

# Beyoncé's Critics Fall Flat



**Sophie Leininger**  
Opinion Columnist

Cuz nothing brings us all together better than angry @Beyonce shaking her a\*\* & shouting “Negro” repeatedly.” The sarcastic tweet from conservative commentator Michelle Malkin just begins to summarize the harsh backlash surrounding a good old-fashioned American controversy following the Super Bowl 50 Halftime Show.

Rush Limbaugh had similarly degrading words for Beyoncé, describing her as “representative of the cultural decay and the political decay and the social rot that is befalling our country.” The media and many Americans ruthlessly punished the American icon. But for what crime?

Beyoncé’s crime was her celebration of blackness. The singer performed her brand new song, “Formation.” The new release is a work dedicated to her own black heritage and to rewriting the single story surrounding the history of black Americans.

Weaving contemporary politics with a presentation of history, Beyoncé is able to both celebrate blackness and create a platform to question the injustices that are a part of black lives.

In the new song and video, Beyoncé is unashamedly black. Performing at the Halftime Show, she sent a clear message to the flat screens across America. She forced Americans to not only confront her blackness and her pride, but to also face the current injustices experienced by black Americans.

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On the field, she and her all-female squad donned outfits referencing the Black Panther Movement. Calling the women into “formation,” Beyoncé established a call to action to continue the fight for black equality and to take pride in being black despite all odds.

The entire event did not sit well with many Americans. Citing uncomfotability and inappropriateness, the mainly white critics clearly liked her



*Beyoncé's bold celebration of blackness shocked the nation during the 2016 Super Bowl Halftime Show.*

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a lot more when she was apolitical and sang lyrics that the average white American could sing along with.

The extremely negative backlash Beyoncé received because she sang about the concept of race only strengthens her message.

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The newfound hatred and disapproval, vocalized or not, is mere evidence of the conversation that so desperately needs to be had. The discontent raises serious question to the claim that America has moved beyond race. Beyoncé’s challenge to this notion unveiled the deeply rooted racism ever so prevalent in our country.

As the media may present, Beyoncé’s reference and support of the Black Panther Party should not have white Americans up in arms.

The Black Panther Party was certainly militant and radical, but it is so greatly misrepresented in contemporary con-

versation. Any comparison of this party to the Klu Klux Klan is detrimental to conversations regarding black history and black power.

The Black Panther Party was not created to destroy another race, nor did they systematically beat, terrorize, lynch, and murder people based on the color of their skin. Rather, it was created to protect and liberate the black communities from the system stacked against them.

Beyoncé’s performance was not a call for a hit on the white race. Rather, it was a call to embrace blackness and continue the work towards equality and justice that is so evidently needed. Because the truth of the matter is, she’s telling a story of injustice and inequality that desperately needs to be shared.

Beyoncé’s role as a female activist is even more significant given the injustices affecting American women of color. The number of women behind bars has increased by over 800 percent since 1997, and a disproportionate number of them are women of color.

There is also a stark difference in the wages between men and women, but this gap only increases when women of color are singled out.

Studies have shown that while the median net worth for white women is around \$41,500, the median net worth for Hispanic women is around \$120, and the median net worth for black women is around \$100.

These vast disparities between races are not due to an inability to succeed or a lack of effort. Instead, they can be explained by systematic policies and decisions that benefit the white population and have been fostering inequalities since the beginning.

*Beyoncé's role as a female activist is even more significant given the injustices affecting American women of color.*

We are only scraping the surface of the stark injustices of a system that survives on people’s blindness to such issues. Instead of degrading Beyoncé, and instead of blaming black Americans, her performance should be celebrated as an important piece of black culture and it should be the spark of change. It is time to have these conversations and it is time to take the blinders off.

So, the next time you are scrolling through Facebook and a meme pops up or you are glancing at a headline, challenge the single story presented in front of you.

*Why are the police killing black Americans? Why do we struggle with the topic of race? Why are white Americans threatened with a celebration of blackness?*

We need to examine why our country reacted so harshly to a black female’s bold performance. Ditch the hatred and instead ask the questions we desperately need to ask, and that Beyoncé both intentionally and unintentionally provoked.

Why are the police killing black Americans? Why do we struggle with the topic of race? Why are white Americans so deeply threatened with a celebration of blackness? What is the true history behind our current situation?

Beyoncé did not threaten the lives of white Americans, but she certainly challenged the white domination that governs the country.

# Dissent in the Age of Outrage



**Amy Leininger**  
Opinion Editor

In the age of outrage, where offense is currency and political differences have polarized, college campuses must combat the urge to insulate students in an ideological echo chamber.

It would be silly to pretend that the Gustavus community is representative, let alone remotely resembling, of American society. The truth is that we are a remarkably liberal campus, steeped in social and political activism for many progressive causes.

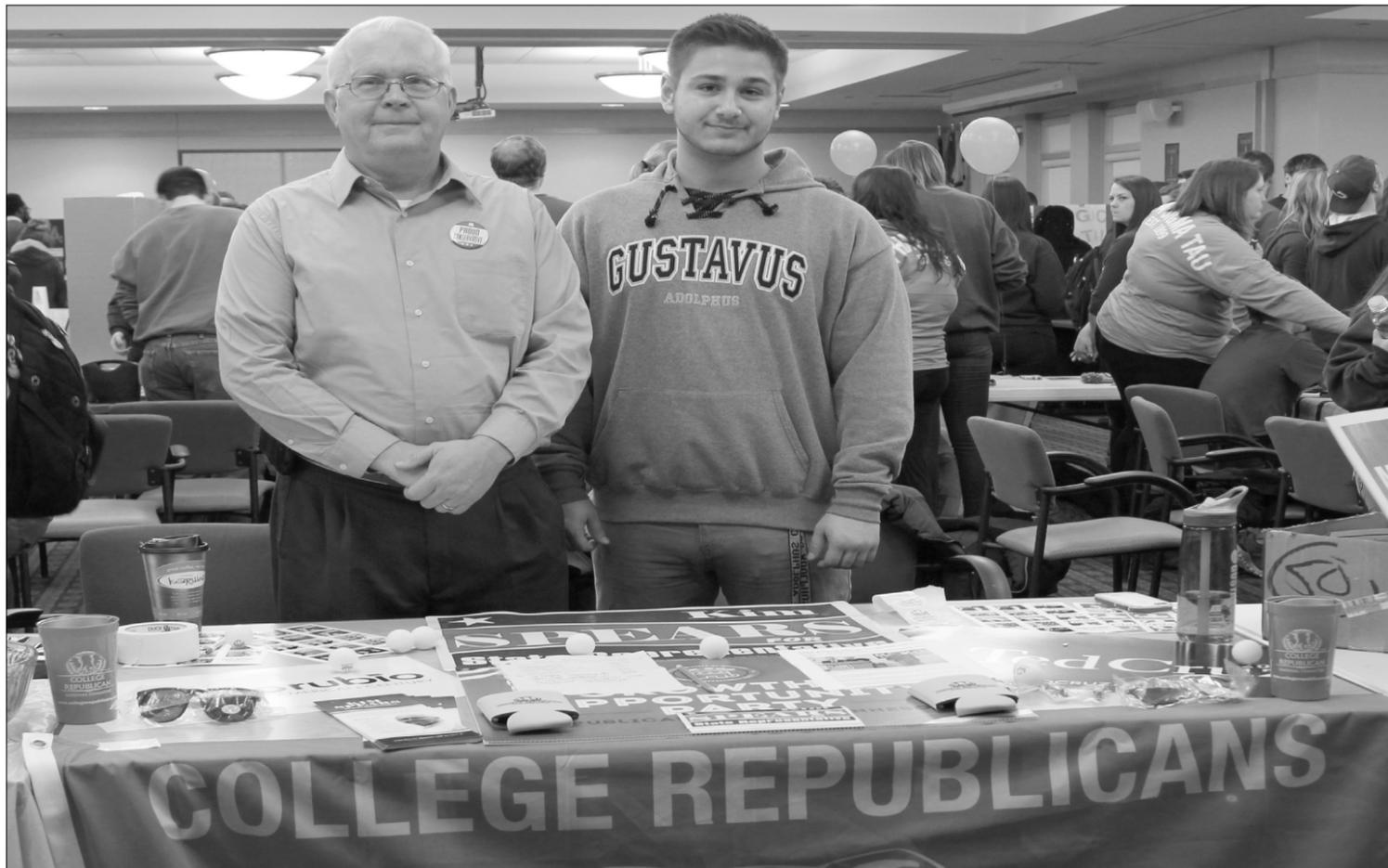
In class, we often engage with openly liberal professors, and our peers have no shame wearing their progressive beliefs on their sleeves. At Gustavus, liberal students are at home.

That sentiment was certainly true for me, until a certain captain of the Reserved Officers' Training Corps made it his personal mission to force the "grass-smoothie-eating" liberal students of Gustavus to engage with conservative ideas during his J-term class.

This captain of the ROTC was a visiting professor of military history, and right off the bat he made it abundantly clear to us that he had no interest in political correctness.

And he really didn't, as he promptly demonstrated by referring to the course textbook as a "man-book." After picking my jaw up off the floor, I realized something. I was offended!

The second day of the course, I returned, curious to hear what



*The value of having conservative voices engaging in conversation on college campuses is often overlooked.*

Caroline Probst

blasphemy the conservative captain would say next. During roll, he was shocked to see that three of the six total women in the course dropped. He wondered aloud why they would leave, although I could think of a few reasons...

During that first week, I was tempted to drop the course as well. I thought he was too much, his ideas and speech too conservative and too offensive.

But just when I was going to make my great escape from the unsettling course and professor, I realized that I didn't need to remove myself every time I was bothered or offended.

It occurred to me that I wasn't harmed by hearing the captain's

teachings. Though I often disagreed with nearly everything he said, and I was sometimes offended, there was no true harm in engaging with his speech.

We weren't expected to adopt his conservative ideology. On the contrary, the captain openly invited dissent from students. He challenged us to challenge him.

I took him up on his offer. The result was a spirited class debate, and it was a rare opportunity where we were engaged in an argument with a conservative professor. Too often it seems that class discussions at Gustavus quickly devolve into an echo chamber, where students parrot the same tired

liberal arguments to each other and to their professors.

Furthermore, I have seen the effects of prior restraint as a result of hyper-political correctness. Student conversation is stifled for fears of saying the wrong thing or of being misunderstood. For better or for worse, there was no such fear in the captain's class!

In the culture of increasingly policed campus dialogue, it became frankly refreshing to be in a course led by a professor with a different political ideology. Though he was still offending me and my progressive ideals, I was learning far more with him than I would with another liberal professor.

The captain not only forced me to defend my beliefs, he directly confronted me with a starkly different worldview. Strictly conservative voices are hard to come by on the hilltop in St. Peter.

However, in the real world off-campus, conservative voices abound. The bleeding-heart liberals of Gustavus will soon make their way into greater American society, and will be confronted with people whose speech we disagree with.

Yes, these people are out there, and you'll know them by their Trump bumper stickers. Although to be fair, even the captain thought Trump was crazy, and lamented the fact that a President Trump would "probably get us into a couple of wars."

The point being, by engaging with a variety of political ideologies and their subscribers early on in college careers, students are better prepared to go out into the world and face the reality of divisive contemporary American politics.

We are watching the results of polarized political ideologies in the current fight to fill the newly emptied seat on the Supreme Court. With Senate Republicans declared refusal to hold any hearings at all for President Obama's future nominee, the message is clear: there is no room for engagement or conversation between Democrats and Republicans, liberals and conservatives.

It is ironic that the very seat they're fighting about was formerly filled by Justice Antonin Scalia. Though he was devoutly conservative, to the point of offense in his rulings towards many groups of people, he had a legendary friendship spanning many decades with liberal Justice Ruth Bader Ginsburg.

Though they couldn't be more opposite in ideology, they shared a mutual respect for one another, often spending New Year's Eve together. They also challenged each other, forcing each other to refine their opinions and, in the process, making each other better justices.

There is value in confrontation with differing opinions. Though I disagreed with the captain, I learned from him. I learned that it does me no good to sit and simply be offended.

It is far more powerful to speak out for what I believe in, and to challenge authority and to engage with the people and ideas I disagree with. I learned that vocal dissent is far more powerful than silent offense.

I credit the captain with welcoming this dissent. Despite everything, the one thing he and I could wholeheartedly agree upon was the value in engaging in these conversations. Well, that and the fact that Trump is a nutjob. That was a no-brainer.

**Have something to say?**  
**Write a letter to the editor.**  
 email [lettertotheeditor@gac.edu](mailto:lettertotheeditor@gac.edu)



**Ally Hosman**  
Opinion Columnist

If you don't know who Gloria Steinem and Madeline Albright are by now, you should. Both women are still active in progressing the rights of women in the United States and are seen as important global feminist leaders. Both women have come out in support of presidential candidate Hillary Clinton during the New Hampshire primaries.

However, their endorsements came with the assertion that young women who support Bernie Sanders in his efforts to win the democratic nomination are severely misguided and deserve "a special place in hell" for not supporting fellow women (i.e. Hillary Clinton).

Besides angering a lot of young people in their support for whomever is a suitable

candidate for the nomination, their comments have exposed an issue that plagues almost every progressive social movement in the United States, the generational gap.

Young activists have a lot to give thanks for when it comes to working for progress. So much of our efforts to fight for change are enabled by the groundwork that was laid by those who came before us.

*Young activists have a lot to give thanks for when it comes to working for progress. So much of our efforts to fight for change are enabled by the ground that was laid by those who came before us.*

At times like these, it is more important to embrace those things that bring us together than dwell on the others that keep us divided.

A wise but fictional man named Albus Dumbledore says, "youth cannot know how age

thinks and feels but old men are guilty if they forget what it means to be young." Those words still give me a lot of inspiration as to how I think about engaging with older individuals in movements to create a more just and sustainable world.

Steinem and Albright have every right to voice their opinions and to support whomever they wish, but they are also not immune to scrutiny when it comes to speaking from a place of privilege. Steinem and Albright come from second wave feminism, which occurred between 1960 and ended around 1980.

This particular wave was notorious for only fighting for the rights of upper-class white women in the United States, thereby ignoring the desires and inclusion of queer, trans\*, gay, working class, and women of color within the movement.

As the world becomes increasingly smaller with globalization, the internet, and countless other ways in which we as a collective humanity can connect, our feminism has evolved to become more wel-

coming. However, there is still plenty of work to be done in order to bring equity and inclusion for everyone into reality.

*Of course women should help fellow women as we build resilient and inclusive futures for generations to come, but that does not mean we demean one another in the process.*

We should be giving credit where credit is due, but also expanding and growing the work that has been done as we progress.

Rather than disavowing the words of Steinem and Albright (presidential nominee endorsements aside), it is important that we, as young people, recognize the trailblazing history of those who have come before us, without being held back by outdated ideals when it comes to realizing social change.

In order for a movement to have momentum, you need to recognize the ways in which a movement can improve gradu-

ally to actualize change.

This is the same reason why intersectional feminism came more into the spotlight, because feminism was not inclusive or intersectional enough during the wave that was championed by Steinem and Albright.

*Feminism is meant to be inclusive and critical at the same time.*

Of course women should help fellow women as we build resilient and inclusive futures for generations to come, but that does not mean we demean one another in the process.

Feminism is meant to be inclusive and critical at the same time, advocating for equity for all genders across the spectrum.

Instead of shaming women for supporting a political candidate that they believe will bring about the leadership they want to see, put efforts into evolving past antiquated notions of how things were and see things for how they could be in the future.



**Jordan Schwakopf**  
Opinion Columnist

Early in the fall semester, I published an article here in THE GUSTAVIAN WEEKLY regarding the injustice of civil asset forfeiture, a process by which United States police officers and federal agents can seize the property of citizens without charging the citizens with a crime.

Now, I am obligated to call attention to the atrocity of migrant asset seizure occurring in Europe. The so-called "migrant assets bill" is gaining ground despite the protests of the United Nations and compassionate human beings.

Denmark recently passed a bill into law that compels all incoming refugees to forfeit any assets they bring with them, including personal belongings such as jewelry or electronics, worth more than \$1,450. Similar in many aspects to civil asset forfeiture, this law is made more reprehensible by the circumstances in which it is being carried out.

Denmark's new law forces asylum seekers to come into a foreign country with next to nothing while refusing to acknowledge that this and similar policies will only contribute to a greater sense of desperation

in the refugee population. The asylum seekers are unlikely to find jobs in a country that is prejudiced against them; even if they do, it is also unlikely they will receive fair wages in a country that wants them to leave.

Denmark is creating an environment in which asylum seekers are painted as leeches by justifying this policy with the redirection of the forfeiture money to refugee housing and feeding costs.

*Forcing asylum seekers to be on the bottom of the socioeconomic ladder by imposing poverty on them will only cause resentment and prejudices.*

However, I think it is worth noting that if the refugees come in with enough money to make a dent in their living costs, then they will not need to use the government resources in the first place. These are people leaving behind a battle-scarred country for a new and hopefully better life, yet Denmark and other nations with similar asset seizure policies are setting them up for failure.

Forcing asylum seekers to be on the bottom of the socioeconomic ladder by imposing poverty on them will only cause resentment and prejudices. This law passed in the Danish parliament 81 to 27, with 1 abstaining and 70 absent. I am disgusted

that 81 people with political power concluded that this law was acceptable for any reason. Why they thought making people desperate is a good solution to their "migrant problem" is beyond me.

*I find it unlikely that this bill is the product of rational thought; fear is the more likely motivator.*

This law will just lead to unrest and escalation of tension between refugees and citizens;

I can think of no situation in which this law leads to healthy relationships between the two demographics. Denmark is understandably reluctant to accept more asylum seekers given the current anti-immigrant tensions, but that does not excuse this blatant injustice.

Government officials are not shy about using the law as a deterrent, but it is safe to say the refugees are not too happy about having to abandon their homes only to move into countries with laws reminiscent of Nazi Germany.

I find it unlikely that this bill is the product of rational thought; irrational fear is the more likely motivator. The refugees only have so many places they can go and few resources available to them when they get there.

They should not be expected to stay in dangerous situations, nor should they be punished for asking for help. Denmark and other nations are using these

policies as deterrents, but in doing so they reveal to the rest of the world that their lawmakers irrationally view outsiders as lesser beings.

As I observe the themes of fear and intolerance in the news more and more often, I worry that the media and politicians are feeding the notion that people who do not belong to the majority are somehow inferior. This notion is baseless and created by the fear that somehow "the other" is a threat to one's preferred way of life.

One Danish lawmaker stated in a CNN interview, "there's the need to tighten the rules on immigration in order to keep European culture." This insensitive remark was stated by the spokesperson for the Danish People's Party, a party receiving a little over 20% of the vote while running on an anti-immigrant platform.

This sentence betrays no compassion for the suffering of asylum seekers and casually accuses them of being cultural usurpers.

The Danish People's Party disguises their fear of the other as cultural pride, but no one should be proud of a country that is systematically forcing a group of people into government-mandated poverty based on their country of origin.

Asylum seekers need somewhere safe to go, yet Europe continues to heartlessly turn them away or make them so miserable they want to go somewhere else. Don't people under-

stand that closing the borders will just leave more bodies piled up outside? And sowing fear of refugees in the population will only lead to more feelings of hate and acts of violence within the country.

*I hope to find myself in a country that is for humanity, rather than a country that has allowed short-term and irrational fear to corrupt its principles.*

Why can't these supposed world leaders and representatives stand against the fickle hatred of the masses and do the right thing for humanity as a whole? They should feel compassion for other human beings regardless of superficial differences.

Unfortunately, I know the answer: humanity is flawed in that we are selfish, and if a million others must die so that one of "us" can live a comfortable life, then so be it.

This is the attitude that must be changed, starting with the voters who determine whether their country will be for or against humanity.

When the election comes around this November, I hope to find myself in a country that is for humanity, rather than a country that has allowed short-term and irrational fear to corrupt its principles. In which country do you want to live?

## Immigration Law Seizes Humanity

# BENEATH THE CROWN



## What do you aspire to?

"I am aspiring to be a nurse! It's been a dream I've had since high school and I think that helping and individually impacting people is a great way to help the world in its entirety.

I think that when you help people individually, you can possibly help someone change a bit of how they go about their daily life, and if you do that more and more, you really start to make an impact. I think that's a better way, at least for me, to help the world than trying to do something big or grand."

## How did you develop that mindset?

"It's actually something I've been thinking about a lot more recently. I've been looking at why I like to do what I like to do.



**Kacie Baltes**

Cameron MacDonald

For a while, I volunteered at a camp for people with disabilities and just knowing how much that experience meant to them and how it changed them and myself as people really influenced me to work on a smaller scale."

## What inspires you the most to keep doing what you're doing?

"I'm inspired by the fact that there's always a possibility for just one person to make a difference in the world."

-Kacie Baltes

*Beneath The Crown was created by Nick Theisen ('15). It is inspired by Humans of New York (HONY) and aims to bring the community of Gustavus Adolphus College closer together by providing the perspectives of the many different people who live and work at the school.*

## Comic

Created by Carly Maslowski



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# Science on the beach

Learn how to get the perfect spring break bod



Gustavus Sports Information

Before you hit the waves on spring break, hit the weight room! A combination of weight training, aerobic exercise, diet and sleep can help you burn fat and look your best on the beach. Don't forget the sunscreen!

## Tanner Sparrow Sports & Fitness Editor

If you have noticed that your jeans are fitting a little tighter after J-term, you may have fallen victim to a winter weight gain. With spring break about five weeks away, it's time to stop hibernating and start thinking about turning your flabs into abs.

Luckily, football strength and conditioning coordinator Zach Vine stopped by The Weekly office to provide some tips for how to "prep the human body for aesthetic operation during spring break," or in normal person speak: look good on the beach.

"The catalyst for weight-loss is caloric deficit. Put simply: you have to burn more calories than you consume to lose weight. I would recommend for someone trying to lose weight to consult a health-fitness professional to assess their current physical condition, evaluate exercise and nutritional habits, and set realistic, well-informed goals moving forward," Vine said.

Because all body types are different, you will have the best results if you seek a personal plan. Gustavus has a registered dietitian whose services are free for students so stop by the Health Services office to take advantage of her help! Additionally, the Gustavus Human Performance Lab (located on the ground floor of the Lund Center) is another great resource.

Even if you do not seek out help, you can still get trim by remembering the following tips.

"Some very general recommendations would be to exercise regularly, to eat small meals/snacks frequently (about

every 3 hours) throughout the day, and to include plenty of vegetables, fruits, lean protein sources, and water in their diet. Considering Spring Break is about 5 weeks away, the highest weight-loss goal I would recommend would be 10lbs by Spring Break (2lbs per week - requiring a caloric deficit of about 1,000 calories per day), but I would have to meet with an individual to make any official recommendation," Vine said.

But how much time will looking fit take?

"The American College of Sports Medicine recommends at least 30 minutes of moderate-intensity cardiovascular exercise (defined as repetitive movements involving large muscle groups - ex: running, cycling, swimming) at least 5 times per week for a total of at least 150 minutes per week. If time is a limiting factor, similar or better results can be attained in 20 minutes of vigorous-intensity exercise 3 times per week. As for weight training, 2-3 days per week are recommended. It is important to note that at least 48-72 hours should be allowed for any given muscle group to recover after it has been trained - so take at least 1 or 2 days off from strength training after a strength workout," Vine said.

But what if you just want to look toned, and lose some weight off the midsection, what are the best exercises that you can do?

"There is some misinformation associated with this topic. Currently, there is not sufficient scientific evidence to support any exercises that have the ability to 'tone' the body. A more toned appearance in the human body is achieved by possessing

a minimal amount of body fat - so that the underlying muscle becomes more clearly visible. Working a specific area of the body will not 'target' fat loss in that area. Where we store excess body fat is determined by our genetics. While doing 200 crunches per day seems like it should burn fat around the midsection, that is not how the human body works. We can reduce our body fat by eating a healthy diet and exercising," Vine said.

So while you can't burn off those love handles by doing sit-ups alone, improving your overall muscle composition and eating right will help you burn fat and look more fit.

"It is important to note that the more muscle a person has, the more fat they burn at rest. So, if a person wanted to achieve a 'toned' look via minimizing their body fat, I would recommend eating a healthy diet and strength training the major muscle groups 2-3 times per week via multi-joint exercises such as leg presses/squats, lunges, pull-ups, shoulder presses, seated rows, and chest presses. Performing these exercises with a high level of effort and quality execution would be a positive step toward achieving a more 'toned' appearance," Vine said.

Another way to increase the effectiveness of physical training is by setting a routine and sticking to it. Training with a partner is also helpful.

"For physical fitness, sticking to a routine is absolutely paramount. Engaging in one great workout will not transform an average Joe into G.I. Joe and missing one workout will not ruin your chances of seeing favorable results. It is the

discipline of consistently doing the little things right, over time, that will add up and pay off in the long run. Some strategies for finding a high-quality routine and sticking to it would be consulting a health-fitness professional, setting measurable/reasonable goals, and finding people to hold you accountable," Vine said.

Another big tip is to avoid any and all extremes in your training routine.

"For exercise, follow a schedule that is progressively challenging but manageable. Avoid the temptation to spend inordinate amounts of time on the curl rack blasting your biceps or on the blue pad torching your abs. There are more beneficial exercises for you to do to maximize your time and effort," Vine said.

It is just as important to avoid extremes in your diet as it is in your workout.

"For nutrition, eat frequently throughout the day and include plenty of vegetables, fruits, lean protein sources (ex: chicken, fish, eggs, low-fat dairy), and water. Avoid crash dieting, think 'never stuffed, never starved.' Avoid mindless eating. Keeping a nutrition diary (simply writing down everything you eat every day) is one method that research supports as an effective means of reaching dietary goals," Vine said.

What about women who don't want to put on too much muscle? They shouldn't train with weights right? Wrong.

"It should be noted that women who lift weights should not worry about becoming 'too bulky.' The fact of the matter is that, without the use of drugs, women simply do not possess the genetics to become bulky

or muscle-bound. The notion that women should stick to the treadmill or monotonously lift a tiny weight for hundreds of repetitions is ill informed and based on pure myth. Proper strength training will induce health benefits in men, women, athletes, non-athletes, young people, and older people alike," Vine said.

The final step in achieving your spring-break-bod goals is a balance between diet, exercise and sleep.

"In general, prepping the human body for aesthetic optimization during Spring Break ought to include engaging in high-quality, full-body strength training exercise 2 times per week (at least 48-72 hours between sessions), additional vigorous cardiovascular exercise for about 20 minutes 1-2 times per week, and eating 6-7 small meals per day with plenty of vegetables, lean protein sources, complex carbohydrates, and water. Adequate sleep (about 7-9 hours per night - which includes any daytime naps) will also be a requisite for optimizing one's physical health," Vine said.

"Remember: consistency is key. Managing your time to include class, studying, work, and high-quality exercise and nutrition is a big challenge but it is well worth feeling and looking your best. Having the discipline to make small deposits of time/effort into your health over time will pay off," Vine concluded.

By working hard and following the above advice, you can look your best in your itchy bitsy teenie weenie yellow polka dot bikini or leopard print European man-thong and be the one turning heads on the beach this year!

# Track & field throws big numbers up



Gustavus Sports Information

With help from a strong corps of both women and men throwers, indoor track & field is bouncing back from a rough season last year. Both teams recently took second at the St. Olaf invite.

**Jessica Yang**  
Staff Writer

Last season of Track and Field was a disappointment for both the men's and women's teams, who both placed ninth at the MIAC indoor championships, and seventh at the MIAC outdoor championships. It was a tough

season, but the men and Women have both stepped it up this year. So far this season of indoor track has been impressive and spectacular.

The men came in second for their first indoor meet at Saint Olaf, coming in first place in six events. In the third meet held at Carleton, they came in third place while recording three first

place finishes.

Coach Dale Bahr, in his seventh year as head coach of the men's and women's track and field teams, is remarkably proud of both the teams. Although not much of the exercises and coaching has changed, the spirit of the teams have become much more confident, cooperative, and united.

"Not much has changed, we still do things the same way. The captains do a great job at unifying the teams, they implement a lot of team bonding during and outside of practices. During J-term, the captains did a good job of hosting group events, versus the past when we tried to only implement team bonding during practice," Coach Bahr said.

Senior Sarah Swanson has been one of the more impressive teammates on the Women's team. During the first meet, she tossed a distanced weight throw of 14.18 meters and the shot put 13.17 meters scoring her in first place. Swanson took third place in the shot

put event tossing 12.32 meters at the second meet in Mankato. Once again she took first in the shot put event last weekend at the Carleton meet, throwing 12.42 meters and weight throw with a distance of 14.55 meters.

"Sarah seems less concerned with her performances this season, compared to the past. I think she put a lot of pressure on herself to perform well—and not good pressure. This year it seems she is taking a deep breath understanding it's her last year, and just doing what she can. She's doing very well," Coach Bahr said.

Many of the weight throwers and shot put throwers have been helping with scoring points for the Gusties. Another notable thrower is senior Sam Fischer who took first at the Carleton meet last week with a distance of 16.22 meters.

"He's been a great leader. He's been injured a lot in his earlier years at Gustavus...but over the summer, he had the guys lifting almost every day focusing on strength. That's the difference with him, he's motivated—the group has followed his mentality of being the best they can be. I think everyone can learn valuable things from Sam," Coach Bahr said.

The track teams have not changed much, although people have graduated and left the coaching has stayed the same. People often think that working extra hours on their own time is beneficial, which is true—but not in track. It is about trusting the coaches in that they have thoughtfully planned the workouts and practices.

"We have a theory: work hard, but work smart. Doing less is more sometimes; what we have planned as coaches should be enough to get you where you need to be, what you need to do as an individual is focus on building confidence," Coach Bahr said.

Athletes on the indoor track

SPORTS SCHEDULE	
<b>Friday, Feb. 19</b>	
Gymnastics hosts UW-Eau Claire	6 p.m.
Women's Hockey at Hamline University	7 p.m.
Men's Hockey hosts Hamline University	7:05 p.m.
Men's and Women's Swimming & Diving at MIAC Championships	
<b>Saturday, Feb. 20</b>	
Men's Tennis hosts University of St. Thomas	10 a.m.
Men's and Women's Track and Field at Saint John's Quad	11:30 a.m.
Men's Tennis at St. Mary's University	12 p.m.
Men's Basketball hosts Carleton College	1 p.m.
Women's Hockey hosts Hamline University	2 p.m.
Women's Basketball hosts Carleton College	3 p.m.
Men's Hockey at Hamline University	7 p.m.
Men's and Women's Swimming & Diving at MIAC Championships	



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## Senior Spotlight

*Emily Reibert*  
HOCKEY

**Q: Has this season lived up to your expectations?**

A: This season hasn't lived up to my expectations. My freshman year was so much different because we didn't lose a game up until we made it to the Final Four. This year has been a bit of a roller coaster. I think that if we continue to focus on the things we can control the remainder of the season then the rest of our season can work in our favor.

**Q: What is your best athletic memory?**

A: My favorite memory was winning the MIAC playoffs my freshmen year and making it to the final four. It was a great experience and I really hope we are able to make it back to the National Tournament this year and prove to everyone we are a team that never gives up.

**Q: Why would you recommend Gustavus?**

A: I recommend Gustavus to prospective students because of the awesome people. Everyone



Gustavus Sports Information

Reibert is a senior forward from Inver Grove Heights, MN. She attended South St. Paul High School.

is willing to go out of their way to make your time at Gustavus a great experience. I have made so many positive relationships that I know will last forever.

and field teams have learned that confidence is key to becoming a better athlete. It is not about being self-absorbed, but one can't be too harsh on their self either. Confidence comes from believing that you can do it whether it's challenging or not. Most athletes find themselves more successful when they are calm and collected. These characteristics are traits the Gustavus Men's and Women's Track and Field team holds strongly.

## Gone clubbin'

### Nordic Ski still adjusting to losing its varsity status



*Gustavus' Nordic skiing is in its second year as a club sport. Prior to March of 2014, Men's and Women's Nordic competed as a varsity team. Playing as a club has some serious disadvantages, but is not without advantages. A plus is that now more skiers are able to compete, even if they have no prior experience.*

**Jake Woodrich**  
Staff Writer

While many of us Gusties like to complain about the snow on the ground, members of the club Nordic ski team on campus take full advantage of it by racing lengths ranging from 1.5 kilometers to 55 kilometers through the white fluff. Many students may not know what the Nordic ski club on campus is all about, so continue reading to find out more about a fun way to spend time outdoors in the winter that may be of interest to you.

"Nordic skiing, which is also known as cross country skiing, transitioned from a varsity sport to a club sport in March of 2014. We have both men's and women's clubs. Similar to most club sports, we have a wide range of ability and commitment levels. We have skiers who are completely new to the sport, as well as experienced skiers who can beat a lot of Varsity level racers from other colleges," Head Coach Jed Friedrich said.

The beauty of a club sport is that experience and talent levels can vary greatly, leading to more participation.

One of the most talented ski-

ers here at Gustavus is Senior Marit Sonnesyn.

"Marit is one of the best skiers to ever ski at Gustavus, regardless of club or varsity status," Coach Friedrich said.

Sonnesyn, who was a member of the Nordic ski team while it was still a Varsity sport during her First-year here, has a rich family history when it comes to cross-country skiing.

"My family has been really into cross-country skiing for a long time. I've been skiing since I was about four years old. I was on the Wayzata High School team from seventh to twelfth grade," Sonnesyn said.

Although many positives come from being a club sport, Sonnesyn does admit to missing the days of Nordic skiing being a varsity sport on campus.

"My favorite memories are from when we were a varsity team. There were many fun van rides up to Michigan. We were able to travel as a team to college races much more when we were a Varsity Team. I'm still able to compete at college races now, but usually I'm traveling to races with my dad. And while we can compete at college races, we don't count in the results and can't compete at NCAAs,

even if we have good enough results to make it. We've been able to open the club up to more recreational skiers who race at a lot of the local citizen races, which is a great thing. The club has grown this past year and I think it will continue to grow. It's still not the same as being a competitive collegiate team though," Sonnesyn said.

The team does, however, still travel to different locations for competitions and, occasionally, practices.

"We'll meet for practices about 4-5 times per week, plus a race. We ski in the Arb, at the local golf course, and we sometimes head up to the metro if there is a lack of snow or a change of scenery. The competitions are mostly held in the metro area," Coach Friedrich said.

One meet that the club competed in earlier this season was the City of Lakes Loppet. At the meet, first-year Connor Sandok tallied an impressive race. Unlike Sonnesyn, Sandok had no prior experience competing in cross country skiing prior to coming to Gustavus.

"I wanted to try something new for my first year at Gustavus. My high school didn't have a Nordic team or even a

club. I only skied recreationally with my family when I had time. At the involvement fair, I recognized two seniors from the cross country team and they encouraged me to try out the club this winter, despite my inexperience. I really like Nordic skiing, but my specialty is really alpine skiing," Sandok said.

The season will conclude this weekend at 'The Birkie.'

"Our last and biggest race is this upcoming weekend at the American Birkebeiner in Cable, Wisconsin. There will be around 10,000 people in attendance.

Some of our skiers are racing 55 kilometers in the woods. It sounds really intimidating, but it's a beautiful trek through the woods," Coach Friedrich said.

Starting next winter, there will be a ski rental program on campus for those who don't own their own equipment. Above all, Nordic skiing here at Gustavus is meant to be a great outdoor activity in the Minnesota winters we experience on campus. New members are always welcome to join, regardless of experience or talent.

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