

Casual sex isn't real



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Can intimacy between two people really be casual?



Grace Arnold
Opinion Columnist

There is no such thing as casual sex.

The word sex can be used in a few different contexts; as a differentiation between gender or as an adjective.

The definition that springs to my mind when used in day-to-day life, however, is the act of intercourse.

Intercourse is anything but casual.

The phrase 'casual sex' itself is an oxymoron: the act of sex is something which should be held as sacred and special, so placing the word 'casual' before it negates the very essence of the act.

I was raised in a family practicing a broad spectrum of religions, and regardless of foundational beliefs, every member of my family expressed that for sex to be meaningful, it should be held as sacred between a married couple.

Growing up with this strict set of ideals made me judgmental

towards the world and all its apparent fornicators.

Whenever I heard stories of a celebrity getting pregnant out of wedlock, or when I was in high school and my friends started exploring their sexualities, I lost a decent percentage of respect for their characters.

As I have matured in body, mind, and spirit, I have come to accept that the act of sex outside the binding ties of holy matrimony is going to occur and that the people who participate in this act are not bad or evil or damned or what-have-you.

Throughout my life I've grown and seen more of the world.

I have encountered countless different people leading countless different lifestyles.

All of those lifestyles were not conventionally moral, but all of those people were happy.

Growing up with this strict set of ideals made me judgmental towards the world and all its apparent fornicators.

Regardless of whether they saved themselves or not, they acted with love and integrity.

These are two important points where the line between casual sex and meaningful sex is drawn.

People who are no longer pure but are not linked by marriage are not performing a

blasphemous act, so long as the act is performed with love and integrity: love for each other and integrity of self.

These virtues can be achieved through respect.

If one respects herself, she will love herself, and if she loves herself, she will act with integrity.

This level of self-respect will put in perspective how valuable she is as a human being and will in turn lead her to demand higher standards from those she associates herself with.

If she respects herself, she will only want to interact with those who respect her.

As a result, those who respect her will earn her respect.

It is through this mutual respect that the virtues of love and integrity are fortified, and if the act of sexual intercourse is performed with these two things, it is not a crude act.

The relationship will flourish with a solid foundation, regardless of the label of that relationship.

However, an issue arises when people throw away virtues and principles completely, and turn meaningful sex into casual sex.

There is really no such thing as casual sex because sex itself is such a personal act that forms a deep bond between two human beings.

Something with an effect of this caliber should not, even could not, be taken lightly.

Looking back on my teenage self, I realize that the ideals instilled in me during childhood were unrealistic because they were, in fact, ideals.

The quintessentially perfect couple did not exist.

Not everyone has the courage, strength, or understanding to hold back on such an instinctual act.

Of course there are those out there who value this act with the utmost holiness, and I applaud you.

But if you are on the other end of the spectrum, do not beat yourself up about it.

A person has many more qualities that determine his or her value than a V-card, or a lack thereof.

Use yours with discretion, though.

You only get one and you do

not want bills that you cannot afford to pay.

You can patron any store you so desire, and it is your choice to buy something and swipe that precious rectangle, but do not shop for the simple act of shopping.

The fulfillment is fleeting, regardless of the immediate thrill.

I encourage individualism and freedom of self, but I also realize that the balance between responsible individuality and recklessness is a delicate thing. So, spread love, have integrity, and demand respect. With these virtues, any act and any person will retain meaning.



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Headphones out



Ella Napton
Opinion Columnist

An argument for taking your headphones out and taking the world in:

I'm sure this isn't the first time you've heard someone suggest that taking your headphones out would be a good idea.

My argument is a little different than those you see your aunts sharing on Facebook; however, I do not want to imply that you cannot wear headphones at all.

Headphones are nice for blocking out the world while writing papers.

They are good tools to use when you want to watch another episode of Grey's Anatomy at 1 a.m. and your roommate has an 8 a.m. class the next morning.

I understand that headphones have become a staple of our generation's wardrobe.

They have become decorative and colorful, little indicators of our personalities in the same way as a necklace or earrings.

What I see becoming a problem is wearing headphones as you walk from class to class, or from your room to the cafeteria.

Is it really inherently

necessary to listen to two minutes of a song when you could be missing a "hello" and "how are you?" from an acquaintance or friend?

Now, these greetings might not be incredibly important to you, but to those reaching out for a hello, it could knock their mood down a few notches.

This may not go for everyone, but for most it takes at least a little bit of guts to reach out and say hello.

If this does not apply to you, it might not make sense that this would actually affect anyone's mood or self-confidence.

Yet, it truly can.

Not everyone feels confident in the connections they have with other people.

Furthermore, there are plenty of things around you that you can listen to during your trip to class or lunch.

Who knows, maybe you will hear about free frost-your-owns or pizza.

Or about an impending snowstorm you may not have known about otherwise.

Take it from me, you can hear valuable tidbits simply by keeping your ears open and saving the headphones for your next Netflix episode.

It may come as a shock, but you will not miss your jam sessions during your two minute walk from Olin to ConVic.

You might even find yourself engaging in a conversation with a classmate that reminds you of something due that you forgot about (true story).

These little conversations have proven to be very useful to me through my two years at Gustavus.

They have saved me from failing various quizzes or assignments that just barely slipped my mind.

While writing this article, I had a conversation with a friend

who brought up the point that many people wear headphones because they do not want to talk to people.

That certainly made me think about my stance on this issue.

I do believe that people should experience the world around them for at least two minutes walking from class to class.

I also believe that people should not feel forced to do something that makes them uncomfortable.

If you truly do not want to interact with those around you, and maybe hear some birds too, it is your choice.

But I encourage you, with my not so professional opinion, to try walking around campus without headphones on your next Gustavus excursion.

Take it slow at first.

Maybe choose one class to walk headphone-less to and see how it goes.

Although there is one disadvantage, it makes the chance of interaction with other people much higher, you may find that there are many more subtle advantages.

You have the chance of making new connections and learn new things about campus activities.

There is a chance you forgot an assignment, and a simple conversation with a classmate could save you from compromising that grade.

You never know what you could hear, learn, or notice when you are more focused on the world around you rather than the song playing in your ears.

You have plenty of time to listen to your music; take a little break as you walk through campus.

Piercings?



Hannah Haas
Opinion Columnist

Think of someone that you look up to and admire.

Now imagine that person with a tattoo or a facial piercing. Does the way you feel about them change?

If the answer is yes, then maybe the problem is you and not them.

In this day and age there are far more things that we should be concerned about when it comes to hiring or firing someone than the way they choose to express themselves.

Who is it that decided that facial piercings and tattoos are unprofessional, and how can this backwards thinking be stopped?

We should be hiring people based on their past experience, reliability, friendliness, and smarts, not on their appearance.

For as long as I can remember there has always been some sort of stigma for people with tattoos or piercings.

I always heard things such as "That's so unprofessional" or "Aren't you going to regret that one day?"

I might regret it and I might not, but that is my decision to make.

Think of someone you look up to and admire.

Now imagine that person with a tattoo or a facial piercing. Does the way you feel about them change?

No one else can tell me what I can and can't do with my body.

I'd bet most of us can think of at least one person we know with a visible tattoo or facial piercing who is a stand up human being.

So why do we think that changing them will make them a more professional person?

As a future elementary school teacher, I have some problems with this issue.

I know that I can't think of one teacher from kindergarten through senior year of high school who had a tattoo that I could see.

Nor any with piercings other than their ears.

Not even atypically colored hair.

I'd say that most of my

teachers throughout school were great; they got the job done.

However, I can't help but wonder if I might've had an amazing teacher who cared about my achievements and wanted to help me grow and succeed.

It's possible that I missed out on that person because someone decided they had too many tattoos or piercings.

Someone decided they were too unprofessional.

We are not our parent's generation.

So the next time you judge someone on their appearance, think about that.

Would you want your children to miss out on an incredible learning experience because you were too judgmental?

There is one thing I believe we, as millennials, have to remember.

We are not our parents generation.

I've seen the way that people my age care for each other and are welcoming to everyone, especially at Gustavus.

We don't have to have such a narrow minded viewpoint.

We can open up our minds and our hearts to everyone.

Don't get me wrong; I kind of get it when people say "well that's just the way things are."

Most of the time people aren't telling me to take out my nose piercing because they don't like it, or because they're being cruel.

It's because that's the way the professional world views it.

But we can change that.

Slowly but surely, I truly believe we can.

When you think about this matter from an education point of view, I believe that having teachers and other professional staff with more piercings and tattoos could be helpful to students.

Being in school is the time where you find yourself and figure out what makes you unique.

If that thing is a piercing or a tattoo, are we going to tell that student that we can't teach them anymore because of it?

No, so why do we treat our colleagues in the same manner?

It's time to start opening our minds to what we define as professional.

So the next time you think of judging someone by their appearance, think twice before you do so.

I challenge you to embrace tattoos and piercings, if not for yourself, for others.

Let's work towards changing this stigma and improving the way we think about others.

Focus on the things we like about each other, not what we don't.

The Good, the Bad, and the Meh



You learned a whole lot of new information at this week's Nobel Conference!



Some people have huge tests coming up, many don't.



Cold weather kicks in VERY soon.

Gustavus needs a “How To” class- for life!



Emily Pratt
Opinion Columnist

Obviously, a college degree matters when it comes to job opportunities.

Companies look for specific skills, many of them transferable, in potential employees.

College curriculums require more than enough classes to ensure their students won't stumble in these areas.

However, given the emphasis higher learning has on preparing students for the future, there's an astonishing lack of focus on important personal skills needed to survive in the real world.

While college can make you believe otherwise, there's a lot more to “adulting” than just finding a well-paying job that fits your interests.

If I was told I could no longer live on campus and had to find a different residency within the next month, some kind of panic attack would shortly follow.

I wouldn't have the first idea of where to start looking and, chances are, the majority of students across the country wouldn't either.

It's easy to say “Just google nearby apartments” in this era of technology but it's important to question how reliable that method can be.

There are likely certain websites that have a wider range of choices and are less ‘sketchy’ than others, but I certainly wouldn't know which ones they are.

In terms of living space, a kitchen, bathroom, and bedroom are my minimum requirements, preferably with functioning and intact appliances.

I have no way of knowing if certain rooms are way overpriced because I have no past experiences to compare it with.

An inexperienced customer becomes easy prey for greedy landlords who can feed them the wrong information.

There are no doubt many fair people who also rent out apartments, but it's impossible to know if you'll be dealing with one or the other.

After coming to a final decision; there is an application process needed, one which will not have the available assistance found in college abroad programs or internship opportunities.

Over the summer, I conversed with a friend and co-worker who was searching for an apartment for her stay in

Germany and she offhandedly mused about how difficult it was to consistently appear as an interesting, positive person during each of her online interviews with potential landlords.

Up until that point, I hadn't even considered the possibility of Skype interviews with landlords as a step in the apartment searching process.

As an introvert, it's crucial for me to not have any surprise professional conversations with people, due to my extensive need to prepare myself beforehand.

Life after college is generally not a pleasant time for unwelcome surprises.

Every young adult deserves to feel at least prepared enough to not feel as though they're stepping blindly into a whirlwind of responsibilities.

Finding a job comes with its own difficulties, the most foreboding being taxes.

I was incredibly lucky to have my dad coach me through my first tax filing experience.

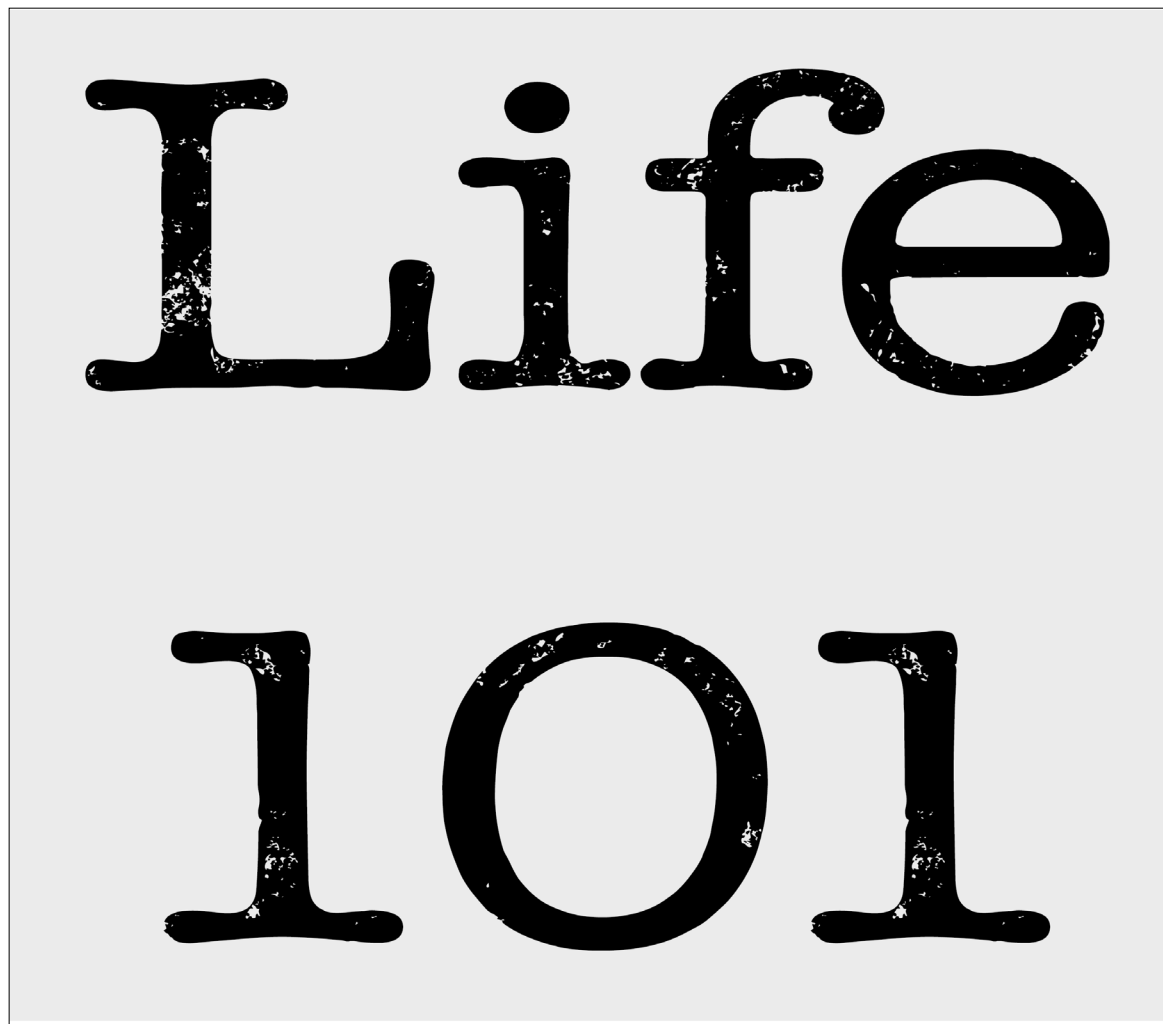
Life after college is generally not a pleasant time for unwelcome surprises.

Plenty of students are left to figure out the process on their own.

Some college students already have experience with the unpleasantness of taxes, due to working a variety of jobs in their high school years, so some may believe college is too late for providing any classroom education on such a topic.

Ignoring the overused phrase, “It's never too late to learn something new,” a process as important as taxes is far from a bad thing to relearn and build up one's confidence in.

Placing an accounting or business professor, someone who is well aware of the details



Graphic by Cole Treblehorn

and tricks seen in the world of financing, at the front of a Life Education class - or some equivalent - could be a game changer for future generations.

It may not be a class favorite, but several years out students may find they're incredibly grateful for the materials it could teach.

A skill integral to just about every job available is the ability to problem solve.

For three years of my middle and high school career, I took part in Destination Imagination, an organization with the purpose of building teamwork and problem solving skills through different, creative challenges.

During my time with this

program, I learned what the school system was not built to teach: working confidently with others to fix mistakes in a limited amount of time.

Colleges fare worse in this area due to their setup of class activities and homework.

Incorporating this particular ability into education would be a less straightforward process than the former two, but it's important for students of all ages to realize not all future job assignments will work out as planned.

There are a small handful of personal skills colleges do well at ingraining into students minds, such as budgeting one's time.

Gustavus has an entire program dedicated to wellbeing because it's incredibly important to take care of your body at all times.

A required Life Skills class is the missing link for sending confident graduates into the messy world of adult responsibilities.

It would allow the transition from teenager to adult to seem much less sudden.

Growing up doesn't have to be intimidating.

Taking care to build confidence in these skills can turn a person's view of the future into the encouraging possibility it should be.

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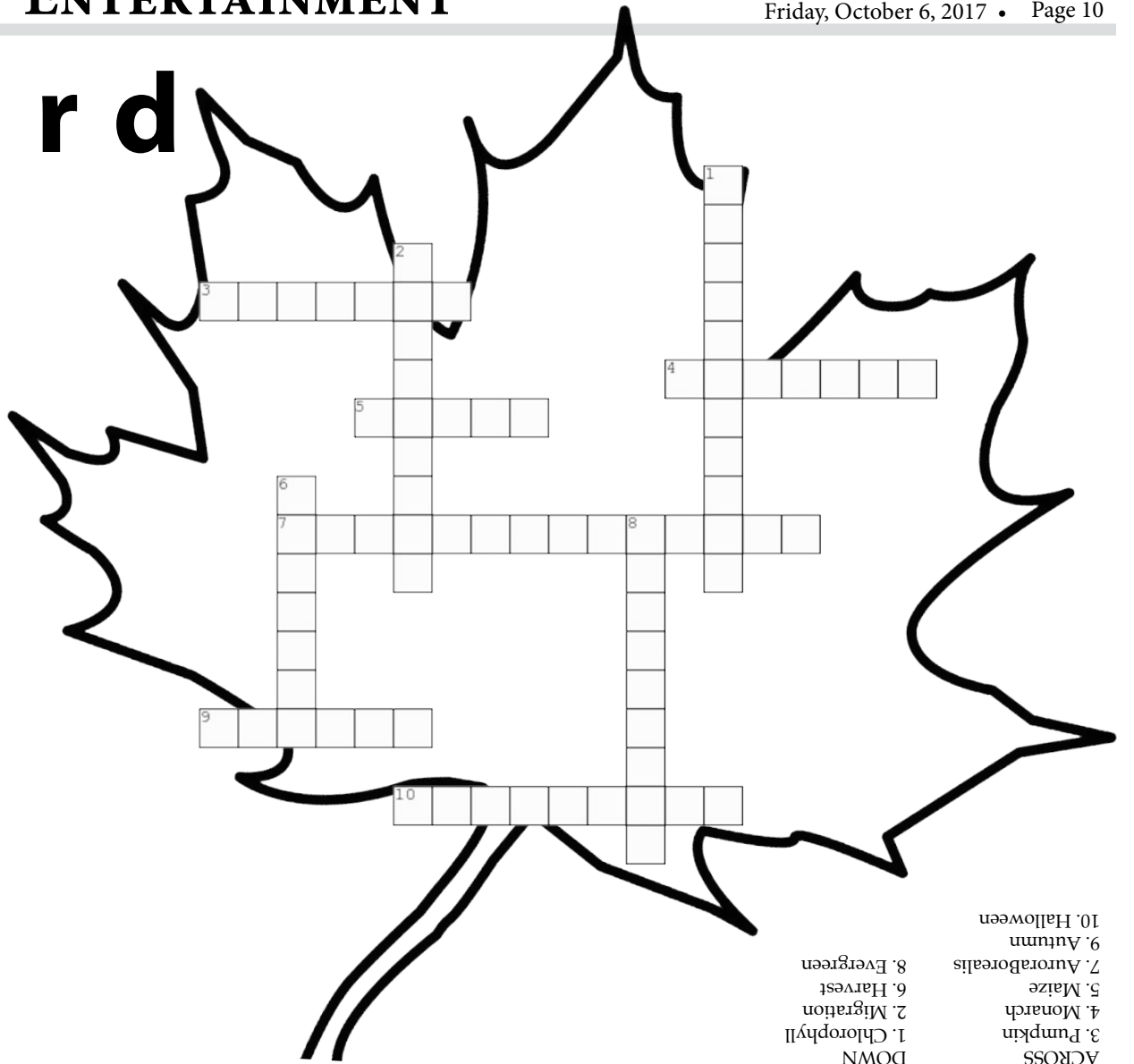
Crossword

Across

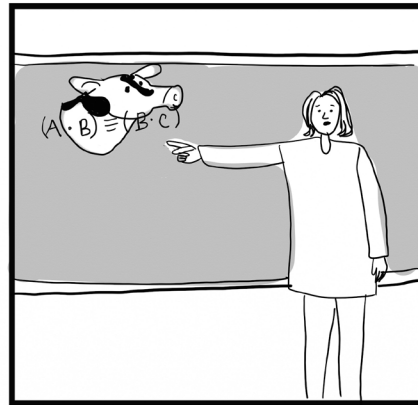
- 3. A favorite flavor of pie during the fall
- 4. This species of butterfly is famous for migrating to Mexico in the fall
- 5. Another name for corn
- 7. This phenomenon, also known as the "Northern Lights," is more likely to occur in the fall
- 9. British people use this word instead of "fall"
- 10. This spooky holiday occurs in the fall

Down

- 1. In the fall, leaves stop producing this type of pigment
- 2. Many birds prepare for this long journey during the fall
- 6. Fill in the Blank: The _____ Moon is a full moon that often appears orange
- 8. These types of trees stay green during the winter















"The Haunting" by Carly Maslowski



Pun of the week

"A vegan vampire can only be killed with a steak to the heart."

The zodiac signs as ice cream flavors

Aquarius (Jan. 20-Feb. 18)  Cookie Dough	Taurus (April 20-May 20)  Mint Chocolate Chip	Leo (July 23-August 22)  Neopolitan	Scorpio (October 23-Nov. 21)  Cookies & Cream
Pisces (Feb. 19-March 20)  Chocolate	Gemini (May 21-June 20)  S'Mores	Virgo (August 23-Sep. 22)  Vanilla	Sagittarius (Nov. 22-Dec. 21)  Sea Salt Caramel
Aries (March 21-April 19)  Lingonberry	Cancer (June 21-July 22)  Cherry Garcia	Libra (Sep. 23-October 22)  Butter Pecan	Capricorn (Dec. 22-Jan. 19)  Rocky Road

Gusties maintain strong team dynamic

Cross Country prepares for conference meet



Gustavus Sports Information

Senior Sadie Klug competes in the Gustie Invitational last season. At the Carleton Running of the Cows Meet the women's team placed third and the men's team placed seventh out of 12 teams.

Jacob Woodrich
Staff Writer

As the season has progressed for the Gustavus Men's and Women's Cross Country teams, one thing has stayed the same; an extremely strong, tight-knit bond shared throughout the entirety of the team. Team dynamic has been one of the biggest factors for the Gustavus runners this season. This strong comradery is exemplified by many leaders on the team.

"The season is going very well, and the team dynamic is great. We didn't lose many seniors, but for some reason, the team seems so different this year. We know we are much better than last year, and I think that has just been our fuel to run and train so well, which in turn makes us much closer as a group," Senior Olivia Rosenow said. Rosenow, along with Senior Olivia Crocker are the two female captains on the team. Both are enjoying leading the

team in their final year here at Gustavus.

"It's been really fun to be a captain this year. It's not much different honestly from how I've felt in the past. I'm just aware that I have a larger role to play in motivating the ladies, maintaining a positive attitude, and making sure that we're all on the same page. My main objective is to make sure that everyone feels validated and understands their role in contributing to the team, because we just race so much better when we're a cohesive unit and can race for one another instead of just as individuals," Crocker said. As for the men, their team is captained by Junior Alex Wischnack and Senior Ryley Sandberg. As a captain, Wischnack feels the team is in a very good place, describing the team dynamic as "dynamite."

"Our season has been going super well so far. We are a young team and that's obvious when we race, but we have been racing in packs to help

each other out during the races. It helps that the team dynamic is dynamite right now," Wischnack said. Being only a junior, Wischnack went on to comment about the transition into next year.

"The season is going very well, and the team dynamic is great."

—Olivia Rosenow

"I think the transition to next year should be relatively smooth. We have a bunch of juniors and sophomores stepping up already, and we only graduate three seniors. The team culture is trending in the right direction, and I think the excitement will translate to next year, as well. We are a young team, so the sky is the limit," Wischnack said. However, before the non-seniors can begin to think about next year, they have much left to focus on this

fall, along with the seniors who are in their final year of running. One of the largest upcoming meets that the team has their sights set on is the MIAC Conference meet taking place at the end of the month.

"We have very high expectations for our conference meet at the end of October, so I'm looking forward to seeing us continue to race fast and gain more confidence," Crocker said. The women's team has experienced a lot of success this season, especially in their past two meets, where they finished third out of 12 at Carleton and eighth out of a field of 23 teams at St. Olaf.

"Going in to the season, I don't think we expected to be where we are at right now. Our training has gone exceptionally well, and in the beginning, we were hoping to scrape into the top five at conference. After these last two meets, we will be most likely be competing with Bethel and St. Thomas to battle it out between places 3-5. We

have been competing with these teams, almost beating Bethel at St. Olaf and being right behind St. Thomas at Carleton, so we know we can race with them come conference time. I can't wait to see what we can do at conference and regions," Rosenow said. The men's team is focusing on the upcoming conference meet, as well. The men may have a bit of an uphill battle, but are still looking forward to competing against great conference competition.

"Conference will be a tough meet. The top two teams are pretty distinct. However, the third spot is wide open. St. Thomas, St. Johns, Bethel, Macalaster, and GAC will all be pushing hard for that spot," Wischnack said.

As the conference meet gets closer, the team continues to rely on each other to keep the team dynamic and bond as strong as ever. The runners' close friendships and comradery will only help as the end of the season draws near.

Gusties defeated by No. 20 ranked Concordia

Football moves to 2-1 record in MIAC play



Gustavus Sports Information

Junior Matt Berkner chases down a Hamline player during the team's homecoming game Sept. 23. The team currently holds an overall record of 3-2 and a record of 2-1 in MIAC play.

Michael O'Neil
Staff Writer

The Gustavus football team made the trek north to Moorhead, MN last weekend to take on the No. 20 ranked Cobbers of Concordia College. Despite a 14-10 lead going into halftime, the Gusties were unable to hold on

and fell 27-17. This loss moved the Gusties to 3-2 on the season and 2-1 in the MIAC.

"Our guys played hard, and it was a tough game played on both sides of the field," Head Coach Peter Haugen said after the game.

Coming into the game against Concordia, the Gusties had won their first two MIAC

Conference games, beating Augsburg 42-37 and Hamline 51-7. They had tallied a MIAC-best 1,997 yards of total offense and had given up the third least yards per game on the defensive side of the ball.

The Gusties came out hot in the first half, looking to continue their trend of MIAC dominance. On the first play of the game, First-year Austin Fest forced a fumble on the kickoff that was recovered by Sophomore Matthew Monplaisir. The Gusties took advantage of a personal foul penalty against the Cobbers to keep their drive alive. Two plays later, they found the end zone on a 26-yard touchdown pass from Junior Michael Veldman to Senior Hunter Johnson. This was Johnson's third receiving touchdown of the season.

The Cobbers leveled the score with just over five minutes left in the first quarter. After an eight play drive, they scored on a 12-yard touchdown run, and capped it off with an extra point.

The Gusties responded on the very next possession, marching 84 yards down the field in just eight plays. With 1:59 left in the first quarter, Veldman found Sophomore Brice Panning for a 36-yard touchdown pass.

The rest of the first half was relatively uneventful, as each

team punted their next three drives before the Cobbers were able to score again. This time they drove the ball 38 yards on nine plays and added three points with a 29-yard field goal.

The score remained 14-10 going into halftime with the Gusties set to begin the second half on offense. The first drives of the second half for both teams resulted in punts.

Gustavus regained the ball, and one play after a 40-yard pass from Veldman to Sophomore Josh Kirk barely fell incomplete, the Cobbers intercepted Veldman and returned the ball 32 yards for a score.

The Gusties tied the game once more at 17-17 early in the fourth quarter when First-year Quarterback Gavyn Walsh led the offense to set up a 44-yard field goal by Senior Brendan Boche.

Concordia responded on the very next drive with a field goal of their own, going 30 yards on six plays to set up a 32-yard field goal.

On the ensuing kickoff, the Gusties fumbled the ball and the Cobbers recovered at the 23-yard line. Concordia capitalized on this mistake four plays later with a four-yard touchdown run. After an extra point, the Cobbers led 27-17 with 8:39 to go.

Senior Drew Fredericksen

returned the kickoff 79 yards to set up the Gusties next drive, which began at the Concordia 15-yard line. Unfortunately, after a three-and-out and a missed 25-yard field goal, the Gusties 10-point deficit remained. On the following drive, the Gusties forced a punt and got the ball back, but they were unable to put together any offense before the time ran out.

Junior Matt Berkner led the Gustie defense with a career-high 14 tackles. This helped hold the Cobbers to just one third down conversion on 10 attempts.

Veldman continues to lead the Gustavus offense, and his 123 completions and 14 touchdowns on the season rank second in the MIAC. For his efforts, Veldman was chosen as one of two September Gustavus Student Athletes of the Month.

"It all came down to a few plays and execution, but I'm proud of the way our guys battled today," Haugen said.

Despite the loss, the way the Gusties competed with the 16th ranked team in the nation is promising as they look ahead to the rest of the season in conference play.

After a bye week, the Gustavus will take on Bethel University at Hollingsworth Field on October 14.



Gustavus Sports Information

Junior Michael Veldman looks to complete a pass in a game against Hamline.

Gusties win singles and doubles titles

Men's Tennis off to a commanding start



Gustavus Sports Information

Senior Mohanad Alhouni returns a serve in a singles match Sept. 30. Alhouni defeated teammate Zach Ekstein in the tournament final to win his third consecutive regional singles title.

Nathan Thompson Staff Writer

The Gustavus men's tennis team kicked off the fall season by competing in the Drake Invitational, competing in both singles and doubles brackets.

Two Gusties, Seniors Mohanad Alhouni and Mason Bultje advanced to the semifinals in each of their brackets.

Alhouni would defeat Josef Altman of NWMSU 6-3, 6-1, Jarod Hing of Tulsa, 3-6, 7-5, 10-7 until falling to Omaha's Nathan Reekie 6-2, 6-1. Bultje would defeat Hunter Terrel of UND 7-6, 6-3 and would best Pedro Portes of NWMSU in the quarterfinals before falling in the next round to Marko Minic of Omaha.

The doubles team of Zach Ekstein and Yassine Derbani would advance to the semifinals in their bracket, leading Gustavus in the doubles draws. The pair would defeat Tulsa's Hing/Pritchard 6-4 as well as Pudlo/Ford of Coe College 7-6 in the quarter finals. They would eventually fall to Woodward/Outtara of Omaha 6-2.

Up next would be the ITA Midwest Regional Championships where Gustavus took home both titles in the singles and doubles brackets.

Alhouni led the way for Gustavus, paving the way to his third consecutive ITA singles title. He would dominate the early rounds, besting Central's Jackson Lewton 6-0, 6-0, Kevin Mei of Carleton 6-0, 6-2, Josh Pudlo of Coe College 6-1, 6-0.

He would face a fellow Gustie teammate, Yassine Derbani in the 5th round where Alhouni emerged victorious, 6-3, 6-1. In the semifinals on Sunday, he would face another teammate in Chase Johnson where the final result went to Alhouni, taking the match 1-6, 6-1, 6-1.

"The guys stuck together and embraced a lot of tough moments today and every member of our team made great progress this weekend," Coach Valentini said.

In the finals, Alhouni would meet fellow bracket winner, teammate Zach Ekstein who advanced quickly through his respective bracket. The match would go two sets with Alhouni

emerging victorious, 6-2, 6-0.

"Playing Yassine, Chase, and Zach today, it isn't easy. It is nerve-racking but I think we handled it first-class. We were able to push each other, and I am really grateful for that," Alhouni said.

The Gusties would also go on to capture the doubles title as well from the duo of Alhouni/Whaling as they would defeat Brady Anderson and Nate Ackert of Coe College, 6-4, 6-4. Gustavus would have two doubles teams make it to the semifinals with the pair of Ekstein/Derbani and making it to the final four as well.

"To have six doubles teams through to the round of 16 and five singles quarter finalists is a great showing from our guys," Valentini said.

Alhouni and Whaling will move on to compete in the ITA Oracle cup at Berry College in Rome, Ga from Oct. 11 through 15.

"We were able to push each other, and I am really grateful for that. I am looking forward to the spring season and obviously Georgia next week," Alhouni said.



Gustavus Sports Information

Sophomore Yassine Derbani competes in a doubles match with Senior Zach Ekstein. The team made it to the semifinals of the ITA Regional Tournament.