

Old MacDonald had an opinion Rosetta Has Landed!



Cameron MacDonald
Opinion Columnist

These projects take far more time and money than most people even realize. Some take even billions of dollars to create! A few hundred million dollars on a NASA project is actually considered pretty cheap for a space project.

A scientist by the name of Russell Palma recently gave a talk at Gustavus on his involvement in the Stardust mission, which was the collection of particles from a comet and studying their samples.

His mission was to use these particles to hopefully be able to more accurately calculate and determine the age of the solar system because these particles have been largely unchanged since the creation of our solar system.

They had to calculate the velocity of the comet and get their satellite to follow it and raise a plate to collect the particles in order to process them back on Earth. He even stated that processing one sample takes four years. These are lifelong projects for the scientists involved, and the Rosetta will span many years after its mission is over.

Rosetta, named after the Rosetta Stone, had one mission: to chase down and drop a lander on a comet in order to analyze its geological contents. It also had several other smaller missions on its way to catch the comet, including the analysis of several extraterrestrial bodies and formations as it kept using planetary gravitational fields to assist its flight, basically sling-



Soon we'll be playing reverse space invaders.

ESA/Rosetta/Philae/CIVA

You may have heard a lot about the recent accomplishment from the European Space Agency (ESA): they managed to land a mobile laboratory on a comet in order to learn about its composition and date the contents of the comet. However, many people are unaware of the actual process of the mission and what it's really for.

Here's the first mind-blowing fact: this project was approved over 20 years ago! It was approved in 1993 as a Cornerstone Mission in ESA's Horizons 2000 science program, where there are several programs that have already been seen through, as well as others that have yet to begin.

shooting itself through the solar system.

It first used Earth's gravity to slingshot to Mars, where it swung around Mars and flew back to Earth, when it once again used Earth's gravity to slingshot past Mars.

It reached the asteroid field before falling back towards Earth where it used Earth's gravity one final time to sling itself back to the asteroid field. It actually got so far out into space that it was nearly one billion kilometers, or 621,371,192 miles away from the Sun, so its solar panels were not of very much use.

At this point, it went into "hibernation" until around January

2014, when it fired its engines in order to chase down the comet. Finally, here we are, with its lander Philae on the comet.

Recently, it was reported that Philae's landing did not go as expected. Its landing anchors failed to deploy, meaning that when it hit the comet it bounced and actually landed nearly a kilometer away from its intended landing zone. It hit a sort of wall that stopped its movement, but shaded it from sunlight so it couldn't charge its batteries. The workers at NASA scrambled into action, reportedly doing a 57 hour mission before Philae's batteries fully drained.

The lander still managed to send the results before it shut

down. Their hope is that, in time, the comet's movement will allow sunlight to reach Philae and charge its battery so they can reawaken it for a follow-up mission.

This mission is considered very important because it could tell us about the composition of things older than our solar system. This could lead to future endeavors and hopefully discovering more about the universe outside of our solar system. I'm personally extremely excited to see the future missions that NASA plans to launch and what they might discover.

Don't get mad get Glad Get out and get involved



Andrew Gladitsch
Opinion Columnist

United States and around the world. Oftentimes, one can just volunteer for a couple of hours at a time and help package specially prepared packages of food that is meant to be both nutritious and digestible for people that are starving.

Kids Against Hunger actually has a packaging center right here in Mankato, and it could be very convenient for Gustavus students and even various student organizations could volunteer some of their time. The founder of the charity, Richard Proudfit, is a Minnesota native and is even based out of New Hope, MN.

Political involvement is also at a low point in American history, especially in the 2014 midterms when only 36.3 percent of the electorate turned out to vote, an abysmally low turnout and, in fact, it was the lowest turnout for a general election since the year 1942, which had such a low turnout because a sizeable portion of the electorate was fighting in World War II.

In this age of unprecedented freedoms, there is no excuse for such a low turnout percentage. Some of these states even mail ballots to all eligible voters, and yet no state managed to break



Join Student Senate, but beware the Ides of March.

Agustine Murillo

60 percent turnout. Although the election just finished, there is never really a time in American politics where each party is not looking towards the next election.

If someone wants to get involved with a political party or a candidate, all you need to do is contact them; no political organization will ever turn away anyone that truly wants to be involved. For example, both the Grand Old Party (GOP) and the Democratic-Farmer-Labor Party (DFL) had victory offices in Mankato that eagerly sought volunteers throughout the last election cycle, and will doubt-

lessly continue to do so for 2016.

If you want to stay even more local, both the College Democrats and Republicans are very active associations that welcome any political enthusiast. Even if you have never taken interest in politics, it is never too late to get and learn about the issues and decide which political party you identify with.

There are also plenty of organizations here at Gustavus that the student body should take advantage of, like the different cultures and languages such as the Russian and German clubs.

One of the most interesting and dynamic clubs at Gustavus

is the Investment Club, which received a generous donation of \$100,000, allowing the club to invest real money in the stock exchange, and educates its members on how to invest wisely which is a valuable skill for everyone.

Student Senate is also a very interesting and important organization at Gustavus as they receive a cut of all student activity fees and are charged with appropriating the funds to the various student organizations and can influence the life of a student at many different points throughout their academic career.

Student Senate also acts as the voice of the student body and is the most effective way of letting the administration know of any concerns you and your peers might be having. Students are always welcome at meetings of the Senate and there is even a section of the meeting dedicated to community comment.

In the end it really doesn't matter what one is involved in just get out there and participate in groups that interest you.

Just in the Nik of time Pedestals



Nikki Rom

Opinion Columnist

We tend to make things into idols. An example that comes to mind is the Egyptian Empire. Their gods were manifested into enormous stone carvings, draped in gold and jewels, and placed atop enormous marble pedestals. From this location they could observe their kingdom and the people below could stare and praise with wonder and awe in all that they were.

Statues, that's what they were. Disregarding the religious representation they held, these glorious works of art were merely enormous marble carvings with a slew of imperfections. The people would be able to see every imperfection in the stone: marks from the artist, nature's wear and tear, it all would have been visible, and the perfection of the idols would have at least been able to be contested. The thing that separated them from these imperfections was the pedestal.

The Egyptians are most definitely not the only society to idolize things. In fact, we do it every day with people. We see someone like a celebrity, politician, or even simply a friend who we think can do no wrong. They seem to do so much good, and contribute nothing but good things to society. Here the pedestal is constructed.

When these people are seen in these few instances as essentially flawless, we decide that they are someone we should try to model our lives after, someone we should idolize. So you build them a pedestal, place them on top, and when they inevitably disappoint your expectations, it seems as if you can never look at them the same way again, *and you shouldn't.*

People are not meant to be on *"This hierarchical system is not something that is used to make friends. It is used to create separation and perpetuate a power dynamic."*

pedestals. People are human. Humanity is imperfect by nature and we do not always make the best choices. For that reason we cannot stand on a pedestal. We need room to learn and grow from our mistakes. We have to be able to roam around and encounter different people, and figure out how exactly we are supposed to function and live a life we can be happy with.

Pedestals and pedestal-wor-



The top of Olympus is a lot lonelier than it looks.

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thy people are idyllic but they have none of these features I have mentioned. They are high above the ground, away from any other people to learn from. Most of all, their surface is so limited one may only sit or stand. There is no room to wander or grow, and if you mess up and your pedestal begins to fall, it is a long way down to the ground.

While I will encourage you to not put other people on a

pedestal, I will extend that encouragement for you to not put yourself on a pedestal either. When a person idolizes another person, it is out of the subject's control that they are being idolized. When people idolize themselves, they believe it is everyone else's job to ensure the proper respect is being paid, even if that magnitude of respect is far from deserved. This attitude is usually not well received. Once you have placed

yourself on your pedestal, you are far away from regular human contact. You have subjected yourself to a life of never truly knowing what people think, as you are too far above them to begin to understand what they see.

That pedestal might be magnificent. It might be an awe inspiring work that has taken you years of blood, sweat, tears, and heartache to get to. You might be very proud of how high up you've gone. People were not meant to climb too high. We aren't the most height-prone species in the world. That's not to say that we shouldn't try to achieve great things. We should keep moving forward in this world and strive to be the best people we can with the things we were given.

The thing about a self-given pedestal is that you put yourself there because you feel you are better than the people you place on the ground. This hierarchical system is not something that is used to make friends. It is used to create separation and perpetuate a power dynamic.

If you want to live a life full of love and friendship, please beware of pedestals. They will not help you in these pursuits.

However, if you would like to live a life that takes you to the top, I leave you with this: life atop a pedestal might be glorious. The view I am sure is spectacular. But with a surface area that small and exclusive, you will have no room to share the view once you've reached the top.

Roland in the Deep Fighting through Finals



David Roland

Opinion Editor

Similar to that over-used *Game of Thrones* meme, finals are coming. It's that magical time of the semester when no one gets a break, and all that studying and homework just seems to pile up like an academic tsunami waiting to swallow you whole.

It's a time when people's bodies and minds are pushed to the limit. A friend of mine has a favorite finals mantra that they cannot be sick. This is not because they have some superhuman immune system

that kicks in at the end of each semester, but rather that regardless of their health, they will always be studying and working on classwork, usually until the early morning hours to be prepared for finals.

It goes without question that finals are hands down the most stressful part of the semester, and conditions demand 110% of your body, it is important to remember that where it is critical to be ready for finals you need to keep yourself healthy too.

Many groups on campus, like our Peer Assistants, have organized events to make sure that students have resources at their disposal to manage stress. Ranging from cookies to therapy puppies, there is a plethora of ways to manage and reduce stress during finals.

For many people the strategy of choice is to get rest while you can before finals, and then throw yourself to the proverbial grindstone right before finals hit. This means getting almost no sleep each night and studying your brains out until the blissful release of winter break arrives. This strategy is both



Finals are coming.

Cameron Jarvis

unhealthy and unproductive because removing vital sleep is treated like an option.

Sleeping is just as important for human health as eating and breathing, and although we can't always get the full eight hours per night, we still need to get a good amount of sleep for our bodies to function properly. In addition to this, sacrificing sleep for the sake of studying can make us do worse on our exams. If you try to take a test

running on little to no sleep, it's like trying to handwrite an eight-page essay with a dry ballpoint pen.

You simply can't perform as well because you're all out of juice. Just like driving, if you start your test running on an inadequate amount of sleep you are likely to veer off the course you worked so hard for and drive right into a tree, or in this case fail the exam. Finals are a marathon, not a sprint.

Even if you didn't work as hard as you could have up until this point, you still have time to make a plan to study a little bit every day. Inching your way to where you need to be to be ready for finals. It's like taking finals in small bites rather than one big gulp. Don't forget to take half hour breaks; in addition to keeping you sane, breaks also improve your general productivity, making you work *smarter* not *harder*.

So get some good food, pet some puppies, and hang out with the PA's if you're stressed during finals. You get out what you put in. So if you put in poor nutrition, sleeping habits, and a lot of stress you're going to get a poor finals experience.

On the other hand if you manage your work efficiently and remember to treat yourself with breaks and positive reinforcement you're more likely to come out on top and feel good doing it. And as always, **YOU CAN DO IT.**

Don't just Glase over it Beauty, Body, and Contemporary Lies



Matthew Glasier
Opinion Columnist

This week Kim Kardashian bore all for *Paper magazine* in a photo shoot with the goal to “break the internet.” Kim is most known for her rear end, as well as having celebrity status largely attained from her family’s fortune.

Kim, by exposing her rear, is playing into the current obsession with booty that is also notable in other aspects of pop culture such as Megan Trainor’s song “All About That Bass.” The problem with the current trend in pop culture and with Megan Trainor’s song is that they feed into a false sense of perfection of physical beauty in every person as well as a false equation of the beauty of person and aesthetic beauty.

Let’s face it, almost none of us are Greek Gods carved from marble exemplifying the ideas of human aesthetic perfection in Western culture. The problem is that a large number of music artists from Megan Trainor in

“All About That Bass” to John Legend’s “You and I” have recently been promoting a message like that, well, maybe not exactly that.

It’s not that they say that you or I are perfect examples of physical perfection and beauty necessarily, but they send a message that you and I are perfectly beautiful the way we are while talking about beauty in reference to aesthetics of the human body.

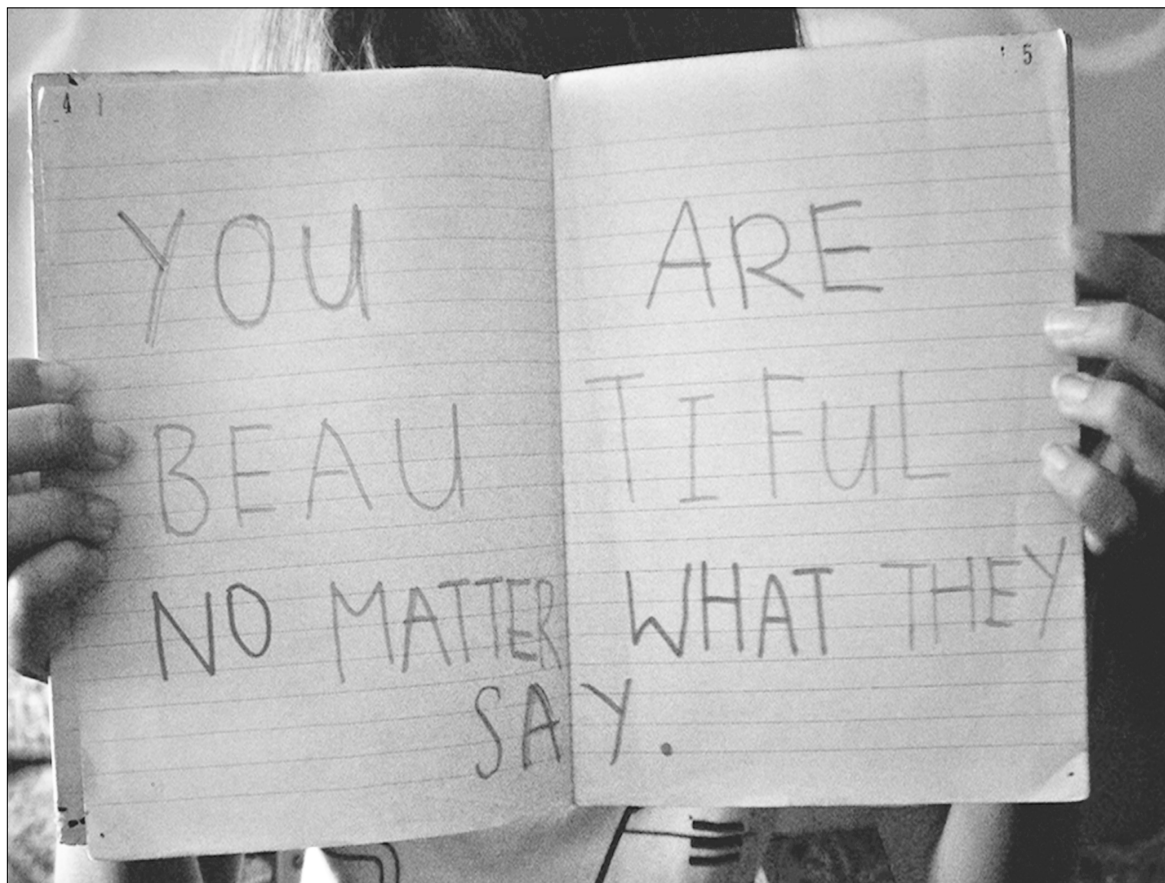
When John Legend sings in “You and I,” the line “Guess you don’t know, that you’re beautiful” it is between the lines “you fix your make up, just so” and “try on every dress you own.”

This puts the context of beauty into the physical realm, when really what Legend is referring to is that she is beautiful regardless of how she looks because beauty is not defined by physical features, but inner character and values.

“They send a message that you and I are perfectly beautiful the way we are while talking about beauty in reference to aesthetics of the human body.”

Some people catch this subtle message about what beauty truly is, but the message isn’t clear. Especially when other singers and songwriters send messages that clearly aren’t of that nature but run along a similar theme.

“All About That Bass” is a song that heavily emphasizes



No matter what is on the outside, true beauty comes from within.

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having “all the junk in all the right places” and repeats the message that “If you got beauty, beauty, just raise ‘em up/’Cause every inch of you is perfect/ From the bottom to the top” obviously talking about the physical body and its beauty.

So what’s the problem with a message telling everyone they’re physically beautiful? The problem with these songs can best be demonstrated by

contrasting them with “Forest Whitaker” by Brother Ali which contains rhymes such as “To everyone out there, who’s a little different/I say damn a magazine, these are gods fingerprints/You can call me ugly but can’t take nothing from me/I am what I am doctor you ain’t gotta love me.”

The songs like “All About That Bass” and “You and I” emphasize a message that everyone is physically beautiful the way they are, which fails to recognize the simple fact that none of us are physical models of perfection. I for example have one eyelid that droops, small wrists, am skinny, and my teeth are a bit crooked.

All things I am somewhat self-conscious about. What sounds healthier; telling me I’m physically perfect the way I am and beautiful, or telling me that I’m not a picture of physical perfection but that doesn’t matter cause it’s my character that matters?

“Kim, by exposing her rear, is playing into the current obsession with body image that is also notable in other aspects of pop culture.”

The second one is obviously more in line with the reality of the world. Yeah my eye lid droops but who gives a damn. Of course physical beauty varies from culture to culture and overall it may be the case that beauty is completely socially constructed, so why don’t we just tear down that construct and tell everyone they’re perfect and beautiful the way are?

This sounds like a nice idea and solution to the problems and insecurities that arise from a media and society that obsess over the body, but it doesn’t fix the obsession with the body. Anxiety and insecurities aren’t going to be fixed this way, but can be helped by coming to realize that physical perfection isn’t everything.

I’m not harkening us back to the Middle Ages of rejection of the physical world and the body, but as a society we are currently far too engrossed with the body.

By saying that everyone is a perfect example of beauty the way they are, beauty in the aesthetic sense becomes relative and meaningless, and we miss what beauty is truly about.

You wouldn’t say that a vase that has divots, bumps, and is crooked is perfectly beautiful would you? You wouldn’t say all vases are equally beautiful would you? But a vase gains value not just by being nice to look at but for how it functions and its structural integrity.

Similarly, not every person is an example of perfect physical beauty, but people gain their true beauty from their character, values, actions, and how they treat others and this is what is important. Reality is.

The Good, the Bad, and the Meh



All of the couragous delivery drivers who brave the bitter wind chill and dangerous roads to bring food to Gusties too lazy to walk to the caf.



The endless exams and papers due before Thanksgiving break.



Whoever is stealing mugs from the caf, I NEED MY CAFFEINE FUEL YOU BARBARIANS.



THE
FOURTH CROWN



MAKE YOUR NEWS COUNT.

The content of this page is satirical in nature and in no way reflects the views of THE GUSTAVIAN WEEKLY, Gustavus, or its faculty, students, and administrators. THE FOURTH CROWN is not intended for readers under the age of 18.

Optimistic freshman sees only positives coming out of SnapCash

The Fourth Crown

MANKATO—Following SnapChat's recent announcement that it will now be able to host financial transactions through its App, Minnesota State freshman Brad Cooper believed that only positive things could come from this new feature, despite a largely negative public response.

The 18 year-old economics major praised the App's simplicity and fool-proof design. "I don't know it just seems like nothing can go wrong with this new feature. What if I need to spot a friend some cash at B-Dubs? Bam! Snapcash. It just seems like a no-brainer. With SnapChat being such a highly esteemed company as it is, I see no safer way to deal with my money," said Cooper.

A large amount of outcry over the new feature comes from the possibility of making pornographic and drug related deals easier for the App's young demographic.

Cooper discredits these possibilities



Submitted

"My generation has proved that it is trustworthy with technology" - Brad Cooper

saying that, "I just don't think anyone would do such an awful thing. I like to think that my generation has shown that it can be completely trusted with the technology we wield. We have already proven this with such things like picture messaging, Reddit, Yik Yak and Chatroulette. Nothing has gone wrong

there!"

When asked what he thought of criminal cases involving minors sending lewd photographs to each other via Snapchat, Cooper responded, "Oh, come on! You don't believe that do you? That's just the media trying to paint our generation in a bad light, because

they never got to use such cool gadgets when they were younger. No one ever sends naked pictures over SnapChat, just like no one would ever pay for illegal products over SnapChat. That's like someone saying 'the internet could be used to bully someone or tell lies'. It's all a bunch of bologna."

Snapchat representative Amelia Baker echoes Cooper's remarks. "Our main demographic of individuals ages 14-25 have completely proven their ability to be trustworthy with simple technology. They have also, time and time again, proven that they are extremely capable financially. This demographic also possesses a large amount of excess spending money. Our analysts have not found any indication that this demographic would misuse the feature whatsoever, and will responsibly make choices with their vast amount of finances," Baker said.

Naked sculpture blames cold weather

The Fourth Crown

SAIN T PETER—After weeks of enduring the laughter and embarrassment of the masses, the nude man throwing an infant of the Granlund sculpture near the Edgar M. Carlson Administration Building has finally spoken out, blaming the "cold weather for...well, you know."

"You try standing out here twenty-four hours a day, seven days a week. There's going to be some shrinkage, okay?" said the man committing filicide in the middle of campus.

The man has called the winter months the darkest times in his life, but it is unclear if this is because the ridicule from the student body or because of the winter solstice.

The man's misfortune has been the butt of many jokes. Freshman Connor Anderson has stated that he points out the statue as often as possible. "I always joke about that when I am with people. I see that thing at least two or three times a day, it kind of bothers me. I actually think about it a lot during my classes. Why is it so small? Does it mean something?" said Anderson.

The sculpture remains adamant that the weather is the only factor, despite the public's best guesses. "Look, guys, it really is just the weather, I'm not joking," it said. "I don't know what else I can say. I would just appreciate it if art classes stopped coming out to study me, trying to figure out if my "size" means anything about the male condition."

"What could the artist have been saying with the sculpture's endowment?" asked art professor Joyce Russell. "I have had a few classes examine the piece closely, and all it has brought to us is frustration. How could the artist not have used his tool more effectively, in order to make the sculpture's tool a more comfortable size? It is really quite a shame."

The statue has tried to keep his pride in these trying times. "It's not easy being me, people. I constantly have to be stuck in this moment where I am killing my own child. How do you think I feel about that? The answer is 'shitty'. I feel shitty. But, you know what? I at least can take comfort in my rock hard body. So what if one part of me is a little small

because of the cold? I still am proud of how I am put together...There is nothing wrong with me, right?" he said.

The administration has been unable to guess as to what is causing the statue's issue. "Maybe it actually is weather related," said Vice President of Financial Affairs Brenda Coyne. "Or maybe it is the artist's commentary on the shrinking importance of masculinity in today's changing socio-economic landscape. Or, perhaps, it could just be a comment about the school's relatively small endowment. Maybe the statue's endowment is reflective of the school's," said Coyne.

Race for Grace: a race to remember

Katie Allen
Staff Writer

This Saturday, Nov. 22, the Gustavus Women's Swimming and Diving Team will be hosting the first Grace Goblirsch Invitational in memory of Grace Goblirsch who was a member of the swim team during the 2011-12 and 12-13 season. Goblirsch passed away from leukemia in 2013 before her junior year.

Goblirsch swam the breast stroke and was a strong distance swimmer and loved Gustavus and being a part of the swim team.

"She was always one of those super smiley, positive people and she loved swimming. Gustavus swimming was her life, that's were her passion was," former teammate of Goblirsch, Senior Gabe Gazzola said.

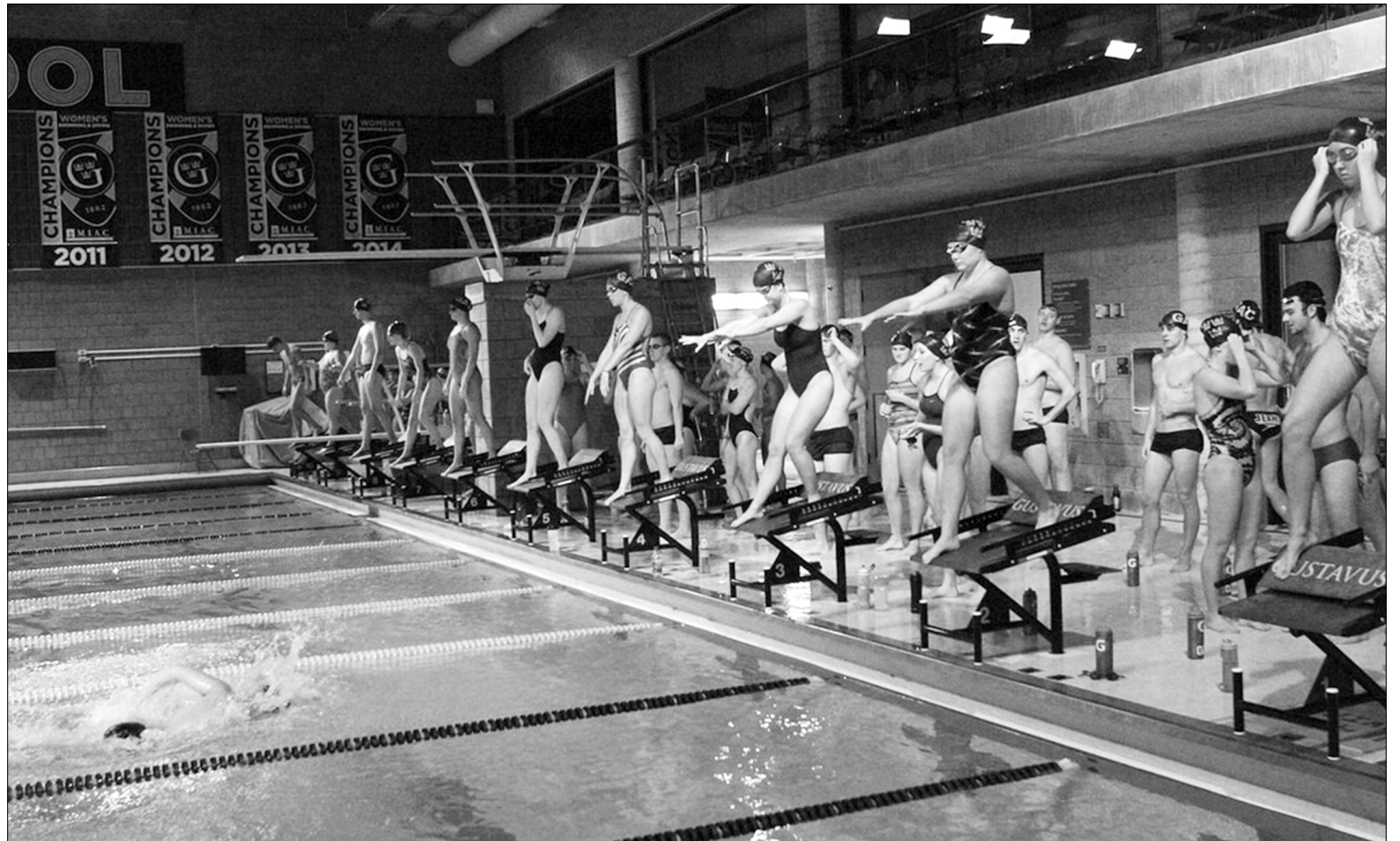
Everyone involved in Gustavus swimming saw and recognized the upbeat spirit and attitude of Goblirsch.

"Grace was an amazingly positive person. She was a hard worker, loved the sport of swimming, loved her teammates even more, and she meant the world to our team. She was a constant. You could always count on her being at every practice and seeing her smile. She exemplified the type of swimmer we want in our program," Head Coach Jon Carlson said.

Her presence on the team lifted those around her to do their best and to work harder.

"She was highly motivating, highly encouraging, and beyond that, on and off the pool deck she had this contagious spirit," Senior Breanna Schlegel said.

During her two years on the swim team, Goblirsch had a profound and lasting impact on the team and has become a source of inspiration in swim-



Gustavus Sports Information

"Even though she's not here now she's still a central part of the team, she connects us. She's still in our hearts," Gazzola said. The Swim & Dive team will meet in the Vic Gustafsson pool on Nov. 22 to compete in honor of Grace Goblirsch.

ming and in everyday life as well.

"We adopted the motto 'Race for Grace' right after her diagnosis. It means that we were going to race for Grace in the pool and we also expanded that to our own lives, because Grace was driven in every aspect of her life. We were going to Race for Grace every meet we had, every race we had, but also every test we had, in our relationships, in our friendships, we were just going to give our best," Schlegel said.

In addition to the motto "Race for Grace," the team also em-

braced the idea of "One Team, One Family" to show their support for Goblirsch during her fight against cancer and even after she passed away.

"We knew when she was diagnosed that she was going through her own battle but we had her back, and I think also with this invitational it shows that it extends beyond us to the swimming community, the MIAC, and the Gustavus community," Schlegel said.

For the Gustavus swim team the Grace Goblirsch Invitational is a way to honor and remember Goblirsch's life and also her love

for the sport of swimming.

"Grace loved to race. It seemed like a logical fit to have a meet in her honor and to enjoy our chance to race that day," Carlson said.

"Grace was an amazingly positive person. She exemplified the type of swimmer we want in our program."

—Jon Carlson

"We do a 5K in the spring and we want to do another bone marrow drive, but specifically with this invitational I think it shows that cancer doesn't just affect an individual; it affects families, teams, and communities. I think moving forward it's not just about awareness but a

celebration of the time we had with her and the time she spent with us. We've spent our fair share of time grieving the past two years, so I think this has a lot of weight for us as seniors who get to finish swimming for her the same way we started swimming with her four years ago," Schlegel said.

Saturday's invite will be an opportunity for the Gustavus swim program, the swimming community, and the Gustavus community to remember Grace and honor her legacy. The teams that will be participating in Saturday's invite include Saint Mary's University of Minnesota, Carthage College, and Morningside College.

"Even though she's not here now she's still a central part of the team, she connects us. She's still in our hearts," Gazzola said.



Gustavus Sports Information

The Women's Swimming and Diving team finished in first place while the Men's team placed fourth at the Morningside Invitational in Sioux City, Iowa, last week.



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Athletic Training major provides a classroom without walls



Leah Moat

The Athletic Training Room is a resource for athletes on campus. Together with professional athletic trainers, athletic training majors get to work with sports related injuries on a daily basis.

Emma Hunt
Staff Writer

The Athletic Training Program at Gustavus is established for students who want to prepare for a career as an athletic trainer and is endorsed by the Commission on

Accreditation of Athletic Training Education (CAATE).

Athletic trainers are medical professionals who work with other healthcare providers to prevent, diagnose, treat, and rehabilitate injuries. The Gustavus athletic trainers and the athletic training students provide emergency care at

athletic practices, games, and meets; evaluate injuries, make referrals, provide rehabilitation plans, and teach injury prevention to student athletes.

The athletic trainers can be found in Lund Center in the Athletic Training Room. There are many practices that the athletic trainers exercise in order to take care of student athletes. One student athletic trainer is Junior Ben Bonser.

"For preventative measures we know how to tape, brace, assign pre-rehabilitation programs and wound care. We also have access to a lot of different modalities such as an electrical stimulation machine, ultrasound, or even just icing. All of what we do is patient specific so we really strive to see what our patients' goals are before we start treatment. Once we know what they have in mind and what they want out of the time in the ATR we can choose our method of treatment be it long term or short term," Bonser said.

First-year student athlete Mae Grigsby visited the ATR with a foot injury. "The professional athletic trainers and the student athletic trainers collaborated really well to figure out what was going on. They referred me to the hospital, but still kept checking in with me to see how my foot was doing. I could tell that they really cared about making me feel better," Grigsby said.

Unfortunately, the athletic trainers can only officially treat Gustavus student athletes at this time. The program targets athletes participating in sports, but with the changing times the term "athlete" is very vague. Trainers try to help anyone who comes through the doors, whether it be assessing them in the ATR or referring them elsewhere, like Health Services.

"Gustavus can only be liable for student athletes, and there are already so many athletes being treated by four athletic trainers, it would be impossible for them to manage the entire student body. Our program does recognize this, and, like all departments, would love to get funding to provide students with another athletic trainer," Junior Athletic Trainer Sam Paripovich said.

"All of what we do is patient specific so we really strive to see what our patients' goals are before we start treatment."

—Ben Bonser

Becoming an athletic trainer involves an application process with the program ideally beginning in the fall of one's sophomore year. There are a few prerequisite classes that need to be taken, a paper for the application into the program, an interview with the clinical educators and the head athletic trainer.

"It's definitely a nerve racking process but once you get through it and get in the program, it's a pretty cool feeling of accomplishment," Bonser said.

There are clinical requirements to complete once in the program, and practicals and competencies to pass in order to progress through the courses in the program. Trainers also have to maintain first aid and CPR certifications and keep a certain GPA.

The campus organization, Gustavus Athletic Training Association (GATA), is involved

SPORTS SCHEDULE

Friday, Nov. 21

Women's Hockey hosts Hamline University 7 p.m.

Men's Hockey at Hamline University 7:30 p.m.

Saturday, Nov. 22

Women's Basketball hosts University of Minnesota, Morris 1 p.m.

Swim & Dive hosts Grace Goblirsch Invitational 1:30 p.m.

Men's Basketball hosts University of Minnesota, Morris 3 p.m.

Women's Hockey at Hamline University 7 p.m.

Men's Hockey hosts Hamline University 7 p.m.

Tuesday, Nov. 25

Men's Basketball hosts Bethany Lutheran College 7:30 p.m.

with the community and trainers are also a part of a few other athletic training associations in the Midwest such as the Minnesota Athletic Trainers Association (MATA) and Great Lakes Athletic Trainers Association (GLATA). These associations have regular symposiums that trainers go to in order to further their clinical education.

Gustavus is one of only six schools in Minnesota with an athletic training program. Earning a degree from a college with an accredited athletic training program is required to take the Board of Certification Exam, which has to be passed in order to become certified.

"Not only is the athletic training program here beneficial for the athletes, but also as a student, we are so lucky that our program prepares us so well for our careers after graduation. I plan on going onto physical therapy school after graduation, and I know that having so much patient experience and being exposed to so many injuries and how they're managed will beyond prepare me for my next step," Paripovich said.

Senior Spotlight

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

Keri Pickel

Women's Hockey - The Senior forward from Rochester, Minnesota, is looking forward to see her teammates develop throughout the season.

Q: What are your expectations for the upcoming season?

A: Our expectation this year is to have a great season. To accomplish this we have set goals for ourselves and our team. We are very goal oriented and we broke the season up into quarters to help us stay focused and engaged throughout the season.

Q: What is your best athletic memory?

A: I can't pick just one. Being a part of the program has been

so rewarding. One thing that stands out has been seeing all of my teammates develop and grow over the years.

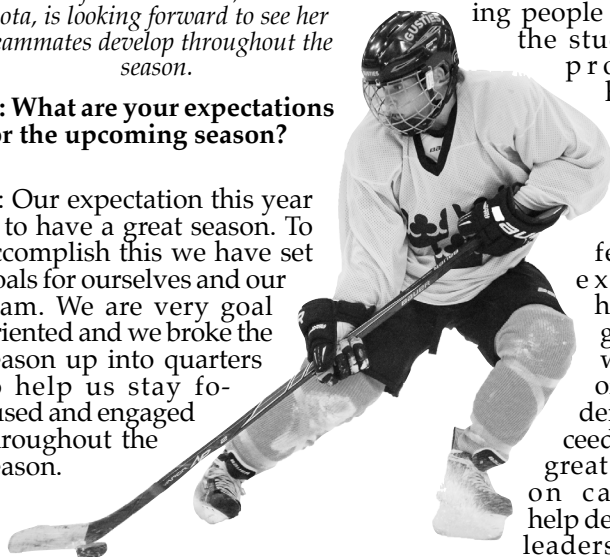
Q: Why would you recommend Gustavus?

A: I have met such amazing people here, both the students and professors

have made my time here unforgettable.

The professors are extremely helpful and genuinely want each of their students to succeed. There are great resources on campus to help develop your leadership skills

and a variety of different organizations to join. There is something for everyone at Gustavus to help them fit in and grow as an individual.



Taylor, Morgan earn All-Conference honors

Jessica Yang
Staff Writer

The volleyball season has officially come to a close as they finished an overall conference record of 11-15. Two weeks ago on Nov. 5, the Minnesota Intercollegiate Athletic Conference (MIAC) released its 2014 Volleyball Awards. Junior middle hitter Alyssa Taylor and First-Year setter Marisa Morgan made it onto the All-Conference team.

The last time any Gustavus volleyball player made it onto the All-Conference team was in 2007 and 2008. It was a surprise to have two players make it this year, but the awards were earned through hard work.

"It's actually really crazy but awesome at the same time. I was so surprised when I heard I made it," Morgan said.

Morgan has been playing volleyball for the past 12 years. All throughout her volleyball career Morgan has been a setter, and the years of training prepared her well for playing at Gustavus.

"For a first-year in a six-rotation, Marisa did a great job running our offense and made significant strides from the beginning to end of the season. She still has a lot of room to grow over the next three years,

which is very exciting for her and the future of Gustavus volleyball," Head Coach Rachelle Sherden said.

In Morgan's first season of collegiate volleyball, she showed consistent improvement, maturity and readiness. Overall, Morgan distributed 824 assists for an average of 29.4 assists per match and 8.4 assists per set.

"Volleyball season was so much fun. Since I'm a first year it was a bit scary playing college volleyball but everyone was so nice and welcoming. When I get on the court I try to just get in my zone and then I don't think about anything else except my team and playing the game," Morgan said.

Alyssa Taylor is a middle hitter for the team and is also leaving this season with an impressive reputation. She finished the season as the team's leading hitter for the second straight year with 284 kills for an average of 10.1 kills per match and 2.9 kills per set.

"A very deserving honor for Alyssa after another outstanding season. One of the strongest middles in our conference – both offensively and defensively – Alyssa elevated her all-around game to new heights this year. Alyssa has a true attacker's attitude and wants the ball every point.

Despite being the focal point



With 824 assists, Marisa Morgan (left) received All-Conference honors. Together with middle hitter Alyssa Taylor (right), she formed a lethal offensive threat throughout the season.

Agustin Murillo

of our opposition's game-plan virtually every match, she continues to lead the way at the net and is the tone-setter for our offense," Sherden said.

Taylor has been playing volleyball since the fifth grade. Between that time and now, she has participated on traveling teams and high school's varsity volleyball team.

"It's a humbling honor to be a part of the all-conference team because there are such high caliber volleyball players in the conference, so to be acknowledged as one of the top players in the conference is pretty cool. I am so excited for next season because I think that our team is going to be ready to bring it. We got a taste of what it was

like to be in playoffs this season and we want and expect more next season. I expect us to have a competitive team with the mentality to be at the top of the conference," Taylor said.

The women's volleyball made it into MIAC playoffs for the first time in three years, losing in the first round.

Football hopes to build on winning record next year



Gustavus Sports Information

The Gusties will use their six-game winning streak as a foundation for next season.

Jacob Woodrich
Staff Writer

The word "journey" held high precedents when it came to Gustie football this fall. When asked to describe the season in just one word, without hesitation, both Head Coach Peter Haugen and Senior

Captain Zach Vine, responded with the same answer: Journey.

After beginning the season 6-0, the team fell into the heat of their campaign, losing in the latter four games of their season. The four games were all highly competitive games which could have ended with either team the victor. But the end of the season means the end of competitive

football for many, including Vine.

The squad's 6-0 start included wins over Crown, Lake Forest, Hamline, Augsburg, St. Olaf, and a 50-0 Homecoming victory over Carleton College, which Vine. Offensive lineman, described the Homecoming victory as one of his favorite moments of his senior season.

"I was really happy with how our guys were able to keep coming back and keep grinding every day. As an offensive line, I was really pleased with how we were able to unite," Vine said. "I pride myself on treating every play as if it was my last. Your senior season is very special. We had a great group of seniors and the younger guys have come in and respected the culture that we have tried to create."

The seniors have most likely played their last snap of football. "I'm going to miss it for sure. We had a really special group this season. I'll miss the relationships and showing up to work with these guys every day," Vine said.

Although football is over for

many, there is still much to look forward to for others.

Junior quarterback, Mitch Hendricks led the MIAC conference in both passing touchdowns and passing yards this season. He was one of the brightest spots on the team throughout the year. One of his best games came against Augsburg, in a 55-31 rout of the Auggies. In the win, Hendricks tossed a total of seven touchdown passes, a new school record.

Being a junior, Hendricks is looking forward to next season.

"Our goals for next year have to be the same as they were this year. As a whole, we laid some good building blocks for next year. We want to go undefeated in the conference and go 1-0 every week, then winning the conference will take care of itself," Hendricks said.

Along with Hendricks, all three starting receivers will be returning next season. Juniors Matt and Gabe Boyce, as well as sophomore George Buchner all have a full year playing with Hendricks under their belts,

making for an even more experienced and explosive offense next season.

"I look forward to continue making progress. I hope to have an even better offseason for the team and to come into camp prepared and ready to go next year," Haugen said.

Although the six wins to begin the season were very rewarding, Haugen hoped to pull through in some of the late season defeats. "There were a few tough games towards the end of the season which I wish we could have pulled out, but any time you have a winning season, it is a positive thing," Haugen said.

As for the season as a whole, Haugen will walk away from it with many memories.

"There are so many memories from this season. Highlighting just one wouldn't do justice to the numerous positives of the year," Haugen said.

The Gusties finished fifth in the MIAC conference.