Making Food Good: Nobel Conference 46

Sandy Xiong  
Staff Writer

Gustavus is holding its annual Nobel Conference this week, with over 5,000 people expected to come to campus from all over the world to participate. Held in the Lund Center, the Nobel Conference will take place Tuesday, Oct. 5 and Wednesday, Oct. 6. With more than 4,000 tickets sold, the world’s leading experts in ethical, agro-ecological, physiological, economic and aesthetic concepts will come together to discuss what makes food good.

“This year’s topic, “Making Food Good” focuses on multiple points, including those of nutrition, taste, health, agricultural biodiversity and food security. The speakers will include Nutritionist Marion Nestle, Crop Diversity Conservator Cary Fowler, Obesity Researcher Jeffrey M. Friedman, Environmental Economist Bina Agarwal, Psychophysicist Linda Bartoshuk, Technology Philosopher Paul B. Thompson and Futurist and Author Frances Moore Lappé.

The 46th annual Nobel Conference, Making Food Good, takes place on Oct. 5 and 6. A full schedule of events can be found at www.gustavus.edu.

Schedule of Speakers

Lund Center

Tuesday, Oct. 5
10:00 a.m. Nutritionist Marion Nestle
1:00 p.m. Crop Diversity Conservator Cary Fowler
3:00 p.m. Obesity Researcher Jeffrey M. Friedman

Wednesday, Oct. 6
10:00 a.m. Environmental Economist Bina Agarwal
1:00 p.m. Psychophysicist Linda Bartoshuk
3:00 p.m. Technology Philosopher Paul B. Thompson
8:00 p.m. Futurist and Author Frances Moore Lappé

See a profile of Speaker Cary Fowler on page 3

A golden opportunity to improve leadership skills

Margarita Novack  
Staff Writer

Have you ever considered developing your leadership skills through communication, empowering, self-awareness, compassion and community building? Then you will definitely want to look at the Gustie in Ongoing Leadership Development (G.O.L.D.) program. This program has been offered in the past; however, recently it’s been developed into a stronger course. The creators, Assistant Director of Student Activities Andrea Junso and Adam Toppin ’10, spent a year developing a more engaging and rewarding program for students of all majors.

Senior Management Major Megan Lundgren is currently the intern in charge of launching the new G.O.L.D. program. Lundgren, Junso and Toppin, were able to collaborate to create a College Servant Leadership Model that characterizes lifelong leadership skills. The leadership experience provides exposure to Gustavus’s top five core values: Service, Faith, Community, Justice and Excellence.

This year’s G.O.L.D. is different. It is much more involved and geared toward not only improving your personal leadership skills but also learning something about yourself and exploring what it means to be a leader,” Lundgren said.

These goals are achieved through seven learning outcomes, which are: crucial thinking to solve problems through the influence of others, the capability to function independently, acknowledging one’s own abilities, comprehensive leadership through philosophy, undertaking one’s achievements, identifying one’s self and acknowledgment of social change. Along with discovering strengths and leadership style within themselves, students can get help with resumes or with building their resumes from what they learned in the courses. Some of the courses being offered in program are “Bronze, Silver and Gold: Strengths Quest,” “The Value of Difference,” “Making a Value Statement—Who are you?,” “Talk the Talk—Effective Communication” and “The Five Practices of Exemplary Leaders.”

Each level digs a little deeper into the individual and helps them uncover a little more about their own leadership style and philosophy. These courses are taught by faculty and staff here at Gustavus,” Lundgren said.

Continued on page 2
The GusTavian Weekly

The G.O.L.D. program is open to all students, and all are highly encouraged to stop by. Students do not need to worry about taking the courses in any order; they are freely allowed to take any class that they are interested in. “We want the course to be something students want to attend and really get something out of,” Lundgren said.

If you would like to join or you are just interested in learning more, the G.O.L.D. kickoffs are Oct. 5, from 7:00-8:00 p.m. and Oct. 8, from 2:30-3:30 p.m. in the Anderson Social Science Center. Students will learn more at the kickoff about how to join the program. Students can expect the courses to be short, involved and geared toward students majors. Students only need to attend one of the two kick-off courses and will be informed of everything they need to know about the G.O.L.D. program.

Continued from page 1

Tips of the Week:

The Campus Safety webpage hosts a number of safety training videos available to the GusTavian community. Visit www.gustavus.edu/safety/video/ to view safety videos on the topics of Shots Fired On Campus: Guidance for Surviving an Active Shooter Situation Common Sense Defense Controlling Behavior Everyday Safety Protect Your Possessions and Identity Stalking Student Assaults Safe Travel

Correction

In the Sept. 24 issue of The Weekly, we incorrectly stated that Student Senate could be contacted via GACSpot. Actually, you can go to the Senate website at studentsenate.blog.gustavus.edu to find senators’ office hours or e-mails.
Kevin Mumford to give lecture on black gay history

Annika Ferber
Staff Writer

O n October 11 at 7:00 p.m., Historian and Professor of History at the University of Iowa Kevin Mumford will be presenting a guest lecture. The lecture is titled “Untangling Pathology: Black Gay History Before Stonewall.” Mumford will be speaking in Anderson Social Science Center, and the lecture is free and open to the public.

Kevin Mumford is a professor in the department of history and African-American studies at the University of Iowa. He previously served as academic coordinator for the program in sexuality studies and director of undergraduate studies for the department, as well. He is also a distinguished lecturer for the Organization of American Historians (OAH). Being part of the OAH, Mumford is able to be chosen as a lecturer by the president of the organization.

Professor Mumford was chosen by the department of history to speak at Gustavus because of his significant and distinctive research on black male sexuality, including his ongoing work on “the rise of a Black Gay Identity in Contemporary America” and “the contributions of black gay, homosexual or bisexual men to the U.S. Civil Rights Movement.”

Mumford’s years of work have contributed to discovering the role of gay people in the gay rights movement, which was influenced by the civil rights movement. Mumford’s work is particularly relevant to our current culture, as the United States has its first African-American president and recent attempts of abolishing the “Don’t Ask, Don’t Tell” policy in the military through the court system.

Greg Kaster, a professor in the department of history, said of Mumford’s work, “This will be invaluable to historians and other scholars interested in the Civil Rights and Gay Rights movements as well as the intersections between them and between race and sexual identity.”

“I am looking forward to Dr. Mumford’s talk on black gay history before the Stonewall riots.” When we want to study social inequality in class, we often look at issues one at a time, but I think it is good to remember that they intersect. As a Caucasian female, I am affected by issues of race and of gender, but not one at a time—it all happens at once. I am excited to hear a speaker who explores that,” Caitlin Robb, a junior political science major, said.

Besides being a noted historian, Mumford has also written a book titled, Interzones: Black/White Sex Zones in Chicago and New York in the Early Twentieth Century. Multiple topics are covered, all dealing with the development of African American culture. He focuses on miscegenation, or the marriage between different races, and how it relates to an interpretation that race is at the center of modernism in the United States. His book also follows research studying important movements in African-American culture, ranging from the Jim Crowe laws to the Black Power movement in the post-Civil Rights time.

“So much of current discourse—especially media discourse—about race, sexuality and civil rights in present-day U.S. lacks historical context and insight, without which our understanding of these or any other contemporary issues is at best doomed to superficiality. Plus, attending will afford students to hear and interact with a leading scholar, in this case a historian, and isn’t that one of the reasons we are all here at Gustavus?” Kaster said.

Professor Mumford will be speaking for free on Oct. 11 at 7:00 p.m. in room 101 located in the Social Science Center. All students are welcome and encouraged to attend.
Distinguished Professor of Religion Jodock to retire

Andy Setterholm
Assistant News Editor

Gustavus Professor of Religion and Drell and Adeline Bernhardson Distinguished Professor of Lutheran Studies Reverend Dr. Darrell Jodock, will retire from his Gustavus position Aug. 31, 2011. Jodock has pioneered several programs at Gustavus and has been a major factor in Gustavus’s Church relations with the Evangelical Lutheran Church in America (ELCA).

Jodock began his career by serving as a parish pastor at Grace Lutheran Church in Minnesota River floods

Recent flooding has caused many road closures in the area surrounding St. Peter. Sections of Highway 169 and Highway 22 are closed. If you are planning on traveling in the coming days, check out www.511mn.org for a map of road closings.

News

The GusTavian Weekly

Distinguished Professor of Religion Jodock to retire

Jodock began teaching at Gustavus in 1999 when he filled the newly created chair as the Drell and Adeline Bernhardson distinguished professor of religion. The chair was created by an endowment and intended to give more visibility to a distinguished professor and to open avenues for this professor to be invited to participate with the Lutheran community beyond Gustavus.

In his time at Gustavus, Jodock has assisted in the creation of several successful programs that have been replicated at other colleges since their installment at Gustavus.

"I was part of a group my first year here that designed the grant application and designed what has come to be the Center for Vocational Reflection," Jodock said. The CVR has flourished as a place for students, faculty and staff to reflect on themselves and their vocations and find direction and meaning in their lives. “I think that’s been a very important addition to campus, so I’m pleased and happy to have been a part of that,” Jodock said.

Jodock also brought the Pastor-to-Pastor program to Gustavus. The program allows clergy from southern Minnesota to meet in small groups of five each month, and come together as a large group three times a year on the Gustavus campus. This program assists clergy to connect with their peers, especially those from rural areas, and to participate in continuing education.

"It seems to have played an important role both in terms of connecting clergy to the college and the college to clergy, and in terms of doing something helpful for clergy," Jodock said. "Exploring Religious Questions" is a series of non-cred-}

it mini courses designed by Jodock for area adults that has become very popular in the community. The series has been given four times so far, and the fifth will begin Oct. 11. The courses are two hours each, five consecutive Mondays. Last spring, the classes had an enrollment of 70 people from areas such as St. Peter, Gaylord, Belle Plaine, New Ulm and Mankato.

"It’s been fun," Jodock said. "It seems to have generated a good deal of interest and excitement."

In his teaching at Gustavus, Jodock has been responsible for several key courses in the religion department, including "Luther and His Legacy" and "Holocaust and Theology." Jodock has experience in multiple aspects of interfaith relations, including Jewish-Christian relations, which added a depth to his teaching abilities.

"I really care about undergraduate teaching; I love it and I love to be with students whenever I can," Jodock said.

Though the religion department will have to replace Jodock after his retirement, his presence will be missed.

"I think we all appreciate all that he has done for the department, as well as the college. On the other hand, we’re kind of sad to see him leave because he’s been so integral to our department," Cha said.

Besides being a distinguished professor, Jodock has received recognition for his services to the college. In 2007, he was given the Covenant Award for his work in advancing the church-college relationship. The award is given by the Gustavus Adolphus College Association of Congregations, of which there are currently 546 active congregations.


"Everything I have written has come out of some kind of involvement, and so it’s grown out of something I’ve been doing with other people," Jodock said. "I sit down to write when there’s something that seems important to say."

In retirement, Jodock plans to continue working on multiple projects, including one project from a John Templeton Foundation grant. He will also continue adult education, including church groups and clergy groups. Jodock will actively participate in Lutheran higher education by speaking and giving workshops at Lutheran colleges to faculty and campus leaders.

"I will continue to be involved in defining what it means to be a college that takes a Lutheran tradition seriously and tries to build it into its campus life," Jodock said.

Though Jodock will keep busy after his retirement from Gustavus, he looks fondly on his time as a professor at the college.

"Students, adults, congregations, colleagues and other institutions, [working at Gustavus] has given me a chance to work with all of them, and it’s really been exciting. It’s really been fun," Jodock said.

The Book Mark announces the winners of the Minnesota Twins’ drawing: Ian Stitt was the winner of the Twins cooler and Kate Mathison won the Twins cap. Congratulations to you both and thanks to all who entered.

The Book Mark will have extended hours for Nobel. Hours are 8 to 6 both days. Nobel shirts are available.

Family weekend hours are 9 to 5 on Saturday, October 9 and from 10 to 2 on Sunday, October 10th.

Professor of Religion Darrell Jodock will retire from his position in 2011.

Tom Lany
Assistant News Editor

The Gustavian Weekly

Page 4
Gustie of the Week—Mary Dierkes

There’s something about Mary...

Mary was born in Kansas, Mo. and moved to Minnesota with her family when she was six years old. When the time came for Mary to choose a college, her heart was already set on Gustavus. After seeing and hearing about the experience her sister (08) had up on the hill, she couldn’t help but want to go there as well. “Gustavus had everything I was looking for: small, Christian, private school and with residential living. I could not have asked for anything else,” Mary said.

As a PA, there are a lot of things that she gets to experience that are both fun and educational. One of her favorite things about being a PA is the training they go through together: “Ten days of bonding and enjoying each other’s company [means that we] emotionally and mentally become very big and close. [It is] a very powerful experience for all of us,” Mary said.

“The toughest part about being a PA is that it challenges you to become an arranger and learn how to balance and schedule things.”

She loves being a Gustie so much that she makes sure to try her hand at a little bit of everything going on around campus. Being a second year Peer Assistant (PA), she can be found in the PA headquarters chatting with friends, giving advice or simply “being weird.”

When she takes a break from being a PA, Mary can be found warming her vocal cords and singing in the Choir of Christ Chapel.

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The toughest part about being a PA is that it challenges you to become an arranger and learn how to balance and schedule things.”

Her greatest inspiration is her mom. “She is the coolest lady I know, and she has guided me and calls me out often. She always knows exactly what to say and how to help you. She’s my best friend,” Mary said.

She said that she draws inspiration from many things. “There is very little that doesn’t inspire me except for, [perhaps], mean people. I try to be positive,” Mary said.

“Mary has a gift for making sure those around her feel loved. She gives the best hugs and is conscientious of the feelings of those around her,” Junior Accounting Major Anna Swenson said.

“Last year when I was stressed, she made me a ‘post it’ to put in my planner each week that said, ‘Dear Anna, Remember to Relax. Love, Mary (and your soul),’” Swenson said.

The relationships she has with people are her motivation for what she does. “I value the opinions of friends and peers more than anyone can imagine; they mean the world to me. I’d go over mountains and down valleys for them,” Mary said. “They motivate me to keep going. I care about making sure my family is happy and emotionally alright.”

“The people here are the people I want in my life; they are nice and loving although nothing requires them to be that way,” Mary said.

The motto Mary lives by is, “Do what you got to do and be who you got to be.” If she could leave a piece of advice with the first year students, it would be to not hold anything back. Be exactly the person that you want to be and don’t be afraid to try something new.
It is that time of year again: Family Weekend is here. There are numerous events planned out for Gusties and their families. One traditional event is the concert in Christ Chapel. This year it will be held on Oct. 10 at 3:00 p.m.

The Gustavus Choir, Gustavus and Vasa Wind Orchestras, the Gustavus Symphony Orchestra and the Lucia Singers will all be performing. Altogether, there will be over 350 musicians in the concert. Some of the pieces being performed by the various ensembles are “Vidi Aquam,” Gregorian Melody, arr. Paul Christiansen; “How can I keep from singing,” Robert Lowly, arr. Z. Randall Stroope; “The Morning Trumpet,” BF White, arr. J.H. Wood, “illumine le tenebre,” Joan Szymko and “Carmen Suite No. 1,” Bizet.

The instructors make sure the music is beautiful to listen to while making sure that it challenges their ensembles to reach the highest of their potential. The Carmen Suite is one piece in particular to look out for according to Assistant Professor of Music Ruth Lin; the suite has a unique character. Audiences will also get the opportunity to hear featured soloists in both the vocal and instrumental ensembles.

Music is a huge part of the Gustavus Community. Multiple concerts are performed throughout the year, with Christmas in Christ Chapel being the most widely attended. However, the Family Weekend concert provides a unique musical experience all its own.

It is the first concert of the year with a collaboration of over 350 hardworking and dedicated musicians. “It is the first opportunity for students to showcase their talents and commitments to music performance, which is a significant part of the liberal arts philosophy and the Gustavus mission,” Associate Professor of Music Gregory Aune said.

Another unique quality of the concert is that it is especially for parents and families. Seeing their parents and sharing their musical experience with their families resonates with all those involved in the concert. “My parents came up last year [from Wisconsin],” Allie Buchnis, a sophomore in the Gustavus Choir, said. She said it was wonderful to have her family here. This concert is especially exciting for Jane Chung, a sophomore theater major from Japan who is also in the Gustavus Choir, because her host parents will be coming up to watch her perform this year. "The concert is a way for me to thank my family as well as to show them how much I enjoy my time here at Gustavus through music,” Chung said.

Faculty, students and family of those performing will be present at this year’s Family Weekend concert.

Submitted:

Bushra Wahid
Staff Writer
Get Him to the Greek: When life slips you a Jeffrey…

David Pedersen
Staff Writer

Get Him to the Greek was arguably the comedy of the summer. It had its fair share of raunchy jokes, token celebrity cameos and predictable outcomes. However, anyone watching this movie for its plot quality is in the wrong theater. The premise begins with Aaron Green (Jonah Hill) looking for his big break at Pinnacle Records, an entertainment enterprise run by Sergio Roma (Sean “P-Diddy” Combs). Roma prods his underlings at Pinnacle Records to hatch a creative idea instead of waiting tables and making mix tapes at a Hawaiian resort. Hill plays Aaron Green in Get Him to the Greek, whose fanaticism is radically less psychotic but on the surface the two are independently enjoyed Aldous Snow in both films. Get Him to the Greek focuses on the life of rock star Snow, an upgrade from the movie Forgetting Sarah Marshall, Hill’s characters have an equally creepy infatuation with the rock star in both movies, but on the surface the two are not as different. Instead of the mayhem and recklessness of the Hangover and the witty humor of Forgetting Sarah Marshall, want to live vicariously through people who have more money and party opportunities than you and/or have an odd love for stroking furry walls, Get Him to the Greek Rating: 4 out of 5 stars.

The clever wit of Russell Brand combined with the sarcastic and, in this case, innocent humor of Jonah Hill provide an intriguing juxtaposition that demands success. The opposition of these characters’ lifestyles provide an uncanny relationship that flourishes into a friendship, as both Snow and Green point out the flaws in each other as each try to overcome obstacles in their own personal lives. Behind the partying and hysteria, these characters battle relationship struggles and more that appeal to a wide audience.

Get Him to the Greek combines the mayhem and recklessness of the Hangover and the witty humor of Forgetting Sarah Marshall to provide younger generations with an excuse to rub some fur. “When the world slips you a Jeffrey, stroke the furry wall.”

This movie is for you if you especially enjoyed Aldous Snow, an upgrade from the movie Forgetting Sarah Marshall, want to live vicariously through people who have more money and party opportunities than you and/or have an odd love for stroking furry walls. Get Him to the Greek Rating: 4 out of 5 stars.

The Wienermobile comes to town

The Oscar Mayer Wienermobile came to St. Peter this past week. In its honor, EconoFoods had a sale of epic proportions. Whistles were distributed to meat lovers of all ages.
Remember when you were little, and there was a time set aside each week in school for arts and crafts? Remember how awe-some it was to stop learning about how to read or write or count or tie your shoes and just color? It was time to take a break, to relax, to zone out and forget about the stress of the world. Turns out, that was actually some pretty good advice. Advice that many students still use today.

Of course, as we’ve aged and (some of us) matured, the hobbies and talents have evolved with us. Some of us still color, some of us still nap. But many of us have found new ways to hide our time destressed, procrastinate and get our creative juices flowing.

“I knit because it’s relaxing and I love having a hobby that’s useful. After I’m done with a project, I have something to show for it,” Sophomore Biology Major Jen Wahl said.

Knitting has grown in popularity on our campus due to the knitting courses taught every so often for January Interim Experience. These courses offer students the opportunity to learn about all the different styles of knitting used in different regions of the world.

“The feeling of the yarn between my fingers, the soft ‘clickity-clack’ of the needles as I begin a new row, the feeling of serenity as I slip into a trance watching each stitch disappear into the pattern of a new project—all these things contribute to my love of knitting. Knitting is an exhilarating hobby and a useful skill to have. In today’s culture of impatience, knitting is a hobby that teaches you patience and persistence,” First-year Tory Clark said.

Knitting has been around for a long time. Longer than TV, newspapers or sliced bread. The earliest piece of knitting ever to be discovered was a sock of some sort somewhere in the Middle East. So be proud and thankful when your girlfriend knits you a pair this coming Christmas. It’s tradition!

Socks, of course, are not the only thing knitting is good for: hats, mittens, scarves, gloves, iPod cozies, beer cozies, these awkward half glove/half arm-warmer things.

Other students sew, creating new shirts or pants or skirts or dresses, or altering and repairing clothing for their friends. This can be a hand hobby to keep up with at school, as it requires space for a sewing machine and lots of thread. But sewing by hand can be a pretty rewarding experience, too.

“I knit because it’s relaxing and I love having a hobby that’s useful. After I’m done with a project, I have something to show for it.”
- Jen Wahl

If thread and yarn aren’t your style, you can always go way back to those early days and pick up a colored pencil or crayon. Maybe even a paintbrush or two and see what you can come up with.

“I like coloring in my free time and sending my friends the coloring pages to try and brighten their day.”
- Karina McQuarrie

Some students like to make collages or cards.

“I really enjoy making homemade cards for friends and family. It gives me some time to put schoolwork aside and is pretty relaxing,” Senior Environmental Science Major Ali O’Neal said.

In many cases, the work students put into their hobbies isn’t just for their own benefit. Making things for friends or loved ones allows the effort put in to be enjoyed by more than just the creators.

“There is nothing like the feeling of accomplishment after you finish a project and say, “I made that!” However, the most rewarding part of knitting is being able to create handmade gifts for friends and family. Seeing the look on a friend’s face when they put on a hat you made them for the first time is priceless,” Clark said.
Either I’m crazy...

**Attack of the flying procrastination monster**

If only you could strap a rocket to your brain that would fly you back to productivity after a trip to “Happy Fun Land.”

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**The suggestion box**

Forget historical accuracy. I just want a turkey leg.

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**The Renaissance Festival**

At the Renaissance Festival you can dress up as a princess or a knight or... whatever your heart desires. 

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**The next level**

I will answer with a simple, “I don’t know and I don’t care.” I know what the term means in literature, and I know what it means in art, but when it comes to historical accuracy of replica Renaissance towns, I have no idea what that would actually look like. To me, the reality of this make-believe place existing is enough, and I will indulge myself in their creation.

Which is why RenFest is so great: anything goes. You can be anyone you want to be. Want to be a sweet fairy princess? Do it. Want to be a naughty fairy princess? Do it. Want to wear a giant codpiece? A kilt? Full-body armor? Do it, do it, do it. You can be a bawdy dancer, a beer wench, a knight, an artisan, a lord, a drunk. It’s Halloween in the daytime, an extravagant costume party. The broadness of the term “Renaissance” allows for a wide and hysterical array of costumes. What accompanies these costumes, however, and what provides ample conversation starters are the real people who act in these characters. Just head, in “Happy Fun Land.” When it inevitably comes time to leave “Happy Fun Land,” just strap your frontal lobe to the rocket and fly it right around that black hole. There should be plenty of cosmological physicists in “Happy Fun Land” to help you with the trajectory and whatnot. And then, as the cosmological physicists and all the other cool people who live in “Happy Fun Land” wave goodbye to you, you can focus on landing safely in “Being Responsible World” and getting the hell out of there as fast as you can. It doesn’t even have to be a rocket. Depending on how technologically advanced your subconscious is, you might even be able to cook up a teleporter or maybe some floo powder, if you prefer magic over science.

Whatever the device, the point is to get from one spot to the other as instantaneously as possible. I’m still working to build my little rocket, but here’s a few things that might help your switch to Uber-Productive mode: 1) Furrow your brow and stare down your computer like it just said something about your mama. Don’t be afraid to talk some smack to it if it’ll make...
Examining life
How hard must we try?

Alex Legeros
Staff Columnist

It's Sunday morning. You lie in bed, hugging the covers to yourself as you casually slip between dreams, punctuated by rolling from one side to the other. Your bed is warm, your blanket cozy and the room is still. Even the weather is collaborating with you; the overcast sky blocks the piercing rays of sunlight from your room.

Eventually, you glance at your cell phone or clock and realize that your lazy morning has transitioned to a lazy afternoon, and half the day is already gone. Immediately thoughts of noon, and half the day is already crossed off your cell phone or clock and sunlight from your room.

How hard do we have to work every day? Not every day do I stay in bed until noon; sometimes that morning coffee inspires me to practice, read and hit up Lund before my first class. Wondering what constitutes a successful day is worth thinking about, though.

When do we feel like we've had a good day? Good days can be inspired by a good score on a test, a particularly good meal, a good conversation with a friend or simply doing good work. Why then, don't we have good days every day?

Maybe something bad comes up. Coffee spills, toes get stubbed or your daily routine gets interrupted by the unexpected struggle. The trivial annoyances seem to collide against you, so their individuality seems to multiply together. Suddenly the day gets harder, like plodding instead of skating on ice.

Interestingly enough, research in the field of cognitive neuroscience indicates that the feeling like you can exert your will doesn’t come from having some resolve spirit or being a “strong” person, but actually is something like an off-switch in your brain. Feeling like we can do things is determined more by our brain activity than by something you directly control, meaning that some days, the things that usually make you feel motivated simply might not work. Conversely, some days you’ll just feel like doing things even if the coffee tastes like burnt cigarettes and someone cuts you off in traffic. It’s just the way our brains work.

So how hard do we have to try? On those days where even our brains want us to stay in bed, how much do we need to push ourselves to accomplish anything?

Sadly, for we late sleepers, the answer is not just staying in bed. For all the health benefits of sleep, getting out of bed is better for you than staying in it.

I have a late sleep on a Sunday morning, I'm definitely going to use that excuse to eat some dark chocolate while writing that paper and, if I need to, take a break from studying to bake bread. No reason you can't enjoy the luxuries of life on a hard day, right?

Crunchy, yet satisfying
What is it you plan to do with your one and precious life?

Becca Hohag
Staff Columnist

Four cupcakes out of five to Alex Legeros for his ponderings last week on the subject of liberal arts and the merit of CI. As a CI student, I thoroughly resonate with his encouraging words to take an art class, specifically drawing, at Gustavus. Last autumn, I learned how to express myself through said black and white medium, thanks to Professor Kris Love. I am grateful to her for a remarkable semester of self-growth.

Speaking of growing tall like an Aspen sapling, I grew up listening to my dad playing the piano, making forts in the forest and learning about the “Big World Out There” from my dad’s “Kleenex Box Tales.” Right up there with the “Piece of Dust Tales,” my father, a pastor, gave my siblings and me a fun perspective on the world around us. Details of creation, details of our environment, all these things, observed by wee little ones like us. A sense of wonder is the gift I most am grateful for, be it from my Creator, parents, upbringing, home-land, etc. I’m thrilled by the radiance of the sun, the excitement and enthusiastic parting of details of creation, all the songs sung about them!

Coming to Gustavus, I had no idea what to major in. I confidently told my good-of’ tour guide and countless Gusties that I liked “words and people.” I thought that was quite a philosophical and fitting response to the inevitable question, but their faces told me I had checked a box not even on the ballot... or even a box for that matter.

Since that chilly visit, I’ve explored my comfort zones and skirted and frolicked right out of those boxes. I’ve struggled in darkness; I’ve been enlivened more than I thought possible. The “place” I’ve landed in, “Wonderland,” fits the “words and people” theme I began with, but the undeclared major actual nail, in the people I meet and the prayers of peace we exchange. Creative expression is sown in those corners of our lives that people don’t see. Our lives count every single moment we live them. That being said, I often wish I could refuse to have a major so that I wouldn’t be so compartmentalized. However, I respect and am growing under the guidance of an excellent and unique advisor. I am blessed to be a student at this institution, however rule-oriented it may seem at times.

Though Alex highlights a key advantage to being a CI student, CI adds a nuance of intentionality. One of the best parts of CI being far was an upperclass woman giving us a lecture about being on time. A far cry from a simple time management lecture, dear Amara Berthelsen shared her Center for Vocational Reflection Internship by helping us first-years think through and prioritize our times and lives at Gustavus. Now in her shoes as a junior, I quote Mary Oliver: “So tell me, what is it you plan to do with your one wild and precious life?”
Letters to the Editor

Election season is here—and so are negative political attacks. A recent letter writer launched an inaccurate attack against Terry Morrow, our state representative. He didn’t tell you that Terry voted against the download tax when it first came up. The amendment passed despite Terry’s opposition and became part of a 236-page tax bill.

Another inaccuracy: Terry voted for the tuition tax deduction. Why did the writer suggest otherwise?

Terry Morrow works hard for college students as a representative and a Gustavus professor. He wrote the successful bill to reduce textbook prices. Terry works very closely and successfully with the Minnesota Private College Council to protect the State Grant program, which helps about 70 percent of Gustavus students.

Why didn’t the writer mention any of the bill’s other provisions?

Using the writer’s logic, one could conclude that he opposes the other items in this bill, like child care or help for new or expanding businesses that may hire Gusties. One could say that he desires budget-busting government mandates and opposes property tax reform—even though Gustavus students’ rents would likely go up. One could claim that he believes that charities—or even Gustavus Adolphus College—should pay property taxes, likely resulting in tuition increases. One could allege that he does not care about those whose homes are hit by a tornado or a flood.

We know that such logic is faulty, whether applied to the writer or to Terry Morrow. When required to vote on a big bill that offered support for students, homeowners, businesses and farmers, Terry concluded that the good far outweighed the parts he opposed.

For four years, Terry Morrow has campaigned on his own record rather than resort to negative partisan attacks. The proof: please visit his website at www.morrow4mnhouse.org.

I am proud to support Terry.

-Drew Ajer ‘12 and Mandy McCourt ‘12

Susan Kranz: I thank you for your wonderful article. Not only did I find it humorously insightful, it was also peppered with educational tidbits that are necessary for any young college woman these days. And that is LEGGINGS ARE NOT PANTS. I applaud your frankness and the all around general point of the article. Someone should get you a medal because you put in print what I’ve been saying for 3 years now... NO one wants to see your assets jiggling around in leggings because you were too lazy to actually put on real pants.

I applaud you Miss Kranz, and thank you for attempting to stop this offense.

Meredith Keefe ’11

In place of taking cues from party labels, Terry Morrow’s Star Tribune column (“No Parties, Just Ideas,” November 15, 2009) asked citizens of our state to approach the 2010 election “based on the issues.” Doing so, he says, could allow us to focus upon the issues we face with a serious, sustained public discussion regarding the current mid-term election.

This invitation to shift our attention away from partisan labels and toward the pros and cons of the ideas being debated has not caught on by most. Still, I propose that we as Gustavus students take him seriously on this offer.

To do so, Rep. Morrow could have an in-person debate of “the issues” surrounding his candidacy with the opposition candidate Rebecca Pelich.

An on-campus event sponsored by a non-partisan organization like the Gustavus SGA or the political science department would accomplish this.

For Gusties, it is crucial this happens. After all, the candidates Gusties support shouldn’t be able to circle the issues because we are fond of their party label; rather, in a serious, sustained public discussion before the student body, we should be asking Rep. Morrow to defend his questionable record from concern.

The debate would give Rep. Morrow the opportunity to, amongst many other things, justify to his students why he’s voted to burden Gusties by imposing taxes on music downloads, making alcohol more expensive, and sending the jobs we hope to get when we graduate out-of-state.

Morrow warns of the dangerous tendency for people to say, “I am of the same party as this legislator, therefore I agree.” Along those lines of argument, I think that while many students here may agree with Morrow’s party label, after viewing his voting record they might disagree with his HD 23A leadership. A debate will help us decide this.

Phil Cleary ’11

Eye on Gustavus:

What’s up and what’s down at Gustavus going into the Nobel Conference

CAMPUS IS HOT

Nice weather, spicy fall outfits, warm fall campus... Whatever it is, we’re looking at a generally sexier campus all around.

TESTING HITS

Every professor on campus has realized that they’ve covered enough material to have a test... Good thing Nobel Conference gives room for a tasty refresher.

FLOOD STAGE

Living on an island was cool for a while... but the rerouting added twenty minutes to travel time and the horrible smell is sickening.

"Fair" from page 10

as my friends and I removed ourselves from our lives at Gustavus for the day, so have the other visitors to the Fest, the vendors, the entertainers. For all I know, that old hobo man is a really successful doctor, or the woman selling roses is a high school teacher. What real lives do these people have?

But what everyone shares when attending the RenFest, in costume or not, is a sense of humorous camaraderie. We’ve all freed ourselves to enter this realm where societal norms are overturned, and if we’re going to enjoy ourselves we need to be okay with being uncomfortable and just laugh. Vendors will heckle you to buy a turkey leg; jesters will follow you; knights will approach you asking for phone numbers in homage to the king. You will not be able to avoid people. They will be everywhere, and they will have no apprehensions about making you feel ridiculous.

But just remember, if you choose to attend RenFest for its closing weekend or anxiously await next year’s, everything about the festival is ridiculous! It’s flamboyant, it’s loud, it may or may not be historically accurate. So fear ye not, it’s all in good jest. Now dress up and escape to the Minnesota RenFest!

"Procrastination" from page 10

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Pianists Julie Sweet & Joseph Kapla, Wallenberg Auditorium 2:00 p.m.

Swisher rolled tight, gotta sprayed by Ike ... CUSS.

Twenty inch blades—on the Impala

Get BENT like Beckham. UNFUNNY.

The soccer field. You know the one. 2:00 p.m.

Wallenberg Auditorium 7:00 & 10:00 p.m.

Bjorling 3:30 p.m.

slightly more pedophilia.

It's like , but without the singing ... and with Sister Act

Rugby Pitch 11:30 a.m.

Athletic girls running and bouncing around getting all glisteny and sweaty playing with balls ... if you’re into that sort of thing.

Wallenberg Auditorium 7:00 & 10:00 p.m.

Q: How many lesbians does it take to screw in a lightbulb?

A: Five. One to change it, two to organize the potluck, one to set up the support group. STEREOTYPES.

Saturday Night in Lund

FIGURE IT OUT. 10:00 p.m.

Too hungover from Friday night to have a REAL Saturday night? I know I will be.

Sunday, October 3

Women’s Rugby vs. St. Olaf

the frickin’ frackin’ soccer field 1:00 p.m.

Athletic girls running and bouncing around getting all glisteny and sweaty playing with balls ... if you’re into that sort of thing.

Weekend Movie: The Kids Are All Right

Wallenberg Auditorium 7:00 & 10:00 p.m.

Q: How many lesbians does it take to screw in a lightbulb?

A: Five. One to change it, two to organize the potluck, one to write a folk song about the empowering experience and one to set up the support group. STEREOTYPES.

Saturday, October 2

Women’s Soccer vs. St. Olaf

Volleyball vs. Waldorf College

Lund Center 7:00 p.m.

BUMP. SET. CUSS.

Weekend Movie: The Kids Are All Right

Wallenberg Auditorium 7:00 & 10:00 p.m.

Saturday Night in Lund

Lund Center vs. Simpson College

Kickboxing 8:00 p.m.

Chuck Norris went to the Virgin Islands. When he left ... they were just called “The Islands.”

Monday, October 4

Democracy Matters

Gustie Den 6:30 p.m.

Q: What’s the difference between a pitbull and a hockey mom?

STFU.

Water Aerobics

Lund Center 6:30 p.m.

YO MAMA’S SO FAT. SHE WENT TO WATER AEROBICS AND STARTED A NEW, HEALTHIER LIFESTYLE.

Monday Night Recital

Bjorling Recital Hall 7:30 p.m.

Like American idol, but sadder. I’M STILL JENNY FROM THE BLOCK, Y’ALL.

Tuesday, October 5

NOBEL CONFERENCE OMFG, Y’ALL!

KNOWLEDGE IS POWER!

Core & Conditioning Killer

Lund Center 3:30 p.m.

YO MAMA’S SO FAT. BUT THE WEIGHT LOOKS GOOD ON HER.

Boot Camp

Lund Center 7:00 p.m.

YO MAMA’S SO FAT. SPELLED WITH A “P” & “H” THAT IS.

Yogalaties

Lund Center 8:00 p.m.

YO MAMA’S SO FAT.

Nobel Conference Concert

Christ Chapel 8:00 p.m.

Alright high ass. You’ve had all day to be a pile. Why don’t you brush the Tootsie Roll wrappers and chip crumbs off your ass, put down the cheebas and get high off of some MUSIC AT GUSTAVUS.

Wednesday, October 6

NOBEL CONFERENCE OMFG, Y’ALL!

KNOWLEDGE IS STRAIGHT UP SEXXX, Y’ALL!

Lund Center

Water Aerobics

Lund Center 6:30 p.m.

YO MAMA’S SO FAT. BUT SHE’S COMFORTABLE WITH HER BODY, WHICH IS SEXY TO ME.

Thursday, October 7

Tea Time

CVR 2:30 p.m.

Sorry I missed Tea Time. I’ve been studying witchcraft and becoming a lesbian. Suck it, Gustie of the Week Mary Dierkes.

Core & Conditioning Killer

Lund Center 3:30 p.m.

YO MAMA’S SO FAT, EXCEPT SHE’S NOT ACTUALLY FAT; SHE HAS GIGANTISM. COOL.

Fall Prairie Walk

Kasota Prairie 6:00 p.m.

Henry David Thoreau ain’t got CUSS on naturalist Bob Dunlap. SUCK IT, WALDEN.

SUDDEN WHOROSCOPE TO FILL SPACE!!! (See what I did there?)

LIBRA Sept. 24 - Oct. 23

Your roommate has sexied you for the LAST TIME. Blast Jimmy Buffet music as loud as possible and let the erectile dysfunction begin.

SCORPIO Oct. 24 - Nov. 22

That hot young thang that you always see in the caf with the huge poofy hair that looks like a helmet that makes you wonder how the cuss or why the cuss she does it to herself every cussing day (the one who always gets disposable cups even when she eats in the caf) asks you on a date. HAHAHAHAHAHAHAHAHAHAHAHAHAHAHAHAHAH.

SAGITTARIUS Nov. 23 - Dec. 22

Everyone wants on. GET SOME.

CRAPRICORN Dec. 23 - Jan. 20

No one wants to love on you or rub on you or undress you with their eyes or think about you THAT way. You may ask yourself, “Why gayed? Why can’t I get ANY?” But gayed won’t say anything. Crap.

ARIES Jan. 21 - Feb. 19

Cold sore. Down There. Oops. FOR LIFE.

AQUARIUS Feb. 19 - March 20

Your funny looks REAL good in those jeans. And everyone knows it. (Lick finger. Touch fanny.) SSSSSSSSSSSSSSSSSS ... THAT’S TOO HAWT!

PISCES March 20 - April 19

The G danged condoms from the PAs may look like the cat’s meow in their fancy ass packaging, but those things ain’t working for NOBODAY. NO. BODAY. Health Services is where it’s at. GET SOME. SAFE SEXXX.

- the (ORGANICALLY, LOCALLY GROWN) rotten tomato -

"DON’T HASSLE ME. I’M LOCAL."

romaromama@gustavus.edu
The GusTavian Weekly

**Men’s Soccer**

- vs. St. Olaf
- vs. Northwestern College
- vs. St. Mary’s

**Women’s Soccer**

- Blugold Invitational
  - @ Frank Wrigglesworth

**Men’s Golf**

- 9/27
  - @ Mustang Invitational
- 9/25

**Women’s Tennis**

- Gustavus, St. Olaf, Carleton, Hamline, St. Mary’s, St. Ben’s, St. Olaf, Carleton, Concordia, Augsburg, St. Mary’s, St. John’s

**STANDINGS**

### Football

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### Men’s Soccer

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### Results

#### 9/28

- Men’s Soccer: vs. St. Mary’s - W 3-0
- Men’s Golf: @ Frank Wrigglesworth Blugold Invitational - 2nd of 13

#### 9/29

- Women’s Golf: @ Mustang Invitational - 3rd of 13

#### 9/25

- Volleyball: vs. Northwestern College - L 1-3
- Football: vs. St. Olaf - L 14-19

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**SPORTS**

**Going Mobile: Women’s Tennis dominates regional tournament**

Gustavus Senior Sam Frank captures the singles title, and Senior Marianne Barau and Junior Megan Gaard capture the doubles title in all-Gustavus finals at the ITA Regional Tournament.

David Pedersen
Assistant Sports Editor

The Gustavus Women’s tennis team began its fall competition three weeks ago and is on the cusp of completion, putting an end to the brief individual portion of the 2010 season.

“Everything we do in the spring is all team-based,” Head Coach Jon Carlson said. “[The fall season] is hard because we created team goals, but we have one competition, and it’s an individual tournament.

The USTA/ITA Regional Tournament represents the lone event on the fall schedule, providing an interesting juxtaposition to the spring season because the tournament pitted teammates against each other.

Gustavus hosted this year’s regional event and made the home crowd proud by earning an all-Gustavus final in both singles and doubles and outplaying a field of the region’s best 65 players from 19 different schools.

Senior Sam Frank defeated fellow Gustie Junior Megan Gaard in the singles final 6-2, 6-4. “Knowing that I’m playing a teammate in the finals solidifies how good of a team we are,” Frank said.

Gaard’s defeat was short-lived, as she found redemption in the subsequent doubles final. She joined partner Senior Marianne Barau in defeating Frank and partner Junior Maria Bryan in straight sets.

The next step for Frank, Gaard and Barau is a trip to Mobile, Ala., for the Intercollegiate Tennis Association National Small College Championships on October 14-17.

This year will be the second straight year Frank has qualified for the national tournament, participating last year in the doubles competition. Earning a spot as a singles competitor quantifies another level of success for her, though. “It’s something that you earned yourself, so it’s fun to be there,” Frank said.

Meanwhile, Gaard and Barau have been awaiting their chance at a national title for quite some time and are excited to share the success. “This is our third year playing together, so we have a lot of experience together,” Gaard said.

After losing in the finals of the ITAs the previous two years, their diligence finally paid off with a convincing victory at the regional tournament last Sunday. It is assured that the competition will increase at the national tournament, but an unexpected obstacle may inhibit their performance as well.

The hot Alabama climate will provide a contrasting environment to the temperature-controlled Swanson Tennis Center. However, the women hardly seem deterred by the promise of humid, 80 degree temperatures. “We’ll come back with ten lines and a national title, hopefully,” Gaard said.

Although Frank and Gaard assured that simply winning their first round matches would be a success, there is hope for further success in the tournament.

Another thing the women are hoping for is an increase in fan attendance. “A lot of people rule [attendance] out because they can’t be loud, but actually you can,” Frank said. “You just can’t be loud during play.”

The women’s recent success should provide the incentive to attend these events, although the next home competition won’t come until the spring season starts.

“We’re hosting National Indoors in February, and that’s a really fun tournament to have people come to,” Frank said. “They can come get rowdy.” Just remember: no yelling, grunting or moaning during play. Leave that up to the players.

---

**Kathy Sheran**
State Senator

2X State College Student Association Senator of the Year
Supports grants for private colleges
Former nursing faculty

**Kathy Sheran**
One of Us

www.sheranforstatesenate.com

Prepared and paid for by the Sheran for State Senate Committee, 317 N. Broad Street, Mankato.

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![GOING_MOBILE_WOMEN'S_TENNIS](image-url)
Coming off a second-place finish at last weekend’s Frank Wriggesworth Blugold Invitational, the Men’s Golf team has its eyes set on dethroning defending champion St. John’s at this weekend’s MIAC Championships.

In the Blugold Invitational, the Gusties fired an opening round of 302 and followed that up with a 306 in the final round to finish in second behind St. John’s.

Individually, Junior Alex Kolquist tied for seventh. The Gusties will compete at Bunker Hills Golf Course in Coon Rapids this Saturday through Monday for the Conference Championship.

“In our last tournament we played pretty well and we’re feeling pretty confident,” Pederson said. “We’re really excited to see what our potential, we could be the team to beat [in the MIAC Championships].”

In order to bring home the MIAC title and secure an automatic berth in the spring’s NCAA Championships, the Gusties have to make sure they continue their recent form.

“We need to put all three rounds together and make things happen this weekend,” Kolquist said. “We beat St. John’s at the beginning of the year, and we know that we can do it again. We haven’t really played our best golf yet, so we’re really excited to see what happens when we all come to play on both days of the tournament.

The Gusties started their fall season with a bang by winning the Augsburg Invitational, a tournament in which three Gusties occupied the top three spots on the leaderboard. First-year Simon Erlandsson took home top individual honors with a two-under par 142, while first-year Tyler McMorrow placed second and Kolquist tied for third.

“We’re really good right now, every piece is coming together. We’re really having a great job stepping up this season,” Kolquist said. “It just shows how deep we are, that we can compete well in any tournament.”

The team’s main weakness thus far has been its inability to post consistent scores from round to round. If the Gusties are able overcome this flaw at the Conference Championship, so we definitely pose a threat to take the conference crown.

“We really have some great [first-years] on the team this year,” Pederson said. “Coach [Moe] has said that this may be the best team we’ve had since the team that won the National Championship, so we definitely have high expectations.”

The Gusties possess a level of depth that conference opponents will be hard pressed to match.

“Our top seven or eight guys are solid, and that makes us feel that we can compete well in any tournament,” Kolquist said. “It’s nice to see how well our young team has played, because it means that the future looks really bright for this program.”

In addition to fielding a team of talented young players, the Gusties have high expectations.

“We really have a good chance to win [the MIAC title],” Erlandsson said. “There’s lots of positivity on the course, and everyone is coming together. We know we can play really good golf this weekend.”

Sophomore Alex Kolquist follows through after his shot. Kolquist will try to help the Gusties win the MIAC title.

**Next Meet: MIAC Championship**

**Date:** Saturday-Monday, Oct. 2-4

**Time:** All Day

**Location:** Bunker Hills Golf Course, Coon Rapids, MN

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**SPORTS SCHEDULE**

**Friday, Oct. 1**

- Volleyball: vs. Augsburg 7:00 p.m.

**Saturday, Oct. 2**

- Men’s Golf: @ MIAC Championship All Day
- Women’s Golf: @ MIAC Championship All Day

**Sunday, Oct. 3**

- Men’s Golf: @ MIAC Championship All Day
- Women’s Golf: @ MIAC Championship All Day
- Men’s Soccer: vs. St. Olaf 1:00 p.m.
- Women’s Soccer: vs. St. Olaf 1:00 p.m.
- Football: @ Concordia 1:00 p.m.

**Monday, Oct. 4**

- Men’s Golf: @ MIAC Championship All Day
- Women’s Golf: @ MIAC Championship All Day
- Volleyball: @ Bethany Lutheran 7:00 p.m.
- Men’s Soccer: vs. Simpson 4:00 p.m.

**Wednesday, Oct. 6**

- Volleyball: @ Hamline 7:00 p.m.

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**JOTTINGS**

Senior Women’s golfer Katie Schenfeld earned MIAC Golfer of the Week honors after winning the SMSU Mustang Invite by shooting a two-day total 150 (+6). This is the second time Schenfeld has been named MIAC Golfer of the Week. She has finished in the top five in all four tournaments Gustavus has competed in this fall.
Men’s Tennis team serving up competition

Seth Wisner
Sports Editor

The Gustavus Men’s Tennis team has such a great balance between the group of upperclassmen and [first-years]. The [first-years] are really motivated to come in and work and win right away,” Pomeranc said.

“We have an experienced group of players. All the players have played in tournaments and have experience playing in big matches, winning their state tournaments or as runner-up in state tournaments. Tennis is a unique sport where age doesn’t necessarily mean you’re better,” Stapleton said.

The Gustavus Men’s Tennis team will not lose any players after this season and has the opportunity to return to the national stage this year in Head Coach Tommy Valentini’s second year, while also building for next year’s season.

“This fall we want to qualify for Nationals and get back to the top eight. We just want it back, and we have a really talented team to do that,” Pomeranc said.

The end of last season ended on a sour note and resonated with the Gustavus Men’s Tennis team for this year. The Gusties lost in heartbreaking fashion to MIAC rival Carleton in the MIAC Playoffs and failed to qualify for the NCAA Championships. It was Gustavus’s first time failing to clinch the regular season title and playoff title. Despite winning the MIAC regular season title last season, the Gusties are ready to take their game to the next level.

“Losing to Carleton was pretty heartbreaking for us. Personally, it was the toughest moment all of last season,” Pomeranc said. “I don’t want to lose to Carleton, and I want [the title] back. We will do everything in our control to win it all and give full effort.”

However, the Gusties are merely focusing on the ITA Regional Championships this weekend and trying to play to their highest potential.

“We want to perform well at the ITAs this weekend. It’s nice to have the core of our team back and lots of talented [first-years]. We want to continue to improve and compete,” Stapleton said.

The ITA Regional Championship is the only fall competition for the Gusties. Then they will have a three-and-a-half month hiatus before the main part of their season in the spring. The Gusties believe the break between the fall and spring seasons is their opportunity to improve the most and be able to compete with some of the top teams in the country.

“We practice on our own at least three times a week without [Valentini]. We are really motivated to work hard and improve in the offseason because that’s when other teams may relax or take a break in the offseason. We have to keep working and getting better,” Pomeranc said.

“I think the important thing is to keep hitting and try and stay as fit as possible,” Stapleton said.

The Gusties not only have high goals for this weekend’s ITA Regional Championship but also for the spring season and are excited about their potential.

“I just want a chance to go to the National Championship. As a team we just want to do well and do the best we can,” Pomeranc said.

“I’m excited to compete with everybody. We have a lot more matches this season, so that will mean everyone will get more playing time,” Stapleton said.

The Gusties will try to live up to their own high expectations this weekend at the ITA Regional Championship held at the Swanson Tennis Center.