

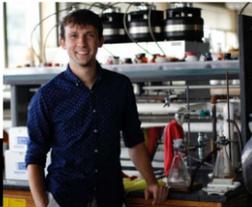
THE GUSTAVIAN WEEKLY

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"Move-in weekend doesn't have to be difficult"



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Becker won't get beat



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Large competition sees fall in enrollment

2020 class drops 50 students to Gustavus average



Submitted

Richard Aune, Dean of Admissions, speaks at the Convocation for new students and families in Christ Chapel.

Caroline Probst
Editor-in-Chief

As the new school year kicks off with a bang, Gustavus welcomes a smaller first-year class size than normal. This is the cause of multiple factors including demographics, the amount of high school seniors graduating and deciding to go to college, and the competition between colleges to recruit prospective students. This, coupled with fewer financial aid resources, have provided many challenges.

Richard Aune, Dean of Admissions said that they normally aim for an incoming class size of around 640-650 students. However, this year, the incoming class includes 589 students.

The smaller enrollment doesn't affect the Admissions office. They still have the same amount of prospective students visiting and taking tours of campus. Furthermore, the amount of summer visits increased this year. This is most likely due to students applying to and visiting more colleges.

The Admissions Office has been changing their tactics toward meeting prospective students. Last year, Gustavus hosted an Admissions event at Target Field and at the Science Museum, hoping to bring Gustavus to the students and increase faculty involvement. Additionally, the Admissions Office has created an alumni scholarship program to help students learn more about Gus-

tavus and re-involve alumni.

"You couldn't have two more transparent people running the Admissions Office and if you have any questions, let us know, we're here to help. If you have ideas to help us let us know since you once went through this process," Aune said.

Fortunately, Brenda Kelly said the college had planned for a smaller freshman class when they drew up the new budget in June and incorporated less money. The Board of Trustees will vote to pass it at their meeting at the end of September.

Gustavus introduced a new way for incoming students to sign-up for their First Term Seminar or opt into the 3 Crowns program.

"Student-faculty collabora-

tion in the MCS department put together a computer algorithm that allowed us to launch that program with our prospective student class," Brenda Kelly said. "They were sent a prospectus that described the Liberal Arts, general education path and the 3 Crowns Curricular education path and it described all of the FTS sections and details about the two courses in 3 Crowns and then students logged into the computer algorithm and basically prioritized their top three or five FTS sections or they were able to opt into 3 Crowns."

Previously, new students who registered later in the Gustie Gear Up week often did not get their first choice of First Term Seminar or make it into the 3

Crowns Curriculum. However, this new algorithm gave each new student the same opportunity to make it into the FTS section they wanted or into the 3 Crowns Curriculum.

"100% of students who filled out the form got into one of their top three choices. Class sizes are staying the same; we try to cap them at 16," Director of First Term Seminar Kate Knutson said. "We did cancel a few sections of FTS. We started the summer with 38 sections and we currently have 33 sections,

'Large competition sees fall in enrollment' continued on page 2

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'Large competition sees fall in enrollment' continued from page 1

so just a few less. Otherwise, the faculty are the same, as is everything else."

About 70% of incoming students used the new algorithm by the time they came for Gustie Gear Up week, and the remaining incoming students worked with admission counselors to find the right section for them or to join the 3 Crowns program if there was space left.

The 3 Crowns Curriculum has showed an increase in popularity this year. 3 Crowns reached

its max capacity of 60 students before June registration.

"We accepted students on a first come, first serve basis, so our preference definitely went to early applicants," said Lori Carson Kelly, Director of the Three Crowns program.

This could potentially be seen as a downside of the algorithm, which otherwise proved successful.

A total of 68 students are in the program with a waiting list of 26 students. Kelly wanted to let as many students in the program as possible, but still keep class sizes small.

"The success of our recruitment efforts this year can be linked to the increased visibility of the program to all students

through the General Education Preference Form." Lori Carson Kelly said.

Ultimately, there are both pros and cons to the smaller enrollment numbers.

"With a smaller enrollment class there will be smaller classes, particularly at the 100 level for all students across campus and small classes always means more individualized attention both in class and in advising-type appointments," Brenda Kelly said.

This is especially helpful for students who chose Gustavus for the attentive leadership from professors and smaller class sizes.

"Maybe the cardio equipment in Lund won't be as full during

key times throughout the day," Brenda Kelly joked.

"With a smaller enrollment class there will be smaller classes, particularly at the 100 level."

—Brenda Kelly

However, a major con with the smaller enrollment is a smaller budget, which has resulted in budget cuts.

"As a tuition driven institution there are budgetary impact with a smaller class size but fortunately this impact was

recognized back in June so a tentative budget was brought to the board in June that anticipated as smaller class." Brenda Kelly said.

Despite the many changes, Brenda Kelly is excited about the incoming class and what they bring to the table.

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New Gusties experience first days on campus

Greeters help acclimate first-year students to the Gustavus community



New students take traditional photos at the Gustavus Adolphus College sign with family on move in day.

Submitted

Quinn Andersen
News Editor

Orientation flew by again, welcoming in this year's new Gusties. Moving in last Friday, taking a classic picture with Gus down at the sign and moving into a weekend full of exciting events.

"I love seeing all the students with their parents, I just love everything about move in day," Director of Campus Activities, Andrea Junson said.

The energy begins to build before students even unload the car, greeters line the streets cheering excitedly as the students arrive.

"Gustavus is my home and I want the first-years that come in to feel like Gustavus is home."

—Emma Myhre

"I feel glad that we're able to ease their nervousness even if it's just for a moment," Senior greeter Liliana Briggs said.

This year's new students attended all of the classic events orientation such as "Can I Kiss You", E Pluribus, and the Reading in Common book discussion. New students also had new options such as Learn to Live sessions, a new resource offered by the Counseling Center,

and continued discussion of the reading in common book discussion in the Diversity Center.

Junso worked closely with the Diversity Center to train this year's Greeters and faculty to facilitate productive conversations about difficult topics addressed in the book.

"We went through a lot of training to have those discussions," Sophomore, Emma Myhre said.

Myhre acknowledges the difficulty discussing the book's themes of institutional racism and oppression, but thinks the conversations can benefit not just the first-year students, but the Gustavus community as a whole.

Junso got a lot of positive feedback from both first-year students and Gustie Greeters on this year's Reading in Common book, "Between the World and Me" by Ta-Nehisi Coates. Similar feedback is expected when speaker Jamelle Bouie comes to campus Sept 16 to talk about the issues explored in "Between the World and Me".

"I was really proud this year of the Reading in Common book," said Junso.

Gustavus tries to help students transition both academically and socially while incorporating all Five Pillars during the Orientation weekend.

The Reading in Common discussion corresponds to academics and excellence. Faith is discussed during the "Faith and Inter-Faith" session, while

E Pluribus addresses community, justice, and service.

Orientation Evaluation results show E Pluribus as the most highly rated event.

Some events, however, are federally mandated to be part of

college orientation, such as "The Buzz" with the Dean of Students Office and "Can I Kiss You".

"We just choose to do them in the most engaging way possible," Junso said.

sible," Junso said.

Student feedback from the Orientation Evaluation tells administration that first-year students pick up on the messages that "Can I Kiss You" presents and they like the way it is presented to them.

Senior greeter, Christine Peterson, says that it can be hard to keep up the energy all weekend, but the opportunity to meet all the first-year students is what has kept her coming back for three years.

"They make me want to be the best Gustie I can, so they want to be that Gustie too," Peterson said.

Peterson loves the opportunity to show the first-years what the Gustavus community is like, but thinks the most important role is to make sure students have met 1 or 2 other people that they feel comfortable with.

"That's my favorite thing about this place [Gustavus], Junso said. "We value community so deeply."

Myhre's favorite part of orientation was teaching the first-years what resources are available on campus and showing them how to make connections, whether it's student to student or student to faculty.

"Gustavus is my home and I want the first-years that come in to feel like Gustavus is home," Myhre said.



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The Gustie Guides are looking for current students (First Years to Seniors) who would like to share their Gustavus experience and help high school students with their college search by:

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Applications due by 4:00pm on Friday, Sept. 23rd

Questions? Contact Josh Owens (jowens3@gustavus.edu) or the Admission Office at 507-933-7676

GUSTIE of the WEEK

Sean O'Connell

Brady Lass
Variety Editor

As the school year starts, a number of social fraternities and sororities are preparing for fall recruitment, welcoming those who want to "Go Greek." Fraternities and sororities allow students to gain skills in management, take part in a number of social activities, and potentially make friends that can last a lifetime, while promoting the values of leadership, scholarship, and service. If one were looking for a man who personified the experiences and values gained through joining a fraternity, few would look no further than the Inter-Greek Senate Co-President Sean O'Connell.

Sean is a Senior Chemistry major with a Computer Science minor from St. Peter. He's participated in Track and Field and joined Sigma Alpha Epsilon when he was a sophomore. Prior to this, he chose to come to Gustavus because he believed it would be the right place for him.

"I love the small community and being able to get to know

each of your professors personally," Sean said. "I love the amount of opportunities that this place provides to its students, and I think the campus is just downright beautiful."

Sean's been active with his Chemistry major both in and out of Gustavus. He was a lab tech during one summer, where he did a lot of quality control tests and analytical work, and he's done research with Dr. Brian O'Brien. He had a strong idea chemistry would be his primary focus going into college.

"A hard worker, a true scholar, an athlete, a leader, a steadfast friend—he truly represents what makes me proud to be a part of our chapter."

—Will Riihiluoma

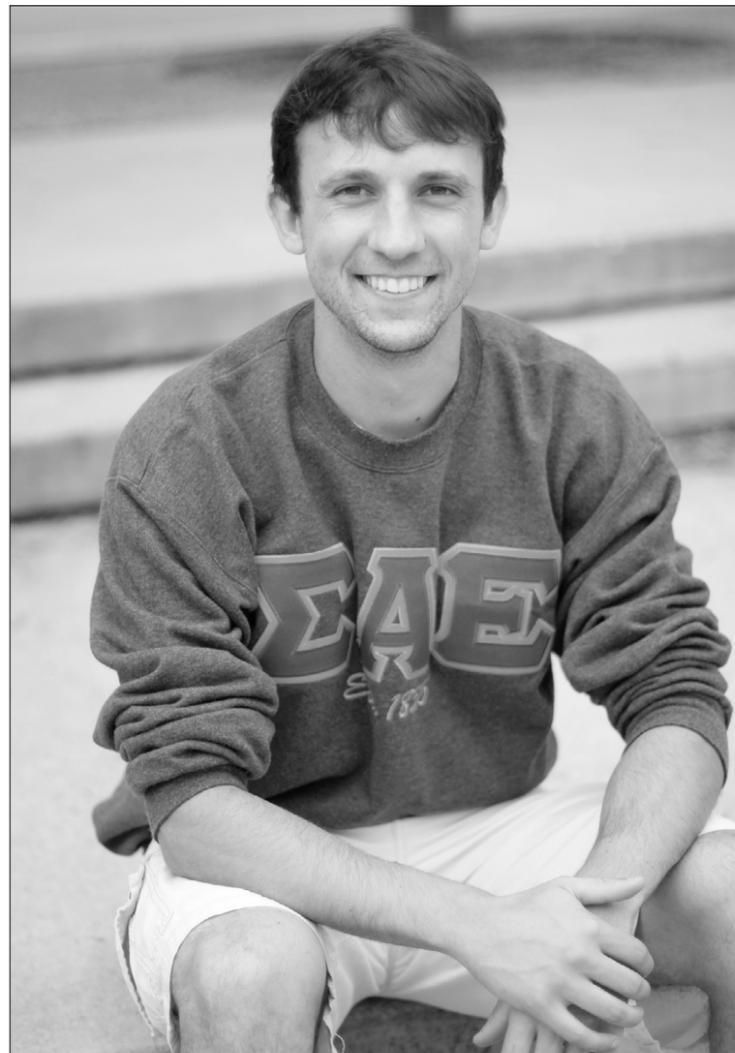
"I've had an interest in chemistry since high school," Sean said. "I've always found it interesting and fun to be in the lab.

Getting to see different reactions take place and then trying to figure out why it is happening the way it is, and then seeing if we can improve upon that. I see it as one giant puzzle waiting to be solved, and I enjoy that. I chose Comp. Sci. as a minor because of similar reasons. But it also happens to work well with my Chemistry major. Best of both worlds if you ask me!"

Sean's passion for chemistry has been observed by many, including his advisor, Chemistry Professor Scott Bur.

"Sean is always excited about whatever he's doing; it's an enthusiasm that's infectious," Professor Bur said. "I've never seen Sean without a smile. Even when I've seen him under a lot of stress, he smiles and laughs. He's also very curious; he's often in my office asking me about something he's just read about."

After spending some time with the Greek community, Sean chose to join Sigma Alpha Epsilon. Since then he's held a number of important positions in the chapter, including Social Chair and Vice-President. Currently he's taken on the crucial role of the Co-President of the



Caroline Probst

Much of Sean's time at Gustavus is defined by his involvement with SAE.

Inter-Greek Senate (IGS).

"I serve as Co-President of IGS alongside Kate Zitzmann," Sean said. "Our duties as Co-Presidents are to run our IGS executive board meetings as well as our President's meetings which each chapter is present at. We also meet regularly with our separate chairs on the executive board to help plan events and to act as an outlet if they need help

with the event planning. We also communicate any changes or upcoming events to the Presidents of each chapter as well as the entire Greek Community."

Throughout all his activities and accomplishments at Gustavus, Sean will remember his time at Sigma Alpha Epsilon the most fondly.

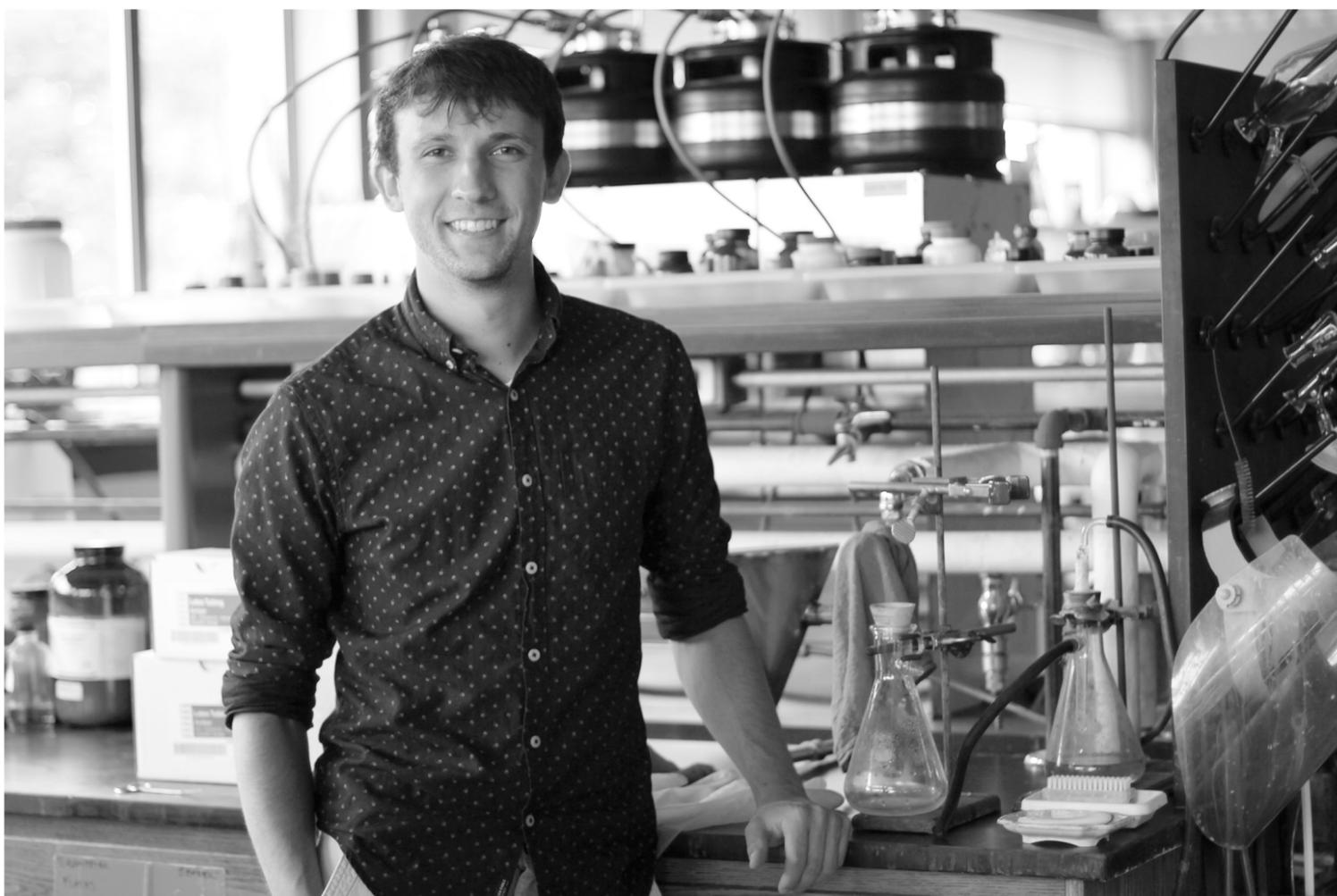
"Being a part of Greek life in general has made some of my favorite moments here," Sean said. "There are too many great memories and friends that I have made throughout my time in Greek life for me to pick just one. I got to meet new faces and try new things that I might not have had the chance to do before!"

His contributions to the Greek Community have been well-received by the Eminent Archon of Sigma Alpha Epsilon, and former Gustie of the Week, Senior Will Riihiluoma.

"Sean is a man who embodies much of what makes Greek life at Gustavus great. A hard worker, a true scholar, an athlete, a leader, a steadfast friend—he truly represents what makes me proud to be a part of our chapter, a part of our Greek system, and a part of the greater Gustavus community," Will said.

As his time at Gustavus comes to a close, Sean can be expected to look toward the future with a smile on his face.

"As Sean has taken more classes and been exposed to new fields of study, he has taken decisions about what he wants to do after Gustavus very seriously. Now that he's set his course, I expect he will chase his future with both the seriousness and the enthusiasm that he's brought to everything else I've seen," Professor Bur said.



Sean brings his infectious enthusiasm to the laboratory.

Caroline Probst

Tales from Abroad

Carl Cusack
Guest Writer

Selamat Pagi! This past spring semester, ten Gusties, including myself, were met with this Malay morning greeting as part of our Semester in Malaysia: Living Diversity study abroad program. No matter where you go in Malaysia, locals will greet you with the warmth typically reserved only for morning greetings. Hospitality is Malaysia's specialty, as is food. I had the good fortune to eat a lot of food from a lot of different culinary traditions. Mornings were filled with multiple breakfasts of *nasi lemak* or *roti chanai* washed down with *sweet kopi o* and *teh tarik*, followed by lunches of chicken rice or *hokkien mee*, with a late-night dinner of delicious *palak paneer* to end the day.

Apart from delicious food, I had the opportunity to meet many fantastic people whom

we Gusties will never forget. The International Center at Universiti Sains Malaysia was filled with many wonderful people who helped us with every problem that came our way, from visas to cultural misunderstandings. I loved our "International buddies", students who volunteered through the International Center to help us find our way around campus and navigate the complex Malaysian sociopolitical and cultural structures.

Beyond campus, we learned about the Malaysian sociopolitical and cultural landscape from locals we met during class field trips to places such as Malacca, a center of trading since the 1500s, Kuala Lumpur, the nation's capital and major metropolis, and Georgetown, a former British colonial port. We also had a direct immersion into Malay culture during our homestay in the sleepy *kampong* (village) of Kota Aur.

A key part of the Malaysian culture I learned, was Islam. I



Malaysia offered a lot of cultural insight to Carl Cusack.

Submitted

didn't expect that my time in a nation, where a significant majority of the population follows Islam, would provide all the answers to my questions about Islam. However, funny enough, I ended up leaving Malaysia with more questions about Islam than I arrived with. I learned how to become at peace with these questions and with the contradictions of Malaysian life.

Gusties studied the history,

language, religions, sociology, politics, and literature of Malaysia. We saw temples, mosques, clan houses, *pasar malams* (night markets), tropical islands, sultanate palaces, mountains, rainforests, beaches, estuaries, and mangroves. Malaysia offered us a lot to absorb, and I swung from overstimulation to complete comfort with all of the experiences that Malaysia offered to us throughout the arc of our trip. I found it difficult

not to be humbled on a daily basis by the experience of being an international student. Living in a place without speaking the same language, practicing the same faith, and understanding the same, subtle cultural cues as others around you challenged my views on my nationality and my identity.

Summer 2016 Films: The Good, Bad, and Underrated

Brady Lass
Variety Editor

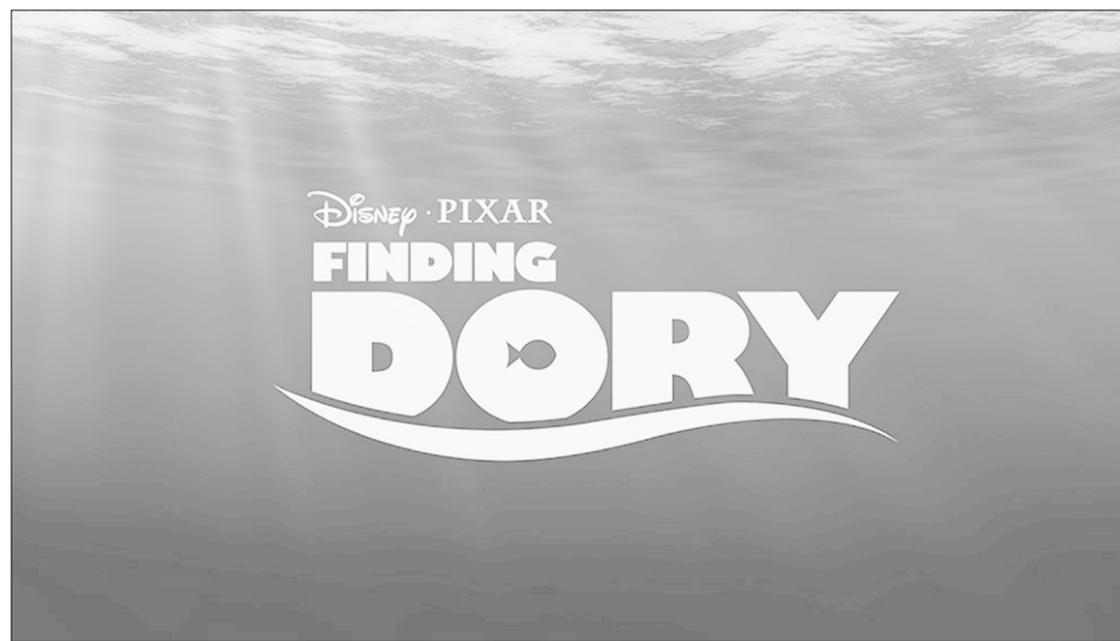
The summer of 2016 brought us what we've come to expect of Hollywood at this point. There's plenty of sequels, reboots, remakes, superheroes, and animated outings to go around this year. It's time once again to see which flicks reigned supreme, which blockbusters busted, and what gems remained hidden.

Disney already had a remarkable year with the box office and critics leading up to June, and continued their success with the release of *Finding Dory*, the long-awaited sequel to 2003's *Finding Nemo*, to critical praise and the top spot at the summer box-office.

The story takes place shortly after *Finding Nemo*, and as the title suggests, focuses on Ellen DeGeneres' lovable amnesiac fish counterpart, Dory, who journeys to a California public aquarium in a quest to find her parents and remember her past with her friends, Marlin and Nemo, while encountering many new faces along the way.

While not as good as the predecessor, it still hits the mark in a number of areas. The voice work is solid, the animation continues to show why Pixar's the king of CGI, the new characters are creative and filled with personality, and it has a warm and thought-provoking focus on those with disabilities.

It still had a few faults, like how Marlin and Nemo felt like they had had little impact on the



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Pixar's *Finding Dory* offers a whale of a time for Disney fans of all ages.

plot, and how some characters could have been fleshed out more. Otherwise, *Finding Dory* is a solid family flick that's a good show for all ages.

Of course, summer was also filled with plenty of misfires. Few felt the amount of disappointment a number of fans felt after watching Warner Bros' *Suicide Squad*.

In the film, Government official Amanda Waller puts together Task Force X, a group of imprisoned supervillains in the DC Universe. The group is comprised of the likes of the assassin-for-hire Deadshot, and the Joker's girlfriend Harley Quinn among others. Their team is tasked to perform

dangerous black ops missions involving superhuman threats.

This film had the potential to improve upon the DC Extended Universe, yet the most common praise amongst the critics and fans was "At least it wasn't as bad as *Batman v. Superman*." It showed some good ideas with certain characters and some decent acting. Unfortunately, the movie is held back thanks to muddled directing from David Ayer, choosing quantity over quality when it came to characters, and a plot that doesn't utilize the Squad's full potential.

The most controversial aspect was the use of Jared Leto's Joker. The iconic Batman villain was teased to be a monumental part

of the film, but in the finished product, Leto gets less than eight minutes of screen time and contributes almost nothing of significance to the plot.

While the final product still made a lot of money from both moviegoers and Hot Topic enthusiasts, it wasn't the comeback DC was hoping for. *Suicide Squad* may not have killed the DC extended universe, but the film has hurt it really, really badly.

With companies like Disney, Dreamworks, and Universal competing in the CGI animation department, it's easy to overlook what companies like Laika are capable of. Laika's been responsible for a couple

of critically acclaimed but underappreciated stop-motion classics in the last decade. They once again prove their worth with their latest release, *Kubo and the Two Strings*.

The story takes place in ancient Japan, where a young boy named Kubo lives in a cave to avoid detection from his evil aunts and grandfather. The plot follows his journey as he is accompanied by a talking monkey and beetle samurai to stop the Moon King from wreaking havoc on his life.

The film is beautifully animated and raises the bar higher for the genre, taking advantage of recent developments in stop-motion techniques and technology, as well as the Japanese setting, creating a great sense of personality within the characters through a combination of their designs and emotions, despite having several limits already placed.

While the story does follow the basic "hero's journey" tropes, there's plenty of memorability in the characters themselves, the action set pieces, and the intense atmosphere. Don't let some of the cute designs fool you, the film does not hold back when it wants to and can get considerably dark.

It's films like Kubo that prove that children's films can be just as smart and emotional as movies supposedly meant for adults, sometimes even more so. If they keep this up, Laika might become known as the Miyazaki of stop-motion.

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Photos By: Caroline Probst

Inmates also include: Glenn Kranking, adviser, Josie Mazzone, copy editor and Evan Jakes, distribution manager

Gustavus finally leap towards equal opportunity

Katie Allen

Opinion Columnist

149. That's how many more varsity spots are open to men than women at Gustavus.

149 more opportunities to compete at varsity level college athletics, despite the fact that the student body is about 54 percent female and 46 percent male.

According to a report from the U.S. Department of Education, Gustavus had 411 male varsity athletes in the 2014-15 school year and only 262 female varsity athletes.

That means that 62 percent of all varsity athletes at Gustavus are male and only 38 percent are female.

Looking at these numbers it is obvious there is a disparity occurring.

This inequity brings to mind a rather infamous portion of the Education Amendments of 1972, Title IX.

*From where I stand,
Gustavus is not
currently meeting the
requirements for any
of the three parts.*

Title IX was enacted to ensure that no educational program receiving federal financial assistance would discriminate or deny participation to an individual based on sex.

Title IX has many applications, one of which is to ensure that women receive equal opportunity in sports.

To determine compliance there is a three-part test. Institutions receiving federal funding (such as Gustavus) must meet at least one part to achieve compliance.

Part one requires that participation opportunities for men and women be "substantially proportionate" to their respective undergraduate enrollment.

Part two requires an institution to demonstrate a continual expansion of athletic opportunities for the underrepresented sex, in this case female. This is achieved by proving a history and continued practice of program expansion.

Part three requires an institution to accommodate the interests and abilities of the underrepresented sex, even when there are disproportionately fewer females than males participating in sports.

From where I stand, Gustavus is not currently meeting the requirements for any of the three parts. As mentioned in the first paragraph, opportunities for men and women are not substantially proportionate at Gustavus.

There are proportionally more men competing in sports than women. Thus Gustavus does not pass part one.

Gustavus also does not have a history of expanding women's athletics.

In the past, Gustavus has tried to cut the women's varsity gymnastics team and in 2014 did succeed in cutting the women's varsity nordic ski team.

Thus Gustavus does not pass part two. Finally, in my opinion, Gustavus does not accommodate the interests and abilities of female athletes at Gustavus.

For example, when the women's varsity nordic ski team was cut, Gustavus took away the opportunity for the current members of the team, and any potential future members, to compete at a varsity level in nordic skiing at Gustavus.

They could no longer ski in any conference races, compete at Regionals or qualify for Nationals.

Gustavus cut this team despite the fact that Minnesota has one of the largest high school leagues for nordic skiing in the country and despite the fact that there were many girls on campus interested in competing.

There was interest and ability, and yet the team was still demoted to a club, leaving the members unable to compete at the varsity level.

On the other side of the scale, the men's varsity sports on campus have more spots available than ever.

The football team has over 100 members, the men's hockey team has over 60 members (2.5 times as many members as the women's hockey team), and the men's soccer team has around 45 members (double the women's team).

If it seems like there is something wrong here, it's because there is.

Reduce the men's soccer team to the same size as the women's team and about \$30,000 is freed up, \$1,300 per player, enough to reinstate and fund the women's nordic ski team or invest in adding an additional varsity team for women, such as lacrosse.

And that's just from shifting the funds over from one men's team.

Redistributing funding more equitably between men's and women's varsity programs would be a relatively simple way for Gustavus to create more varsity athletic opportunities for women and work towards compliance with Title IX.

In the same vein, Gustavus could alternatively increase funding for women's programs and raise their varsity openings and offerings to reflect those of the men's programs. Either way, what you spend your money on is indicative of your values and Gustavus should equally value both men's and women's sports.

If we don't have this equity, it becomes much harder to encourage and provide enough opportunities for women to compete in higher level sports. Opportunity breeds interest.

It's easy to sit back and claim that women just aren't as interested in competing in sports as men, but if you never provide the chance how do you know?

Women's sports are more popular than ever and that in-



One of the first Title IV teams at running and track practice.

Creative Commons

crease in participation should be reflected in the opportunities offered by college athletics.

Take a look at what happened in Rio this summer. . .

The 2016 Rio Olympics saw the most women competitors in the history of the Games, 45% of all participants were female.

When women were first allowed to compete in the Olympics in 1900, they only made up 2.2 percent of all competitors.

Not only are women's sports more popular than ever, they are also more successful than ever.

The U.S. women won 27 of the 46 American gold medals, more than the U.S. men or China.

In fact, if the U.S. women were to stand alone as their own country, they would have tied Britain for the most gold medals.

These women athletes would likely not have reached the success they did or even made it to the Olympics at all if they hadn't had the opportunity to compete at lower level athletics, such as college varsity.

Varsity athletics foster confidence, strong values, drive, leadership, and many other skills vital for success.

These opportunities should not be limited or placed out of reach because of a person's sex.

Women deserve the same chance as men to participate in and benefit from varsity athletics, and Gustavus should make it a part of their mission to actively and equitably expand and promote such programs for women.

Perfection and exact equality is likely an unrealistic expectation, but we can strive for fairness and as a community decide not to act based on bias.

Working towards compliance with Title IX might not be the perfect solution to this issue, but it's a pretty darn good place to start.

The Good, the Bad, and the Meh



Back at GAC means being a quick walk away from all of your friends, and of course the caf.



The first week of classes is usually lighter on the homework which means lighter on the coffee intake needed to function.



Waking up at 7:00 a.m. was easier to do for work this summer than it is for your classes this semester, probably because you aren't getting paid.

Everyone deserves a safe space



Emma Schmidtke
Opinion Columnist

Fall is in the air. Friends and family are moving their loved ones into cozy dorm rooms and apartments.

Students are marching off to classes, excited about learning, or eager to see if that one cutie will be sitting across from them the whole semester.

The leaves are changing. Love and friendship are blooming.

And the debate over trigger warnings and safe spaces is kicking up its usual Internet dust storm.

The University of Chicago caused controversy this year by issuing a letter to its Class of 2020 saying that the school does not support “so-called trigger warnings” or “intellectual safe spaces”.

The school cited its tradition of free expression and opposition to censorship as its reasoning, implying that trigger warnings inhibit rigorous debate and creative inquiry.

Some saw the letter as insensitive and misguided.

Others view the letter as a



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University of Chicago is a beautiful campus with plenty of room for a “safe” space.

bold declaration against censorship and a push for necessary, if uncomfortable, exchange of ideas.

Whatever the letter’s actual intent or results maybe, the University of Chicago has shown a harmful yet common misunderstanding of what trigger warnings and safe spaces actually are.

Safe spaces are not an invention of the “politically correct” Internet-driven generation.

Safe spaces on college campuses reach back as far as the 1960s.

If you know a thing or two about the political turmoil of the 60s, you will recall that being an activist in the public sphere

often put one at risk of serious violence.

Safe spaces were both physical and intellectual places where minorities and their supporters could organize and develop their viewpoints separated from the racism, sexism, classism, and homophobia of the general public.

From their very conception, safe spaces have not been about suppressing free speech.

They have made free speech possible.

Today, safe spaces are public areas with some expectation of privacy, where those with marginalized identities can retreat from those who persecute them.

This can be an office, a dorm

room, or a center.

These spaces are not barred from all forms of disagreement, but offer members of a discriminated group to debate without interference of those who wish them at best silence and at worst violence.

With all the discussion and conflict surrounding race, gender, and sexuality in our world today, safe spaces are still need on college campuses.

Trigger warnings are perhaps even more controversial and misunderstood than safe spaces.

So let us break down the term. To trigger is to incite, intentionally or unintentionally, severe emotional distress or aggravate past trauma in someone’s life.

Triggers are most often associated with people living with PTSD, epilepsy, or major anxiety and depressive disorders.

A trigger is not a subject that merely makes someone uncomfortable, as people so often assume.

Triggers are not to be exaggerated.

They are only to be assigned to situations where someone with prior issues is in danger of emotional harm.

For example, images of self-harm can trigger someone with a history of suicide idealization to harm themselves or graphic depictions of sexual assault can induce flashbacks in survivors of sexual abuse.

Triggers do not apply to the general population, but instead specific groups with specific experiences.

Now, what is meant by the “warning” part of trigger warnings?

A warning is not a form of

censorship.

Just because a subject may trigger a student in a class does not mean a professor cannot teach on that subject.

The professor’s responsibility is to provide notification of possible triggers before the subject is taught.

The students then have the power to decide whether or not they individually can handle the subject.

They then have the chance to mentally prepare themselves for a subject they are sensitive to or may choose to opt out of that class period.

Trigger warnings do not stop professors or students from discussing controversial subjects.

They ensure that students of all experiences and backgrounds can feel safe going to class and learning on campus.

In the coming semesters, Gustavus will undoubtedly have to deal with its own debates over trigger warnings and safe spaces.

I urge Gusties not to assume or take the matter to extremes.

Consider that your fellow classmates are not being oversensitive or bulking at any amount of discomfort.

Proceed with the knowledge that everyone around you has their own issues and struggles.

If a trigger warning does not apply to you, great, but do not tell someone else what they should or should not be able to handle.

Trigger warnings and safe spaces do not censor or oppress, but allow for all people to safely learn and develop their ideas on campus.

Move-in weekend doesn’t have to be difficult



Daniel McCrackin
Opinion Columnist

Car upon car line the streets of St. Peter and Gustavus as move-in day commences and the fall semester of 2016 gets underway.

For many students, however, this is a period of great stress.

The reason for this being they have one day to move in and get settled in their new dorms and apartments before the rigor of class work begins.

The first-years are lucky with orientation weekend, which allows them to learn the ins and outs of their new dorm rooms

and gives them the freedom and free time to drive or walk to St. Peter in order to acquire any missing essentials.

For the upperclassmen it is a little more difficult, and they may not get enough time to fully adapt to their new living quarters before the schedules, classes, labs, and homework take over and fill up their time.

This situation makes it difficult for the people who move in on Labor Day to get swiftly readjusted to their living situation.

Emotionally, this can also be a trying situation for students, as they leave the warm comforts of home for the educational bastion of Gustavus.

An adjustment period that allows them to find and reacquaint themselves with their college friends would also be beneficial and healthier once classes actually began.

It is even possible that such a shift would improve morale and grades in the opening weeks of the fall semester, improving the school’s overall grade point average.

The issue that arises is how to move everyone in early enough



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The traditional Gustavus Adolphus College sign, with Old Main in the background.

to get reasonably adjusted to their surroundings before beginning the school year while also not interfering with the first-year orientation activities.

Some would say to simply push everything back a week, allowing the first years to arrive almost a full week and a half before classes start.

However this also has its problems.

An argument can be made that having a week of completely unstructured activities will lead to general rambunctiousness and a superfluous amount

of partying across campus.

So what is the solution?

A simple way to approach it may be to allow the upperclassmen to move in at the same time as the first-years.

While this presents its own challenges, and may seem a little overwhelming to the first-years at first, it has the most benefits for either party as it is unlikely any upperclassmen will interfere with the orientation week activities.

The campus could also attempt to sponsor a Welcome Back Week, with activities

around campus for the upperclassmen to attend in order to help them get reacquainted to the college environment, and keep them task oriented and doing positive things.

Activities like an internship fair to help juniors and seniors find an internship for credit in the fall, or the various academic departments setting up structured lunches or events in the arboretum, are examples of welcome back events that could be done.

Move-in day is a wonderful tradition, one that has an extraordinary amount of energy as students return to school recharged and rested from their summers in order to further their education.

It’s filled with excitement, but also a sense of nervousness and trembling students who are diving directly into academic ordeals when they are so minimally set-up and less-than-comfortable within their living quarters.

It is a heady time for sure, but one that would be best pushed back a little further, so that students could feel more comfortable in their academic and social

BENEATH THE CROWN



What is one of your biggest passions?

“One of my biggest passions...can I say eating? I love cooking, I do it with my mom all of the time. I’m passionate about food in general: I love to cook, I love to be cooked for, with my family, for my family.

My sister and I always bake together, and that’s always fun for me. Food kind of ties in with a bigger passion though: total wellness of the mind and body.”

Have your passions influenced your career?

“Yeah, absolutely! I’m actually a fitness instructor here on campus. I have a Tabata class that I instruct with my roommate. We did it all last year, and we’re doing it again this year and that was, and still is, tons of fun for us.

I also worked out at a studio for all of summer this year, and I picked up some additional exercises there. I also learned how to do yoga, which was huge for me. And that sort of stuff is what I want to do with my life: I want to run a studio. I specifically want it to focus on both physical and mental wellness.”



Lydia Kennedy

Cameron MacDonald

What advice would you give to someone taking steps to better their wellness?

“Be kind to yourself. Be patient with yourself. I think one of the most common and defeating misconception is that you’ll see results overnight, especially with mental wellness.

This summer, I started out pretty solid and went 6 days a week; now I have a

much more positive view of myself, and much less nervous view of my life after college because I was patient and kind to myself.

I learned to appreciate what my body could do for me instead of taking it for granted. I began to appreciate even the simple things, like being able to get out of bed in the morning and drive my own car.

Our bodies and minds are incredible

things, and if you take the time to appreciate and exercise them, you can do great things.”

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

Sudoku

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2.

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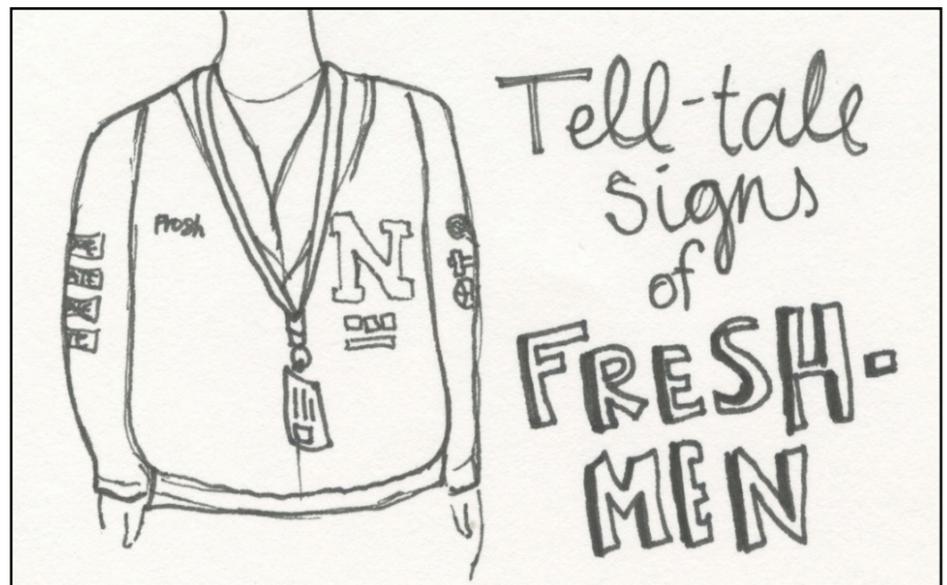
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Comic



Katelyn Holman

YOUR COMIC HERE

We’re always open to new comic talent! Send us a sample of your work at weekly@gac.edu! Political, humor, anything!

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

Becker won't be beat

Women's Soccer undefeated through three games



Gustavus Sports Information

Sophomore Goalkeeper Ashley Becker is coming off a stellar first-year campaign that earned her the MIAC Rookie-of-the-year award and has yet to be scored on in the first three games of the 2016 Season. The Gusties are undefeated thus far, with a record of 2-0-1. (Also pictured: Junior Captain Sophie Leininger.)

Tanner Sparrow
Sports & Fitness Editor

Women's Soccer opened their season with a pair of wins over Nebraska-Wesleyan and UW-Lacrosse, and tied their third contest against UW-River Falls on Wednesday to remain undefeated through three games. While an undefeated 2-0-1 record marks their best start since 2009, what's more impressive is that opponent has yet been able to find the goal.

"Our team goals are to continue to keep evolving the program, to continue to play at a high tempo, to win the MIAC again and to make it further in the NCAA tournament."

—Kylie Lamberty

This is largely the work of Sophomore Goalkeeper Ashley Becker, who was the recipient of the MIAC Rookie-of-the-Year award last season. This year Becker has picked up where she left off, with her three shutouts and eighteen saves through three games enough to earn her a nod as MIAC Player-of-the-Week.

"Ashley is absolutely outstanding, she was all-conference and all-region first team last season, and is already MIAC

Player-of-the-Week this season, which is a testament to her hard work. She is an amazing leader for us. Everyone is confident when we have her back there," Sophomore Kylie Lamberty said.

Becker's shutout trifecta has upped the sophomore's career shutout count to a whopping fourteen.

"She's a great force back there and is always super consistent...It gives our team a lot of confidence moving forward. If we do have breakdowns, we have someone back there that's going to step up in those moments. After she makes some of those big saves, we kind of feed off of it and it helps us out a lot," Head Coach Laura Burnett-Kurie said.

Through three games Becker has proved an invaluable asset, but the fate of the Gusties season heavily relies on the rest of the team. Juniors Josie Mazzone and Hannah Sturtz have both netted goals this season, along with Sophomore Chase Miller. Senior Madison Ackiss is coming off of an All-Region season and has brought veteran leadership along with her talent this season. Senior Captains Jana Elliot and Coursey Edwards have stepped into leadership roles as well. Junior Captain Sophie Leininger is an All-Conference returner for the Gusties, who has been very solid through three games. Junior Captain Emily Odermatt has also looked very good on defense.

As a team, the Gusties are looking to not only repeat last year's success, but to make it

even farther than last year's impressive postseason run.

"Our team goals are to continue to keep evolving the program, to continue to play at a high tempo, to win the MIAC again and to make it further in the NCAA tournament," Lamberty said.



Gustavus Sports Information

Kylie Lamberty.

The whole team has a chip on their shoulders to prove that last year wasn't a fluke.

"We want to continue to show that we deserve to be recognized in the MIAC and show that last year wasn't just a one-year thing. We have a vision for the program and every year we are looking to achieve that. It's a balance between demanding excellence from our players on the field, in their extracurricular activities, and in the classroom," Coach Burnett-Kurie said.

Although the Gusties returned most of their team, the

league views them in a new light now. They are no longer Cinderella.

"Our biggest challenge is now coming into the season as the MIAC Champions, we have a target on our back and everyone is looking to play their very best against us," Lamberty said.

In order to achieve their goals, the team knows they have to stick together.

"Everyone really needs to buy into their roles, we have to continue to work as hard as possible and ride the highs and lows of the season together as one," Lamberty said.

The Gusties know talent is nothing without team chemistry, but they feel that they are gifted with both.

"Team chemistry is so important to all of us. I know we are always there to support each other and if we didn't have the close bonds we do I don't think we would perform as well. We are constantly talking in our group chat and finding ways to hang out. We have team bonding every Friday night and eat our meals together most every day. It's great to have such great seniors and captains that keep us close," Lamberty said.

If Becker's stud season, the team chemistry, and hard work all continue, the Gusties will prove a force to be reckoned with. Their next game is at 4 p.m. on Friday, Sept. 9 when Crown College comes to town.

SPORTS SCHEDULE

Friday, Sept. 9

Volleyball vs. Cornell College (Loras College Tournament) 3 p.m.

Women's Soccer hosts Crown College 4 p.m.

Volleyball vs. Carthage College (Loras College Tournament) 5 p.m.

Saturday, Sept. 10

Women's Cross Country hosts Gustie Invite/Alumni Meet 10 a.m.

Men's Cross Country hosts Gustie Invite/Alumni Meet 10:45 a.m.

Volleyball vs. Wartburg (Loras College Tournament) 11 a.m.

Football hosts UW-River Falls 1 p.m.

Volleyball vs. Loras (Loras College Tournament) 1 p.m.

Men's Soccer at St. Mary's (MD) 2 p.m.

Sunday, Sept. 11
Men's Golf at Eau Claire Invitational All Day

Women's Golf at Eau Claire Invitational All Day

Monday, Sept. 12
Men's Golf at Eau Claire Invitational All Day

Women's Golf at Eau Claire Invitational All Day

Gustie Football kicks off 100th year

Century season begins with win in Missouri



Gustavus Sports Information

Senior George Buchner Celebrates last-year's win against Concordia-Moorhead with teammates. Leadership from seniors such as Buchner and captains Tyler Jakes, Zack Martinez, Jake Schmitz and Joe Theiler will be key as the Gusties attempt to improve on last year's success.

Michael O'Neil
Staff Writer

Last weekend, the Gustie football team began its 100th season with a seven and a half hour roadtrip to Fulton, Missouri. The trip was well worth it as the Gusties delivered on a decisive 35-6 victory over Westminster College.

Great performances from Sophomore quarterback Michael Veldman and Senior running back Luke Martinez set the tone for the Gusties.

"We're a young team and continuing to find our identity. Certainly Saturday was a great start."

—Head Coach Haugen

This was a big game for both players as it was Veldman's first start for the Gusties, and Martinez's first game after missing last season with an injury.

Veldman led the way, con-

necting on 21-25 passes and a touchdown, while adding a 6-yard rushing touchdown before fellow sophomore Sam Archer took over in the fourth quarter.

"He was efficient and made good decisions with the ball," Head Coach Peter Haugen said regarding Veldman's debut.

Veldman's good decisions proved to be a highlight in the game.

"That's the big thing. He passed well in terms of his accuracy and our receivers went out and made some big plays behind him," Haugen said.

Veldman is a transfer student from Division 1 North Dakota State University and is stepping right into the role of starting quarterback for the Gusties. There is no doubt that he is the right man for the job after a strong first appearance under center.

Senior running back Luke Martinez also had himself a game, rushing for 129 yards and 3 touchdowns on 21 carries.

Martinez missed all of last season with a broken collarbone, and was eager to hit the



Gustavus Sports Information

Sophomore quarterback Michael Veldman.

field again for his senior season.

Coach Haugen had nothing but good things to say about Martinez' play in his first game back.

"It looked like he was his old self. He's a physical runner at the point of attack and he got better as the game went along. He's a physical, punishing runner and did a nice job today,"

Haugen said.

Strong performances from Senior Safety Sergio De Pablos Velez and Senior Linebacker Iker Ortiz-Hidalgo anchored the defense for the Gusties. De Pablos Velez recorded a key interception in the redzone, and Ortiz-Hidalgo recorded 4 solo tackles, two of them for loss.

The Gusties are coming off a strong season last year, finishing with an overall record of 7-3 (5-3 MIAC) and a 3rd place finish in the Minnesota Intercollegiate Athletic Conference. That was the most wins in a season for Gustavus football since 2001, and third place was their best finish in the MIAC since 2002.

They'll be looking for continued production on offense from Veldman and Martinez, while relying on a solid defense and leadership from senior captains linebacker Zack Martinez, linebacker Tyler Jakes, guard Joe Theiler, and offensive tackle Jake Schmitz.

The 100th season is a big milestone for the program and Coach Haugen seems to be optimistic about the season ahead.

"We're a young team and



Gustavus Sports Information

Senior running back Luke Martinez.

continuing to find our identity. We just need to keep improving from week to week. Certainly [Saturday] was a great start, but we're going to have to clean things up for sure," Coach Haugen said.

This Saturday, the Gusties have a chance to do just that; they take on UW-River Falls in their home opener at Hollingsworth Field at 1 pm.