

The Kruizer Report Femminism: a “Man” Problem



Mason Kruize
Opinion Columnist

There is a cold hard truth men need to realize, and it is that the problems feminists are trying to solve are problems for men more so than for women. The way women see their bodies, how they evaluate their worth in the job market, the societal conformities placed upon them to be “dainty, kind, proper, and good at the home;” it’s all related to men needing to shape up and stop being the primary antagonists in this struggle.

Now, of course, there are people who will argue with that premise; that a woman should be responsible for her own self-esteem and sense of worth. A woman shouldn’t let others dictate how she should dress, act, behave, and decide what to do as a profession in society. A woman is responsible for how she attracts the unwanted attention of lecherous men. It’s so simple; the woman is the

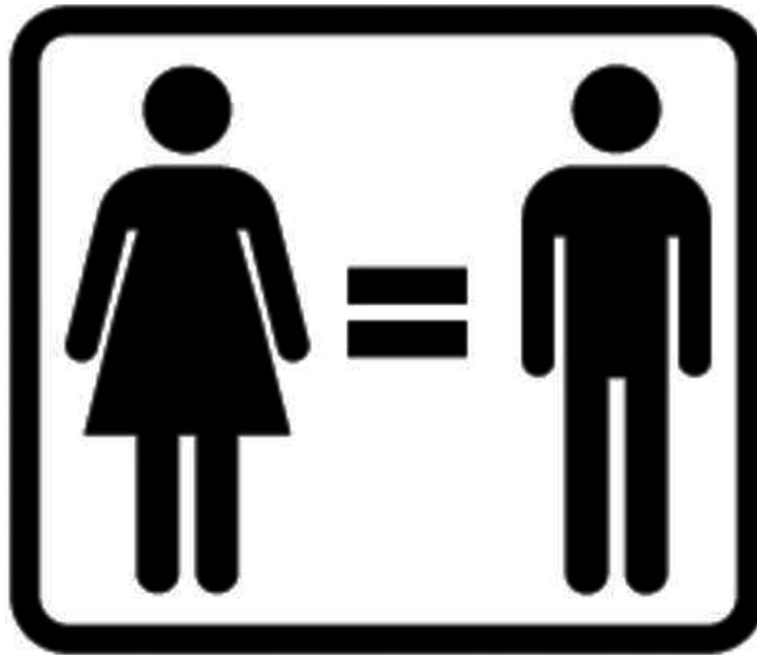
one who needs to face them and deal with it on her own. Feminism refers to the advocacy of women’s rights, so it must logically be a FEMALE issue.

Oh how woefully misguided those fallacies are. While it is certainly true that a woman has the responsibility of determining her identity and her self worth, she does not deserve the blame for a patriarchal, misogynistic, and objectifying society that forever deems her subhuman.

She does not deserve the blame for a society that bombards her with airbrushed ads and images of Sports Illustrated: Swimsuit Issue. She does not deserve an economic environment that, without regulation, would pay her seventy-seven cents for every dollar a man makes for the same work. She does not deserve the blame when she is raped whether she’s wearing a sheer dress or not.

She does not deserve the proverbial box she’s put into by being told to be a dutiful housewife, a stay at home mom, a laundrydoer and floor cleaner or any other “role for women.” The ones to blame are men, or a certain group of men, who are too lazy to get off their bum and go make their own darn sandwich.

This is not to say all men are misogynistic, chauvinist pigs. Most men, myself included, do see women as equals and believe that they deserve equal pay, job opportunities, and sports options, among a myriad of other gender disparity. However, these disparities have per-



We’re all equal, even when we’re different.

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vaded society to a point where we are conformed into a belief that the system is fine. We’re left to believe there are not issues while they so blatantly exist when we pull the wool back from our eyes.

But how is this a male issue? Men are taught to be assertive and dominating. When we are young, we’re taught that we do things differently than girls. We cannot cry, we cannot show weakness, be sensitive, participate in effeminate activities such as dance or theater and must always let females do their ‘girl stuff.’ We’re taught to be men and let women be women.

Why don’t we teach boys while they’re young to respect

a woman’s body? Why don’t we teach boys to do what they are passionate about instead of being overly masculine men who are tough, dominating and emotionless machines? Why is a promiscuous man congratulated for being sexually active, whereas a woman would be declared a harlot? Why do we tell a woman it’s her fault for being raped due to her clothing or promiscuous behavior, when it is the man who assaulted her because he was a piece of scum?

It’s a problem that stems from a figuratively infinite amount of smaller sins of society. In order to fix these gaps between the genders, we have to realize that it’s an issue on both sides.

The issues faced by feminism, however, need the strongest advocacy from men, because it is the patriarchal society we’ve been conformed to which needs to be dismantled. Feminism should not be viewed as making women more powerful than men, but rather promoting equality where women have so often been given the short end of the stick.

Men have their share of stereotypes and fitted roles to overcome, but they’re overshadowed by the struggles women face in their lives with families, friend groups, the workplace, and pretty much everywhere else in life. In order for feminism to be successful, it must be understood as the struggle for what it is. It is not a dismantling of the patriarchy in the sense that women must overtake men, but rather to argue that the sexes are equal and should be allowed to be equal on a myriad of affairs.

I implore you to understand that we are all humans who should be regarded as equal. Man is a label just as the word woman is, so while there are obviously irrefutable differences between the genders, they should both be able to do what they desire in a society which should not designate them to fitted roles where they cannot deviate whatsoever. Social conformities are deeply entrenched into our minds, but by being open minded, we can erode those boxes we have placed upon ourselves.

Old MacDonald had an Opinion The right to die



Cameron MacDonald
Opinion Columnist

Let’s look at a hypothetical situation. You’re diagnosed with a stage 4 malignant brain tumor and you’re told that the process of dying will take months. During this time, your bodily functions will slowly begin to fail as the cancer spreads and shuts down parts of your brain, until finally you are essentially in a comatose state, constantly in pain, waiting to die. What would you do?

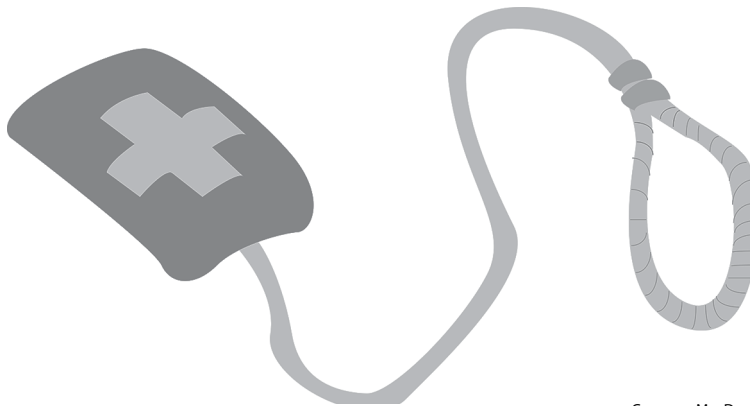
Brittany Maynard was given this exact diagnosis. She had already been suffering from “increasingly frequent and longer seizures, severe head and neck pain, and stroke-like

symptoms.” However, instead of waiting for the cancer to come for her, she moved to Oregon and did it herself using physician-assisted suicide by prescription pill. She was 29 years old.

In doing this, she brought the discussion of “right-to-death” to the forefront of social issues because now it’s clear to see that younger people can also be affected by this movement.

Many people are against the new right-to-death movement because they are concerned that people will just go to doctors to commit suicide to “take the easy way out,” as terrible as that statement sounds. There are very few states that have passed acts allowing it, being Oregon, Washington state, Montana, New Mexico, and Vermont.

However, people also tend to forget that the medication for this is regulated and is not handed out to everyone, even those with rather severe illnesses. In Oregon, where Maynard went to seek physician-assisted suicide, there is an act that was passed called the Oregon Death With Dignity Act. Under the Oregon law, the person must be capable, an adult, live in state



Is Physician Assisted Suicide ethical? Who gets to decide?

Cameron MacDonald

and have been diagnosed with a terminal illness that will lead to death within six months. That last part is important. It thins the demographic for those who can use physician-assisted suicide by a very large portion.

Not everyone agrees with the right to assisted suicide. Cardinal Joseph Bernardin of Chicago, Illinois wrote a letter to the U.S. Supreme Court about this specific topic just days before he died of pancreatic cancer.

He explicitly stated that he was against the right to physician-assisted suicide, that there “can be no such thing as a ‘right to assisted suicide,’ because

there can be no legal and moral order which tolerates the killing of innocent human life, even if the agent of death is self-administered. Creating a new ‘right’ to assisted suicide will endanger society and send a false signal that a less than ‘perfect’ life is not worth living.”

This mirrors the first argument against assisted suicide. It is understandable that there is definitely a fear of that, but the laws that are being created to allow for the right to assisted suicide also have boundaries on who can do it and what situation they can be in to merit it.

There was also a case in New

York, *Vacco vs. Quill*, when the 2nd Circuit Court of Appeals decided that since the Supreme Court determined that patients have the right to refuse treatment to prolong their lives, then they must also, under the 14th Amendment guarantee of equal protection, have the right to get help in ending their own life.

Many people are against the Supreme Court having the power to decide whether it is legal or not. A lot of people who are discussing this issue think that it should be put to a vote and that the overall populace should be allowed to decide. If the issue ever were to make it to the public vote, it would be very interesting to see how people evaluate it. It’s a serious ethical question, one that some may not be prepared to answer.

Personally speaking, I think that people have the right to choose between life or death. I do not think that people should just commit suicide should they lose the will to live, but in a situation such as Maynard’s, where they will die in either circumstance, I think it’s fair to give someone a choice that is less painful and causes less suffering.

Fancy Ain't it? Nerves of Jello



Ashley Nickel
Opinion Columnist

It seems like it only takes a sneeze for an entire building to be infected with anxiety these days. It only takes a walk down a dimly lit street, buying an airline ticket, or using your credit card on a website that may or may not be of reputable security to stir the first tendrils of fear in the pits of our stomachs. Even posting on social media, or eating a burger can be activities wrought with terror.

In our society, despite all illusions to the contrary, fear rules the hearts and minds of people more than any politician could. Granted, the politicians may have something to do with it. But at the center of the matter, anxiety controls our plans, our actions, and even our thoughts.

You can't watch the news or pick up a newspaper without finding something to be scared of. It makes things seem all the closer, all the more threatening. Ebola, the invisible killer of thousands of people, is suppos-

edly knocking on our front door.

ISIS, who has been featured in the media recently for acts of horrific violence, is targeting Americans, Europeans, and really anyone they can use for leverage for terror. Eastern Europe, armed with nuclear weapons, seems ready to explode any day, which of course would cause riptides of anxiety and violent outbreaks.

Not to mention all of the fears that pop-up in every day life. While worrying about the state of the world, people also must worry about themselves, their health, their financial stability, their safety, their government, their loved ones, and their health, finances, and safety.

"So what could be the solution to the impossible task people face of living their lives everyday with this debilitating trepidation? This is my proposition, stop it."

With all of these things happening, it is no wonder that 43 percent of Americans are taking some sort of mood-altering medication, whether it is for anxiety or depression.

Fear is looming over society with a crushing weight. It isn't even necessarily caused by all of these events, which are not isolated, but a chain reaction.

No, fear is an epidemic throughout the world, even in



Because in the end fear has only as much power as we give it.

places where no action can be taken to prevent these fearful happenings. In fact, 60 percent of people fear things that will never happen. 30 percent of people are afraid of things that have already happened, and are likely to never happen again. 88 percent of people fear health related things that will never occur.

Fear and anxiety are so prevalent in the United States that 6.3 million people are diagnosed with some sort of phobia, and 40 million people (that's 18 percent of the population) are diagnosed with some kind of anxiety disorder. Although these are the official statistics, they only touch the tip of the iceberg, as most people never report fear, anxiety and mental distress.

In fact, I would wager that most of the things that people

fear are caused by their fear; whether it's illness, crime, bankruptcy, or violence, many of these actions have a basis in fear or anxiety, and the strain that are causes in daily life.

What could be the solution to the impossible task that people face of living their lives everyday with this debilitating trepidation? This is my proposition.

Stop it.

To the best of your ability, stop propagating this fear that is being pushed by the government, the media, and other people, because it really isn't anything new. People have feared things for as long as we have existed as a species. But just the fact that our culture is so dependent on technology and efficient communication makes us more susceptible to catch the fear bug, since we have the ability to know when things happen

the second they do. With the changes of globalization, so came the tides of global conflict and danger.

And really the fear is useless as there is nothing you can do to immediately make the world a safer place. There is nothing that you can guarantee will happen until it does, there are very few things that you can accurately predict. Sometimes there is nothing you can do at all about these things; no matter the length of time you have to affect change. Instead of letting fear dictate your life, why don't you actually live it instead?

After all, we are stuck here, on this earth, in this life... at least until they devise a way to make Mars inhabitable. And by then it will be too late, trust me.

Roland in the Deep PSA: Winter Weather Advisory



David Roland
Opinion Editor

As many of us know, the weather at Gustavus is appealing right up until the fall. As the metaphorical clock strikes midnight, our warm carriage of summer becomes a wintery pumpkin that brings with it exceedingly blustery winds and bone chillingly cold.

Weather on campus can be so unpleasant in the winter months that certain places earn nicknames like "the Tundra," the trek from Co-ed to the Caf.

Ours is a world where we face increasingly irregular and

extreme weather due to climate change. We need to be better equipped and prepared to live and work in more extreme weather conditions.

There is no such thing as poor weather, only poor preparation. No matter what, winter in Minnesota will always be cold, but there are a lot of things that you can do to stay warm this winter.

The stereotypical idea of being prepared for the cold is to pile on layers and layers of clothing like Randy from A Christmas Story. Contrary to popular belief, quantity does not replace quality in the heating department.

To put this in perspective, if you wear cotton socks, no matter how comfortable, if you expect it to warm you efficiently, you are wrong. Simpy put, cotton is rotten when it comes to staying warm.

Even if you pile on as much cotton clothing as you can, it is still an extremely poor insulator. It's much better replaced by wool, either conventional or synthetic. They are not only better insulators, but will also

warm you when they get wet, unlike cotton.

If you drink a nice cup of hot coffee thinking it will warm you up in the cold you're both correct and incorrect. Although it might warm you up temporarily, coffee causes your capillaries to contract, which makes you colder in the long run.

If you want a warm liquid to drink before heading out in the cold much better alternatives are herbal teas or hot chocolate. They'll warm you up without making you more susceptible to the cold.

Along with winter comes Seasonal Affective Disorder, or SAD, a condition where the lack of sunlight in the long winter months leads to a form of seasonal depression. There are sunlight stations in the library to treat this. And don't forget that keeping a positive mental attitude can also help keep warm and keep your mind off the cold!

With only a few minor lifestyle changes winter can be a little more bearable.

IN NEXT WEEK'S ISSUE...

Uncontrollable excitement hits campus when students realized that the Vikings are technically on a winning streak.

As the Gustavus football team wraps up its season, morale still high with the prevailing belief, "at least we're not St. Thomas."

Senior student population outraged at the most recent Administration cut in faculty, Dr. Flame, effectively eliminating the senior slide major from the Gustavus Curriculum.

Armed violence erupts in the Beck Atrium to the sound of holiday classic "jingle bells" after others insisted that it was "too early for that s**t."

Colin it Like I See It Vocation and Gustavus: What's Next?



Colin Reike
Opinion Columnist

If you're familiar with Gustavus, you've probably seen or heard the slogan "Make Your Life Count." What presumably enables Gustavus to make one's life count is its liberal arts curriculum. Gustavus prides itself on small class sizes, student-teacher relationships, and personal growth. A liberal arts education introduces students to a wide variety of classes that provide a way to make sense of the world, while also allowing for an area of expertise.

The thing we need to think about is why this wholesome education is beneficial.

The slogan "Make Your Life Count" stems from the fact that Gustavus teaches us how to live, not just how to make a living. Gustavus' intuitional mission statement which says:

"The purpose of a Gustavus education is to help its students attain their full potential as persons, to develop in them a

capacity and passion for lifelong learning, and to prepare them for fulfilling lives of leadership and service in society."

Notice how there is nothing in that statement about jobs or about making money. In fact, the College's mission statement seems more concerned with the opposite, with things such as personal growth. If the point of a Gustavus education is to foster the development of a fulfilling life, then as students we should hold the school accountable for accomplishing that.

One of the features on gustavus.edu is a slideshow with the words, "Where Gustavus Can Take You." It shows students abroad and graduates who are working big-time jobs. If we are to abide by the College's mission statement we should realize it's not about where Gustavus can take you, instead it's about why Gustavus can take you there.

If Gustavus really does make one's life count, maybe the college should advertise the reason why, rather than luring people in with the promise of good career.

The main problem I see is that we are too focused on careers or future employment, and not focused enough on the school's mission as a liberal arts college.

There is no better example to illustrate this than the Center for Servant Leadership (CSL). The CSL technically has four main components: outreach, vocation, service, and career. Because there are so many components and services within the CSL, the overall purpose of the



Gustavus makes our life count because of its liberal arts curriculum and it's ties with vocation, not because of where it can take us.

center has been blurred. According to the CSL website the purpose of the center is as follows:

"At Gustavus we believe everyone is called on a life journey to lead and serve their community. The CSL helps Gusties develop tools and discover their gifts to be engaged members of the Gustavus community and to prepare students for their next chapters after college."

Regardless of this stated purpose, most students consider the CSL as the "career center." The career component of the CSL is currently the most predominant function. Students go

to the CSL mainly for help with career-development, whether that be help picking a major, assistance with resumes, tips for job-interviewing, help with networking, or others things related to landing a job after graduation. We need to look to more than just careers and employment though if we want to carry out the CSL's stated purpose.

One of the components of the CSL that has been recently shoved under the rug is vocation. As of this year vocation took a major hit with the loss of the faculty member who was in charge of it. As a result vocation has lost its voice within the CSL and most importantly within the College.

In fact, it wasn't until 2011 that the CSL got its name and was expanded to provide more services. Before that it was called the Center for Vocational Reflection (CVR), and was more focused on upholding the College's mission.

"The slogan 'Make Your Life Count' stems from the fact that Gustavus teaches us how to live, not just how to make a living."

It's great that we have a strong commitment to career-development, but it has to be in conjunction with vocational reflection. If a liberal arts education teaches us how to live, and career development teaches one how to make a living, Gustavus should be able to teach its students how to do both at the same time via vocational reflection.

The only two pieces that currently make up vocation at CSL are the Servant Leadership Program (SLP) and Mentoring Program, both of which are available for only a select number of students. Students are

actually unaware the Mentoring Program has anything to do with the component of vocation in the first place. The vocation aspect of the CSL is supposed to assist students in asking "big questions" such as:

What are my passions and gifts? How do I make my life count? Why am I here?

Currently there is no longer

"If Gustavus really does make one's life count, maybe the college should advertise the reason why, rather than luring people in with the promise of good career."

enough structure within vocation at CSL to get a majority of students to ask these types of questions.

There needs to be some type of new structure or service available to all students that brings back the voice of vocation. Why? Because the state of the school as a liberal arts institution depends on it.

With a new college president comes a new era of Gustavus. With the emergence of a new era comes the need to reinvigorate the purpose of a Gustavus education and to make clear the values in which we will prioritize.

If Gustavus is to continue making lives count, it's time we reevaluate whether the school is accomplishing its mission. We cannot forget the importance of vocational reflection as part of a liberal arts education.

We ought to make a conscious effort to make sure Gustavus does not just talk the talk, but that it walks the walk. We can start by recognizing the need for vocational reflection to be not only a central function of the CSL, but an important element of a liberal arts education.

Letter to the Editor

"Anyone can be homeless," is a statement made annually at the beginning of the semester by students in my FTS, The Politics of Homelessness. "Really?" I reply, "Even Taylor Swift?" Even before 1989 sold more than one million copies in less than one week, the odds of Taylor Swift ever becoming homeless were infinitesimal if not impossible.

But what if she were? Would people care about homelessness if Taylor Swift were homeless?

This was the message of a sign created for the Gustavus Sleepout two years ago, and among more than fifty it was arguably the one most discussed and posted to social media.

Yet why it was more provocative than a nearby sign informing readers that "63% of Homeless Mothers Have

Experienced Severe Physical Assault By An Intimate Male Partner"?

During this year's Gustavus Sleepout, students in The Politics of Homelessness FTS will support Partners for Affordable Housing, owners and operators of the Welcome Inn and Theresa House in Mankato, by collecting necessities for their operation.

There are 11 families staying in these two homes at any one time, and demand is constant for after-school treats for the children staying with them; paper products such as toilet paper, napkins and paper towels; personal hygiene products like shampoo, soap, deodorant, toothbrushes and toothpaste; and cleaning supplies. St. Peter does not have any shelters for people experiencing a temporary or

long-term housing crisis.

The informative signs will still be hung from campus trees and lightpoles during the Gustavus Sleepout (November 16-19), and through them readers will learn who is at greatest risk of experiencing a housing crisis.

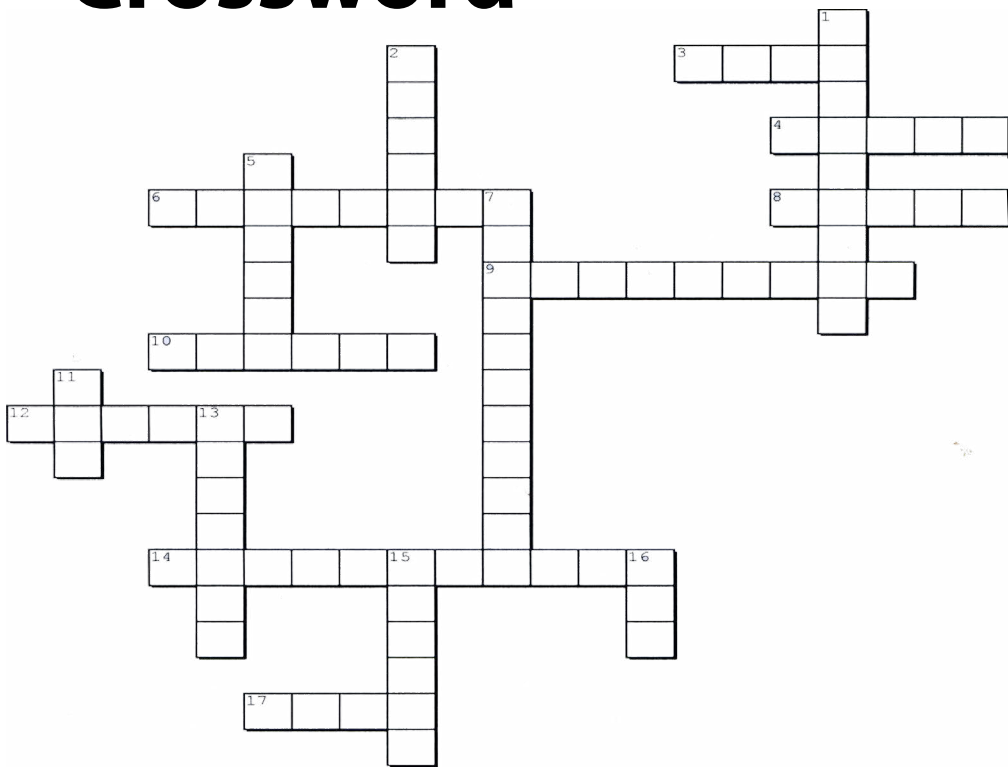
But this year, FTS Sleepout participants will be carrying a cardboard box, donated by the BookMark, to collect any of the above items. Look for them—they will be visible. Additionally, the BookMark has created hygiene kits for purchase at the registers for a modest charge; purchased kits will also be brought to the two shelters. Thank you in advance for contributing what you can. I Wish You Would!

-Dr. Ritchard Leitch



"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."
- Albert Einstein

Crossword



Across

- 3. Biscuit on the ice
- 4. Flower associated with Veteran's Day
- 6. Poker hand consisting of 'Aces and Eights'
- 8. 'Allegory of the Cave' creator
- 9. Runner-up in the 2014 World Cup
- 10. Brothers who flew the first airplane
- 12. Country the United States assaulted during the D-Day invasion
- 14. Artist of 'Fire and Rain'
- 17. Hole between the goalie's legs

Down

- 1. Author of the 'Harry Potter' series
- 2. Also known as 'The Sunflower State'
- 5. Last state to join the union
- 7. 007 in Ian Flemming's Dr. No
- 11. Sense of humor that is dry, ironic, or mocking
- 13. Al Capone's city
- 15. This bird was almost the national bird
- 16. Astrological symbol for Aires

One Fine Winter Day

Kevin Pajor
Entertainment Editor



Women's Hockey excited to have season underway



Gustavus Sports Information

Katie Aney and Carolyn Draayer on the attack against UW-Superior. "As a team I thought we played really well. We were all a little nervous at first, but as the game went on we settled down and I thought we played really hard. It was a really high intensity, fun game and I think as a team we used our speed to our advantage," Junior Forward Allison Eder-Zdechlik said.

Linnea Moat
Managing Editor
&
Emma Hunt
Staff Writer

MIAC playoff title. After having graduated five key seniors the year before, last year's team was filled with promising newcomers who still needed time to adjust to the pace of college hockey.

This year the team is hoping to build upon the successes as well as the disappointment of last year's season. So far this season, the team has focused on working as a unit and allowing the first-year players to adjust to the pace of Gustavus hockey.

"We've been working on getting systems introduced and working new players into the routine of college level sports, taking those early lessons and applying them in game situations," Head Coach Mike Carroll said.

The women trained throughout the summer, and have been working out together this fall.

"Ever since the second week of school, we've been skating, lifting, and doing other TRX, agility, and strength workouts to get ourselves in shape for the season," Senior Forward and Captain Carolyn Draayer said.

On Nov. 1, the team hosted an Alumni Game in which they scrimmaged against alumnae of the Gustavus hockey program. In addition to the scrimmage, last Tuesday's game against UW-Superior provided another chance for the Gusties to see where they are at as they prepare to take on conference opponents.

"It wasn't a conference game but it was a good test of where we're at as a team. UW-Superior is a talented and strong hockey team," Draayer said.

Junior Forward Allison Eder-Zdechlik said.

"We've been working on getting systems introduced and working new players into the routine of college level sports, taking those early lessons and applying them in game situations."

—Coach Mike Carroll

Eder-Zdechlik said that the team was nervous going into the game against UW-Superior, but was able to settle down in the second period.

"As a team I thought we

played really well. We were all a little nervous at first, but as the game went on we settled down and I thought we played really hard. It was a really high intensity, fun game and I think as a team we used our speed to our advantage," Eder-Zdechlik said.

Carroll was also pleased with the results and with the hard work of his team.

"We showed flashes of some really good play. But, along with that, we also know we have to do quite a few things better as we grow. It's encouraging that we feel that we do have the ability to grow," Carroll said.

This weekend the Gusties will take on Concordia College in a two-game series at home. The first game is on Friday, Nov. 14 at 7 p.m. and the second game is on Nov. 15 at 2 p.m.

The Gustavus Women's Hockey team played their first game of the season against the University of Wisconsin-Superior at the Don Roberts Ice Rink on Nov. 4. The Gusties defeated the Yellowjackets 3-1, with two of the team's goals coming from First-years.

Last year the women's team was shut out of the NCAA Tournament for the first time in ten years after failing to clinch either the MIAC title or the



Gustavus Sports Information

The Gusties will face off again on Friday night when they host Concordia College.

"It wasn't a conference game but it was a good test of where we're at as a team. UW-Superior is a talented and strong hockey team."

—Carolyn Draayer

According to her teammates, Junior Goaltender Lindsey Hibbard was a huge factor in the win over UW-Superior.

"Lindsey came up with some huge saves for us. Superior had breakaways where they could have scored, but she was there and did an awesome job in the net. She had a great game,"

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Men's Hockey to face Concordia twice

Jessica Yang
Staff Writer

Gear up with the Gustavus Men's Hockey team because their season is back. Last year the Men's Hockey team finished strongly with an overall conference score of 16-7-4. This placed the hockey team in second place.

However, with a large number of graduated seniors, the status of the team is still unknown. It will require new leaders and hard work to make it back to the level of playing they were at last year.

"We lost a big senior class last year, a lot of whom scored many of our goals. We're in the process to fill those goals. So far of our news guys, Jake Bushey, a freshman from Duluth is currently leading us in scoring. We've got a long way to go though since we lost an awful lot of seniors to graduation. We are still in the early stages to find out who's going to be our leaders offensively. It's a pleasant surprise to see a freshman in that role right now; personally, Jake's off to a great start so I'm happy for him," Coach Brett Peterson said.

Senior Forward Andy Pearson believes the team still has the ability and experience to succeed.

"We are hungry to get over the hump and bring the trophy back to St. Peter. We have a strong, close group this year. Our first years have started the season strong and it will be exciting to see them develop throughout the year. Our senior class is a seasoned group who have had the opportunity to play in three MIAC Championships in our



First-year forward Tim Donohue dangles against UW-Stout. The Gusties will travel to Concordia College and play twice before they host Hamline University next weekend.

three previous seasons. We are excited to see the team come together and see what we can make of the year. Our team has the talent needed to be a really good hockey team, we just need to establish an identity and go forward from there," Pearson said.

The critical thing for the team right now is to learn how each person plays and how to incorporate new players into the team dynamics.

"I'm most excited about getting the younger guys up to speed of how our system works and get together as a team. Once the younger guys are caught up there is a great bond between all

of us. There are an even amount of younger players and returners, we must mesh well and work together to win championships. I feel like we'll be just fine in getting where we want to be," Senior Captain Jake Walsh said.

Although the top three leading scorers graduated last spring, this season all the hockey players are stepping up their game. But they also need the Gustavus community in order to continue to step up as well. The encouragement from fans during the season has always been appreciated.

"The environment in our facility is very unique. We've had a lot of great support from the last

few years, therefore we expect that again this year. It's very common for us when we're on the road to have more fans at the game than the home team will. We're very fortunate to have such great support; especially from our students who create a really good college hockey environment here on campus," Peterson said.

While the prospects of the season are still unknown, Men's Hockey team will redefine themselves and play travel to Concordia College for a back-to-back match up on Nov. 14 and Nov. 15.

SPORTS SCHEDULE

Friday, Nov. 14

Swim and Dive at St. Olaf College
6 p.m.

Women's Hockey hosts Concordia College
7 p.m.

Men's Hockey at Concordia College
7 p.m.

Saturday, Nov. 15

Cross Country at NCAA Central Region Championship
11 p.m.

Swim and Dive at Morningside Invitational
1 p.m.

Football at University of St. Thomas
1 p.m.

Men's Hockey at Concordia College
2 p.m.

Women's Hockey hosts Concordia College
2 p.m.

Women's Basketball hosts Crown College
3 p.m.

Men's Basketball at Simpson College
7 p.m.

Men's Soccer vs Dominican University (NCAA Playoffs Round 1)
7:30 p.m.

Hyperandrogenism causes gender conflict

Haley Bell
Staff Writer

Recent controversy over failed "gender testing" among female elite athletes has left people wondering

how to categorize individuals as male or female.

The scrutiny behind gender testing began in the 2000s when specific female athletes were targeted for their masculine characteristics, influencing the International Association of

Athletics Federation (IAAF) to review its gender authentication in consultation with the International Olympic Committee (IOC).

In June 2012, the IOC released IOC Regulations on Female Hyperandrogenism. This addressed cases of female hyperandrogenism, which is a condition that creates excessive levels of male hormones in women. The policy stated that if levels of male hormones, such as androgen, were outside of a specific range, an athlete would not be able to compete as a female.

This year, these rules have been heavily debated due to what BBC Sport, called 'failed gender testing' in response to the first female Indian sprinter to reach the finals at a globe athletics event in 2013, Dutee Chand.

Just days before leaving to represent India in the 2014 Commonwealth Games, Chand was disqualified. According to *The*

Times of India, Sports Authority of India (SAI) stated that she was disqualified because her androgen levels were out of the acceptable range.

The speculations that she had undergone a gender test were denied by the SAI as they claimed that the test does not determine gender. They stated that they had conducted the test to follow regulations set by IAAF and IOC regarding eligibility of females with hyperandrogenism.

The Times of India also included that the athlete was going to be allowed to compete in the female category in the future as long as she receives medical help to lower her androgen levels.

Quoted in the *New York Times*, Chand said she would not bow to pressure from coaches to undergo treatment to change the level of male hormones in her body. She claims that it is wrong to change your body for sport participation and that it is just

as unethical as cutting off the hand of someone whom was caught stealing.

According to *The Guardian*, Chand decided to appeal to the court of arbitration for sport against her ban from competition. She will remain unable to compete, and the question of whether or not it is fair for a woman with higher levels of male hormones to compete as a female will remain unanswered.



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Multi-sport athletes benefit from dietary advice

Will Metcalf
Staff Writer

Gustavus' Health Services office offers resources to navigate discussions regarding nutrition, which have begun to include more detail about 'what' and 'how much', and also 'when' to eat.

With more data and new analytical techniques available, large numbers of nutrition studies have begun to emerge, backing modern diets or refuting conventional wisdom.

Take, for example, the breakfast debate.

In June, *Outside Magazine* declared "Everything You Know About Nutrition is Wrong." David Despain writes that two recent studies show breakfast doesn't affect weight gain or loss (or other health indicators), contrary to popular advice.

In September, another article in *Outside Magazine* attempted to settle the debate once and for all.

"Breakfast is clearly important for optimal performance. However, if you're doing short runs or rides, skipping breakfast likely won't slow you down," Devon Jackson said.

All of this information can be confusing for collegiate students and athletes. To clarify things, a registered dietician is available to do free consulting on-campus for all enrolled students.

Senior Nick Carlson scheduled a nutrition coaching appointment to get help with his diet.

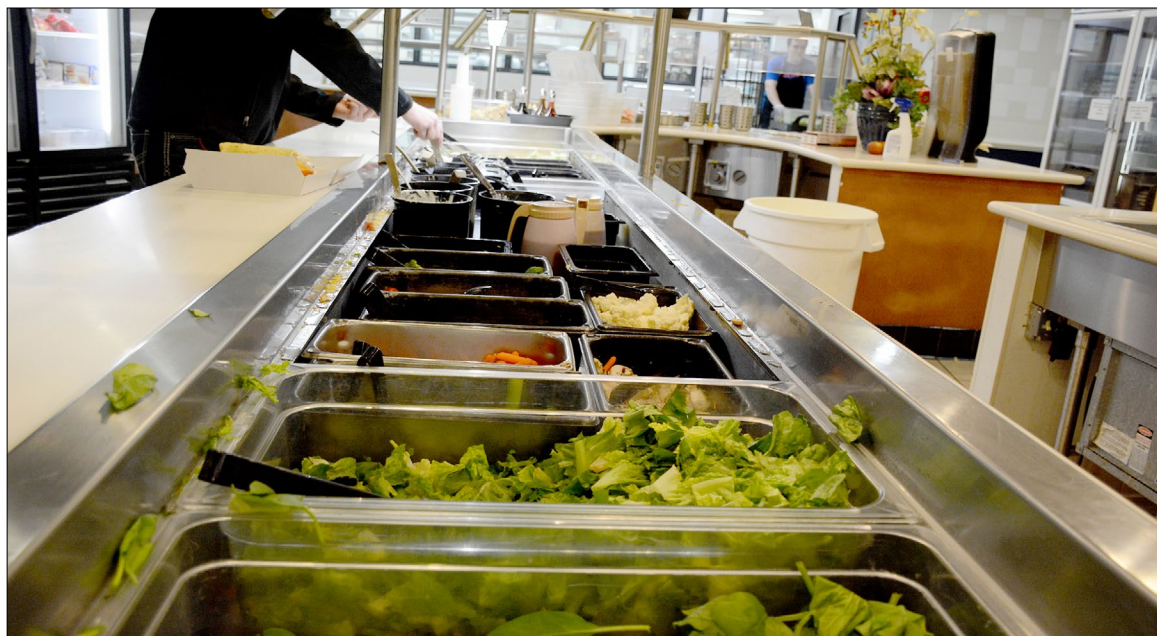
"The football coaches said to limit some things like fried foods, but for track I didn't get a lot of advice from the coaches," Carlson said.

As an athlete, Carlson has played football and baseball in addition to running track. He has learned several lessons about diet when transitioning from sport-to-sport.

"The biggest change was protein intake. I couldn't eat excessively for track, and needed to have more carbs," Carlson said. "With football, I ate as much as possible. Anything I could get my hands on, really. The point was to bulk up, whereas I needed to lean out for track."

From his teammates, Carlson picked up several habits for keeping up his energy during the track season.

"I don't avoid red meats, but I prefer lean meats like chicken. I also eat a lot more fruits, veg-



Agustin Murillo

To deal with the nutritional differences between Football and Track, Nick Carlson sought help from the on-campus dietician. "I eat a lot more fruits, veggies, and good carbs now," Carlson said.

gies, and good carbs now," Carlson said.

Processed red meat can be high in saturated fat, and has been linked to cardiovascular disease. Lean, white meats are a healthier alternative for getting plenty of protein.

But Carlson also took away some pointers from George

Eliot, Gustavus' registered dietician.

"I was told I need to eat tuna two times per week instead of five. I felt a little sick, and they said tuna has a lot of mercury in it," Carlson said. "But they also said I could have some empty calories, like a candy bar every once in a while."

"My motto is 'Eat good, feel good' now," Carlson concluded.

Information about nutrition, as well as how to schedule a Nutrition Coaching appointment, can be found at the Gustavus Wellbeing website, under the 'Nutrition & Exercise' heading.

Men's Soccer heads to National tournament



Gustavus Sports Information

After defeating Saint John's 2-0, with goals by Eric Schneider and Patrick Roth, the Men's Soccer team proceeds to the first round of the NCAA Tournament. They will face Dominican University on Sat. 15 at 7:30 p.m. If successful, the Gusties will play the winner in the game between Loras College and Westminster College on Sunday.