

Old MacDonald had an opinion If You Can't Take The Heat, Fix It!



Cameron MacDonald
Opinion Columnist

During this past J-term, we've all been experiencing weather that, while unusual for January in Minnesota, could be described as "pleasant," "warm," and "oh my god it's so nice out." I've seen many a Gustie walking around with only sweaters on as their extra layer of warmth, because, let's be serious, did we need anything more? The school was loving the warm weather and rightly so after the bitterly cold weeks we had leading up to this. However, this warm and joyful weather is quite an omen of what is going on all over the world.

Typically, we're greeted with temperatures much lower and often well below zero degrees Fahrenheit, especially with wind chill (which we get plenty of up here on the Hill). You have to wonder why we're suddenly experiencing nearly record-breaking temperatures of warmth and spring-like weather during J-Term. It's something everyone has debated about for years and now it's finally rearing its ugly head: global climate change.

Climate change essentially means that the climates and weather patterns the different parts of Earth have experienced over the years are changing drastically. We're experiencing warmer weather now due to the levels of carbon and other greenhouse gas emissions we've been putting out since the beginning of The Industrial Revolution. There have been attempts in the past to lower the amount of emissions put out by each country's industries, and some policies have passed. However, most of the population still does not believe that climate change is a real problem, even if they see the signs. A common reason it appears that people do not address the issue is because it is a slow process relative to a human life. However, we're accelerating

it exponentially every year. In his State of the Union address, President Barack Obama stated that 14 of the 15 warmest years on record occurred in this century. By this century, he means the years 2000-2100. That means 2000-2014 have been the warmest years ever recorded. That seems like quite a good chunk of evidence that maybe something is happening and that it needs to be stopped. China has even reached an agreement to begin lowering their emissions and

trying to cut back on harmful environmental degradation.

Many people tend to wonder why this hasn't been brought up more. To be honest, the scientific world has been trying to warn us for years, but most of the people who actually run the country refuse to listen to them, and some even still quote the Bible at scientists, which Senator James Inhofe (R-OK) did last year. He wrote the book, "The Greatest Hoax: How the Global Warming Conspiracy Threatens

Your Future." He refutes the claim by simply stating, "God's still up there" and cites Genesis 8:22 ("...while the earth remaineth seed time and harvest, and cold and heat, and summer and winter, and day and night shall not cease,") "outrageous and arrogant for people to believe human beings are able to change what He is doing in the climate." Others refuse to listen to scientists without any real good reason. Bill Nye was on CNN Crossfire to discuss climate change and he was repeatedly cut off and shut down by one of the talk show hosts who refuses to let him speak. She even accused him and the scientific community of using "scare tactics" and "bullying" the populace. Apparently, they were doing this by stating pure facts. Facts can be scary when you finally address them, but you cannot sugarcoat them, because that's what makes people complacent.

Climate change is real. Climate change is happening, and it's a threat. We have a chance to do damage control and try to stop ourselves from destroying the planet and ourselves in the process, but it's up to us and our world leaders to do something about it.



Submitted

"We do not inherit the earth from our ancestors; we borrow it from our children."
-Navajo Proverb

It's A Sure-Win The End of Rape Culture



Ellie Sherwin
Opinion Columnist

Sexual violence has become a front and center issue in the eye of the public ever since the NFL took a stance on the conflicts surrounding Ray Rice, and other infamous football players for their inexcusable misconduct. In response to the unsettling news, people all over the world have begun to take a stance on the issue of sexual violence, gender inequality, and the overall enveloping concept of rape culture; it seems that these connecting issues have become a hot button topic for the year. Even our very own Building Bridges organization has declared that their 20th annual conference on March 7 will be called "Hidden in Plain Sight: Recognizing and Reject-

ing Rape Culture." Although these incidents are finally being brought to the people's attention, we have to wonder why this issue has not been forcefully confronted sooner.

"Why is there such an obsession with trying to find someone to sleep with? Shouldn't we try to find someone worth waking up to?"

-Unknown

If we take a step back, and take a long hard look at today's society, we may begin to see exactly how we have all played a role in the push back against progress of this issue. No one would ever want to admit that they are against the end of rape culture, because, honestly, that would make someone a monster. However, as this war against an unjustifiable act wages on, we are unconsciously giving the enemy power. In more ways than one, society is refusing the end of rape culture, making a golden utopia of the end out of all rape unattainable.

In a perfect world, little children would learn from the very beginning that yes means yes, and no means no. Subsequently,

those children would not question this rational but they would also practice and live by it throughout their life.

Unfortunately, this is not the case. Though parents, teachers, and other role models try their best to teach children about consent (without actually saying the word consent). Most children will eventually find a sort of disconnect from saying one thing and doing another. An example of this comes from the very early years of goofing around, and the familiar age of tickle fights. It is during those days of playing around and doing things for the fun of it when the lines of consent become blurred and confusing.

Children would learn from the very beginning of their memory that yes means yes, and no means no.

Fast forward years later and we see this idea and rule put to the test in a very serious and life altering situation. Inexcusable excuses and sickening victim blaming aside, it comes down to a single decision of whether one will follow that rule made so long ago about no meaning no, and yes meaning yes. Although

there are plenty of people out there that follow this rule nobly, there are also plenty of people that take advantage of this sort of situation.

The only solution to ending rape, is making sure people do not rape. Plain and simple, because the only people that are at fault in a rape situation is the rapist.

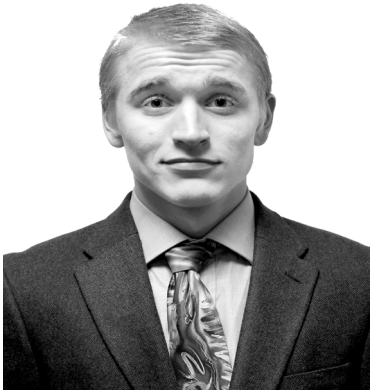
Because we live in a world where people are being raped (and I say people because rape is not confined to only women), that means we also live in world of rape-wear. This can be anything from the rape/safety whistles found near the checkout of your local drug store, or even the nail polish that can detect if a drug is in your drink.

However, rape-wear is not only confined to the materialistic goods that you can order off of Amazon. This also means the self defense classes that your parents wanted you to take for their peace of mind and for those "just-in-case" moments. With tasers, guns, pepper-spray, and methods of

holding your keys in case of an attack from the man behind the bushes while you walk out to your car are all options for your personal safety, I can't help but laugh a little. Why should I, or any other person, have to be a black belt in karate or an expert in self defense in order to feel safe in ordinary situations. Why should I have to invest money that should be used for my college education for rape whistles or nail polish that changes color. Why should I have to be fearful of this somehow inevitable attack on my body?

The only solution to a person's fear, or rather this world wide issue of rape culture and sexual violence can not be found in the checkout of a convenience store or the class sign up sheet at the gym. The only solution to ending rape, is making sure that people do not rape. Plain and simple, because the only people that are at fault in a rape situation is the rapist. It doesn't matter what she was wearing, or how much alcohol was involved, because rape is rape. The sooner we begin to realize that this is the only solution to this devastating issue, the closer we get to achieving our golden utopia.

I Could Kehr Less A Grey Day To Be a Gustie



Sean Kehren
Opinion Columnist

What do George Washington, John Wayne, Harry Houdini, F.D.R., and "Sugar Ray" Robinson all have in common? In addition to being permanently sewn into the fabric of America's history, each of these men were part of the Freemasons. The Freemasons are considered the world's oldest and largest fraternal organization, but many conspiracies surround this group which many deem a "secret society."

Here at Gustavus, a so called "secret society" has also gained much attention over the past two years. This alleged organization, known as the Greys, is claimed to exist as an off-campus fraternity.

Yes, it is true that Freemasonry involves secret rituals, symbols, and even handshakes to distinguish true members from imposters. In 1738, Pope Clement XII issued a decree stating that Catholics are forbidden from participating in Freemasonry under the threat of being excommunicated from the church; this rule still holds precedence today. The secrecy of the group even initiated the creation of the first American third party, the Anti-Masonic Party. But aside from the secret aspects already mentioned, the Freemasons, with a membership of approximately 1.3 million people, are fairly well known amongst the American public, and many historians do not even claim the Freemasons to be a secret society at all.

There are other notable groups that have been heralded as secret societies such as Shriners International, the Knights of Columbus, and the Skull and Bones of which presidents George H. W. Bush and George W. Bush were members at Yale University. Each of these groups is unique in its practices, beliefs, and initiatives, but all

NYIT

Will you survive the hunt?

Submitted

of them enforce some sort of secrecy in order to preserve the honor their traditions hold.

Here at Gustavus, a so called "secret society" has also gained much attention over the past two years. This alleged organization, known as the Greys, is claimed to exist as an off-campus fraternity. The Greys, otherwise known by the Greek letters Nu Upsilon Gamma, have been subject to multiple investigations by the College's administration. Most recently, a survey was sent out to the members of all Greek organizations affiliated with the college. This survey included questions that asked for the identification of all members, officials, and any information that could help the college figure out just who and what the Greys are.

The intentions of those who are pursuing this information gathering have not been made very clear, but these informal researchers do not seem to be very sympathetic toward the alleged Greys. In a large Greek life meeting at the beginning of the year, it is reported by numerous unnamed sources that a faculty member gave a lengthy speech warning the attending fraternities and sororities of associating with the group known as the Greys. Some said threats were made to these organizations such as suspension of rush classes or even termination of any group known to hold social functions or any formal associations with Nu Upsilon Gamma.

As of now, you as a reader may be wondering what this organization is or whether it even exists. The Greys have a long history with the college, but this history has been muddled by different personal accounts and even more by lack of written record. The dates of origin for this group are said to be either 1906 or 1910. Nu Upsilon

Gamma was said to have split off from the fraternity known as the Reds (Tau Psi Omega) in 1906 due to domination of political power on campus, effectively becoming a sort of "secret society". These former Reds members distinguished themselves by wearing grey sweaters on campus, and a rivalry was created between these two groups, especially in athletics. The first records of a formal constitution for the Greys dates back to 1910 and is kept in the archives on the top floor of the library. In 1920, the Greys were formally renamed as a Greek organization on campus.

The intentions of those who are pursuing this information gathering have not been made very clear, but these informal researchers do not seem to be very sympathetic toward the alleged Greys.

Many may find this surprising, but aside from being an editor for THE GUSTAVIAN WEEKLY, current Board of Trustees member Warren Beck '67 was a member of the Greys Fraternity. What is really quite funny about this situation is that the year both he and his wife dedicated Beck Academic Hall is the same year that the Greys were kicked off of campus. Now, rumors are circulating that the Greys have continued activity underground, so it seemed fitting to find out what students think

about the supposed existence of this secret group.

Wandering the chattering halls and slush covered sidewalks of this campus, I set out to ask a variety of people just what they had heard about this mysterious fraternity; however, all of these sources requested to be kept anonymous for many reasons the main one being fear of formal reprimand by the College. It only seemed appropriate to begin my search for commentary in Beck Hall. As I left my class, I asked a seemingly fatigued member of a sorority about what she had heard about the Greys. Her eyes opened and she spouted, "I don't see what the big deal is. I've heard of them, and they don't seem to be doing any harm to the campus. Let them do their thing." She then trudged on feeling the drag that J-Term's fun seems to bring to students in the morning.

Another member of Greek Life, this time a member of a fraternity, boldly stated in the Caf, "It's childish how the school is pursuing this 'witch hunt'. No one took that survey seriously." As I asked more and more people, I received a multitude of unique responses that mostly seemed to criticize actions taken by the school or were in support of the alleged organization. Some seemed to joke around, saying things like, "The Greys don't exist," or, "Careful, Big Brother is watching," with a quick snicker or smile following. And some students, mostly First-Years, genuinely had no idea what I was talking about.

Though overwhelming support and complacency about this group seemed to encompass most of the responses, there were a few comments that expressed concern. One student outside of Greek Life said, "If any of these guys are really as bad as the school puts them out

to be, then maybe something should be done. On the other hand, I really haven't heard of anything that I'm really opposed to, I'm pretty baffled by the whole situation." Another student adamantly stated that she was just opposed to the ideas of fraternities and sororities in general; however, I really did not seem to receive any responses that were particularly hostile toward this mysterious group.

"I don't see what the big deal is. I've heard of them, and they don't seem to be doing any harm to the campus. Let them do their thing."

So now some questions must be put forth. With so much negative feedback from the student body about this "witch hunt," why is this group being investigated? Are the Greys even real? From my perspective, it seems like being a part of this group is like being a part of any other group off of campus such as a club basketball team or a political organization. It doesn't seem necessary for a school to investigate a club like this that doesn't even use school funding and seems to have relatively strong support from the student body. Granted, this was J-Term, so a large portion of the student body was not here. It seems that another essay will just have to be done during spring semester. Thanks for reading, and please recycle this when you're done. Vale!

Soul Sustenance With Nicole

Let's Talk About Your 'Love Life'



Nicole Ektnitphong
Opinion Columnist

With close friends or close groups, I'm usually the one who will ask a question about 'love lives.' Those who are committed in some sort of relationship, however they define it, will respond with sharing about their partner(s) and/or how that is going. Others stare blankly at me and half jokingly, half nervously say, "My love life is non-existent." Have you heard this response before? Just think about it. This person is claiming that their love life is nowhere to be found, almost lost in a dark abyss.

Some of you who know me may be thinking, 'OK Nicole. That's easy for you to say because you have a partner. Both of you care and support one another and that part of your

life seems to be going well.' I want to acknowledge the fact that it is easy for me to talk about this because I represent the norm of how society views relationships. In all seriousness, if there isn't some semi-serious/committed/fit into a traditional, heteronormative relationship or chase of sorts, this dark abyss response may accurately express how people actually feel when asked such a 'personal' question.

Yet, what if we all pushed our understanding of love and the ways we notice and talk about it in our lives? This is an invitation, especially when it's such a Valentine's Day love-crazed time, to notice love a little differently.

In current conversations, we center the sharing and telling about our love lives solely on intimate definitions of love. Is that the only kind of love in our lives? If we only focus on this single understanding of love in our lives, what happens to the other parts that make our lives whole?

First off, let us remember that those who do not fit into the traditional committed heterosexual relationship and want-to-have-kids-then-buy-a-house are not as welcomed into these conversations as they are currently framed. Also, asexual individuals are especially excluded from this current framework of love life conversations because they are individuals who do not experience sexual



The heart wants what the heart wants.

attraction.

The Asexual Visibility & Educational Network shares that asexuality is not so much a choice like celibacy; asexuality is an intrinsic part of who they are as humans. Never knew about asexuality? It's a humbling reminder that there's always more to learn.

Let's get back to the invitation. This is an invitation to notice love and all the ways it shows up in our lives. To give readers an example of what this would look like, I reflect on the

loves in my life right now as I'm writing this.

There is love of a parent-child relationship, as well as a self-nurturing/wellbeing kind of love. There's growing, supportive, silly partner love, and 'talk every now and then', yet deep meaningful sibling love. You get love from deep listening, love for the planet and all that it gives to sustain our beings, and fun, playful, everyday friend love. Love from the collective change-making community and potluck love are also there.

There's all sorts of love.

This invitation is also a challenge. One to notice the loves in your life and all the places it shows up. Where is the love in your life? If you want, take time to think about it. Write about it. Sing about it. Dream about it. It doesn't have to get complicated. Generate a list of sorts. It's almost like your own, personalized version of The Black Eyed Peas classic "Where is the Love?"

This is not some earth-shattering idea, yet what do we begin to notice when taking time to think about all the different kinds of love in our lives? It takes courage to notice because in noticing and reframing the conversation around love, we reveal parts of us that are closed off from everyday conversation. This practice of noticing allows us to show up in spaces with more grace and gentleness in our bodies.

It's easy said, huh? Especially in the face of great injustice, exclusion, unfairness and all the works. It's likely to stir up feelings of defeat, hurt and exhaustion. Yet, if we think of those times, past and current, we always move forward. Amidst all of this, love is always around us. We simply must have the courage and willingness to notice it. Imagine what could happen if we embraced and lived fully into all the love in our lives.

What are you willing to notice?

Submitted

Mark My Words

Is The TPP (Trans-Pacific-Partnership) For Free-Trade or TP?



Mark Siatta
Opinion Columnist

Well, the answer may vary depending on who you ask. For the large majority of Americans who don't own large pharmaceutical companies or international corporations, the answer will lead many of them to the bathroom. Joking aside, the serious implications regarding the potential for this agreement will be detrimental for working Americans.

The TPP will be, if it is agreed upon, the worlds largest economic trade agreement and will account for over 40 percent of the world's GDP. This so

called free-trade agreement is centered around creating new sets of rules and regulations for pharmaceuticals, patent registration, copyright issues and other facets of the economies for twelve countries on four different continents bordering the Pacific Ocean. The countries include Australia, Brunei, Canada, Chili, Japan, Mexico, New Zealand, Peru, Singapore, the United States, and Vietnam.

Surprisingly enough, this is probably the first you have heard of the TPP. Mainstream media has largely been silent on the topic. What is not shocking at all is the fact that the negotiations have been kept almost entirely secret. Some of the proceedings have leaked out thanks largely to WikiLeaks. What they have revealed to the public is an extension of patent protections for large pharmaceutical companies to prevent rival competitors from creating generic versions of those same drugs at much cheaper costs to the consumer. Simply stated, millions of people would lose access to the cheaper generic drugs they need to survive.

Also mentioned in the leak is the ability for corporations to

sue countries in international courts over regulations that are not beneficial to profits. Along with this would be the ability to majorly manipulate environmental and financial rules. All this being done surreptitiously of course, to avoid public outcry. As previously stated mainstream media outlets have largely been mum on the agreement because it would further strengthen their grip on profitable copyrights and content.

Does stifling competition seem like free-trade? It doesn't look like that to me. In fact it looks like anti free-trade. So, it is not surprising that much of these meetings have been held in secret. But you know who does have access to large portions of the text? You guessed it: large corporations who can then lobby on behalf of their own profit seeking interests, while the population who will be most affected by this agreement, the public, gets no say.

The term itself free-trade would seem to many to be encouraging competition, and restricting monopolistic power. In fact the exact opposite is true. It creates avenues for large corporations to strengthen and

broaden their dominance while curtailing the growth of smaller independent companies. It is neither fair nor free and the people most hurt by these dealings are hard-working Americans. Those same Americans lose their jobs because of these agreements and have to figure out ways to stretch the dollars they do have left even further.

President Obama has asked Congress for fast-tracking powers that would prevent the Congressional representatives from making amendments or discussing the agreement. Congress would only be allowed to vote whether or not to pass the treaty. The implications stemming from this would mean that anything agreed upon during these secret TPP meetings could not be changed.

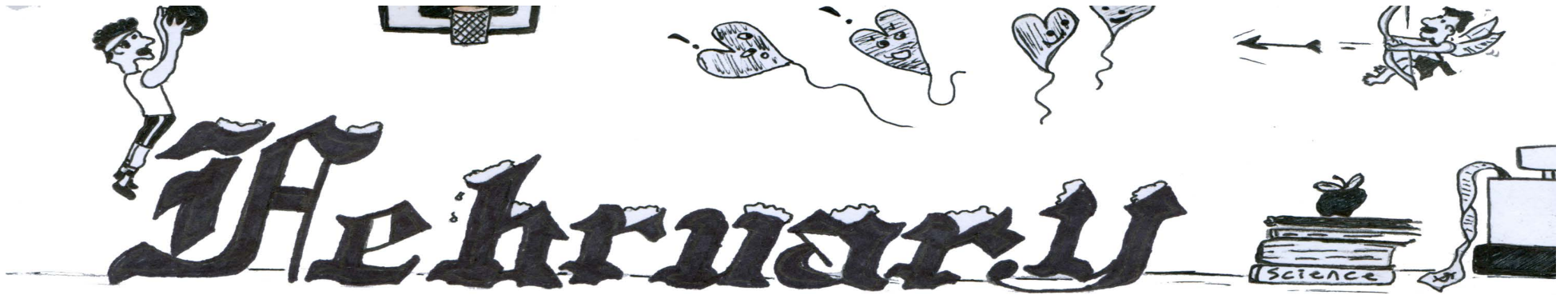
This provides serious problems for working class Americans. Similar to the NAFTA and CAFTA agreements, the TPP will continue to remove jobs in favor of cheaper off-shore options and disrupt our economy. Manufacturing is at the core of creating wealth for nations. It is because manufacturers produce things that can then be sold to create wealth. This is

why strong tariffs help protect domestic industries by making it cheaper to buy domestically rather than internationally.

But, these so called free-trade agreements open up borders and make it difficult for domestic manufacturers to compete. Unless you find a cheaper workforce, in many cases this means off-shoring jobs, and leaving hard working Americans jobless. NAFTA and CAFTA alone have accounted for the loss of thousands if not millions of manufacturing jobs in the United States.

The consequences if this treaty is passed will be detrimental to the future of our economy. As college students, we are not looking for manufacturing jobs upon graduation, but we are hopeful to be able to find a job. This may become more difficult than it already is if the government continues to gut the backbone of our economy by means of free-trade agreements.

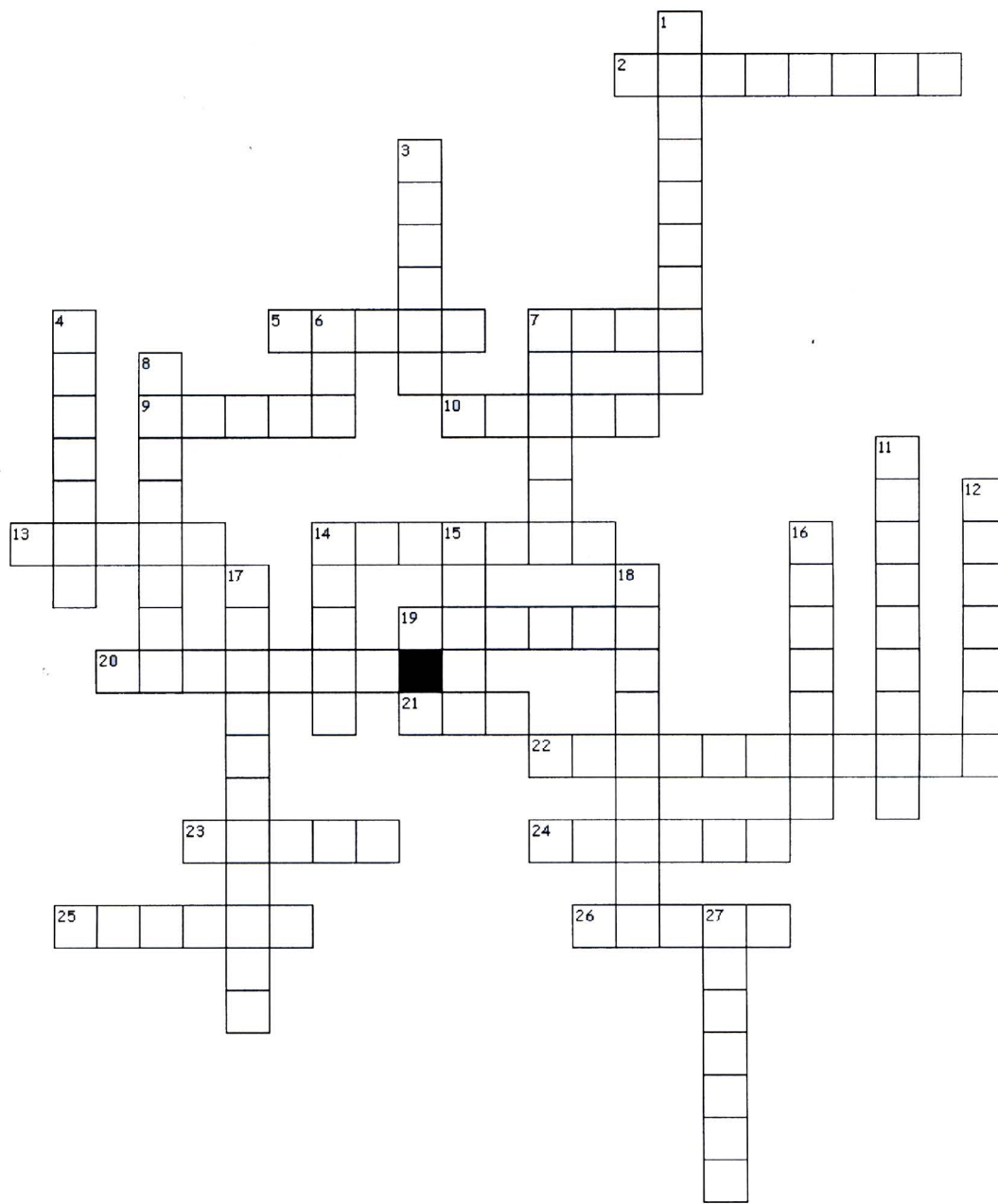
The real shame here is that regardless of the publicity (or lack thereof) of the TPP, this agreement will most likely be passed and will continue the corporate fascism we here are currently enduring in the United States.



" People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."

-Dalai Lama XIV

Crossword



Across

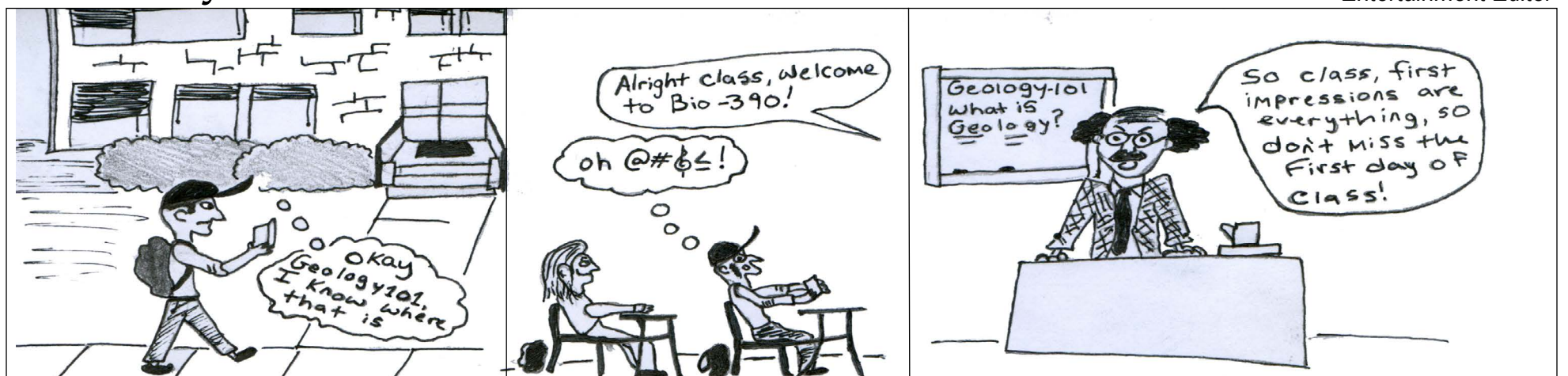
- 2. The 'Brown' wizard in "The Hobbit"
- 5. Yellow and blue combined
- 7. Extinct flightless bird
- 9. Country that owns Easter Island
- 10. Valuable found in oysters
- 13. Previous currency of France
- 14. All Sikh men have to wear these
- 19. Largest island in the Hawaiian Island Chain
- 20. Cheyenne state
- 21. Head of a company
- 22. Smallest country in the world
- 23. Chronometer
- 24. Frank Underwood's wife
- 25. Wax light
- 26. Water lurker who likes blood

Down

- 1. Jason Bourne actor
- 3. Tool used to spread mortar
- 4. Type of math
- 6. Fish eggs
- 7. Creature on the Bhutanese flag
- 8. Highest peak in North America
- 11. " Wax on, Wax off"
- 12. President on the half- dollar
- 14. Examples: St. Peter, Mankato
- 15. White stripe down a horse's face
- 16. Differing from the majority opinion (in law)
- 17. Host of *The Tonight Show*
- 18. A bad dream
- 27. Another name for a shoemaker

First- Day Problems

Kevin Pajor
 Entertainment Editor



What's the price of a silver medal? Ask Qatar.



Philip Evans
Sports & Fitness Editor

Throughout the past few weeks Doha, the capital of the Middle Eastern emirate Qatar, hosted the World Championships of Handball. The sport itself is rather small, mainly popular in Europe, but with a few newcomers, within the world top 20. The arrangements were immaculate, the service impeccable and the stadiums impressive. So far, so good. The final turned out to be a close game with France getting out on top of Qatar with a 25-22 win, securing their 5th World Championship title. Still, so far, so good.

Its oil resource has given the emirate possibility to invest in prominent companies and sports teams, such as the soccer clubs Manchester City and Paris Saint-Germain.

However, there's an issue with Qatar, an issue touching on what's morally right. While on the surface there seems to be nothing strange - the French are a powerhouse of men's handball and have been so for quite some time, winning the gold in both Beijing and Lon-



Paris Saint-Germain owner Nasser Al-Khelaifi (left) and Director of Football Leonardo Araujo (right) presenting the purchase of striker Zlatan Ibrahimovic (middle) in 2012.

don. And host nations usually do well, which would explain the silver-medal run Qatar managed to pull off. Qatar's national handball consists of a majority of foreigners who obtained their Qatari visas only a few years, and in some cases months ago. While offering inflated wages to play in their domestic league, players are able to obtain a dual citizenships, no questions asked.

The Islamic emirate spreads its 4,676 square miles (slightly fewer sq. miles than Connecticut) along the gulf of Persia, with Saudi Arabia in the west and the United Arab Emirates in the south. Its oil resource has given the emirate ability to invest in prominent companies and sports teams, such as the soccer clubs Manchester City and Paris Saint-Germain. While they are doing that they are also

reinforcing their own country, securing big sporting events like the Handball Championships and the biggest event of them all, the FIFA World Cup, in 2022. Alongside this, they are using migrants as modern slaves to build their fancy stadiums and infrastructure. Their salaries and working rights would even rattle the most conservative conservative.

Hosting the World Cup gives you an automatic bye to the tournament, but there is no way Qatar would be competitive enough to play among the top 32 teams in the world by themselves. Is there anyone who thinks they won't use the same strategy as they did for handball, getting already recognized international athletes visas? Well, although FIFA may have some sort of legislation in place, preventing players to change teams once they have played one game for a nation, Qatar has found a way around this. Since 2004, Aspire Academy, a sports academy based in Doha, has persuaded talented young soccer players, typically South Americans, to move to the emirate in exchange for coaching, housing and food. Come 2022, these players will be Qatari citizens and eligible to play in the World Cup.

So how far should we allow the boundaries of our sports to be pushed? I have a hard time understanding the rationale in allowing actions like this while at the same time being against something like performance enhancing drugs which essentially has the same objective - to



Mahmoud Hassab Alla, born in Egypt, played a key role for Qatar when they clinched the silver medal in the Handball World Championships.

make sports more competitive. Is allowing a country on steroids to participate in a sport where they would never have a chance included in FIFA's many policies concerning "fair play"? As an exemplifying illustration, imagine the hockey teams of Slovenia, Great Britain and Italy being filled with Canadians just for the sake of making the Olympic Hockey tournament more exciting to watch.

Something is rotten and the international federations that should be governing it are doing nothing to make it stop. It puts money in their pockets while letting the fossil fueled middle-eastern nations use sport as a playground. If nothing is changed, we'll be in spectacular, science fiction-looking stadiums while watching a Qatari national team filled with Brazilians and Egyptians.

Because nothing will stop Qatar from buying English and French soccer clubs, they will keep buying the World Cup and they will keep buying national handball and soccer teams. And while it looks like they do it for the fun of it, the Qatari sheiks are smarter than that. One day their adored natural resource will run out and the people who run Qatar know that.

So what do you do? You make Qatar the new center of the earth. The geographical positioning allows that, and the climate is hard to blame. All this enjoyed by an audience in top modern facilities, built by migrants on working visas who, for a few extra dollars, will wave a Qatari flag and sing their national anthem.



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Gymnastics team bonds on and off the mat



Senior Kalyn Botzet performing a floor routine. The Gusties have struggled to defeat their opponents this season and have so far not recorded a win. However, the team will get another chance when they host UW-La Crosse for the last home meet of the season on Fri. 13, at 6:30 p.m.

Gustavus Sports Information

Philip Evans
Sports & Fitness Editor
&
Jessica Yang
Staff Writer

The gymnastics team got back in action in January with a 3rd place finish at the UW-Eau Claire Invitational. Since then, the team has competed five more times, with their best performance being against UW-Whitewater on Feb. 7, where they scored 178.950 points. The score would usually be good enough for a victory, but the women were defeated by UW-Whitewater who scored 189.025 points.

Senior Kalyn Botzet is enthusiastic about the season. Even though the team is lacking a victory, gymnastics is a sport where your score shows how well you have performed, rather than your wins or losses.

"Our team is stronger than we have been in a long time. Since my freshman year, our team goal has been to score a 180. While we haven't scored that in my years at Gustavus, I'm hoping we can reach our goal this year," Botzet said.

As the MIAC does not support gymnastics, the Gustavus team competes in the WIAC league. As a result, Botzet has developed a fondness with the journeys to the eastern neighbor.

"I look forward to the team bus rides. Since we travel to Wisconsin for most of our meets, we spend a lot of time together on the bus. Over the years we've developed the tradition of playing mafia on the way home from meets--the game gets super intense," Botzet said.

"As a captain, it is important for me to maintain a positive attitude and be a good role model inside and outside of the gym. I'm always joking around and creating a positive, memorable experience for my teammates, spotters and coaches"

—Alyssa Ciati

Botzet and the rest of the team make sure the confident approach spreads outside the gymnastics floor as well.

"Our team is actually volunteering this season at a local nursing home and decorated Christmas cookies with the residents. Along with community service, the Student Athletic Advisory Committee representatives promote supporting other athletics teams on campus. For instance, our buddy team is football, so we made posters and body painted

for one of their home games," Botzet said.

Senior Kacie Kohler also appreciates the company of the Gymnastic team. After being cleared of an injury last month, she is now back in the swing of things.

"I'm pretty excited to train again. For the team, I am looking forward to the multiple team traditions we have throughout the season. For example, we have a team dinner the night before each meet, and we do secret sibling gifts for each meet. It's always a lot of fun to be together as a team outside of the gym since we spend so much time in the gym," Kohler said.

Kohler finished last season with an average score of 7.608 in bar events. Her senior status has given her the responsibility to produce a poised aura around the team.

"As a senior this year, I work to create a positive atmosphere in the gym during practice and at competitions. It is really easy to get down on yourself in this sport, so I try and keep everyone happy and encourage everyone to be the best they can be, even when they're having a rough practice. It is important for us to work together as a team, so I try and support each and every one of my teammates in and out of the gym," Kohler said.

Kohler's vision is shared by Senior Captain Alyssa Ciati. They both agree that a positive attitude is one of gymnastics most important features, as be-

ing graceful while performing a physically rigorous routine is exceptionally demanding.

"It is such an honor being a leader on the team. It has been a very rewarding experience so far. As a captain, it is important for me to maintain a positive attitude and be a good role model inside and outside of the gym. I'm always joking around and creating a positive, memorable experience for my teammates, spotters and coaches," Ciati said.

The team have four meets before the WIAC Championships in March. Next up, the Gusties will host UW-La Crosse on Fri. 13, at 6:30 p.m. in the Lund Center Gymnastics Studio.

SPORTS SCHEDULE

Friday, Feb. 13

Gymnastics hosts UW-La Crosse
6:30 p.m.

Men's Hockey hosts University of St. Thomas
7:05 p.m.

Women's Hockey at University of St. Thomas
7:30 p.m.

Saturday, Feb. 14

Track and Field at Carleton Meet of Hearts

Men's Tennis hosts Augustana College
8 a.m.

Men's Tennis hosts UW-Eau Claire
9 a.m.

Women's Basketball hosts Saint Mary's University
1 p.m.

Women's Tennis vs. University of North Dakota
2 p.m.

Women's Hockey hosts University of St. Thomas
2 p.m.

Men's Hockey at University of St. Thomas
7 p.m.

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Maximize your workout with HIT

Philip Evans
Sports & Fitness Editor

As spring semester began earlier this week, students gradually started lacking one invariable feature: time. As studies take over, other activities naturally get deprioritized and a two hour workout session each day may not be most logical choice. But a new study shows that students and other people in despair of time might have gotten lucky.

Dr. Michael Mosley is a British television producer who studied medicine in London at a young age and moved to TV broadcasting in the early 1990s. His televised documentaries have won an EMMY and he was named the "medical journalist of the year" by the British Medical Association for an innovative program about the discovery of *Helicobacter pylori*, a bacteria that in severe cases can lead to stomach cancer.

"A couple of years ago, I began looking into a radically different approach to exercise called High Intensity Training (HIT). The idea is that instead of trying to shed weight and get healthier by jogging for hours, you can get many of the more important benefits of exercise from as little as three minutes of HIT a week," Mosley said in an



Creative Commons

Throughout a series of documentaries, British TV producer Dr. Michael Mosley has tried several different ways to get in shape. One of these, High Intensity Training (HIT), requires only three minutes of exercise a week.

interview with the Daily Mail.

The ideologies of High Intensity Training have been around for a while. 70 years ago, a

strong-minded medical student named Roger Bannister decided he wanted to run a mile under four minutes. With the lack of

time his medical studies provided, Bannister decided to do interval sprints.

"The sprints consisted of running flat out for one minute, then jogging for two or three minutes before doing another one-minute sprint. He would repeat this cycle ten times, then head back to work. The whole thing normally took less than 35 minutes. He became the first person in the world to break the four-minute mile. Since then almost every middle-distance runner has done interval sprints as part of their training," Mosley said.

Although Bannister was well before his time, science is slowly catching up. A research group from the Laval University in Quebec, Canada compared two sets of fitness teams, one doing HIT and the other doing steady-state cardio. When the results came back, it was proved that the group who had followed the steady-state cardio routine had burned over 15,000 more calories than their HIT counterparts. What was interesting, though, was the fact that the HIT group had lost significantly more body fat.

"Part of the explanation is that HIT makes your muscles produce new and more efficient mitochondria, the tiny power plants in your cells that convert glucose into useable energy. The more mitochondria you have, the more power they produce and the more fat and sugar they consume," Mosley explained.

It is good to know that HIT

is not for everyone. According to sparkpeople.com, it is wise to stay away from HIT if you have any cardiovascular problems or other health concerns. The demanding workout requires a strong aerobic ability and could eventually do harm if there are underlying heart conditions. While Mosley recognizes physical activity can be dangerous, he hopes that the tough exercise will not scare people away as the efficiency of HIT outscores any other form of exercise.

"The idea is that instead of trying to shed weight and get healthier by jogging for hours, you can get many of the more important benefits of exercise from as little as three minutes of HIT a week."

—Michael Mosley

"If you are frail or extremely unfit it would be wise to have a medical check-up before starting any form of exercise, but don't use that as an excuse not to start. You can get a dose of HIT while walking or even from climbing the stairs. The benefits greatly outweigh the risks," Mosley said.

A HIT cardio circuit class is hosted by the Gustavus Health Majors Club on Wednesdays at 4:30 p.m. in the Lund Center Aerobics Room.

Senior Spotlight

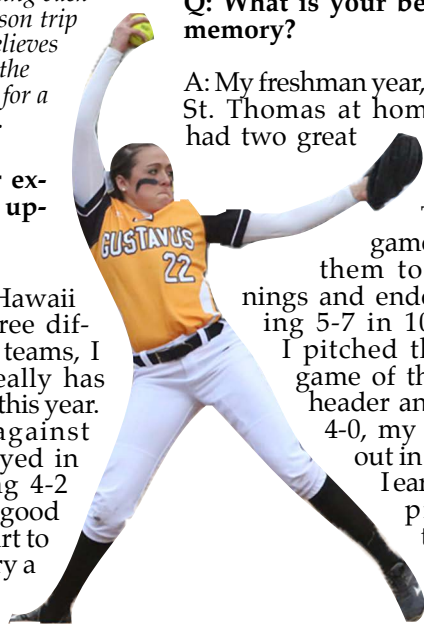
This recurring segment will highlight a senior Gustavus athlete each week.

Sarah Rozell

Softball - After coming back from a strong preseason trip to Hawaii, Rozell believes that the team has the potential to compete for a deep playoff run.

Q: What are your expectations for the upcoming season?

A: After going to Hawaii and taking on three different Division II teams, I think the team really has something special this year. We fared well against the teams we played in Hawaii and going 4-2 against some very good teams is a great start to what looks like very a successful year. I think the team



has a great shot at winning the conference title and the tournament, and going far into playoffs. In Hawaii we got to see that everyone on the team plays a role and contributes to each win.

Q: What is your best athletic memory?

A: My freshman year, we played St. Thomas at home and we had two great

games against them. The first game, we took them to extra innings and ended up losing 5-7 in 10 innings. I pitched the second game of that double header and we won 4-0, my third shut out in a row, and I learned MIAC pitcher of the week because of those shut

outs. The more important part of beating St. Thomas was that they had 53 consecutive conference wins before we split that double header with them, and being able to say that I shut them out was just a bonus.

Q: Why would you recommend Gustavus?

A: When I first toured Gustavus, I had no intention of going here. I just agreed to go on the tour to appease my mother's wishes. I had verbally committed to play softball for a division II school in St. Paul and had no intention of changing my mind. When I finally came to Gustavus, I absolutely fell in love with everything about the school. I met with the coaches and realized that being part of this program was something I just couldn't turn down. The academic opportunities that I found here were way better than anywhere else that I toured and playing softball was just a bonus of being a great school.