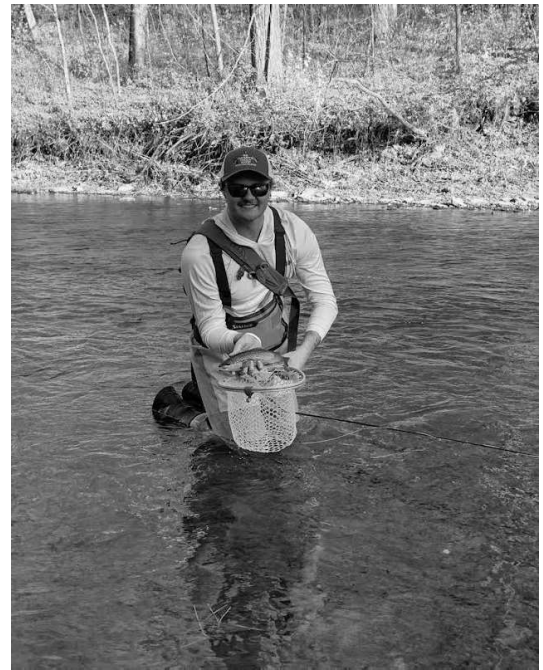
"What was enjoyable about organizing these activities was seeing how many people were interested in doing them as well as seeing people come back for more events because they enjoyed them so much," Johnson added.

"What was enjoyable about organizing these activities was seeing how many people were interested in doing them..."

Currently, Hanson is receiving assistance from students that just love the outdoors.

Ryan Odermatt '23 began to help Hanson after taking his Fly Casting and Canoeing courses and expressed interest in his excursions. "I'm an experienced canoe guide so I wrote to him offering my help leading some of the canoe day trips on the Minnesota [River]. Turns out Mark needed the help so here I am," Odermatt said.

Through this experience,



Fishing on the Recreation Fall break trip 2022.

Submitted



Students canoe at Forestville State Park Fall 2022.

Submitted

Odermatt is able to try new things and strengthen his leadership skills. "I love getting people outside or involved in any kind of social, constructive activity. One of my strengths is crowd control, so I do well when organizing large groups of people. I also enjoy getting outdoors more and into activities I might not have done alone," Odermatt stated.

Being outdoors offers the chance to try new cuisine. "The Beyond Boiling Water student cooking night was my favorite event. We made some delicious Chilaquiles and shared some fun cultural traditions between international and midwestern Gusties," Odermatt expressed.

Along with trying new things, it can be equally enjoyable to return to well-beloved places. "My favorite event is our touring week trip to Ely. The students were great and excited. Also, it has been a long time since I have been able to enjoy the North Woods in the winter so that was special," Hanson said.

The future of the program

may consist of more student involvement and more elaborate outings. "I would like to see some leadership programming built in for students who are looking for that opportunity as well as keep adding strong programming for area events," Hanson said.

"I would like to see some leadership programming built in for students... as well as keep adding strong programming for area events."

If students aren't able to attend Hanson's trips but are interested in exploring the outdoors they can rent items like camping equipment, hammocks, stand-up paddle boards, and kayaks through the recreational lending program.

GUSTIE of the WEEK

Ron Romero

Michaela Woodward
Staff Writer

Originally from Burnsville, Minnesota, Senior Ron Romero has found a second home in Gustavus and through his time and experiences here has been inspired to see more of the world.

Romero is a Psychology and Music double major who has sung with the Gustavus Choir since his first year on campus. Touring with the choir has been a highlight for Romero these past four years.

"This last J-term we went to Europe – Spain, France, and Italy, and that was honestly one of the best trips of my entire life," Romero said.

Even though Romero is involved in Choir at Gustavus, his journey in music started in band, when he played the clarinet in fifth grade. Then, he taught himself bass clarinet, tenor saxophone, bassoon, piano, and guitar. Bassoon was the instrument that stuck, and he played it through his senior year of high school.

"I've always been a huge music nerd," Romero said.

The ability to be involved in

music was one of the things that drew Romero to Gustavus.

"The possibility of playing and singing was facilitated here at Gustavus and I really liked that about here because other places you can't really do both," Romero said.

As a first-generation college student, Romero was looking for a school that would best support him and invest in his success.

"I had been looking at a few schools and Gustavus just seemed the most interested in me, the most invested in them wanting me to be here. I came and toured and I just fell in love with the place. I really appreciated that it's a small campus and I wanted to be at a place where I wasn't just a number. I wanted to make an impact and actually have a place here," Romero said.

Romero has found his place on campus, through the people he has met and the organizations he is a part of.

"I'm very grateful about the experience I've had here with my roommate and my friend group, that we all met. We kind of all met before freshman year. There's like this week that first-generation students were invited on campus for [the] GAIN program, so I met a few

people there. And then one of them ended up being my roommate for all four years," Romero said.

Romero has served as the treasurer for OLAS for the past two years, an experience that has helped him foster a sense of community on campus.

"It's been a pleasure to serve as the treasurer for two years now. It's a great space to be with other students that share similar backgrounds with me. It has just been an honor to represent the only org that is for Latin American students that's here on campus. I think one of our biggest missions is just to get the word out to other students because I don't think that a ton of incoming freshman students really know what it is or what we do. It's really just a safe place and a fun one-hour break on Thursday evenings at 8 pm that we just go and hang out and listen to music and talk about our events and play games," Romero said.

Romero also appreciates that OLAS facilitates celebrating diversity on campus and in the Latinx community.

"Another thing about OLAS that's really close to me is, I'm not Mexican, and I think the predominance of Latinos here are Mexican and so I'm part of the little minority that's not

Mexican. My parents are both from El Salvador, they're immigrants. And that's been a huge part of my identity. I always want to spread awareness that there are other countries out there too, and people from those other countries are also here and just being able to represent my flag proudly is one of my biggest goals, too, and just in life," Romero said.

Romero is currently working with OLAS to plan Latinx Night on April 14th, where there will be a selection of food, music, and performers celebrating different Latin American countries.

Additionally, Romero is a member of the Kappa Sigma Chi Fraternity and serves as the Co-President of the Inter-Greek Council with Senior Gabby Lavan.

"[Romero] is an exceptionally wonderful person who you cannot help but feel comfortable with. He has a knack for connecting people through his captivating personality and presence. Not only is he great to be around, but he's also incredibly impressive. Ron is involved in so many different ways on campus. I've had the pleasure of working with Ron as Co-Presidents for the Inter-Greek Council where I learned

what a great leader he is. He's funny, has a beautiful singing voice, and is overall an amazing person," Lavan said.

"We strive to make [Greek Life] an environment where everyone wants to be a part of. I genuinely think there is a place for everyone in Greek Life here at Gustavus. If you're thinking about it you should definitely go try it out and check out some chapters because there are some great people here," Romero said.

In the future, Romero hopes to go to graduate school for psychology after traveling and working for a few years. His advice to Gusties is to not be afraid to try new things.

"Get out of your comfort zone and try new things because your time here is short and it goes really fast. You'll blink and then you're a senior in your spring semester. I've met some great people just from like trying new things, going to different clubs or organizations and it's been a really great experience for me because I genuinely think that a lot of the Gusties here are really welcoming and want you to be at their club or whatever it is because at the end of the day, we are like a family here. We're all here to support each other," Romero 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

gkearney@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.



Gustie of the Week Ron Romero

Soren Sackreiter

Celebrating an amazing night of performances



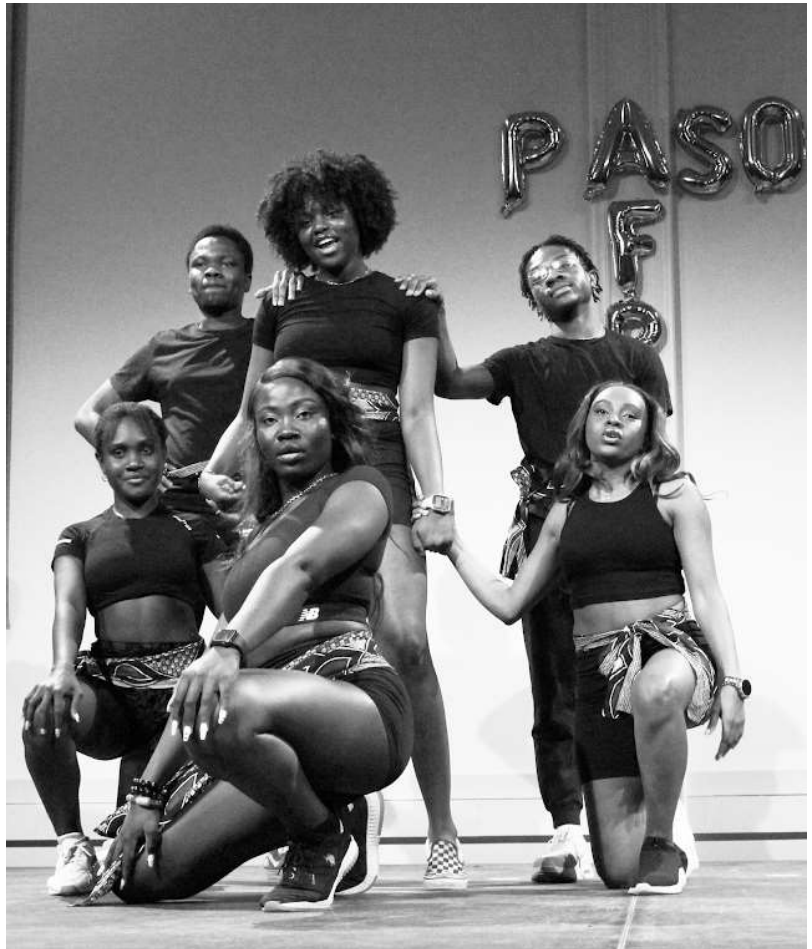
African Diaspora Department heads talk about Africa Night. (Paschal Kyoore, Martha Ndakalako, and Philip Bryant)



Co-presidents Zach Gbor and Jenesis Tompkins crowned King and Queen of Africa Night.



Lily Goloh sings on stage.



Student pose after performing an Afro Step dance.



Burundi dance lead by Bella Nduwayezu.