

Pushing through finals: Mental health resources for students on campus

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As the winter months encroach upon students at CSS, it's important to understand the resources available to all students at the College. The Script corresponded with Julie Zaruba Fountaine, the wellness coordinator for students at CSS about mental health resources and ways to manage stress as finals encroach. Zaruba Fountaine provided links to campus resources that have been put into the QR codes below.

Zaruba Fountaine also suggested tips to keep your balance, or to re-balance yourself. The first few are things students can do themselves through daily practice: "Value yourself, take care of your body, surround yourself with good people, and give yourself to volunteering, which is good for others as well as yourself."

Zaruba Fountaine also noted it's important to know how to manage stress

yourself and find your center. "Learning how to deal with stress, quieting your mind, setting realistic goals and breaking up monotony of tedious schedules" are all good ways to get students to manage their own stress.

However, the final two tips can require outside help. "Avoid alcohol and other drugs and get help when you need it" can look differently for all students. Sometimes that involves getting a new circle of friends who support your healthy choices or seeking professional help to talk through main stressors in life. Either way, all of these tips are sure to help students as finals arrive.

Seasonal affective disorder, otherwise known as SAD, is common in many college-age students, so Zaruba Fountaine was sure to include some effective treatments for it. A few of them were noted as, "light therapy, antidepressant medications, talk therapy or some combination of these. While symptoms will generally improve on

their own with the change of the season, symptoms can improve more quickly with treatment."

One issue with SAD is the lack of Vitamin-D in our systems, due to spending more time indoors and less social than during the warmer, sunny months.

Heidi Johnson, librarian and College archivist, provided the tips for the "light therapy" mentioned by Zaruba Fountaine.

"The library has five bright lights," noted Johnson. No, she isn't talking about extraordinarily bright lights around the space, but of specific "bright lights" that work as light therapy for students suffering with SAD.

Johnson gave some background information about the process of implementing these resources into the library setting.

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CSS alumna Lindsey Klein discusses the importance of flexibility

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As one of the most popular programs at St. Scholastica, the College has gained a reputation for

major that did not align with her original career path was not an easy choice for Klein to make, she decided to enroll in the nursing program at the start of her sophomore year. After attending St.



Submitted photo/Lindsey Klein

helping prepare students to be well-qualified, successful nurses. Lindsey Klein, the cardiac clinical supervisor at St. Luke's Hospital in Duluth, was able to experience this program first-hand. The Script sat down with Klein to discover more about her time at St. Scholastica and her journey in the field of nursing.

Klein's interest in medicine started at a young age when her dad was undergoing cancer treatment. "When my dad was sick with cancer, I went to the Mayo Clinic with him for one of his appointments and I just fell in love with how all of the doctors and nurses cared for him. They were such a support," she said during an in-person interview.

However, when Klein first started her academic journey at the College, she initially enrolled on the pre-med track. "I was dead set on becoming a doctor, but once I was in school, I decided that I didn't want to go to school for ten years before I could have a career," she explained.

Nursing offered an alternative that allowed her to fulfill her passion for helping others while also pursuing a career in medicine. "I liked the interactions that nurses had with patients," she said. Although switching to a

Scholastica for five years, Klein graduated in 2015. "I majored in nursing and psychology and minored in biology," she said. Klein also stayed busy outside the classroom by working on-campus as the intramural sports supervisor and a campus recreation supervisor. Additionally, she worked off-campus as a nursing assistant.

In the six years proceeding graduation, Klein has held a variety of positions related to nursing. "I transitioned from a nursing assistant with Diamond Willow to a registered nurse (RN) at Keystone Bluffs," she explained. "After that, I moved to St. Luke's where I was an RN in the cardiac unit. Then, in April of 2021, I became the cardiac clinical supervisor, so I now manage all of the cardiac unit."

Not only does Klein apply the knowledge she gained during her time in the nursing program toward her daily job responsibilities, but she also continues to implement the love of learning that she discovered as a St. Scholastica student into her career.

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CSS Nordic ski team launches season

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The CSS Nordic ski team will launch their 2021-22 ski season on Dec. 4 and 5 at the Duluth CXC Cup, set to take place at the Grand Avenue Nordic Center. The Script sat down with assistant coach Kristen Bourne and junior ski team captain Emma Stertz to discuss the upcoming season.

In her second season as an assistant coach, Bourne expects the team to bring a strong performance. "I am really excited about this season," Bourne said. "I

think that our team is looking really strong. On our men's side, we didn't graduate too many, so we have a lot of really awesome returners. Emil Book Bratbak was an NCAA All-American last year who is back again this season. We also have John Schwinghamer who was an NCAA qualifier last year."

Stertz, a skier in her third year at the College and NCAA participant, is looking forward to watching the young women's team grow throughout the upcoming season. "We have a lot of freshmen on our

team this year, so I think it's going to be awesome to see what they can do," she said.

With a well-qualified roster on both the men's and women's sides, Bourne and Stertz have high expectations for the team's results. "It would be really awesome and a big goal for me for the team to take down Northern [Michigan University] or Michigan Tech [University]. Those are two really big schools in our region and in our conference," Bourne said.

Looking ahead at the season, Stertz hopes the team can send five skiers to the NCAA Championships for the second consecutive year. "I think having five NCAA [skiers] again would be great," she said. No matter their performance, however, Stertz is excited to have the opportunity to race. "I'm looking forward to having more of a normal race season. Last year, we ended up having a pretty normal season with Covid, but there were definitely a lot of last-minute changes. Hopefully everything will run a little smoother this year."

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