

Just in the Nik of Time Me, Myself, and I



Nikki Rom
Opinion Columnist

It is easy to forget all the work our brain does for us. It does it all. It is able to manage the physiological and philosophical demands of each person. Not to mention, your brain is the creator of everything that makes up your "Self."

It is a well-oiled machine and a part of your body. But like your body, it needs care and attention. We place a great deal of demand on our brains every day. Sometimes this strain becomes too much, and hormones are not produced as they should be.

We are students at a Liberal Arts College that encourages us to make our lives count. We do this by overloading our classes, getting involved in multiple organizations, and depriving ourselves of sleep and a healthy lifestyle to get it all done. Sometimes we put in 36 hour days and fuel our bodies on coffee and whatever food we can carry

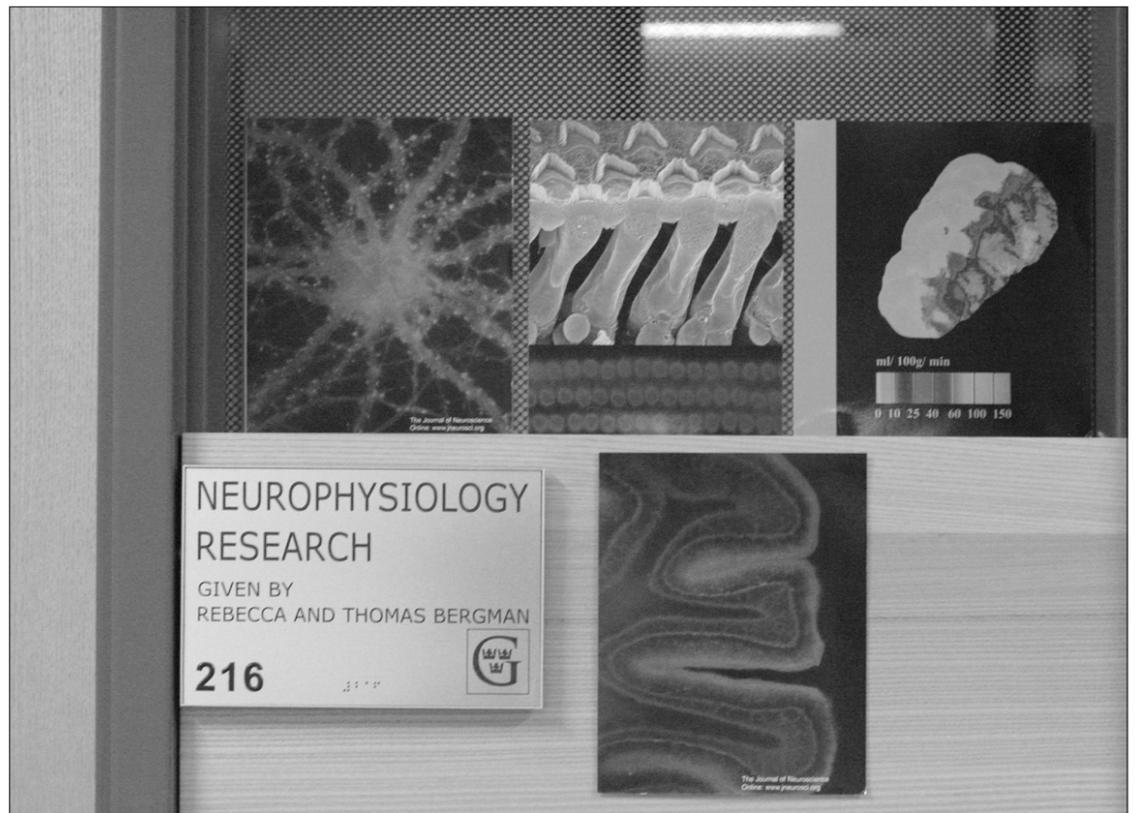
in our hand. We push our bodies, and our minds to the max and force them to run on empty more times than we should. Add in a few external stressors like a death in the family, financial stress, or relationship troubles of any kind, and you have the perfect equation for some sort of mental response to the situation.

Imagine that you have broken your arm. You are able to rationalize that you have a broken arm because it is right there. You know the cause of the pain. You know that you should go to the doctor, get it mended, and take medication to help manage the pain. People can acknowledge your broken arm and can understand that it is likely the cause of your unusual actions.

Let's put all of this into context. With everything we have going on in our lives, it is not surprising that the average age for onset of mental illnesses like Anxiety Disorders or Depression is early 20's. Issues we are facing is the invisible nature of these illnesses and the stigmas to which they are attached.

With a broken bone, it is easy to see what needs to be done and the mending process is one that you can physically see. The brain is not that simple. When it isn't able to produce a certain hormone, or creates too much of a hormone, we can't see that. We see the residual effects of it: panic attacks, sloth, melancholy or oversensitive attitudes.

We can see all of that, but we cannot see the cause, and therefore we cannot easily rationalize what is wrong.



The brain is like any bone with the potential to break, and similarly has the power to be mended.

Augustine Murillo

The people around you give you advice like, "Maybe you need to calm down," or my favorite, "Just try to think of something happier." It's all so easy to say and they expect these notes to get results. But when the advice fails and you are stuck in the same funk, they become frustrated, and distance themselves. If they can't see it, they can't help you. This sort of environment, one lacking

in support and sprinkled with confusion and frustration with yourself, is not conducive to getting the help necessary to move forward.

Bringing this back to the idea of the "self," when people experience a broken arm, they see it as it is. They know that the problem is merely with their arm and that with some rest and care it will mend. When there is a problem with the brain, there automatically becomes a problem with the "self."

You start to get frustrated that you can't pull out of whatever you are feeling. It's difficult, if not impossible to get yourself to go to work or to class. You just want to get back to the person you once were.

We have associated our minds so closely to our personalities that it is difficult to the fact that our brain is an organ in our body that sometimes requires medical attention.

When you suffer from anxiety, depression, or any other mental illness, there is nothing wrong with you. There is not a problem with the person you know you are. There is simply a need for you to care for your brain and bring it back to health. This can be done with therapy, medication, changes in lifestyle, anything that works for you, so long as you are making the conscious effort to recognize your struggle, and move forward to better health.

This forward motion is not easy to accomplish. We cannot expect those afflicted to act alone. If your friend is struggling, hug them. Help them. Go to the counseling center with them and make an appointment. We need to foster a deeper sense of understanding with issues related to mental illness and health. We need to work together as friends, and

classmates, to create a supportive and safe environment so that people can learn how to take care of themselves and become healthier, happier, and more resilient people. We must erase the stigma of mental illness.

"We have associated our minds so closely to our personalities that it is difficult to separate from the fact that our brain is an organ in our body that sometimes requires medical attention."

The mind is the architect of every emotion in our repertoire. From it we experience sorrow, joy, rejection, ecstasy, and pain. This pain is not always visible, but that does not mean it is not real. These illnesses are not an indicator of weakness. They are merely obstacles. The process to overcome them will not happen overnight. It will be long and frustrating.

Sometimes you'll feel as if you've made no progress at all. But the acknowledgement of them, the attempt to find a place where you can live with this struggle, and eventually thrive from it, is a sign of incredible strength.

There is no other mind like yours. There is none other that has seen, touched, or created exactly what you have. You are yourself, regardless of the obstacles you are facing.

If you don't feel like yourself, seek help talk to someone, write in a journal, and just take care of you. If you don't care for yourself, no one else will.

The Good, the Bad, and the Meh



Fall break right after Nobel break, it's a procrastinator's dream come true.



Yeah, fall is one of the most beautiful seasons, but the winds are a steep price to pay.



Columbus Day, how is that still a thing?

Don't just glaze over it Being too Inclusive



Matthew Glasier
Opinion Columnist

Society may be pushing inclusion too far. As social justice grows in popularity, conversation often brings up words and concepts centered on diversity, inclusion, and justice. These concepts are great, and most the time are employed in an effort to make the world a better place, but what are the limits to the employment of these ideas? Is it possible to be too inclusive?

It's odd to think a group could be too inclusive, but in recent news there is controversy surrounding the practices of some college administrations that are pushing student organizations to be more inclusive.

In September, Wesleyan University, a private liberal arts college in Middletown, Connecticut, informed its residential fraternities that they must admit

all women as members and residents in order to promote better equity and inclusion. There are only two residential fraternities on Wesleyan's campus, and their relationship with the school has been tumultuous.

Yet, what is the point of this move? Will integrating those of female gender into housing really solve problems, or will it cause more problems? What about the fraternities' identity on campus? Many fraternities focus on values such as brotherhood, and the idea of brotherhood seems to be exclusively about the bonds between males. Forcing the fraternities to accept women into their midst may undermine the values upon which they were founded.

"It's odd to think a group could be too inclusive, but in recent news there is controversy surrounding the practices of some college administrations that are pushing student organizations to be more inclusive."

As a member of a fraternity myself, and former co-leader of the M-Pact Halftime retreat, I can speak to the benefits of having an all-male environment on occasion. It's relaxing and



Change isn't something we should control, but rather learn to appreciate.

Augustine Murillo

beneficial to have a place to talk and open up without worrying about what members of the opposite sex might think and knowing that others there have your back.

Where guys can be guys in a true and genuine way without having to conform or worry about being the stereotypical male that the media portrays. Bringing the opposite sex into these environments for a lot of guys would change the dynamic and safety of these spaces.

Another questionable case of

pushing too hard for inclusiveness on college campuses is happening at California State University (CSU), following the example of Vanderbilt and Rollins College. CSU revoked the official club status of the InterVarsity Christian Fellowship Groups across its 32 campuses. This is because InterVarsity requires its members to affirm a Christian doctrinal basis, thus excluding those who choose not to affirm the basis of the organization.

At Vanderbilt, Graduate Christian Fellowship was kicked off campus for similar reasons. Graduate Christian Fellowship required those eligible for election to its leadership roles to endorse the group's constitutive religious principles.

This might not seem like a big deal, and it even may seem like the right thing for colleges and universities to be doing. Why should anyone be excluded from a group? Christian organizations should let anyone join, regardless of whether or not they choose to affirm the group's doctrinal basis. And Fraternities and Sororities shouldn't discriminate based on gender when it comes to their membership and housing.

If these groups are founded on principles and values that are so exclusive, such as brotherhood, then perhaps it's for the better that these groups change who they are and what they're about.

But what happens when a group becomes inclusive of absolutely everyone? It loses its identity. Including everyone in a club or organization ultimately makes it impossible for the organization to establish a cohesive group identity among its constituents.

Take a College Republican group for example. What if they're forced to allow Democrats in? It can be really constructive and beneficial to have dialogue between Republicans and Democrats, but if every meeting is a debate or back and forth discussion over politics, it isn't a College Republican group anymore, it's a debate

society.

Likewise, for any group, forcing them to allow members into leadership positions or into intimate group settings that don't share the same values and beliefs that they do is damaging to the cohesion of the organization and people within it.

Looking at Gustavus' Non-discrimination policy, it's hard to tell what the school has to say. "It is the policy of Gustavus Adolphus College to comply with all laws and regulations governing the provision of equal employment and equal educational opportunities..." Gustavus makes sure when it comes to employment and education opportunities that it takes a stance and effort to combat discrimination. When it comes to student organizations though, there isn't much being said.

Student and student organizations in general at Gustavus are a welcoming and inclusive bunch, and so far there hasn't been much of an uproar or controversy over any organizations inclusiveness.

That doesn't mean it couldn't happen in the future though. As new organizations are created every year, and the culture at Gustavus changes over time, there may come a day when the question has to be asked, how inclusive is too inclusive?

If a group doesn't want to allow certain individual members in because of fundamental ideological differences, it seems they have the right keep their exclusiveness in order to preserve their identity. At the same time, where do we draw the line between being exclusive and discriminatory?

Perhaps it's when conflict arises between individuals within a group because of differences in relation to the group's fundamental principles and bases.

Wherever we as a community draw the line, I hope we can respect individual identities without compromising those of communities and organizations.

Why Invasive Species Matter



David Roland
Opinion Editor

invasive species have an overall negative impact on ecosystems by making them less diverse and therefore less stable.

We as a nation have attempted to come together to combat the threat of invasive species in our environment, and have developed methods of either exterminating or preventing them from spreading to other areas.

In the case of purple loosestrife, a plan was designed to introduce an exotic species—Japanese beetles to eat the plant, and then die off, because the beetle had no other sources of food.

However, the beetle did not die, and began to consume other biomass instead of the loosestrife, leaving us with two invasive species to contend with.

Recently in a *Star Tribune* article entitled "We don't have to panic over Zebra Mussels" (Michael McCartney 2014) that asserted that we don't need to worry about the threat of invasive species like zebra mussels. The article citing new pest management systems that are beginning to be a viable option in the never ending battle against the creatures that we brought here.

If there is one thing that cannot be stressed enough, it's that invasive species have a knack

for defying our expectations, because we have no idea how they will react to most situations because they are a species totally new to the environment they are currently in.

Not everything is gloom and doom in the case of invasive species, and there are cases where human treatment has helped control the spread and population size of invasive species.

However, we are not out of the woods yet, not even close. In most cases, the best temporary solution is containment, and more specifically, the diligent effort of Minnesota boaters, and the like, to preserve the environment we all live in. This means being extra careful not to take aquatic hitchhikers on a one-way trip to the future site of a ruined lake.

In the end, our goal should be to preserve the natural beauty of the environment we live in. We can all do our part in our own way. For some people, it could be by checking their boats for zebra mussels, for others it could be more active, like uprooting buckthorn in your neighborhood. One thing is certain, if we all do our part we can curb the problem of invasive species.

In the early 1800's, Europeans introduced purple loosestrife to North America. Using it primarily as an exotic plant along roadsides because it could grow very tall and thick and were well served as lawn ornaments.

We have since discovered that purple loosestrife is an invasive species, or a species that evolved in one ecosystem, and was then artificially implanted into another in which it has no natural predators.

This allows invasive species' populations to explode into their new environment which can be catastrophic to the species already living there. In-

Don't get mad, get Glad Nuclear Energy: The Change We Need



Andy Gladitsch
Opinion Columnist

Following World War Two the world entered the Atomic Age. With this huge leap forward in technology, the writers of the era imagined a glorious utopian future where everything was powered by nuclear energy. In reality, this was never truly possible, but unfortunately as a nation, we have allowed ourselves to be controlled by our largely irrational fears that the incidents of Three-Mile Island and Chernobyl have instilled in our population.

Both of these incidents were highly irregular. For example in the well-known incident at Chernobyl in the former Ukraine SSR there was a nuclear experimental systems test being conducted which overrode many safety protocols starting a chain of events that resulted in the meltdown at Chernobyl. This incident was

the result two major factors, the first being disregard of safety protocols by the engineers in the control room, the second factor is the clearly flawed design that would allow for such an incident to take place.

This problem with reactor design has been addressed and companies like GE-Hitachi continue to produce revolutionary designs that are exceedingly safe and long-lived, with the majority of these designs are expected to produce energy efficiently for around 60 years. Many countries across the globe are embracing these new designs and are enthusiastically building them. Specifically many East Asian nations are amongst the most active in this new nuclear movement.

"This issue of nuclear power is an important topic. The vast majority of Gustavus students are supporters of commonsense environmentalism and there are many groups on campus that advocate for the environment."

The most notable features on these reactor designs is the capability to completely shut down the plant in case of an emergency without the aid of humans. Relying on nothing but naturally occurring agents such as gravity, will reliably



Creative Commons

Nuclear power might be the alternative energy we need to stop our addiction to dirtier energies like coal.

shut down the nuclear reaction.

Unfortunately, here in the United States many State governments have moratoriums on the construction of new nuclear power plants. These moratoriums need to be repealed as soon as possible so that we as nation can continue to move forward in the energy sector. Nuclear energy is a common sense replacement for coal as the majority load bearing energy source. As most Gusties know, coal is an incredibly dirty source of power,

and yet in the upper Midwest the burning of coal produces about sixty-five percent of our electricity needs. This number is surprisingly high as we have an extremely clean and reliable source of energy at our fingertips that could take the place of coal.

Here in Minnesota we have a state legislature that is dominated by the DFL, a party that claims to be environmentally friendly, and yet they have refused to take action on this key of the moratorium on new nuclear power plants. The

lawmakers here in Minnesota could learn how to structure this new needed legislation by looking at how states like South Carolina which has approved a new reactor to be built next to an existing nuclear power plant which is a common sense solution to a complicated issue.

We have two existing nuclear power plants in Minnesota, one in Red Wing, and one in Monticello. These two together with other power plants in the region produce about fifteen percent of the electricity consumed in the Upper Midwest. This is a relatively low number compared to other regions of the country.

This issue of nuclear power is an important topic that many Gustavus could find themselves supporting. The vast majority of Gustavus students are supporters of commonsense environmentalism and there are many groups on campus that advocate for the environment.

Students that were here last year will distinctly remember the divest movement that advocated divesting the College from fossil fuels and they worked hand in hand with Gustavus Greens to achieve this goal. Perhaps these movements should consider advocating the adoption of nuclear power alongside renewable sources. In the end, nuclear power is a perfect compromise between the right and the left and if elements in both parties accept that we need nuclear power alongside renewables then we can finally make significant progress towards a brighter future.

Top on-campus activities for fall break

- 1 Seven Mile Creek Park has gorgeous paths—get out of your room while you have the time in your schedule
- 2 Take the Granlund tour on campus and learn about all of the bronzework everywhere on campus.
- 3 Try the meditation circle in the Arb, it's a great, quiet, place to relieve stress before and after mid-terms.
- 4 Try connecting a laptop or game console to a projector in Beck for the ultimate movie experience.

IN NEXT WEEK'S ISSUE...

Security officials seen shaking in their boots, fearing a party-riot will follow the continuation of the Gustavus football team's winning streak.

In an act of Civil Forfeiture, Campus Safety confiscates the chemistry department's collection of "Water Pipes." When asked what they will do with the pipes, Campus Safety responds, "science stuff."

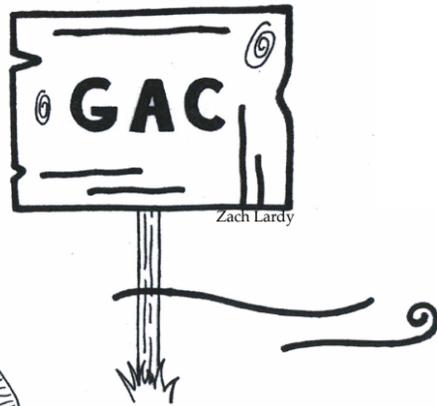
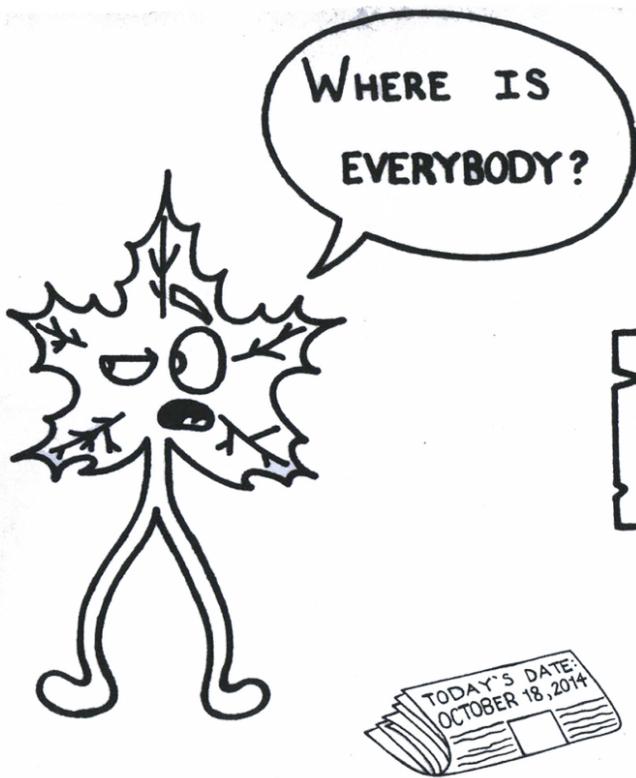
After Family Weekend, First-year students learn the valuable skill of hiding their midterm GPA from their parents.



"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."
 - Henry David Thoreau

Festive Word Search

j h c c g f d i x n g t x k c
 b a w r p m a n e m m m a p r
 a u a h t w p m s j s n s a o
 t n f m s j f u i p e z p g w
 q t i d g c c x u l a w s k n
 r e i d d n a q i j y y r x r
 m d o r o j w r l l p i h y y
 c h v i l o o i e i b m l r o
 w o l j l p h e w c a b t l j
 e u n z a q h y i n r s z a v
 l s u d r w w u n p i o t t o
 l e c h d k j i d m c f w h s
 s h f g o a l t e n d e r f g
 d r r o m a y h a b m a p l e
 u k a u a g c q h z m v d i w



Words
 Bar
 Bat
 Chemistry
 Crown
 Dollar
 Family
 Goaltender

Haunted House
 Lion
 Mane
 Maple
 Scarecrow
 Wheel
 Wind
 Wry

Irving the Rat

Kevin Pajor
 Entertainment Editor



Running Club to take part in Mankato Marathon

Emma Hunt
Staff Writer

Previously known as the Gustavus Triathlon Club, the GAC Running Club has been making its mark across campus. The runners vary in experience and level, but share the same passion for exercise. Senior McCartney Renn is a founder and co-president of the club, along with Senior Courtney Tusler. Renn wanted to create a team atmosphere to an individual sport.

"Workouts are so hard to be motivated to do on our own. It is more successful and enjoyable with others," Renn said.

Members of the club also have different goals. Some run for the exercise, some run because they enjoy it, and some run to train for marathons and triathlons.

"I am training for the Mankato Marathon along with three others in the club, so we run on average 30-40 miles per week," Renn said.

The Running Club is unique compared to track and field and cross country due to the fact that anyone can participate at a non-competitive level.

Some students participate in varsity sports along with the club, while other students joined the club with their personal goal of running one mile.

According to Women's Health Magazine, running is a very beneficial sport, and it doesn't require any equipment other than a good pair of tennis shoes. Running is considered one of



Submitted

The Running Club participated in the St. Peter Halloween Fun Run last year. The club takes part in events all across Minnesota, with the Mankato Marathon coming up this Sunday.

the top activities for burning fat. It has also been proven that running long distances can help relieve headaches while short runs are great for relieving anger. Running releases endorphins through your body, making you feel happier and less stressed afterwards.

"I like to run outside because it takes my mind off of all of the stresses of life. After a run I feel rejuvenated and ready to go," Renn said.

Some events coming up in the area include the Mankato Mara-

thon held this Sunday, Oct. 19 in Mankato, the Halloween Fun Run on Oct. 25 in St. Peter, Trail Jam 2014 on Nov. 1 in Mankato, and the Chocoholic Frolic on Nov. 2 in St. Paul.

"The nicest thing about this club is the discounted races. We are awarded money from Student Senate, and the Board picks and chooses fun races around the area to promote. Depending on how many club members are interested in racing, we give a certain amount of discount to each person," Public

Affairs Chair Carrie Boike said.

Registering for races usually costs around \$30 individually, and all runners also obtain free items such as t-shirts and food.

Any students interested in joining the Running Club can check out the Gustavus Running Club Facebook page. Renn and other members update the page weekly with scheduled workouts and events in the area. Many members also attend the free workout classes in the Lund Center, such as Tabata, cardio strength, yoga, and bootcamp.

Students who are interested or have questions can also email either Renn at mrenn, Tusler at ctusler or Boike at cboike.

"If you are an avid runner, someone who wants to start running, or just enjoys a leisurely run, this is a great club for you. Races are always a good time and are a great way to make some fun memories with your time at Gustavus," Boike said.

Swim and Dive hopes to build on last year's momentum

Katie Young
Staff Writer

The Men's and Women's Swimming and Diving teams have completed their captain's practices and officially started practicing on Oct. 1. The focus has shifted from team chemistry during captain's practice to serious training in the pool. The men and women also had a team retreat where the swimmers were able to re-

connect with teammates, meet the new first year members, and set goals for the season.

The men's team, which currently has about 30 members, is hoping to rebound after a tough season last year. The men finished fifth overall in last year's conference meet.

"It would take a lot for us to go for a conference win, but I'd love to beat Carleton this year," Senior Tommy Panetti said when asked about his goals for the team this season.

The men are hoping they can use the team unity they have been working on as a stepping stone towards a better finish in the conference meet.

"We took a big step forward as a team and really came together at the end of the last season. We are hoping to build on that foundation this year and move out of the middle of the pack in the conference," Head Men's and Women's Coach Jon Carlson said.

The women's team, which currently has about 50 members, is hoping to build on the success of last year's season and continue their winning streak at the conference meet.

"The season went really well last year. We won conference for the fifth straight year and placed the highest we ever have at Nationals. By bringing six girls to that meet we placed seventh, which is a remarkable accomplishment," Senior Katie Olson said.

In addition to placing well

at the conference meet, both teams are also looking forward to seeing how the new first year swimmers will contribute to the team.

"I'm really looking forward to seeing how some of the freshmen do... we don't really know what they're capable of now, and with this kind of different

training I'm really excited to see how fast they can go and what they can do for the team," Panetti said.

The first official swim meet of the season will be hosted by Gustavus on Nov. 1 against the University Wisconsin Eau Claire and the College of Saint Benedict.



Gustavus Sports Information

"We took a big step forward as a team and really came together at the end of last season," Coach Jon Carlson said. The team will use that confidence as they enter the pool this season.



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New facility to improve Golf program



Leah Moad

The Gustavus Men's and Women's Golf programs will enhance their winter season by using the newly built Drenttel Golf Facility. The team hopes the facility will be ready to use by the end of October.

Jessica Yang
Staff Writer

Imagine being able to play golf all year round, even with the long, harsh Minnesota winter approaching. The Drenttel Golf Facility was built for this reason.

This golf facility is 2,650 square feet and includes three heated stalls, an indoor putting green, simulators, new video analysis equipment, and a team lounge. Each hitting stall will have state of the art technology for analyzing swings.

The Drenttel Golf Facility was created by huge contributions and donations from the Drenttel family and other alumni families. Randy Stuckey and Bruce Aarsvold have been instrumental throughout the planning and fund raising process.

"Everyone has their own reason but at the end of the day it is to support the college and the golf program we have here." Sophomore Mallory Drenttel

Men's Coach Scott Moe was the person who envisioned this project, which has now come to life. He realized the Minnesota weather during the spring can be unpredictable, and wanted this golf facility to defeat the odds with canceling practices and offering practice year round.

"It has put our teams at a huge disadvantage heading into the national tournaments in the spring. We are very thankful for the commitment and vision of the Drenttel Family and our supportive alumni that have allowed this project to move forward," Moe said.

Some of the advantages are location on campus, a five minute walk compared to a twenty-five minute drive to the home course in Le Sueur. In addition to extended practices, golfers can immediately get feedback on their progress through the hitting stalls. With these advantages, the golf team looks forward to an improved spring and fall season.

"Those that are willing to put in the time will make huge strides over the winter. The putting green will help us tremendously on our stroke and confidence," Moe said.

"The Drenttel Golf Facility is going to be a huge advantage to us in the spring. Our games will be ready to transition to outdoor play almost as seamlessly as we start our fall season."

—Scott Moe

One of the many golfers that will put this facility to use is Jordan Drenttel. Drenttel is the captain of the women's golf team and also a very busy student. She finds that the facility will make it easier for her to practice her swings.

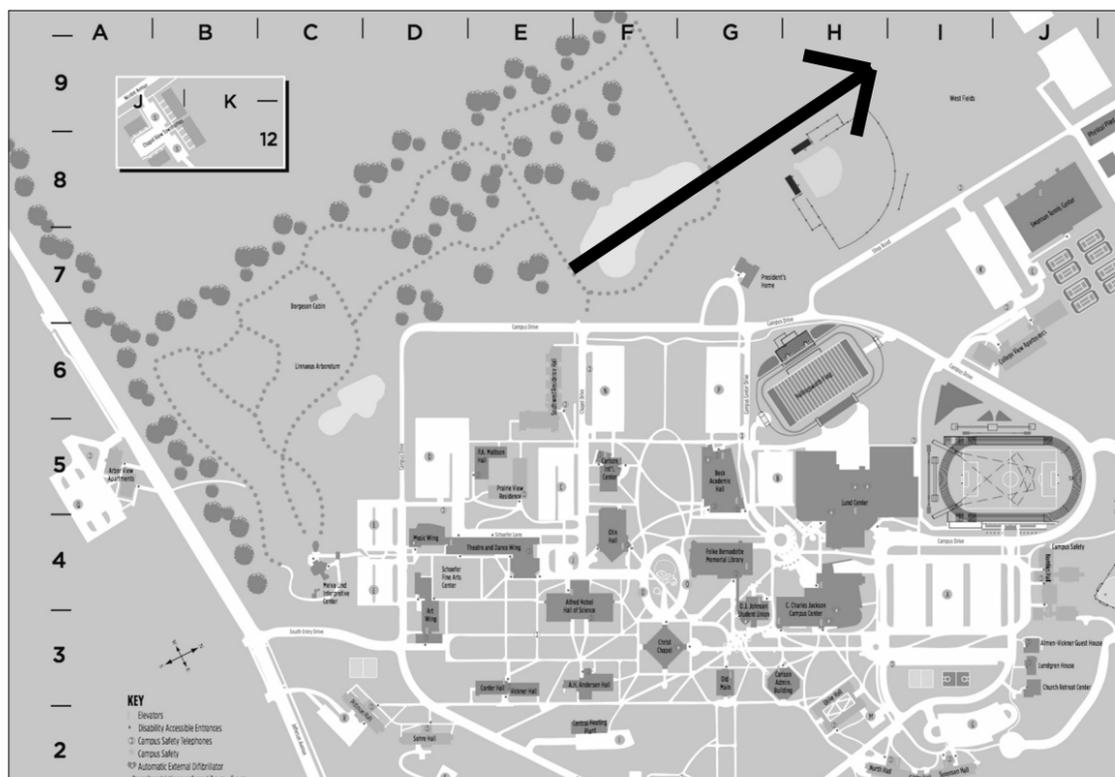
"The Drenttel Golf Facility is going to be a huge advantage to us in the spring. Our games will be ready to transition to outdoor play almost as seamlessly as we start our fall season. It will also be advantageous

when it is stormy or snowy in the fall and spring and we can continue to work on our game as our competitors are forced to remain indoors. The importance of this facility is to ensure the continued success of this program for many years to come. For the first time we are having recruits come north to play for us, which is almost unheard of in golf," said Jordan Drenttel.

Not only is the team going to be practicing on it, but they are also running some clinics for the local youth during the winter

months to hopefully generate some excitement throughout the schools. With that being said, the facility will occasionally open for rental by the public, Gustavus students and faculty, but there is not a set schedule.

The opening date for the Drenttel Golf Facility has yet to be decided, with sights on the end of October. Drenttel Golf Facility is located on the back end of the intramural softball fields.



The new Golf facility is located behind the baseball fields. The facility will be open year round with the possibility for students to use the driving range and putt on the indoor green.

SPORTS SCHEDULE

Friday, Oct. 17

Volleyball at UW-River Falls Tournament

1 p.m.

Saturday, Oct. 18

Volleyball at UW-River Falls Tournament

9 a.m.

Men's Cross Country at Jim Drews Invitational

10:30 a.m.

Women's Cross Country at Tori Neubauer Invitational

11:30 a.m.

Men's Soccer at Macalester College

1 p.m.

Women's Soccer hosts Macalester College

1 p.m.

Football hosts Saint John's University

1 p.m.

Wednesday, Oct. 22

Women's Soccer at UW-Stout

7 p.m.

Women's Soccer is "Kicking For a Cause"

Haley Bell
Staff Writer

The Gustavus Adolphus Women's Soccer team hosted the third annual 'Kicking For A Cause' match on Saturday, Oct. 4. The women hosted St. Olaf College for a MIAC match benefitting Yuwa, a Minnesota non-profit organization.

"This is the third year we have done the fundraiser and I know the team will continue to do it in the future because it means a lot to us."

—Valerie Belanger

Yuwa serves the purpose of reaching out to young females in rural India to help them gain the confidence they need to make a difference in the world. "Yuwa tries to empower young females in India through the use of organized sport, namely soccer. The more the girls attend practice, the more gear they can get. Last summer, a Yuwa team actually took part in the USA Cup tournament in Blaine," Senior Midfielder Heather Goff said.

One of the more interesting



Gustavus Sports Information

On Sat, Oct. 4 the Gusties hosted the third annual 'Kicking For a Cause' event. Through their fundraising efforts, the team hopes to give young women from rural areas of India a chance to play soccer.

traits the women appreciate about Yuwa is their ability to continue making a difference as a peer-led organization.

"An interesting fact about Yuwa is that all teams are peer-

led, so a group of girls that have been in the program form the new teams," Senior Goalkeeper Caroline Olson said.

In order to raise money for the group, fans had the op-

portunity to make a 'suggested entry donation' upon entering the stands. Raffle tickets were also available for purchase and would be called off at the end of regulation for the prize of a signed practice jersey.

In addition to the donations and raffle, the women and fans were able to gather at Lone Star BBQ where proceeds from a silent auction, as well as food and beverage specials, would go to Yuwa.

As in the past, the fundraiser raised a good amount of money

"Yuwa tries to empower young females in India through the use of organized sport, namely soccer. The more the girls attend practice, the more gear they can get. Last summer, a Yuwa team actually took part in the USA Cup tournament in Blaine."

—Heather Goff

for Yuwa, and brought support even outside of family and friends of the players.

"We had a lot of generous donations from local businesses in town like, Sticks and Stones, Reflections Hair Salon and Patrick's on third. We held a silent

auction at Lone Star BBQ & Grill and a portion of the bill went to Yuwa as well," Olson said.

The women appreciate the opportunity as student athletes at Gustavus to support the game they love while also becoming involved in improving girls' experiences with soccer.

"It's always enjoyable to be able to use something we love, soccer, to give back to the community. It's especially great because one of our soccer alumni is connected to the founder of Yuwa, and so it's a good way to remain true to our Gustavus and Minnesota roots, while having an impact on the world," Goff said.

According to the players, the team will continue to carry out the fundraiser again in the future due to its success and the bonds they have formed with the young female soccer players in India.

"Our team really enjoys doing this fundraiser because we know it means a lot to the girls in India. Last year our team received bracelets from one of the teams in India and that really made all of us smile and feel great about what we did. This is the third year we have done the fundraiser and I know the team will continue to do it in the future because it means a lot to us," Senior Midfielder Valerie Belanger said.

Senior Spotlight

This recurring segment will highlight a senior Gustavus athlete each week.



Gustavus Sports Information

Kendra Weege

Volleyball - The striker from Watertown, Minnesota believes the best is yet to come for the Gustavus Volleyball team.

Q: What are your expectations for the season?

A: Going into this season my expectations, as well as the expectations of the other two seniors (Emily Gilman and Paige Breneman), were that we as a team would play this season with no regret. So far, being two-thirds done with the season it is easy to see that the best is yet to come. With the strong team bond that we have we will take each match played as an opportunity to conquer the opponent that we play.

Q: What is your best athletic memory?

A: Since I have been playing volleyball for over half of my life it is hard to pick a specific memory that trumps all others. However, I would have to say that this season of my Senior year has been one of the best ones yet. I am not alone when

I say that this Gustavus Volleyball team is a family. That is why every win, loss, challenge and special event that we go through together are experiences that I will never forget.

Q: Why would you recommend Gustavus?

A: Coming from a transfer student's perspective, I would recommend Gustavus to new students because of the incredible Gustavus community. A community that is bonded together by school pride and dedication to a valuable education. This type of atmosphere was lacking at my previous institution. Furthermore, knowing that the students here are dedicated to their studies and proud of the school that they attend makes the overall college experience extraordinary.