



Celebrating 50 years of the Arboretum

Elliot Steeves
Staff Writer

The renowned Gustavus Arboretum is celebrating the 50th anniversary of its inception this year. The Arboretum is a large space on campus where students can gather to experience nature, free of interference.

As part of the proceedings, the Arb will host an outdoor gathering of friends, donors, volunteers, and supporters in order to commemorate the occasion. The event will be held from 5:00 p.m. to 8:00 p.m. on Friday, April 28.

"These specially invited guests will enjoy hors d'oeuvres, drinks, live music from Gusties, and a few short speeches, including a speech from President Bergman, and a speech from famed KARE 11 chief meteorologist and Gustie mom, Belinda Jensen," Arboretum Director and Naturalist Scott Moeller said.

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Springtime comes to the Arb

Britta Blanding

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It was this unique environment and mission that drew Moeller toward working in the Arb.

"I have always loved the outdoors, and I have always loved teaching, so being an Interpretive Naturalist was a good career fit for me...I was hired by Gustavus Adolphus back in 2011 to be the Arb Naturalist and Nobel Greenhouse Manager, then I was promoted to the Arb Director/Naturalist position in 2012, and have been enjoying growing the Arb and teaching Gusties ever since," Moeller said.

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Events Calendar

Arboretum 50th Anniversary
 April 28, 5:00 - 8:00 p.m.
 Arboretum

Relay for Life
 April 28, 6:00 p.m. - Midnight
 Courtyard Cafe

Valborg
 April 30, 10:00 a.m. - 4:00 p.m.
 Swedish House

Gustavus Choir Spring Concert
 April 30, 1:30 - 3:30 p.m.
 Christ Chapel

Gustavus Philharmonic Orchestra & Campus Band Spring Concert
 April 30, 5:30 - 7:30 p.m.
 Bjorling Recital Hall

INVERSIITY Module 7 Discussion
 May 2, 1:30 - 2:30 p.m.
 President's Dining Room

MAYDAY! Peace Conference
 May 3
 Alumni Hall

Honors Day
 May 5
 Christ Chapel

Explanation and Scientific Progress
 May 5, 2:30 - 4:00 p.m.
 Old Main 04

Gustavus Symphony Orchestra Concerto Concert
 May 5, 7:00 - 9:00 p.m.
 Bjorling Recital Hall

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, April 19, 2023

- On Wednesday, April 19, Campus Safety responded to a fire alarm in International Center

Thursday, April 20, 2023

- On Thursday, April 20, Campus Safety was informed of a suspicious circumstance off campus
- On Thursday, April 20, Campus Safety responded to a fire alarm in Sohre Hall.

Sunday, April 23, 2023

- On Sunday, April 23, Campus Safety responded to a broken vehicle window caused by a foul ball during the baseball game.

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

First Forward week celebrates first-generation students, staff, and faculty

Katie Doolittle
Staff Writer

First Forward Month is here at Gustavus, with several events planned for the next few weeks. Members of First Forward planned to table outside of the Caf for the last week of April, both to increase awareness about the other First Forward events as well as to provide opportunities for first-generation students to engage with club members. First Forward is an annual event held in April that celebrates what is known as first-generation college students: students who are the first in their families to go to college. Created, initiated, and hosted yearly by the Center for Inclusive Excellence, this event displays the concentrated effort made by Gustavus to provide sustained and intentional support for first-generation student scholars as they navigate college life at Gustavus.

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A formal dinner was hosted by First Forward on Wednesday, April 26, in the Center for Inclusive Excellence, located in the downstairs wing of the Jackson Campus Center near the Center for Career Development. All first-generation students, as well as first-gen staff, faculty, and allies, were invited to attend. Information about the dinner and other First Forward events was sent out in a school-wide email Tuesday. Posters for these events are also located in several areas around campus. “Our goal is for first-gen individuals to meet others like them”, said Kareem Watts, Assistant Director for the CIE. “It also provides them with an opportunity to see the great amount of support they have on campus, both from their peers and their professors.”

“It also provides [first-gen students] with an opportunity to see the great amount of support they have on campus.”

First Forward will also be the focus of this month’s Lyrical Cafe held on Friday, April 28th at 6:00 p.m., located in the CIE. This month’s theme is “First Gen Love”, and all students are welcome to attend and perform. There will also be two special musical guests from the Twin Cities present at this event: TJ-2Braidz and ShaVunda Brown.

vide students with... we’ll say intentional support”, Watts said. “Intentional support to develop first-gen networks, and so, we usually have it once a year, around April, that’s First Forward month.” The CIE isn’t the only organization on campus affiliated with First Forward, however - there is also a strong community of first-gen students that assist in organizing, hosting, and spreading the word to their fellow first-generation peers. “First Forward allowed me to find a community of first-generation students”, first-generation and Senior Brian Contreras said. “I was meeting a lot of new people that I didn’t know were first-generation students, so it was kind of cool in that sense.”

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“You build a community,” Watts said. “I think it also helps increase a sense of belonging as well for first-gen students. Especially with it being their first time in a college institution, where they might feel like the only one. So definitely some community, networking, social engagement, and then resources as well, so we can make sure first-gen students are aware of the resources available on campus.”

One opportunity that may be of interest among the many resources available for first-

generation students at Gustavus is a specialized scholarship offered by First Forward that pays for course textbooks and other class materials via Slingshot. “Yeah, there’s scholarships if you’re doing Slingshot,” Contreras said. “With that scholarship you get your books covered, so if you’re having a financial situation back home, or you’re a person of color, you can come to the CIE and apply to the scholarship.”



First Forward tables outside the Caf Wednesday

Hailley Brune

The ABC's on catching Zzz's

Andrew Clark
Staff Writer

This past Wednesday, April 26, sleep specialist Sarah Moe hosted a lecture about healthy sleep schedules and habits, and also talked about topics regarding sleep health and wellness. This is an annual event that has been put on by the Peer Assistants (PAs for short) for several years now. There were Insomnia Cookies, giveaways, and other prizes involved.

Moe talked about healthy ways to change and regulate your sleep schedule, some tips and tricks to help improve your sleep quality, and how to conquer the most daunting task of the day: getting out of bed in the morning. “[Moe] provided plenty of tips on healthy sleep habits and quality sleep and supports them with research. Some that she has recommended in the past include waking up with your first alarm and using a sleep mask,” Senior and PA Keely Schuck said.

Moe hopes to spread the much-needed message of how

and why sleep is important, especially for college students. A vast percentage of people do not actually understand the importance of sleep or the consequences of not taking care of that side of your health. Moe founded Sleep Health Specialists in 2015. This is an organization that helps spread this message and conducts classes for schools and businesses worldwide. Moe hopes to show that through healthier sleep schedules and sleep lives, students will be able to learn more efficiently and effectively, and employees will be more productive.

“Sarah Moe graduated with her degree in Polysomnographic Technologies (Sleep Studies), prior to becoming a Board Registered Polysomnographic Technologist (RPSGT) in 2008. She then began working overnights providing sleep studies for patients requiring sleep disorder diagnoses. Shortly after, she became an Adjunct Professor at Minneapolis College, helping the Sleep Program,” Moe’s web-

site promoting her organization, Sleep Health Specialists, says.

Moe’s expertise in the subject shows in all of the work that she has done and continues to do. She has conducted studies and is very knowledgeable about other studies as well. All of the points that she makes in her talks and lessons are backed up by statistics, data, and other studies.

Moe also talked about how external substances affect a person’s sleeping and sleep quality. There are many factors that are thought of and taken into account when someone is taking external or illicit substances, but how they affect one’s sleep is generally almost entirely overlooked.

“Most common mental disorders, from depression and anxiety to PTSD, are associated with disturbed sleep, and substance use disorders are no exception. The relationship may be complex and bidirectional: Substance use causes sleep problems, but insomnia and insufficient sleep may also

be a factor raising the risk of drug use and addiction. Recognizing the importance of this once-overlooked factor, addiction researchers are paying increased attention to sleep and sleep disturbances, and even thinking about ways to target sleep disruption in substance use disorder treatment and prevention,” the National Institute on Drug Abuse says.

Sleep is an extremely important part of everyday life, and it affects so many things, such as mental health, overall well-being, and many other aspects of one’s life. As college students, sometimes sleep is not always the biggest priority. Friends, classes, homework, and other external factors all seem to be so much more important and progressively demand more and more time. This leads to a decrease in the amount of sleep that students get as well as a decrease in the quality of sleep as life gets busier and more stressful. Talks like these are helping to educate students

on the importance of sleep, and the dangers of not getting enough sleep. “The PAs are hoping that attendees can learn how they can better their sleep by becoming more knowledgeable on how various factors affect their sleep. It is important for people to come since it is a great educational opportunity for the student body, especially for them to better themselves,” Senior PA Abby Ludwig said.

Also, as mentioned above, there were free giveaways, including Insomnia Cookies and sleep eye masks. Each attendee was also entered into a raffle to win prizes such as essential oils and diffusers, a weighted blanket, pillow spray, and even a Hatch alarm clock. Prize winners were announced at the end of the event.

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The Gustavus Arboretum is a source of value for Gusties in a number of different ways. It serves as a location for all forms of recreation, such as running, biking, and hammocking, and has been a source of research and scholarship for direct use among Gusties.

“It is a place of beauty, inspiration, and harmony, and a great way to relieve stress, improve mental health, and increase wellness by communing with and reconnecting with nature. It is a great place to get away from everything and just get lost for a while, taking in the trees, woodlands, prairie, wetlands, plantlife, and wildlife,” Moeller said.

The Arboretum serves as a “front porch” for much of Gustavus’s public outreach. It features many different events over the course of the year, including occasions such as FallFest, which draws 1,000 attendees.

It also serves a practical purpose as an environmental benefit for the campus. The Arb serves as a source for snow fences, windbreaks, and storm-water retention for the college.

The Gustavus Quarterly Magazine, in its recent edition, went into detail on the

history of the Arboretum to commend the anniversary.

The Arboretum was founded in 1973, when Gustavus President Frank Barth asked Charles and Harriet Mason to plant trees around the house of the President, still located in the Arboretum. From there, in 1974, the Arboretum expanded to feature multiple trees, growing to 5,381 of 20 different varieties.

The article features an interview with President Frank Barth, who gave an interview for the 1998 issue. Barth detailed in the interview the origins of the Arboretum in protests over tree removal.

“[My wife] Marge heard about the demonstration and said to me when I arrived home, ‘Not only will we save the trees, but we also will plant many more trees in a program I have in mind,’” Barth said.

In 1998, the Arboretum was leveled by the famous tornado that swept through campus. This destroyed around 2,000 trees in the area. The subsequent rebuild meant replanting of the original trees that President Barth planted.

The Arboretum is designed to replicate the shape of Minnesota in its design. This also

results in the different trees and plants being located where they are on a map of the state.

This formula also makes possible a massive level of diversity in the wildlife present in the Arboretum. The coniferous forest is home to trees such as pines

and cedars, while the prairie is home to many tallgrass plants located in Southern Minnesota.

There is also a woodland area of deciduous trees covering 10 acres, and a wetland ecosystem.

The Arboretum grounds are free and open to the pub-

lic during all daylight hours of the year. The Melva Lind Interpretive Center is open to the public on weekdays, from 8:00 a.m. to 5:00 p.m.



Winding trails weave through the Arb

Parker Tewes

Junior studio art exhibition: *Everything and the Kitchen Sink*

Katie Doolittle
Staff Writer

The Junior Art Exhibition titled *Everything and the Kitchen Sink* recently opened with their public reception taking place on Monday, April 24th, from 4:30 p.m. to 6:30 p.m. in the Schaefer Fine Arts Center, but the exhibit is open for public viewing until May 17th. The gallery is open Monday through Friday from 9:00 a.m. to 5:00 p.m. and on Saturday and Sunday from 1:00 p.m. to 5:00 p.m.

The artworks in the gallery feature pieces created by Junior Studio Art Majors that are part of the ART-299 Junior Seminar and their two-year capstone experience. All of the participating students are Alexis Concepcion, MacKenzie Groth, Anna Pozdnyakov, Mariana Rodriguez-Guzman, Mya Santelman, Abigail Willis, and Jada Zevenbergen.

Priscilla Briggs, a professor in Art and Art History as well as Film and Media Studies, and Nicolas Darcourt, an assistant professor and Studio and Visual Arts Programs Manager in Art and Art History, work directly with these students and aid them throughout the exhibition experience.

"The Junior Seminar course assignments are designed to lead students through the process of developing a conceptual foundation and methodology for their individual creative processes. They begin by making 10 small or quick works or sketches from which they choose one to build into a larger, more extensive project," Briggs said.

While they are designing and working on their projects, they are also putting those designs into words. "During the process of making work, the students concurrently work on writing their artist statements. Writing about the work helps the artist organize their thoughts, refine their vocabulary and their own understanding of the work, and figure out how to translate their visual ideas into words," Briggs explained.

Even though Briggs has been through this process with previous Studio Art majors, she still beams at her students' work. "As a professor, it is very satisfying to see students discover things in their own process of making and to begin to recognize what engages them in a sustained way as an artist," Briggs stated.



A student admires the artwork of MacKenzie Groth in the Schaefer art gallery.

Katie Doolittle

"As a professor, it is very satisfying to see students discover things in their own process of making and to begin to recognize what engages them in a sustained way as an artist."

One part of the preparation process is deciding the name of the exhibit and the design of its marketing materials. The title *Everything and the Kitchen Sink* was chosen because it fully embodied the different pieces being displayed.

"The idea came to us one day after class, we were brainstorming ideas for the title. We couldn't think of any because our artwork is quite different from each other. We started making a list of the artwork we each had: heels, flower painting, octopuses, doodles, whales, a doll bust... and we had everything but the sink. But it was more fun to call it *Everything AND the Kitchen sink*. After choosing the title

we actually got the sink which we signed," Junior Mariana Rodriguez-Guzman stated.

Through their work and effort, this group of juniors believes that this project is a great preparation for their work outside of the Gustavus campus. "I think that an exhibition like this prepares us for our soon-to-be future and gives us a peek into the world that we are about to enter. The planning that goes into an exhibition like this is very extensive and tedious and having it as a class really helps me feel prepared for future exhibitions," Junior Anna Pozdnyakov said.

"This exhibition is so much bigger than a final project. The pieces that we are exhibiting are a culmination of work produced over the past 9 to 12 months, which have required untold hours of work and into which we have all poured our hearts and souls," Junior Abigail Willis added.

"I am always so impressed by our young artists and the courage they show in making works of substance, experimenting with new materials and processes, and challenging themselves to grow. It is im-

mensely satisfying as a professor to witness their growth and success," Briggs stated.

While all the work that is displayed in the gallery is beloved by this group of students and their mentors, there are some pieces that are the ultimate favorites of these artists. "I am proud of most of my work, but mainly the *Nichos*, because I had never worked with cans before and the concept is about a topic that is quite delicate, but important to me, which is feminism and the victims of femicide in Mexico," Rodriguez-Guzman said.

"I love all of my pieces dearly but the one I am most proud of is the diptych *'Surviving, but thriving'* as it is a piece that most represents me in this time and space and what I have been working through to make the piece" Pozdnyakov stated.

"I am so happy with how my butterfly sculpture turned out. This piece required lots of participation as I asked people from my community here at Gustavus, and at home in Southern California, to write notes which I, in turn, folded into butterflies to be assembled into this large-scale installa-

tion piece. So to see it finally all come together, in its final form, was so rewarding and exciting," Willis explained.

The gallery is a positive way to see and support the work of the Gustavus Studio Art majors. "The Junior and Senior Exhibitions are a great opportunity to experience the best work our students make and to support them in their process of becoming mature artists," Briggs stated.

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To further support these artists, the pieces on display are available for purchase.