



THE GUSTAVIAN WEEKLY

ESTABLISHED 1891

MARCH 8, 2024

ISSUE 16

International festival comes to breathe new life onto GAC campus



A singer at a past international festival.

Submitted

News

New website with uConnect... Page 3

WEEKLYScan

A preview of this week's top news and more

Entertainment

Film review: *Madame Web*.. Page 13

Variety

International festival.. Page 5

Features

Editors' fictional crushes...Page 8-9

Opinion

Majors as NLE Choppa songs...Page 11

Sports

Women's hockey... Page 15

The Gustavian Weekly Staff

Mel Pardock Editor-in-Chief
 Carter Brown News Editor
 Jay Erickson Variety Editor
 Emma Zieseemer Opinion Editor
 Will Sorg Entertainment Editor
 Parker Burman Sports & Fitness Editor
 Grace Kearney Web & Media Manager
 Sophia White Photography Editor
 Carter Brown Features & Graphics Editor

Willa Brown Lead Copy Editor
 Ellison Heyerdahl Copy Editor
 Lina Lee Copy Editor
 Carter Brown Business & Advertising Manager
 Mark Braun Adviser

Published weekly on Fridays, except during academic breaks, by the students of Gustavus Adolphus College. Subscriptions are available from THE GUSTAVIAN WEEKLY for \$50 per year.

Opinions expressed here are not necessarily those of the institution or of its student body. The editors assume full responsibility for editorial and unsigned material.

Letters to the Editor can be sent to weeklylettertotheeditor@gmail.com

If interested in publishing an ad, please contact our advertisement manager at admanager@gustavus.edu.

50¢ First copy free

EMAIL weeklylettertotheeditor@gustavus.edu

WEBSITE weekly.blog.gustavus.edu



Events Calendar

Used Equipment Drive for National Athletic Training Month

March 1 - April 4, All day
 Athletic Training Room Lund 120

Cru Kick off social

March 14, 8 - 9 p.m.
 Konferensrum

Quiet Riot Reading Event

March 15, 1:30 - 4:30 p.m.
 Folke Bernadotte Memorial Library

Vox Lucia Festival, Evening Concert

March 15, 7 - 8 p.m.
 Christ Chapel

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

• *Student Senate is looking for 2 positions to be filled; a hall representative for the International Center dorm, as well as 2 students interested in being Class of 2025 representatives. These positions would only carry out for the remainder of Spring 2024 semester*

• *Finance committee is holding Q&A sessions on April 2nd and April 4th. Questions will be answered regarding requirements needed to form a club on campus and how to receive funding from Student Senate for that club. Follow up with Maritza Beltran (maritzabeltran@gustavus.edu) with any questions*

• *Student Senate met with Campus Safety, regarding questions that the student body brought forth and is working closely with them to address concerns*

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, February 26, 2024

• On Monday, February 26, [Campus Safety] met with a student at health services and informed Campus Safety of a small injury that happened in Lund.

Thursday, February 29, 2024

• On Thursday, February 29, a student reported getting harassing text messages.

Friday, March 1, 2024

• On Friday, March 1, Campus Safety took a report of a Gustavus employee that lost their Gustavus keys.

Friday, March 1, 2024

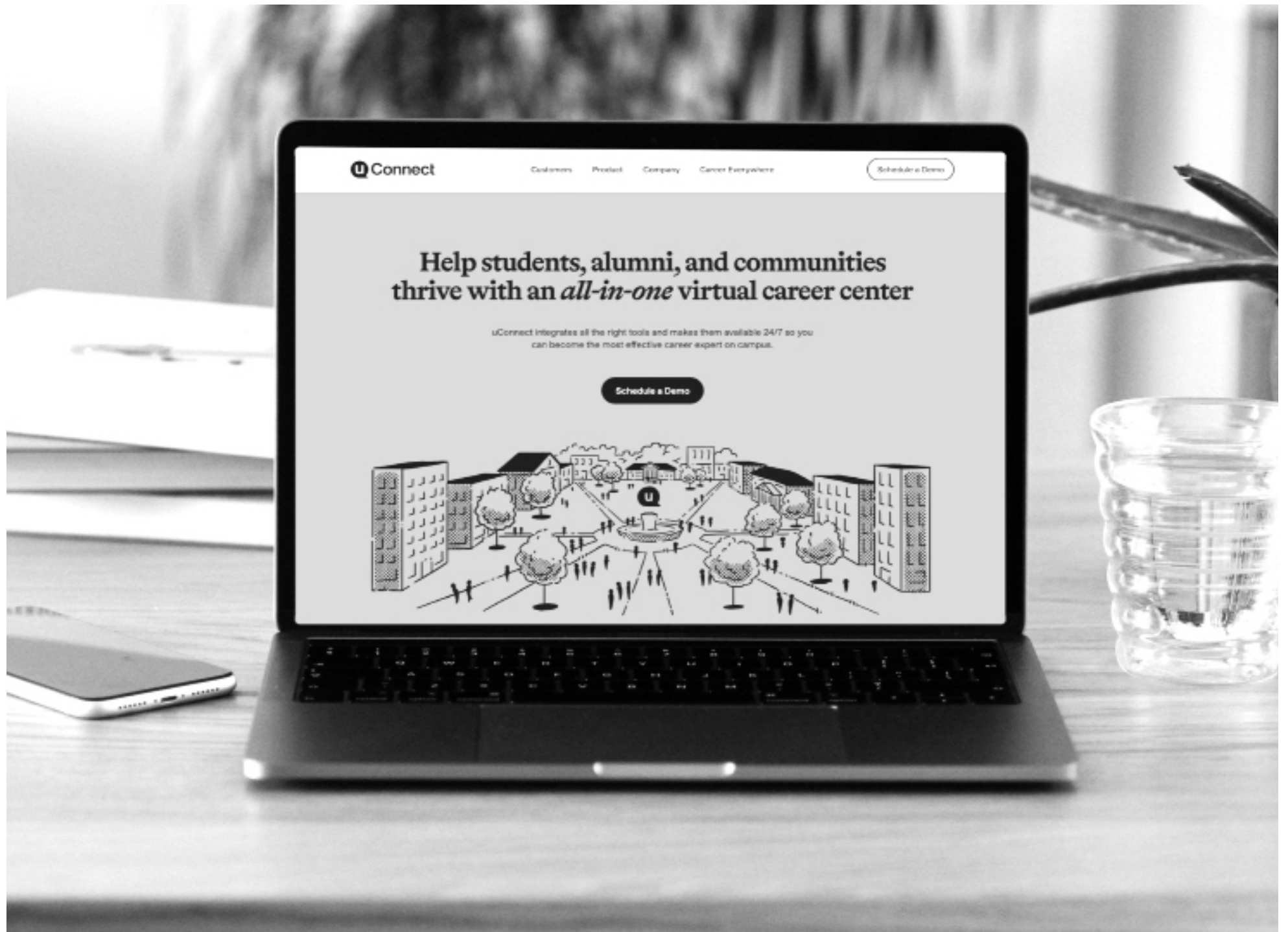
• On Friday, March 1, Campus Safety received a report of a bike theft from the Rundstrom Hall bike rack that occurred.

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

Good With Spelling and Grammar?
 Want to Get Paid for Your Skills?
 Apply to be a Copy Editor for the Weekly!

Apply by Emailing
mpardock@gustavus.edu

Career Development Center launched new website using uConnect



A glimpse at the new website for Career Development Services.

Submitted

Elliot Steeves
Staff Writer

The Gustavus Career Center has transferred to the new UConnect platform to host many of its functions found on both Handshake and PeopleGrove. The move involves the shift of many features, such as the time and location of networking events which required a login to access. The website is also designed to look substantially more modern than the previous website. Based on student feedback, the Career Center implemented more pictures and videos than previously featured.

The Career Center can also customize how often they put out and pull off blog posts. Students will also have the ability

to choose how often they receive updates through the website, be it weekly or monthly.

A similar migration occurred last year, when the Gustie Athletics website moved to a new client to better host the Gustavus sports teams.

"Every office on campus is trying to find tools and systems that will make the student experience better," The Chief Technology Officer at Gustavus Tech Services Jerry Nowell said. "We want to make your time here more valuable. This was a synergy that came about with all of the work that was going into PeopleGrove and Handshake, and from that perspective, it seemed like a logical choice."

The Career Center was able to sign onto a pilot program for this new website for a year and a half. Due to the many changes

currently present on campus, Assistant Director for Career Advising Jill VanOsdol believed it best to not immediately commit to the website permanently.

"A group of us on campus explored career information," VanOsdol said. "Through this group, we were exposed to UConnect. Once we knew that we wanted to change our website, I brought in Hector Aguilar [Assistant Director for Outcome and Strategic Initiatives] and Katherine Tunheim [Vice President for Mission, Strategy, and Innovation]."

While the Career Center has wanted to improve its website for quite some time, it did not know specifically how.

"When the opportunity with UConnect came along, it seemed like the right time to try something new," VanOsdol said. "It

was sort of unexpected, but we were probably always going to try something new with our website all along."

Nowell confirmed that part of the reason was a discount that the Career Center received for an earlier start time on the offer they received to migrate to UConnect.

"We had larger plans for the college, and the Career Office felt like this was a great opportunity for this time," Nowell said. "We had our conversations, and wanted to benefit students in the short term as much as possible."

When asked about why the Career Center was getting an earlier start, Nowell alluded to a broader new website design for Gustavus that is currently being worked on.

Both VanOsdol and Nowell

hope that the UGrove platform can be the central location for students working on their careers, and not just a small additional piece.

"I hope that this can be the go-to resource for career information, for how to build a resume, and for interviewing tips," VanOsdol said. "We want this to be information you can go to anytime and anywhere in your career journey."

"Keep expressing what you need and what you expect out of both your college experience and the tools that the college provides," Nowell said. "Students have needs and interests well outside of what a fifty-year-old man [like me] would know and care about. The voice of students is the most powerful on this campus."

4Word event to host authors for writing workshops and Q&A

Grace LaTourelle
Staff Writer

The 4Word event, presented by the Friends of the Library- Gustavus Library Associates (GLA), will be taking place at the Southdale Library from 2:00 p.m. to 4:00 p.m. on Saturday, April 6th.

According to the Gustavus website, the GLA promotes learning, literature, and the Folke Bernadotte Memorial Library at Gustavus. The 4Word event will benefit the library at Gustavus despite taking place in Edina, Minnesota. The full address for the location of the event can be found on the website.

The event will be hosted by published author, Kirsten F. Johnson, who will be speaking alongside and interviewing published author, Loretta Ellsworth. There will be time for Q&A and writing workshops, as well as games, prizes, and refreshments for students who may attend. Registration for the event is required, however, the event will be entirely free.

Along with the Q&A, Ellsworth will be discussing how to break into the business and the craft of writing, finding a literary agent, and what publishing is currently like. Ellsworth recently had one of her novels optioned for a movie, which may be detailed as well.

Johnson is an alumni who graduated in 1992, after majoring in Organizational Management. Her passion for writing was illustrated through her journalism for the Gustavian Weekly and her work as editor of the yearbook. *Fearless*, one of Johnson's ten publications, is set within St. Peter and pays homage to those who underwent the tornadoes of 1988. The book is available in the BookMark as well as everywhere online.

"The main throughline is about a girl rescuing a dog from a puppy mill and then the PTSD that different people can go through, like dogs in puppy mills, people who have been through tornadoes...and...war veterans..." Johnson said. "It's about the connections...after trauma."

Ellsworth's most recent publication is her first picture book, released last year, called *Tangle-Knot*. The story follows a young girl with messy hair and her commitment to her identity.

Ellsworth, as Johnson highlights, has "genre jumped", which will be valued insight in her talk at the event. Ellsworth has spanned age groups, writing for both adults and young readers. Due to be released later this year, Ellsworth's newest work is an adult historical fiction entitled *The French Wine-maker's Daughter*.

"My stories were often ones that reflected the voices of my students," Ellsworth said. On top of being an author, she was also a former middle school teacher.

Johnson and Ellsworth both have had various jobs, apart

from being authors. Currently working in marketing, which benefits her writing, Johnson has also been a college professor.

"If you enjoy working with words...you don't necessarily have to be an author who makes their living being an author," Johnson said. "There's other things you can do to pay the bills and...to pursue your passion."

Ellsworth similarly noted the difficulty of breaking into the industry, described as the "arduous" journey of finding a literary agent.

"There will always be room for more writers in the world, and publishers are always looking for the next big book – but the landscape right now is difficult for most traditionally published writers to make a

good living," Ellsworth said.

At 4Word, Ellsworth and Johnson will advise students who hope to pursue careers in writing and publication. Johnson emphasized the importance of being able to embrace rejection.

"My advice to writers is to immerse yourself in your craft. Read, write, attend conferences, find other like-minded writers who will support you, and learn all you can about your craft," Ellsworth suggested.

The 4Word event has applications for all students, regardless of pursuing authorship. Johnson noted that procrastination leaves less time for review and success in essay writing. Ellsworth also highlighted the importance of revision and stated that her first book was revised ten to fifteen times before

publication. Writing essays or academic papers is part of many college classes, and is a skill that can be developed.

"There is an intrinsic value to writing, just as in any creative endeavor. It allows us to express ourselves and connect with others through our writing," Ellsworth said. "I think that we write mostly for ourselves, but hope that our writing is something others will relate to."

Ellsworth and Johnson, despite denoting the difficulties and tribulations within the industry, provide students and aspiring writers with hope.

"If you want to write, you must be persistent – you must think of it as a long game. Find your community, learn from peers, network, and stretch your creativity," Ellsworth said.



Speakers Loretta Ellsworth (left) and Kristin F. Johnson, author of *Fearless* (right).

Submitted.

Gustavus International Festival

Taylor Storlien
Staff Writer

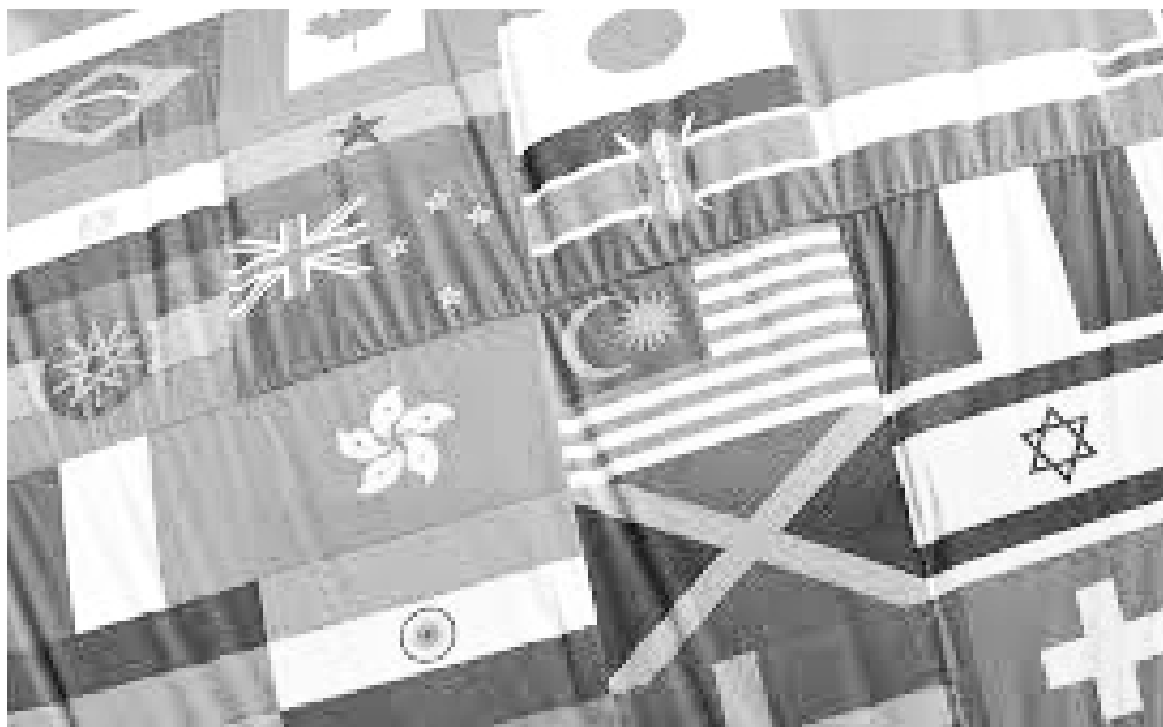
This year's International Festival, sponsored by the International Cultures Club (ICC), will be taking place this Saturday, March 9th from 7:00 p.m. to 9:00 p.m. in Alumni Hall. It will be open to both the Gustavus Community and the public. Not only will there be student performances, but also professional entertainment. Previous years have included an international fashion show with traditional wear from countries such as Uzbekistan, Nepal, Iceland, Eritrea, Moldova, and Kenya. Performances from student organizations on campus have also been a staple throughout the years such as the Korean Culture Club (KCC), the Organization for Latinx-American Students (OLAS), and the Pan-African Student Organization (PASO). Student performances range from vocal performances to traditional, modern, or folk dances. Last year's professional entertainment was Cypherside, a Saint Paul dance studio that specializes in hip-hop, break dance, and K-pop dance.

This year's special guest performers will not be revealed until the festival, but it is confirmed

that there will be "three performance groups coming from the Twin Cities," ICC Co-President and Senior Celeste Thalhammer said. When it comes to planning an event like this, it can be an extensive process: "This festival can take up to 2 months to plan, it has a lot of details and parts involved in the planning of it," Thalhammer said.

International Cultures Club is a "student organization that brings international and U.S. students together to promote international awareness and appreciation of different cultures," according to the Gustavus website. They organize many events that center around a variety of cultures that are open to the Gustavus community while also providing opportunities for interaction between other cultural organizations at other academic institutions.

The International Festival is one of the most prominent events that ICC sponsors. Senior Secretary Monarch Fuhrman decided to join ICC based on their enjoyment of the event: "I decided to join ICC because I have absolutely loved attending the International Festival while at GAC. Before attending those events I had never been to a place where so many dif-



Multi-national Flags

Submitted

ferent people and cultures were celebrated together," Fuhrman said. The International Festival always has a variety of countries and cultures featured, combining entertainment with education. "My favorite part of the International Festival is getting to see the performers every year and listening to the singers. I love the feeling of a glimpse into a different culture I otherwise wouldn't have been exposed to," Junior Alexa Densmore said.

"My favorite part of the International Festival is getting to see the performers every year and listening to the singers. I love the feeling of a glimpse into a different culture I otherwise wouldn't have been exposed to."

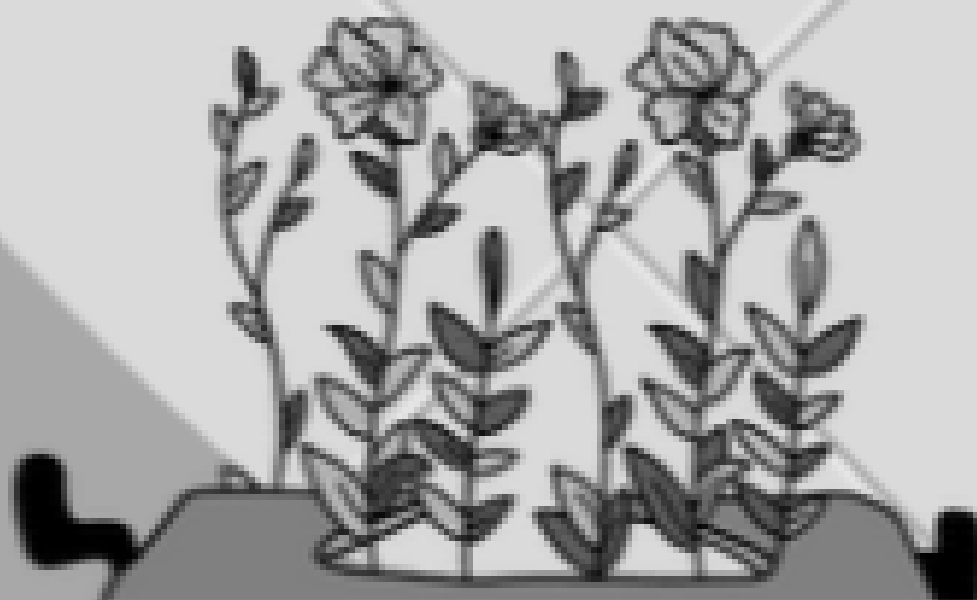
To encourage involvement, previous years have had a passport activity where attendees have a passport they are given that gets stamped at every station they visit, which enters them into a drawing. "This event is a one-of-a-kind event for Gustavus students and the Gustavus community to experience cultures from around the world," Thalhammer said. Feel free to come and support your fellow Gusties!



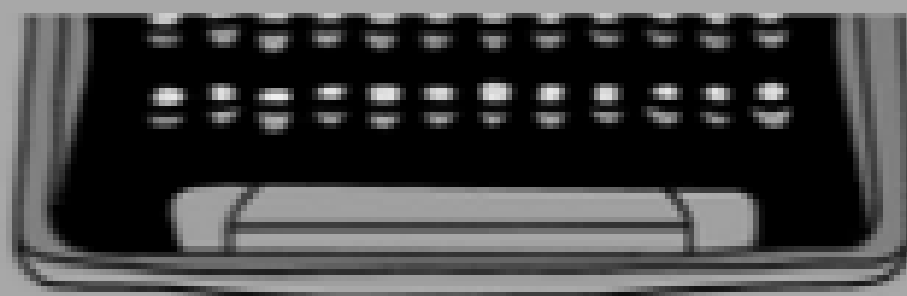
Last Year's International Festival

Submitted

LOVE TO WRITE AND EDIT?
GRAMMAR OBSESSED?
THE WEEKLY WANTS YOU!



COPY EDITOR POSITIONS OPEN!



IF INTERESTED. EMAIL EDITOR IN CHIEF MEL
PARDOCK!

MPARDOCK@GUSTAVUS.EDU

Gustavus Bands' Early Spring Concert



Gustavus Band

Submitted

Colleen Coleman Staff Writer

On Saturday, March 9th, at 1:30 p.m. in Christ Chapel, the Gustavus Wind Orchestra, Gustavus Wind Symphony, and Chamber Winds will be presenting their Early Spring Band Concert. The performance will feature many types of music, with film score features from *How to Train Your Dragon* as well as *Far and Away*, a piece based on a Thai lullaby, a driving tuba concerto, and many more.

Gustavus musicians have been hard at work since the start of the spring semester and are excited about the music they are sharing this weekend. "John Powell's *How to Train Your Dragon* piece is obviously incredible. It's one of my favorite film scores of all time and I've truly enjoyed playing it," Junior

music minor and percussionist in GWO, Grace Kinkeade, said. Having recently returned from their Las Vegas tour over this past J-Term, the GWO musicians are excited to share their new musical selections with the Gustavus community back in Minnesota. "The music we're doing right now is really fun, I just love playing film scores. I love the fun energy from the music and the people during this semester," Junior Instrumental Music Education major and GWO clarinet player, Cole Nolte, said.

"The music we're doing right now is really fun, I just love playing film scores. I love the fun energy from the music and the people during this semester."

"I love all of the music we're doing for this concert, and I can't even think about picking a favorite! There are two film scores and an amazing tuba concerto - I don't know how to choose a favorite," Sophomore Instrumental Music Education major and GWO saxophonist, Chloe Lee said. Gary Ziek's 'Concerto for Tuba and Wind Ensemble' works to reflect the various sides of the tuba's abilities, with its third movement 'Riot!' focusing on driving rhythms and a style that Ziek describes as a "blues rondo."

GWS recently had the opportunity to expand more on the story behind one of the pieces they are performing, "Rising Light" by Thai-American composer Kevin Charoensri. The ensemble recently met with Charoensri online to further understand the meaning behind the piece, inspired by his mother's experiences around fearing the violent attacks against

Asian-American women recently. "Asian Americans are raised to stay quiet and be non-confrontational about issues, and I found it hard to break my shell in writing. I was scared to write moments too big, and often thought about scrapping the piece," Charoensri said in the program notes of the piece.

Students got the opportunity to ask Charoensri questions about being a young composer, his inspiration around composing specific sections of the piece, and his thought process behind composing in general. "Getting to hear from Kevin was really influential," First-year Vocal Music Education major and GWS flutist Abi Biermann said. "Hearing how he tackles composing a piece so monumental as 'Rising Light' was really interesting and I enjoyed hearing what experiences the music represents. I'm looking forward to being able to perform it this weekend," Biermann stated.

Come hear a variety of musical styles this Saturday in Christ Chapel! The Gustavus Wind Orchestra, Gustavus Wind Symphony, and Chamber Winds are excited to transport listeners into many different worlds, and share their hard work from over the past few weeks. Hear music from not only popular films, but with roots from all around the world. "Music allows me and many others to express ourselves in a unique way, I can't wait to show all of our unique repertoire to our audience!" First-year Instrumental Music Education major and GWS oboist, Forrest Olson said.

Editor's Picks Presents...

childhood fictional crushes



Teddy, Sports Editor
Elastigirl



Mel, Editor in Chief
Suki



Willa, Lead Copy Editor
Beck AND Jade

Ellie, Copy Editor
Flynn Rider



Will, Movies Guy
Princess Jasmine

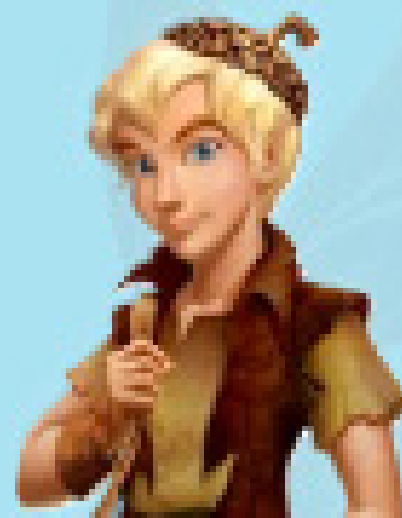


Soph, Photo Editor
Tarzan

Jay, Variety Editor
Terrence



Emma, Opinion Editor
Gwen



Carter, News Editor
Zuko

The best gift of all: experiences



Houston McLaury
Opinion Columnist

Well Gusties, we're in March now. The rest of the school year is upon us, with mountains of work, events, and things to see. Something that we will no doubt face as the year moves onward is the birthday. An annual celebration (one I sadly have to celebrate a few weeks after the new year has been bought in), I don't spend my time looking forward to what may come my way in the physical sense. Instead, I yearn for the sweet and thoughtful experiences I get to share with my friends and family. Hopefully, the next time you have to plan a birthday, you can surprise whoever you're celebrating by taking them to somewhere they've never been, or somewhere they've wanted to go for years but haven't actually been able to visit.

"Instead, I yearn for the sweet and thoughtful experiences I get to share with my friends and family. Hopefully, the next time you have to plan a birthday, you can surprise whoever you're celebrating by taking them to somewhere they've never been..."

For example, my family comes down to St. Peter for my birthday, and have been since I've been going to Gustavus. When they come down, I tend to get to choose the places. Namesakes of St. Peter, like Patrick's on Third, Third Street Pub, and the Nicollet Cafe, have been past

selections, yes. But the highlight is getting to see everybody. To see them, talk in person, and laugh at all the jokes we make is a great experience that I hope I'll always remember.

"But the idea of going out to catch up and make memories with your loved ones is still valid for all birthdays, no matter the time of year this occurs."

The great part about being able to go to a place and hang out is that you can do it as a group of people. Planning a day trip or a night of fun for a loved one can be just the right gift to give them on their birthday, forming life-long memories with your friends as you go out to explore. I know in my case, with my birthday being so close to winter break, my family's and I's catch-up is pretty brief since it's about two weeks after I last saw them. But the idea of going out to catch up and make memories with your loved ones is still valid for all birthdays, no matter the time of year this occurs. It's especially helpful in the later months of the semester when the course load becomes heavier and heavier as we wade into the annual finals season.

"...adding a hint of surprise towards where you may be going always adds to the enjoyment that comes from these little outings."

Then of course, if you're like me and my friends, adding a hint of surprise towards where you are going always adds to the enjoyment that comes from these little outings. Take my most recent birthday: after a few weeks of waiting, my friends picked me up from St. Peter and drove me towards the cities. Although I kept asking about what we would be doing, and where we'd be spending most of our time, they did not give me so much as a hint. Even when we pulled into the parking lot of The Cafe Meow, I still had no idea what



Kids having a birthday party

Submitted

we would be doing. Needless to say, I'm quite oblivious to most things. They had booked our little group to go into the cat cafe and we hung around with all the cats for a while, and they bought me a coffee as well. It was a great time because we were able to enjoy the time playing and petting the different cats there with each other.

Now, would I have had such a great time if I had known about where we were going right away? No, I'd say the suspense added to my experience and to the fun of being driven to an unknown location. The surprise of where they were taking me made the experience all the more fun. Consider surprising your friend on their birthday, either through a small get-together or through a spot they'll surely love.

There is also the location that

must be chosen for the birthday. The location is probably the most important part of this gift of experience; without considering what your friend will like, you risk giving them a poor experience. While being together is a gift enough, it's wonderful to give them something you know they'll enjoy. Recently, I was able to celebrate my friend's 21st birthday by taking them to the Minnesota Zoo. Again, we surprised them with the location and considered every possible area they may have wanted to visit. After nights of discussion and weighing the pros and cons, we chose the zoo because they hadn't been there since the seventh grade and because of their love for animals.

While it might be tempting and easy to simply stay on campus, or stay in your dorm room

to celebrate a birthday, never dismiss the call to adventure. The experiences that come from these outings will last a lifetime if you give it the chance. Don't stay locked in your room, go out and experience the fullness of life.

Which NLE Choppa song is your major?



Raquel Vaughn
Opinion Columnist

As somebody who is on the Campus Activities Board, I've said it before and I guess I'll say it again: "Every moment is a marketing moment." NLE Choppa is coming to town on April 19th, 2024, and will be performing in the Don Roberts Ice Arena in the Lund Center at 8:00 p.m. If you haven't gotten your tickets, you should totally do so as soon as possible! Gustavus students are only charged a small fee of \$20, whereas everyone else has to pay \$30 to have the time of their lives. To be prepared for the first big concert in nearly eight years, let's take a look at some NLE Choppa songs.

You've most likely read my article about Olivia Rodrigo's songs as majors and minors here at Gustavus. Whereas that one took an approach that was more or less "for the girls," let's do something similar with songs by NLE Choppa.

Let's start with my favorite song: "Walk Em Down," which features Roddy Rich. This song takes on a more menacing vibe, as it explains how an adversary of NLE is being chased down and...well, let's just say that this person would not want to find out what happens if they are caught. In this song, NLE shows his most competitive and aggressive side. I only know of one major that has to stand on business as much as him during this song and that would be the Biochemistry and Molecular Biology major.

NLE Choppa is well-known for keeping his opps on their toes through his music. He brings a similar energy to another one of his well-known songs, "Camelot." This song is not only a warning to

his adversaries, but also a flex on his dangerous lifestyle. If this song isn't about the Biochem and Molecular Biology major then I have to give this one to the Chemistry majors. I don't know anything about science (because I'm a literature and history girly) but I do know that I've heard too many horrendous things about the chemistry major. Consider the homework of one Chemistry major my own personal "Camelot."

"This song takes on a more menacing vibe, as it explains how an adversary of NLE is being chased down and... well, let's just say that this person would not want to find out what happens if they are caught."

"Shotta Flow" is one of the first songs that gained popularity for NLE Choppa and, again, brings a similar vibe to the previously mentioned songs. In this song, he flexes what he has and warns anyone who has intentions of messing with him that he and his gang will pull up. If you haven't gotten the pattern yet, then don't worry because I'll tell you. It's obvious that NLE Choppa has no problem saying what's on his mind and dropping warnings in nearly every song of his. This is probably what makes him so intimidating yet appealing—just like STEM majors. If "Shotta Flow" didn't belong to the last two previously mentioned majors then it would have to belong to the Biology major.

"IT'S GETTING HOT" is perfect for the Health and Physical Education major for self-explanatory reasons. "WE SEE YOU" is a perfect match for the Dance major solely because it samples "Funkytown" by Lipps Inc. throughout the entire track. "CHAMPIONS" is about overcoming obstacles and becoming great—hence the title of the song—so I think that this would be an excellent pair for the Peace, Justice, and Conflict Studies major. Does that make sense? Maybe if you

think about it long enough, it'll sound just as reasonable for you as it did for me. And if not, then at the very least it's just funny.

"It's obvious that NLE Choppa has no problem saying what's on his mind and dropping warnings in nearly every song of his. This is probably what makes him so intimidating but appealing..."

In one of his songs titled "Gamble With My Heart," he talks about taking risks in relationships. I was going to go with either English Studies or Music as majors for this song because they are two programs that I feel delve deeper into the more "emotional" works (like, ahem, ballads). But, at the end of the day, I think this song could go to the Psychological Science major.

NLE Choppa collaborated with an artist known as Gambi to rap a French song called "Bonjour" and sometimes I wonder what major that song would be paired with. Because it's definitely not French Studies. If you didn't pick up on it, that was definitely sarcasm. However, I am aware of what the song is about but French majors should take that with a grain of salt.

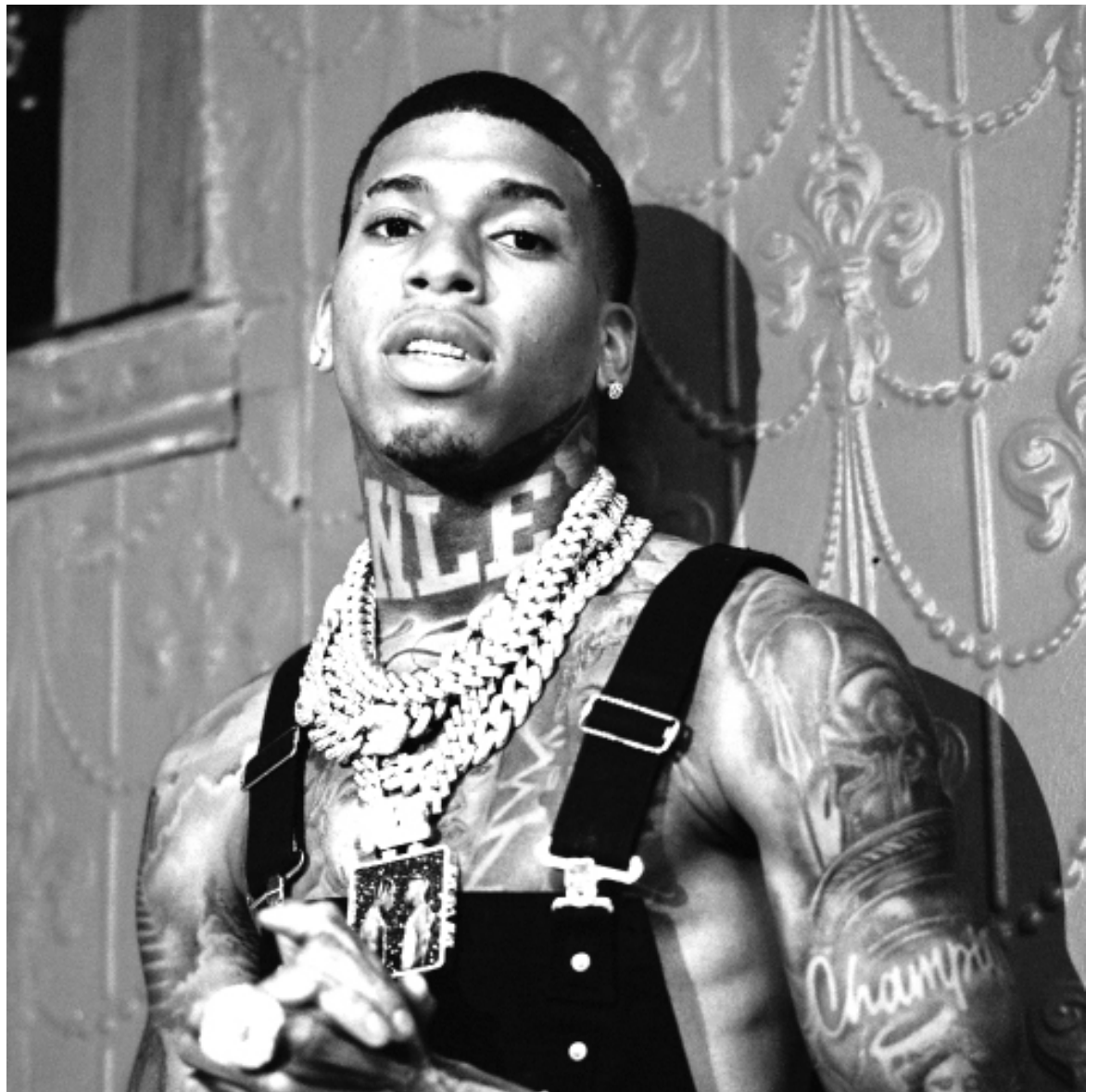
"... I have no idea what the song is about but I just thought it would be funny if that was the song paired with those two minors. Dear Accounting and Economics majors, I apologize for nothing."

"Yak Flow" is for all the Education majors. "Little Miss" is for the Communication Studies majors. "Triple A" is for the English Studies majors solely because the song offers a main charac-

ter type of vibe. "HOME" is for the Environmental Studies majors. And "BREAK THE BANK" is for the Economics and Accounting majors. To be honest, I have no idea what the song is about but I just thought it would be funny if that was the song paired with those two minors. Dear Accounting and Economics majors, I apologize for nothing.

And if you're wondering which major is paired with "SLUT ME OUT" then that would be the Gender, Women, and Sexuality Studies major.

Get your tickets at gustavustickets.universitytickets.com!



NLE Choppa

Experience in sensory deprivation tank



Sophia White
Opinion Columnist

Are you claustrophobic? Maybe this experience might not be the best for you, but if you are a person who just needs a little bit of quiet, muscle relaxation, and respite for your senses, I would highly recommend trying a sensory deprivation tank. It is a different experience for everyone. When you float, you get your own room with a floating tank, shower, robes, towels, and (usually) a varieties of shampoo, body wash, and lotion. At first, I thought it would be some sort of lab with a tank they lock you in, but they give you free reign within your own room and tank. You can open and close the door to the tank, turn lights on and off in the tank, and use floaties for your head. It is a lot more of an autonomous experience than I thought before becoming an avid floater.

"...If you are a person who just needs a little bit of quiet, muscle relaxation, and respite for your senses, I would highly recommend floating/trying a sensory deprivation tank."

There are some things you might notice when floating that could freak you out, like hearing your heart beating, hearing your breathing, and feeling uncomfortable naked. Well, luckily you can use the little earplugs they provide and wear a swimsuit if it makes you more comfortable. Many floaters will say that it is an experience worth having regardless.

Each floating business looks different and offers a

different experience as well. I have only gone to two different places, but one has a bigger room with a smaller tank and is more interactive and the other has a smaller room with a bigger tank (more like a mini pool) and less interactive. When I say interactive, I mean the staff can interact with you during the experience in terms of playing calm music in your room and the services they offer you after you're done (reading books, newspapers, or drinking tea).

Even with these different options, floating has been a meditative, spiritual experience for me. I felt like I was back in the womb but in the embrace of salt water. Usually, when I am in floating tanks, I sing spiritual Latin music and pray. These are things I normally would not do alone with myself on a day-to-day basis. It really makes you self-reflect on yourself and your place in the world. It is easier to connect with your own thoughts and your own body - giving yourself some much-needed

attention. If you're a person not comfortable being alone with yourself and thinking too deeply about things, then this might be an uncomfortable experience for you, but it is definitely worth the try.

"Our bodies tend to stay in a state of tenseness due to overwhelming schedules and chaotic lifestyles that come with a society like the one in the United States."

College can be stressful and leave you feeling heavy from your day. For me, I have a big problem with jaw clenching and stiffness in my upper neck in my sleep. It has become such a problem that I feel it daily, and I need to wear protective aligners when I sleep so my teeth aren't as affected by my nightly teeth clenching. It is a constant headache.

But with floating, every time

I have gone floating I feel that heaviness lifted off of me like it's a shawl. Muscles relax and soften. My body fully melts into the surface of the water including those upper areas that get really tense throughout the day. In reality, it is just my body giving way to gravity and floating on a bed of salt water. So if you suffer from any chronic pain on a daily basis, I would recommend it to you most.

"At first, I thought it would be some sort of lab with a tank they lock you in, but they give you free reign within your own room and tank."

Our bodies tend to stay in a state of tenseness due to overwhelming schedules and chaotic lifestyles that come with a society like the one in the United States. I understand that there is this need to keep going and use your body to the fullest of its abil-

ity, but it will cease to work if you don't give it a break. Your mind will stop being able to process thoughts if you overwhelm yourself with one thing on top of the next.

That is why I think it is important to practice aiding your mind and body with different acts of meditation like that of floating. If I have not iterated this enough, floating helps rejuvenate necessary functions in your body and mind. After a 30-minute or 60-minute session, you can take a nice hot shower, get in a warm robe, and drink hot tea. It takes a whole other level to self-care. One that is important to nurture. So keep floating/sensory deprivation tanks in mind if you're wondering what good self-care activity might really benefit you in the next coming weeks, especially after all those midterms.



Sensory deprivation tank

Madame Web: The Heat Death of The Sony Spider- Man Universe

Will Sorg
Movies Guy

You have not experienced true enlightenment until you have watched *Madame Web*. My sides hurt so bad from laughing after watching this movie. I don't know how to describe this cinematic experience. I think I saw God and her name is Dakota Johnson.

Madame Web is a Sony-produced superhero movie set in the Spider-Man universe that has yet to feature Spider-Man in any of its movies. Okay, I'm actually not sure if it takes place in the Sony Spider-Verse because this movie does not make any sense. This movie seems unsure of what year it is. It is technically set in 2003, but they supposedly filmed the movie intending to make it a prequel to the Andrew Garfield Spider-Man movies. As a result, the whole thing looks considerably more like the 90s. And it gets weirder.

Believe it or not, this is a movie that features no real superheroes. Yes, it is somehow an origin story for 5 separate characters including an unborn child... yet it does not have a sequence longer than 2 minutes featuring women in spider costumes beating up bad guys. The movie is a strange hybrid of all the worst tendencies of superhero movies, but it isn't really a superhero movie. It's a thriller.

This movie is a mess. It is a Frankenstein's monster of a film, pasted together through reshoots and half-attempted salvages. It eludes logic and seems to be made by a team of dogs or perhaps even very smart birds. Of course, movie-making is incredibly difficult and the many people working on this are very talented. This includes director S.J. Clarkson – who was clearly handed a project that was at its core rotten. Here's the thing. I don't think anyone could make this story work. You could give this movie to a team of bonafide action movie experts (probably a better idea than handing it to a director who has mainly worked on very good TV dramas) but they would still manage to render this an incomprehensible mess.

This movie has no rhyme or reason. It is truly hard to explain through writing, so do your best to imagine a movie where a bunch of people do things and say things, but everything they say is unintentionally hilarious and everything they do is nearly impossible to follow. It is a movie somehow so blatantly formulaic that it becomes confusing. Take, for example, the titular Madame Web. She is a 30-something woman who learns to be selfless and brave in the face of adversity and becomes a mentor to three high school students who are being attacked by the main villain. However, Dakota Johnson delivers every single one of her bafflingly stupid lines like she is either confused or her character has become aware of the film she is in and is making fun of the movie with us.

Here's the gist of the plot: Cassandra Webb can see the future (sometimes) and she needs to stop a weird man from killing the aforementioned high schoolers. It is somehow intensely convoluted while being the most barebones origin story ever. Cassie's future sight is portrayed in the most annoying, difficult-to-understand way possible. However, like everything else in this movie, it is hilarious. So many scenes involve Cassie seeing jarring sequences of the main characters getting murdered in weirdly funny ways. There is a scene where the main villain punches a random dude for no reason. I don't know why he does it. "Toxic" by Britney Spears is playing during that scene. Also, the main villain's actor's voice is basically never heard because he is obviously being dubbed over by a different guy. Doesn't this sound absolutely unhinged? I wish I was making this up.

I felt like I was losing my mind watching this movie. This is a catastrophic system collapse on a wide scale; the superhero genre has been going through a rough patch recently and this feels like the ice caps melting. If there is ever a Marvel Cinematic Universe movie this insane, I think it will be the last one ever made. Still, in all honesty, I enjoyed watching this movie more than 11 movies from the MCU (I'll never say which) and I am personally waiting with bated breath to see what new dumpster fire Sony is going to push out into their Spider-Manless Spider-Verse.

Horoscopes

Aries: Pull a harmless prank.

Taurus: Spend some time alone. Get some me time!

Gemini: Do not accept mediocrity.

Cancer: Apologize to someone you've been meaning to apologize to.

Leo: Drive somewhere random this month

Virgo: Learn about an animal you know nothing about

Libra: Play a board game with friends.

Scorpio: Start saving up for something you've always wanted

Sagittarius: Avoid toxic positivity this month

Capricorn: If you've been having trouble remembering events you should try using your calendar more.

Aquarius: If you're over involved it's okay to take a break from one of your optional activities

Pisces: Enjoy every day we get nice weather as much as you can.

Will Graves



Gustavus Basketball teams exit NAAs

Men and Women fall in first round matchups



Kienetz holds the finish on 3

Submitted.

Zachary Tlusty
Sports Writer

The Men's and Women's Basketball teams were both defeated in their first-round matchups in the NCAA round of 64. The Men's team traveled to Platteville, Wisconsin to play Loras, ranked twentieth in the nation, and lost by a score of 64-89. The Women's traveled to Oshkosh, Wisconsin to play Trine University, losing in a double-overtime thriller ending in a score of 58-61.

The Men's team kept it close at the beginning of the first half but were unable to slow down Loras' lights-out shooting as they closed the half shooting 10-12 from the field and the Gusties were not able to keep up with this efficient shooting. The team would go into the second half trailing by 22.

Gustavus shot one for 15 from the three-point line and 30% from the field in the first half while Loras shot 62% from the field. This difference in shooting percentages showed to be the difference in the first half.

This game was the Gustie's first time in the NCAA tournament since 2012. It came off of three fun MIAC Playoff games and the team's first MIAC Championship since 2005. Junior Brady Kienetz was able to reflect on the moment.

"It's surreal. A dream come true if you will. Ever since I stepped foot on this campus, the goal has been to hang a banner in the rafters of the Lund Center. We finally did that. The culture has officially changed here in the Men's Basketball program and I am so grateful to be a small part of it," Kienetz said.

The second-half shooting did not improve for the Gusties as they were held to 37% from the field shooting 11-29. Loras still proved to have a remarkable offensive performance shooting 56% from the field as a team. Gustavus was not able to cut into the lofty Loras lead and were outscored by three in the second frame.

The final score of the game would be 64-89 in favor of the Loras Duhawks. Senior Wyatt Olson led the scoresheet for the Gusties with a double-double recording 18 points and 10 rebounds. Followed by Kienetz who totalled 15 points.

Despite the loss in the NCAA tournament the team had a great season and has shown great progress after missing the MIAC Playoffs last year. The only graduating senior, Landon Lantz, was able to reflect on the growth of the team that he has seen transform since being a First-year.

"I'm very proud of us upperclassmen in general build-

ing a stronger culture within the program. This senior class has gone through a lot, us coming in freshman year and learning to play college-level basketball within a global pandemic, head coaching change halfway through our careers, and adapting to new offensive and defensive schemes. We are a tough group that thrived in adversity. I know I am speaking for many of my teammates when I say this but winning the MIAC Championship this year and becoming a successful basketball team was a process that didn't just start this year but has been a grind from the beginning of many of our careers," Lantz said.

It was a great season for the men's team this year and there is a lot to look forward to as the majority of the players will be back and will try to make another push at another MIAC Championship.

The Women's team faced off against Trine University and it was a close game the entire time. Gustavus would get out to an early 8-2 lead, which was met with a quick run by the Thunder. The first quarter would end with a Gustavus lead of 12-10.

To start the second quarter Trine took advantage of shooting woes from the Gusties which would lead to a 12-2 run by the Thunder making the lead 22-14 midway through

the second quarter. Gustavus would chip away at Trine's lead and the half would end with a score of 27-21 in Trine's favor.

Gustavus closed the third quarter only trailing by four. This is due to Gustavus giving up on three made field goals the whole quarter while the Gusties doubled them up making six. Gustavus has relied on their defense all year and when they needed it most it showed up this quarter and helped Gustavus keep the game manageable going into the fourth.

With 8:50 remaining to go in the game, Junior Rachel Kawiecki would tie the game with a jump shot. There were three lead changes following that jump shot by Kawiecki. A game-tying layup by Kawiecki with 1:51 left in the second half would be the last made basket of regulation, leading this game to overtime.

Gustavus then trailed by two in the first overtime until Senior Izzy Quick made a layup with 1:24 remaining in the game that would be the final bucket of the first overtime, leading to their second overtime.

With 8 seconds left the Gusties were trailing by three and Trine was at the line for two attempting to put the game on ice. Trine was unsuccessful in both attempts giving Gustavus a chance to tie the

game and go for a third overtime. The ball ended up in senior Emma Kniefel's hands. Sadly her three-point attempt was missed and the Gusties were upset by the Thunder and were leaving Wisconsin earlier than had hoped.

Gustavus shot 2-19 from three this game and shot a season-low 34.3% from the field. Baranick led the offense with 13 points. Kniefel was next with 12 points, five rebounds, and three steals.

Despite the early exit from the NCAA tournament Gustavus had a great season winning their third straight MIAC Championship in a row which is no easy feat. We look forward to next season where hopefully the Gusties will win another MIAC Championship and make another run for the National Championship.

Men's Tennis rolls on

Tennis beats St. Olaf 9-0, Luther 8-1



Tennis player fist pumps

Submitted

Teddy Kaste Sports Editor

Gustavus Men's Tennis played a couple of regular-season matches this past weekend against Luther and St. Olaf. The Gusties handled both matches, easily defeating St. Olaf 9-0 and Luther 8-1. The Gusties are currently ranked #12 in the nation, following a season in which they made the final eight. Now, the title aspirations are real for the men's tennis team.

"Obviously we are chasing championships, but shutouts are a nice accomplishment along the journey"

The win against St. Olaf was highlighted by the Senior duo of Geoffrey Youngins and Oscar Wikstrom who rolled their opponents 8-0, not losing a single game in their match. Losing seemed to be a concept foreign to the Gusties against St. Olaf, as they swept both the doubles and singles matches to melt Olaf 9-0.

The Gusties won the doubles matches by margins of 8-0 (Youngins and Wikstrom) and 8-1, which was the match won by the duo of First-year Dominik Knutson and Senior Caleb Fridinger. The young

and the old worked in unison to produce excellent tennis and take down the Oles. The final doubles match consisted of a close 8-6 match that was secured by Junior Rafa de Camargo Costa and Sophomore Luke Fridinger. The Brazilian and the American weathered an early storm before rallying back to secure the final doubles point. When the Gusties were paired together in doubles, they definitely shined against St. Olaf.

The Gustavus Tennis players were feeling confident after securing every available point in doubles. They carried this confidence into the singles matches, where the Gusties continued their winning ways. Sophomore Tyler Haddorf did his part by winning the match, but he also went above and beyond winning his sets 6-0 6-0 – not losing a single game for his entire match.

"The guys put together two solid efforts today. We'll look to recover from this long and fun day and be ready for another tough challenge next week"

Fridinger continued his winning ways in singles, as he dispatched his opponent 6-0, 6-0, a shutout performance from the senior. Gustavus had

won every match that day, however Youngins, after facing little resistance in doubles, was on the ropes trying to complete the sweep for the Gusties.

Youngins won the first set 6-1, however, his opponent (St. Olaf tennis player, Karsten Johnson) battled back to win the second set 6-3. This is set up for a "breaker point" which is a tiebreaker in which the first player to score 6 points wins. You must win by 2, so if you pull ahead 6-5, you have the chance to win 7-5. If your opponent ties it at 6-6, you can win 8-6.

Although the outcome of the match was decided, Olaf looked to secure a moral victory by not getting swept. Youngins did not feel like granting them the pleasure on his behalf. The breaker point ensued; it was a back-and-forth battle with multiple chances on both sides to win. Youngins eventually held a 9-8 lead and could smell the victory. He served the ball at a blistering speed, the St. Olaf player returned it, but Youngins slammed the ball down the line out of reach of the St. Olaf player. Youngins secured the sweep for the Gusties in a thrilling final point for a thrilling match.

On Youngins' successful shutout: "Obviously we are chasing championships, but shutouts are a nice accomplish-

ment along the journey" Youngins said. Youngins also won a doubles match that day with his teammate and friend Wikstrom. "We live together, which helps build our chemistry on the court. We also both have aggressive play styles which helps us to excel together on the court."

When it comes to the Gustavus Tennis team as a whole, "Living out our values and focusing on what is within our control, and forming a lifelong brotherhood with my teammates is my favorite part of Gustavus Tennis. "For our players, it's bigger than the game out on the court," Youngins said.

The Luther match spelled more domination for the #12 ranked Gusties. They swept the singles matches en route to the 8-1 victory with their lone loss of the day coming when the Junior doubles duo of Josh Christensen and Marco Sivero were defeated by the Luther players.

The rest of the match was pure domination for the Gusties: "The guys put together two solid efforts today. We'll look to recover from this long and fun day and be ready for another tough challenge next week" Coach Tommy Valentini said.

The tennis team plays again today, March 8th, at

home against UW-Whitewater, where the Gustavus Tennis boys will look to continue their winning ways.

MIAC Champs!

Women's Hockey wins second straight MIAC championship



Gustavus Hockey Player Gliding on Ice

Submitted.

Parker Burman
Sports Writer

This past weekend, the Gustavus Women's hockey team hosted conference rival No. 14 Saint Mary's at Don Roberts Arena, with the MIAC Title on the line. For the fourth straight season, the Gusties reigned supreme as Playoff Champions of the MIAC, just the second team in conference history to win four straight. In a hard-fought defensive game, the Gusties fought in all three zones to secure the 2-0 title win.

Gustavus started off the game strong, finding themselves consistently in the Saint Mary zone for the first five minutes of the game. Seven minutes into the contest, Sophomore Lily Mortenson won the offensive zone face-off, getting the puck to Sophomore Margot Bettman who fired a shot on the SMU net. First-year utility player Macy Janssen scooped up the puck off the rebound and fired another shot on the SMU net, a shot that would have gone wide. However, with a little bit of puck luck, the shot was redirected off of the SMU defender into the net to give the Gusties an early 1-0 lead.

"I honestly didn't know it was going to go in, I just shot it and hoped for a rebound for one of my teammates. After I saw my teammates celebrating I was like that's awesome,"

Janssen said.

"Shoot the puck was a big refrain going into the weekend. We knew that their goalie was likely to give up some rebounds so as soon as Lily won the faceoff, my first thought was to try to put the puck on the net. Fortunately, she gave up a big rebound and Macy was able to put it in the back of the net. The early lead definitely gave everyone a sense of confidence," Bettman said.

"By getting the shoutout we didn't allow them to gain any momentum. It also gave the team confidence to play more aggressively which played a major role in the win,"

In the second period, Saint Mary's turned up the heat on Gustavus as they managed to get 12 shots on the net against Gustavus's Fifth-year goalie Katie McCoy, who saved every shot. The Gusties as a team were eating shots left and right, clearing as many pucks as they could to get sticks on out in front of McCoy. This combined defensive effort between the pipes and as a team allowed Gustavus to maintain the 1-0 lead heading into the second intermission.

"The defense had a great game and made my job really

easy. They kept St. Mary's to the outside which forced them to take off angle shots. They also did a great job of getting the puck out of the zone which helped us not get stuck in our d zone for too long and transition to offense quickly," McCoy said.

The packed crowd of Gustavus fans at Don Roberts Arena fueled both the Gustie offense and defense throughout the game. "I love playing in a packed house. I try to take in the environment of everyone being there. I know as a team we love everyone who comes to the games and it motivates us to win seeing everyone support us," Mortenson said.

After Fifth-year Hailey Holland called game in the semi-final match-up against Bethel in overtime, younger sister and Junior Kaitlyn Holland put the Gusties up by two goals early in the third. This goal would put the game fully out of reach for Saint Mary's even with a late push to close the deficit. With 2:01 left on the clock, SMU emptied their net while on the power play for the 6-on-4 advantage. Yet the two extra skaters were no match for the Gusties, as Hailey Holland and Senior Sophia Coltvet both ate a puck combined with a save from McCoy would end the game.

"By getting the shoutout we

didn't allow them to gain any momentum. It also gave the team confidence to play more aggressively which played a major role in the win," McCoy said.

"Good defense and working as a team throughout all three zones, I think was really important. Getting shots on net and throwing them there can sometimes be in your favor," Janssen said.

The MIAC Playoff title was the 15th for Gustavus in program history and their 17th punched ticket to the NCAA Women's Hockey Tournament. Gustavus will next play No.1 ranked UW-River Falls on Saturday, March 9th, at 2:00 p.m.

"We are feeling pretty confident after the win on Saturday but know that it is going to be a good challenge. As long as we trust ourselves and each other we can beat them," McCoy said.

"Going into the tournament we are all anticipating a big game. There is lots of excited energy at practice. After falling to River Falls in the regular season we are eager to win when it really matters," Bettman said.

In a month from now, the Men and Women will also send both Swimmers and Divers to Greensboro, North Carolina for the NCAA

Championships happening March 21 through March 24.

"The team is super hopeful surrounding NCAAs as we have a few individuals and a few relays on both sides that have a chance to make the national meet," Teichmiller said.