

## Seizing that single fleeting moment



*Dancers prepare for their performance*

Hailey Brune

News

**WEEKLYScan**  
A preview of this week's top news and more

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### Events Calendar

#### Tacos & Trivia

April 14, 8:00-10:00 p.m.

Courtyard Cafe

#### that single fleeting moment

April 14, 15 8:00-10:00 p.m.

April 16 2:00-4:00 p.m.

Laboratory Theatre

#### Holi Celebration

April 15, 3:00-7:00 p.m.

Field between Beck and IC

#### Gustavus Symphony Orchestra Concert

April 15, 7:30-9:30 p.m.

Bjorling Recital Hall

#### Throwback Night Games

April 15, 9:00 p.m.-Midnight

Courtyard Cafe

#### Healthy RelationTIPS Fair

April 17, 1:00-3:00 p.m.

Campus Center Lower Level

#### Yom HaShoah Observance

April 18, 10:00 a.m. - 10:20 p.m.

Christ Chapel

#### Walstrom Lecture

April 18, 4:30-5:30 p.m.

Beck 101

#### Ramadan Panel

April 18, 19, 6:30-8:00 p.m.

Center for Inclusive Excellence

#### The Future of Farming

April 19, Noon

Arb, Interpretive Center

#### Gustavus Earth Day

April 21, 10:20 a.m. - 12:30 p.m.

Eckman Mall

### Daily Sabbath Calendar

#### Academic Convocation:

Tuesdays (Christ Chapel)

10 - 10:20 a.m.

#### Morning Praise:

Wednesdays (Christ Chapel)

10 - 10:20 a.m.

#### Holy Communion:

Thursdays (Christ Chapel)

10 - 10:20 a.m.

#### Musical Showcase:

Fridays (Christ Chapel)

10 - 10:20 a.m.

#### Sunday Worship Community:

Sundays (Christ Chapel)

6:30 p.m.

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### Campus Safety Report

#### Wednesday, March 29, 2023

- On Wednesday, March 29, Campus Safety responded to a fire alarm in Southwest Hall

#### Thursday, March 30, 2023

- On Thursday, March 30, a Gustavus employee reported that their vehicle was damaged in the Sorenson parking lot

#### Wednesday, April 5, 2023

- On Wednesday, April 5, Campus Safety responded to a call of property damage in the Arbor View Apartments
- On Wednesday, April 5, Campus Safety responded to a fire alarm at North Hall

#### Friday, April 7, 2023

- On Friday, April 7, Campus Safety responded to a fire alarm in Sohre Hall

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



# Shattering the silence

## Taking back the night

**Katie Samek**  
Staff Writer

Alpha Sigma Tau would like to formally invite the student body to Take Back The Night on Friday, April 14, from 5:00 p.m. to 7:00 p.m. in the Anderson Atrium. This year's theme is "Shatter the Silence", with further emphasis on the topic of "No' is a complete sentence".

This event will feature several activities, including a dance performance by Senior Elyse Doeden, acapella performances by both GWAC and G-Sharp and a guest speaker from CADA; member Debi Berg, who serves as the family and child advocate for the organization, on the topic of "What is Sexual Assault?". There will be free refreshments, including Insomnia Cookies, as well as several interactive events such as a positive affirmations meditation group, bracelet-making, and a memorial station where you can light a candle for sur-

vivors of domestic abuse and sexual assault.

This event also features a raffle, which you can earn tickets for in one of two ways. Students could find teal ribbons marked with "Take Back The Night," which were hidden around campus, and turn them into the Alpha Sigma Tau booth outside of the Caf from 10:00 a.m. - 3:00 p.m. from April 10 through the 14, with each ribbon found being worth one raffle ticket. Raffle tickets can also be purchased at the event for \$2. Prizes include gift cards to several local businesses, as well as mystery gift baskets to be revealed at the event.

*"No' is a complete sentence."*

The final part of this event was the Take Back The Night poetry contest, with submit-

ted work focused on the event themes of "Shatter the Silence" and "No' is a complete sentence." Student submissions, which could be poetry, prose, or free verse, were due Tuesday. All submissions will be judged at Friday's event, with first, second, third, and fourth-place winners earning prizes. Prizes for the poetry contest include a weighted blanket, an essential oil diffuser, a game pack, and a spikeball set. Writers who submitted work must be present at the Friday night event in order to collect their prize, though they need not attend the entire event.

Gustavus' Take Back The Night is one of several events by the same name, hosted globally under the banner of the Take Back The Night Foundation. As quoted from their mission statement, Take Back The Night aims to "end all forms of sexual violence, including

sexual assault, sexual abuse, trafficking, stalking, gender harassment, and relationship violence, and to support survivors in their healing journeys." On campus, this event is run by the Alpha Sigma Tau sorority and co-hosted with the Title XI Office, who will both be present at the event.

Alpha Sigma Tau sorority has been hosting Take Back The Night for as long as the sorority has existed on campus, with consistently large student turnouts of over 100 attendees pre-COVID. The event was hosted online during COVID and makes its return to an in-person event this year. However, the event is much smaller this year, and one of its mainstay events pre-COVID, known as the Walk A Mile In Her Shoes 3K, was not able to be held this year due to inadequate funding.

"April is Sexual Assault

Awareness month," Alpha Sigma Tau's Senior and Vice President of Community Relations Chloe Keller said. "That's why we're hosting Take Back The Night this month instead of earlier or later in the year. It's a shame that we can't host the 3K walk this year since it was such a popular event, but we still hope there will be a big student turnout on Friday."

*"...to show support to the survivors of such violence, to provide a safe space to grieve and speak out..."*

Sexual assault can be an extremely heavy topic for students, which is why events like Take Back The Night hold such a high significance - to show support to the survivors of such violence, to provide a safe space to grieve and speak out about personal experiences, and to educate students on how to prevent such things from occurring and find resources to help each other when they do.

"Take Back The Night isn't just for women - it's for everybody, regardless of gender identity", Keller said. "And they're called survivors, not victims. We want to support our fellow students and remind them that they survived, that they overcame, that they are loved and supported, and that we are willing to listen and respond when they speak out about their experiences."



AST members tabling outside the Caf this week

Katie Doolittle

# Latinx night showcases heritage, excellence

Elliot Steeves  
Staff Writer

The Organization of Latinx American Students (OLAS) will hold their annual Latinx Night on April 14th from 6:30 p.m. to 9:00 p.m. in Alumni Hall. The event centers around the “LatinXcellencia” theme, highlighting the success of Latinx people throughout history.

The event will feature students and professionals partaking in a range of performances, along with free food based in LatinX culture. A great number of students were eager to prepare their part in making the night a success.

“When we were coming up with the theme, we wanted to make it really broad, and not pigeonhole ourselves into one area. With Latin excellence, the theme is extremely broad, and there are so many things that Latin America has done that you could recognize as great,” Junior Anthony Hernandez, the current OLAS risk manager, said.

The student performers consist of those both on and off campus at Gustavus, including multiple singers, dancers, and a violinist. The student performers include Mike Martinez, Christina Sirbu, Martiza Beltran, Ronald Romero, and Ana Martinez Magnaña. On violin will be Jasmin Moreira, along

with her father Jorge.

Additionally, there are a number of professional performers layered into the proceedings. Among these are Ecuadorian and Peruvian dance groups, and a Mariachi band. The Mariachi group is a popular carryover from the previous year’s edition of the night. The professional performances will be by Mi Peru-Minnesota, Mariachi Jalisco, and Away Runakana.

The event is the biggest moment of the year for OLAS and allows them to show what they do for the promotion and outreach of Latin American culture on a wider scale than any other time during the year.

“It’s where we have the most fun, and it’s what we dedicate the most time to. As soon as the spring semester hits, we only have around one additional event during the semester, because most of our focus is on LatinX night,” Hernandez said.

“Last year, we had an amazing outcome, with 350 people in attendance. It is a really liked event that people look forward to,” Junior Andrea Cruz Bacamontes, Representative to the Diversity and Leadership Council, said.

The event also encompasses the full diversity of every part of Latin America, as well as the Latin American student body at Gustavus.

“We try to find a variety of performances to promote the culture on campus. We try to have people from other schools come, to show Gustavus what Latin American culture really is. People think this culture is homogeneous when in reality there is so much variety to it,” Cruz said.

OLAS is extremely collaborative in how they plan events like LatinX night, without much of a structured hierarchy.

“We all do a little bit of everything. I have helped plan maybe three to four events, but we all help out on each event; even if someone is taking the lead, we are all helping regardless,” Cruz said.

“Usually, if we need something quickly, I will go down to the activities office. The role is flexible; as risk manager, I also solve any internal problems if they arise,” Hernandez said.

The event is also a larger way for the group to advertise itself to prospective students who want to join.

“It showcases OLAS to a broader audience; oftentimes, students don’t even know what OLAS is, and how fun it can be, as well as engaging. It entices students to come and join the organization,” Cruz said.

The Organization of Latinx American Students is a group that preserves and promotes LatinX-American culture within the Gustavus and St. Peter



Students perform at last year’s Latinx Night

Iza Taylor

community by hosting events that represent empathy, inclusion, and belonging, wrote the organization in their mission statement. They also seek to provide a place of empathy and cultural inclusion for LatinX students at Gustavus.

“We create a community of students regardless of educational background. We try to create a community to uplift voices regardless of cultural place, and try to educate people about it,” Cruz said.

“We are a welcoming space for everyone, not just Latinos and Latinas. We do a good job of sharing our culture on the campus, and making it fun and interesting enough to enjoy as well. Part of teaching the culture is making sure that it is engaging, so we get to sit down and interact with one another,” Hernandez said.

## The Gateway Bug

Andrew Clark  
Staff Writer

Have you ever wondered why people eat insects or have insect diets? This past Wednesday, April 12, the Nobel Conference committee hosted a showing of the new documentary *The Gateway Bug* about just that.

The documentary is an introduction to many different topics including the benefits of eating bugs and talking about how to change dieting culture in the United States.

“The premise of the documentary is to bring light to America’s broken diet culture, and addresses the general public’s ‘ick factor’ when thinking about consuming insects,” Sophomore Biology major Abby McCready said.

This documentary was recommended by Julie Lesnik, a speaker at this fall’s 59th annual Nobel conference. Lesnik spoke about different perspectives on eating bugs and the ways that it can be integrated into American dieting culture. She also discussed the potential environmental benefits of bug diets and how it can affect the climate crisis. Additionally, those who attended were invited to try cricket cookies.

Lesnik is the Associate Professor of Biological Anthropology at Wayne State University. She has done extensive research into Ecology, nutrition, foraged food, human-animal relationships, and edible insects. Lesnik’s book, entitled *Edible*

*Insects and Human Evolution*, is described as “[a combination of] primatology, sociocultural anthropology, reproductive physiology, and paleoanthropology to examine the role of insects in the diets of hunter-gatherers and our nonhuman primate cousins.”

Lesnik teaches a variety of classes, including Physical and Biological Anthropology, food and culture, and biology and culture.

*The Gateway Bug* also focuses on the effects of bugs on the global climate crisis and how adding bugs to our diets could potentially impact the environment. “Currently, over 2 billion people on Earth rely on eating insects for protein. Following daily habits that can help fix a

food system that has been damaged by climate change... Over 2 billion people on earth eat insects for protein. Following the rise and dramatic fall of edible insect start-ups, this documentary explores America’s disconnect with food, as climate catastrophe looms. Sharing daily eating habits we can all adopt, to fix the broken food system, one meal at a time,” thegatewaybug.com says.

“[The film is] an informative journey following the dramatic rise and fall of edible insect start-ups in America. This award winning documentary explores cultural taboos in diet to uncover clues to fix our broken food system in the West. From nutrition and diet, to tackling food

security in climate catastrophe, from the front line of commercial cricket farms in the rust belt, to bug eating festivals keeping Austin weird. Witness the inauguration of the first American Edible Insect Coalition in America, as lawmakers on Capitol Hill watch the water crisis in Flint threatening industrial agriculture and the feeding of America,” the official summary on IMDb says.

This event was one of many in the spring event series focused on bringing light to topics that will be discussed at this year’s Nobel Conference, entitled “Insects: Little Body, Big Impact.”

If you have any questions about the documentary screening event, please contact Abby McCready via email.



# Gustavus Dance Company in concert

Katie Doolittle  
Staff Writer

The Gustavus Dance Company will be performing their concert titled “that single fleeting moment.” Performances will take place in the Rob and Judy Gardner Laboratory Theatre on April 13 through April 15 at 8:00 p.m. and on April 16th at 2:00 p.m.

The program is honoring the work and legacy of former dance professor, Michele Rusinko. “We are celebrating my colleague Michele Rusinko’s 34 years as a dedicated faculty, director of the dance program, serving often as chair of the Department of Theatre and Dance during her tenure at the College, and strategic visionary in developing the dance program,” Melissa Rolnick, the concert director said.

Michele Rusinko, while currently retired, maintains a deep admiration in the eyes of her former students. “For years, she has taught me about the learning that exists through listening to and connecting with others, that our stories hold significance and meaning, and that there are beautiful moments in each day. She has helped me to grow as a dancer and a performer, reminding me of the power that dance can hold and the beauty of this art form,” Senior Abigail Doran said.

As both a dancer and student, Doran is greatly impacted by Rusinko’s kindness. “Through all the worries and

stressors that life brings, she has shown me incredible care and compassion. Through her own challenges has shown grace and resilience. She has guided me to see how wonderful the complexity and uniqueness of this life really is,” Doran explained.

While it is difficult to say goodbye to a professor, the memories and lessons they created will last a lifetime. “I am unexplainably grateful for the brilliant light that Michele has continued to share with the Gustavus community and I wish her all the joy as she starts this new step in her journey,” Doran concluded.

While the concert is commemorating Rusinko, it’s also celebrating the art of dance as a whole. “‘that single fleeting moment’ was selected because that is the essence of dance, its ephemerality. It happens and then it disappears, never to be recaptured or repeated in exactly the same way,” Rolnick said.

The rawness that dance exudes is a key theme that Rolnick is capturing in this program. “When one dances on the stage, [that] dancer is committing to the moment, which is a courageous act, because of the vulnerability it takes to be totally present and exposed. Hopefully, the essence of the experience [of] viewing the dance lives on in the memories of the audience,” Rolnick stated.

Such a program undertook



Dancers in rehearsal

Hailley Brune

diligent practices, but such an approach will be worthwhile for the final product. “The dance concert makes me smile when I see all of the long hours of hard work come to fruition, as well as the beautiful dances in collaboration with light, costume, and set designs,” Rolnick said.

The director is looking forward to the audience’s reactions to the pure, choreographed movement. “I am excited for

people to have the experience of the dance and to be moved by what they see and feel as audience members. Often contemporary dance lives in the abstract world- not following a particular storyline/narrative, but rather giving voice to feelings, images, and ideas,” Rolnick said.

“Since we all have bodies, there is a level of understanding that is intrinsic to who we are. Dance is an essential human expression that lives deeply in all of us,” Rolnick emphasized.

The concert is also featuring the accomplishments of the Gustavus Dance Company, one being Abigail Doran’s nationally recognized solo choreographed by Jill Patterson. “The solo, ‘Veneer’ was invited to perform in the American College Dance Association Festival in Long Beach California the last weekend in May. It is a huge honor, enabling Gustavus to have a national profile and was selected out of 30 dances from different colleges/universities throughout the country,” Rolnick said.

“I am feeling very honored to have been selected to perform at the ACDA National Conference.

Starting with being selected for the Gala Concert for the ACDA North-Central Conference in Lincoln, Nebraska and now moving forward to Nationals has left me feeling very grateful for these opportunities and for the support that I have received from my professors, choreographers, directors, and friends here in the Gustavus dance program,” Doran stated.

With this opportunity, Doran is eager to further embrace the dancing community. “Not only am I excited for this chance to represent Gustavus as a performer, but I am also excited to engage with other performers and choreographers during the conference and see some amazing pieces from across the nation,” Doran said.

As a soon-to-be graduate in May, Doran is especially grateful for the guidance of Rusinko, Rolnick, and other major figures in the Dance department. “At Gustavus, I have learned how to respect and uplift the way that I am able to move, finding ways that embrace my limits and push beyond them,” Doran added.



Preparing for the dance concert

Hailley Brune

# GUSTIE of the WEEK

## Ingrid Welna

**Emma Kelsey**  
Staff Writer

Senior Ingrid Welna is this week's Gustie of the Week. Welna is very involved on campus, especially within the music department. They are a horn section leader in the Gustavus Wind Orchestra, a member of the Gustavus Symphony Orchestra, the Groovy Gusties jazz combo, a sight singing and music theory teaching assistant, works in the theater and dance department in the costume shop, and are also the Vice President of the Future Music Educators Association; a student organization for those who are considering teaching music in the future, in any capacity. In the past, they have also been involved in the Gustavus Wind Symphony, the Lucia Singers, and vocal jazz ensemble.

"The community here is so warm and genuine, and I've had amazing opportunities to improve my skills as a musician in our department, [including the] tour to Spain and France with the Gustavus Wind Orchestra in January, and I actually got to conduct a piece with them on that tour. I also recently was featured as a solo vocalist with the Gustavus Wind Symphony. Currently, I am working on presenting my senior recital, which will feature pieces for horn, voice, and brass ensemble," Welna said.

James Patrick Miller, professor of the Gustavus Wind Orchestra, has known Ingrid since they were in high school at St. Paul Central, and Miller was the guest conductor of the Ordway High School Music Festival. Miller said that Ingrid stood out even then as a star musician and human being. When Ingrid came to Gustavus, they enrolled in Miller's FTS, played horn in band, and sang in choir. Ingrid is now one of Miller's advisees as an instrumental music education major.

"Ingrid is driven to be always improving, growing, and learning. They are kind, supportive, and a great advocate for DEIB initiatives in music education," Miller said.

He shares that the qualities that make Welna deserving of Gustie of the Week include talent, humility, work ethic, and sincerity.

Heidi Johanna Miller, Conductor of the Gustavus Wind Symphony, has known Welna for years and praises them as an excellent musician constantly striving for excellence.

"They are an extremely gifted horn player, majoring in instrumental music education, and also a beautiful singer. Ingrid was a featured soprano soloist at our spring band concert this past March, and it was a highlight of the concert for me," Miller said. She describes Welna as a "very deep, emotional, and



*Gustie of the Week Ingrid Welna*

Soren Sackreiter

artistic soul," very driven about the things they are passionate about.

"They care deeply about the feelings of others and are very vocal in their advocacy. Ingrid is such an important part of the music department; it will be very hard to see them graduate this spring," Miller said.

Professor in Music, Dr. Alexandra Bryant, met Welna in their second semester at Gustavus when they were enrolled in her Music Theory II class. When the pandemic hit, Bryant remembers Welna's dedication didn't fade. "I remember Ingrid still, regardless of being on a screen, always being willing to fully participate and engage in the lessons. It was tough for

all of us, but Ingrid was always putting their best foot forward," Bryant said.

"Ingrid is a multi-talented individual who strives toward perfection. They're wonderful at both horn and voice! Ingrid has a great ear for music and it's obvious to anyone who has worked with them... Their openness and realness is something I have always appreciated. I feel that not all students are comfortable with being honest, but Ingrid always is and I greatly respect that about them," Welna said.

Senior Rose Paddock is roommates with Welna, and has known them for a couple of years now. "Ingrid is not only an easy roommate to live with, but

they excel in all the musical ensembles they're a part of. They are an awesome and supportive French horn section leader and a fantastic singer," Paddock said. She describes Welna as a poised and professional performer, and a supportive, humble, inclusive person who will become an inspiring and fun band teacher in the future.

After graduation, Welna will be a student teacher at East Ridge High School in Woodbury and PACT charter school in Ramsey. Following that, they plan to teach middle or high school band and hope to eventually go back to school to get a Master's degree in wind conducting.

**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!



# Spring has sprung!



Submitted



Katie Doolittle



Katie Doolittle



Katie Doolittle



Grace Kearney



Katie Doolittle