



# THE GUSTAVIAN WEEKLY

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## Rest and relaxation: self care during fall break



The Counseling Center's office in room 204 of Johnson Student Union

Sophia White

**Elliot Steeves**  
Staff Writer

Self-care and mental well-being can be a challenge for Gusties, especially as they approach Fall Break. Nevertheless, it remains an important point of emphasis.

Around this time of year, stress, anxiety, and Seasonal Affective Disorder (SAD), begin to show themselves and their symptoms. SAD is a form of depression that affects most people during the fall and winter. Usually, it causes significant distress and will impair academic and social function. It is caused by decreased daylight hours, which have an effect on brain chemistry throughout the school year. This article is here to help highlight some of these issues and provide resources.

First, though, I will deviate from the norm for this shorter

issue of the Weekly in order to talk about some of my personal experiences with stress and depression during this time in years past.

I remember my first two years of college fairly distinctly, as they were right on the edge of the Coronavirus pandemic that shuttered most in-person classes and activities. As a result, I did not have much of a reward to look forward to after I grinded countless hours writing papers, reading textbooks, and translating Latin words in preparation for exams.

Because of all of the challenges these things presented, this was the period of my life where

I would slink deep into a depressive little rabbit hole. I would lay in my dorm for entire Saturdays watching college football, and call my mom in tears. I was stressed by everything that I had to deal with for the upcoming week, and even the entire semester.

The biggest help, however, was revealed to be within the confines of my bedroom: my roommate, Jake.

Having a voice that I could talk to about college, how my year was going, friendships, all of it, was an immense boon for my well-being. I discovered that socialization was the key to having a healthier existence.

As I gradually adjusted to college, I gained more friends. And I opened up to them more and more as the years went on. Now, I sit here typing this thankful for all of the connections that I have. I'm not less busy, far from it, but I am far more confident that I have the help that I need.

I tell this personal story because I think that reaching out at this time of year is extremely important. We have hit a moment where the luster of the beginning of the year has worn off, and the studies crank up. It also might be a moment in time when unexpected challenges present themselves.

One of the best things you can do is reach out to a friend. Because if there's anything that I have learned, it's that you can't get through tough study periods alone. Reaching out could take a number of different forms.

Asking a friend for help when studying is one possible gesture. Even offering your own hand to

help and forming a study group is something that could get you all through this period. I have found that some of my most effective work is done when I bounce ideas off of other friends, and sometimes even other family members.

Friends can be there to help you through struggles as well. You might be reticent to open up to a friend about any and all mental health struggles-and that's okay. But occasionally, you might have a friend who has gone through something similar. Reaching out to these people in your life could serve as that little push you need to get you through a hard period.

Students at Gustavus have several options at their disposal aside from their interpersonal relationships as well, though. The Counseling Center encourages Gusties to call them at 507-933-7027, or make an appointment with their office in Room 204 in the Student Union.

Additionally, there are five light boxes in the library. These are designed to assist with some of the problems that result in one's brain as a result of SAD by giving off light in close proximity. To use one, students can simply sit by one for 30 minutes, glancing quickly once every 60 seconds. The light boxes are available on all three floors of the library as a first come, first served service next to other study tables.

So take it from me: if you enter a period where you are swamped, you can't do it alone. I encourage all of our readers to reach out to a friend and not to be afraid of using the resources around you to



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A preview of this week's top news and more

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### Events Calendar

#### Crush Fundraising

October 20, 10 a.m. - 2 p.m.

Jackson Campus Center, outside the Evelyn Young Dining Room

#### Be Kind Say Hi - Commitment to Kindness

October 20, 10 a.m. - 1 p.m.

Jackson Campus Center

#### Fall Break!!!!

October 21 - 24

#### Second Half of Classes Start

October 25

#### CAB's "Who Did It?"

October 27, 4 p.m. - 7 p.m.

Courtyard Cafe

### Daily Sabbath Calendar

#### Holy Communion:

Mondays (Christ Chapel)

10 - 10:20 a.m.

#### Chapel and Chill:

Tuesdays (Christ Chapel)

10 - 10:20 a.m.

#### Music & Message:

Wednesdays (Christ Chapel)

10 - 10:20 a.m.

#### Chapel Break: Creative Reflection:

Thursdays (Christ Chapel)

10 - 10:20 a.m.

#### Musical Showcase:

Fridays (Christ Chapel)

10 - 10:20 a.m.

### Student Senate Updates

*In partnership with the Gustavus Student Senate, the Weekly will now provide updates from and about Student Senate in this section of the newspaper for your convenience.*

- **Transparency Panel - Academic Curriculum Changes:** This transparency panel will be held on November 2 and will cover any questions about the new changes to the curriculum and what they might mean for you and your school career. Although this panel is for questions about the curriculum changes, it will not rehash the changes themselves. With this being said, if you plan on attending and do not know what the changes are, be sure to ask. Please direct any fruthers questions to Student Senate Public Relations Chair Kira Woods for additional information.

Contact Public Relations Chair Kira Woods with any questions at [kirawoods@gustavus.edu](mailto:kirawoods@gustavus.edu)

Follow the Student Senate Instagram! : [gac.studentsenate](https://www.instagram.com/gac.studentsenate)

### Campus Safety Report

#### Wednesday, October 4, 2023

- On Wednesday, October 4, Facilities called and reported damage done to the grass at the Soccer practice fields.

#### Friday, October 6, 2023

- On Friday, October 6, Campus Safety was locking Christ Chapel and came across students with alcohol in their possession. Students referred to the campus conduct system.

#### Friday, October 6, 2023

- On Friday, October 6, Campus Safety responded to a call for suspected underage alcohol consumption in Norelius Hall. Seven students referred to the campus conduct system.

#### Wednesday, October 11, 2023

- On Wednesday, October 11, Campus Safety took a report from a faculty member concerning a leak in a ceiling tile.

#### Wednesday, October 11, 2023

- On Wednesday, October 11, Campuse Safety took a call from Facilities staff to report some missing window screens from 2 College View Apartments.

#### Friday, October 13, 2023

- On Friday, October 13, Campus Safety responded to a suspected underage alcohol situation in Norelius Hall. Students referred to the campus conduct system.

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

# GUSTIE of the WEEK

## Gabe Maurer

**Taylor Storlien**  
Staff Writer

Senior Gabe Maurer - both involved and passionate - is this week's Gustie of the Week. He is a Student Senate Co-President, Writing Center tutor, and an Environmental Sustainability intern. He is also a treasurer for not only Model UN but also Debate Club and Campus Democrats. He is a double major in Environmental Science and Political Science, but that wasn't his plan when he came to Gustavus: "I originally came here to do genetics because I really liked the puzzle aspect of it," Maurer said. Maurer has always been an advocate within politics, however, he wanted to have job security after college, "I actually promised myself that I wouldn't go into political science," Maurer said.

After following his passion for Political Science and Environmental Science, Maurer has

now applied to law school. "International and environmental law combines my two loves...I want to try to fight for people who don't have the resources to hire lawyers," Maurer said.

Junior Mel Pardock and Maurer met during their first year through Model UN. "Gabe is one of the most intelligent, dedicated, patient, kind, and hard-working people I've ever met. Being his friend and observing his integrity and dedication to what he views as important has made me a more hard-working person, as well as more of a knowledge-seeker. Being around him always puts a smile on my face, and I always learn something while talking with him," Pardock said.

Within his political science courses, he has created connections with many. Senior Jakob Foss met Maurer during Foss' sophomore year in Analyz-

ing Politics: "It's been a great time. Ever since that day, we've continued to have more classes together, and still do. It's been great to discuss politics, life, and anything else with Gabe, he's just a great guy and a great friend," Foss said. Maurer's love for political science shines through in his class participation too, "I loved having Gabe in class because conversation was elevated with him. He asks good questions and offers creative perspectives. He also listens to his classmates. We had a lot of fun in US Foreign Policy last spring in our mock National Security Council crisis scenarios," Professor Loramy Gerstbauer said.

Throughout his time here, someone who has really inspired him is Professor Kate Knutson. "I respect her so much, it is crazy...Kate Knutson is a tour de force, she does it all," Maurer said. She helped place him on the law track when she sat him next to a current law student at an event. Since then, he has interned at the St. Peter Law Office for a year, and Professor Knutson has helped check his law school applications.

Maurer began his time in the Student Senate as a first-year. "I remember it was rough at the beginning of my freshman year, and I thought about running [for senate]. I called my dad and thought I should do it," Maurer said. Maurer looked up to fellow (now-graduated) Gustie, Ben Menke, in his first year here



GoW Gabe Maurer

Soren Sackreiter

at Gustavus, and Menke helped him with his application to Student Senate which has led him to have many of the connections that he currently has.

*"I have always been interested in Buddhism to a minor degree, but their emphasis on placing humans first is really interesting."*

One of his favorite memories at Gustavus is his J-term trip to India last year. "I have always been interested in Buddhism to a minor degree, but their emphasis on placing humans first is really interesting," Maurer said. One of the geshes of the Dalai Lama in Dharamshala left a lasting impact on Maurer: "He taught me a lot about how to relate to others and move forward with empathy," Maurer said. Maurer emphasizes compassion in all aspects of his life: "I can't say enough how genuinely kind Gabe is. I am yet to see him angry, and he seems to always bring light to any situation," Pardock said.

Three words that could describe Maurer are "Passionate,

kind, and dedicated," Pardock said. Maurer is community-service-oriented: "I really want to help out my fellow human beings. It's all worth it," Maurer said. "I think as a lawyer, I am going to have to draw on my love for community service especially in impoverished situations," Maurer said. "Gabe has taken on a lot of leadership roles and manages his time well. But some of his greatest strengths are his positive attitude and compassion for others. He has a lot of energy and usually has a smile on his face," Professor Gerstbauer said.

Outside of academics, Maurer shares his outgoing sense of humor and kindness with those around him. Senior Sam Harlan and Maurer met through Model UN. "Frankly, Gabe is among the smartest, kindest, and most ingenious people I have ever had the pleasure to meet. I am proud to call him my friend, and I believe the Gustavus community should rightfully take pride in knowing such an individual is a member of our community and a student leader," Harlan said.

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

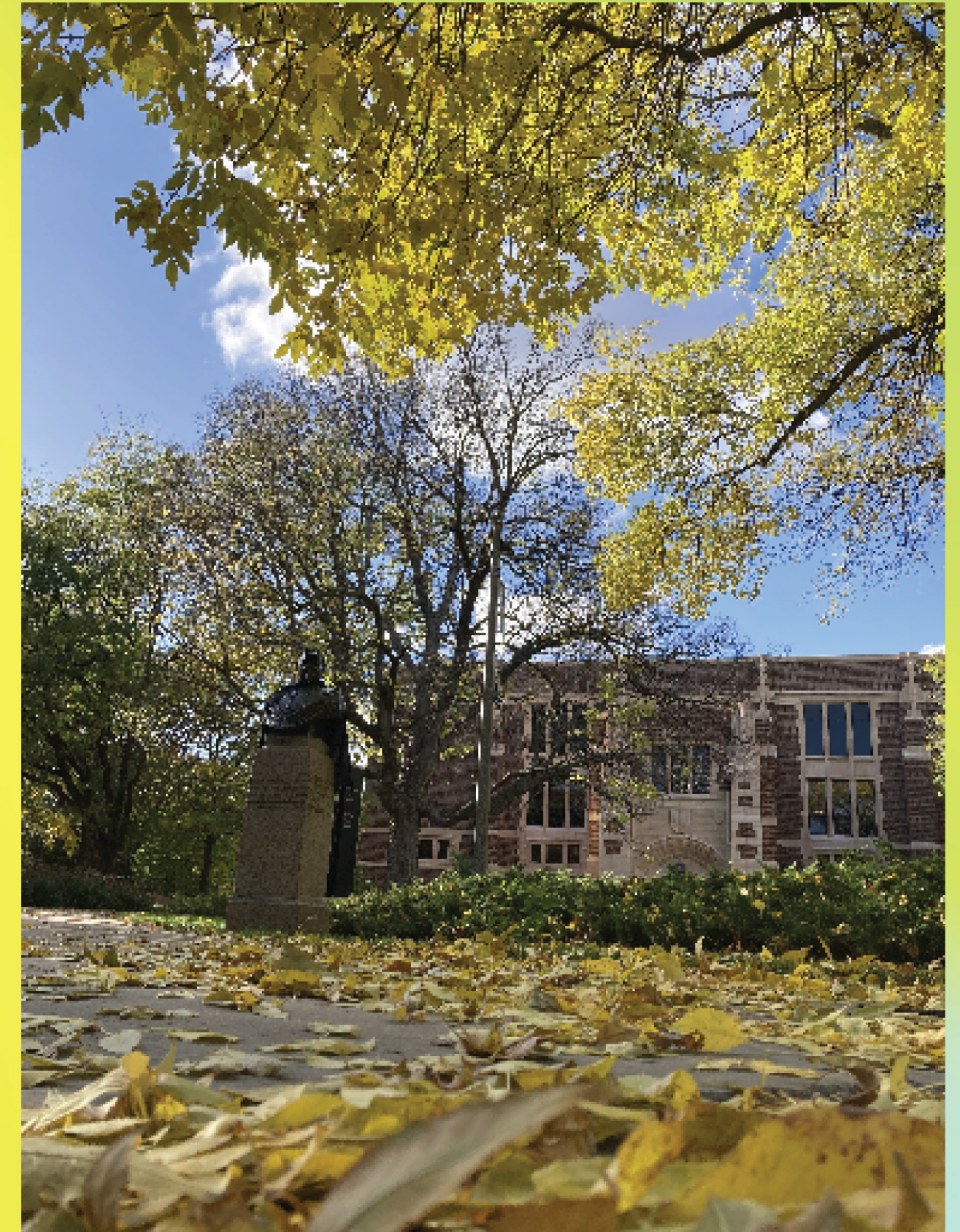
If so, send their name, position on campus, and a short description of why you think they should be recognized to [weeklylettertotheeditor@gmail.com](mailto:weeklylettertotheeditor@gmail.com) for a chance to be featured!



GoW Gabe Maurer

Soren Sackreiter

# *Gusties Fall in Love With Fall*



# The most pleasant time walking

Houston McLaury  
Opinion Writer

This past week in one of my labs, our task was to explore one of the forests that lies twenty minutes outside of campus, on the northeastern side of the Minnesota River. We stomped and made a great deal of noise as our uneven path and unsteady feet made for great footfall amongst the litter of leaves that had found their final resting place on the forest floor. While on this lab excursion, I realized how long it had truly been since I had taken a hike like that; one where we did not stick to any marked trails and galavanted through the woods on our quest to identify some trees and flora in our little plots. It was a grand time.

Which is why I now write. Going on this hike has instilled that flame in me: my love of hiking and walking along state trails. Sure, we get a lot of walking done on campus and that's fine, but nothing compares to the sense of walking along winding trails through the woods or through long-grass prairies, or even going off the beaten path and forging your own way through the wilderness. Taking some time out of your week to find a new trail, either through the arboretum or through one of the many parks we have in Minnesota, offers a great opportunity for exercise, to get closer to nature, and is honestly just a peaceful and relaxing time.

*"Taking some time out of your week to find a new trail, either through the arboretum or through one of the many parks we have in Minnesota."*

Now, why do I love hiking so much? Honestly, it has to do with how my family spent the majority of our weekends in the summertime and in some of the autumn months. Oftentimes my mom, dad, sibling, and our dogs would pack into our van and drive either fifteen minutes to the trails next to the Minnesota River, or we would take an hour and drive somewhere we've never been before and walk through the woods. Listening to music, sharing water and bags of trail mix, and the best part of it all for me was finding big

knobbly sticks on the side of the trail. Walking along and acting like a wizard with a grand staff, talking about school, or making stupid jokes about things as we walked was an unmatched feeling. We'd freeze at the sound of a red-tailed hawk or any critter we could see in the foliage. It's obvious that hikes have become a great activity for me, simply because of the ties I have to it because of my family.

It's also just great for getting into physical activity. Walking or jogging through the woods is great because it gets you out of the house, out of the gym, and into some fresh air and sunlight. Like I said before, you could just go to the gym for a quick run or take a walk around campus, but there's a difference between the sterile environment of the gym with its dark walls and powered machines assisting in your workout versus going outside and working out in nature. And sure, you can walk up and down concrete steps on

campus and decide to have a go around the main road a few times if you want to get your steps in, but it's not the same as walking on gravel or dirt trails and taking in the breadth of nature through those walks.

*"The entire experience let my mind wander from coursework and focus on the nature that was around me."*

Speaking of, I'd like to expand on this view of nature that one can see should they choose to hike. Just through my recent experience in the lab this week, I was able to not only see a variety of trees (ironwood, dark cherry, elms, and the saplings of such trees), but I was also able to hear amazing bird calls. One was from a bald eagle about half a mile away, a few flutterings of birds breaking from the

canopy of trees that resided high overhead, gooseberry shrubs, so much to see that the woods kept contained. The entire experience let my mind wander from coursework and focus on the nature that was around me.

*"Walking in the woods helps me to calm myself whenever things are becoming too much, or the semester is weighing down too heavily on me."*

This brings me to my last point on why hikes are so special: they offer a time to destress and relax. Walking in the woods helps me to calm myself whenever things are becoming too much, or the semester is weighing down too heavily on me. Plugging in my headphones and walking through the woods to pleasant tunes helps

me relax, ground myself, and slow down to enjoy the majesty of all that is around me.

I cannot state enough why hiking is such a wonderful pastime to take up, especially now with all the changing colors on the trees. Not to mention the cool air that is perfect for a warm sweater, a cup of coffee, and a hike through some gravel or dirt trails. Go out there this week when the world is too much, and lose yourself in the majesty of nature, in the knobbly sticks that are perfect for casting spells, and for gentle talks with friends. Take time to slow down, enjoy the beauty of all that is around you, and enjoy the journey.



Student walking

# Movies From Swank: Paranormal Activity

**Will Sorg**  
Movies Guy

It is difficult to think of a genre more dead than found footage horror. Found footage movies had the horror market in a stranglehold for about a decade, and then they vanished from the box office by the mid-2010s. Still, for me, it's hard to forget how big some of those really popular found footage films were. *Paranormal Activity* was one of those franchises that I heard basically everything about before I had ever actually seen it. I remember the trailer for the third film terrifying me as a kid, but primarily they all lived in my mind as a series that was everywhere until suddenly it wasn't. So finally watching the original was... quite the experience.

*Paranormal Activity* is a 2007 low-budget horror film directed by Oren Peli and produced by Jason Blum. The film made so much money that Jason Blum was able to found Blumhouse Productions and, since then, he has made an entire business out of working with low-budget horror filmmakers and marketing them to the vast audience Blum has through his company. I don't want to spend too much time going into detail on the plot because this film doesn't really need much setup. If you don't know it, Mica and his girlfriend Katie are being haunted by something. That's honestly all you need to know.

The film itself is, in my opinion, actually very good. One of my biggest issues with found footage is when they lean a little too hard into the cinematic and end up feeling fake. It defeats the whole purpose of the genre and makes everything seem pointless. So I was delighted to find out that the filmmakers did everything possible to try and make this seem truly real. Most of the special effects are practical with VFX being done only when absolutely necessary. Choosing to film the whole movie with a camcorder and on location at a real house also definitely helps sell a believability that usually gets lost when these kinds of films are shot on uber-expensive film cameras and perfectly constructed sets. The actors are also a blessing in disguise as the two unknowns cast for the main pair of the film are delightfully normal people. Mica is incredibly unhelpful and often genuinely awful to Katie, but that honestly helps sell the pure desperation of the scenario as two people who barely even get along are forced to go through events that they cannot control.

The dread that comes from this lack of control is really effective. Nothing majorly scary happens until about half an hour into the movie but what I love about that is the way the previous 30 minutes set up a rhythm that is made to be broken. By the time the first major scene of tension happens, you have spent a considerable amount of time with Katie and Mica and know their house pretty well just from what you've seen through Mica's camera. Perhaps it comes from my own overactive imagination, but there's something viscerally terrifying about being led around a dark suburban home waiting for something awful to happen through the lens of a camera that gives the look of something genuinely real.

Yes, there are plenty of boring moments and quite a few terrible acting moments (mainly from the psychic character), but to me, there's always something genuinely thrilling about movies that make it feel like you're peering into someone else's life. With *Paranormal Activity*, they gave what felt like exactly the right amount of information and then allowed you to let your looks into their life fill in the rest. It's a perfect blend that makes sure the audience isn't confused but gives plenty of chances for your imagination to run wild, like when you see a shadow in the corner of the screen that looks a little too human-shaped.

## Word Search!



- Hallucination
- Family
- Strangers
- Influence
- Fire
- Zombie
- Hyper
- Sonata
- Hospital
- Insomnia
- Picture
- Activity
- Rabbit
- Flowers
- Darkness



Will Graves

# Gustavus football dominates Macalester

## Offense leads way to 55-18 victory

**Parker Burman**  
Staff Writer

This past weekend, the Gustavus Football team hosted Macalester for a showdown at Hollingsworth Field; the first time the two teams had faced off with each other since 2007. The Gusties delivered a win in convincing fashion on Hall of Fame Day, scoring on eight of their 11 drives during the game to secure a 55-18 victory. With the win, the Gusties returned to .500 both on the season at 3-3 and in conference play at 2-2.

The offense wasted little time in getting the scoring started as Gustavus scored on the third play of the opening drive with a bomb from Junior Quarterback George Sandven finding Senior Receiver Jake Breitbach for the 60-yard score. Gustavus took over on their second drive after the defense forced a turnover on downs. Sophomore Running Back Walker Britz carried the drive with 29-yards on the ground, punching it into the endzone from three yards out to give the Gusties a 13-0 lead. On the extra point try, Macalester blocked Senior Kicker Andrew Abegglen's attempt and returned it for a two-point score to make the game 13-2.

With a little momentum after blocking the extra point attempt, Macalester managed to score a touchdown and a successful two-point try to pull the score up to 13-10. The Gusties were not willing to allow Macalester back into the game, and in response put up 21 points of their own in the second quarter to just eight by Macalester. Sandven and Seniors Matthew Carreon and River Wood all added scores in the quarter to make the half-time lead a commanding 34-18.

Scoring was nonexistent after the halftime break, with the third quarter not seeing a single team score: both offenses were slowed by the opposing team's defense. The story would change in the fourth quarter. The Gustavus offense officially put the game away with three more touchdown scores. Breitbach and Wood would both add their second score on the day, while Sophomore Quarterback Dom

Mathies ran in a touchdown from five yards out to push the score to 55-18.

"We're really pleased with our execution today," Head Coach Peter Haugen said. "We made a key fourth down play early in the game to get us going, and I'm really proud of the guys' effort today. Our defense deserves a lot of credit, especially in the second half. The stop on the three-yard line to set up the 97-yard drive was truly an outstanding effort from the whole team. As we get ready for next weekend, we need to approach the week with a lot of respect and do what we need to in practice to prepare for Saint John's. If we keep doing that, the

results will continue to come."

The Gustavus offense accumulated 443-yards on the day while the defense managed to hold Macalester's offense to only 245-yards. The Gusties showed their dominance both through the air and on the ground as Gustavus outrushed Macalester 143-37. With this ability to keep pounding the rock, Gustavus was able to have near complete control of the clock, making it even more difficult for Macalester to attempt a comeback. This showed in total time of possession, as Gustavus held the ball for six more minutes than Macalester throughout the game.

Sandven had both an efficient and explosive day completing 16 of 21 passing attempts for 300-yards and three touchdowns, averaging more than 14-yards per attempt. Breitbach hauled in 11 passes from Sandven for his third 200-yard receiving game of the year, showing once again that he is one of the most -if not the most- dominant receivers in the country.

On defense, Senior Linebacker Carson Dekam led the way with 13 total tackles on the day, including one for a loss of two yards. Junior Defensive Back, Nathan Le, was close on Dekam's heels with nine tackles

of his own - including 1.5 tackles for loss. Senior Defensive Back Isaiah Chambers picked up five solo tackles of his own, including leading the defense with two pass breakups.

The Gusties play this coming weekend in a huge Northwoods Division showdown with rival No. 7 Saint John's at Hollingsworth Field. The game will kick off at 1:00 p.m. on Saturday, Oct. 21st. Make sure to come out and support your Gustie Football team as they face one of their biggest tests this season!



Senior Wide Receiver Jake Breitbach dashes past Macalester defense.

Submitted.