

Sadness, Part of a Complete Gustie Experience



Molly Butler
Managing Editor

I have every reason to be happy. I'm a senior at Gustavus. I come from one of the happiest, most functional families in the world. I have a wonderful boyfriend and I live with three of my best friends. I'm the Managing Editor for this paper, a job I worked hard for and I'm proud of. I study what I love. I have passions. I have plans for my future. I spend my days surrounded by people who care about me and support me. I have every reason to be happy.

Sometimes, I'm sad. And that's okay.

Gustavus has a culture. A Lutheran, Swedish, liberal arts, smiling, successful, beaming-on-brochures, taking-jumping-pictures-in-front-of-the-sign, grinning-all-the-way-culture. It's life on "The Hill". The best four years of your life. It's wonderful, in its way.

Happiness is a business here at Gustavus. Watch the Gustie Guides explain the campus to a stranger. Check out the brochures, or better yet, the photos on the website. You'd think everyone just won the lottery.



Looking at photos of students at Gustavus online can feel like looking at a beaming brochure of happy, successful people.

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We're selling paradise.

Image is important for a college. We have to appear promising to attract promising students.

Happiness is a business here at Gustavus.

It makes sense, and for the most part, I think it's great. Gustavus changed my life. I am a better person than I was four years ago, and I have the people of this community to

thank. But I didn't grow because everything here was sunshine and rainbows.

There is a downside to the idea that college, particularly Gustavus, is a perpetually happy place. It's not. When students think they're not living up to this projection of joy and success, they begin to feel alienated. Inadequate. Alone. These are the feelings that lead to depression.

College students are thrown into an environment of stress-

ors. If you can't adapt fast, you're likely to stumble.

"Students experience many firsts, including new lifestyles, friends, roommates, exposure to new cultures and alternate ways of thinking," Hilary Silver, a licensed clinical social worker and mental health expert on the website PsychCentral, said.

Students are overwhelmed with pressure to succeed academically and socially. There is also a great deal of pressure to be involved, to participate, to "make your life count". Many students, thrown out into the world for the first time, face a crisis of identity.

"When students head off to college, the familiar people are no longer there to reinforce the identity these students have created for themselves," Silver said.

So you're straining under pressure to succeed, to be happy, to thrive, and you find yourself wondering who you are and if this is really making you happy. With a shaky sense of identity and a lack of confidence, this is the point where many students turn to drugs and alcohol. According to the National Center on Addiction and Substance Abuse (CASA), 45 percent of college students binge drink. 21 percent abuse drugs of some form. Next stop, diagnosable mental health problems.

The transition to college is sudden and demanding. There are a million things that can go wrong, a thousand reasons to feel inadequate, and hundreds of pressures closing in from every side. You're going to make mistakes. You're going to fall on your face. Let's all admit, high school did not prepare us for this.

There is a slippery slope that leads college students to depression. The key is to create not just an environment of success, but

a culture of honesty.

"Hey, how are you?" You don't have to say fine. You can be stressed, lonely, frustrated. How about embarrassed? Lost? Uncertain? Maybe even a bit pissed off? Perfect. That's fine. Literally everyone has been there. When someone you trust asks how you're doing, you can be honest. Sometimes that's all it takes to make a difficult situation bearable.

I think I'm being honest when I say I'm happy with my life now. I'm happy with the balance I've been able to make between friends and family and work and play. I'm happy about my passions, my accomplishments, my skills, and my future. This is the closest I've ever come to identifying with the beaming faces on the Gustavus brochures.

You don't have to say fine. You can be stressed, lonely, frustrated. How about embarrassed? Lost? Uncertain? Maybe even a bit pissed off? Perfect. That's fine. Literally everyone has been there.

But it's taken three years of mistakes to learn about myself and what makes me happy and healthy. And I certainly wouldn't try to claim I've got it all figured out. Life's about finding balance. It's important to admit to ourselves and each other that feeling crappy sometimes is just part of the balance.

The Good, the Bad, and the Meh



It's one of the most exciting weekends of the year this weekend! Homecoming! Ignite the Night!



Somedays it rains. Then it stops raining. Then it rains. It's whatever.



It's Homecoming weekend! That means everything will be a constant rush of events and homework. Prepare to be exhausted.

Staying In Shape and Gender Equality



Jessica Hastings Erth
Opinion Columnist

Gustavus is a very welcoming and safe community. We are inclusive no matter the race, gender, religion, or beliefs. So last spring when the weight room reserved a spot designed only for women, there were some issues. When this first began many women were excited and raved about how fantastic this is. Many said that finally women have a chance to feel good about themselves in the weight room and that they will use these skills for the rest of their lives.

Men, however, had a different view. In general, the male population at Gustavus was not happy with the decision made by Gustavus. They seemed to have two sides. There were ones who believed that women shouldn't feel bad about going to gym. Then there were the ones who were furious. Different social media websites and apps were filled with rude, inappropriate and judgmental comments.

As a woman in today's so-



Weight lifting, when done properly, is a great way to exercise and stay healthy.

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ciety, I feel that we are almost equal to men in many ways. However, there will always be biological differences between men and women, which some seem to forget. Women generally have smaller statures, breasts, and larger hips; some of these traits are for bearing children.

While men tend to have larger bodies, a higher muscle mass, and higher endurance, which are traits great for hunt-

ing and fighting. Lets look at an evolutionary and historical perspective. Men are larger to protect and provide for their wife and families. But with modern technology women are easily capable of taking care of themselves and their own safety.

As time has moved on roles and stereotypes have changed. Now it is very common to see women without husbands rais-

ing children, same-sex couples getting married, and many other changes. These are things that would have almost been unheard of fifty years ago. None of these are bad, they are just examples of change. The word change tends to make some people feel uncomfortable. Many see the word change as a negative thing because its different and they may not know what is to come. Throughout

the years change has seemed to have a very negative impact on modern society.

Having time for women in the weight room is very important. Whether you were born, or identify yourself as a female, living a healthy lifestyle is important. This may be a change to some people, but it is a part of the circle of life.

Change is inevitable, and the more we try to fight it, the more it will come back to hurt us. I would hope that such an inclusive community such as Gustavus would not have said such horrible things to such a good healthy idea. Many women are scared to go into weight rooms, and after the response that happened in the spring, many women will continue to be scared.

Weight lifting and weight training is a very important part of keeping your body healthy. However, it is not always a natural way of life. If you are not doing daily weight exercises not only will your muscle mass not improve but also your bone density could go down. On average women begin to lose muscle mass and bone density around the age of thirty.

Keeping higher muscle mass and bone density is critical to a long and healthy life. Hopefully as time goes on more women will understand the importance of weight lifting and its impacts on life.

There will always be people that will put us down, but lets make Gustavus even better and support anyone who wants to go to the weight room.

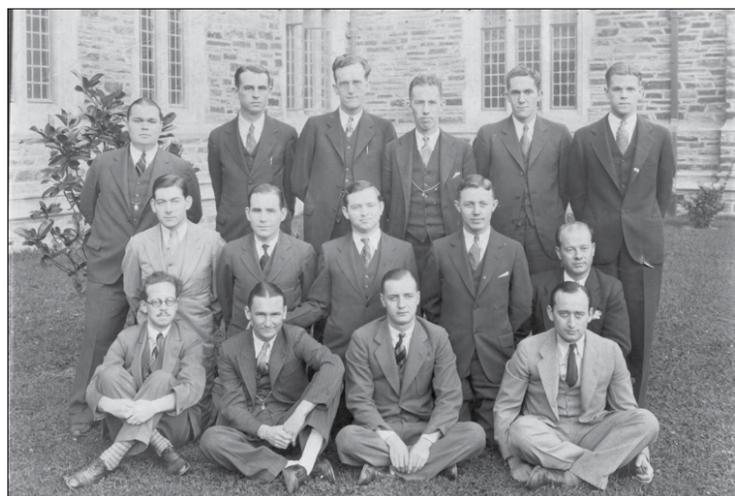
Greek Life is Evolving and Changing



Dan MacCrackin
Opinion Columnist

Bidding for Greek life has just come to a close here on campus and the fraternities and sororities are beginning to sort through their bids. As this comes to a close, many first-years are also starting to consider the benefits of bidding for Greek life next year.

Fraternities and sororities have been present in the United States since 1776 with the foundation of the first fraternity, Phi Beta Kappa, at William and Mary College. Today fraternities and sororities continue to change and evolve since their foundation, but still offer a



The 1932 Beta Kappa Chapter of Theta Kapa Psi.

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unique experience of friendship and trust.

The reputation of Greek life across the United States has a stigma of parties, binge-drinking, and sexual escapades which is only pervaded by movies such as *Animal House* and *Neighbors*. In reality, Greek life provides a great deal of opportunities for students on campus to get involved, volunteer and make

connections.

To see some examples of the volunteer opportunities that Greek life provides it is only necessary to look around campus. Sigma Alpha Epsilon sponsors many events for cancer research, Omega Kappa hosts their yearly Africa Jam concert, Tau Mu Tau tries to raise awareness of suicide. Greek life is unique in its empathy for the

community of the world and in how it brings that onto campus.

Greek life also allows you to connect with the members of your particular organization and to make friendships that will last you the rest of your life. Your brothers or sisters become a group of people you can count on to support you when you need help. You watch out for them as they watch out for you, and suddenly you've made more friends than you know what to do with.

When asked, current member of local fraternity Omega Kappa, Junior Jake Anderson said that he has no regrets about bidding Greek life his sophomore year. He says that it has provided him the opportunity to meet many new people in both fraternities and sororities as well as let him get involved in the community on campus and around St. Peter. His advice to any first-years on the fence about bidding Greek life is to take the leap because it is one of the best decisions he ever made.

Greek life can also be a boon to you outside of your time in college. It gives you the oppor-

tunity to connect with Alumni who were also part of Greek life on campus and through them find avenues into businesses and jobs later. One thing that is also unique to national fraternities and sororities is the chance to associate with members of different chapters of that organization from all across the country, and perhaps open up ways to travel to new places.

The stigma that exists around Greek life persists due to the actions of only a few individuals that have gotten national media coverage over the years. Gustavus also tries to help eliminate the opprobrium that Greek life faces by emphasizing the values that can be gained from involvement in an organization: Leadership, Service, and Scholarship.

Greek life is not for everyone, and the decision to join a local or national fraternity or sorority is not one that should be made lightly. However, for those who feel that it is the right decision for them and want to become involved on campus it can be a deeply rewarding experience.

Boxes Don't Define a Person



Megan Bertrand
Opinion Columnist

Dictionary.com defines a stereotype as “a widely held and fixed idea about certain characteristics of people. A box used to group a specific set without a second thought.” Merriam Webster claims it’s “a preconceived idea of the individual.” Urban dictionary says, “If a person looks like another, they must be the same, and must be categorized as a certain way.”

This is what society has taught us to believe: stereotypes define us, not our words or our actions, but the preconceived ideas society has formed.

I am black. What must this mean? It means I mustn't know how to swim. I must love kool-aid, fried chicken, and watermelon. My dad must be a deadbeat, with multiple baby mommas.

Being a black female means I must know how to cook “soul food.” Or, my favorite, if I have my hood up because I'm cold, it means I'm a thief and shouldn't be trusted.

Stereotypes aren't only hurtful and often false, but dangerous as well. Bustle Article printed a story in April 2015, “Walter Scott, A Black Man, Was Shot To Death”. There are two people named Walter Scott, one white and the other black. They live two completely different lives. Walter Scott (white) and his wife were standing in front of a vacant lot.

The police officer pulled up to the couple and asked if they were okay. They said “yes”, and the officer moved on because they were white. This is the same officer who shot Walter Scott (black) in “self-defense” because the fifty year old ran from him, unarmed. The officer's defense was “he was runnin' so he must've done somethin' bad.”

I am also a woman who believes in gender equality across the board. What does this mean? It must mean that I am a femi-nazi, and I shove my beliefs down people's throats. People, especially females, who care about seeing others as humans, are judged and crassly compared to Nazis.

Since when has something as important as HUMAN RIGHTS been negated and compared to the atrocious actions of the Nazi party? Nazis were cruel



Being treated in accord with stereotypes can feel like being imprisoned by expectations of others.

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and wanted to eradicate certain individuals. Feminism and equality are compared to the crimes of those monsters. Good intentions and motivations are now equated with negative associations.

This is what society has taught us to believe: stereotypes define us, not our words or our actions, but the preconceived ideas society has formed.

Buzzfeed posted an article in July 2015 featuring 14 females holding up signs stating why they are against feminism. Answers ranged from “I don't need a leg up” to “I support all people, and not one class.” Alternet saw this article and

wrote their own a week later titled “What I Learned Growing Up in the South as a Feminist, and the Problems With Today's Feminist Movement”.

The main point being that women have turned against feminism because they get so much hate, and are thrown under the bus every time. Lady Gaga recently declared herself “not a feminist.” Lana Del Rey claimed, “it's just not an interesting concept.” Taylor Swift claimed she “wasn't into guy vs. girls.”

The media in America portrays it as a useless fight, and a pointless concept, and judges those who still fight for rights. Yet, not all feminists are abrasive. Many engage in peaceful protest and are more than willing to have level-headed and open talks with those around

them.

What if I also told you I am from Texas and offered no other explanations. What would you assume? I mean you would probably assume that I am a gun-toting, Republican-supporting, ignorant redneck, who is a die-hard Christian.

Let me clear the air. Not all Texans are Republicans, not all of us are in favor of guns, and not all of us are Christians. We have smart people and idiots like every other place on Earth. Not all of us have farms or cattle. But, society assumes Texas is all country, Republicans and full of rednecks.

I am a person, not a stereotype.

I am an African American Woman, who hails from Texas, who hates guns, but has a completely middle of the road view.

Yes, I do love fried chicken, but not every black female does. My father stayed married to one woman for twenty years. I am not a thief, a “femi-nazi”, nor a redneck.

I despise watermelons and Kool-Aid. I love to swim and support human rights 100%. I love rock music and hate rap. I work my ass off every day, because I want to become someone important someday. I am a person who is completely against injustices of all kinds, including stereotypes.

As Harper Lee once said “You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it.”

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BENEATH THE CROWN



What was the college decision process like for you?

Like, in general? Well...I guess I knew I wanted to stay close to home. So I applied to schools just around there. I originally wanted to go to school for just art, but I decided that that probably wasn't a very good idea, so I settled in the middle of the road, which was here. I wanted to go the University of Minnesota, but I didn't want to be just a number. That was why I liked it here.

You said you were interested in art. Is that still part of your focus here?

Yeah! I'm thinking about going into Psychology and Art.

What influenced your interest in those fields?

Well, I've always been interested in art, I guess! I was homeschooled growing up, so I spent a lot of my down time drawing. I've always found a lot of comfort in art, and I'd like to get into art therapy. I just love



Emily Dzieweczynski

Cameron MacDonald

learning how the mind works and how that applies to art, I think it's just fascinating. It's definitely my dream career.

What specific kinds of art therapy/psychology are you looking at doing?

At this point, I'm not too sure. I haven't really gotten to talk to many art therapists because I don't think it's a huge field, but I would say I could be working in a school or a nursing home. If I got to the point where I was good enough to have my own practice, now that would be very cool!

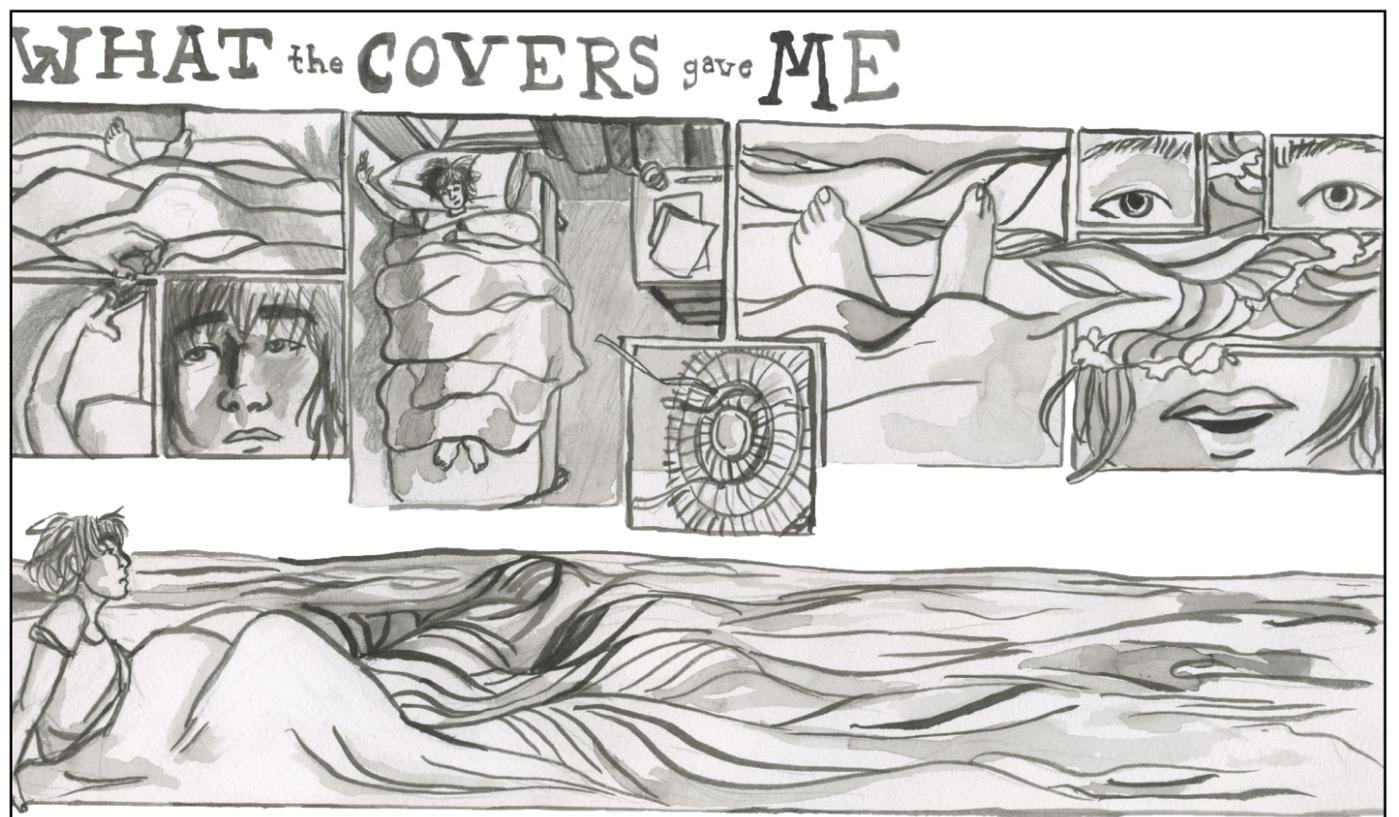
- Emily Dzieweczynski

Beneath The Crown is a project 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.



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Sudoku

8	6	9	2	5	7	2	1	1
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2	1	5	2	3	6	9	7	8
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Volleyball claims tenth straight victory



Gustavus Sports Information

The Gustavus Volleyball team continued their victorious rampage by sweeping St. Olaf in three straight sets on Wednesday night. The win came after impressive performances from First-Years Brittany Luethmers and Nora Holtan who recorded 15 digs and distributed 27 assist respectively. The rookies were well guided by fellow Senior teammate Alyssa Taylor who led the team in attack percentage and blocks. "Nora Holtan is doing a great job setting and running the offense as well as playing some pretty impressive defense. Brittany Luethmers is doing excellent in the back row with serve receive and digging some pretty difficult balls. All in all the first years bring it everyday in practice and push the varsity to get better every rep. They have been super fun to get to know and play with," Alyssa Taylor said about her teammates. The sweep brings the Gusties up to a record of 10-2, with their last loss being against UW-Platteville three weeks ago. The next time the Gusties takes the court will be on Friday Sept. 25, when the team hosts Bethany Lutheran College at 7 p.m.

Senior Spotlight

Brittany Chase

SOCCER

The striker has already been awarded MIAC Player of the Week honors for her performances this on the field this year.

Q: What are your expectations for the season?

A: As a team one of the goals we really hope to accomplish is to be in the top half of the MIAC. We have already won against two very strong teams in the conference so we hope

that momentum will keep us going forward. Although we have a very young team this year, we have a lot of talent and potential to continue to be successful. We hope to be competitive in every game and play our quick style of possession-oriented soccer.

"We have already won against two very strong teams in the conference so we hope that momentum will keep us going forward."

—Brittany Chase

Q: What is your best athletic memory?

A: Traveling to Washington, D.C. last August during my junior year. We not only got to sightsee and explore the city but also play against teams that were nationally ranked. Although we didn't win, the game's taught us a lot about where we want to get to and how hard we need to work in order to compete at a high level. It was also very fun to be a tourist and see

the Washington Monument, the White House and the Lincoln Memorial.

Q: Why would you recommend Gustavus to prospective students?

A: I would recommend GAC because of how friendly and community based the campus is. Everyone is so welcoming and really wants to get to know you on a personal level. It is also possible to be involved in not only sports but other clubs and organizations on campus as well. I also really like the size of the campus and classes. I feel I can get the help I need from my professors and they care about my academics and achieving success in and outside of the classroom.



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Women's Golf sets ambitious target, triumphs at Eau-Claire Invitational



Gustavus Sports Information

The Gusties took both first and second place in the Doug Georgianni Memorial Invite in Eau-Claire two weekends ago. The victory was followed with a top-third finish at the D3 Classic.

Jessica Yang
Staff Writer

The Gustavus Women's Golf team is off to a great start, placing 1st at the Eau Claire Invite and 3rd at the Saint Benedict Invite. This past weekend, the ladies finished 5th out of 17 teams at the Carleton Invitational.

Sophomore McKenzie Swenson, a Health Fitness major, deserves much praise for her excellent performances the past three tournaments. Swenson took medalist honors scoring 156 in Eau Claire.

Swenson is from Buffalo, Minnesota. She attended Benilde-St. Margaret's School in Saint Louis Park. She started golf when she was eight years old, and has since then fallen in love with the sport.

"Golf is just different from any other sport. I played hockey when I was three up until senior year of high school, but I chose golf because it just felt right and I could play golf all my life. I feel like I can always better myself," Swenson said.

Swenson averaged around the mid 160s last season, and this season so far has improved consistently at 10 points less.

"McKenzie [Swenson] has been off to a great start, she made some nice changes over the summer to help her be more consistent," Coach Scott Moe said.

Swenson believes her skills

have improved because of her mental game.

"I've been working on my mental game. It's good for when you get down and you're not doing well—you gotta get back up, play well, and don't give up. I've been doing a good job with that this year," Swenson said.

Since the Drenttel Golf Facility opened back in December, it has improved the team physically, and team-bonding and chemistry building has enhanced.

"Golf is just different from any other sport. I played hockey when I was three up until senior year of high school, but I chose golf because it just felt right and I could play golf all my life. I feel like I can always better myself."

—McKenzie Swenson

"As a team, we are more connected. We have definitely been putting more time in practices. We just work on the little things," Swenson said.

The golf team gets an upper hand with the Drenttel Golf Facility. It being indoors; they get to use it when Minnesota's unpredictable weather doesn't cooperate. This facility avoids

canceling practices, and allows for year round practicing.

"The addition of the Drenttel Golf Facility has made a big difference in our performance, but is also a great recruiting tool. There is not another facility like it in Division III," Moe said.

A first-year student who has been taking advantage of the golf facility is Ellie Brandt. Brandt plans on majoring in Economics and Management, and is involved in Gustavus Women in Leadership. She's from Medina, Minnesota, and attended Wayzata High School.

Her first tournament held at Saint Benedict, she ranked 9 of 75, scoring 158. Her talent cannot go unrecognized, she's only a first-year showing promising skills.

"Practice is the best thing if you want to be consistent and successful. Also, being patient on the course and not letting one bad shot turn into more is really important if you want to put a good score together. Golf has been something that I have been working on for a long time and found really rewarding," Brandt said.

Brandt goes by the saying, "If you never try, you'll never know." It's probably why she has been open-minded in improving her skills.

"She's a talented freshman, and could put up good numbers," Coach Moe said.

"I'm really glad to see Ellie doing well and fitting in with the team well, the first-years are

showing excellent potential," Swenson said.

This season the Women's golf team is fairly young, filled with mostly sophomores and first-years. This is an advantage, along with the Drenttel Golf Facility being open for the golfers.

"The players are great ambassadors of Gustavus, great student athletes, and just to be around them everyday and watching them improve and have the desire to improve is what I enjoy the most," Coach Moe said.

It's an exciting start of a season for the Women's Golf team. The next tournament is this weekend, Sept. 26-27 held in Hastings, MN. Good luck to the ladies, and support your fellow Gusties!

SPORTS SCHEDULE

Friday, Sept. 25

Men's Tennis at Drake Invitational

Women's Tennis hosts ITA Regional Championships

Volleyball hosts Bethany Lutheran College
7 p.m.

Saturday, Sept. 26

Women's Golf at Small College Classic

Men's Tennis at Drake Invite

Women's Tennis hosts ITA Regional Championships

Men's Golf at Twin Cities Classic

Football hosts Augsburg College (Homecoming)
1 p.m.

Men's Soccer hosts University of St. Thomas
1 p.m.

Volleyball hosts St. Catherine University
3 p.m.

Women's Soccer hosts University of St. Thomas
3:30 p.m.

Sunday, Sept. 27

Women's Golf at Small College Classic

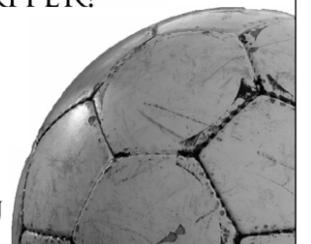
Women's Tennis hosts ITA Regional Championships

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New initiative sparks bleacher activity



Gustavus Sports Information

"The Hill Crew" initiative has generated an increased bleacher attendance at Gustavus sporting events over the past weeks. The fan club is reviving student sections throughout campus, and looks to use its encouraging atmosphere when the Football team and Women's Soccer team host their opponents on Homecoming.

Jacob Woodrich
Staff Writer

One would have to be nearly blind to not have seen the new and widely popular black or white Hill Crew t-shirts around campus. Many Gusties may be asking themselves, "What is The Hill Crew?"

Now at approximately 600 members and counting, The Hill Crew is a new Gustavus fan incentive program on campus. Junior Brady Kelley and Senior Casey Lindquist began the planning process for this new student program last fall.

The Hill Crew's purpose is to create a friendly, sportsmanlike environment at all Gustavus sporting events.

"We are trying to get more fans at all sporting events, not just the main ones, like Football or Hockey. We want to turn the atmosphere of all Gustavus sporting events into a place that people want to be on campus. We want to make sports the thing to do around here, even if you don't necessarily know what's going on in the game,"

Kelley said.

The Hill Crew has an eight person board, consisting of all Gustavus students and one administrative leader. The leader of the board is Assistant Volleyball coach Cassie Weaver.



Submitted
Matt Boyce (left) and Brady Kelley (right), board members of the Hill Crew.

"I was brought on to the athletics staff last year to be the assistant volleyball coach and to create a fan-incentive program here at Gustavus. I spent the majority of last year researching and learning about fan-

incentive programs and what types of promotions have been successful at other colleges. This summer has been mostly organizing all of the promotions and activities that we are going to implement this fall and the remainder of the year," Weaver said.

Weaver hopes that the organization will help separate Gustavus athletics from the rest of the MIAC and potentially all of the Division III playing field.

"My hope is to not only see members of The Hill Crew at athletic contests, but be involved by cheering and creating a super loud and crazy fun fan section" said Weaver.

The Hill Crew has been tabling to recruit members outside of the cafeteria and also at sporting events in the recent weeks.

To join The Hill Crew, there is a fee of \$10. When a new member joins, they are handed two Hill Crew t-shirts and a bracelet. Members of The Hill Crew can also enter drawings and contests at Gustavus sporting events.

"If you are part of The Hill Crew, you will be able to write

your name in the drawings for the giveaways and games at halftime to be able to win a sweet prize," Kelley said.

Along with these great incentives comes a responsibility to display good sportsmanship at all sporting events.

"We are trying to get more fans at all sporting events, not just the main ones. We want to turn the atmosphere of all Gustavus sporting events into a place that people want to be on campus."

—Brady Kelley

"We are trying to promote better sportsmanship around school and at games. We want to cheer on our team, not demoralize other teams" Kelley said.

Any Gustavus student can join The Hill Crew. Many students join for a multitude of different reasons.

"I joined because it seemed like an active way to become even more involved in the community here on campus" Sophomore Sabrina Repke said.

With there being two different colored shirts, color coordination for certain events is sent out via social media, as well as word of mouth around campus.

"On our Facebook page, we'll put down whether we're wearing white one night or black the other night. We actually have a Twitter and Instagram to follow now, too," Kelley said.

T-shirts were actually sold out within three days of tabling outside of the cafeteria. "Our goal was to sell 300 out of the 500 shirts we ordered, and we SOLD OUT within 3 days," Weaver said.

More have been ordered and are set to be in soon.

This new and fun organization made for Gusties by Gusties is only going to get bigger and better. Whether or not you love sports, The Hill Crew is definitely for you.