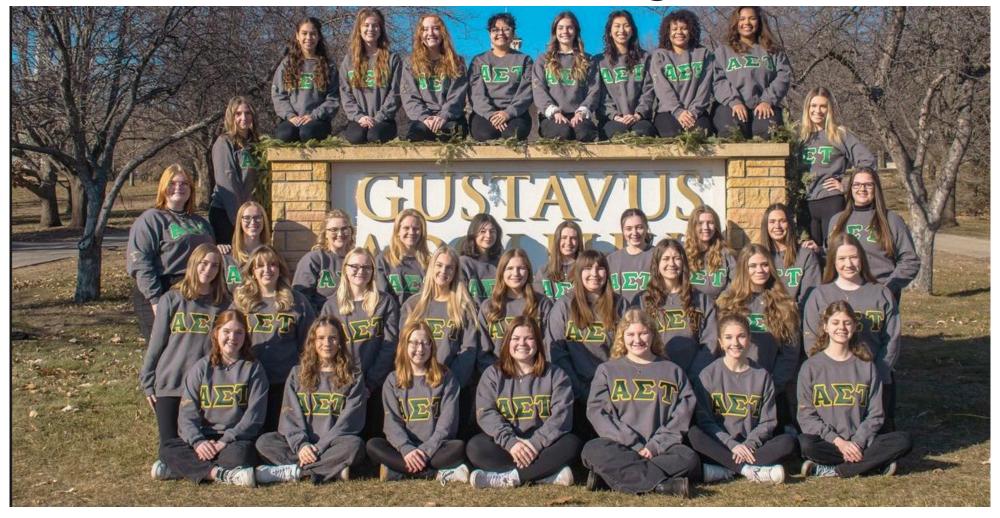
Alpha Sigma Tau sorority informs campus with

NARCAN training



Members of AST. Submitted

Grace LaTourelle Staff Writer

The Sorority Alpha Sigma Tau is hosting a NARCAN training on Monday, April 8th, 2024, in the Heritage Room in the Jackson Campus Center. It will take place from 6:00 p.m. to 7:00 p.m. NARCAN, also called Naloxone, is a medicine that will rapidly reverse opioid overdose. AST requests that the Google Form be completed to track attendees, however, registration for the event ended istration for the event ended Thursday, April 4th.

The training will teach stu-

dents how to apply and administer NARCAN to another person, as well as provide a kit in case of future need. The training will begin with a presentation about NARCAN and then introduce Stephanie Jordan, a licensed alcohol and drug counselor based in Mankato. Jordan will then teach how to administer the medicine. The goal of the presentation and training is to have the skills to save someone's life in an

opioid overdose situation. "Even if you don't think there are a lot of cases of overdose happening on our campus in general, you can never know when you will need to help someone in how to administer Narcan, the danger," Vice President of Mem-

ber Development of AST and Junior Lizzie Orth said.

AST's philanthropy is the Women's Wellness Initiative and through that, they focus on women empowerment. How-ever, AST views the NARCAN training as a way to empower all people through education and

the ability to save lives.

Additionally, the Women's Wellness Initiative focuses on the six dimensions of wellness, occupational, physical, social, intellectual, spiritual, and emotional," President of the Epsilon Xi people who receive this training

are now able to support others' physical well-being, which can begin to support the other dimensions of wellness."

The NARCAN training also reflects the core values of Gusta-

vus via community and service.

"After this training, we will have many Gustavus students who will be able to administer NARCAN, which means they will be looking after the Gustavus community and the individuals in it," Han said.

This opportunity is unique in that it's a free event where, in other circumstances, it would typically cost money to receive such training. AST encourages Gusties to show up and take advantage of the opportunity to learn the administration of

'Gusties should show up so they can learn more about this as it is an important thing to know about even if we don't see it in our daily lives," Orth said. AST also commends the

Gusties who have signed up to attend this year's event and attended the event last year.

"This is very encouraging to see because it shows that the Gustavus community does care about the safety and well-being of the people who are exposed to opioid overdose and would need Narcan administered to them,' Han said.

News

Interfaith discussion... Page 3

A preview of this week's top news and more

Book review.. Page 13

Entertainment

Sports

Variety GOW: Jack Raway.. Page 6 Features

A message from editors..Page 8-9

Opinion Hold that door...Page 10

Men's tennis in California... Page 15

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Events Calendar

*Gustavus Student Job Fair April 9, 10 a.m. - 1 p.m.*Jackson Campus Center - Upper Level and Heritage Hall

Cooking Night - Tortilla de Patata April 9, 5 - 6 p.m. International Center Kitchen

Stand With Ukraine Film Screening: THE GUIDE April 12, 4:30 - 7 p.m.
Wallenberg Auditorium

Emanate: The Gustavus Dance Company in Concert
April 13 - 14, 8 - 10 p.m., 2 - 4 p.m.
Anderson Theatre

Cannabis Awareness Week
April 15, All day
John's Family Courtyard

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

Finance committee held a panel to help educate students who are interested in forming a club or current treasures of clubs. Reach out to Maritza Beltran (maritzabeltran@gustavus. edu) with any questions about how to receive Student Senate funding for your organization

Public Relations committee has officially been charged with looking into the GustieBot and working with the admissions office to discuss the pros and cons of this new tool

Next Monday (4/8) the Senate will be meeting with a BookMark employee to discuss the issues of Slingshot. Email any senator with any questions or concerns you want to be discussed

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

 $Follow\ the\ Student\ Senate\ Instagram!: gac.studentsenate$

Campus Safety Report

Monday, March 11, 2024

• On Monday, March 11, Campus Safety staff took a noise complaint report from a student.

Wednesday, March 13, 2024

• On Wednesday, March 13, Campus Safety responded to a fire alarm at Norelius Hall.

Friday, March 15, 2024

• On Friday, March 15, Campus Safety responded to a fire alarm in International Center.

Friday, March 15, 2024

• On Friday, March 15, Campus Safety witnessed suspicious behavior at the Jackson Campus Center.

Sunday, March 17, 2024

• On Sunday, March 17, Campus Safety noticed the theft of a sign on the college grounds.

Sunday, March 24, 2024

• On Sunday, March 24, Campus Safety responded to Sorensen Hall for a fire alarm. Smoke, no fire.

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

Professor John Cha and faculty Julie Gilbert to host interfaith discussion



Kate Bienapfl John Cha (left) and Julie Gilbert (right)

Elliot Steeves Staff Writer

The Office of the Gustavus Chaplain will be hosting a series of interfaith talks in Christ Chapel at 10:00 a.m. on April 4th, 11th, and 23rd.

The speakers at each event correspond to a different faith. Dr Samuel Kessler will speak about Judaism on April 4th. Professor John Cha and Reference Librarian Julie Gilbert will speak about Buddhism on April 11th. Finally, Dr Haggar Attia will speak about Islam on April 23rd.

For those interested, Gilbert also leads secular meditation sessions in the Bonnier Multifaith Center on Thursdays from 10:00 a.m. to 10:20 a.m.

"We want to embrace a variety of faith traditions... This encompasses Islam, Judaism, and Buddhism, and gives opportunities for students to learn more about these major world religions," Gustavus Chaplain Betsy Hoium said.

Hoium stressed that Lutheranism in particular, the faith with which Gustavus is associated, is all about embracing and connecting with others, whether they are of the Christian faith or not. This helped with deciding whether to do this series.

Cha discussed how his Buddhist faith carries a similar attitude toward other religions.

"The common attitude in Buddhism is that we tend to see other faiths, and people who are in them, as friends," Cha said. "It's never about discussing how Buddhism is superior."

Gilbert, another practicing Buddhist, concurred.

"Buddhism is not a tradition that seeks to convert; we are open to how people understand the world," Gilbert said. "We want to understand the nature of reality, and we want to think about how people of other faith traditions do this as well."

Most of Cha's friends are either Christian or atheists. One of the most important things, he emphasized, is to find common ground and begin constructive dialogue.

"If I am discussing my faith with a Christian theologian, we try to find some sort of perspective that goes beyond the secular," Cha said. "We look for ideas that go beyond simply believing that the only source of meaning lies in society."

Of course, the faith also seeks connection within itself. For Gilbert, technology has done a lot when it comes to communicating with other Buddhists.

"I have a group of Buddhist friends, and we meet once a week on Zoom," Gilbert said. "There are a lot of us in North America, Indonesia, and Europe. It's remarkable that we can be teaching and learning from all these areas at the same time."

Interfaith Intern and Senior Zoe Jesh has been in charge of coordination for all three talks. She designed the series alongside Chaplain Grady St. Dennis. As an interfaith intern under the office of the Chaplains, Jesh will shadow or have Google Meet calls with other interfaith representatives, such as Lutheran social services or parish representatives.

"[Hoium] thought that it would be a good idea for students and faculty to gather in one place and hear about the different faiths we have on campus," Jesh said. "We have a fair number of different faiths on Gustavus, and it's good to see these faith backgrounds represented."

Jesh commented that the

process of arranging the events was fairly easy, as all of the speakers were ready and willing to participate via email.

Jesh has also been in charge of arranging the questioning format for the series.

"I will ask generalized questions about how faith is important, how the speakers were brought up in the faith, and about a particular insight they find valuable or useful," Jesh said. "After these are answered, the floor is open to students, faculty, and staff who are in attendance."

At the heart of the Christian faith, Hoium emphasized, is loving God and one another.

"We are called to love and said. "Doing so is about getting to know, understand, and respect our neighbors-both what comes from them, and what they are about. We need to find commonalities, ways to partner and work together, and we need to find out what others believe."

All involved hope that students can learn about the value of interfaith conversations and outreach.

'This is a way to participate in interfaith dialogue, and learn a bit more about Buddhism,"

Cha said. "It's important for the faith community to talk amongst one another constructively."

"I hope that students participate and learn from these events," Hoium said. "To be in dialogue is to show up, participate, and learn from one another, about both faith itself and the tradition that it manifests. It is very easy to stick with others who have things in common, and branching out to get to know other faiths is equally important."

"This is a great opportunity to come and experience other faiths and people," Gilbert said. "We like to make meaning. Following different traditions rve our neighbors," Hoium is how we do that, and this is an opportunity to hear a lot of diverse voices talk about what that looks like in their lives."

"This is a really great opportunity to learn about a religion that you might not particularly identify with," Jesh said. "It's good to learn about diversity on campus, and where different faith backgrounds come from. We want to create a safe place for everyone on Gustavus in this regard."

"Everybody Inherets the Hood" talk to be given by Dr. Langston Collin Wilkins

Katie Samek Staff Writer

The Department of African/African Diaspora Studies would like to formally invite the student body to attend "Everybody Inherits the Hood", a talk by guest lecturer Dr. Langston Collin Wilkins. This talk will take place on Thursday, April 11th at 7:00 p.m. in Beck Hall, room 101. After the lecture, there will be a Q&A session for students to ask questions about the talk, as well as Dr. Wilkins' work within the African/African Diaspora Studies field.

Dr. Langston Collin Wilkins is an assistant professor at the University of Wisconsin-Madison, teaching in the areas of Folklore and African American Studies. His work aligns with several of his personal interests, especially African-American folklife and music, including how the genre of Hip Hop shaped his upbringing in Houston, Texas. Through his newly-released book, Welcome 2 Houston: Hip Hop Heritage in Hustle Town, Dr. Wilkins reveals how Hip Hop is not just a genre of music, but also "an index or collective of lived experiences of Black people". He examines music, place, and space, and walks the audience through how "we're all living Hip Hop, whether we are artists or not".

"The department of African/ African Diaspora Studies, along with Vice President for Equity and Inclusion Doug Thompson, is thrilled to welcome Professor Wilkins to Gustavus, because we recognize how significant Hip Hop is to the Black Diaspora and as insight into America's past and present," Dr. Kate Aguilar, assistant professor of African American History said. "The purpose of this interdisciplinary approach is to demonstrate how Hip Hop serves as a source to examine history, politics, culture, and power in the past and twenty-first century."

As described in its synopsis, Welcome 2 Houston is a deep dive into the complex relationship between place, identity, and music in Houston's hip-hop culture. Through interviews with local rap artists, producers, and managers, Dr. Wilkins explores how artists, audiences, music, and places interact to create a heritage that musicians negotiate in a variety of ways. From street musicians to underground rappers to Christian artists, Welcome 2 Houston connects the dots between the dynamic reciprocal processes of artist, social spaces, and performance, even as all three perpetually influence and reconstruct each other.

"The working name of Everybody Inherits the Hood, which this talk is named after, came from a statement given by one of my interviewees while being interviewed for the book," Dr. Langston Collin Wilkins said. "Despite it not becoming the official title of the book, I think it really encapsulates the general experience that I'm exploring in the text."

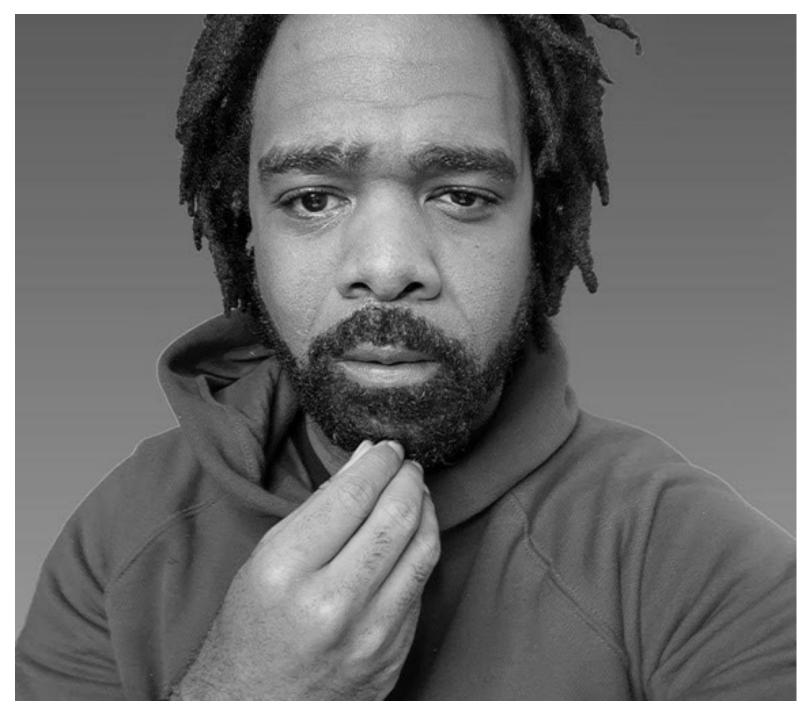
This talk by Dr. Wilkins will touch on several of the subjects presented within the book, from the music industry of Houston to how race, space, and Hip Hop all interact with each other, from down in Texas to communities within Minnesota and Wisconsin. The Q&A following this talk will be largely dedicated to the larger history of Hip Hop as a genre, tracing its roots back to the Black Diaspora and before, and following its path forward through the decades and into the modern music industry.

"Hip hop is very much an aspect of African American

folklore," Wilkins said. "It's a folk practice in itself and pulls together various African American music, oral traditions, and folk art practices across time and space. Even though Hip Hop is an international music industry, it is still rooted [in] the dynamics of local African American communities. Hip-hop is a reflection of the histories, social structures, worldviews, and creativity of Black communities that have withstood immense oppression. Hip Hop is tradition, legacy, and a lens through which we can understand black life in the present and future.

While this talk covers topics that may be of interest to students currently involved within the field of African/African Diaspora Studies, all students from all disciplines are invited to attend and learn about the rich tapestry of music, history, and folklore that permeates Hip Hop culture.

"Whether you are a part of African/African Diaspora Studies or not, this talk provides insight into one of the most popular art forms today and how it relates to race, space, politics, and power," Aguilar said. "This talk appeals to all of us who consume popular culture and provides us a way to analyze the culture in which we live and create. Hip Hop acts as a window into larger questions around race and place that Dr. Wilkins will help us walk through."



 $Dr.\ Langston\ Collin\ Wilkins,\ the\ speaker\ of\ the\ event$

Gustavus Spring Choir Concert

Colleen Coleman Staff Writer

On Sunday, April 7th at 1:30 p.m. in Christ Chapel, the Lucia Singers and Choir of Christ Chapel will perform their Spring Concert, directed by Dr. Andrew Kendall. The performance will include a variety of musical styles, including Baroque pieces, modern hymns, African-American spirituals, and more. This performance will also feature many instrumentalists joining the group, with Senior Sophie Norman as the collaborative pianist of Lucia, Senior Anna Marie Riner and Senior Elle Bergquist joining the Chapel Choir for pieces on piano and cello respectively, Senior Claire Schoenfield joining Lucia for a piece on flute, and Dr. Chad Winterfeldt joining both groups on the organ.

The concert focuses on many aspects of musical history according to Dr. Kendall. "It explores different types of singing, beginning with one of the oldest traditions, especially in the Lutheran church, of hymn singing with 'O God Beyond All Praising' and 'Cantate Domino,'" Dr. Kendall said. The program brings the listeners through many different styles and connections to the music. "The choirs and I hope that the program transports you on a historical journey through bringing out the meaning of texts through song," Kendall said.

"It explores different types of singing, beginning with one of the oldest traditions, especially in the Lutheran church, of hymn singing with 'O God Beyond All Praising' and 'Cantate Domino.'"

"This concert is not simply a performance, it will be a production filled with music and connection," Sophomore Lucia Co-President and section leader Emma Berger said. "The work each of these choirs has put in brings me so much pride and I can't wait to share it with our community. This music holds



Past Choir Concert

a special place in my heart and performing it is such a gift".

Chapel Choir will be performing the world premiere of Paul Smith's "O God Beyond All Praising," a new setting of Gustav Holst's melody from the Jupiter movement of the Planets suite, combined with Michael Perry's classical hymnal text. Having started on it last December, the group has worked hard to master the piece and its winding melody lines and crisp harmonies. The choir will be joined by Dr. Winterfeldt on the organ, and are all excited to share this new piece of music with the world.

The groups are eager to share their hard work with the

Gustavus community. "This is going to be my first choir concert in college and I'm so excited," First-year and Chapel Choir member Sydney Maller said. "I joined Chapel Choir this semester and I've loved it so far, the community is amazing and I can't wait to share our hard work this weekend," Maller said. "I'm really looking forward to being able to share our progress this semester with our community and show them how far we've come in just a few short months," First-year and Chapel Choir Co-President Joe Breiter said.

"I'm really looking forward to being able to share our progress this semester with our community and show them how far we've come in just a few short months."

Come see the Lucia Singers and Choir of Christ Chapel showcase their hard work at their Spring Concert on April 7th at 1:30 p.m. in Christ Chapel. The performance will feature the talents of not only the choirs, but many featured instrumentalists and soloists throughout. The program will transport listeners through many musical styles, from traditional and modern hymns to folk songs, and much more.

GUSTIE of the WEEK Jack Raway

Taylor Storlien Staff Writer

ustie of the Week, Jack Raway, finds himself all over campus. He is a Senior geography major, an employee at The Writing Center, a member of both the Chapel Choir and LeGACy A Cappella, and a member of the Dead Poets Society's executive board. But of course, as a geography major, Raway is often in the GIS and Geography lounges in Nobel. Within Raway's academia, Associate Professor and Co-chair of the EGE department, Dr. Jeff La Frenierre, has had Raway in a few of his classes: "Jack is always a positive presence in class.

He's consistently engaged, among the first to participate in a discussion, and eager to help classmates when he can do so," La Frenierre said.

"Jack is always a positive presence in class.

He's consistently engaged, among the first to participate in a discussion, and eager to help classmates when he can do so."

Raway wasn't initially a Geography major, but rather

a political science major. "I ended up settling on geography instead of environmental studies because it fit more of what I was interested in doing in the two years I've spent as a geography major. I've always loved earth science and globes, so I guess it was just destiny," Raway said. His passion for earth science continues outside of the classroom. "Jack rocks at geography! Especially Worldlenot Wordle, WORLDle," Senior Becky LaCanne said.

Raway "is someone you can truly never forget," LaCanne said. She doesn't remember the exact moment of meeting Jack, which she says is "actually such a testament to how friendly and inviting he is!" Raway has bonded with both LaCanne and Senior Cora Pelkey over playing games and other activities. Pelkey took the badminton Jterm class with Raway, where together they "...always had a good attitude and a great time," Pelkey said.

Further, Raway shows his appreciation for people through effort. "In the Fall, Jack learned how to play my favorite board game with me! He was so genuine in sharing my appreciation for it, and really took the time to understand how to play and be present while he played with me," LaCanne said. Not only do his friends appreciate his outgoing and friendly spirit, but La Frenierre "especially appreciate[s] his intellectual curiosity and enthusiasm for exploration and adventure."

As the end of the semester is nearing, Raway is preparing for graduation and life after Gustavus, and he has mixed feelings. "On one hand, I'm super excited to start my life outside of college, but on the other, I'm going to miss living with my friends. Sometimes life feels like a sitcom, and I'm definitely going to miss that," Raway said. Throughout his time here, he hasn't only taken Geography classes. His hardest classes have been Japanese, Music Theory, and his research capstone. He's able to look past difficulty and see the silver lining, "...it was extremely rewarding...and pushed my brain in ways I wasn't used to," Raway said. Especially concerning his capstone, as there was "a lot to consider developing a whole project from scratch!" Raway said.

"On one hand, I'm super excited to start my life outside of college, but on the other, I'm going to miss living with my friends. Sometimes life feels like a sitcom, and I'm definitely going to miss that."

He lives by the motto "Find beauty in everything." He is a "charismatic person who is really fun to talk to and just get to know," Pelkey said, after having "gotten pretty close just from hours of conversation." Raway helps out wherever he can, "Despite how he's feeling, he's always willing to hear you out on something you're excited about, or lend a hand where and when he can," La Canne said. As he ends his last year on campus, he looks back on his time here. "It's been a ride for sure, especially getting on campus with just the other freshman in September 2020, but I'm grateful to the people I met along the way," Raway said.



GoW Jack Raway Soren Sach

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!





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Hold that door!



Jonas Doerr Opinion Columnist

't's getting closer. It's looming before me. Soon I'll have to make a decision. To hold, or not to hold?

Normally doors are a simple thing. Just reach out one hand, pull, and step through. Sometimes those little things called locks get in the way, but that's only for burglars and

But v s walking behil omes a daunting only do you have to e door, you then must hether or not to for the

the door as I walk through, reaching my arm behind me, but let go once I have passed through completely. This strategy has multiple advantages.

First, I do not have to size up how far away the person behind me is and consider whether it would be awkward to hold the door open for them. This is one of the major pitfalls of the "Hold and Wait Strategy"; sometimes you end up standing at the door for a long time, and the person behind you has to run-walk clumsily to end the embarrassing faceoff. With this strategy, the door simply closes normally if the person is too far

Second, it still seems like I am being polite. It might seem rude just to let a door close in someone's face. It probably is rude. So instead of being rude, holding the door momentarily gives the semblance of politeness. If they are right behind me, they can slip through the door without it slamming on their skull. If not, they are probably capable of opening the door themselves.

It used to be a basic principle of etiquette that men would hold the door for women and children. With more modern gender roles, that standard seems out of date. Why can't women hold the



Man holding door for woman

door for men, especially if they arrive at the door first? The problem is that this ambiguity leads to a Wild West of etiquette.

No one knows who should open the door, but everyone feels obligated to. At the same time, everyone feels obligated to thank the person in front of them for performing the oh-so-horrible chore of holding the door. Both people could pretend not to see each other, but that just makes things even more awkward. Is there any clarity to be found in this Escher-esque tangle of doors and manners?

"First, I do not have to size up how far away the person behind me is and consider whether it would be awkward to hold the door open for them."

Hold on a moment! I have it! Yes, hold on, but not for me; hold the door (and hold your applause and your dentures in for that astounding cleverness). Instead of worrying about it, just hold the door. But not in my halfhearted fashion, or the "Keep One Arm Behind You And Wait" style. Stand outside the door and hold it until the person comes in.

"No one knows who should open the door, but everyone feels obligated to. At the same time, everyone feels obligated to thank the person in front of them performing the oh-so-horrible chore of holding the door."

Yes, this is awkward. Yes, it takes more time. But the awkwardness and two-second sacrifice are worth it. Holding the door for people is indeed a nearly meaningless social lubricant, but it is a time-honored Gustavus Adolphus College tradition for a reason. It may be the hidden reason why Gustavus has such a tight-knit community.

A little bit of awkwardness is, in fact, not a bad thing. It provides a sense of vulnerability and a way for two people to connect. When two people are waiting for one to run-walk through

the door, do they scowl angrily afterward? I think not. Usually, both people are smiling. Even if it is one of those people you met your first week of college and can only remember the first letter of their name, you just had a little bonding moment, and it only took two seconds.

"None of us would admit it, but we probably believe deep inside that only a soulless, ungrateful wretch wouldn't hold the door for someone."

Certain social lubricants might seem like they have no meaning. Why, for example, do we add thirteen "Thank you's" to the end of every email? It seems to serve no purpose, but in reality, it helps reassure the receiver that the faceless emailer on the other side of campus is not a soulless, ungrateful wretch.

The same goes for holding the door. None of us would admit it, but we probably believe deep inside that only a soulless, ungrateful wretch wouldn't hold the door for someone. Braving the Minnesota sleet for a few seconds to hold that door is a reassurance that we are not surrounded by heartless robots. That's why we smile, even if it is a little bit awkward.

I know we all repeat our Gustavus slogan, "Make Your Life Count," three times after waking in the morning. But instead of only focusing on large life events, like career choices and the NLE Choppa concert, we can make our lives count through the everyday moments. Hold that door; it'll remind us that you're human, too.

The over-involved Gustie



Raquel Vaughn
Opinion Columnist

Adolphus ustavus College, the place where "make your life count" takes on no truer meaning. What better place to get the true liberal arts experience? What better place to get involved? Many Gusties find their place on campus. Some find multiple. With the phrase "over-involved Gustie" being thrown around, I wanted to truly understand what all the fuss was about. Is getting involved truly worth it? Does my Google Calendar truly look as terrifying as all my friends say it does?

During my First-year on

campus, I struggled getting involved. It wasn't that it was hard to find involvementthere are student organizations, work studies, sports, and Greek chapters galore. My problem was rooted in taking that first step. The only problem is that once I took that first step, I couldn't stop taking more. What was once a paralyzed standstill became a fullon sprint. A good example of a Gustie who, like me, wants to take advantage of every opportunity college offers is Senior Henry Noma, a longtime Gustie Greeter. When asking Noma what other involvements he's participating (or has participated) in, he gave me a long list. This list includes but is definitely not limited to the Tri-Beta Biology Honors Society, Gustavus Chemistry Club, Gustavus Wind Symphony, Club Tennis, Peer MALTs, working in the Chemistry Department, and Tour Guide. I knew Noma to be well-rounded, skilled, and extroverted, and I knew I wanted to be those things too!

My first involvement was my work-study. Actually, let me rephrase that—my first involvement was my first work-study. Working for the Athletic Department's sporting events has proven to be a fulfilling experience because it introduced me to basketball management. The Women's Basketball team was glad to hear that they would be getting a manager with managing experience from high school, and I was just glad I could continue doing what I loved and get paid for it. You've probably seen me selling tickets for football, volleyball, or hockey games. Or perhaps you've noticed my expert water bottle-filling skills every time one of the Women's Basketball players needed a refill mid-game. Not only did I have two work studies under my belt as a First-year student, I was on the path to declaring a Sports Management minor because of it.

Once sophomore year came around, I took an interest in the Women's Action Coalition,

also known as WAC. I went to their events and took part in their meetings, and then shortly after I was asked to be their Secretary on the executive board. And then, during that Spring Semester, I got nominated to be a part of the Campus Activities Board, famously known as CAB. I went from not knowing how to get involved to doing pretty much nothing else but that. And it didn't end there. Now I'm a Peer MALT, an Opinion writer, and a double major with two minors. And nobody is surprised to hear that I've signed on for a fourth work-study on campus. My advisor has even commented on my email signature, joking about how long it is.

"My problem was rooted in taking that first step. The only problem is that once I took that first step, I couldn't stop taking more."

I heard "liberal arts experience" and took it to another level. And the thing is, so does the majority of Gustavus students. This is why it is such a phenomenon here on the hill—the over-involved Gustie. Junior Bryn Archambault enlightened me about her involvement as a student leader on campus: "Besides being a [Peer Assistant], I continue to work in the GustieWell as a Student Lead. I also work in the History Department. I also worked in the Bakery, and although I don't anymore, I still want to shout it out because it was a blast!" Archambault said. Great experiences on campus continue to encourage Gustavus students to find more involvement!

As someone who is extremely involved on campus, I know that there are a lot of challenges. I'm not only juggling classes and a social life but I'm also juggling multiple jobs, student organizations, and other commitments. When asking Junior Alex Johnson, one of the CAB Co-Presidents, what he found challenging about being involved he mentioned prioritizing time for himself. "Sometimes I focus too much on my extracurricular commitments rather than taking some time to relax and unwind," Johnson said. I find myself battling the same issue, as I'm sure

most have. Senior Katie Lillemon, another Gustie Greeter, felt a similar way. She is also involved in Gustavus Choir, Chemistry Club, the Sunday Worship Community, and Student Senate; as well as working in the Chaplain's Office, tutoring Biology and TA-ing in the lab, and participating in student research. "In my first years at Gustavus, I struggled with understanding how much I could take on and deciding which groups were most important to me. It was hard to determine where I should dedicate my time, especially when considering my classes," Lillemon said. Keeping up the momentum and avoiding burnout can be just as challenging as finding a start to getting involved.

"Many Gusties find their place on campus. Some find multiple."

Being a busy bee on campus is not just being burnt out, as some would assume. It can be fulfilling! And most of the time the benefits outweigh the costs. "I have made so many connections with peers I would have never met otherwise through the PAs, and I am forever grateful for that!" Archambault said. With the Gustavus community being as tight-knit as it is, students realize quickly that getting involved in one thing means more interaction with peers, staff, and faculty. Sometimes the results of involvement match the reason. Take Noma, for instance, who became a Gustie Greeter to help first-year students find their place on campus. "I enjoy seeing others find their passion and reasons to keep showing up as I also found," Noma said.

Being an "over-involved Gustie" is hard, as these students have exemplified, but there are benefits. My dad once told me that "a busy life is a fulfilling life," and it wasn't until I declared my Sports Management minor because of my extracurricular activities, that helped me realize just how right he may be.



Gustie gardening

Soren Sackreite

OPINION APRIL 5, 2024

Breaks? Who needs 'em?



Houston McLaury
Opinion Columnist

elcome back from Spring Break Gusties! I hope you had a wonderful time over your break, and feel rested and relaxed enough to come back for the rest of the semester. I hope you all spent a lot of time with your friends and your family, or cozied up with a book to read, a show to watch, or a game to play so you could enjoy the new fantastical world you delved into. Or, if you had to work, I hope it was easier on you and that you could enjoy what little time off you were able to have.

"Honestly, breaks in general are a waste of time and I hope that after reading this article you will agree with me in my unwavering opinion that all breaks are a waste of time."

Yet, while coming back from break, taking the fifty-minute drive back from work, a constant thought wafted its way through my mind, like a steak rotten beneath the grate of a storm drain. I kept thinking to myself "Why do we need a break in the first place?" If we truly think about it, breaks are inconclusive to the lifestyle many of us will lead after college, working long hours at a job to make enough money to support our own lifestyle choices. Honestly, breaks in general are a waste of time and I hope that after reading this article you will agree with me in my unwavering opinion that all breaks are a waste of

In my first blow against breaks, many people cling to them because of the time they offer to explore something new or to relax in an old hobby. For example, for many people, Spring Break is a time to plan a vacation, travel somewhere to eat new things, try new drinks, meet new people, and absorb a new skill. While it does all this, this can all be done at a job by talking to coworkers, and by ensuring you buckle down into your work, you can surely learn any skill you wish to pick up.

"Moreover, you can visit places through work, mainly through Google maps.

By opening this application, and going into street view, you can instantly transport yourself into a new location!"

Moreover, you can visit places through work, mainly through Google Maps. By opening this application, and going into street view, you can instantly transport yourself into a new location! Hate the cold blizzard we got on Spring Breaks weekend? Simply open up the app, and drop yourself on a warm beach wherever you prefer! Then you just need to warm yourself up, and you'll practically be on the beach. Instead of taking time away from your work and expanding your experiences, stay and work to ensure your skills are properly put to use!

"Simply open up the app, and drop yourself on a warm beach wherever you prefer! Then you just need to warm yourself up, and you'll practically be on the beach."

Another reason many people rejoice during the breaks that we get is because of the time it allows us to spend with our friends and family. Which, in all honesty, is quite perplexing, since this time can be better spent working on either studying or spent at a job to learn a new skill. Instead, most people use breaks as an excuse to see their parents, their grandparents, or their

high school friends through organizing times to hang out with them. Instead of doing this, simply call your family or friends, that way you can still talk to them and update them on what's going on in life, while not wasting any time waiting for a reply due to texting instead of calling. This will help to increase your productivity as you move further along in the world.

One of the most important aspects of a break is the actual break, the stepping away from projects, homework, lectures, readings, all of it, and divulging time into recuperating your mental facilities to prepare for the rest of the semester. But, by doing this, we often lose a lot of time that could be spent on

assignments and projects for work. This extends further into sleep, where a whole eight hours or so is regularly lost thanks to the body needing to recuperate. Instead of being bullied by what your brain wants, go out and buy lots of coffee and caffeinated products, which will help to keep you awake and active for any amount of time you need to spend on your project

In case you haven't gotten it by now, I am only joking as I am writing this for April Fools. Breaks are an important aspect of life that we all need, and pushing well beyond your limit can often damage many aspects of your life. So, with that in mind, be

kind to yourself as we head into the second half of the semester, allow yourself to grow, and welcome the sweet eighthour break of sleep you get each night. Happy April, and Happy belated April Fools!



Relaxing by canoeing Soren Sackreit

Book Review: Dianetics: The New Science of Mental Health

Will Sorg
Scientology Guy

In the opening chapter of the worst book I have ever read, Scientologist founder and human airbag L. Ron Hubbard describes his pseudo-scientific text as an adventure that will change the reader. This is true. I was changed by this book. However, this adventure and subsequent change was not like *Around The World in 80 Days* or 10,000 Leagues Under The Sea. It was more of a Dante's Inferno style of adventure. A journey into the heart of darkness that brought nothing but despair and pure misery. Here's why.

Dianetics is a fake psychological practice that was invented by Hubbard in the 50s. It is far too confusing and complicated to explain in this review so I will try to boil it down. According to Hubbard, human beings have two minds: reactive and analytical. The analytical mind is without flaw and is the cause of all good things in humanity. Meanwhile, the reactive mind is a holdover from evolution that causes all of humankind's problems. Hubbard argues that whenever we experience traumatic events or become unconscious, our reactive mind creates these things called "Engrams" (a term stolen from a different, actual scientist) which record the traumatic events and then manifest that trauma in various ways. Dianetics involves a patient (called preclears) being treated by an unlicensed therapist (called auditors) through a process that boils down to talk therapy and word association games. In the end, these "Engrams" are deleted from the reactive mind after the patient is supposedly able to perfectly re-experience traumatic events from their past. Keep in mind these "Engrams" can be recorded while in the womb and even as an unfertilized egg.

Does this sound stupid? It is far more dumb than you think. "Engrams" are not related to the specific trauma, rather they are related to the words that were said during the trauma. So if someone says "You need to take as much as you can" while you are unconscious in the womb, you will manifest that by becoming a kleptomaniac. Hubbard's book is a repetitive, hilariously unscientific slog. What few talents he had as a writer are overshadowed by the pure insidiousness of the text. The book was published in 1950, right after WW2, and is clearly preying on people's desire for mental and physical healing. Hubbard was a snake oil salesman with books instead of potions. He preyed upon people who were rightfully wary of the way 20th-century medicine often abused mentally ill patients and he rather successfully drew people in with promises of an alternative to lobotomies and shock therapy.

It cannot be overstated how idiotic this book is. To begin with, it is over 400 pages long and is filled with plodding descriptions of likely falsified case studies. Hubbard simultaneously trusts his reader far too much and equally seems to believe no one reading it has more than a middle school education. The book is full of strange literary, naval (Hubbard was obsessed with the navy), and cultural references that do nothing but illustrate how well-read Hubbard was. Yet he also goes to great lengths to explain simple concepts, and he explains those concepts multiple times throughout the book. On top of this, the book's claims are so overconfident that it's almost funny. The book offers a dangerous argument that 90% of all illnesses –physical and mental– can be cured by Dianetics. At least 7 times in the book he writes "This is not a theory, this is [a] scientific fact" after making claims that Dianetics can cure color blindness, schizophrenia, and even cancer.

So why did I even read this? First off, I find the idea of seriously reviewing the foundational text of one of America's largest cults for an April Fools joke to be a hilarious idea. Second, as I read the whole book (and I did read it all), I realized that it partially informs the modern landscape of scams. Lafayette Ronald Hubbard was a complete scam artist. He stole ideas from Freud, Crowley, and plenty of other influential people and he used them to cobble together an incomprehensible mess that looks and sounds like an actual scientific book. The resulting dumpster fire of literary evil created the spark of Scientology and led to loads of money for L. Ron and a vast web of suffering for the victims of his cult. Hubbard knows what he's writing is bullshit. There is a lot of careful editing done over the years to make much of the book impossible to prove or disprove. It's a labyrinth of doublespeak that works because it preys on people who are willing to try anything that might make them feel better. The book is deliberately manipulative in the way that it fills the reader with inspiring words about the power of the mind, the potential of humanity, and a solution to nearly every problem.

Hubbard's manipulation that Dianetics is the only true way for humanity to ascend to a better world would only get worse as he pivoted from grifter to straight-up cult leader, but he was always an awful person who only cared about money. He cheated on pretty much every woman he was ever with. He is blatantly racist, homophobic, and misogynistic in the book. He was anti-abortion, anti-psychology, and had a deep preoccupation with pregnancy, barely going a chapter without mentioning abortions or sex during pregnancy. All in all, Hubbard was a complete and utter ghoul who never did a thing unless it benefitted him. His legacy is a cult that uses intimidation tactics, slave labor, and exploiting the real estate market to remain relevant. So while Dianetics and Scientology as a whole have mainly become a vessel for Tom Cruise jokes, it is important to know how quickly scams like Dianetics can get out of control.

Now living in the post-internet age, there seems to be a thousand new scams a minute. We need to treat them seriously, lest we get another L. Ron Hubbard and, by extension, another Scientology.

Horoscopes in 2 words

Aries: Wake up

Taurus: Eat well

Gemini: Run off

Cancer: Mosey downtown

Leo: Destroy obstacles

Virgo: Jump around

Libra: Learn knowledge

Scorpio: Party Hard

Sagittarius: Greet strangers

Capricorn: Protect secrets

Aquarius: Rest entirely

Pisces: Seek joy

Will Graves



Thanks for the Laughs, Will! We'll miss you!

Women's Tennis travels to Virginia

Mixed results on spring break trip



Submitted.

Molly Austis playing tennis

Parker Burman Sports Writer

ver spring break the Gustavus Women's Tennis team traveled to Fredericksburg, Virginia for several showdowns against nationally ranked opponents. Unfortunately, the trip did not produce the fruits of success that the Gusties had hoped for as they came home from their trip winless in their four matches.

The Gusties started their week in Virginia against #29 Southwestern University. Gustavus managed their only wins of the day in their doubles matches, as the duo of Sophomore Kaya De Brujin and Firstyear Bethany Smith won 8-4 in No. 2 doubles to lead off the match. This was followed up by Senior Alli Laux and Sophomore Pavla Yakimova with an 8-6 win at the No. 3 doubles. Southwestern's third doubles pair defeated Sophomore Allison Szalay and First-year Molly Austin 8-3. This prevented the Gusties from sweeping the doubles competition.

Day two's match-up pitted the Gusties against #19 Case

Western, however, Gustavus would be swept by Case Western in a 0-9 loss. Case Western threw their best nationally ranked tandem against Szalay and Austin for an 8-9 defeat at No. 1 doubles. De Bruijn and Bethany Smith fell 8-1 at No. 2 doubles, with Laux and Yakimova falling 8-5 after putting up a strong fight.

"We did a lot of learning today and yesterday, we definitely improved in same areas today, but both Case Western and Southwestern are very good teams. I think these two matches will help us be a better team going forward."

"We did a lot of learning today and yesterday," Head Coach Jon Carlson said. "We definitely improved in some areas today, but both Case Western and Southwestern are very good teams. I think these two matches will help us be a better team going forward."

The third day of competition had Gustavus meet their third nationally ranked opponent in as many matches, as they faced off against #32 Mary Washington. Putting up a stronger fight against Mary Washington yet the Gusties fell 6-3, dropping them to 7-5 on the season overall. Gustavus fell behind early as Mary Washington won two of the three doubles matches, with Laux and Yakimova securing the first point of the day for the Gusties.

"We had a better day," Carlson said. "We still have some things that we need to clean up in our shot selection, but it was an overall good day. We certainly got better in today's match."

Yakimova would help pick up her second point of the day securing a singles victory along with De Bruijn. The Eagles won the remaining singles matches to collect those points to beat the Gusties by three points. "We had a better day," Carlson said. "We still have some things that we need to clean up in our shot selection, but it was an overall good day. We certainly got better in today's match." The Gusties learned a lot from their defeat to Case Western and made some solid improvements in the match against Mary Washington.

The match scheduled for match four on Thursday against Virginia Wesleyan was canceled but the Gusties resumed play on Friday against Averett. Gustavus recently earned a spot in the ITA's national rankings at #48.

Just like the match against Mary Washington, Gustavus fell behind 2-1 after a pair of doubles wins from Averett. However, the Gusties got a trio of singles wins courtesy of Austin, Yakimova, and First-year Ella De Young to put the Gusties back in it, however it just wasn't enough as they would eventually fall 5-4.

Gustavus is back in action this weekend with a team

heading to the Madison Invite in Madison, Wisconsin, and another team being sent north to square off with UM-Duluth on Saturday. Good luck Gusties!

Men's Tennis shines in California sun

Tennis team wins many matches on spring break



Tennis player fist pumps

Teddy Kaste Sports Editor

March temperatures in Minnesota in favor of sunny in Minnesota in favor of sunny The beatdown continued California, where they soaked into the singles matches with up the sun while competing in 7 tennis matches (including scrimmages). At the end of the final tally sat Gustavus: 8 week, the Gusties flew home with 4 wins and 3 losses on the bounced back with an emphattrip. Gustavus' Men's Tennis ic victory over George Fox. team is currently ranked #13 The Gusties moved along in the nation, so they flew out into the next match against to California to face off against #27-ranked Babson. This match

Williams College, an elite program in the nation. The Gusties Knutson again coming up with were beaten in doubles 2-1, with the lone point for the Gusties. the lone point coming from the duo of Senior Caleb Fridringer in the singles with help from De and First-year Dominick Knut-

The Gusties continued to struggle during the singles portion of the match, losing 5 out of their 6 matches. The lone win came from Junior Rafa de were again defeated, this time Camargo Costa, who won his match in straight sets. The final score of the match sat Williams: 7 Gustavus: 2, and the Gusties dropped their first match of the

The action resumed on Tuesday against #32 ranked George Fox, where the Gusties looked

to bounce back with a win over another ranked squad. The Gusties came out hot, winning Tustavus Men's Tennis all 3 of their doubles matches escaped the frigid late against George Fox resulting in a 3-0 lead.

the Gusties defeating George Fox 5-1 in those matches. The

other top-tier tennis programs.

The Gusties started with both teams going back and their toughest test, #8 ranked forth. Babson won the doubles

Camargo Costa, Knutson, and Fifth-year Jack Bergmyer, who all won their matches. Sadly, it wasn't enough as Babson won 3 matches of their own to win the match 5-4. The Gusties at the hands of Babson.

Following the loss to Babson, Gustavus went into a rematch against George Fox. George Fox, motivated by their decisive loss to the Gusties just one day prior, fought hard against the Gusties. The Gusties again swept the doubles 3-0, putting them in a commanding position going into

George Fox fought back in the singles portion of the match securing the victory in 3 of the matches, however, it wasn't enough to overcome the powerful Gustavus squad. At the end of the match, the final score was Gustavus: 6 and George Fox: 3. George Fox tried to beat the Gusties twice, but they fell both times.

Then Gustavus' Tennis boys woke up Friday anticipating 2 fresh matchups, firstly against Katherine, and secondly against a formidable opponent in #26, Pomona-Pitzer. Against St. Katherine, Gustavus gave their typical starters a rest and played their B team.

Gustavus' backups may not have been in the starting lineup, but they provided top-tier tennis nonetheless, sweeping the doubles and only dropping one singles match en route to an 8-1 victory over St. Kather-

After a hectic week of tennis, playing 2 matches almost every day, Gustavus had one more match to go – this time against Pomona-Pitzer. Gustavus came out with something to prove, winning the doubles portion of the match 3-0.

The Gusties' domination continued into the singles matches, winning that portion of the match 5-1, for a final

score of Gustavus: 8 Pomona: 1. The Gusties ended the trip on a high note with their win over #26 Pomona-Pitzer and flew back to Minnesota as win-

Knutson was honored with the MIAC Athlete of the Week award for his stellar play in California. About the honor, "I look at it as a reward for all the work we put in and also as a reward for the team. We already had 2 other players on our team who received this honor this season. It is always sweet seeing that a guy from our team won this award after a successful weekend. The overall team support and positive environment lead us to success and these kinds of awards. I have to mention my doubles partner Caleb Fridinger. He has a big impact on this honor. He played great tennis in doubles with me this past week. Our mental strength and positive attitude led us to victory," Knutson said.

Sophomore Tyler Haddorff had a different perspective as to why the Gusties performed so well, "You know what they say 'Look good, play good' and the team was looking real good with mullets and facial hair over the trip, which definitely led to us getting two big wins against Pomona and George Fox who are both na-

tionally ranked. So it was a very fun and successful trip for the team" Haddorff said. No matter your personal opinions on mullets and facial hair, you can't deny the men's success on the tennis court.

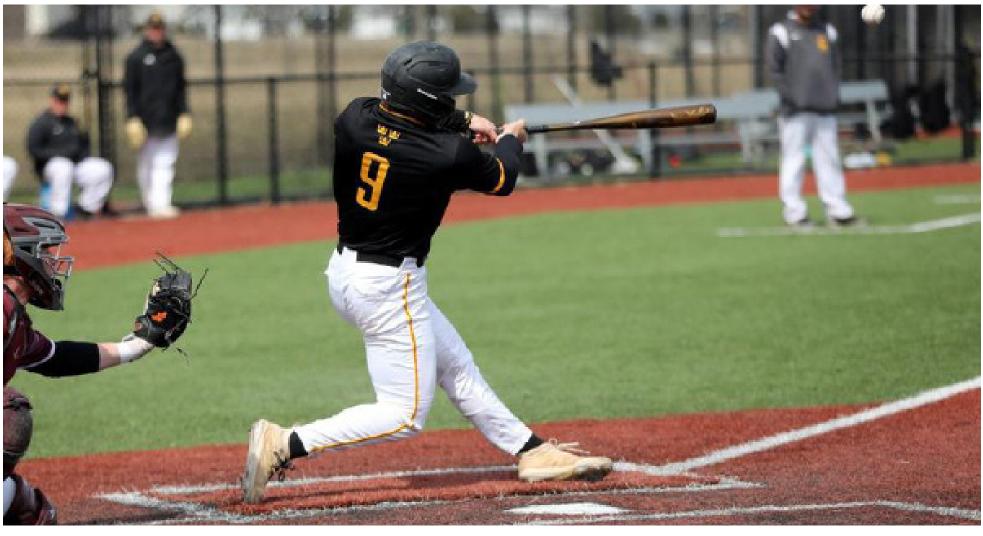
Submitted

Although Gustavus played some quality tennis, Knutson saw room for improvement. "I think overall, the team can work on building more confidence in the big moments. We need to work on our strategy and the way we should approach the key points. Instead of waiting for what our opponent will do, we have to dictate our game plan and our way of competing. The key is to find the right path and go after it." Knutson said.

The tennis team faces a tough test on the road with #6 ranked U Chicago next Saturday. The tennis team will have to bring their A-game if they want to defeat their formidable foes. It will be a high-level tennis match, and it will be very interesting to see how it plays out. Good luck Gusties!

Gusties sweep Augsburg

Baseball starts season strong with 2 wins over MIAC rivals



Kohls bombs ball into the stratosphere

Zachary Tlusty Sports Writer

between both games, winning of them, and only allowed three by 7-0 and 15-1. The Gusties hits. Casperson, with the win, improved to a 10-5 overall record and are off to a great start with an ERA of 2.57. of conference play, with a record of 2-0 in the MIAC.

Senior Bryce Novak said.

was named MIAC Player of single. the Week for his performance against Augsburg. "It feels RBI and a double. amazing; it's a great honor and blessing to receive that award, Kohls said.

The baseball team won bleheader, Senior Mitch Casperboth games in their son pitched seven innings score-doubleheader against less, setting the tone for how Augsburg this past Friday, this series would play out. He March 29th. They scored 22 runs faced 26 batters, struck out 12

In the first inning, the Gusties "We just keep hitting the ball hard, and good things happen. We have a dangerous lineup from top to bottom and even our backups showcased it as well,"

In the first inning, the Gustles wasted no time getting on the board, scoring two runs. Senior Drake Siens scored from Senior Gavin Baker's double, and Senior Chris Knowles reached on a fielder's choice and later scored Novak increased his hitting on a beautiful RBI double from streak to 15 games and additionally is only eight hits away from carried that momentum into passing Alumni Tony Konicek the second inning, increasing for the program record in career their lead to 5-0. Kohls would hits, which has stood at 228 hit a lead-off double and would since 2008. "It's definitely an later score on Sophomore Sam honorable achievement, but I Schneider's base hit. Three battry not to let it distract me from ters later, Baker hit a sac fly to playing my game and my ap-proach," Novak said. score Schneider. Knowles then hit a double to left center, scor-First-year Brayden Kohls ing Novak, who reached on a

Gustavus scored its last two against the Auggies. He went runs in the fifth inning. First-6-8 in the two games, hitting year Danny Gavin walked and three doubles, cashing in two scored on Kohls' double, who RBIs, and scoring five runs. later scored on Baker's single. Kohls was a big reason why Baker led the Gusties at the the Gusties were so dominant plate, batting 3-for-3 with three

"We just keep hitting the ball hard, and good things happen. In the first game of the dou- We have a dangerous lineup from top to bottom and even our backups showcased it as well," Novak said.

"We just keep hitting the ball hard, and good things happen. We have a dangerous lineup from top to bottom and even our backups showcased it as well,"

Senior Adam Biewen would take the mound and get the win for Gustavus in the second game of the doubleheader. He would pitch six innings, allowing one run on six hits, and have six punch outs, giving him a 2-1 record on the season with an impressive 2.01 ERA.

The game started with both teams pitching two scoreless innings. The Gusties would break the game open in the third inning as the Gusties took a 3-0 lead in the third. Baker hit a sac fly to score Novak, and Knowles followed with a two-run home run, his sixth of the season, extending his hitting streak to a program-record 27 games.

The Auggies scored their only run in the third inning on a sacrifice fly. However, Augsburg struggled heavily on offense this game, as they were limited to three hits and two walks.

Gustavus answered with two more runs in the fourth as

Schmitz and Kohls scored on a single by Casperson. The score increased to 8-1 in the fifth after an RBI double by Kohls and an RBI single by Novak. Gustavus would later put this game away in the 8th inning as First-year Dylan Kopesky entered the game and got a pinch-hit grand slam. This was quickly followed up by a Sophomore Joe Burns pinch-hit homer. Increasing the lead to 14-1. Gustavus would score their 15th run by First Year Isaiah Hasz's double, scoring Junior Connor Wiberg.

Kohls led the team at the ate, batting 4-for-5 with three runs, a double, and an RBI. First-year Benny Mcdonald and Sophomore Ben Anderson finished the game on the mound, each tossing a

scoreless inning. This was a good bounceback performance for the Gusties as they dropped three of four in Missouri against Washington University. "We just gotta keep trusting in the work we put in as a team and going out there every day ready to go," Kohls said.

Yesterday, Gustavus played a non-conference doubleheader against number eight-ranked UW-LA Crosse and is looking forward to another doublehead-

er this Saturday at home against Saint

John's. Those games are scheduled for 1:00 p.m. and 3:30 p.m.

Sumitted