

Old MacDonald had an opinion Mexico in Uproar



Cameron MacDonald
Opinion Columnist

Mexico City is in turmoil. Rioters are flooding the streets and the government pushes back, sometimes using lethal force to subdue the people. The population grows more dissident with every day that passes, and they have quite the list of reasons to be this way. The people are no longer complacent. They want justice. They want a revolution.

Mexico has been dealing with civil unrest for quite some time now, but recently it reached the tipping point, with hundreds to thousands of protesters turning up to speak out against their corrupt government and de-

mand that President Enrique Pena Nieto step down from office.

There have been many events leading up to these clashes. The biggest one to be noted is the disappearance of 43 students on Sept. 26. There was a clash with police, in which six people were killed, and 43 students just disappeared off of the face of the Earth. Now, people suspect that the government kidnapped them and turned them over to a drug cartel known as Guerreros Unidos. There was a mass grave discovered outside of Iguala, a city about 200km south of Mexico City which is suspected to hold the students. DNA tests are being performed, but none have been identified as students so far. The bodies have been burnt beyond recognition, and Attorney General Jesus Murillo Karam stated that only two bones were salvageable for DNA tests. Other bodies were dumped in a river. It has been stated and is widely believed that these students were targeted because they were attending a teacher-training college named Ayotzinapa, which is known for more liberal views.

Also, there are claims of government infiltrators among the protesters. This is because, at least back at the beginning, people planned to have peaceful protests against the standings of



Even with the turmoil at home, we need to remember our brothers and sisters of Mexico.

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the government, but somehow it would keep erupting into violence. Later, people started to notice one person consistently showing up to protests and starting to get violent. Finally, someone caught him starting violence and then running to hide behind the police, who then protected him. He was then branded as a traitor and people began watching out for him as well as others who would try to turn a protest into a bloodbath.

It has also come to light that a subsidiary of Grupo Higa owned an expensive luxury house that President Pena Nieto's wife, Angelica Rivera, was trying to acquire, which raised many questions about the tender involved. She announced on Nov. 18 that she would be

giving up the house.

The government has become so corrupt that they have many connections to drug gangs and cartels, basically bringing them to the point where they can put out a hit on a person and see it carried out without a hitch. And surprisingly, this has not really hit news outlets enough for people to know about it. I have asked several people if they had heard about the riots and uprising in Mexico, and none of them had.

Remember, literally thousands of people marched in Mexico City just around a week ago. They even set fire to the door on the Presidential Palace! For something this serious, you'd think more people would have heard of it.

Supposedly, the U.S. govern-

ment also refuses to comment on or acknowledge the current state of affairs in Mexico. If this is the case, I'm truly saddened. We are still fighting an ongoing war overseas and now we're starting to "protect our interests" in Eastern Europe as Russia begins to make movements towards the west, yet we do nothing to help our neighbor? I know these are complicated issues, but one big issue people have in the U.S. is the level of illegal immigration from Mexico.

We need to realize this is happening due to the terrible state of affairs in that country. What if we tried to step in and help? There's no way to know for sure how it would work, but I think if we could do something about it, we should.

Don't just glase over it Forget About Ferguson



Matthew Glaser
Opinion Columnist

Just before Thanksgiving break a Grand Jury in Ferguson, MO decided not to indict Officer Darren Wilson, who allegedly shot and killed Michael Brown. Debate and discussion surrounding the case, race, and oppression in America was reignited once again. The essence of the dialogue on modern U.S. race relations taking place is great. My opinion on the matter—leave the events of Ferguson out of the discussion.

With Ferguson being so recent, it makes for a great starting point for conversation over racism and flawed systems that exist in America. But when you actually get into the meat of Ferguson it turns out to be a real mess.

Trying to advance any position on any side of the conversation regarding racist systems in the United States based on the events in Ferguson isn't going to go much of anywhere. This is because the events of that day aren't clear, and simplifying what happened is not a convincing way of argumentation. Does racism exist in America? Yes. Is our law enforcement and judicial system flawed? Yeah, I'd say so. Is Ferguson a clear example of this? No. If we want to talk about the problems that need fixing let's talk about them at a level they need to be discussed and not solely based on the events of one day in Ferguson.

What is clear and isn't in dispute from witness testimony and physical evidence is this; Michael Brown and Darian Johnson went to get some Cigarillos, they were walking home in the middle the road, Officer Darren Wilson told them to get off the street, perhaps impolitely, it's not clear, they said they'd get off the street soon. Wilson stopped them, and an altercation happened between Wilson and Brown which ultimately ended up with Brown being shot and killed.

It's quite a mess. There are conflicting testimonies about how exactly Brown had his hands held at the time he was shot varying from them being at a torso level to up above his head. There are conflicting



The goal should be to cure the disease of racism, not just treat a symptom.

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accounts of what happened at the car door, from Wilson trying to pull Brown into the car, to Brown trying to grab Wilson's gun. The testimony from witnesses has done little to help clear this up, and physical evidence only tells us so much for certain.

We were able to hear Officer Wilson's side of the story. Sadly, we were not able to hear from Brown, but could hear from Dorian Johnson, who was with Brown in the moments before his death.

The problem with this is that in one account we get a picture of a police officer trying to do his job, fearing for his life, and unfortunately killing another human being in self-defense in the line of duty. On the other hand we get a picture of an officer acting out aggressively toward a quiet 18-year old, and

ultimately killing him in cold blood. So who are we supposed to believe? What can we say about what happened?

I'm not saying we can't make our own opinions on what happened, or that we can't debate and deliberate about the events of the day. I'm saying that to do so takes great time and effort, and ultimately doesn't do much to advance discussion over oppressive systems in America.

The media has not helped anything either from the start, reporting all kinds of evidence and testimony before investigation had been done and fanning fires and debates over uncertain facts. People have been forming opinions based on media reports from the start, and changing opinions can be hard. These pre-formed opinions based on initial media reports also bias how we view the outcomes

of the grand jury trial and the evidence that is now available for the public to review, which is a hefty read, but worth the time it takes.

Trying to debate what happened in Ferguson and the outcome of the Grand Jury trial does little to advance repairing race relations in the United States. This is a discussion on the reform of our judicial system in order to end systematic racism and oppression.

It's not clear, Ferguson brought to light problems in our nation that need fixing, so why dedicate so much time and energy to debate over it when we have the information we need to make a case? We should base our conversations on facts such as the grossly disproportionate number of black males in the prison system. We should talk about how different policies disproportionately impact minorities and those in lesser socioeconomic circumstances.

Ferguson is a jumping off point, but it's not an argument to win. The problems are larger than this one unclear incident, and I don't say all this to belittle the death of Brown, but if we want reform and justice, we need to look at the bigger picture and the state of things in society as a whole.

The kruizer report

An Issue that Needs To Be Mentioned



Mason Kruise
Opinion Columnist

Death is always a morbid topic. However, in order for people to understand more about why people die and what can be done to prevent it, there has to be a knowledge of and understanding of facts many people would wish to ignore.

According to the Centers for Disease Control (CDC), among young people aged 15-24 years of age, unintentional accidents such as car crashes lead as the number one cause of death. The second highest cause is homicide, and the third is suicide. Among all age groups, suicide is the tenth leading cause of death, with an attempt made every minute within the United States alone.

It's believed that at least twenty-five attempts are made

for every completed suicide within this age group, and one is accomplished every twelve minutes. Men are four times more likely than women to commit suicide, and firearms are the most common means by which to commit it, followed by poisoning and then suffocation.

Contrary to popular belief, winter is not the time of year when most suicides occur, but actually springtime. It's speculated that this is because springtime accentuates feelings of hopelessness in those already suffering with it, because there is nothing to them which is changing or developing regarding their bleak circumstances.

So, what does this all mean? People, primarily young adults, are under conditions which pressure and stress them into feelings of depression, solitude, and helplessness. Suicide is not attempted because people wish to die, but rather to escape circumstances which they believe are out of their control or so insurmountable and terrible they feel it is unbearable to endure. Reasons for depression are varied, as every individual struggles with challenges unique to their own life. However, when those challenges make a person feel they cannot possibly prevail, they seek an escape. Sadly, that escape is the "permanent solution to a temporary problem."

No one should feel so helpless or desolate that killing themself



There is always a way to persevere.

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seems to be an option. In terms of loneliness, one who contemplates suicide does so because they feel alone, helpless, hated, unloved, or shunned by a society in which they feel they do not belong. Human beings thrive off of companionship and affection, whether that be mutual love between friends, family or significant others. Even the most introverted recluse must desire some sort of interaction with others, even if it's a pet. Regardless, a person who is depressed to the point where suicide seems like an option believes either no one cares, no one can help them, or they are undeserving of help.

People need to be loved. To be loved means we are supported and can constantly tell ourselves we matter, we can do things, and there should never be any-

one or anything which makes us think otherwise. We get so absorbed in life with work, hobbies, and commitments that we don't take enough time to love ourselves or make it known to those we care about that they matter, even if we do so through the little things like inviting a friend over or telling a family member "I love you."

I write this article to support anyone struggling with or who has struggled with depression and feelings of low self-worth. I write this article hoping that if it helps even one person feeling overwhelmed with life, or makes someone be more mindful of their friend right by who's looking less upbeat than usual, then I did my job as a columnist. I write this article as an individual who has had their own struggle with depression, and is

thankful everyday that I turned back before it was too late.

Regardless of whatever people call you, however they treat you, or whatever challenges you are going through in life, you are special and loved more than you can possibly believe. If you're struggling with anything that has been bugging you for a good length of time, even if it seems like a small problem, get help. Seek out a counselor, talk to a good friend, call mom and dad and let yourself see just how important you are in the lives of dozens and dozens of people who know you can do things and are willing to help you. Your life is a book, and while you can't rewrite the pages that have been set in stone, you can write the rest to make it a story worth reading.

Don't get mad get glad

The Overreach of the Executive



Andrew Gladitsch
Opinion Columnist

When the founding fathers of this nation sat in the constitutional convention, they attempted to create a constitution that would produce a government that would not only represent the will of the people, but also be able to prevent one person or branch of the government, from becoming too powerful and tyrannical. The framers clearly intended the legislative branch to be the most powerful of the three branches of government. And clearly laid out the powers that Congress was to possess. Foremost amongst these pow-

ers is the "power of the purse" which is essentially the ability to decide how much money will be appropriated to any government programs, departments, or to the military. Theoretically, the legislature has the ability to check any other entity by defunding them.

In recent years, Congress has failed to properly check the growing powers of the presidency. Both the previous administration and the current administration have taken advantage of the lethargy of Congress to set an unsustainable precedent of growing executive powers that take the form of executive orders.

Recently President Obama signed an executive order that issued work permits to up to five million illegal immigrants. Although I do support revision of our current immigration laws, I do not think that this was the correct way to go about addressing the issue of illegal immigration.

This executive order, as well as many others, is clearly an overreaching power grab by the executive branch, as well as ignoring one of the most important responsibilities of any executive, which is to enforce the laws written and passed by the Congress. With executive orders



Our cathedral of democracy rests on the foundation of the separation of powers.

like this the president is openly flaunting his unwillingness to enforce the laws of the land.

The main powers of the presidency are in the field of foreign affairs, but in recent times the people that have held the office of the presidency have felt entitled enough to attempt to push pieces of their agenda through without the consent of the legislature. As I have previously implied, the president should enforce the law by emulating the original intent of the writers of the constitution. When any president decides not to enforce the law, it is clearly a tyrannical and destabilizing act that sets a dangerous precedent for both future administrations and laws.

In order to completely understand how dangerous this precedent being set is, one needs to set aside their political leanings and look at the issue with as little personal bias as possible. Many liberals rejoiced after hearing about President Obama's action on immigration, but would these same people have agreed that this kind of action was appropriate and constitutional if it was a conservative president pushing a conservative agenda? The answer of course is no, and conservatives are oftentimes just as guilty of this behavior as liberals are. Regardless of partisan affiliation, we as Americans should encourage Congress to check the power of the overreaching

executive branch.

The best thing for Congress to do at this point is to stand up to President Obama and govern in the way the Constitution intended them to. The best way for them to fulfill their duties within our system of checks and balances that the founders intended, is for Congress to use their powers to force the president to act within his Constitutional parameters and to obey and enforce the laws that previous Congresses have set into law.

Unfortunately Congress is unlikely to take action like this as it will be seen as hyper-partisanship and for all intents and purposes it would be, as it would be a Republican Congress attempting to bring a Democratic president down a peg. If this lack of checks and balances concerns you, please be sure to contact both your Senators and your Representatives, and encourage them to take action to help preserve our system of checks and balances that our founders so wisely set into place, and remember the issue of executive overreach when you decide what presidential candidate you would like to support in 2016.

Colin It Like I See It A Blessing in Disguise



Colin Rieke
Opinion Columnist

Last weekend I purchased one of my favorite collectible items, a locally handcrafted ceramic mug. I couldn't wait to go home and use it. Then the unimaginable happened: I dropped it.

Just as my mug shattered, so did my attitude. I was so mad I was speechless. It was such a stupid thing that could have easily been avoided. Even worse was the fact my Mom gave me money to buy it. After five minutes of feeling bad for myself I realized what happened was already in the past. There was nothing I could do to change it.

Realizing the past was behind me, I could not come up with a good reason for continuing to feel angry.

The bottom line is we can't predict what happens to us. If we could, we'd prevent anything bad from happening. We also cannot change the past. So

if you can't predict the future and you can't redo the past, what can you do?

You can focus your thoughts on the "now." You can be aware of your attitude. You can choose to not let the past affect how you feel in the present.

This does not mean we're not allowed to be angry. Experiencing emotions is an essential part of being human. As far as anger goes, we have to experience it in order to know how we can deal with it. When I dropped my mug it took five minutes of being angry to realize I didn't like feeling that way. I had to experience that feeling so I could figure out how to cope with it.

The only way you can be aware of anger, is if you are angry in the first place. We should not strive to avoid anger, we should strive to be aware of when we are.

Yet, simply being aware of anger does not guarantee you will successfully deal with it. There are some things in life that are extremely difficult to accept or to let go of. For example people who have never smoked a day in their life get lung cancer.

Rather than being angry at these facts of life we need to be concerned with how we react to them. The first thing we can do is avoid labeling things as "bad." Events are not inherently "bad." They are "bad" because we think they are. Events are events. Whatever happens, happens.

Shattering my mug doesn't have to be "bad." It can simply



Do you see pieces of a broken mug, or pieces of new opportunities? Colin Rieke

be me dropping my mug and it shattering. If your team loses the game, then your team loses the game. If you trip and fall, you trip and fall. If you get an F on your test, then you get an F on your test. If you're out of money, you're out of money. If your feelings are hurt, then your feelings are hurt. It is what it is.

By accepting things for what they are, without judgment, you free yourself to act. So if you trip and fall, then you pick yourself up. If you get an F on your test, then you figure out how to study harder. If you're

broke, you find a way to make some money. If your feelings are hurt, then you find a way to stay positive. The only way you can act is by accepting the past and moving on.

One way we can accept things for what they are is to be knowledgeable of what lies within our control. Most of what happens in our life lies outside our control. We do not control the economic situation of the family we are born into. We cannot control whether we get cancer. Similarly, we cannot control the results of most of our actions,

just as I could not control the dropping of my mug. If I could have controlled that, then I would still have a mug.

What we can control, is our attitude. I read a quote that goes something like this, "Life is 10% of what happens to you and 90% of how you respond to it." This quote illustrates a powerful quality of attitude: choice.

We can choose to not label things as "bad," but we don't have to avoid judging things as "good." If we make the conscious choice to not label things as "bad," and if we understand what lies outside of your control, we can take away the "bad" and turn it into something "good."

When I dropped my mug I labeled it as "bad" and became angry. When I became aware of my anger, I found a way to deal with it. And my way of dealing with it was seeing how one event can lead to another, how something "bad" can give birth to something wonderfully "good," and how when one door closes another one opens.

I had no idea at the time I dropped my mug that it would inspire me to write this article. Now, I'm glad it broke. When I look at this picture I don't see pieces of what used to be mug. Rather, I choose to see new pieces, pieces that can fit into making many new things.

All of us have "bad" things happen to us. Whether you see the "good" that can come from them, well, that's up to you.

Just in the Nik of time The Rug is Full



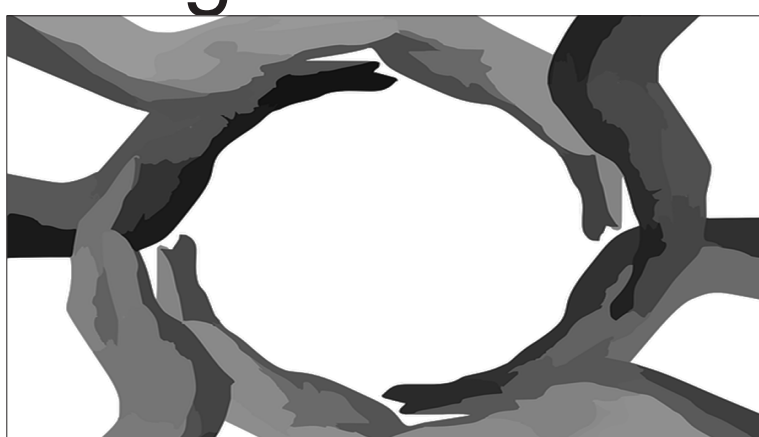
Nikki Rom
Opinion Columnist

I was born and raised Lutheran. I ate Jell-O salad, went to Sunday school every weekend, and learned all of the usual songs a kid is taught to sing about Jesus. Recently, for various reasons, I've been wandering in my faith. I still identify as Christian, but I am not really sure what denomination I relate to most. That isn't really a problem. I'm cool with maintaining an informal relationship with God. I don't believe He'll smite me if I miss a chapel service or two. The reason I'm struggling is because I don't see the point in organized religion anymore. There seem to be so many rules;

lines drawn that define what religion you are simply based on a handful of differences. With these differences come so many varieties of exclusions. I feel like defining a religious affiliation puts me in a place where I am assumed to judge others, or for myself to be judged. This is why I am confused.

I remember as a child, songs depicting unity and unconditional love for all people and things. This was taught to me and drilled into my brain since the days I would wear my best dress and favorite tappy shoes to church. But we have left the world of childhood bliss. We live in a time now where hatred seems to be at a continual pattern; "different is bad," "different is dangerous," we must protect ourselves from "the difference." At the same time, these thoughts were never spoken. A decent person doesn't say those things. Don't stare at the two lesbians in the corner; talking about them under your breath while averting your gaze was the more acceptable and "Minnesota nice" thing to do.

We cannot sweep issues like rape culture, LGBTQ hate crimes, or racism under the rug anymore. The battle between



The only way to solve the problems of our time is by banding together.

the oppressors and the oppressed becomes more prominent every day. When you turn on the news, murder, rape, riots, racism, and all-encompassing hatred take over the screen. Injustice happens every minute and sometimes it seems all we can do is raise hell on Facebook or say nothing at all and hope it goes away. We post our opinions on social media from the comfort of our dorm rooms, sipping our coffee and going to sleep to the sound of a winter wind, meanwhile the rest of the world is restless and screaming. It is trying with all its might to

scrape away the barnacles of hatred, bigotry, and oppression.

But hey, it's not our problem. It doesn't concern us. It is a hopeless fight. We are so far removed from it all, it seems like it's not even real. But it cannot be ignored. We as citizens must remain educated, ask questions, learn, and stay up to date on the status of the many unending battles that still rage today.

Rape will not cease if we stop talking about it. Homophobia will not end by painting over the graffiti in the bathroom stall. Racism will not disappear by denying its existence, nor can it

be reversed by turning it around on those who have felt its sting for thousands of years. We have to stop blaming and start changing, start acknowledging. It will still happen if we don't speak out against it. We must use our voices.

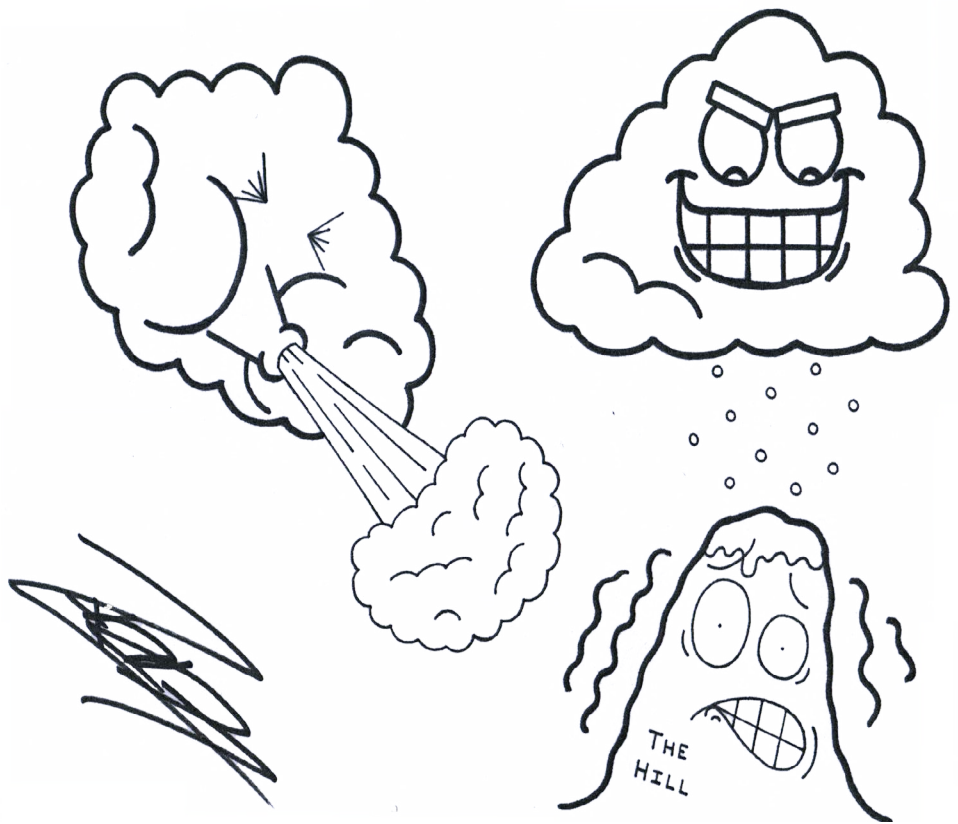
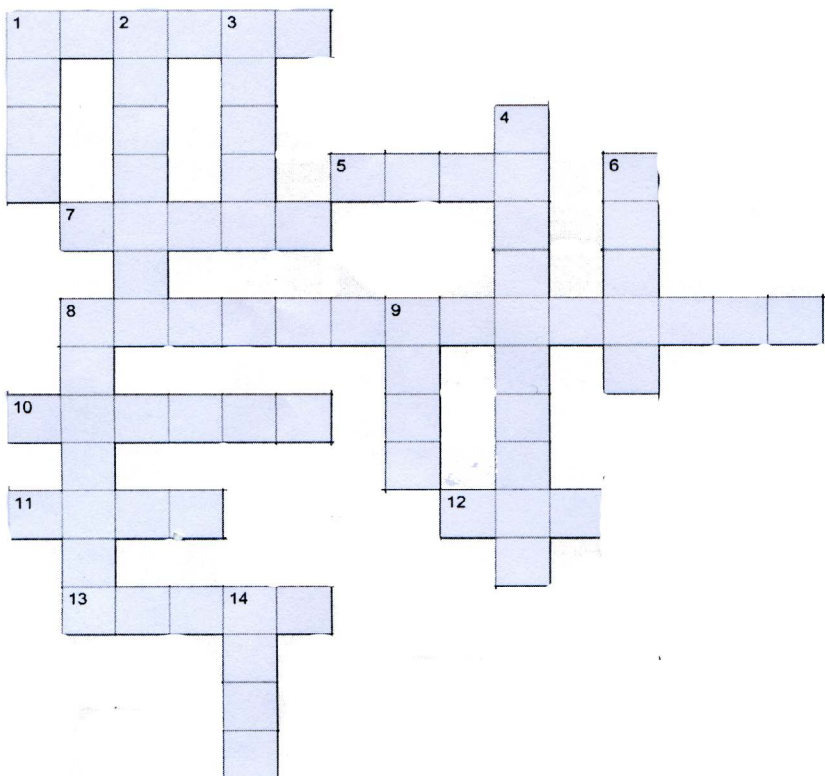
There is no perfect and immediate solution, but it does begin with one simple and grounding realization: We are human. We all have eyes, minds, and hearts. We all breathe, we all laugh, and we all feel pain. Some are forced to feel more pain than others because they don't fit within the boundaries of normality put in place by the porcelain "founders" of centuries past.

To make progress in this fight, we must band together on a general base of respect, setting aside arbitrary differences. It will not be easy, but I am confident that the battle can be reduced to a small feud if we can reach some common ground and begin moving towards the impossible yet desirable goal of a utopian society. The end is far from near, but perhaps we can make the light at the end of the tunnel shine a little brighter at the dawn of each day.



"Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more...."
 -Dr. Suess

Crossword



Across

- 1. Christmas celebrates the birth of ____.
- 5. Jack's dog in *Nightmare Before Christmas*.
- 7. Santa's helpers.
- 8. The film this quote comes from: "You'll shoot your eye out, kid."
- 10. Famous snowman.

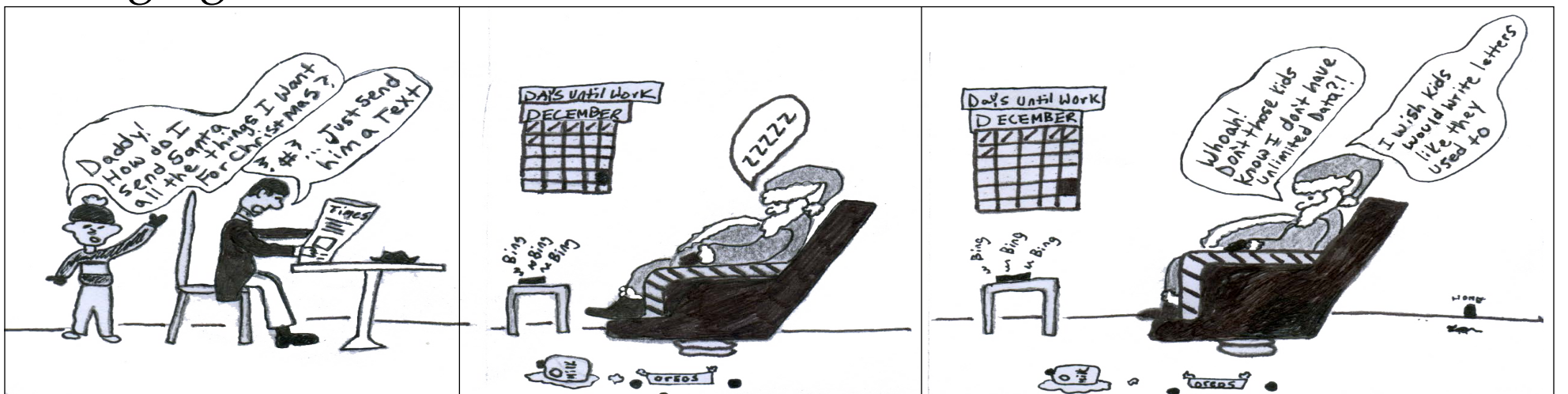
- 12. Common evergreen used for Christmas trees.
- 13. Gingerbread man in *Shrek*.

Down

- 1. Gift bad kids receive on Christmas.
- 2. Red-nosed reindeer.
- 3. What you do with gifts before you open them.
- 4. Red flower associated with Christmas.
- 6. Pole where Saint Nicolas lives.
- 8. Winter sport played on ice that originated in Scotland.
- 9. Saint Nick likes ____ with his cookies.
- 14. Green, red, and ____ are the colors of Christmas.

Changing times for Santa

Kevin Pajor
 Entertainment Editor



Gustavus defeats University of St. Thomas in thrilling MIAC opener



Gustavus Sports Information

Junior Guard Chad Poppen scored six points in Wednesday's victory over the Tommies. Men's Basketball are now 4-1 overall and 1-0 in the MIAC. In the MIAC opener on the Gus Young Court on Wednesday, Dec. 5, the team defeated St. Thomas in a nail-biting 68-65 victory. Junior Guard Gary Cooper tallied fifteen points to become the Gustavus top scorer and Senior Guard Isaac Tapp finished the game with a perfect free throw record, netting four out of four throws. The team has a busy schedule coming up, with three games within the next week. The next one will be against University of Northwestern on Saturday, Dec. 6.

Mind over matter mentality improves performance

Haley Bell
Staff Writer

In 2006, *Men's Fitness* recognized Gustavus as one of the fittest college campuses in America, based off of data provided by the Princeton Review. Gusties came in sixth, and according to the Mankato Free Press, Gustavus was the only Minnesota college to make the list.

Gustavus prides itself on its hard working students, in and out of the classroom. With so many activities incorporated into a student's life, fitness is usually a big part. Often times students involve themselves in sports, physical exercise, and many even research the fundamental aspects of health and fitness as a whole. In researching and practicing health and fitness, it has become significant to not only consider physical traits, but mental ones as well.

Almost everyone has heard the phrase 'mind over matter,'

and in modern society it is becoming more and more significant. Research about blocking out pain, maintaining a positive attitude, overcoming obstacles and maintaining 'mental toughness' have become more prevalent. In an article by *Huffpost* Healthy Living meditation into action is a way that the mind and body can work together to develop more meaningful exercise.

By assessing exercise as more purposeful when people practice 'mindfulness,' *Huffpost* acknowledges that people can greatly improve their health and fitness by incorporating 'awareness' into their routine. Of course activities such as running have physical benefits, but *Huffpost* also addresses the idea that "the only way to ensure that you're performing to the very best of your ability is to leave the thinking behind and allow the body and mind to work together with a combined physical and mental focus.

So why exactly is practicing

mindfulness important during physical activity?

According to Body Kinetics Health Club, it's all about performing physical activities while focusing inward to let go of distractions and "unrelated thoughts and focus your attention on your sensations, breath, and movements of your body." The premise of such mindful behavior during a workout is said to significantly "increase the effectiveness of your workout, decrease your chances of injury, enhance your enjoyment of exercising, and support you in developing a healthy and loving relationship with your body."

The point of practicing mindfulness during exercising is to focus on the quality of your workout, rather than the quantity. According to The Athletic Build, 'mind over matter' is specifically important in order to focus on your successes each day and not allowing setbacks set you back in the regimen that you will develop out of practic-

ing good habits.

Many Gustavus students strive to develop good habits during both exercise and academics and therefore it is important that students understand how both their mental capabilities and physical activi-

ties can become two parts of a puzzle that can be put together to achieve self-improvement.



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Gustie cheer boosts athletic atmosphere



Caroline Probst

Cheer squad shows off their new members and their enthusiastic routines. Their next performance will be when Men's Basketball takes on Hamline University on Dec. 13.

Emma Hunt
Staff Writer

Cheerleaders at Gustavus use their gymnastic and dance expertise to pump up the Gustiefans. Found on the

sidelines of football and basketball games, the women remain positive and strive for improvement, despite long practices and physical exhaustion. Coached by Senior Cassie Mizinski, the women work hard to make cheer look effortless.

Cheerleading is a club sport at Gustavus. Try-outs are held every spring and fall for anyone who wants to be a cheerleader, no prior experience is required. "I had never done cheerleading before, but when I came to Gustavus I was worried about gaining the freshman fifteen, and I thought that cheerleading would be a great way to keep myself motivated and to maintain a healthy lifestyle," Junior Kate Belschner said.

While some of the women come to Gustavus without having cheered before, most have some type of dance or gymnastic training. The cheerleaders look for people who have positive attitudes and the potential to be a motivator on the field or court. Fall try-outs gained the team several first-year cheerleaders, and nearly doubled the team in size.

"We want to work with the different amount of people we have this year and try some new stunts. It's awesome to see so many different hidden talents," Belschner said.

Every cheerleader gets to attempt a different position during practice and at games. Each girl tries a base, a back, or a flier role at least once.

"Everyone can see how difficult each role is, so no one gets taken for granted. When everyone tries everything, it changes how you see your teammates and builds a lot of trust," Sophomore Abby Simms said.

Building trust between team-

mates plays a major role in being a successful cheerleading squad. It is essential to learning new stunts which take a lot of time and repetition to perfect.

"You get dropped a lot, and it takes a lot of work to get to where we need and want to be.

A lot of failure has to come before success," First-year Anna St. Dennis said.

But the atmosphere between the cheerleaders makes every failure worth it.

"We want to work with the different amount of people we have this year and try some new stunts. It's awesome to see so many different hidden talents."

—Kate Belschner

"The team is just so goofy, and there is such a great variety in the personalities of all the girls. It makes practice so much fun. We stay serious for safety reasons, of course, but we have formed such great friendships because of cheering together," Simms said.

The cheerleaders put in long hours to perfect their stunts and cheers for every football and basketball game. According to Belschner, even though it's tiring, the experience is more than rewarding.

"Being able to see everyone

SPORTS SCHEDULE

Friday, Dec. 5

Swim & Dive at Jean Freeman Invitational

Men's Hockey hosts St. Olaf College

7 p.m.

Women's Hockey at St. Olaf College

7 p.m.

Saturday, Dec. 6

Women's Basketball hosts St. Catherine University

1 p.m.

Women's Hockey hosts St. Olaf College

2 p.m.

Men's Basketball hosts University of Northwestern

3 p.m.

Men's Hockey at St. Olaf College

7:30 p.m.

Thursday, Dec. 11

Men's Basketball at Carleton College

7 p.m.

Women's Hockey at UW-River Falls

7 p.m.

progress over the season is so amazing. I'm so glad I was lucky enough to be a cheerleader, because I couldn't have asked for better teammates and friends," Belschner said.

The cheerleaders will be selling Urban Halo headbands outside the Caf on Dec. 8-12.

They are hoping to raise enough money to purchase new uniforms for next year's cheerleaders.

"We know that some girls are discouraged from trying out because of the uniforms we currently have, so we're trying to change that and make everyone more comfortable. We want cheerleading to be as accepting as possible to everyone," St. Dennis said.

The new uniforms will be more modest and cover the entire torso and midsection.

"The headbands make great Christmas gifts, so stop by, get a present for your best friend, and help support the cheerleaders," Simms said.

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SPORTS & FITNESS

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Men's Soccer finishes top 32 in the nation



Gustavus Sports Information

Soccer and Cross Country recently wrapped up their fall seasons. Another stand out performance came from First-year golfer Chris Captain who won the individual MIAC Championship.

Jacob Woodrich
Staff Writer

As the first snowfall hits Gustavus, it signifies the end of many fall sport seasons.

This list of sports includes cross country. This year, two Gustie representatives took

part in the Division III NCAA Championship race held in Mason, Ohio; Senior Caitlin Fermoyle and Sophomore Thomas Knobbe.

"The championships were a great experience this year. After some melting snow, the course was really muddy, which made the start pretty chaotic. I wasn't able to finish where I wanted,

but I am very happy to have had the chance to run at Nationals again," Fermoyle said.

Five of the seven runners on the women's team were new to regional competition this year. The ladies stepped up to the challenge, however. The women's team finished in eighth place at the MIAC Championships. The future is bright as

the young runners gained more experience this season.

As for the men's team, Knobbe competed in his first NCAA Championship race this year.

"We lose a lot of seniors who will be hard to replace, but our goal is to win the MIAC conference and win a bid in the NCAA tournament again."

—Mike Middleton

playoff tournament at the end of the season, qualifying for the NCAA tournament. The Gusties won their first round matchup over Dominican University, but then conceded to Loras College in the following match.

"The season was very good, we played very well. We wanted to go the NCAA tournament and we did. We lose a lot of seniors who will be hard to replace, but our goal is to win the MIAC conference and win a bid in the NCAA tournament again next season," Head Coach Mike Middleton said.

The women's team's 6-0 victory over Crown College was the biggest win on the season for the women. They were led by top scorer, Sophomore Maddison Ackiss, who netted an impressive total of 10 goals on the season. The girls hope to keep improving in the seasons to come.

Other highlights from the fall sports season include an individual men's MIAC golf champion from First-year Chris Captain, a fourth place finish at the MIAC Championships from the women's golf team, two all-conference volleyball players, and five all-conference football players. The Gusties out of St. Peter have had an extremely strong showing this fall, which will hopefully translate into success in the upcoming winter and spring seasons.

"The NCAA race was a great learning experience. Since I'm a sophomore, I'll have a couple more years to try and qualify again, so having an idea of how the meet is run strategically will be pivotal. It was exciting to compete with the best runners in Division III, and I was definitely encouraged to see where I stacked up against the rest of the country," Knobbe said.

In the seasons to come, Knobbe has a goal to compete in the national tournament alongside the entirety of his team. The team's season concluded with a sixth place finish at the MIAC Championships.

The men's and women's soccer seasons have both come to an end, as well. The men's team had a successful season, winning the MIAC conference

Senior Spotlight

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

Martin Feddersen

Men's Basketball - Feddersen played a key role when the Gusties beat University of St. Thomas at the Gus Young Court on Dec. 3.

Q: What are your expectations for the upcoming season?

A: It should be a very exciting one for the Gusties. We only lost one senior last year so we are hoping for solid play from all of our returners. I think we all feel we have something to prove

from last year and are looking to go out and compete at a high level every night.

Q: What is your best athletic memory?

A: Our trip to the national tournament my freshman year. It was an incredible experience and the fans really made the game something to remember.

Q: Why would you recommend Gustavus?

A: I think the way people interact and bond here at Gustavus

is something hard to find anywhere else. There is a true sense of community and pride. Right from the beginning I felt as if I belonged here and the last three years have given me some of my closest fiends and fondest memories.

