

## Don't Get Mad Get Glad The Cafeteria and other gathering places



**Andrew Gladitsch**  
Opinion Columnist

Recently, the administration decided to not allow any further public gatherings in the cafeteria. Giving the student body vague explanations to justify such a radical and unforeseen change in a policy that affects a large percentage of the students on campus.

Apparently one of the reasons for this policy change was that some members of the student body felt "uncomfortable" when some of these gatherings or shows took place. This turn-around in policy is not without immediate consequences, though, as it has disrupted many student organizations' plans for events, as the Cafeteria was essentially booked to the end of the year.

Some of these events are very well attended by the student population and include GAC's

Got Talent, and the Theta Xi Gamma Sorority's extremely popular event Mr. Gustavus. Many student organizations have difficulty finding a large area to book events and removing the cafeteria from the list of available spaces is extremely shortsighted and goes against what we should stand for as an institution of higher learning.

An institution of higher learning, especially one as respected as Gustavus Adolphus College, is supposed to challenge us in many ways to prepare us for the world which will rarely cater to a person's sensitive feelings just to prevent individuals from feeling "offended" or "uncomfortable."

The way a college prepares someone for the outside world will not always make people comfortable because there are a wide variety of beliefs and cultural practices that are commonplace in the United States that the mass majority of college students have never encountered with. But we have a chance as a student to interact with people outside of our own bubble in college, as it is one of the few times in life where we spend large amounts of time in a small geographic area that has a population of people that differ in their beliefs, culture, and life experiences.

Yet it seems like we at Gustavus have begun to hold conflicting beliefs and views concerning this type of education by exposure. I would venture to say that a decent amount of the student body here would say that no one should be offended,



After eliminating group use of the caf, what's next?

Office of Marketing and Communication

but still claim that we are an open and accepting society at Gustavus.

These two sets of beliefs for the most part cannot be reconciled with one another, because if a society is truly accepting of beliefs and practices that are not of the majority there will be plenty of people that for some reason or another find themselves "offended" by one thing or another.

This oversensitivity is essentially an overblown form of rabid and unhealthy need for political correctness. Although often times beneficial, this overuse detracts from deep and honest discussions, either within or outside of the classroom, because people are less likely to say how they truly feel about

something if they are afraid of potential backlash. Perhaps if we as a college no longer allowed ourselves to be so easily offended we could bring ourselves closer together and lead to a better understanding between different groups here on campus.

The cafeteria is also an important gathering place for all students, faculty, and employees of Gustavus. In all reality, there is a historical precedent that the cafeteria is essentially our Forum. For those who do not know, the Forum was a place in ancient Rome where the many citizens of Rome would gather to debate, worship, trade, eat, and listen to orators of all stripes.

Since most students tend to

travel through the cafeteria at various times, I would contend that it is essentially our Forum; to deny our organizations their right to assemble and present to the student body in a place where many can hear their message is wrong.

It is our job as members of an institution of higher learning to support open discussions of all topics to further our understanding and to continue the Western tradition of open and candid dialogue on the public stage so that all can hear and take part. I ask the administration to seriously consider reversing this new rule regarding the cafeteria and also appeal the student body to contact the administration and make their opinions known.

## Old MacDonald had an opinion Germany's Putting Education First



**Cameron MacDonald**  
Opinion Columnist

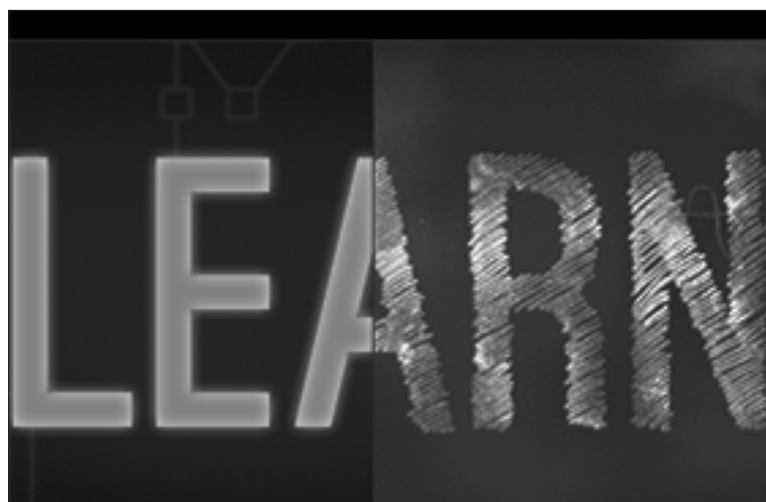
As college students, we are all aware that we are spending quite a bit of money to receive our degree. We get a nice little reminder once in a while to let us know about our student loans, outstanding student account charges, and all of that fun stuff. It can be very taxing and stressful for all of us, even with scholarships and aid. But what if that wasn't a problem anymore?

In Germany, they're making that a reality. They actually had free tuition up until 2006,

until they began charging students, and even then it was ridiculously cheap compared to the United States. A typical semester at a university in Germany cost about \$630, and students received many perks, such as discounts for a variety of living necessities like clothing, food, transportation, and others. They've stated that they're trying to promote higher education by making it available to all income levels and families that do not come from academic backgrounds.

But that's not all. Americans can get in on it too! They're offering the same free tuition extension to international American students. The catch is that, for most degrees, you'll need to be able to take the classes in German and complete the degree. The reason they say "most" is because this doesn't really apply to degrees where English is a part of the curriculum, or if it is an international studies degree. So far, this sounds amazing, doesn't it? Free tuition, and international students can get in on it? What could go wrong with this sort of system?

Unfortunately, there are



What price should we put on quality education?

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downsides to almost everything, as much as we'd like to think that's not the case.

The thing that people have to remember is now that students aren't paying tuition to pay for the college facilities, how are universities going to afford to stay open? Money has to come from somewhere, and so it transfers into taxes.

The free tuition, while still very cool, will require taxes to rise substantially in order to cover the costs normally paid

for by student tuition. Some people will still say it's the price you pay for people to be educated.

However, others would disagree. Some sources, particularly Forbes, have stated that the rise in taxes will drive higher-educated, higher-earning Germans out of Germany because they will want to move to a country where they will be able to take home a larger percentage of their salary. So, the trade-off for free tuition is almost ironic.

They did this to turn out more people with a higher education, but the increased taxes will drive those people out of the country. Of course, this is just speculation, and there is definitely a chance that people will be willing to put up with higher taxes in order to better the country and educate people. It's just that history shows that isn't usually the case.

The announcement of Germany's schools finally all striking down their student tuition fees was rather recent, so there is still quite some time to let it play out. It could go many ways, and many hope that other countries will begin to follow suit, while many others are against it as they don't desire high taxes. The question here is: Which sounds better to you? Would you rather not pay for college and just take home less on average? Or would you rather pay for college, take home more, but be paying off college loans? Either way, maybe in the meantime you could consider studying abroad in Germany to take the free tuition for a spin. You never know until you try it!

## Just in the Nikk of time Unplugged



**Nikki Rom**  
Opinion Columnist

I used to love my smartphone. It's a one-stop shop of entertainment, productivity, and procrastination. I loved being able to do it all on one device: play games, watch YouTube videos, listen to music on several different venues, take awesome pictures, answer an email within minutes of receiving it, and of course: Facebook.

I am not the most internet-inclined person in the world, but I do love me some Facebook. I would guess that about 20 percent of my entire day is spent on social media.

To clarify, that is not 20 percent of my free time, but 20 percent of my day. The other 80 percent is comprised of sleeping, doing homework, eating, transporting myself from place to place, and basic life functions. I should also mention that during four of those five activities, I am more often than not also utilizing my phone.

If you think about it, we can

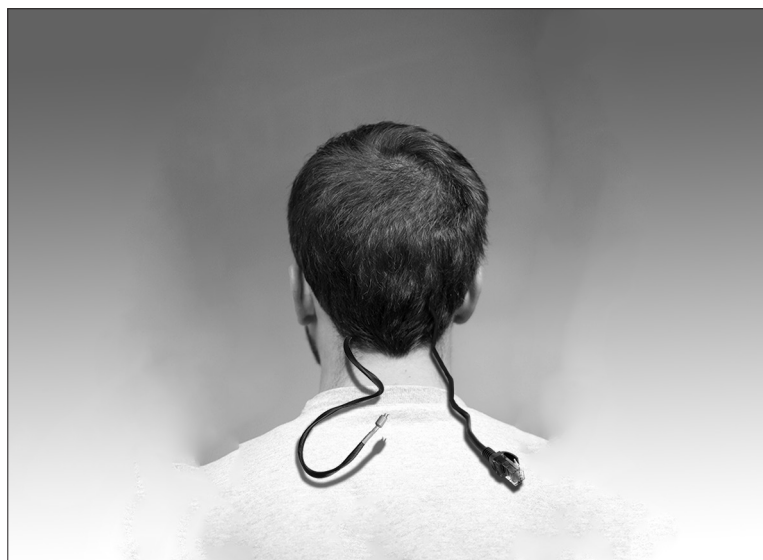
do almost anything with the push of a finger or the swipe of a screen. This is not a bad thing. People have worked so hard to lessen life struggles and make creations that allow for relationships to be up kept even with thousands of miles between.

The technologies we have now are able to save lives and increase productivity. That sort of power is absolutely astounding, not to mention convenient. However, it is reaching the point where it has become damaging to our natural human experience.

I feel that the world is becoming too "connected." Instead of enjoying a fall day and taking in the sights, we have phones that we use to tweet about the scent of the breeze, Snapchat the sound of the birds, and Instagram every beautiful tree we walk by.

The concept of sitting still, in silence, and taking in every sight with nothing more than your thoughts and a cup of coffee in your hand is something that rarely happens anymore. The deeply ingrained connection we have to our technological accessibility has taken away our ability to enjoy the moment as it happens and to just "be."

The aspect of all of this that frustrates me the most is the resulting lack of personal boundaries that exist. If someone wants to get a hold of me, for example, they can use any of the following: conversation in person, text, phone call, Facebook, email, Snapchat, GroupMe, Google Plus, Twitter,



Living online isn't living, try to unplug once in awhile.

Chris Brm

or LinkedIn. That's ten ways in which I can be contacted, and thanks to my phone, which is always within arms reach) these methods of contact can be utilized at ANY time of day. This is certainly useful in the case of an emergency, but more often than not, there is no emergency. It can probably wait until the morning, or even until Monday.

My constant accessibility has become overwhelming. I am realizing that I spend more time responding to messages than I do responding to my own needs. It seems so simple to just get it out of the way, to just take a moment to send a text or like a picture. The benefit of the technological world is that, while it continues to change, the things that you're "missing" stay there

just as they are.

Someone's tweet will still be the same 150 characters now as it was when they posted it last month. A picture of the sunset will still be the same picture a year later, but that sunset will never happen again. While you are scrolling through Tumblr, the world is not stopping. It continues to move, the leaves continue to change, and the sun continues to rise and to set.

People are becoming addicted to instant gratification. We have the ability to "do it now," but that should not mean that we are obligated to do it now. Instant gratification is essentially conditioning. We post a status and it gets a "like."

That means someone is reading, agreeing with, or, at the

very least, noticing the words you wrote. This acknowledgement makes us happy and we post again looking for the same response. The more times our actions are rewarded, the more likely we are to continue that action. This is how addiction begins.

We can get rid of this addiction by making simple changes. Utilize the power of personal boundaries; make certain times when you unplug from constant communication. You can decide to turn off your phone or stop answering emails at a certain time of the day. Take one picture at a concert, and then put your phone away. Text less and call more. Post less and journal more. Listen. Be here now.

I think the world should continue to further its technologies. Their convenience has made countless things possible that people could only ever dream of before. But with this growth, we need to maintain our sense of wonder and joy in the simple things. There is no need to post your every move on the media. That world is not real. It is not something you can truly touch, taste, or feel. We need to lessen our presence in the virtual world and increase our presence in the physical world; to concentrate on our presence in the moment, put the screens down, and look at the stars that shine above us.

## Roland in the Deep Rekindling Your Fire



**David Roland**  
Opinion Editor

The fall weather brings with it midterms, an endless supply of Instagram photos of pumpkin spice lattes, and dreary clouded weather. It's the time of year when students settle into their schedule and do their best to coast through finals and hope to make it through to J-term.

This kind of complacency can feel incredibly satisfying; because let's face it, writing an eight page summary essay isn't even close to the caliber of enjoyment as shamelessly Netflix binging *New Girl* for four hours straight.

Although many would deny it, I'm sure that the majority of college students would rather live the college lifestyle without the seemingly excessive work that comes with it, and there is nothing wrong with that. Many of us have gone through tumultuous times in our lives leading up to this point, and being able to take a break every once and awhile is both enjoyable and healthy.

However, in our recovery we become mired in lethargy that we cannot break out of. This is the point where the responsibilities and pressures of our lives undermine our relaxation causing even more stress than before. Just like the struggle to get out of your warm bed for a dark and cold 8 a.m. class, we craft ways to stay in our bed, both metaphorically and literally.

We try to shut out the outside world so that we don't have to be reminded that however comfortable your bed is, we were not made for the sole purpose of lying in our warm beds. As hard as it is to realize sometimes, a bed is both a sanctuary and a prison that simultaneously heals our exhaustion, and robs



It's far better to be a burning comet than a sleepy permanent planet.

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us of our motivation to return to the responsibilities of our waking lives if lingered in for too long.

In literature and cinema there is a concept of the archetypal heroes' journey, where, loosely put, the hero in question (famous examples being Luke Skywalker, Gilgamesh or Harry Potter) is called to a journey or quest in an "extraordinary world," fights some bad guys, returns changed for the better,

and learns to balance the life between the two worlds. Leaving the hero better off than when the story began.

In many ways, our journey through the magical world of rest and relaxation is like the archetypal hero's journey. We answer the call of our bodies and minds to seek rejuvenation. All of this is well and good, except we find difficulty in returning to the "ordinary world" and choose to stay in the

"extraordinary world" because life there seems easier.

However wonderful that world is, it is an illusion, and we must return to the life that has deadlines, work, and stress. The only way to return to the "ordinary world" is to rediscover your call to action, or the fuel in your life that compels you to do what you do.

For some, it's study of medicine to help the sick, for others it is the call to law to help the helpless, and for others that call is to study the natural world to better mankind. It is all too easy to be seduced by the temptress of complacency, but it is an illusion crafted by your mind to distract you from the fire of life burning within you, to be a burning comet lighting up the night sky. Mark Twain famously said that there are two important days in your life, the day you are born, and the day that you discover why.

Although our time here seems like it will last forever, it is fleeting. Don't be stalled by complacency in your life and burn a light so bright into human history that it will be remembered for the ages to come.

# Don't just glase over it On Opinions



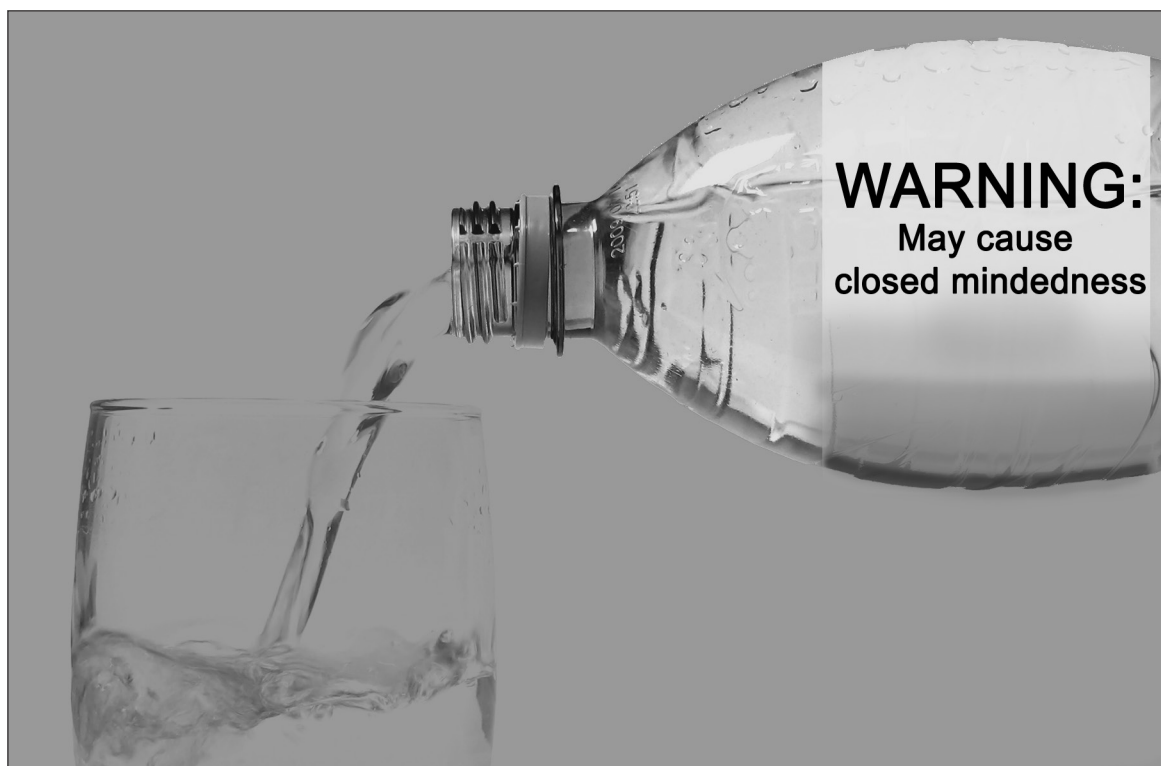
**Matthew Glasier**  
Opinion Columnist

My focus isn't to judge this behavior, but I do mean to make this observation; that getting drunk lessens reasoning abilities, slows thought, evokes strong swings in personality and emotion among some, and from the outside can often look like one of the most unpleasant of experiences.

It's not all that common to find someone at a party who is sipping whisky from the glass enjoying the sophistication of the drink and subtle hints underneath the strong flavor of alcohol. Instead, it is all too easy to find a partygoer consuming drinks as fast as possible to attain the side effects of alcohol on the mind and body.

*"Emotion does not make for a good argument and just because a writer writes with a fury or passion on a topic doesn't mean they're reasoning is sound or argument is really all that great."*

Now, most people that drink this way buy the cheap stuff because they don't care for the subtleties and hints of a good bottle, and just like a strong opinion, strong alcohol of this high proof variety has a tendency to get people all riled up. A strong opinion that is not well formulated and carefully thought out does little to benefit the reader except to evoke strong emotions.



Cameron Jarvis

Strong opinions might not seem harmless at first, but careful observation and analysis will show otherwise.

If there is one thing that philosophy classes and engaging in hot button discussions have taught me, it's that strong opinions are a funny thing, and not suited for everyone or every circumstance. It's not that I particularly like or dislike strong opinions, or even that they don't have a place in writing and conversation, but strong opinions are like strong alcohols.

Unless you are accustomed to them, it is all too easy to misuse and abuse them, or even to react unpredictably and explosively to them. Strong alcohol and strong opinions must be taken with a certain approach and intent that is not always best suited for the casual drinker, or in this case reader.

For example, a great deal of the campus drinks hard liquor with no intent of enjoying any of the fine qualities within them, but with the more narrow intent of getting drunk.

Just as the kick of tequila may lead some into a fit, or wine may make some cry, the punch of strong opinions can call the reader to arms or shut them off from critical thought all together.

Emotionally charged pieces often emotionally affect others in equally charged ways, whether they be positive or negative. But emotion does not make for a good argument and just because a writer writes with a fury or passion on a topic doesn't mean they're reasoning is sound or arguments really all that great. And in this

way, a strong opinion piece may be more dangerous than rum or vodka.

Besides the emotional effects of alcohol, there are other more bodily affects to consumption such as vomiting. Drink too much too quickly, and you are likely to get sick and expel the poison from your body.

Likewise, the reaction induced by strong opinions often times is one of regurgitation. If you read strong opinion pieces too often and without much thought to the soundness and validity of the arguments, you are likely to regurgitate the opinion of others without much thought to your own opinion, or whether their opinions are really that good. And when someone challenges your regurgitated opinion, if you have not read a rebuttal by someone else you will be left grasping at straws unless you are able to somehow formulate an original thought, which if you have been reading to many strong opinion pieces may be a struggle.

Just as consumption of strong alcohol can induce sickness in people, some can even become nauseous from the taste or smell of strong alcohol. That said, you could grow accustomed to this and avoid nausea by developing a taste for it overtime. This can be problematic, for a taste for one thing isn't a taste for another.

A tolerance for the taste of rum is different than a tolerance for tequila, and constantly absorbing opinions you find agreeable can make it tougher to handle the ones you don't. Reading opinions you already agree with may make you feel good, but they don't make you a better thinker.

Reading things that don't settle well with you evokes more critical thinking and reasoning that can not only strengthen your own opinions, but also

make your understanding of other's opinion deeper and richer. But if you get hooked a certain flavor of opinion it may be hard to get off it, and to try other things.

Most oddly about strong opinions and strong alcohol is that a great deal of people seem to enjoy them for the sheer value of how it makes them feel, and not for their intrinsic worth. People like things that make them feel good, but in both cases this temporary high is just that, temporary. The side effects of over-indulgence over a long period of time of either alcohol or opinions are ruinous to health, alcohol to the body and strong opinions to the mind.

*"Reading strong opinions can either enhance this experience, or it may dilute it. If you're a fan of Slate or The Huffington Post go read Fox News or The Drudge Report for a change."*

Someone recently said that we attend this higher institute of learning in order to have our thoughts and values challenged. Reading strong opinions can either enhance this experience, or it may dilute it. If you're a fan of Slate or The Huffington Post go read Fox News or The Drudge Report for a change and vice versa.

If you're going to indulge in strong opinions at all, balance out and moderate your consumption of them. Over consumption of strong alcohol can be disastrous over time, so why would strong opinions be any different?

## The Good, the Bad, and the Meh



Student orgs helping Gusties get out to the polls and vote! Way to go!!



There is nothing so painfully average as watching senior sliders transition into midterms.



Passive aggressive Facebook statuses about the election.



THE  
**FOURTH CROWN**



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## Student body dismayed Yik Yak anonymity does not apply to exams and papers

### The Fourth Crown

**S**AINT PETER— With the combined academic pressures of midterm grade postings and the approaching course withdrawal deadline, many students are dismayed to learn that the anonymity guaranteed by the popular phone application Yik Yak does not apply to academics.

Yik Yak, a platform for the anonymous posting and voting of 200-character text posts, has allowed students to post their thoughts without worrying about peripheral issues such as accountability, plagiarism, common sense, or basic decency. However, these comfortable barriers cease to exist beyond the application, a fact which several hundred students have failed to realized.

Junior Sean Joseph was one of the students particularly hurt by the discrepancy between “Yakarma,” the application’s seemingly arbitrary scoring



Submitted

Due to Yik Yak’s horrifying effects on student’s grades, professors have introduced the letter grade “f-”.

system for tracking “Yak” performance, and the “Grade Point Average” (GPA), the college’s seemingly arbitrary scoring system for tracking academic performance.

Joseph, who frequently copy and pastes tweets from popular comedic Twitter accounts to tremendous Yakar-

ma, is now facing academic probation for copying and pasting his midterm paper for his Introduction to Western Philosophy from a popular essay on Western philosophy.

Professor of Chemistry Kelly Brando reported that many students in her Principles of Chemistry course did not

make any attempt to fill out their own copy of the previous unit exam.

“Many of the less apt students would simply wait until one of their peers turned in their exams. They would then walk to the front of the room, grab a classmate’s exam, place it back on the top of the pile, and walk out.”

Brando claims these students assumed that this act would contribute to what students have mistakenly identified as their “GPAkarma.” When asked if the influences of Yik Yak on academic performance are particularly pressing on any student subgroup, Brando asserted that only students below the 2.5 GPA cutoff are reeling from the misunderstanding. Brando explained, “Nobody with a shred of intelligence and free thought actually uses Yik Yak on this campus anyways.”

## Student collects Coed section’s weekend recyclables and pays tuition

### The Fourth Crown

**S**AINT PETER— Following a four-night Halloween weekend party bender, First-Year Sarah Gatt collected the entirety of her Norelius Hall section’s recyclables and turned them into a Mankato redemption center. Gatt reports that this act alone earned her \$38,325.68, all of which she used to pay one full academic year’s tuition in advance.

Gatt explained the origins of her personal scholarship in her waking up to a “completely trashed” 3C section on Sunday morning.

“Megan in 204 usually throws some pretty wild pregame parties in her room, so I figured there would be a few bottles around,” continued Gatt.

In addition to the usual mix of vomit-saturated pizza boxes and pizza-saturated vomit stains, Gatt described a

particularly “insane stack of cans.”

“About 2 hours into cleaning, I remembered this awesome Life Hacks tweet that recommended redeeming empty alcohol containers to earn a few extra bucks. So after Chapel I just tossed 18 bags of recyclables in my ‘97 Camry and took off towards Mankato.”

Show Us Your Cans Redemption Center had less than positive reviews about Gatt’s donation.

“You know how much money we keep around this place? 87 dollars. We keep 87 dollars around here,” said Manager Beth Lumpkin. “People don’t come to these places to drop off enough cans to buy a freaking Chrysler Town & Country. People come here to donate like five dollars worth of cans so they can afford an extra gallon of gas or a rack of Hamm’s.”

Unbeknownst to Gatt, it actually takes awhile for the money to come into the redemption center. Lumpkin

described the process as “\*\*\*\*ing arduous.” Gatt did express how sorry she was after a few hours in the redemption center.

“Around 7 or so I realized that earning enough money to pay my tuition is moderately difficult, even if it’s not me doing the work. I noticed that I probably kept them passed their Sunday closing time, so I kinda apologized a little,” said Gatt.

“Apologized a little? She told us that ‘it was unfortunate things took this long’. What kind of apology is that?” said Lumpkin. “I’m not even sure how she got all the cans here in one trip. I had to send Harry to the recycling plant eight times to drop off all the cans. He got in a car wreck on his fourth trip. He broke his collarbone, but she still made him go four more times.

Then he finally had to go to the bank and drop off a form from the plant that proved that she returned that many

cans. Harry didn’t get to the hospital until his collarbone had been broken for 7 hours.”

“Those people were a little cranky,” admitted Gatt. “But, I’m sure at the end of the day they were proud to help contribute to the financial security of a normal, upper middle class girl like me.”

Gustavus administration recently praised the move, calling it “clever, ingenious and sassy” in a recent press release. They have also announced plans to advertise recycling Keystone Light and Red Dog on campus, so more students can take advantage of Gatt’s idea. “Look, the more crappy beer these kids drink and recycle, the more money we’re gonna haul in,” said Head of Marketing Tim Lincoln. “Not to mention we might be able to give our staff bigger bonuses... Or maybe fire a couple less profs. Who knows.”

# Mental training gives Gusties the edge

Will Metcalf  
Staff Writer

The Gustavus Football team and Volleyball team are utilizing the field of Sport Psychology to enhance their performance on the field.

The effort began in Fall 2012, after Football Head Coach Peter Haugen went to a coaching clinic at Minnesota State University Mankato. There, he met Dr. Cindra Kamphoff, Director at the Center for Sport and Performance Psychology at MSU.

"Coach Haugen and I talk weekly about the message for the week and what would work best for his team. I work with the coach, the team, and individuals on the team. We take a holistic approach," Kamphoff said.

The Volleyball team has seen tangible results by working with Kamphoff and her graduate students. They began working with Kamphoff and her graduate students after hearing about the idea from the football program.

"It's been really beneficial to work with them and increase our player's mental awareness and elite mindset," Volleyball Head Coach Rachelle Sherden said.

Kamphoff frames sports psychology this way: "We focus on a person's mind—teaching an athlete strategies and the mindset to get out of their own way. Our job is to teach athletes, performers, and teams how to deal with self-doubt, stay in the moment, and reach their potential."

According to an article on the Livestrong website, some sport



Leah Moat

Dr. Cindra Kamphoff is the Director at the Center for Sports and Psychology at Minnesota State University in Mankato. This season, she has worked with the Gustavus Football and Volleyball teams to enhance their mental performance.

psychology techniques include goal-setting, visualization, and positive thinking.

Many people are already familiar with visualization, which involves mentally rehearsing imagery as a technique for getting a play just right.

Kamphoff's primary philosophy is about having a positive approach toward goals.

"I see performance as one-hundred percent mental. Mean-

ing, every decision we make on the court or on the field goes through our mind. When our mind is focused on what we want as opposed to what we don't want, we are more likely to get what we are working towards," Kamphoff said.

Kamphoff even ensures to take time to meet with each athlete on a weekly basis.

"Sometimes the athletes bring a topic they want help with, or

we have something prepared to discuss," Kamphoff said.

But even if an entire team is participating, individuals may still feel nervous about seeing a professional psychologist.

"There is still some stigma," Dr. Kamphoff noted, "but as I do more of this work, I see it disappearing. That's really exciting because more teams will see and apply the benefits off the field."

Even with the work Kamphoff

has done with Gustavus teams over the past couple seasons, she states that there are limits to the benefits of her techniques.

"You can't be great just by mental training. But mental training gives you that edge over others," Kamphoff said.

# Babysitters FC sweep IM soccer

Jessica Yang  
Staff Writer

This fall's winning team for intramural soccer was called the "Babysitters FC". The "Babysitters FC" is a

team that's been passed down from year to year between international students. This season they have been unbeatable, winning a total of five complete games with only one tie.

Junior Mahmoud AbuEid, was a part of the winning team.

"It was a fun experience. We had a really good run. We did not lose any games so that was interesting. We scored in all our games. The final game was pretty tough, though, because the other team had a few Cross Country runners and a few junior varsity soccer players."

Other members of "Babysitters FC" also enjoyed playing and hope the team will carry on a legacy for years to come.

"It was a great experience. I got to meet new people and made quite a few good friends. Being a freshman, I didn't know how to meet new people who shared the same hobby and interests as me. By joining intramural soccer, I got exactly what I wanted: a group of people who I can call friends. Winning the tournament was just a cherry on a pie. I would definitely recommend any intramural sport especially to those people who have hard time making friends," Freshman Tenzin Choenyi said.

Although it was a good sea-

son for the intramural soccer players, there were some disappointments as well. The intramural soccer field was placed right next to the baseball field with actual soccer goals, but soon moved into the next field with no boundaries, less space, and little goals. Many players were disappointed with this change because of the new limitations.

*"It was a fun experience. We had a really good run, we did not lose any games so that was interesting. We scored in all our games."*

—Mahmoud AbuEid

"I wish we had gotten to use the actual soccer goals because this was technically outdoor soccer. It was difficult with the space that was given to us.

Smaller goals were less fun and you couldn't take really long shots. We had to use backpacks as boundaries and we struggled with that," AbuEid said.

"For me being a big guy who likes to run, the small field really killed that part of the game. Since the fields were small anybody could make it to either side of the field quickly. The small goals also made the scoring really boring. Also, the lack of boundaries cause some disputes. However, it was still fun," First-year Henry Adebisi said.

While Intramural sports are simply for fun, many players would appreciate if it was better organized and thought out. The season has come to a close now, and the "Babysitters FC" have claimed their prize. They all won a t-shirt with a logo that says, "Champions".



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# Men's and Women's CC both take sixth at Conference Championship



Gustavus Sports Information

Men's and Women's Cross Country both earned sixth place finishes at the MIAC Championship in St. Paul. Coming up is the NCAA Regional Championships in Pelle, Iowa on Nov. 15.

**Emma Hunt**  
Staff Writer

The Women's and Men's Cross Country teams ran at the Minnesota Intercollegiate Athletic Conference

Championship last Saturday, Nov. 1. The meet took place at Como Golf Course in Saint Paul, Minnesota. Runners braved the low temperatures and high winds to run for their place in the conference.

The teams prepared for the meet with mental drive, team support, and different workouts.

On Friday, Oct. 31, the Women's team turned their workout into a thrift-store run in which they dressed up in crazy outfits to go for their run. The Men's team had a potluck on the Thursday before the conference meet.

Leading up to the conference meet, the women prepared to race on the type of terrain they would encounter on the race course at Como.

"We prepare by incorporating hills into our regular runs and we also have specific hill workouts in the beginning of the season. We work on improving our endurance over the summer by running higher mileage. In the early portion of the season, we do longer workouts, either threshold runs or hill intervals for conditioning. Toward the end of the season, we decrease our mileage and add more short intervals to improve our overall speed," Senior Caitlin Fermoyle said.

Fermoyle led the Gustavus women with a seventh place finish in the conference meet.

The men prepare for the race by working on a team mentality. "You have to believe you can run with the top guys in the conference. A big part of running is mental; being mentally strong, and believing that you can run the fastest," Sophomore Paul Nordquist said.

Nordquist was the second Gustavus man to cross the finish line and placed twenty-fourth overall.

Both teams finished sixth against 11 other schools in the

MIAC. The Gustavus women finished with 175 points behind Macalester College (139), College of St. Benedict (100), University of St. Thomas (94), St. Olaf College (58), and Carleton College (42).

*"You have to believe you can run with the top guys in the conference. A big part of running is mental."*

—Caitlin Fermoyle

The Gustavus men finished with 155 points behind Hamline University (132), St. John's College (120), University of St. Thomas (105), Carleton College (72), and St. Olaf College (16).

It was the final meet of the season except for the top seven runners, who will compete at

## SPORTS SCHEDULE

### Friday, Nov. 7

Cross Country at JV Fall Finale  
4:15 p.m.

Men's Basketball at Winona State University  
6 p.m.

Men's hockey hosts UW-Stevens Point  
7 p.m.

### Saturday, Nov. 8

Football at Concordia College  
1 p.m.

Men's Swim and Dive hosts St. Cloud State  
1 p.m.

Women's Swim and Dive hosts St. Cloud State/MSU-Mankato  
1 p.m.

Men's Hockey hosts UW-Stout  
1 p.m.

Men's Soccer hosts Saint John's University (MIAC Final)  
1 p.m.

Regionals on Nov. 15.

One of those runners is Knobbe, who was the first to finish of the Gustavus men, finishing eleventh overall in the men's race.

"There's something fun about being able to push yourself, about being able to challenge yourself to improve," Knobbe said. "Running itself may not be fun, but achieving my goals makes everything worth it."

## Senior Spotlight

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

**Jack Walsh**

Men's Hockey - The forward from Mahtomedi, MN is hoping to crown his last year of collegiate hockey with another MIAC championship win.

**Q: What are your expectations for the upcoming season?**

A: Every year our minimum expectation as a group is to make it to the playoffs. Our next expectation is to win the MIAC Championship. We have accomplished our minimum expectation the last three years and have been one out of three on the other.

**Q: What is your best athletic memory?**

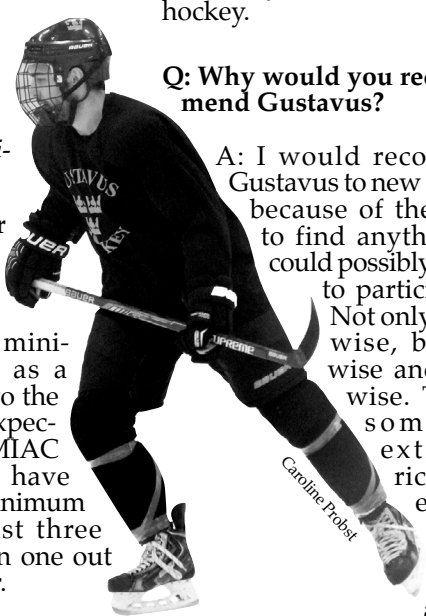
A: Winning the MIAC Champi-

onship my freshmen year. One of the biggest things I remember is the crowd. The rink was packed on either side of the ice with screaming fans. This led to an unforgettable atmosphere in which we were able to create one of my best memories from hockey.

**Q: Why would you recommend Gustavus?**

A: I would recommend Gustavus to new students because of the ability to find anything you could possibly think of to participate in. Not only athletic wise, but club wise and group wise. There is something extra-curricular for everyone at Gustavus, which allows

for the ability to learn new things and make new friendships that will last a lifetime.



Caroline Probst

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# SPORTS & FITNESS

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## Basketball season tips off this weekend



Gustavus Sports Information

Chad Poppen receives a pass during last year's game against Concordia College. The Gusties will begin their season by travelling to Winona State University on Friday, Nov. 7.

**Katie Allen**  
Staff Writer

The Gustavus Women's and Men's Basketball teams have been officially practicing since Oct. 15 and are both working hard to be at the top of their game before their first games on Nov. 15 and 17, respectively.

The women's team, which made it to the MIAC Playoff quarterfinals last year, is hop-

ing to utilize their positive team dynamic and new influx of recruits to push through to the conference playoffs this season.

"Our team chemistry last year was excellent, and we are hoping to keep that going this year. We lost four starters so our team is very fresh and new. This season will be very different from last season, with lots of new bodies on the floor," Junior Captain Lindsey Johnson said.

This season, the women's team welcome nine new mem-

bers into their ranks. The large number of new players, along with the fact that Johnson is the only returning starter from last year's team, has caused the players to be very competitive during practices.

"This year there is a great deal of 'friendly competition' between teammates for playing time. There are a lot of game-minutes up for grabs right now, so everyone is fighting to win those minutes. I think this competition between teammates

is good, because it has caused everyone to work even harder and go the extra mile to show that they deserve to be the one on the floor," Johnson said.

With the large number of new players, the team is looking to the returning veteran players to help guide the team this season.

"Hopefully the veteran players are going to be able to step up and take on more of a role and be strong leaders for this large group of new players. I think, right now, the best thing we have going for us is that we have very strong team chemistry. The players are working very hard in practice each day, and right now our goal is just to get better every day and get ready for the kickoff coming up here in a couple weeks," Head Women's Coach Laurie Kelly said.

The men's team, on the other hand, has a majority of experienced players returning to the team this year. There are about ten players that played significant minutes last season, according to Senior Captain Isaac Tapp.

The men made it to the MIAC Playoff semifinals last year and are hoping to advance further in the tournament this season.

"We certainly hope to be in the conference title hunt and do our best to win the playoffs,"

Head Men's Coach Mark Hanson said.

The men's team is anticipating that their large number of experienced returners and their positive team dynamic will give them the edge they need to come out on top in the conference.

*"There are a lot of game-minutes up for grabs right now, so everyone is fighting to win those minutes."*

—Lindsay Johnson

"We have a very unselfish team full of guys who are more than willing to make an extra pass in order to get an easy bucket. Hopefully we can continue that mindset this year because we have a lot of talent," Tapp said.

The men's first game of the season will be away against Simpson College in Indianola, Iowa on Nov. 17.

The women's first game will be at home against Crown College on Nov. 15.



Gustavus Sports Information

With seven first-years on the team, Women's Basketball is going in to this season with a string of competitive practices behind them.