

# The future of education

**Katie Samek**  
Staff Writer

Gustavus Adolphus College's 42nd annual MAYDAY! Peace Conference was held on Wednesday, May 3 from 10:00 a.m. to 11:30 a.m. in Alumni Hall. This year's topic of discussion was "The Future of U.S. Education: Who Decides What Gets Taught?"

The conference opened with a welcome speech by College President Rebecca Bergman, followed by panelist introductions by MAYDAY! Director Yurie Hong. A keynote speech was given by Dr. Lisa Dembouski discussing how education laws and guidelines are passed in the United States, punctuated by audience participation trivia questions that revealed common myths about the education system. After this, a panel of various Gustavus faculty members featuring Greg Kaster, Lisa Dembouski, Sun Hee Lee, Colleen Stockmann, Katie Leehy, and Jill Locke was called onstage to discuss the interdisciplinary consequences of the current education system and how it impacts all disciplines. Audience questions were taken after the panel, and closing remarks were given by Yurie Hong.

Following the MAYDAY! conference, the spring carillon bell song *I Saw Thousands of Birds Carrying Away the Sorrows and Injustices of the World*, composed by Gustavus alumni Steve Heitzeg '82, was premiered outside of Christ Chapel at 11:45 AM. This new song will replace the winter composition, which premiered



Panelists speak on education at Wednesday's MAYDAY! conference

Katie Doolittle

last year at Christmas in Christ Chapel and can be heard daily when the carillon bells play at 12:30 p.m.

The MAYDAY! Peace Conference was established in 1981 with the theme of "Arms Control - MAYDAY! MAYDAY!", with funding provided by the late Florence and Raymond Sponberg. Their surviving family members continue to fund the conference to this day and carry on the legacy that their parents started. Created to inspire attendees to work for justice and peace throughout the world, the event has grown into an annual tradition that uplifts and promotes this continued call for peace and justice in the world.

New to the event this year was the introduction of a

"teach-in" model, in which speakers and panelists are pulled directly from the Gustavus faculty rather than inviting guest speakers from off-campus. This format is designed to learn more about a complex and current topic from a variety of disciplinary perspectives and will be a continuing tradition from this year onwards.

"The teach-in model is kind of a one-stop shop opportunity for students to see how different disciplines approach the same topic," said MAYDAY! Director Dr. Yurie Hong. "It's a great way to see faculty communicate with one another and share ideas about these important issues since they don't really get to connect with each other outside of events like this."

The MAYDAY! Peace Conference is organized by the MAYDAY! committee which consists of MAYDAY! Director Dr. Yurie Hong, a member of the Marketing Office Barb Larson Taylor, Michael Sponberg, and Seniors Ellie Hartman, Emma Anderson, and Sophomore Harriet Anderson.

"This year's theme is hugely impactful for everyone - current students and families, as well as for our society as a whole," said Hong. "Right now, we're seeing increased efforts to legislate what gets taught in classrooms from K-12 to colleges and universities - particularly around topics such as history, race, gender, sexuality, and identity. The outcomes of these debates will have a tremendous impact on peace,

justice, and our democracy at home and abroad, not to mention the lived reality for students who are closely connected to the topics being banned."

"I think understanding the incredibly tangled and complicated systems of government and schooling - and the impacts of both on our nation and world - are both true to our liberal arts focus here at Gustavus, and important as members of this nation," said MAYDAY! keynote speaker Dr. Lisa Dembouski. "We need to be informed, we need to make up our own minds about what we think, and we need to understand how we are players in these systems as national and world residents. That's why I agreed to be on the panel and participate in this year's Mayday events, and it's also what I hope attendees will take with them."

Student input on this year's event, specifically the "teach-in" format, as well as suggestions for future MAYDAY! Peace Conference topics are being sought by the MAYDAY! Committee. Students and faculty can email these suggestions directly to Yurie Hong at [yhong@gustavus.edu](mailto:yhong@gustavus.edu).

"I was really pleased with the turnout and student engagement during this year's event," said Hong. "But we're always looking for suggestions on how to improve our events to bring in more students and spread further awareness about our events."

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## Events Calendar

**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

**Baseball Stadium & Field Dedication**  
 May 6, 12:00 - 1:00 p.m.  
 Gustavus Baseball Stadium Grandstand

**Honors Recital**  
 May 6, 1:30 - 3:30 p.m.  
 Bjorling Recital Hall

**Golden Hour Opening Reception**  
 May 6, 4:00 - 6:00 p.m.  
 Hillstrom Museum of Art

**Choral Showcase**  
 May 6, 7:30 - 9:30 p.m.  
 Christ Chapel

**Spring Jazz Showcase: Adolphus Jazz & Gustavus Jazz**  
 May 7, 1:30 - 3:30 p.m.  
 Bjorling Recital Hall

**Spring Jazz Showcase: Jazz Combos and Vocal Jazz**  
 May 7, 4:30 - 6:30 p.m.  
 Bjorling Recital Hall

**Around the World GooseChase**  
 May 9 - 12

**Petting Zoo and Yard Games**  
 May 10, 4:00 - 7:00 p.m.  
 Johns Family Courtyard

## 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.

## We need your feedback!

Tell us your thoughts on the Gustavian Weekly



## Campus Safety Report

### Tuesday, April 25, 2023

- On Tuesday, April 25, Campus Safety responded to a fire alarm in Southwest Hall. One student was referred to the Campus Conduct System for a policy violation.

### Wednesday, April 26, 2023

- On Wednesday, April 26, it was reported to Campus Safety that there was property damage in the Folke Bernadette Library

### Saturday, April 29, 2023

- On Saturday, April 29, 2023, Campus Safety found GAC property damage while undergoing routine patrol.

### Sunday, April 30, 2023

- On Sunday, April 30, Campus Safety, while on routine patrol of college grounds, came across an underage intoxicated student in Eckman Mall.
- On Sunday, April 30, it was reported to Campus Safety that the Gustavus sign at the main entrance was damaged
- On Sunday, April 30, an AD in Campus Safety witnessed a vehicle traveling at a high rate of speed near the football stadium on North Ring Road
- On Sunday, April 30, Campus Safety responded to Johnson Student Union to take a report of an injury that occurred earlier

### Tuesday, May 2, 2023

- On Tuesday, May 2, Campus Safety responded to a vehicle hitting GAC property

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

# Asian Night Market celebrates culture, heritage

Andrew Clark  
Staff Writer

This week, the Asian Student Union (ASU) held a series of events leading up to the main event; the Asian Night Market. The Night Market will be held this Saturday, May 6, from 6:00 p.m. to 9:00 p.m. in the Johnson Courtyard. This event is a celebration of Asian heritage and culture, and it includes many aspects of Asian culture with Asian cuisine, dance performances, and other exhilarating activities.

The leadup to the Night Market began on Tuesday night with a movie night at 7:00 p.m. in the IC lobby. Attendees watched *Big Hero 6* while eating kimchi fried rice. It was a great break to hang out with friends, learn a little about Asian culture, and eat some great food all while enjoying a movie.

The next event occurs Thursday, May 4, at 7:00 p.m. in the Courtyard Cafe. This event will be an Asian Trivia Night that includes activities such as Kahoot and a Jeopardy game among other trivia games and activities. As with the theme of these events, the trivia will be based on Asian culture and other customs and traditions. There will also be food for those that attend as well as some prizes for the trivia winners as well.

Again, these events are all leading up to the grand event of the Asian Night Market. There will be a variety of things going on including lawn games, crafting events, challenges, and of course, food.

Attendees will be able to have fun, relax and play some lawn games such as spike ball

and ring toss while talking to other people and learning about different Asian cultures. Food will be served and indulged upon by anyone that wants. There will also be crafting events such as bracelet-making and origami. Other games will also be played and enjoyed.

"There will be games, including ring toss, spike ball, shuttlecock, origami, cornhole, cup pong, bracelet making, and more. We will also be having a spicy ramen challenge, along with prizes for some of the games as well. Obviously, food is a big attraction too, which we will provide a variety of Asian cuisine including wontons, meat skewers, fried rice, Pat Bin Su, Takoyaki, and Musubi. Dance performances and karaoke will also be highlighted during the

event which will be super fun to watch and enjoy!" Asian Student Union Co-President and Junior Sophie Schmitz said.

Following the majority of the festivities, there will be dance performances and opportunities for Karaoke. The dancing portion of the night will feature a group of performers, some being ASU members and some non-members as well. They will be performing a Vietnamese fan dance.

"We encourage everyone to come and all are most welcome at all of the events! The purpose of these events is to support the Asian community on campus and to spread knowledge of Asian cultures and traditions to students in a fun and enjoyable way where you can meet new people and have

a good time," Schmitz said.

Anyone and everyone is welcome to come to these events. Anyone can come and support their Asian peers and classmates. The Asian Student Union wants people who don't know a lot about Asian culture to come, participate, and have fun!

These events are all in an effort to promote and celebrate Asian culture on campus as well as to educate peers that may not know as much about Asian culture. They also provide a fun experience for students who need a break from end-of-the-year stress, big projects, and finals looming around the corner. ASU hopes to see you all at their events to have a fun and relaxing time while also enjoying wonderful food and activities.

## Beekeeping Club gets buzzing

Colin Maiwurm  
Staff Writer

With finals just around the corner, a change in weather has once again occurred. This time around, though, the weather is fitting for the current season. To complement this change in weather, nature's pollinators are starting to become active once again. A newly founded club is stepping into action with this seasonal transition, starting off strongly with a list of events. This newly formed club is called the Beekeeping Club.

"The Beekeeping Initiative is an environmental and inter-community relationship-building initiative through the means of Beekeeping," Senior Madeline Campbell said.

The goal of this club is to spread awareness of the critical role that bees play in the world. Of all the pollinators that play a role in the environment all around the world, bees are among the main pollinators. Bees tend to be overlooked by the populous, which leads to places where bees live and retrieve nourishment being destroyed. Without bees pollinating, the environment would start to suffer. Pollination allows for plants to multiply and spread, but if this were to not happen, plants would stop producing fruits and vegetables and start to die out. This is why it is critical for the Beekeeping

Club to spread awareness about the role that bees play in the world.

The Beekeeping Club had just been created this semester and is not yet fully solidified. They have been working hard to form this club and are still facing a few roadblocks that are hindering their progression. They had to build this club from the ground up this semester and yet they have already started hosting events. As the club currently stands, they have yet to establish a set time for club meetings, but they hope to finalize the Beekeeping Club and prepare it for the next school year.

"After being established, they will likely meet at the location once a week when the weather is better and during the winter acts as an educational based group," Campbell said.

During the Fall and Spring seasons, they plan to host events outdoors and possibly give people, in and outside of the club opportunities to get some hands-on experience. During the Winter, they plan to focus on educating others in the community about what they do and why bees are important to the ecosystem. Splitting their objective between the seasons allows for the Beekeeping Club to remain active throughout the entirety of the Fall semester and

Spring semester.

Even with the club not having set meetings for the club, they are still hosting events. They held an info session event this Wednesday, which was on MayDay, from 12:30 p.m. to 2:00 p.m. They will also be having another info session at the Interpretive Center in the Arb this Friday at 2:00 p.m. In addition to these two dates, the Beekeeping Club will also be heading down to the city council to make progress toward protecting the bees within the area.

"The team will be heading to the city council meeting this upcoming Monday, May 7 at 7 p.m. at the government center as well as Monday, May 22 at the same time to work on the ordinance and approval for the bees. We would love the support!" Campbell said.

With these events all happening towards the end of the semester, the Beekeeping Club hopes to be able to maintain a club for the next school year and host more events throughout the entire school year instead of just at the end of the Spring semester. While there is currently no set time for the club's meetings, people are still welcome to join the club. In order to join the Beekeeping Club, contact the following email and you will be added to the Beekeeping Club alias: jrffloss@gustavus.edu. The

Beekeeping Club is welcoming anyone to join and wants to establish a club that is open to a wider St. Peter community. In response to this, they welcome anyone to join them as they go to the St. Peter city council these

upcoming weeks, even if they are not part of the club. They welcome anyone and everyone who wants to come and support them in their endeavors.



A bee investigates a flower in the Arb

Soren Sackreiter



# Honors Day celebrates students' achievements

**Elliot Steeves**  
Staff Writer

Gustavus will hold its annual Honors Weekend this weekend, May 5-7, 2023, marked by several convocations at Christ Chapel. The weekend is an occasion for proud families of high academically-performing Gusties to recognize their children's accomplishments.

The event is also an opportunity for the College to show the accomplishments of its students, be it academic or in other areas. The events will be held fully in person.

Students received individual invitations to the convocation based on their academic performance and standings for the year. The invitation was personalized, and delivered by President Rebecca Bergman, inviting the students to the Saturday morning event at Christ Chapel.

At the reception after the

event, students will have the opportunity to meet with faculty important to them and introduce their parents and other family to these members.

The weekend is also an occasion in which many academic awards will be granted to worthy students. These range from National and Statewide scholarships and prizes to college-sponsored scholarships and prizes, as well as individual departmental and program awards.

The process of gathering the students who have won each award is extremely extensive and wide-ranging, as there are many students who have these achievements.

"The biggest part of the job is gathering the names each year for each award...It is impressive when all these awards are compiled into one program as the breadth of talent and interests

among the student population become more apparent," Associate Vice President of Marketing and Communication Barb Taylor said.

The full program for the convocation on Saturday, May 6 is indeed an extensive endeavor. Following a prelude on the organ by Cantor of Christ Chapel Chad Winterfeldt, there will be an address by Professor of Psychological Science Lauren Hecht. After this, the full extent of each student and their respective honors will be announced in a processional by Provost Brenda Kelly and Vice President for Student Life JoNes VanHecke.

After the announcement of student honors, Professor Jill Locke of Political Science will present the 2023 Gustavus Faculty Scholarly Accomplishment Award. Student Senate seniors and Co-Presidents Delaney

Bluhm and Birgen Nelsen will then present the Swensen-Bunn Memorial Award for Teaching Excellence. Finally, after a benediction from Chaplain Rev. Maggie Falenschek, there will be a closing processional from Winterfeldt.

In addition to the convocation itself, a heap of other events run by individual departments will be taking place around campus. Highlights include the Honors Day Music Recital from 1:30 p.m. to 3:00 p.m., as well as individual department honors receptions throughout the day. There is also an individual reception for the Alpha Alpha honors society for high-achieving first-generation college students at 11:45 a.m.

"Many Gustavus students do amazing things while they are here. Honors Day and the awards that are presented are just one way of formally recog-

nizing that in front of family and friends. After almost 25 years of working at Gustavus, I'm still amazed every year by our talented and dedicated students," Assistant Vice President of Student Life Meghan Ruble said.

Ruble was clearly happy with the accomplishments of the student body and thrilled with the opportunity to reward those endeavors.

Professor and Chair of Biology Pamela Kittelson is also the advisor of Fellowships at Gustavus. She facilitated multiple feedback reports on the application process behind the Honors Day scholarships.

"[The students] report spending 30 to 50 hours on one application. They research the mission of the foundation and reflect on how they can fit the foundation's goals. Students generally write a personal statement, which is a highly focused articulation of how their interests, skills, and goals align with the scholarship, and how the scholarship will facilitate their next step while making a significant contribution," Kittelson said.

Some of the anonymous feedback Kittelson has received shows the full depth of commitment amongst students who apply and work to gain these scholarships. One student cried when they got the award letter after trying three times. Another reported their renewed strength of vision with their research, which allowed them to get a full award toward the University of Wisconsin. Yet another reported a stronger portfolio toward getting jobs, even though they did not get the scholarship they tried to work toward.

Lauren Hecht, this year's honors convocation speaker, was last year's recipient of the Edgar M Carlson Award for Distinguished Teaching. Her speech is titled *Diving Beyond The Depths Of Knowledge*.

Congratulations to anyone and everyone who is being honored throughout this weekend's Honors Day programs!



Students will be honored in Christ Chapel this weekend

Parker Tewes



# Senior studio art exhibition: Golden Hour

Michaela Woodward  
Staff Writer

**G**olden Hour, the exhibition for the senior studio art majors opens May 6, Honors Day, at the Hillstrom Museum of Art. The reception is from 4:00 p.m. to 6:00 p.m. this Saturday. The exhibition is the culminating show for eight Senior Studio Art majors to display the work and artistic vision that they have been cultivating over the past four years at Gustavus. Works on display were juried and selected by faculty from the Art and Art History department as a required component of the studio art program.

The students whose work will be on display are Madeline Campbell, Cora Hentges, Murphy Hollingshead, Hannah Jones, Sage Kiefer, Oleander Meierhoff, Elliot Schroeder, and Taitte Stevens-Aldrich. As the artists share a studio space, they have created a collaborative and supportive environment and hosted Night Market events as an artist collective. However, you will not mistake one artist's work for another's; the variety of styles and mediums that each artist explores makes for an engaging exhibition.

Cora Hentges will show primarily digital media works.

"I am showing a claymation film, an 8-piece photography series, a poem, and a live-action short film, starring Alex Bretoi," Hentges said.

Sage Kiefer will be displaying mainly acrylic pieces, such as "This Too Shall Pass" and "That of Celestial Detonation" along with pencil drawings such as "Impression" and "Childhood Bedroom."

Through the studio art program, Kiefer has felt supported in exploring new art forms while also developing her own unique art style.

"I feel like I really have come into myself here at my time at Gustavus. My art now truly is a reflection of my mind and being. When I first entered the art department I was filled with doubts about making it in the world as an artist and believed that it certainly was not my place. I cannot ever express into



"Golden Hour" poster featuring the senior art majors.

words how grateful I am for the art faculty here at Gustavus. They showed me I can do it and have created a safe and nurturing environment for me and my fellow studio art majors to thrive. Though I am excited for future ventures, I will always keep my community here close to my heart. In my work now, I have found my niches but continuously try to push myself onto new avenues. I think the other thing I've realized is to not take yourself too seriously. Life is much more enjoyable that way," Kiefer said.

*"I cannot ever express into words how grateful I am for the art faculty here at Gustavus. They showed me I can do it and have created a safe and nurturing environment for me and my fellow studio art majors to thrive."*

Being open to new experiences is a sentiment shared by other studio art students.

Hannah Jones finds that being passionate about the work they're doing helps them the most to grow and explore new styles.

"If you feel connected to the art you're currently doing, that's what's going to help you grow. Don't do what's popular just for that reason or what you think others will like. Art is about resonating with yourself. But at the same time, push yourself outside your comfort zone. Find new paths of expression!" Jones said.

*"If you feel connected to the art you're currently doing, that's what's going to help you grow... Art is about resonating with yourself."*

Jones will be displaying art that demonstrates figure drawing in abstract and realistic ways. A series about their UCL injury will be in the exhibition.

While Jones does not typi-

cally paint hyper-realistic pieces, studying in the studio art program has pushed their technique and creativity within a specific style.

"I've kept a relatively 'illustrative' style of painting, but I've developed it to be a lot cleaner and feel less flat! This allows me to translate real scenarios into my own visual universe," Jones said.

Additionally, they've found the faculty in the Art and Art History department to be a major source of support and encouragement.

"The pros in this department have my whole he(art) and I would kill for them," Jones said.

*"The pros in this department have my whole he(art) and I would kill for them."*

The title for the exhibit came about from both aesthetic and symbolic perspectives.

"We all are transfixed by sunsets and then also the bigger symbolic meaning of it as that

these are some pretty golden years of our lives. As the sun sets on our undergrad experience, we look back fondly of the times spent making art in our little community," Kiefer said.

Golden Hour will open on May 6 and run through Commencement, May 27. Everyone is welcome to come and celebrate these Golden Gusties in their golden hour on the hill.

# GUSTIE of the WEEK

## Triston Clark



Gustie of the Week Triston Clark

Soren Sackrieter

**Katie Doolittle**  
Staff Writer

Junior Triston Clark, a Communication Studies major and Gender, Women, and Sexuality Studies minor from Dassel, Minnesota, embodies the socially conscious and empowered Gustavus student.

Clark is drawn to Gustavus' commitment to making academia powerful and meaningful for its young adult students. "Gustavus is special because of the people who work here every day to make our college experience fulfilling and educational," Clark stated.

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With his work and experience in the field of communications, Clark is excited to understand others' viewpoints. "I chose to be a Communication Studies major because I really enjoy working with individuals who might be able to offer new perspectives that, due to my lived experience, might not have known," Clark said.

As part of the Communication Studies mission statement, students like Clark are educated to become "innovative, global citizens who are leaders and advocates in their interactions with others, in their professional lives, and in their communities."

Students of the Communications Department study critical media, interpersonal and intercultural communication, and the role rhetoric plays in the social, political, and cultural landscape.

As a department, according to their online page on the Gustavus Adolphus website, they offer research experiences, community-based learning, and innovative critical media education. In addition to building a

network with award-winning professors that are leaders in their field.

In relation to his minor in Gender, Women, and Sexuality Studies (GWS), Clark aspires to utilize his privileges to garner a more inclusive and just society. "My main goal for the future is to use the parts of my identity that I have experienced privilege to demand attention and action, then create spaces for people who are systematically disadvantaged or underprivileged, and would not usually have a "space" in the area," Clark said.

In the GWS department, students closely dissect the inner workings of gender in the contemporary sphere to ignite constructive change. "Students will examine the meanings of femininity, masculinity, sexuality, and desire as well as the ways that groups and individuals construct their identities within and across a variety of historical, social, and cultural contexts."

The department also studies different aspects of identity in regard to the constructs of gender. "Students will also examine the ways that gender and sexuality intersect with other categories of social difference such as race, class, ethnicity, nationality, religion, ability, and age."

Clark's enthusiasm for his major is deeply appreciated by his peers. "If someone were to ask me what I enjoy most about Triston, it would be his ability to freely speak his mind and to not be afraid to be himself, which is valuable in today's world!" said Junior and fellow Communications Studies major Britta Blanding.

Prior to his studies and committing to his major and minor, Clark was drawn to the Gustavus campus due to its small, personable nature. "I chose to attend Gustavus because the campus felt like home. It is hard to explain... When I originally toured, I left knowing that Gustavus would be my place. I like the people and the smaller campus, and I really enjoy having personal connections with faculty," Clark said.

With the average course size being around 17 students,

it allows students like Clark to develop a stronger understanding of their studies in addition to instilling a stronger, more communicative connection with their professors and peers. The one-on-one atmosphere makes folks feel more at ease with their work in addition to their personal connections.

With Clark's various interdisciplinary relations, he utilizes such in his student employment. "I work in the Communication Studies department and will soon be working with the Career Development Center so I can be a resource to other students on campus," Clark said.

The Career Development Center is an office dedicated to serving students with their career aspirations and strengths. According to their information page on the Gustavus Adolphus website "Encouraging personal career responsibility, the Center for Career Development supports all students in their career journeys by providing resources, connections, and communities to make informed transitions through explorations and experiences."

Clark's enthusiasm is admired by his employers. "Triston is a fun, smart, and energetic student I am lucky enough to work with. Seeing Triston brightens my day when he stops in to check on me, give me updates about campus, or to just drop in and eat lunch. I never know what fun news Triston is going to tell me each day and I look forward to seeing him in my office or out around campus," said Career Development Specialist Emilie Moeller.

*"Triston is a fun, smart, and energetic student I am lucky enough to work with."*

With Clark's expertise, he'll be a helping hand with his peer's accomplishments outside of the Gustavus campus. "Success is something we earn as a community, and I would love to help with that," Clark 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.



# Healing through the arts workshop

**Emma Kelsey**  
Staff Writer

Last week a very unique and special workshop was held here on campus: Healing through the Arts hosted by Junior Cristina Sirbu. Sirbu has Philosophy and Russian Eastern European studies double majors with a minor in music and is involved in many ways on campus.

Senior Sage Kiefer talks about the structure of the workshop and the impact it had on students who came. She said the structure was set up relatively loosely, because they wanted to see what fit the crowd best.

"In essence, we introduced the topic, Cristina talked about her mission, I introduced myself and my art and then Jessica led us in a guided meditation to get in tune with ourselves. Cristina also asked a prompt on a sticky note at the start of the workshop and the same question afterwards to see if anything had changed."

Kiefer says that her current works "focus on intense and fleeting ephemeral moments that I try to document in my art as to live more presently and much healing has come along with letting these feelings go."

Kiefer said.

After the meditation, attendees moved into an exercise of reflection where they would pick a paint swatch based on their current emotion and try to illustrate it.

"The ultimate goal was to create a safe space for attendees to learn and then express themselves," Kiefer said.

*"The ultimate goal was to create a safe space for attendees to learn and then express themselves."*

The experience seemed to resonate with many of the attendees; those who participated seemed receptive to the activities.

"The experience was quite wonderful, there was a lot of good feedback from the guests and I quite enjoyed talking about my process in collaboration with Cristina and the Counseling Center! It was a bit nerve racking to be that vulnerable in front of people but overall a fantastic experience." Kiefer said. She added that overall, people were very positive about it and expressed that they liked getting in touch with their emotions through art, even if it may be intimidating at first.



Students holding up their paintings after the workshop.

Submitted

*"The experience was quite wonderful...I quite enjoyed talking about my process in collaboration with Cristina and the Coun-*

*seling Center!*

"My favorite park was connecting with my community! It's quite lovely to see everyone come together to learn about a certain topic and do exercises with it. I also loved seeing the end results of unleashed creativity on all the paint swatches." Kiefer said.

*"My favorite park was connecting with my community! It's quite lovely to see everyone come together to learn about a certain topic and do exercises with it."*

"Since I was little I wanted to make a change in the world. I never knew what I'd do, I was just a believer of change. Throughout my time at Gustavus I learned that one CAN in fact make a change in the world. Whether that is simply inspiring, providing, or helping someone who has the power to change or whether it's actually being the one who creates the space and availability to educate and do the change. This is my goal in life, and this event

served to bring people together, give them the opportunity to connect, get inspired, learn, and do things together (painting)." Sirbu said.

Sirbu shares that her professor Katie Boone helped her and her ideas come to light, and that this event was just the beginning of the bigger things yet to come.

"I think the event went great. It wasn't something phenomenal, there's room for improvement, but I was happy to see people connecting with one another, making conversations, and being aware of their own selves and values. I saw and collected insights of people at the event; and I plan to use those for the future where I will be creating more opportunities for people to come together and heal whether that is again through painting, or other things like origami, learning an instrument, etc." Sirbu said.



Cristina Sirbu and Sage Kiefer at the workshop.

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