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PCDEI opens up new form for feedback

Elliot Steeves
Staff Writer

A brand new Diversity, Equity, Inclusion, and Belonging questionnaire allows anyone on Gustavus Adolphus's campus to directly contact the President's Council for Diversity, Equity, Inclusion, and Belonging with any questions that they have about Gustavus's DEIB policies, events, and other initiatives.

The idea for the questionnaire started in a very unorthodox place. Over the last few years, the PCDEI has sought to create several opportunities that Gustavus students, faculty, or staff members can attend either in person or virtually. One of the things that co-chair Thomas Flunker recognized was that not everyone could come to these sessions based on the time that they had.

"We decided to be intentional about reaching out to people," Flunker said. "First, we went to food service. Dining service is always open during the day, and it is hard for them to attend things regularly."

The DEIB was interested in what it could provide Dining Services to most benefit their workers. They also wanted to look for events that were feasible for Dining staff to attend. The idea was that Dining staff could share what their understanding was of the DEIB, as well as what they would like to see happen.



Students in the Dive.

Kate Bienapfl

"We learned over J-term that Gustavus is all over the place when it comes to people's understanding of DEI, and of the terminology," Flunker said. "While we answered some questions from the Dining Service that day, we also got feedback from them. There were quite a few questions from them that we answered that we assume people just know a lot of the time."

Coming out of the session, the DEIB questioned how to better gain resources for the Dining staff. They wondered whether they could collect more data about DEIB knowledge campus-wide regularly, and how to provide support and resources

if there were more questions.

"There are themes and concepts that people just don't know," Flunker said. "At the same time, they probably won't ask about it. There is a stigma a lot of times that, if you don't know something about DEI, you probably shouldn't ask that question."

The new questionnaire is meant to allay these fears. It functions as a way for anyone in the campus community to directly ask a question that they have about Gustavus's mission regarding diversity, equity, and inclusion to the PCDEI. The PCDEI periodically reviews the questions and will share responses in numerous ways

around Gustavus.

Links to the form can be found on posters around campus. In particular, there is a link to the famous Once Upon A Potty posters used by groups such as the Peer Assistants in bathroom stalls.

Flunker hopes that this form can allow the DEIB to better gather questions from people about seemingly simple DEI concepts that they do not understand.

"The education part doesn't have to be an event," Flunker said. "We want to be more intentional about gathering questions from people, and about providing people with intentional and straightforward answers."

For example, the DEIB received a question from the Dining Service about whether a recording of events could be made available.

"We've been having meetings forever, and no one thought of asking that," Flunker said. "This is exactly what the work is. We want to make sure people understand what DEI is, and how to implement it."

Ultimately, the PCDEI started trying to simply reach out to dining service and wound up doing something completely different. To Flunker, that was a rewarding process and one that stuck true to the mission of DEI at Gustavus.

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Events Calendar

Theatre Production: Cymbeline
 February 15 - 18, 8 p.m. - 10 p.m.
 Anderson Theatre

Gustie Game Night
 February 18, 7 p.m. - 9 p.m.
 Heritage Room

**Le Quatuor International de Saxophones,
 Recital**
 February 20, 7:30 p.m. - 8:30 p.m.
 Christ Chapel

**Minnesota Private Colleges Job &
 Internship Fair**
 February 22, 9 a.m. - 2 p.m.
 Off-Campus; Minneapolis

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

- The Spring timeline for club fund allocations are now available, reach out to maritzabeltran@gustavus.edu for more information.

- Check your email for an update from your class representative about housing resources.

- Student Senate revised our bylaws and constitution, it has now been passed onto the student body which will be able to vote to pass or send back for further revisions on February 26.

Contact Public Relations Chair Kira Woods with any questions at kirawoods@gustavus.edu

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

Campus Safety Report

Monday, January 22, 2024

- On Monday, January 22, a* Gustavus employee reported receiving a harassin e-mail.

Tuesday, January 23, 2024

- On Tuesday, January 23, a student slipped and fell on a side walk by Sohre* Hall.

Wednesday, January 24, 2024

- On Wednesday, January 24, Campus Safety was called to Southwest Hall for a fire alarm.

Friday, January 26, 2024

- On Friday, January 26, Campus Safety received a phone call from a staff member in the library stating that a student appeared to have slept in a room overnight.

Monday, January 29, 2024

- On Monday, January 29, Campus Safety responded to a fire alarm at Norelius Hall.

Thursday, February 1, 2024

- On Thursday, February 1, Campus Safety was informed of a missing sign* by the main entrance.

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

Internship and job fair is back to seek out Gusties for jobs

Katie Samek
Staff Writer

The Minnesota Private Colleges' Job & Internship Fair has come back for the spring semester, and the Career Development Center (CDC) once again invites all current Gustavus undergraduate students to attend. This event will be held on Thursday, Feb. 22nd from 9:00 a.m. to 2:00 p.m. at the Minneapolis Convention Center. The college is offering free bus transportation to and from the event to all students who sign up via Handshake before Friday, Feb. 16th, so sign up now to secure your spot on the bus if you need transportation.

If you are taking transportation provided by the college, the busses will leave Gustavus at 7:30 a.m. from Three Crowns Circle and return to campus around 3:45 p.m. Students intending to take the bus to this event must sign up via Handshake before February 16th to ensure a guaranteed seat, or they will have to provide their own transportation to and from this event.

As was true with the fall event of the same name, the Minnesota Private Colleges' Job & Internship Fair is a networking and hiring event exclusive to the 18 Minnesota private colleges, in which over 250 different businesses and organizations from across the state of Minnesota seek to connect with (and potentially hire) college students for both internship and full-time job positions. Several career clusters will be represented by the various vendors, including business, finance, government and human services, healthcare, agriculture, marketing and sales, STEM, information technology, and many more. For a full list of vendors, go to www.mnpcfair.org, find the "Students" tab in the toolbar, and click on "Organizations at the Fair" in the drop-down menu.

New to the event this year, the Center for Career Development is partnering with Gustavus Women in Leadership (GWIL) to offer a free luncheon for students at the fair as an extra opportunity to network with Gustavus alumni. Inter-



A photo of the speaker for the Wallenberg lecture; Brenda J. Child.

Soren Sackreiter

ested students can sign up with the link provided under the "Show More" section of the Handshake page detailing the job fair event (copy + paste the link provided into your web browser of choice). All students who have signed up to attend the Job & Internship Fair are welcome to sign up for the luncheon, regardless of their chosen method of transportation or sign-up date.

For students interested in attending the event, Jill VanOsdol from the Career Development Center has helpfully provided a list of items that students should bring along with them to the event.

"Students should expect to bring 20+ printed copies of their current resume, as well as a

folder of some sort to keep these resumes inside - as well as any pamphlets or other paperwork that they may receive at the event," VanOsdol said. "The Book Mark offers Padfolios for purchase that would work well for this purpose. Also recommended are a pen and notepad to take notes with, as laptops and other large personal devices are discouraged."

Along with these useful items, Janeen Swenson from the Career Development Center has some useful tips for students to help them succeed in their interviews and networking.

"Dress nicely for this event," Swenson said. "You'll be making a lot of first impressions today, and you'll want to look professional when interact-

ing with potential employers. A coat rack will be provided in the student lounge, so you will be able to wear your coat inside the convention center. However, there will be no secure places to store personal items, so consider keeping your bags and other small items to a minimum, as you'll have to carry them around with you all day. Bringing backpacks and/or laptops along is discouraged for this reason."

Career fairs can be daunting to navigate for students who have never attended before, but the benefits of attending are innumerable. From building connections with future employers to securing an internship, from networking with Gustavus alumni in your field

to finding your dream job, the Minnesota Private Colleges' Job & Internship Fair is an excellent opportunity for students to pursue their career aspirations and start building a plan for life after college.

"Internships are an excellent opportunity for students to experience what a certain job field has to offer," VanOsdol said. "They can help you develop your resume, decide if a career path is right for you, gain valuable skills and work experience, learn from others, and make connections; not just with people you might be working with someday, but also professionals in your field that you can reach out to for advice and employment opportunities."

Spring semester comes back to GAC in full swing

Grace LaTourelle
Staff Writer

A Spring Semester has arrived on the Hill, which results in the thawing of J-term into the regular buzz of student life. Between the end of the second week of the semester to May 21, the end of the 2023-2024 school year, Gusties have deadlines, events, athletics, and registrations.

Interim Dean of Student, Charlie Potts recognized the duality of Spring Semester: being present in learning, yet looking forward. Spring Semester is a time to prepare for the subsequent months, whether summer plans, internships, and experiences, such as the First Year Research Experience or the Second-Year Experience in Research programs or what the Fall Semester may entail. Housing and Fall class registration are impending, with select housing deadlines already closed.

"Housing can be a stressful time for students," Associate Dean of Students, Megan Ruble said. "At Gustavus, students really care where they live."

Furthermore, with next year's academic changes, Ruble recognizes that class registration may be anxiety-inducing as well, with students unsure of whether they are on the right track.

To ease the anxiety and pressures Gusties may feel, faculty and groups, such as GustieWell, are promoting health, wellness, and recreation across campus. Ruble highlighted the multitude of ventures Gusties may participate in, such as the President's Ball in March, the Diversity Ball in April, the Utah and Habitat for Humanity Spring Break trips, and the "big concert" later in the spring, which has not been able to occur for six years. These opportunities may build community and promote fun amid stress.

"Us PAs are being intentional with our strong start this spring semester. As fellow peers and students, we understand the challenges of readjusting to life at Gustavus after Winter Break

and J-Term," Senior Peer Assistant Coordinator Jake Duncan said. "We focus on holding larger events and encourage as many people as possible to participate to help break away from early stressors."

Ruble and Duncan both highlighted the programming, especially happening this weekend, to ease the pressures of "Case Day" and provide alternatives to binge drinking. The 100 Hour Challenge, sponsored by GustieWell, began Wed., Feb. 14th, and will go until Sun., Feb. 18th, with an inflatables and açai bowls event on Saturday. Duncan noted that this event reflects the values of the PAs in "harm reduction and bodily autonomy." There will also be athletics and CAB events occurring throughout the weekend.

"The 100-Hour Challenge is meant to be a no-pressure activity where students can choose to participate for themselves and/or in solidarity with others," Duncan said.

However, Ruble noted that "Case Day" has become more of a concept that is simply referred to and less of a reality. "Less and less of our students [binge drink] now. There is just not the same drinking culture..." Ruble said.

Two large surveys will be sent to students in March and April involving wellness and changes on campus. These are the National Survey of Student Engagement (NSSE) and the National College Health Assessment (NCHA), respectively. These, as noted by Ruble, are important for students to fill out to provide a larger picture of opinion and health on campus.

The NSSE will entail anticipatory changes and improvements to campus. "That's an important survey we really care about and we really use to inform directions and make changes on campus..." Ruble said.

The NCHA compares the health and well-being of Gusties

to other colleges across the nation. It takes a holistic approach to health including mental health, relationships, drug and alcohol use, nutrition, and sleep.

Potts is the coordinator of Digital Wellbeing at Gustavus, which will have events and a focused week, similar to that of the Fall Semester, coming up this Spring. The workshops and activities will revolve around phone usage, mental health regarding social media, and ways to leverage phones as tools, such as jobs.

"I think that's a critical aspect of overall wellness and well-being for students," Potts said.

As the winter melts, "campus life will once again sprawl outdoors, through the arb, the Adirondack chairs, and the courtyards", according to Ruble.

"Enjoy campus, enjoy campus life. Get involved, be engaged in things...I think that's a reasonable expectation," Ruble said. "...With life, you get out

of it what you put into it...if you engage..you're going to be pleased that you did that. In whatever way that may be; whether that's music...athletics...a student organization...or attending events."

Potts similarly noted that following the Fall Semester and J-term, students may feel stuck in a rut or following a familiar pattern and schedule.

"I would encourage people exploring and engaging and stepping up to try things," Potts said.

Along with encouraging involvement in outdoor activities, Ruble also encourages peers to "Respect each other."

Spring Semester marks the end of the familiar credit system, and for graduating seniors, the last semester on the Hill. With that, Potts hopes that students are taking care of their well-being and mental health.

"How can you take initiative to...thrive?" Potts said.



A headshot of the speaker at the upcoming AFS event; Jessica Lynne Pearson.

Submitted.

Shakespeare's "Cymbeline" at Gustavus

Taylor Storlien
Staff Writer

This week, the Gustavus Theatre Department is putting on a production of Shakespeare's *Cymbeline*, directed by Professor Matt Trucano. It will be performed in Anderson Theatre on Feb. 15th, 16th, and 17th at 8:00 p.m., and February 18th at 2:00 p.m.

Cymbeline, written by William Shakespeare, centers around Imogen, the daughter of the King of Britain, named Cymbeline. Imogen is the center of two love triangles; involving a Husband's wager, a betrothal to her stepbrother, and a forbidden marriage. Like many Shakespearean plays, it follows along a path of twists and turns.

Due to *Cymbeline*'s history and rich language, auditions focused on the conveyance of emotion. Close attention was paid during the audition process.

"We all warmed up and then worked on learning a scene, but then performing it without scripts in order to make us focus on the important plot points and emotion rather than just the words," First-year and cast member Timothy Snyder said.

Sophomore Julia Nelson also expressed the difficulty they had with the language in the play: "Shakespearean language can be difficult to memorize due to its lyrical nature, unlike how we speak today. I had a challenging time with the wording and grammar that was used. Even though I understood the meaning of what my character said, I found it difficult to get every word right all the time. Thankfully, I was allowed to make these mistakes!" Director Trucano's process involved paraphrasing, endurance training, and giving the cast "... the freedom to explore the world of our show in our own ways," Nelson said.

Rehearsals started in January, where the cast would work from 10:30 a.m. to 9:00 p.m., Monday through Friday. Mornings were spent on performance training, while the rehearsal of the show took place in the afternoon and evening times. Assistant Director of the show, Senior Emily Gianotta, recounts how enriching this experience was for her right from the start during auditions.

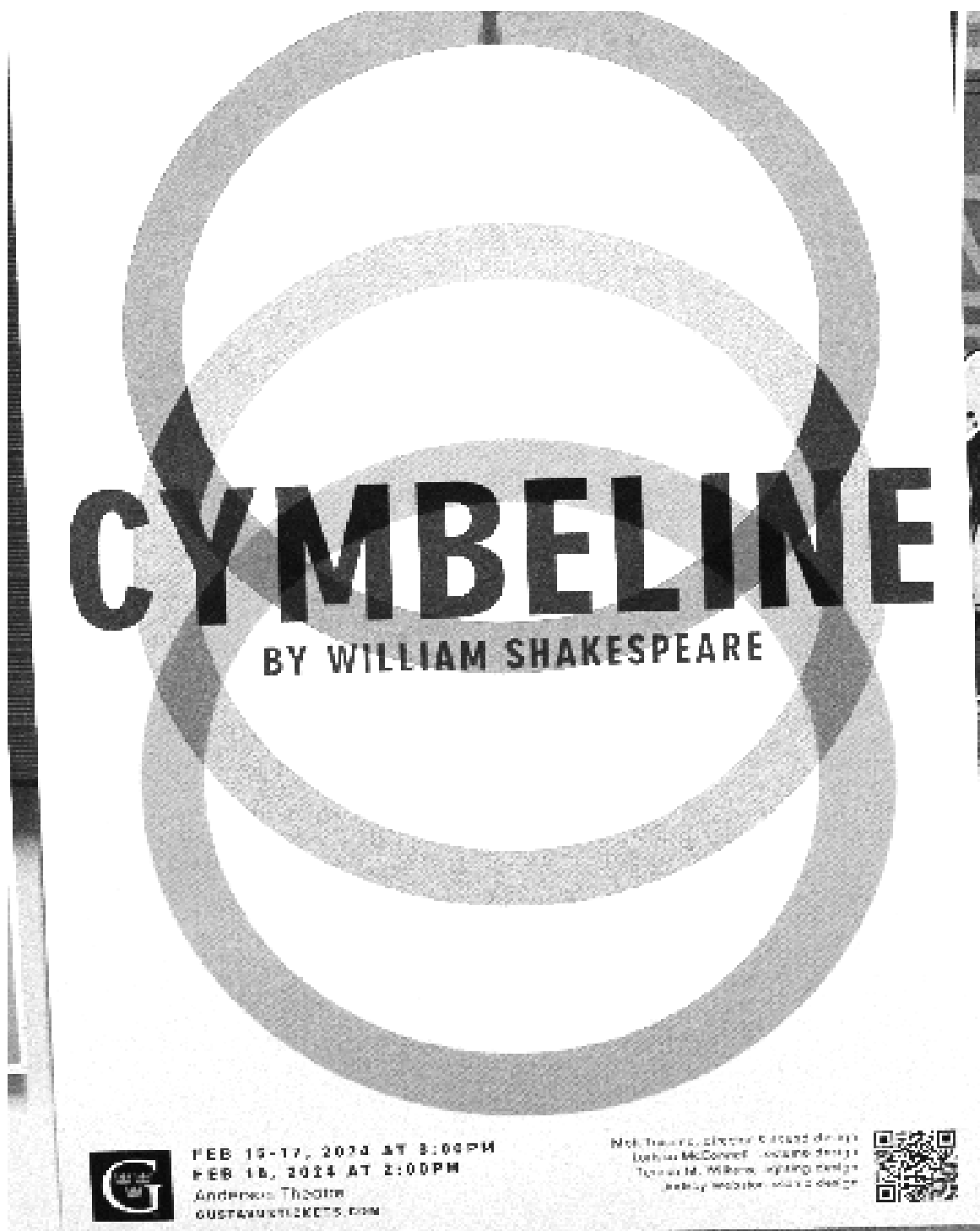
"There was something so

special that clicked from the minute everyone was together and it was amazing to witness. The connections that were made [during] auditions and the choices we made in casting have really come to fruition in such a gorgeous way, [that] I really hoped for from the beginning!" Gianotta said. "We've said before that because we respect and care for each other so honestly and deeply, our characters are better able to love, despise, and interact with one another," Senior cast member Becky LaCanne said.

"We've said before that because we respect and care for each other so honestly and deeply, our characters are better able to love, despise, and interact with one another."

Cast rehearsal began in January, but other show aspects have been in the works longer. The costumes were designed then built and worked on under the supervision of Costume, Hair, and Makeup Designer, Professor Larissa McConnell. She considers multiple factors when beginning her work: "As per any production, I needed to consider the number of actors, the number of characters, and most importantly, the overall aesthetic of the world that the director was creating. This world, in collaboration with the set designer, lighting, and sound designer brings the audience into the space of the characters and storyline," McConnell said.

Together, the cast came up with what they thought were the show's central themes. They decided on trust, forgiveness, family, and the question of God's existence. During J-term, the cast had the opportunity to perform at Patrick's on Third here in St. Peter. For Sophomore Caroline Butler, performing for an audience gathers a variety of takeaways that enhance her future performances: "Every time I perform for an audience, I take their reactions so seriously for future performances. What made them laugh, did they understand that scene, how correct were my predictions for their re-



Cymbeline Poster

Soren Sackreiter

actions, etc. I take that information and use it," Butler said.

Along with creating a relationship with the audience, Gianotta emphasized the importance of the relationships between cast and crew. "This show is all about relationships, how we interact with each other and the world around us," Gianotta said.

The plot of *Cymbeline* involves time jumps, a small cast size, and utilizes the common practice of having some actors play two roles in Shakespeare's plays. Due to these details, costuming became more intricately planned. "...the major challenge is the number of quick changes that happen. My wardrobe head, Myra Nelson, is running a tight ship with the other seven wardrobe crew members making sure that each performer

is changed into the next look in the short amount of time they have," McConnell said.

"The long days, especially right near the end of the process are challenging, but we make it through by supporting each other and taking care of ourselves as best we can."

The cast and crew have both paid close attention to the smallest details to ensure the success of the show. "The long days, especially right near the end of the process are challenging, but we make it through

by supporting each other and taking care of ourselves as best we can," Snyder said.

Make sure to stop by and see a performance of *Cymbeline* to support your fellow Gusties!

GUSTIE of the WEEK

Rachel Trebesch

Amelia Dewberry
Staff Writer

This week's Gustie of the Week is Junior Rachel Trebesch. Trebesch is a Biochemistry major with a chemistry emphasis. She has enjoyed the opportunity to focus on the analytical side of chemistry with classes like Quantitative Analysis and Instrumental Methods. "I also get to take some really difficult capstone courses including Mo-

lecular Biology and Proteins," Trebesch said.

In the future, Trebesch shared she plans to "... pursue a Ph.D. in biochemistry most likely, with the end goal of becoming a research and development scientist in an industry." Meaning that she will conduct research and studies to develop new technology and products.

"[I plan to] pursue a

Ph.D. in biochemistry most likely, with the end goal of becoming a research and development scientist in an industry."

Trebesch is a member of the Delta Phi Omega sorority and currently holds the Social Chair position. "I'm trying to coordinate different socials between

sororities and fraternities for us just to get to know other people in Greek life better," Trebesch explained. She has also held two other positions: Educational Chair, and History & Alumni Chair, which involved finding educational speakers and hosting an alumni brunch over Homecoming.

Additionally, Trebesch is a member of the Chemistry Club and the American Cancer Society. American Cancer Society puts on the Gusties After Dark and Pie-a-Gustie events. Trebesch said "I'll be helping with tabling for that, and we'll be raising money" for the organization which funds cancer research. They also hold the annual Relay for Life event which is a fundraiser walk for cancer.

In her free time, Trebesch likes to crochet, embroider, and occasionally run. She has crocheted plushies including mini stuffed turtles. Trebesch has also made clothing articles but said "Those can take a while and measurements and adjusting for either myself or the person is difficult... Otherwise, I like just hanging out with friends. We're watching The Bachelor right now which is really fun," she added.

"I like just hanging out with friends. We're watching The Bachelor right now which is really fun."

One of Trebesch's favorite things about Gustavus is the community aspect. "I feel very close not only to my friends but also my peers within my major,"

Trebesch said. She has found that it's been easy to connect with different people around campus.

"I chose Gustavus because I had a really good touring experience. I saw myself in my tour guide," Trebesch said. She heard good things about the Chemistry and Biochemistry departments, and it was close to home, so Gustavus was the perfect fit.

"Something that I admire about Rachel is that she always puts so much effort into everything she does," Junior Mikalya Witte said. Witte has known Trebesch since they were in middle school as they are from the same town. The two have been roommates since their first year.

"Rachel is always there if I need to talk and I am blessed to call her my roommate and friend. I know that she is going to accomplish great things in her life!"

Witte is impressed by Trebesch's work ethic, saying "She works so hard at everything she does; I have never met someone so passionate!" She added how "Rachel is always there if I need to talk and I am blessed to call her my roommate and friend. I know that she is going to accomplish great things in her life!" Witte said.



GoW Rachel Trebesch

Soren Sackreiter

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
for a chance to be featured!

Le Quatuor International de Saxophones come to Gustavus



La Quatuor International de Saxophones

Soren Sackreiter

Colleen Coleman Staff Writer

On February 20th at 7:00 p.m., Le Quatuor International de Saxophones, an international contemporary saxophone quartet, will be performing a recital in Christ Chapel. As a part of their Minnesota tour during February, the performance will include original works for saxophone quartet and organ, quartet and piano, and just saxophone quartet; as well as new works by Minnesota composers, such as Caro Barnett and Carlton Macy. During this performance, they will be joined by pianist and organist Dr. Jacob Benda from the faculty of St. Thomas University Music Department, and Gustavus faculty members Miguel Sousa, Director of Fine Arts, and Adjunct Professor and Saxophone Instructor, John Engebretson.

The quartet was first formed in 2002 to perform at the World Saxophone Congress hosted in Minneapolis. The group works to represent different

personalities, musical aesthetics, and cultural experiences that are shown throughout their enduring friendship. The group is composed of artists from different backgrounds and nationalities, with French member Jean-Pierre Baraglioli on soprano saxophone, Canadian member William Street on alto saxophone, Japanese member Keiji Munesada on tenor saxophone, and American member Richard Dirlam on baritone saxophone. Every year, the group meets around the world to perform together and explore music from composers of many cultures and backgrounds.

Engebretson arranged to include the concert at Gustavus as a part of the quartet's February tour, having connections with the group. "Richard Dirlam, the baritone player, and I go back to shortly after I graduated from Gustavus. I took a quarter of music education classes at the University of Minnesota, where he was teaching saxophone, so I was his student for a few months," Engebretson said.

Engebretson says they have stayed in touch over the years, and "... when [Dirlam] emailed me about this quartet touring Minnesota and wanting to perform at Gustavus I jumped on the opportunity to host them." Engebretson also has connections with William Street, the alto saxophone player. "I performed for him at a masterclass while I was a student at Northwestern University. He also performed at Gustavus during one of my first years as professor, when he toured with Jean-Marie Londeix, who was our teacher in France - I know he taught at least Richard and Bill," Engebretson said.

As well as being a culturally rich musical experience, this performance also is featured in the colloquium series of the music department. Those with a declared music major will be able to attend the performance for one of their required 2 colloquium performances a semester. The colloquium music series is intended to broaden the scope of Gustavus students' percep-

tion of music and hear about experiences and musical styles beyond St. Peter. "Colloquiums in the music department are really valuable ways for Gustavus students to learn more about some niche areas of music," Saxophonist and Sophomore Music Education major Chloe Lee said. "I am particularly excited for the Le Quatuor International de Saxophone performance on February 20th not only because I play the saxophone, but because I hardly get any opportunities to see an ensemble like this play live," Lee said.

The benefits of these performances go far beyond the music department as anyone can attend. The general public and any Gustavus student can attend, and gain the benefits of experiencing different cultures and types of music. "The intent is to provide a forum where students can encounter topics and performances that will expand their worldview and range of musical experiences," Cantor of Christ Chapel and organizer of the colloquium series Dr.

Chad Winterfeldt stated. "As a music education major, I really value these types of colloquiums because they introduce me to new types of music and to unique performance concepts," Lee said.

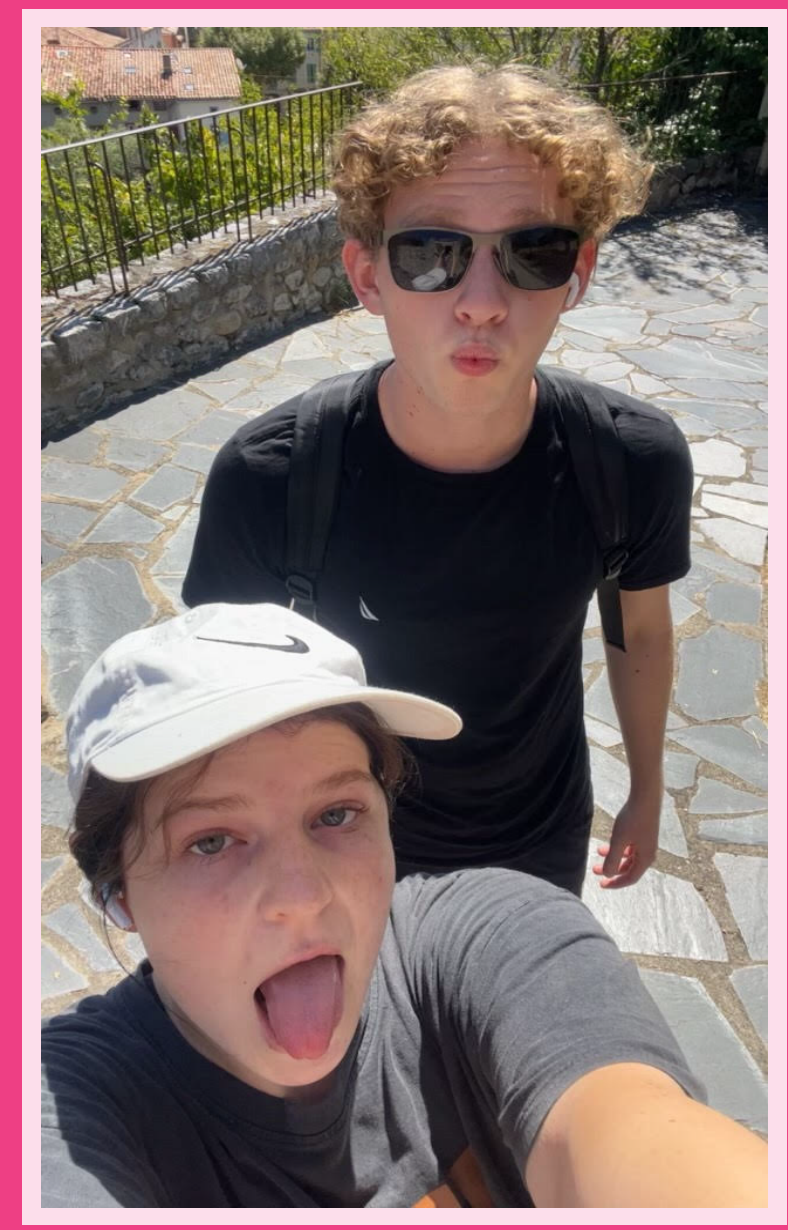
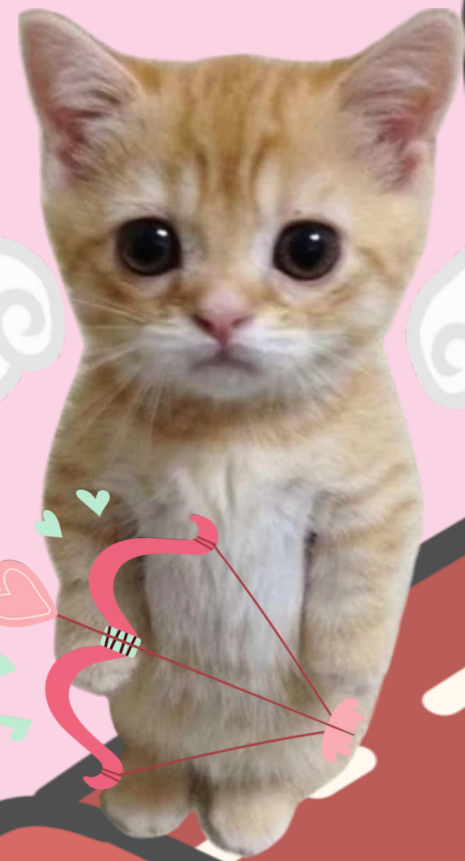
"I really value these types of colloquiums because they introduce me to new types of music and to unique performance concepts."

Send your Tuesday evening in Christ Chapel on February 20th at 7:00 p.m. listening to Le Quatuor International de Saxophones and their contemporary selection of saxophone quartet music, as joined by St. Thomas University professor Dr. Jacob Benda, and Gustavus faculty members Miguel Sousa and John Engebretson.

FEATURES

Campus Romance and Bromance

Get your masks on Gusties - love is in the air! Be it through romance, bromance, or anything in between, Gusties have been feeling the love all over campus. Valentine's Day may be an invented holiday, but we here at the Weekly just adore seeing all these cute pairs and dynamic duos out and about, relishing in one another on the day Cupid runs amok. If you're a cynic or 'love stinks' type of guy, maybe avoid leaving your dorm for the rest of the month as a precaution.



From left to right: Hunter Thompson and Mar Rodriguez-Guzman, Jordan Olds and Caroline Southworth, Brynn Froelich and Jenna Hogstad

The Super Bowl vs. Supper Bowls



Jonas Doerr
Opinion Columnist

Allegedly, there was a Super Bowl last Sunday. Although the commercials and halftime show were arguably subpar, the game did have an exciting finish, so it might be worthy of being called Super. But where was the bowl? How could there be a Super Bowl without a bowl?

The first assumption might be that the trophy is a bowl. It is not. It is a football on an obelisk.

Then one might guess that the game is being played in a bowl. It was not. Allegiant Stadium has a dome and most certainly cannot be considered a bowl.

Were the shiny red things on the players' heads bowls? No, those are called helmets.

So how can they call it the Super Bowl when the only super bowl around is the guacamole bowl? This naming convention is unjust to all the fine bowls in the world. Surely some useful dish of the world deserves the title of "The Super Bowl" instead of a game that's strangely interrupted by clips of a blonde pop star.

"So how can they call it the Super Bowl when the only super bowl around is the guacamole bowl? This naming convention is unjust to all the fine bowls in the world."

Take, for example, soup bowls. Imagine the inconvenience of eating soup without a bowl. Either one must bang one's knuckles on the edge of a



A stack of bowls

Submitted

cup to scoop it out, eat out of the pot, or lick it off a plate. Eating out of the pot might not sound too bad to people who enjoy a little extra saliva seasoning, but someone always takes all the nice, chunky parts and leaves you with the broth. Avoiding all this puts soup bowls high up on the list, but maybe they are not the G.O.A.T. bowl.

After all, there are candy bowls. How would we welcome people into offices without being able to offer them a small morsel of obesity and tooth decay? The only thing that makes those dull visits tolerable is the hope that they have chocolate instead of cherry Starbursts in their candy bowls. And without the bowls, the candy would be sprawled across the desk like a table at the involvement fair.

Of course, cereal bowls are also near the top of the list. Without them, we would all be like those barbarians who stuff their hands inside the bag to grab out their grainy snacks. With them, we can make boat noises while pushing frosted shredded wheat around in a milk lake.

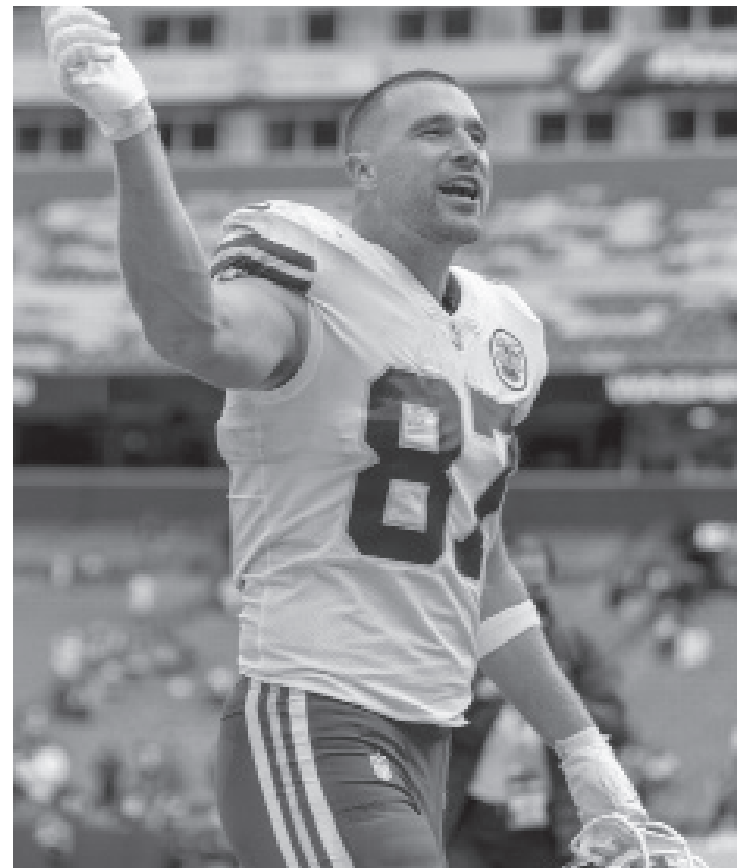
Plenty of other bowls make the list, too. Fruit bowls, cream bowls, sugar bowls, and gravy bowls are great, all of which

should not be confused with bowels, which also usually hold food but are usually found on the inside of one's torso. One might argue that bowels are even more important than bowls, but that is a discussion worthy of a less renowned newspaper than this.

We must also not forget to mention the bowls on our feet, often called shoes. Not only do those extraordinarily useful bowls protect our feet, but they also protect our noses from our feet.

"The only thing that makes those dull visits tolerable is the hope that they have chocolate instead of cherry Starbursts in their candy bowls."

This brings us to an essential question: what exactly is a bowl? Merriam-Webster defines it as "A concave usually nearly hemispherical vessel: a rounded container that is usually larger than a cup." This would seem to rule out shoes as bowls, as they are rarely concave or hemispherical. Does this mean that shoes are cups? Merriam-Webster says that cups are bowl-shaped



Travis Kelce, football player

Submitted

drinking vessels. If they are both shaped like bowls, but bowls are larger, are Stanley Cups bowls? They are larger than most cups.

"Perhaps there is not a single bowl that stands out enough to qualify as The Super Bowl, but every bowl ought to be appreciated, even Super Poopers, commonly known as toilet bowls."

On the topic of Stanley Cups, it would be nice if all sports championships were so logical. The hockey trophy is actually a cup, but the World Cup is just a globe on a stick. One would think that since Europeans are logical enough to call the sport people mostly use their feet for "football", they would be logical enough to have a cup at the World Cup.

Regardless, these fake cups and bowls must not be allowed to overshadow the true supper-heroes. Perhaps there is not a single bowl that stands out enough to qualify as The Super Bowl, but every bowl ought to be appreciated, even Super Poopers, com-

monly known as toilet bowls.

Bowls are like the yin to the earth's yang. As we rest on this convex globe, it is good to have concave bowls to remind us that if the earth were the other way around, we would be soup. They help keep our minds centered on the gravity of existence just as they keep cereal centered on the gravity of being eaten. So the next time the "Super Bowl" comes around, let us all remember the Super Bowls invented thousands of years previously, laugh at the small absurdity of the situation, and then get back to eating chips and guac because it is much more interesting than contemplating bowls.

The final farewell to J-term



Houston McLaury
Opinion Columnist

Well Gusties, welcome back to Gustavus! It's been too long, about a month and two weeks since we've all been on campus together, and boy is it interesting! We've come through the new year, a snowless one, into a mostly snow-free January. This weather continues to bleed into February. We've continued to be snow-free, with temperatures so warm I haven't had to wear a jacket all week, and rain fell on Thursday morning of this past week. And, while we have been losing the winter weather many

of us Minnesotans have grown accustomed to, many students at Gustavus have lost something else over their break. J-term.

"J-term was a three-and-a-half-week-long venture into any class of your choosing."

J-term was a three-and-a-half-week-long venture into any class of your choosing. Sure, one could have spent their time in classes that fulfilled requirements for their majors, and many students did use J-term to fulfill their general education requirements. But, recently J-term has been cut moving forward, making our school years more akin to almost all other colleges that have run without a third term between Fall and Spring. Since coming to Gustavus, I have been a part of three J-terms, and in remembrance of the experiences I had in those classes, I hope to write about these classes. This is my way

of reminiscing on the memories and experiences that were offered to us; some opportunities I wish I had taken greater hold of.

My first J-Term class that I took was with Professor Darsa Donelan, entitled "Race, Gender, and Science." Over the entire period of this class, we would go over three books discussing how science in the past was used to push away and push against minority groups. This course was not only my first j-term course but also my first experience within Olin Hall and my first experience with a course experience that Darsa offered. The push to let students lead discussions by having daily group discussion leaders, a celebration of knowledge through regular blog posts pushed us further along our path to knowledge. It also exposed the truth about the experiences and unethical treatments many people suffered in the pursuit of science and certain things propped up

ideas of racism and sexism.

Darsa encouraged us heartily and the experiences offered outside of class made this course all the more special. Specifically, nights where the entire class got together to play board games, watch some movies, and just enjoy each other's company stuck out to me during this entire experience. Not only because it was fun, of course, but because it was the first time where I felt class could be like that. Where it didn't just have to be people you met with for one semester and never see again. It could be friends that share your interests, nights of laughter, of joy as we took the time to relax, all while studying a subject with such intensity to learn such a great deal in just a month. Is it stressful? Of course. Yet, every single day spent reading, working on assignments, and with my peers was a day well spent.

"Going forward, it makes me sad to know that future Gustavus students won't be able to enjoy the intensity of a J-term course. The utter absorption into a particular subject was always wonderful, and the people I met along the way made each experience even more impactful."

So, that's how most people experience a J-term: studying a specific subject with such intensity that they become versed in that subject. But, this is not the only way in which I've experienced J-term. Over my Sophomore and Junior years, I was a part of the J-term stage productions. The entire purpose of these J-term shows is to give students an accurate experience of what working for a theater company may look like. This doesn't just apply to the actors in the rehearsal process, but the carpenters working on the physical set and the electricians working on the lights and sounds for the production as well.

Again, this is what most theater productions do: they have a time restraint of about a month to learn the material or build the

material to get it stage-ready by a specific date. It is an intensive course because it prepares these students for what jobs in this field will look like, should they pursue these fields. And it truly is a wonderful experience. This year alone I was able to make some wonderful friends in the scene shop. All the while our Professor, Matthew Rightmire, aided us in all this knowledge of theater history, drafting techniques, and woodworking techniques to ensure we could do our work well throughout the course. This is all compacted with the subjects I learned: being more affluent in carpentry language, what supports are necessary for specific designs and builds out of wood, and the material that can be used to support said projects.

"Not only because it was fun, of course, but because it was the first time where I felt class could be like that. Where it didn't just have to be people you met with for one semester and never see again."

Going forward, it makes me sad to know that future Gustavus students won't be able to enjoy the intensity of a J-term course. The utter absorption into a particular subject was always wonderful, and the people I met along the way made each experience even more impactful. So, as we face the future, I will always take happy glances to the past, remembering the J-terms that I got, all the while mourning the ones I and future Gustavus students will miss out on.



Student walking through snow

Soren Sackreiter

Feelings surrounding getting older



Sophia White
Opinion Columnist

By the time this article reaches the rest of campus, my 19th birthday will be in two days. The last year in my teens. Yet 19 just feels like a number that means nothing in terms of age. It feels awkward to be placed between 18 and 20. At 18 you become an adult (in most states), which is such a freeing feeling. With 20, while it doesn't grant you too many more freedoms, it does recognize that you have reached two decades of living and are reaching that place in adulthood where it actually feels official.

"With 20, while it doesn't grant you too many more freedoms, it does recognize that you have reached two decades of living and are reaching that place in adulthood where it actually feels official."

If I was still living in Nebraska (my home state) I would now legally be an adult at 19, but even that still doesn't really affect me. I don't feel like there's much I need to mentally prepare myself for when turning 19. The only thing it is making me think about is turning 20, which is terrifying. Yet with all these numbers, I don't really feel prepared for it, because the pandemic has set me back 2 years mentally. If others feel this way, you might be feeling a sense of dread towards aging because of this - feeling less prepared than the college students that came be-

fore you, because everything is happening so fast.

I've never felt scared to age until I realized how close I am to turning 20. Many of you are already 20 or older than that, and some of you may have experienced the same crisis of aging that I am having. Or maybe the opposite of that - feeling nothing at all. But regardless of that, I'm sure many of you could recognize the odd stigma our society has around aging. Recently, I finished Tuesdays with Morrie by Mitch Albom as part of the J-term PA book club, and the book talks a lot about the stigma around aging, death, and illness. I highly recommend you read it if you haven't.

A big thing I got out of the book is that nobody in a society of fast-paced efficiency wants to feel helpless, but it inevitably happens when you get to an age where you no longer need others to take care of you. And it seems hypocritical to make people believe that they are useless if they depend on others occasionally for help because at the end of the day depending on one another helps people feel better and cope with a fast-paced life.

"If others feel this way, you might be feeling a sense of dread towards aging because of this feeling less prepared than the college students that came before..."

Inevitably, we'll miss all the things in childhood that felt slowed down and full of nostalgia. A lot of things will only be socially acceptable again when you have kids, puppies, or kittens. I can no longer say "I'm just a child!" in defense of my actions, and swinging on a swing at a playground won't be socially acceptable unless I have a kid of my own to do it with. I have to decide how much I want to be responsible for something at a given time or maybe if I want to be responsible for the life of a person or animal. A lot of these things are

things I have never thought of before.

"Inevitably, we'll miss all the things in childhood that felt slowed down and full of nostalgia. A lot of things will only be socially acceptable again when you have kids, puppies, or kittens."

I am at a place in life where aging sticks out, and it has made me think about how to approach my 20s and even the rest of my life. Questions about what I want long-term for myself and for the people and communities I care about. It seems like a lot on top of classes, internships, studying abroad, or whatever the publicity of Gustavus Adolphus'

whereabouts may be.

One thing is for sure, I don't want that to be an extreme stressor in my life for the next 20 years and I may need to determine whether I let society rule how I live my life as I age or if I just play by my own set of cards. Truly some of you could be so busy that you never think of these things, and I may be a serious overthinker. But I know I am not the only one, so for those of you who overthink important or unimportant things and have several mini-crises, I hope you know that others are going through the motions, too.



Man celebrating birthday alone

Will Sorg
Movies Guy

The Zone of Interest

It is Jan. 30th, 2024, as I am writing this. About 4 hours ago, I left the movie theater. I realized while I was sitting in my car, shaking, that I had to write a review on *The Zone of Interest*. I was not planning on writing something until school started up properly again, but this movie demanded that I get something out onto the page. I don't know if a movie has made me feel this way before. I have not just a desire to write, but a need.

The Zone of Interest is a 2023 film by director Jonathan Glazer. The film follows the day-to-day lives of the family of Rudolf Höss, the longest-serving commandant of Auschwitz. The film is only an hour and forty minutes and every second is a nightmare. When I say that the film follows the Höss family, I mean that this is all it follows. Visually we are given only glimpses of the horrors of Auschwitz. A majority of the film takes place in the Höss family's home. A multi-bedroom, two-floor house with a garden and a pool connected out back. It looks like a moderately sized 1940s house and much of the film is spent watching moments of domesticity between the family.

We follow Höss and his wife, Hedwig, as they parent their four children, entertain in-laws, and celebrate birthdays. The filmmakers used a multi-cam set-up that allowed for zero crew to be on set during shooting and it gave the actors remarkable opportunities to truly sell that they are actually living and interacting in the house as a family. As a result, I found myself being forced into immersion. I did not want to feel so engrossed in the film that it felt real, but the filmmakers fully pull you into that feeling. There wasn't a minute after the first scene where I wasn't locked into this movie and I was constantly hoping for a reprieve, some chance at a bright spot, or maybe even just a break. This film offers none of that.

The sound is especially oppressive. My words cannot do the horrors of this film's sound design justice. Every time a scene feels almost normal, a sound coming from over the camp walls is heard. A gunshot, a baby crying, shouting, a dog growling, a furnace roaring to life. The whole weight of the Holocaust is brought out from movie theater speakers and poured into your ears and every single time, you tense up a little bit more. The sound is unforgiving in all aspects. Mica Levi's masterful musical score drones and hisses and makes it so that in the few scenes where there is no horrid noise from the in-world soundscape you are crushed by an auditory sensation that feels like the heralding of the apocalypse. And when you get used to that music, the screaming and crying and the gunshots and the shouting all come back.

Why? Why focus on the Höss family? Why make a film about the Holocaust in which (in simple terms) the conflict is painfully mundane? After watching, I realized that there might not be any other better way to make art about an atrocity like this. *The Zone of Interest* is about that mundanity. It is interrogating how a family, including young children, are possibly able to compartmentalize their involvement in one of the worst atrocities in human history. There is such a deep-rooted dissonance in every scene of the film. Hedwig Höss grows vines to try and cover up the prison walls in an attempt to distance herself from what she is allowing. Rudolf Höss is a terrifying, unnerving, beast-like character, yet he is so unremarkable. He reads bedtime stories to his kids, sits through boring bureaucratic meetings, and has marital troubles. That's the real horror of this film. If you re-edited it to remove the sound design, cut around the prison camp, and showed this to someone who had never heard of The Holocaust, they would not really be able to piece together what was happening in the background for a very long time.

So what does the film decide to reveal about the act of doing nothing in the face of abject evil? It reveals that doing nothing is easy. In fact participating in atrocities is easy, especially when it is tied to bureaucracy and nationalism. One of the biggest myths about the Holocaust is that it is an unimaginable horror that could never happen again. It's not. The Nazis were not the first genocidal government; they are not the last. This kind of accepted evil is happening in the world right now. It's happening because for many people, their first and only response in the face of evil is to compartmentalize and allow it to happen so long as it never directly hurts themselves. The Höss family is not an abnormality, they are a typical response to evil. That fact keeps me up at night.

Horoscopes!!!

- Aries: Get yourself a fun treat to welcome yourself back to school!
- Taurus: Someone you've met recently will be important soon.
- Gemini: Find a new small joy.
- Cancer: Give someone a surprise this month.
- Leo: Watch a scary movie!
- Virgo: Do not overwork yourself this early into the semester. You have time.
- Libra: Start collecting rocks.
- Scorpio: Expand your vocabulary.
- Sagittarius: Read a huge book this month.
- Capricorn: Write for fun at least once! It can be as simple as a list.
- Aquarius: Drink a lot of water.
- Pisces: Do a puzzle, or maybe even build some legos.



Will Graves

Gustie hockey sweeps Concordia

Men and Women go combined 4-0 against Cobbers



Jack Suchy cellys sick goal

Submitted.

Parker Burman
Sports Writer

This past weekend, both the Gustavus Men's and Women's hockey teams were in action against conference rival Concordia. The men had the opportunity to host the Cobbers at the Don Roberts Arena while the Women made the trek up to Moorhead and looked to close out yet another MIAC regular season title.

The men put on a display for the home crowd as they dominated the first game of their weekend series winning 7-2, after having been down 1-0 early into the second period. Game two was a closer contest but the Gusties managed to walk it off in overtime to win 5-4. Not to be outdone in the goal-scoring category, Saturday's matchup for the Women saw Gustavus put up five goals in the game followed by a 6-0 shutout on Sunday.

After scuffling through a winless January, the Gustavus Men started off February better with a split of a two-game weekend series against Hamline, the first weekend of the month. Looking to build off of this momentum, and hopefully get a win streak going, the Men looked to take advantage of

home ice.

The Cobbers got off to a strong start – including taking a one-goal lead into the first intermission of game one. First-year Drew Holt would bury the equalizer just 1:49 in the second period to swing momentum back in favor of the Gusties. Just two minutes later, Concordia would reclaim the lead but it would not last long as First-year Grant Ellings, who had assisted Holt's goal, went top shelf to put away the power play goal. Gustavus would go on to have five more individual goal-scorers in the win.

"Our team moved the puck well, but we moved our feet even better. When we use our speed, I don't think anyone can skate with us and I think we really set the pace for the weekend after the first game," First-year Connor Mahony said.

Unlike game one, Gustavus was on the board first as Sophomore Mason Hendrickson and Junior Joey Gimberlin found First-year Hunter Newhouse for his first goal of the season to put the Gusties up 1-0. Both the Gusties and Cobbers would fight back and forth over the following two periods before heading to overtime tied 4-4. In overtime, with less than a minute left, Holt found

Sophomore Wilmer Svensson who put away the puck to give the Gusties the walk-off victory, 5-4.

"We just stuck to our game plan and worked hard. It was special for sure, great feeling seeing the puck go in," Svensson said.

While not playing on home ice as the men were, the Gustavus Women were 7-2 on the year heading into the weekend series against Concordia, hoping to push that to a 9-2 mark. First-year Kylie Scott kicked off the scoring for Gustavus, firing from the point she ripped it past the Cobber net minder far post, off a feed from Sophomore Lily Mortenson for a 1-0 Gustie lead. This lead would hold into the first intermission and would only grow heading into the second.

Sophomore Kayla Woytcke scored what would be the game-winner, halfway through the period, as she sped into the Cobber zone, scoring her first goal in Gustavus black and gold. Concordia would finally break the shutout in the third after slipping one past All-American, Fifth-year Goalie Katie McCoy. As retribution, the Gusties put away two more goals of their own for a one-sided 5-1 victory. With the win, Gustavus secured their 19th

Conference Championship and the number one seed in the MIAC playoffs. In addition, McCoy picked up her 77th career win between the pipes, moving her into a tie with former UW-River Falls goalie Angie Hall for the most ever in Division III Women's history.

"It is incredible to be the winningest goalie. This really should be a team award because everyone on the ice is working hard to get the win and I'm only one piece of the puzzle. I couldn't have done it without them," McCoy said.

Game two was even more of an all-encompassing dominating performance by the Gustavus women as they shut out the Cobbers for a 6-0 victory. Gustavus was all over Concordia in the first period as the Gusties put up 17 shots on the net, with two getting past the goalie for goals. First-year Kylie Ligday and Fifth-year Hailey Holland were each credited with a goal, the first of three points on the day for Holland.

"It's always fun going on the road with the team; a long road

trip like that gives the team a chance to bond and have lots of laughs together. Getting the sweep makes it that much better. While it is a lot of work it's so worth it to have fun bus rides and be able to compete out of town with each other," Ligday said.

"There was a switch that got flipped during Concordia and finally we got the bounces to go our way. We know when to be selfish and when to make passes," Holland said.

In the middle frame, the Gusties turned up the heat managing to put three goals past the Cobber netminder to push their lead to 5-0. Senior Brooke Power put one more away in the third to make it a 6-0 Gustie lead and victory. Gustavus put up a season-high 57 shots on a game in the contest and managed to outshoot Concordia 103-24 on the weekend.

With the win, Katie McCoy officially moves into the all-time lead for wins by a Division III Women's goalie with her 78th career win. "It is incredible to be the winningest goalie. This really should be a team award because everyone on the ice is working hard to get the win and I'm only one piece of the puzzle. I couldn't have done it without them," McCoy said.

Gusties beat Bennies, fall to Johnnies

Women dominate, while men lose in heartbreaker



Senior Matthew Carreon turns on the jets

Submitted

Zachary Tlusty Staff Writer

This past weekend, there was a doubleheader on the Gus Young Court as the Women were matched up against Saint Benedict winning convincingly with a final score of 96-66. The Men played regular season champions Saint John's, losing a game that came down to the final possession with the final score being 64-66.

The Gusties jumped out to an early lead for the Women's game and never looked back. The Gusties forced two turnovers and a missed jump shot which led to the Gusties creating a 6-0 lead right after the starting tip. The women carried their moment to the half with a demanding lead of 46-25.

This has been a constant theme this year for the women; getting big leads and running up the score on their opponents. A big reason for this has been their transition offense which is sparked off of their hounding defense and forcing the other team into turning the ball over.

"As for defensively this season, we really try to make that our identity and what makes our game go. The biggest thing we changed recently is picking up teams full court and looking to pressure the ball to get tips and steals. We have caused

lots of turnovers and difficult shots for teams, which leads to our transition offense that we thrive in," Junior Kylie Baranick said.

The Women kept it up throughout the third quarter, adding 10 points to their lead to make it a 73-42 point game going into the 4th quarter. The game ended with a final score of 96-66, giving the Gusties their 16th conference victory. They continue to lead the MIAC. This puts their total season win record at 21-2.

Leading the score sheet for the Gusties was Senior Emma Kniefel, who had 16 points on 7-12 shooting in her 25 minutes of action. Senior Syd Hauger had 15 points and Baranick had 13 points while going 5-5 from the field.

"I've actually struggled recently with shooting, but just having continued confidence in myself and knowing that my team is behind me and believes in me on every shot really helps. Once one goes in, the hoop tends to get bigger, and getting some easy layups from passes from my teammates just gets you rolling even more," Baranick said.

The next game for the Women will be played at 1:00 p.m. in St. Peter at Gus Young Court. This is their last regular season game before the start of the MIAC Playoffs.

The Men's game started with both teams exchanging field goals in a tight contest. St. John's started to break away with five minutes left in the first half. They led by as much as 11 in the first half. With the Gusties down nine with five seconds left in the first half, Junior Brady Kienitz hit a deep and much-needed three to cut the deficit to six. The score was 34-40 to end the first half with some momentum for the Gusties.

"I think that the biggest thing for us moving forward is just to stay locked in. We are playing good basketball on both ends, just need to take care of a few minor problems and we will be fine. Taking it one day at a time right now as we are in the last week is a huge piece to our success in the coming weeks as well,"

At the start of the second half, St. John's got out to a quick start and increased their lead back to 11 with 16 minutes left to go in the game to make the score 48-37. Gusties were able to come back from St. John's lead but were never able to cut the lead to less than 3 for

most of the second half.

With 35 seconds left, Senior Wyatt Olson hit a contested layup to cut the lead down to two to make the score 64-66. With 34 seconds left, and being down two, the Gusties needed a stop. Which they got soon after. The Gusties forced St. Johns into their 21st turnover of the game. That gave the Gusties a final chance at either tying to force overtime or to win the game outright.

The Gusties opted to go for the win, shooting a three at the buzzer. But the 3-point effort by Senior Adam Biewen did not fall in and the Gusties lost 64-66 in a hard-fought game against the regular season MIAC Champs.

"I think that the biggest thing for us moving forward is just to stay locked in. We are playing good basketball on both ends, just need to take care of a few minor problems and we will be fine. Taking it one day at a time right now as we are in the last week is a huge piece to our success in the coming weeks as well," Senior Spencer Swanson said.

Despite the loss, the defense played great. St. John's has only been under 70 points twice before this game.

"We had a really solid game plan of how we were going to guard these guys. Our main objective was to take away

their three-pointers. They only made 5 when they average 9 or 10 a game. Forcing 21 turnovers was also something we were proud of as they usually only turn it over 9 times per game. We had a high focus on pressuring them when they had the ball and being the aggressors on defense. They aren't used to being guarded this way so I think they got a bit flustered and made some uncharacteristic mistakes. We used our physical advantage to force them to take tough shots," Biewen said.

To lead the score sheet was Swanson with 23 points and nine rebounds. Olson had 14 points and went 8-9 from the free throw line with 7 rebounds to go along with that.

"I think the guys were just finding me and we all were focused on getting to our spots early. As a group, we are all such willing passers and only care about making the right play every single time down the court," Swanson said.

The Men will play their next game in St. Peter this Saturday at 3:00 p.m. vs. Hamline.

Gustavus Gymnastics shatters records

Gymnasts break records in Beam and Overall



Junior Olivia Jhanke Suspends Gravity

Submitted.

Teddy Kaste
Sports Editor

Gustavus gymnastics shattered multiple program records this past Saturday; the women set not one, not two, but three new Gustavus program records in their dual against UW-Oshkosh. They set the record for team score, (188.550), vault (47.500), and beam (48.050). Sophomore Maddox Lee tied the individual school record for the beam with a score of 9.75, and won the all-around competition with a score of 38.00. Despite the incredible performance from the Gustavus women, they came up short in the dual, losing to the defending national champions, UW-Oshkosh.

Gymnastics is made up of four events: the vault, bars, beam, and floor. Each gymnast is scored from 1-10 based on their performance in their given event. So for each event (beam, bars, vault, or floor), 6 gymnasts compete and the top 5 scores are tallied to get the team's score. The overall score is the tally of each event's scores.

In the vault, Junior Marley Michaud led the way with a total score of 9.55, which contributed to Gustavus' final tally of 47.5 in the event. Oshkosh performed slightly better in the

vault with their score totaling 47.95.

In the bars, Gustavus struggled a bit but was led by Senior Kendra Smaby who posted a very respectable 9.5. Overall, the team ended with a score of 45.5 on the bars, while Oshkosh performed quite well with their score totaling 47.475

The beam is where the Gusties shined, to cite our famous fight song. Gustavus' final score on the beam was 48.050, a new program record. Sophomore Maddox Lee led the way in the beam with a score of 9.75 which tied the individual program record. All the other beam competitors also performed well, and Gustavus totaled 48.05 for the event. Oshkosh responded well with a 48.0, but setting the program record had Gustavus' gymnasts beaming ear-to-ear.

"Beam is probably the most rewarding event there is because it is such a challenge. There is no better feeling than hitting your beam routine at a meet!"

Junior Izzy Breitkerutz said about the beam event, "Beam

is probably the most rewarding event there is because it is such a challenge. There is no better feeling than hitting your beam routine at a meet!" Breitkerutz recorded a 9.65 on the beam, and was a major factor in breaking the school record, she described how she stays mentally calm on the beam, "Usually during my routine I just remind myself to breathe and let muscle memory take over. Sometimes I'll sing along in my head to the music playing to clear my mind!"

"Setting the team school record was incredible. We had set our school record last year and once we started to compete and get scores this year, we knew we were all capable of doing it again. It was an incredible experience."

The gymnasts then moved to the floor for the final event, where they flipped and tumbled to more program records. Junior Lily Guy led the way with a 9.6, but all the Gusties excelled at the floor with the lowest recorded score being a still impressive 9.3. Gustavus finished the floor event with a score of 47.5. Oshkosh, an amazing

program, somehow performed even better on the floor with a score of 48.225.

At the end of the event, the final tally of the dual was UW-Oshkosh: 191.650 and Gustavus: 188.550. Both teams showed that they are extremely formidable and have a lot of positives to build off of for the rest of the season.

Senior Caylee Greeder said on the record-setting performance, "Setting the team school record was incredible. We had set our school record last year and once we started to compete and get scores this year, we knew we were all capable of doing it again. It was an incredible feeling."

She also went on to talk about the culture of the gymnastics team stating "Ultimately we really like to emphasize that we are all equal, all capable of setting the tone or being a leader for the team. You don't need to be a Junior or Senior to be a leader and set a good example. We accomplish this by creating an open and healthy environment for the team as a whole so that anyone can feel comfortable stepping up and leading at any given time." Gustavus Gymnastics is one of the more successful sports teams on campus, partly

due to this equitable culture.

Due to their performances at this dual, Lee and Breitkerutz have also been named WIAC gymnasts of the week! Lee, Breitkerutz, and the rest of the Gustie Gymnasts will continue their season at home against Winona State next Friday, so come cheer them on!