

Protecting Hateful Speech

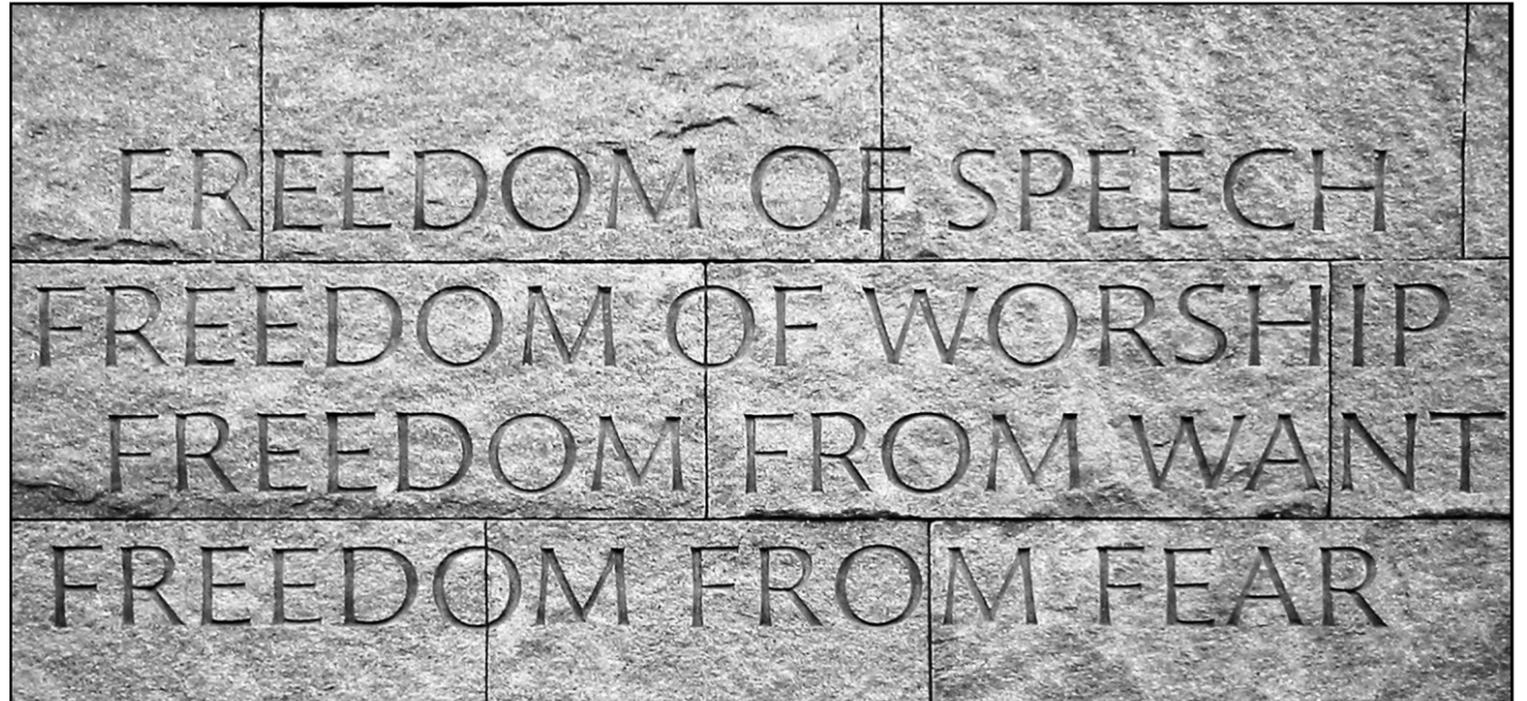


Amy Leininger
Opinion Columnist

In 1977, a neo-Nazi group announced its intentions to march through a predominantly Jewish community in Skokie, Illinois. The marchers intended to wear Nazi uniforms and display swastikas through a neighborhood where one in six people were Holocaust survivors. Speech doesn't get much more hateful than that.

Ultimately, the American Civil Liberties Union (ACLU) controversially defended the group's right to freedom of speech and freedom of assembly before the Supreme Court, in the case known as *National Socialist Party of America v. Village of Skokie*. It was ruled that the use of the swastika is a form of free speech, protected by the First Amendment. The National Socialist Party of America was allowed to march.

Hate speech is protected speech. It should be understood that the First Amendment protects speech, no matter how offensive or outrageous the content. Freedom of speech is



Freedom of speech is one of the most fundamental rights, yet presents the challenge of tolerating and dealing with hate speech.

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an indivisible right, meaning that we don't protect speech for some groups while prohibiting speech for other groups. When one person is denied this right, we are all denied the right, which is why we must fight unceasingly to protect this right.

Furthermore, it is vital to distinguish between hate speech, which is protected, and hateful conduct, which is not. Conduct that targets an individual, such as violence, harassment, intimidation, or invasions of privacy are, and ought to be, prohibited. These offenses are rightfully punished, because as a nation we have recognized the

distinction between hate speech and harmful actions against an individual.

By defending the neo-Nazis in Skokie, the ACLU protected all Americans' right to freedom of speech. It is not easy to defend such despicable speech. Perhaps no one understood this more clearly than the then ACLU Executive Director Aryeh Neier, whose relatives were killed in the Holocaust.

On the Skokie case, he commented, "Keeping a few Nazis off the streets of Skokie will serve Jews poorly if it means that the freedoms to speak, publish, or assemble any place

in the United States are thereby weakened."

The best way to combat bad speech is with better speech. In the marketplace of ideas, where all speech is protected and allowed to circulate, hateful speech must be overcome by better speech. Banning hate speech does not stop hateful thoughts.

Hate speech is a symptom, not the cause. By allowing hate speech to bubble up to the surface of public discourse, we can combat it by responding with better speech. We cannot suppress hate speech and allow it to fester, angry and unseen. The only way to change minds and hearts is by speaking openly and responding directly.

We must remember this lesson as we confront offensive speech on college campuses. In a September issue of Wesleyan University's school newspaper, *The Argus*, an opinion piece was published criticizing the Black Lives Matter movement. The op-ed, penned by student Bryan Stascavage, was met with a swift response by the Wesleyan campus.

Freedom of speech is an indivisible right, meaning that we don't protect speech for some groups while prohibiting speech for other groups.

Students demanded apologies from *The Argus*, and a petition called for the defunding of the paper. Copies of the newspaper were allegedly burned. Instead of this reactionary response, perhaps students could have combated the offending speech by penning their own opinion pieces. Flood the marketplace of ideas with better speech, and in that way, students can enact real, positive social change. This cannot be accomplished by stifling speech we find to be offensive.

In the ensuing ruckus at Wesleyan, *The Argus'* budget was slashed. I cannot comprehend why students believe that suppressing freedom of speech and freedom of the press is the best way to advance their cause. By ensuring that the circulation of the paper is reduced, students have effectively harmed a potential outlet for their own, better speech.

The best way to combat bad speech is with better speech.

In the marketplace of ideas, where all speech is protected and allowed to circulate, hateful speech must be overcome by better speech.

I implore readers, if you find my speech offensive, if you disagree with me, pen your own opinion pieces and combat my bad speech. Write a letter to the editor! But please, don't take lessons from *Fahrenheit 451* and burn speech you disagree with. This is not how we make great and lasting societal change.

A final thought, from John Stuart Mill, in his influential work *On Liberty*:

"The peculiar evil of silencing the expression of an opinion is, that it is robbing the human race; posterity as well as the existing generation; those who dissent from the opinion, still more than those who hold it. If the opinion is right, they are deprived of the opportunity of exchanging error for truth: if wrong, they lose, what is almost as great a benefit, the clearer perception and livelier impression of truth, produced by its collision with error."

The Good, the Bad, and the Meh



Thanksgiving Break is here!! Enjoy good food, a break from studies (maybe), and catching up with old friends!



T-minus 31 days till the semester is over...



Thanksgiving Break! Take a break from academics to deal with the stress of family gatherings, awkward conversation with peers from high school, and being under your parents supervision again!

Technology: A Tool for Taking Over



Jessica Hastings Erth
Opinion Columnist

Throughout the past twenty years technology has continued to amaze millions of people throughout the world. Today, most people have iPhones, Androids, or other types of smartphones. These smartphones were created to help reduce the need for a computer, and they have. But has their purpose gone too far?

Let's go back twenty years when the Internet was just starting out. In 1993, John Allen went on a Canadian TV show to explain what the Internet was and how people were using it.

He said, "the Internet is just like the real world, except it was easier to reach more people in

more precise ways. In cyberspace, it's easier to find people who have the same interests because there are more of them and they congregate in carefully labeled areas."

Smartphones may increase the ease to connect with others, but they cause many more problems in modern society.

Today it seems like people are always on their phones, and when they are not on their phones they feel incomplete. I see many people on a daily basis who are with their friends but do not even look at each other because their technology has become an inseparable part of them.

A friend of mine needed a new phone earlier this year, but when she realized that it would take up to a few weeks before she received her new one it crushed her. It was as if the world was coming to an end, just because of a phone.

I have seen this many times and every time it upsets me just the same. Growing up there was always a rule at my house: no answering the phone during supertime. Now, I have heard of families who do not even speak to one another because they are so held up on their phones.

Technology has truly become an addiction in modern

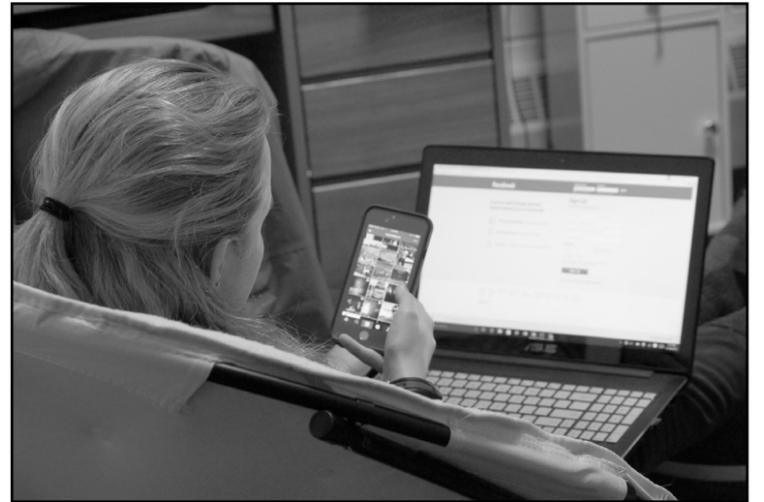
society. The average American will spend over eight hours a day on technology. This statistic includes time spent on phones, computers, playing video games, and watching TV. This is a drastic change from the average three hours in 1995.

It has become so bad that in some countries there are even rehabilitation centers for those who cannot be parted from technology. It is incredibly interesting to see people spend more time with their phones and computers than with their loved ones.

There are many possibilities from which this addiction has derived. One is the change in our school system. Many schools are trying to get away from using paper, which means that many sources have been updated to be online only.

Throughout high school and my time here at Gustavus I have had teachers assign online homework. In theory, this is wonderful. The waste of paper declines, however doing online assignments can take much more time due to the large amounts of distractions.

Another possibility for the addiction is the use of social media. Many social media websites tend to over send emails and text message notifications, which draw you towards their



Students are easy to see with their heads in laptops and phones. Lindsey Taylor

websites or apps. With the millions of apps available for smartphone users these can help decrease the attention span of users. These types of media also tend to try and connect us with others 24/7. On Facebook, Twitter, and other types of social media websites you seem to be connected with everyone, and there is always something of interest to look at.

I am guilty of sometimes ignoring others on my phone in social situations. But I believe we should try and take our

technology usage down a notch. Having personal relationships with those around you is very important and will get you very far in life. Getting to understand how our lives have changed from technology is important, whether it is a positive or a negative change. I encourage everyone to think about their time spent behind a screen and think about how your life has changed because of it.

Is News Even News Anymore?



Daniel McCrackin
Opinion Columnist

In today's world, what people account for and call 'news' is questionable. Often times people are only interested in what might be called "shock news": information that is so outrageous that we can't but help to click on the website or pick up the magazine/newspaper. At the same time, even when a newspaper or media channel does not use these shock tactics, the information provided is heavily biased, or in some cases frivolous.

I cannot think of any situation where it would be necessary for one to know exactly what is going on in the personal lives of actors and celebrities, even politicians. What should be more widely placed in the media is events that are relevant to today and the future generations: The Presidential veto of the Keystone XL pipeline; the earthquake in Japan; the disas-

ter in France, and the retaliation for it. Yet in the last two weeks people have heard and read more about the release of *Fallout 4* than anything relating to these other events combined.

If one were to walk up to any random person and ask them what they thought on the recent crisis in Kenya, or the UN resolution to deal with Syria, many would have not even known about such events.

The curious would begin to ask questions, the willfully ignorant would stare blankly. So, one might ask, what has happened to the news? Why is everything shock news or plain garbage? The reason is both surprising and not.

The bottom line of any media outlet is to make money, like any business. Now this is not necessarily a bad thing, business drives industry, and industry helps a news source grow and gather more information. However, there is a fine line in which a source of information steps over when it stops caring about validity and focuses solely upon revenue and viewership.

At this point a newspaper no longer cares about how informed the people on the other end of the medium are. What they really care about is the advertisements, how many they can squeeze in, and how much money they bring in.

So, how is it that people can help change the news? To make

it something better than it is now. The answer: stop reading it.

This does not mean stop reading newspapers, or following the news online. Rather, it means find the sources of news that limit their advertisements, and do their best to distribute information fairly and with as little bias as possible. *The Economist* is one of the best examples of this (though no source of information is without bias), it has a fairly even record of watching world events.

So what about the fair GUSTAVIAN WEEKLY here on the fine campus of Gustavus Adolphus

College in quaint St. Peter, Minnesota? Is it too prone to the corrupting force of business and bias? In truth, it is a lucky thing that our fair newspaper is not under the siren call of money and allure, and is instead staffed by a number of student writers who genuinely enjoy their jobs and wish to inform the public.

However, as was said, no source of information is free from bias, even our fair publication. The Gustavus community leans towards the liberal aspect of politics, as do most collegiate student bodies, and is fairly active in the social justice community.

As such, our publication reflects this, since many of our writers are involved in such programs across the campus.

The world has changed, the siren call of money is what rules what people once considered even the most incorruptible of organizations.

If the people want a fair source of information, and not to be led around on a leash, they have to fight for it. The news is dead, or dying. It is the job of the people, not the government nor corporations, to save it.

Opinion Section Editor Wanted!

Make Money...

Managing a team of writers!

Writing Opinions!

Interested? email mglaser@gustavus.edu

The Underfunded and Overworked FDA



Jordan Schwakopf
Opinion Columnist

Earlier this year, I read an article from *The New York Times* that discussed a lack of funding that the Food and Drug Administration (FDA) desperately needed to enforce a certain food safety law. This seems to be a common theme in the government these days; agencies and government programs being underfunded. Yet maybe we should consider giving a little more funding to an agency that makes sure people don't become deathly ill from the food and medicine that people consume daily.

The FDA is also in charge of regulating medical devices, radiation-emitting products, vaccines, cosmetics, tobacco products, and other health related industries. That's a lot to put on one underfunded and overworked agency's plate.

The FDA regulates food producing and manufacturing facilities through inspections and by enforcing food safety laws, but companies are hardly going to be in a rush to comply with regulations and laws when the FDA is too busy fundraising and recruiting to actually do its job. Currently, the FDA claims it has a funding gap of around \$276 million for its Food Safety Modernization Act (FSMA).

The FSMA calls for more inspections and more regulation of high-risk food manufacturing facilities yet, unfortunately, the FDA may not be available to carry out this law.

In 2012, over one-fourth of the FDA's staff consisted of temporary employees with two to four year contracts. As those contracts expire this year and next year, the FDA will have to find the time and the money to recruit qualified individuals.

Without the funding to pay for inspections, which costs anywhere from \$10,000 to \$25,000 per facility, and without enough qualified personnel to carry them out, the FDA's ability to regulate the food manufacturing industry has suffered, especially inspections of foreign suppliers.

To put this in perspective, in 2013 the FDA inspected just 1,342 foreign food facilities. At the time, there were 285,977 registered foreign food manufacturing facilities that provided food to the U.S. In 2014, the FDA was supposed to carry out 4,800

inspections of foreign high-risk food manufacturing facilities based on the FSMA, yet the agency only completed 1,323. Close to 300,000 facilities, and we inspected less than 2,000.

The situation here at home isn't much better; out of 172,969 domestic food manufacturing facilities only 24,462 were inspected in 2013. While this is an improvement over our percentages of foreign inspections, FDA inspections are still only scratching the surface of the food manufacturing industry.

Perhaps the most shocking information I came across in the 2013 Annual Report on Food Facilities was this: "FDA is attempting to inspect all [...] high-risk facilities in 3 years [...]" And just how does the FDA expect to achieve this at its current rate of inspections? It certainly won't happen without some major increases in both money and manpower.

In the FDA's Annual Report on Food Facilities, from 2011 (when FSMA was enacted) to 2013, one reads this line, "Number of high-risk facilities scheduled for inspection but not inspected: FDA is unable to answer this question at this time."

Really, why can't they tell us? Or do they somehow not know? A government agency is saying it is unaware of either how many facilities it was supposed to inspect, or how many it did inspect. I find that hard to believe, since I'm guessing someone at the FDA is capable



The FDA is essentially tasked with making sure manufacturers of foods provide a safe product to the American public. Megan Quirk

of doing basic math, and you know they had a list of facilities that needed to be inspected. Here's a formula for them: number of facilities scheduled for inspection at the beginning of the year minus the number of inspections actually carried out by the end of the year. It isn't that difficult.

On the FDA's website, there is a well-hidden FAQ section with the question "How often does FDA inspect food manufacturing facilities?" Answer: "FDA inspects food facilities routinely." Routinely? Well, that's a little vague, if you ask me. Also, there are no helpful links provided to investigate how the frequency is determined, or what laws exist, if any, mandat-

ing inspections every few years. Nope, just a vague, noncommittal answer from an organization that can only do so much with what it has been given.

While our country has a lot of issues and underfunded programs to sort through right now, we need to be able to count on the fact that our food is safe to eat. We are relying on corporations in the food manufacturing industry to follow the food safety laws without the threat of any real consequences if they don't; not because the laws don't exist, but because there isn't enough money or manpower to catch the facilities breaking the laws, let alone enforce them.

The Limitations of the 2nd Amendment



Mergan Bertrand
Opinion Columnist

We as American citizens have 27 amendments to our Constitution that shape the foundation of our very nation. Some are longer than others, some apply to today's world, others are moot points. The amendment that I believe is argued about the most, and also happens to be the shortest, is the second amendment: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

People say ban guns because guns kill people. Other people say keep guns, and will quote

the second amendment religiously. Yet, those who quote the amendment leave out the first half. I believe it is most important to read the phrase as a whole.

Keeping in mind this amendment was made when Britain tried to snuff out the fight for independence. The second amendment was made because they believed the populace needed to defend their liberties if the government overstepped their boundaries; they needed men to take up guns and form a militia to defend citizens.

Re-reading the amendment I take it to mean that the states have the right to not only maintain a National Guard, but the citizens have the right to keep guns. I believe that as a citizen I can own a gun. I also believe that there should be way more restrictions that determine if I can own a gun, and how many bullets I can own.

Different states have different rules, some more strict than others. Yet, it's not enough to leave it up to states. If states don't practice very similar policies, and actually enforce them, then there is no point to having and maintaining these laws. For example 18-year-olds can buy shotguns, yet you have to be



The interpretation of the 2nd Amendment and its implications in law is one of the most contentious and popular debates in America. Creative Commons

21 to buy handguns. I think we should change this now.

Why are the age requirements different when it comes to purchasing different types of guns? I believe that they can do the same amount of harm, the bullets still tear through flesh. It makes no sense to have these age limitations, if at the end of the day, the guns do the same damage.

It makes no sense that underaged citizens can't purchase alcohol, yet they can buy guns. Raise the age, because most 18 year olds still aren't responsible

enough to handle that kind of power. If we aren't trusted to be responsible with alcohol, we shouldn't be allowed to shoot a gun. Currently, those of age can show their ID, buy the gun they want, and walk out. Again I ask, why is this so?

I believe that citizens worldwide in any country should have to answer a series of questions that can determine if we are allowed to buy guns. The most basic questions such as: Do you have a criminal record? Do you suffer from some form of mental health? I don't think this

is infringing upon any rights. These questions get asked when applying for a job, or renting an apartment or even buying a car. Regulation is so little that there is also no basic limit to the types of guns we can own, how many we can own, how many clips or bullets a gun can have. It's appalling to read about the number of deaths by guns, and the fact that not much is being done about it.

So for my safety, and the safety of others, I believe that we should have stricter policies when it comes to guns. It would be stupid to get rid of owning guns all together, and I think owning guns without limitations even more so.

Making guns illegal won't do anything, people will still find a way to buy guns. The amendments are meant to be edited, they aren't written in stone. Guns don't harm and kill people; stupidity, ignorance and lack of control do. Yet, I think owning guns should come with very strict rules that we, as citizens, need to follow. Anybody who wants to argue gun control infringes upon their second right, I ask, what is a life worth to you? In the end I believe these rules can do more help than harm.

BENEATH THE CROWN



How would you define passion?

"I would say that passion is an intense feeling of love for something."

What are you passionate about and why?

"I would say that I'm passionate about friends and family and trying to make everyone happy. I'm passionate about these things because I'm someone who feels it's important to be empathetic and conscious of other peoples' feelings, and family and friends are a huge part of that and me."

What is empathy to you?

"In basically any interaction with other people, it's trying to see everything from different angles other than your own. Possibly the perspective of the person you're communicating with, and just trying to



Andrew Kassuelke

Cameron MacDonald

see the full picture rather than just your own perspective. Expand the way that you view different topics and other things. Your initial reaction is not always the best judgement."

If you knew someone was passionate about something, but weren't sure about pur-

suing it, how would you advise them?

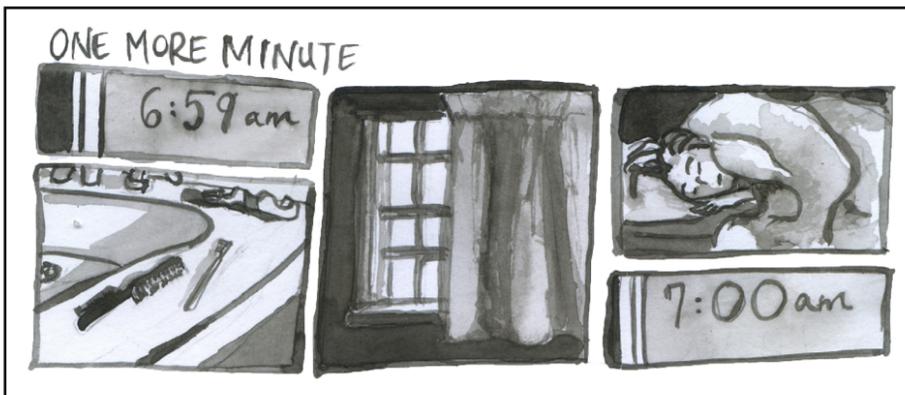
"If you're passionate about something, then it's obviously something that you care about. It will be worth your time to stick with it and try to make it a major factor in your life and play a big role in who you are."

- Andrew Kassuelke

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.

Comic

Created by Carly Maslowski



Sudoku

				9		7		3
7		9	4			2	1	
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5	3							
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Puzzle 1

8	9	4	6	7	3	5	2	1
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5	3	8	2	6	1	4	7	9
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6	5	3	7	1	2	8	9	4
7	8	9	4	3	5	2	1	6
1	4	2	8	9	6	7	5	3

Puzzle 2

8	7	6	4	3	5	2	9	1
3	4	5	9	2	1	6	7	8
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7	5	3	1	4	2	8	6	9
4	9	2	3	6	8	1	5	7
6	1	5	8	7	3	4	2	9
9	3	7	2	1	4	5	8	6
2	8	4	6	5	9	7	1	3
5	6	1	7	8	3	9	2	4

Puzzle 3

8	3	6	2	9	5	1	4	7
1	2	9	4	7	3	8	5	6
4	7	5	6	8	1	3	9	2
7	9	2	5	6	8	4	1	3
5	6	1	9	3	4	7	2	8
3	8	4	7	1	2	9	6	5
2	1	8	3	5	9	6	7	4
9	5	7	8	4	6	2	3	1
6	4	3	1	2	7	5	8	9

Puzzle 3

7	5	2	6	8	9	1	3	4
8	3	9	7	4	1	5	2	6
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6	4	3	8	1	2	9	5	7
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Football gets to seven wins for the first time since 2001



Senior quarterback Mitch Hendricks (3) scans the field pre-snap against Concordia-Moorhead. Hendricks encompassed 8,410 passing yards over his career, as well as 77 career passing touchdowns, a school record. In addition, Hendricks holds every single season passing record. Also pictured (from left) are Jake Schmitz, Joe Theiler, Karim Ortiz and Marcus Kelly. The team went 7-3 this season.

Jacob Woodrich
Staff Writer

This past Saturday, the Gustavus football season concluded with a loss to the University of St. Thomas, who are currently ranked 4th in the nation according to *d3football.com*. Despite the loss, the Gusties had a rather successful season. The team ended with a

record of 7 wins and 3 losses, the best record the team has had since the 2001 season. Compiling a conference record of 5 wins and 3 losses, Gustavus finished in third place in the MIAC Conference.

The team had many impressive wins throughout the season. One big win this season came from a conference victory in the

Homecoming game over Augsburg College.

"We are continuing to make progress. We had a great homecoming day with awesome alumni and fan support," Head Coach Peter Haugen said.

Another huge victory this season came when the Gusties

defeated the nationally ranked conference opponent Concordia-Moorhead.

"Beating Concordia in the wildest game I've ever been a part of and partying on our field when the clock hit zero was probably the best feeling I've ever experienced in my athletic career," Senior Captain Nick Frandsen said.

The finish of the wild game that Frandsen was referring to included an onside kick and a go-ahead touchdown with less than one minute to go.

Two seniors who have left an everlasting legacy on the Gustavus Football program are quarterback Mitch Hendricks and wide receiver Matt Boyce. Both have had historic careers and seasons for the Gusties. The two players' connection throughout their time together has led to the breaking of multiple season and career records.

"They were awesome on and off the field. They both set the bar high and were great leaders. Their play on the field will always be remembered," Coach Haugen said when asked about the duo.

In the last game of his career, Hendricks etched his name in the record book one last time by taking over the school's top spot of total career completions.

"The records are a combination of everything this offense has done over the last three years that I've been here. I've had some great help along the way and have really enjoyed it. It is a great honor though and I will cherish them for as long as

they last," Hendricks said.

Not only did Hendricks and Boyce have an impact on the team's success, but also the entire 23-man senior class. The team's senior class was a large, talented one and will be missed dearly.

"Our seniors were awesome. They were very committed to their roles on the field and mentoring the young guys. This group of seniors helped so much in building a strong legacy," Haugen said.

The team has progressed extremely well since the senior class first came to Gustavus.

"Our seniors have worked incredibly hard over the past four years and it shows with the records we have had. Our freshmen year we were 3-7. Sophomore year we were 6-4 and junior year we were 6-4 again. Then finally this past year we ended up going 7-3. I think this continual improvement is really telling of the character of this football team," Frandsen said.

The senior class will be missed and definitely miss playing here at Gustavus.

"I couldn't be more thankful for the guys that I've played with here at Gustavus. I'll miss spending time with my teammates on a daily basis more than anything," Frandsen said.

The Gusties hope to build on this seven win season for years to come. For the coaches and underclassmen, that starts now with recruiting and weightlifting. There are definitely some big cleats to fill.

Senior Spotlight

Chris Narum

BASKETBALL

Narum is a senior guard from Eagan, Minnesota who attended Eastview high school. He is a health fitness major. Narum and the rest of the team expect to win games in the postseason this year, and are working hard for that opportunity.

Q: What are your expectations for the season?

A: - Our expectation is to put ourselves in a situation to have success in postseason play. We believe in our team and by staying focused on the process we will be in a good position.

Q: What is your best athletic memory?

A: Last year when St. Thom-

as came here the atmosphere was electric. Having such great support makes it easier for us and also much tougher for an opposing team. That was a really fun game to be a part of.

Q: Why would you recommend Gustavus?

A: Gustavus is an amazing place, and I couldn't imagine being anywhere else. The amount of student support shown here is rare to find. There is a great mix between successful athletics and prestigious academics, setting us up for continued success after college.



Women's Basketball Working Hard

Team looks to improve in the face of rule changes



Sophomore Guard Mikayla Miller looks to make a pass in a contest last season. Miller was the only first-year to be named to the MIAC All-Conference team last season. Her 31 against Carleton ranks fourth all-time among Gustavus women. This year Miller and the rest of the team look to make a MIAC title run.

Jessica Yang
Staff Writer

On Monday, Nov. 16, the Gustavus women's basketball team began their season with a win against Martin Luther College. The team

up their speed in the second half of the game, defeating the Knights 79-59.

Sophomore forward Miranda Rice played a big role in the win; in total. She made nine points and six rebounds.

"During half time, we were pissed because we knew we

strong picking up on defense. Everything came into place," Rice said.

"During half time, we were pissed because we knew we could do better than that. I think that gave us a spark to go all out. Second half we came back really strong picking up on defense. Everything came into place."

—Miranda Rice

team consists of first years and sophomores. First year Justine Lee's talents could not go unnoticed, as she begins her first season as a starter.

Senior forward Lindsey Johnson, who made it to the All-Conference team last season, is expecting the team to win the MIAC this year.

"Every day in practice, I'm continuing to work hard and to focus on the little things," Johnson said.

The women's basketball team look forward to their next game on campus this Friday, Nov. 20, against UW-Stout. The game starts at 6 p.m. Support your fellow Gusties by swinging by and cheering the ladies on.

NCAA BASKETBALL RULE CHANGES

"To add excitement to offensive possessions, teams can advance the ball to the frontcourt followed by a timeout immediately after a made basket in the last 59.9 seconds of the fourth quarter and any overtime periods.

Teams are allowed to move forward with the ball to the frontcourt after obtaining the ball from a rebound or a change of possession. With the setting, the ball would be inbounded at

the 28-foot mark on the side of the court where the scorer's table is located.

Teams will not receive a new 10-second backcourt count when a throw-in results from the following:

- The ball is deflected out of bounds by the defense.
- There is a held ball and the possession arrow favors the offensive team.
- A technical foul is called on the offensive team while the ball is in its backcourt."

started off shaky at first, leaving the first-half with a score of 36-35. However, the ladies picked

could do better than that. I think that gave us a spark to go all out. Second half we came back really

Rice explained that one of the most challenging factors for this season will be adapting to the new rules NCAA have incorporated.

"It will be a struggle, but I'm confident that our team will be able to adjust," Rice said about playing with the new rules.

Last year, the team's overall record was 17 wins and 9 losses. The women placed fifth in the MIAC; although many games like Hamline and Saint Benedict's were lost by a large margin.

This year is looking bright and young. Two-thirds of the

SPORTS SCHEDULE

Friday, Nov. 20

Swimming and Diving hosts Gustie Sprint Invite 5 p.m.

Women's Basketball hosts UW-Stout 6 p.m.

Women's Hockey at Augsburg College 7 p.m.

Men's Hockey hosts Augsburg College 7:05 p.m.

Men's Basketball hosts Buena Vista University 8 p.m.

Saturday, Nov. 21

Cross Country at NCAA Championships

Swimming and Diving hosts Grace Goblirsch Invite 11 a.m.

Gymnastics hosts Third Annual Alumni Meet 1 p.m.

Women's Hockey hosts Augsburg College 2 p.m.

Women's Basketball hosts UW-River Falls 3 p.m.

Men's Basketball hosts Simpson College 7 p.m.

Men's Hockey at Augsburg College 7 p.m.



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Cross Country crosses finish line strong



A pack of women Cross Country runners fights off exhaustion to the finish. The women placed 11th out of 30 teams at the NCAA Central Region Meet on Nov. 14th. The men placed 6th out of 29 teams.

Emily Knutson
Copy Editor

Both the Gustavus Men's and Women's Cross Country teams competed at the NCAA Central Region Meet on Saturday, Nov. 14 down at Central College in Pella, Iowa. Neither team had individuals qualify for the National Tournament but the race was still a strong finish to both of their seasons.

The men's team placed 6th out of 29 teams. In total, the team amassed 227 points at the meet.

"Our men put it together when it mattered most," Head-Coach of both the men's and women's team Dale Bahr said.

"While we didn't have any outstanding performances, our guys each ran solidly and did so as a team. We beat a lot of those teams that were ahead of us at conference, which was one of our main goals coming into today."

Junior Thomas Knobbe placed 28th with a time of 26:35.5. Senior Paul Nordquist placed 34th with a time of 26:35.7. Both men

earned All-Region honors.

"Our men put it together when it mattered most. While we didn't have any outstanding performances, our guys each ran solidly and did so as a team."

—Coach Dale Bahr

The Women's Cross Country team also had a strong competition, with an overall score of 267 to take 11th out of 30.

Senior Marit Sonnesyn was the top finisher for Gustavus coming in 15th place out of 205 runners. Sonnesyn ran the 6k race in 22:57.4.

"My personal goal for the season was to make it to Nationals. That meant I would have to have a great race at regions. I didn't make nationals, but I'm proud of my performance at regions. I gave it everything I had on Saturday and had a really good race, it just happened to be

a difficult year to qualify as an individual on the women's side. There weren't a lot of strong teams, but there were a lot of strong individuals and they only take 7," Sonnesyn said.

Fellow Senior Lauren Shurson finished the race at 23:39 which resulted in a 41st place finish.

"Personally, I did not have my best race at regions, but I was extremely happy with the team's performance and we placed well. Everyone left all they had on the course, which is all you can do," Shurson said.

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—Lauren Shurson

The women's team was young this year and having strong senior leaders, such as Shurson and Sonnesyn, helped the new

runners develop their abilities.

"Our seniors have certainly led by example with their work ethic and shown the younger ladies the importance of working hard," Bahr said.

Neither Shurson or Sonnesyn are done competing for Gustavus quite yet, although their time as cross country runners for the college are complete.

"I'll remember my time at Gustavus as one that opened new doors for me. As a high school runner, making NCAAs would never have been on my radar. It would have seemed like a completely unattainable goal. Through my time on the Gustavus Cross-Country Team, though, I had a lot of inspiring mentors who believed in me," Sonnesyn said. "I am cross-country ski racing with the Gustavus club this winter and have a lot of high goals in skiing too. I will also be running outdoor track in the spring and I'll be giving it another shot for Nationals. Running and racing won't end after Gustavus for me."

Shurson also feels impacted by her time as a runner for

Gustavus.

"I will remember it dearly. My time at Gustavus has shaped who I am as a person and I wouldn't be the athlete or scholar that I am today without the friendship and experiences I have gained through Gustavus," Shurson said. "Indoor and Outdoor Track is next for me... I've been thinking about racing more half marathons and attempting my first marathon sometime after track is over. I have loved running and racing for a long time and that will not change after my collegiate career is over."

While the graduating seniors will be missed, Coach Bahr and the returning members of the team are already looking forward to next season.

"I'm very excited for our future," Bahr said. "We have an experienced squad now, and just need to continue being smart, training hard and helping our new runners figure out the Gustie way. We have an opportunity to continue building on what we did this year, and I'm already excited to see us achieve that."