

The Kruizer Report Forensics at State



Mason Kruise
Opinion Editor

The Gustavus Adolphus Forensics Team recently won first place in the state tournament at Southwest Minnesota State University in Marshall. In addition to this achievement, the win occurred with the largest margin a team has won by in the history of state competitions. The team feels a deep sense of pride as well as accomplishment having realized this goal. As First-Year Andrew Boge stated, "We all went in with the mindset to win, and we ended up competing at some of our best levels." For them to see their hard work and preparation payoff is the best reward they



Gustavus Adolphus College Forensics Team at State Competition.

Submitted

could have ever desired.

Participants in forensics are judged on the criteria of their speech's content, performance and execution, and the degree to which it is polished. Not only do you have to get dressed up during competitions; you need to make sure that you know your speech front, back, upside down, right side up and every other way you can know it. It's a huge commitment to ride vans to numerous tournaments

and dedicate time outside of class toward forensics, but the payoff seems to be worth it as many talented and well spoken Gusties continue to be involved one year after another.

As the remainder of the year approaches with new goals and aspirations, the team looks forward to the National Competition in Portland, OR at Lewis & Clark College. Obviously, this will be a far more demanding tournament where everyone

will want to perform at their personal best so they may rank high. It should be evident from seeing the accomplishments of the team so far that they will rise to the challenge. With coaches Kris Kracht and Cadi Kadleck watching over them, everyone performs well individually but also collectively like a family.

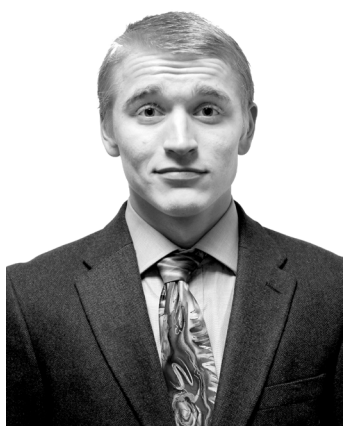
The stakes are often high, as well as the stress levels. However, much can be learned from these students in forensics as far

as organizing one's schedule, preparing for and becoming comfortable with public speaking, as well as polishing writing skills. The team is relatively young, with twelve First-years, two sophomores, five juniors and only three seniors. That leaves a lot of room for learning and fulfilling expectations for the younger members, but it appears they have good footsteps to follow in, given recent triumphs.

Kudos to the Gustavus Adolphus Forensics Team on a fantastic accomplishment.

The concept of forensics relates to that which belongs to, is used in, or is suitable in courts of judicature or to public discussion and debate. Becoming involved in society begins with being able to effectively communicate, and for those in forensics, they possess that ability in spades. Kudos to the Gustavus Adolphus Forensics Team on a fantastic accomplishment, and here's to hoping there are many more down the road for them to feel proud of.

The Sophist Yes We Cannabis



Sean Kehren
Opinion Columnist

Weed, grass, pot, purp-skurp, the devil's lettuce. These are some of the names used for the drug marijuana, which is the mind-altering substance derived from the dried buds of the Cannabis sativa and Cannabis indica plants. Most commonly the buds, containing the psychoactive chemical Delta-9-tetrahydrocannabinol and other cannabinoids, and the oils extracted from them are smoked or vaporized for respiratory ingestion; however, there are ways of making food containing the cannabinoids or even methods of concentrating the cannabinoids into waxes and other forms that allow for a more intense "high".

Though we as Americans can freely talk and write about marijuana, it is classified as a Schedule I controlled substance under federal law meaning that it has a high potential for abuse and no accepted medical uses in the eyes of the United States. This has been challenged by twenty three states which have legalized the medicinal use of cannabis and by cities such as Portland, Maine or states like Colorado and Washington which have legalized recreation marijuana.

So why is marijuana illegal? This is an extremely complex question which could have an entire doctoral thesis written about it, so I'll do my best to summarize the main argument. Cannabis has been illegal in the United States since the enactment of the Marijuana Tax Act of 1937. This was supported and brought to Congress by the director of the Federal Bureau of Narcotics, Harry J. Anslinger. Commonly not known, the American Medical Association (AMA) strongly opposed this measure due to the effect it would have on doctors prescribing, pharmacists selling and farmers growing medical cannabis. Dr. William Creighton Woodward, legislative council of the AMA, opposed this bill on the grounds that it was created in secret and doubting the alleged addictive and violent effects that were claimed can-

nabis possessed, yet the bill still passed and marijuana is still illegal in the United States.

Regardless of the fact that the use of cannabis is illegal, it is still the most commonly used illegal drug in the United States. Its popularity began with jazz musicians in the early 1920s and it was extremely prevalent with the hippie movement of the late 1960s. Throughout the 20th century, many forms of propaganda and scare tactics were used to discourage marijuana use even taking very racially prejudiced tones. During the late 20's and early 30's, it was rumored that marijuana use among white women would cause promiscuity and sexual contact with minorities.

Harry J. Anslinger also vocalized politically and racially motivated rhetoric against marijuana. Anslinger claimed that marijuana use is more dangerous than abuse of cocaine and heroin, and that it led to both pacifism and communist brainwashing. Anslinger, on marijuana use by minorities, is claimed to have said, "Their Satanic music, jazz and swing result from marijuana use. This marijuana causes white women to seek sexual relations with Negroes, entertainers and any others." He is also said to have stated that marijuana would make African Americans think that they were equal to White men. Though these arguments

seem to be lacking in empirical evidence, extremely insufficient and racist to today's standards, they seemed to have had the effect that they were intended for- namely to scare people into abhorring cannabis use.

At this point in the article, you probably have inferred that I really do not support the prohibition on cannabis use. Personally, I do not see anything immoral in the ingestion of a substance; however, I do think that moral implication comes into place with the actions that people engage in after taking said substances. Though propaganda such as the famous 1936 film *Reefer Madness* correlated marijuana use with extremely violent acts, I firmly do not believe that there is any evidence to support this claim. Studies have suggested that marijuana use can aid in the aggression of teens, but violence is a multi-causal event and there still has not been a positive correlation established between violent-aggression in adults.

Furthermore, marijuana does not possess the ability to cause a physical addiction, and the new, fifth edition of the Diagnostic and Statistical Manual of Mental Disorders uses the term "cannabis use" as opposed to the DSM-IV term "cannabis abuse" to describe mild to moderate consumption of marijuana. From an economic perspective, the United States uses a mon-

strous amount of money fighting a "Drug War" that cannot be won. Harvard University economist Dr. Jeffery Miron estimates that abandoning cannabis prohibition could save approximately \$7.7 billion in law enforcement and generate about \$2.4 billion in revenue if it were taxed as other consumer goods are. Doesn't it seem obvious that a country with a public debt of over \$18 trillion could use its funds in a more productive manner than an initiative against drugs, which seems to have no effect on use?

Studies by the United States have indicated that approximately 15 million Americans use marijuana on a monthly basis, and a 2013 Gallup Poll indicates that 38% of Americans have used marijuana at least once in their life. According to the United States, at least 38% of Americans and a decent portion of Gusties are petty criminals. After stating this, I'm assuming that I'll be approached by someone about a survey done that contradicts my claims, but let's be honest, how many people are completely truthful on those surveys? I encourage all of you to do your research, and do not fear going against common opinion. Vale!

Mark My Words What are the BRICS Building?



Mark Siatta
Opinion Editor

On February 20, Russia officially ratified the \$100 billion BRICS Development Bank agreement. The formation of the BRICS (Brazil, Russia, India, China, South Africa) Development Bank was agreed on July 15, 2014 and has since caused widespread speculation on what this means for the future of the world economy.

Speaking to a group of reporters, Russian President Vladimir Putin declared the BRICS Bank as “one of the major multilateral development finance institutions in this world.” The other major multilateral development financial institutions being the World Bank, and the International Monetary Fund (IMF).

The stated goal of the BRICS Bank is to provide money for

infrastructure and development projects in and around the BRICS countries. This will consist of specializing in countries on the African, Asian and South American continents. It will also run as an alternative to the largely U.S. influenced IMF and World Bank.

There have been many criticisms of the current lending practices by the IMF and World Bank—failure rate for its projects in the poorest countries was 65%-70% and 55%-60% for all developing societies.

Although their focus is partially different from the stated goals of the IMF and World Bank, the BRICS Bank will follow similar lending practices. Contrary to the IMF and World Bank, the BRICS Bank will operate in an equal manner between the participating countries, in which each country has one vote, and none of the countries have veto power.

The governance will consist of three tiers with a Board of Gov-



World leaders at the BRICS Development Bank Agreement.

Submitted

ernors, Board of Directors and a President. The positions will rotate between the countries. Early reports are pointing to Russian Finance Minister Anton Siluanov becoming the Bank's first Chairman of the Board of Directors.

Largely centered around facilitating fair dealings and equivalent authority, the bank will be headquartered in Shanghai, with a reserve currency of \$100 billion.

The biggest question is, what will come of this new development bank?

There have been many criticisms of the current lending practices by the IMF and World Bank. A repeated criticism is their high failure rates. Assessments from the World Bank showed the failure rate for its projects in the poorest countries was 65%-70% and 55%-60% for all developing societies. While international lending has proven to be difficult, what can we expect from the BRICS in terms of learning from the past mistakes of the IMF and World Bank?

Many of these difficulties will be tied to globalization and the effects it has had on the systems currently set in place. With a bank specifically set up by developing countries to help facilitate growth in developing countries, I would suspect there to be more genuine lending practices.

Another question that needs to be asked is, “what impact will this have on the global geopolitics, specifically in the discussion of reserve currency?” We have already seen some of the BRICS countries, namely Russia and China move away from dealing in U.S. dollars, instead choosing to deal in the local currencies.

A further inspection of the relationship between China and Russia, who are seen as the leaders of the BRICS, will show their continued geopolitical partnership. In 2014 trade between the two countries amounted to over \$90 billion, and expectations are for that number to rise to \$200 billion within the next five years. Much of their dealings are in the aviation, space and nuclear energy sectors.

Most recently in response to the opprobrium credit rating handed to them by the major credit rating agencies Moody's and the S&P, Russia with the cooperation from China decided to create their own joint credit rating agency. Much has been made of these ratings, with Rus-

sia citing political discrepancies being the cause for such low ratings.

These geopolitical dealings will help shape the future of the global economic landscape. The shared authority within the bank will aid in promoting sustained global equality, while also helping to develop emerging markets to adequate levels of prosperity. Since the main goal of the BRICS Development Bank is to support and fund emerging markets' need for infrastructure they can assist developing countries gain the ability to become self sustainable.

The BRICS countries account for 41.4 percent of the world's population, and more than 25 percent of the world's GDP. By forming this development bank, they effectively demonstrated their want for an adequate say in the global economy in accord with their aggregate size. By acknowledging this, the BRICS will have a larger say in world issues and will more accurately depict the world's view on global issues.

The BRICS Development Bank will allow emerging markets to successfully tap into the resources that will provide the facilitation of their growth in the coming decades. This not only creates more parity in the world economy, but also cultivates a growing sense of change that is needed in global economics.

Letter to the Editor

If you haven't heard about “Female Power Hour” here at Gustavus, you're in for a treat.

An email sent from the Health and Wellness Club to students and faculty gave details of the up and coming weight room segregation hours. Women now have their own times to work out here at Gustavus, and no boys are allowed...yup we're back in middle school. Monday and Wednesdays 7-8p.m., and Tuesdays and Thursdays from 2:30-3:30 p.m. This time is designated for females only, faculty and staff members included.

John Doe 1 and John Doe 2 (AKA the people who supported this change) have devised this much-needed, comfortable, safe, exercise environment for females. Research indicates that many females tend to work out for less time if not at all, when males are around.

So Gusties, it's great to see how far we have come that we must now revert back to old ways of segregation. Now some of you may be thinking, did he just use the word segregation...why yes, I did. What else are we supposed to call it? Oh yeah...Female Power Hour.

Let me be clear. I am upset

because I expect more from Gustavus to include its students and faculty. I think that instead of rushing to such a drastic and offensive measure we need to come together and find out what exactly is making the female community at GAC not feel safe, whether it be in the gym or outside the gym. Makes sense right?

Look at it this way, when I hit the gym I can admit that it is jam packed at times with various sport teams, both male and female, using the facility at once. At times I even find other people working out to be intimidating or I get caught off guard by the loud sounds of someone dead lifting 415 pounds. IT'S A GYM! As Gusties and a community we are all here to better ourselves and boost each other up, not put each other down. I personally feel that telling the women at Gustavus that they need their own workout times separate from men in order for them to feel safe and comfortable is sending the wrong message to the entire community. Is this women's power hour condemning women to be depicted as being weak and too fragile that they cannot work out at the same time as men? Maybe women should get their own time slots for the blue mats upstairs in Lund, or their own time slot on the track because

“men run too fast and it may be intimidating.”

The fact is that weight lifting and gym environments are intimidating—to everyone. If the real issue is that women are intimidated by the nature of the gym because they are unfamiliar with safe and proper lifting procedure, if they want to get more into lifting or just have no idea where to start, then why not start a lifting club? In a cross training, cross-fit, or bodybuilding club, among many other possibilities, women with a common interest of gaining muscle and promoting fitness can support one another to get physically and mentally stronger both in and out of the gym. And they can do it without reinforcing the stereotype that women are too weak to share the gym with men, a notion I personally don't agree with supporting.

Sincerely,
Rod Strozier—An avid gym lifter and feminist alike

Old MacDonald had an opinion Mixed Gender Housing On The Horizon?



Cameron MacDonald
Opinion Columnist

Some of you may have noticed an email in your inbox with the subject "Room Draw: Mixed Gender Housing Option for 2015-2016." Most of you probably skimmed over it or just marked it as "read," which is understandable if it didn't apply to your interests. However, I think this is an interesting topic and worth discussion, especially when referring to what it means for housing in the future and other forums of growth on campus.

First of all, what is mixed gender housing? Good question, my intrigued reader. Gustavus Residential Life defines mixed gender housing in apartments as "groups of two males and two females sharing a four-person space. Bedrooms will be single gender within each apartment and each apartment will have two bathrooms." So

it still maintains the idea that genders will not be sleeping in the same room or bed together, but allows for them to share a living space together. The reason they state apartments explicitly is because they have only designated those styles of homes for this housing. This is going to essentially be a "pilot" for the option, and they have a very select amount of spaces available. There will be four apartments in Arbor View, four townhomes in Chapel View and four apartments in College View that will be designated as mixed gender spaces. Unfortunately, available to only those in the classes of '16 and '17. It still presents a very interesting opportunity and turning point

in the future of campus housing.

Now, there are always some issues and technicalities to be dealt with when it comes to policy changes. The biggest thing here is the use of the term "gender." Some people identify as transgender, or as the opposite gender, or gender-fluid, and other variants. The school seems to be attempting to make accommodations for people who don't identify as their biological gender, or are transsexual. In the email sent out, there's a question example they give that states "If I'm trans*, is this my only option?" (The asterisk appears to be a placeholder to indicate both the words "gender" and "sexual" as these could possibly both

change how gender-based housing is assigned.) Now, speaking as the individual author of this article, I think this question was phrased rather poorly. It's almost as if stating that if you're trans*, you can only live in mixed gender housing because it is a "mix." That doesn't seem to make much sense. If you're trans*, you still have other options, otherwise you wouldn't be allowed to live on campus, and that's an entirely different issue. However, I'm fairly certain they did not mean it this way. In response to this question, they have stated:

"No. As always, those who identify as trans* may work with the Director of Residential Life in order to find the most

reasonable and comfortable housing option for that individual."

So they already have a policy and plan in place and the option is still available to individuals who are trans*, and they will work with you to best identify where you would most comfortably live.

We have to look at the big picture of this. Most campuses don't offer on-campus mixed gender housing, so this is quite an enormous step for Res Life to be taking. The big differentiation that needs to be made is that this is a living space, not a dormitory. While a dorm is technically a living space, it is also a public area for many people to roam, whereas a room is more of a private living space where someone resides. Colleges nearly everywhere offer mixed gender (also called "coed") dormitories but very few offer rooms or apartments on campus that allow for genders to mix. If this pilot period goes over well for this option, we could possibly see even more rooms and apartments becoming mixed gender, and if they succeed as well, this could possibly spread to other schools and campuses. This could be a really big deal in the long run, so here's to hoping that the pilot goes over well!



Submitted

College View is one of three dorms offering mixed gender housing next year.

It's A Sure-Win The Lost Art of Mr. Capra



Ellie Sherwin
Opinion Columnist

Sentimentality is no longer popular. If this unfortunate news has just come to your attention for the very first time, I will try to let you down gently. Sentimentality, in today's language, has been replaced by corny, cheesy, and other yellow food-like words ending in -y. I guess up until now I was unaware that these distasteful words had become the official synonyms for this seemingly hated concept. I could sit here at my computer screen and discuss the emotional imbalance rooted from destructive gender roles

which in return plays into the effects of the unnerving lack of support of sentiments, but I'll save my rant for another time when I have more energy and when you have more focus.

When we lose our appreciation for sentiments, cynicism can, and frequently will, take its place.

Let me put this in simple and understandable terms: Frank Capra. Never heard of him? Well, unfortunately, most of my fellow students in a course on Politics in Film have never heard of him either. Mr. Capra, best known for his works like "It's a Wonderful Life" and "Mr. Smith Goes to Washington." is also best known for his sentimentality. Back in the black and white film era, a time of simplicity and what I can only describe as hard times masqueraded as happy to those who did not live in it, these films were applauded and loved by most audiences.

Yes, we American's still

find ourselves taking out our parent's old VHS tape of "It's a Wonderful Life" around Christmas time to fulfill a sort of cherished and light-hearted childhood tradition. But do we see the goodwill and truth in these movies the same way that the original audience members did back in the 30's and 40's? Will we ever stop snickering or rolling our eyes at the so called "cheesy" or "corny" scenes? Nowadays, we expect the sad or not-so-cheery endings of school readings or the latest trilogies that hit theaters, and give up on the entertainment that filled our youth with happiness and optimism.

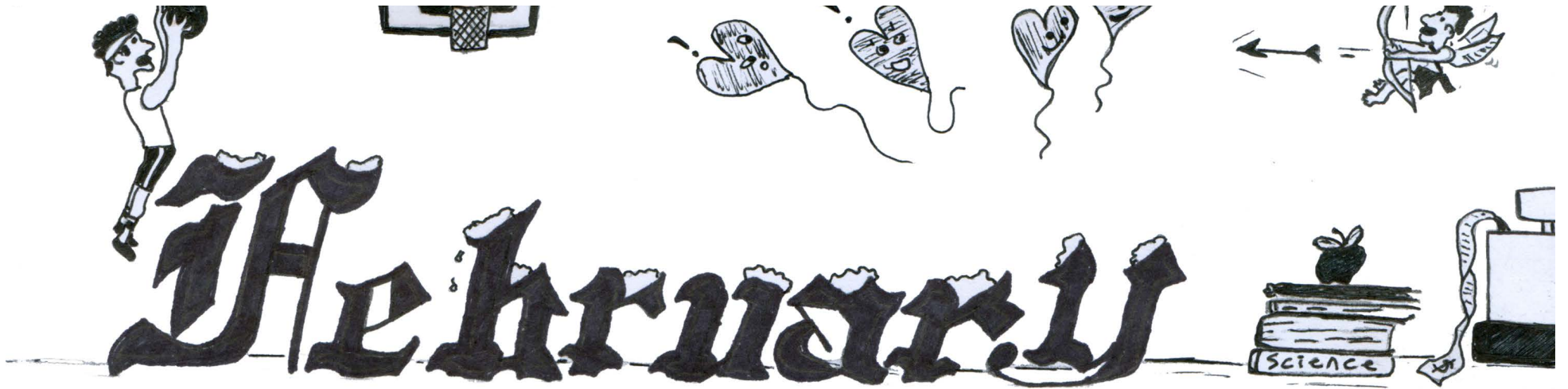
It seems that there is an unfortunate window of time in everyone's life, between our younger years of childhood and the years we begin to have children of our own, where sentimentality means virtually nothing. But why does it have to be this way? Why do we look down upon the so-called cliché thinking and happy feelings? It seems that we are so concerned with looking ahead and racing to become older in this world that we leave the innocence of our past behind us. We willingly let go of our giant dreams for

our future because after a certain age, those same dreams no longer seem realistic to us. The hopeless romantics out there have decreased greatly because our generation no longer appreciates soft sentiments or silent acts of kindness. We are consumed by racing ahead to bigger and better things, and in the process our sense of appreciation for sentimentality is lost.

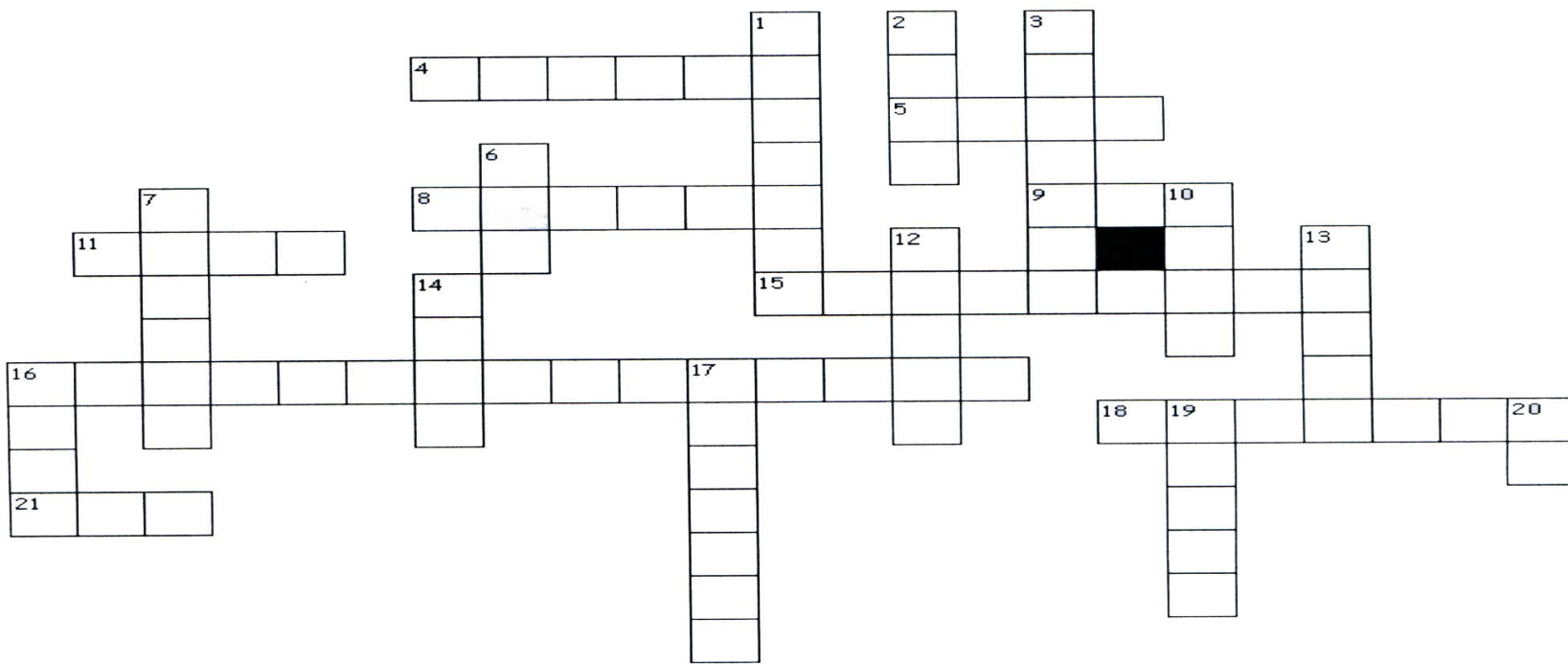
When we lose our appreciation for sentiments, cynicism can, and frequently will, take its place. And when cynicism takes a spot on that list of words that describes our personality, you may as well add pessimistic. So I guess I also have to pose the question, what is so wrong with being optimistic and sentimental? Yeah, optimism. Not every film or novel that is meant to portray the meaning of life has to end with the unknown hardships that lie ahead. Optimism does not mean naivety, but rather to display a positive attitude even when facing those unknown hardships ahead. No need to display a smile 24/7 or hold onto lost moments or things with a death-grip, but there is also no need to be cynical and

look down upon the "cute" thoughts of Frank Capra's sentimentality. Why can't we look ahead to our future with the same big dreams that may seem somewhat unrealistic, all while appreciating the softheartedness that was once apart of our childhood that actually attributed to our dreams in the first place?

Because in the end, sentimentality can be a good thing. It can help us view the world in the ways we did when we were seven years old, when we thought that one day we would fulfill our dreams and that greatness lay ahead. It can make us realize that those dreams we had so long ago can be possible as long as we stay optimistic. Greatness requires looking back upon the fondness of moments behind, and the hope for whatever lies ahead. So in the end, I choose to be both sentimental and optimistic. I will continue to half smile at the last few minutes of Frank Capra's "Mr. Smith Goes to Washington", even with your cynicism.



"Hold fast to dreams, for if dreams die, life is a broken-winged bird, that cannot fly."
 -Langston Hughes



Across

- 4. Author of the "Leviathan"
- 5. In the same family as the bobcat
- 8. 40th president
- 9. International Business Machines
- 11. Horse and Donkey
- 15. Two- year degree
- 16. Writer of the "Star-Spangled Banner" (three words)
- 18. Large island south of France
- 21. Area between North and South Korea

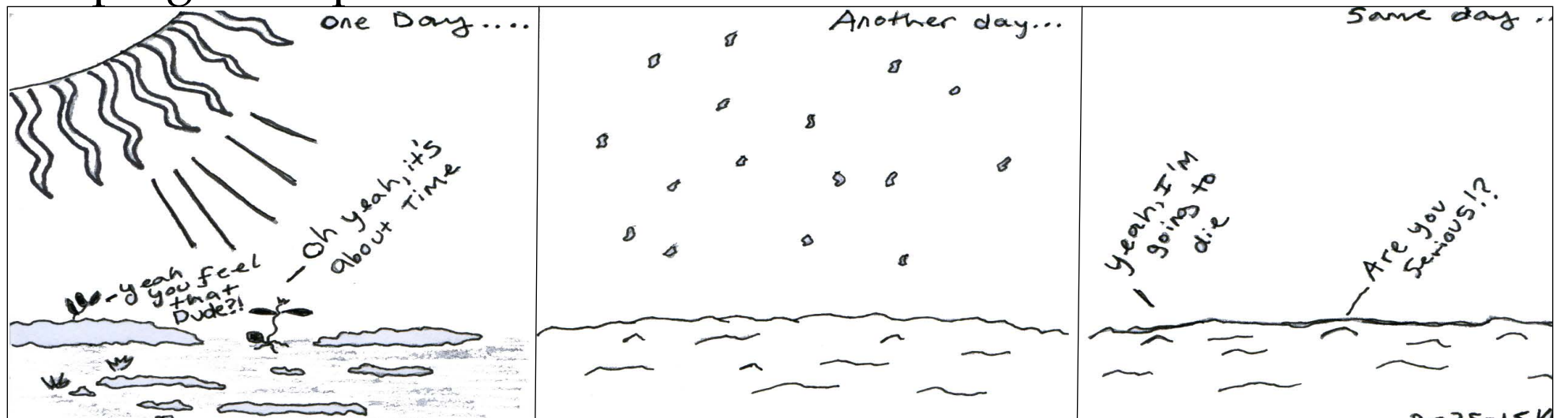
Down

- 1. Baltic state
- 2. Blues singer "Howlin___"
- 3. Defunct car division known for the "GTO"
- 6. "Owner of a Lonely Heart" group
- 7. Roman god of the forge and metal-working
- 10. Fermented honey drink
- 12. "Yeah!" (2003 hit)
- 13. Sage, thyme, mint
- 14. Skin and dirt particles

- 16. Company who made the "Gran Torino"
- 17. Where Gusties go to break it down (with "the")
- 19. A fruit used to make oil
- 20. Rough cindery lava

Keeping it simple

Kevin Pajor
 Entertainment Editor



2-25-15K

Men's Tennis competes in National Championship



Gustavus Sports Information

Last weekend the Gustavus Men's Tennis team hosted the 15th Annual Intercollegiate Tennis Association (ITA) National Division III Indoor Championship in the Swanson Tennis Center. "It's an honor to host such a prestigious event, and to compete for a national championship on home soil," Head Men's Tennis Coach Tommy Valentini said. This was the eleventh time Gustavus has hosted the tournament.

CrossFit enthusiasts defend injury accusations

Philip Evans
Sports & Fitness Editor

With the number of gym facilities quadrupling over the last three years, the notion of CrossFit training has most certainly created a buzz within the fitness community. The high intensity exercise program combines almost anything you can think of to improve the speed, agility and cardiovascular endurance of its practitioners.

While the exercise routines are proven effective for people

trained in the program, critics believe there is a dangerous catch to the rigorous methods.

"CrossFit allows for little benefit within each category of training, while allowing for broad exposure to injury. The risk-reward factor is extremely low. This exposure comes because within a WOD - or 'workout of the day' - random exercises are thrown together, possibly forcing someone who is very fatigued to engage in power exercises like Olympic lifts or box jumps," Matthew Basso wrote in the Huffington Post.

Basso argues that even though pushing your limit is good, doing powerlifts when tired will not get you those explosive muscles you're looking for. In fact, he believes that sacrificing technique for speed and intensity is causing injuries.

"When people are tired, they have trouble walking. Putting a weighted bar in their hand and asking them to rip it from the floor to overhead as quickly as possible doesn't seem like a good idea. Logic alone could tell you that. Experienced trainers could tell you in that particular case, it's even more ridiculous because, in regards to snatching when tired, you've reached the point of diminishing returns," Basso continued.

Following an incident at a training exhibit featuring CrossFit exercises in Orange County where Kevin Ogar, a certified trainer, dropped a 240 pound barbell on his spine, criticism rose again. However, Darren McGuire, Executive Director of the exhibit, explains that, while there are correlations between exercise and injury, the CrossFit program is not more or less dangerous than anything else.

"I think people are realizing that it's just unfortunately a sports injury. If you play football, if you get hit you can sustain injuries, or play baseball or anything else. If you go into a

CrossFit gym there are very few things in there that couldn't kill you. You can fall off a box and break your neck. You can have a kettlebell hit you in the head, there could be a barbell swinging. There's a plethora of things in there that could just take your life. If you want to be safe, you know what they say, sit on the couch," McGuire told ESPN.

According to the mission statement on the CrossFit webpage, the exercise routine is a "principal strength and conditioning program for many police academies and tactical operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide".

Some critics believe there could be a conflict of interest when new gyms open up, targeting beginners in order to grow their base of customers. The argument centers itself on the fact that the procedure to have your gym become CrossFit certified is rather easy. A \$1,000 investment lets you enter the two-day "methodology and foundational movement" class, and once you are certified there is no quality-control service in place to make the gym follow any safety standards.

"We joke all the time that a CrossFit certification only certifies that you have a valid credit

card," Greg Everett, a CrossFit enthusiast who previously owned his own gym, told ESPN.

Another injury that seems to be correlated with CrossFit is the disease rhabdomyolysis. The condition is proven more frequent to occur when exercising beyond your limitations. Dr. Joe DeAngelis describes the issue in an interview with WCVB Boston.

"It's the breakdown of muscle tissue. That breakdown can cause a toxin to get into your blood and that toxin can cause you to have trouble with your kidneys," Dr. DeAngelis said.

Although Dr. DeAngelis believes that injuries do occur, like McGuire, Dr. DeAngelis considers them rare, and does not see them solely associated with CrossFit.

"I think CrossFit has gotten a lot of attention because of its success. If you push yourself, that can set you up for injuries. There isn't a specific exercise or philosophy at CrossFit that makes it different or more dangerous," Dr. DeAngelis concluded.

While Gustavus does not offer a specific CrossFit class, there are opportunities to try similar exercises with on-campus yoga-sculpt instructor Hanna Engbertson on Sundays from 3-4 p.m.

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Track & Field shrugs off tough start



Gustavus Sports Information

With emphasis being put on returning throwers, Coach Dale Bahr is confident that the veterans coming back will be up for the task. "They should all do well. With the loss of the senior class, talent can always be replaced. I have no doubt that veterans and newcomers will do exceptionally well," Bahr said.

Jessica Yang
Staff Writer

Men's and Women's Track and Field have increasingly depended on individuality in their past seasons. Ten Gustie women and three men were part of the Winter-Spring Academic All-Conference Team last season. With the loss of 16 seniors last year, the season, so far, has not been shaping up to their standards.

"Our numbers are down a bit, we have a smaller team this year. We have many returners who we are hoping to get some points out of, as well as newcomers," Track and Field Coach Dale Bahr said.

The track and field staff are still recruiting interested runners in the areas of sprinting and jumping events. They are

strong in long distance events and shot-put.

"We have some strong throwers who are returning this year. Sam Fischer, Jesse Scheiterlein, Alex Logan, Nick Carlson. They should all do well."

—Coach Dale Bahr

Senior Leighton Becher competes in the 3,000 meters, 5,000 meters, and the mile run.

"The biggest things for me this year are learning how to be a leader, going out there and working hard everyday, and setting a good example for the newcomers. Working hard for yourself, having it all pay off,

is what they instill in the track program," Becher said.

This season, Gustavus track and field is feeling the void left by last years seniors, but is sure to bring back points with the the season heading towards them.

"We have some strong throwers who are returning this year. Sam Fischer, Jesse Scheiterlein, Alex Logan, Nick Carlson... They should all do well. With the loss of the senior class, talent can always be replaced. I have no doubt that veterans and newcomers will do exceptionally well," Bahr said.

Sophomore Will Neuenfeldt finished in tenth out of twenty-four at Saint John's Invitational meet in the shot-put event. Senior Jesse Scheiterlein finished second out of twenty-seven in the weight-throwing event. The statistics show much individuality within the field events area,

but the track team hopes to see better results in the sprinting area.

Coach Craig First who works primarily with sprinters, multi-eventers and relays says, "Last year in certain areas, we didn't have the depth we wanted to but the people who were in that area stepped up and performed well. I think this year we are in a similar position where some people really have to step up to get us those points."

Although the Gustavus track team will not be hosting a meet until the outdoors season has come into full effect, the support of Gustavus students, staff, and family members is highly recommended. Supporters make a big difference and enhance performances. Their next meet will be held in Saint Paul at Macalester, today, Feb. 27. The home meet is on April 11.

SPORTS SCHEDULE

Friday, Feb. 27

Track & Field at Macalester Kilt Classic

Saturday, Feb. 28

Tennis hosts Bethel University

8:30 a.m.

Softball vs UW-La Crosse

11 a.m.

Women's Hockey hosts TBD (MIAC Semifinals)

2 p.m.

Women's Tennis host Macalester

2 p.m.

Softball vs Coe College

4 p.m.

Men's Tennis hosts Grinnell College

5:30 p.m.

Sunday, Mar. 1

Softball vs UW-River Falls

9 a.m.

Softball vs UW-Stevens Point

11:30 a.m.

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Women's Swim & Dive grabs 6th title

Jacob Woodrich
Staff Writer

Here at Gustavus, there isn't necessarily a "men's" or "women's" swimming & diving team, as both groups spend an insurmountable amount of time together in and out of the pool, essentially make up one collective team, or as some may say, one family.

"As a coach, seeing the amount of caring and trusting and believing in each other that the team has had all season is very rewarding. It's rare to see in an individual sport, but they were swimming for each other," Head Coach Jon Carlson said.

This past weekend, the Gustavus Men's and Women's Swim & Dive team competed in Minneapolis at the MIAC Conference Championship meet, returning to St. Peter with an impressive amount of first place finishes and several very proud Gusties. The women walked away with their sixth straight MIAC title. The men swam to a fifth place finish. The team's effort could easily be seen throughout the meet.

"I was so impressed with how the team stepped up the entire weekend. The effort that they put forth got them the results that they deserved. On the men's side, our team just didn't have the depth that other teams



Gustavus Sports Information

With a blend of individual and team performances, the Gustavus Women's Swim & Dive team earned their sixth consecutive MIAC Championship title.

did, but our individual performances were spectacular," Carlson said.

The top male performer of the

weekend was Senior Zac Solis. Solis received first place in the 200, 500, and 1650 yard freestyle races. Carlson described Solis'

performance as "dominating" and then went on to explain, "All of the seniors set a great example of how to compete at this big meet."

Not only did the women come away with a title, but Senior Jennifer Strom was titled the MIAC Swimmer-of-the-Year. Strom won both the 100 and 200 meter breaststroke races. The relays that the women swimmers won include the 200 yard freestyle relay, 400 yard medley relay, and the 400 yard freestyle relay.

First-year Kate Reilly was a participant in the three first place relays. In addition to her relay wins, she added a first place finish in the 100 meter butterfly, compiling a total of four first place finishes.

"I was thrilled with my performance at the MIAC Championships and I couldn't have asked for a better team to share my very first conference meet with. I owe it all to them," Reilly said.

Another top performance came from Senior Katie Olson. Alongside Reilly, Olson was a member of the three winning relay teams and earned a win in the open 100 yard freestyle race.

"Conference is definitely my favorite time of the year. We always come to this meet prepared to race and have fun doing it. This year was bittersweet for me personally because it was my final conference meet and winning the conference title for the past four years has been truly amazing. It was a

very close meet and everyone in the MIAC rose to the occasion," Olson said.

Several women swimmers are projected to compete in the national meet in Houston, Texas in approximately one month. Zac Solis also has a chance of making the national meet with his strong showing at the MIAC Championships.

"I was so impressed with how the team stepped up the entire weekend.

The effort that they put forth got them the results that they deserved. On the men's side, our team just didn't have the depth that other teams did, but our individual performances were spectacular. All of the seniors set a great example of how to compete at this big meet."

—Coach Jon Carlson

Whether it was in the pool, on the deck, or in the stands, the Gustavus swimming family has had a successful season.

Senior Spotlight

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

Jenny Strom

Swimming - Jenny Strom received the MIAC Swimmer-of-the-Year award for her performances throughout the season.

Q: Has the season met your expectations so far?

A: I am extremely pleased how this season has gone thus far. I am very happy that our entire women's team was able to come together to win our sixth straight MIAC conference championship. I will be competing in the National meet in Texas along with 6 other teammates: Hayley Booher, Kate Reilly, Katie Olson, Leah Anderson, Michelle Campeau, and Dani Klunk. We are all very excited.

Q: What is your best athletic memory?

A: I cannot just pick one favorite athletic memory because everyday I am reminded why I am happy and proud to be apart of such an amazing team. If I had to pick a few, it would be the training trip in Puerto Rico in 2013 and conference every year.

Q: Why would you recommend Gustavus?

A: I would recommend Gustavus to new students because it is an amazing community where you can find different sorts of ways to get involved in the many different organizations.

