

# The impact of TV relationships

Emily Pratt

Opinion Columnist

When someone asks for examples of iconic fictional couples, there are a few which come to mind.

Han Solo and Princess Leia are probably towards the top of the list, with Ron Weasley and Hermione Granger not far behind.

All four of these characters are as strong-willed as they are independent.

Both couples respect and love one another for who they are, even if their respective relationships didn't begin with that level of understanding.

Unfortunately, a handful of showrunners for popular T.V. shows don't understand what makes a relationship healthy, and that certain characteristics in a partner must be avoided.

If a show is built around a character who struggles through an abusive relationship, then it is expected the writers address it as such.

Most of the examples that follow do not explicitly demonstrate physical abuse, a likely reason the showrunners and writers did not recognize these relationships were unhealthy.

Few toxic relationships stem directly from physical abuse, but rather begin with emotional abuse.

Seemingly small actions, like listening when another individual says "no" to advances, respecting the other person's personal boundaries until consent is given, and listening to the other person's concerns, are all telltale signs of a healthy relationship.

**If a show is built around a character who struggles through an abusive relationship, then it is expected that writers address it as such.**

Captain Hook, from ABC's hit show *Once Upon a Time*, violated all three of the above in his quest to win lead female Emma Swan's affections.

For those unfamiliar with the show, the Captain Hook on *Once Upon a Time* appears vastly different from the classic Disney villain, boasting a youthful, yet rugged, physique appealing to an audience of all ages.

His good looks and 'bad boy' attitude aided immensely to the popularity of his character and his relationship with Emma, allowing him a much longer stay on the show than the showrunners originally intended.

Would the audience have reacted differently if Hook looked more like his Disney counterpart?

The answer is most likely yes. Their initial meeting, during which they attempted to kill

each other, resulted in Hook pinning Emma on her back and taunting "normally I prefer to do other, more enjoyable activities with a woman on her back."

Had he been framed in a more villainous light, his behavior would not only be viewed as disgusting and crass, but a distinct example of disrespect for members of the opposite sex.

One would hope this behavior would change with the writers' attempt to redeem him, but nearly two seasons later Hook confronts Emma in the hopes of talking with her and when she clearly shows disinterest, he follows her and physically prevents her from leaving.

This action is made worse through his use of his hook, a formerly established deadly weapon, to grab her arm.

His blatant disrespect for Emma's feelings is highlighted multiple times when they're onscreen together, most recently during the previous season when she confronts Hook for lying to her and her family.

**Fictional worlds and relationships continue to be an important influence on the way people view the real world, particularly for young audiences.**

Instead of any apology, he complains, "this isn't about you, it's about me."

It's only through Emma and her family's quick forgiveness of such behavior, that provides

the showrunners the ability to fabricate a happy couple for Emma and Hook's wedding several episodes later.

Hook and Emma's relationship thrives through the same abuse presented in season 2 of the CW series *Supergirl*, another show following the story of a strong female lead, overtaken by a manipulative man who partakes in a questionable "redemption" story.

Mon-El, an alien like *Supergirl*, was a slave owner who publicly stated how much easier

life was for him when he "objectified women and didn't care about anyone."

He blames his problems on *Supergirl*, and chooses to be a hero to impress her rather than out of genuine goodness.

Mon-El is given multiple opportunities to redeem himself, but he takes the time to save himself rather than his people, and constantly questions *Supergirl*'s motives as a hero.

Melissa Benoist, the actress who plays *Supergirl*, has avoided questions about her onscreen

relationship, and is visibly uncomfortable with the corner her character has been written into.

Fictional worlds and relationships continue to be an important influence on the way people view the real world, particularly for young audiences.

The sooner these screenwriters realize what kind of message they are sending to the world's young population, the easier it will be for young men and women to notice the signs of an unhealthy relationship and avoid them.



Captain Hook (Colin O'Donoghue) and Emma Swan (Jennifer Morrison).

## The Good, the Bad, and the Meh

Your social life exists again!  
Huzzah!



Its cool to hear about all our syllabuses, but we all know we're mostly excited for fall break.



Just think of all the group projects you'll be doing this semester! Be excited to work with your peers, for better or for worse.



# Helping in the aftermath of Harvey



**Jessica Hastings-Ereth**  
Opinion Columnist

On Friday, August 25, Hurricane Harvey landed on the Texas Gulf Coast.

The winds reached 130 mph. For reference, the world's fastest animal, a cheetah, has a speed which tops off at 75 MPH, making the winds of Hurricane Harvey nearly twice the speed of the cheetah.

The hurricane brought 52 inches of rain, which broke the US record for rainfall.

During this short amount of time, 17,000 people were forced to seek shelter and 18 people have been confirmed dead.

These numbers are both expected to rise in the next few days.

In 2008 Hurricane Ike touched down in Galveston Texas.

My grandmother's home outside of Houston had rainfall for over thirty days because of Hurricane Ike.

The storm caused trees to fly into her home, destroying the living room and bedrooms.

These damages cost thou-

sands of dollars.

Ike was a Category 4 hurricane, just as Harvey was.

This means that the almost one hundred deaths, and hundreds of thousands of homes flooded, may happen again over the next few weeks.

ABC News writer J.J. Gallagher wrote an article, published Aug. 31, which states "Harvey's torrential rain, devastating winds, and widespread flooding have so far cost at least 31 lives, driven over one million people to evacuate their homes in Texas and caused extensive destruction that will likely make it one of the costliest storms in U.S. history."

*The hurricane brought 52 inches of rain, which broke the US record for rainfall.*

In response to the disaster, some of America's famous actors, actresses, singers, and even my personal favorite J.J. Watt have donated millions of dollars to recovery efforts.

However, donating money is only one piece of this complex puzzle.

Many charities do not donate the full sum of donations, and many do not donate even 50 percent of what has been given.

The Red Cross disaster relief does not release the percentages of donations that are being used for the specific disaster, and this is not a new concept with larger

charities.

"The Red Cross seems to be struggling to respond to Harvey

*Donating money is only one piece of this complex puzzle.*

even as it can't tell people how the money they've donated is actually being spent.

"All of this is part of a long, troubling trend with the Red Cross, which is one of the country's most prominent charities" John Haltiwanger from the Newsroom states.

Numerous articles state that

*"All of this is part of a long, troubling trend with the Red Cross, which is one of the country's prominent chari-*

this is not a new problem, as charities have long been refusing to say how much money really goes to the problem.

Forbes recently released an article about where you should donate and how to avoid getting scammed.

Smaller charities are the way to go to avoid scams and making sure that most of your dollar actually goes to the victims.

Being a college student means that few of us will actually be

able to donate money to this cause, but there are many ways you can still help through non-monetary means.

The first is by donating blood. The Southern Texas Blood and Tissue center needs more than 2,000 units of blood.

Blood drives are held often and there are several walk-in blood donation places in Mankato.

*If every Gustie donated \$5 to the J.J. Watt fund, we could raise over \$10,000 that would go to the victims.*

If you want to make sure your blood goes specifically to Hurricane Harvey victims, ask the phlebotomist who is taking your blood.

He or she may be able to tell you about the end site of your blood donation.

If you are too squeamish or cannot donate blood you should donate other things.

Food, clothing, medical supplies, and baby items are being asked for by Houston Mayor Sylvester Turner.

The Texas Diaper Bank is also seeking diaper donations; you can donate online or you can send diapers in the mail.

Because over 22 percent of Houston lives below the poverty line, these donations are needed now more than ever.

So far, over two million meals have been distributed, but that

is only going to last a short amount of time.

*Because over 22 percent of Houston lives beneath the poverty line, these donations are need-*

You can also donate toiletries and cleaning supplies.

Groups throughout Minnesota are going down to help clear debris and support affected families.

They will take these items down and make sure they get to the right place!

These are just a few of the many ways you can help the victims of Hurricane Harvey, so instead of sharing a facebook page, get out and help your fellow Americans.

You as an individual can do so much.

If every Gustie donated \$5 to the J.J. Watt fund, we could raise over \$10,000 that would go to the victims.

If every Gustie donated the average pint of blood that would mean over 950 liters of healthy blood could go to these victims.

Even doing the simplest thing, such as donating an old shirt, can help a person in need.

Please consider helping and say a prayer for all of those who are and will be affected by Hurricane Harvey.

# Mental health stigma at Gustavus



**Ella Napton**  
Opinion Columnist

Returning to Gustavus, or starting your first year at Gustavus, tends to be an exciting time.

You get to greet old friends you may not have seen over the summer, and you get to make new ones.

You have a fresh start for classes, and the leaves are changing color.

It does not get much better than that.

For some people however, returning to campus is an experience full of stressors that can

trigger the various illnesses they struggle with.

For those who have a mental illness, the preparation for getting back to GAC involves considering how their mental state will be perceived by those around them.

Although a majority of students are likely to be worried by what others think about them, the thoughts running through the minds of those with depression, anxiety, and other mental illnesses can differ from what those who don't suffer from these afflictions are thinking.

For example, what others will think of their clothing or how they sound in class may cross their minds.

But what worries those with mental illnesses the most is how people will react when they find out they have a mental illness, and the stigma that will likely follow this "reveal".

Gustavus does a fantastic job of fostering a positive community for those with mental illnesses in the form of the Counseling Center.

However, despite having a place to be open about our struggles, Gustavus is not com-

pletely void of the stigma which exists elsewhere.

Stigmas are innately part of us as humans.

We all grew up in a world that did not encourage being open about things such as mental illnesses.

We grew up seeing those with mental illnesses depicted as crazy on television shows, in books, and in movies.

Rarely did mental illnesses get depicted as they actually are--an illness like any other, which can be treated with the right medication and therapy.

Consequently, those with mental illnesses are often judged when they open up about taking medication for their illness.

People often assume that mental illnesses can be "cured" by drinking more water, talking through problems, and exercising.

Although this does help many people cope and some even recover from bad periods with mental illnesses, it does not work for everyone.

For many, myself included, medication is a path we choose to take, one that alters our lives forever and for the better.

Mental illnesses are, at the most basic, chemical imbalances in the brain.

If medicine helps correct these imbalances that are wreaking havoc on our lives, what right do other people have to judge the choice to medicate?

We do not deny those with diabetes insulin; we should not deny those with depression Prozac (or any of the other many prescription options).

Moreover, many people believe that when someone opens up about their struggles with mental illnesses they are seeking attention.

Perhaps they are, but generally not for the reasons many people assume.

When someone opens up about their mental health it is to bring awareness to the issue at hand: that those with mental illnesses are treated differently than those with physical differences.

And this is still certainly the case at Gustavus, try as we might to remedy the issue.

So, although we may know better than to assume that those with depression, anxiety, or other mental illnesses are crazy

or seeking attention, this is often the first thought that crosses one's mind when confronted with the topic.

Stigmas never completely go away, but communities can grow stronger than the stigma and fight against the stereotypes that live in people's minds.

Now, I am not saying that Gustavus is the absolute worst when it comes to the stigma behind mental illnesses, but I am saying that there is still work to be done.

When a classmate says that they missed class because they could not mentally be there, don't nag them and say they were just taking a nap.

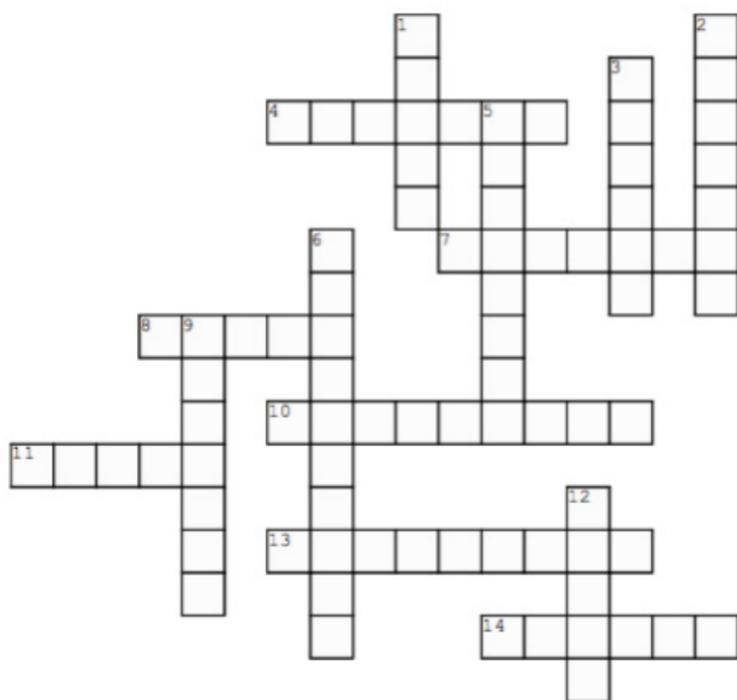
Perhaps that nap is the only thing keeping them going.

If someone asks for notes and they were sitting next to you in class staring into space the entire hour because they could not focus, offer them up.

Do not believe the first thoughts that come to your mind.

Because what is most important is not what you think first, but what comes to mind second and how you decide to fix your first thoughts.

# Crossword



## Across

- 4. Desert weasel
- 7. Reduce, reuse, \_\_\_\_\_.
- 8. These two countries in central Africa share part of their names
- 10. Type of seabird
- 11. This object refracts light
- 13. Turning shelf often found on tabletops or in corner cabinets
- 14. Referring to cows and other ungulates

## Down

- 1. Ornithologists study these animals
- 2. This band's name is a synonym for the word "voyage"
- 3. Longer name for "bug"
- 5. Translated from French, this word means "goodbye"
- 6. Record player invented by Edison
- 9. Campus building adjacent to the Carlson Administration Building
- 12. Brownish-purple color

- 3. Insect
- 13. LazySusan
- ACROSS
- 5. AuRevoir
- 14. Bovine
- 4. Meerkat
- 6. Phonograph
- 7. Recycle
- 8. Congo
- 10. Cormorant
- 9. OldMain
- 11. Prism
- DOWN
- 1. Birds
- 2. Journey
- Maive

## Pun of the week

"A dyslexic man walks into a bra."

## The zodiac signs as breakfast items



Creative Commons

**Aquarius** (January 20-February 18)  
Blueberry muffin

**Pisces** (February 19-March 20)  
Waffles

**Aries** (March 21-April 19)  
Sunny side-up eggs

**Taurus** (April 20-May 20)  
Avocado toast

**Gemini** (May 21-June 20)  
Frosted sprinkle donut

**Cancer** (June 21-July 22)  
French toast

**Leo** (July 23-August 22)  
Cliff bar

**Virgo** (August 23-September 22)  
Sausage McGriddle

**Libra** (September 23-October 22)  
Cinnamon roll

**Scorpio** (October 23-November 21)  
Froot Loops

**Sagittarius** (November 22-December 21)  
English muffin

**Capricorn** (December 22-January 19)  
Chocolate chip pancakes

## Mad libs

GNIRKAB	Sleeping	QUARTER
COFFEE	twins twins	1. Way 2. Whey 3. Weigh
crycrycryBANK	stake stake	BAD BAD
DAEHiiYM	skirt	AALLLL

- 1. Backing up
- 2. The stakes are too high
- 3. That's too bad
- 4. Coffee break
- 5. Identical twins
- 6. Count the ways
- 1. Cry all the way to the bank
- 2. The stakes are too high
- 3. That's too bad
- 4. Eyes in the back of my head
- 5. Miniskirt
- 6. All in all

# Men's soccer starts strong

## Gusties improve to 3-0 record after win over Martin Luther

**Tanner Sparrow**  
Managing Editor

Gustavus Men's Soccer is 3-0 after a slew of strong defensive performances led by Junior Goalkeeper Matt Bateman. Bateman's two shutouts in the team's first two contests against UW-Superior (1-0) and St. Scholastica (1-0), his sixth and seventh career shutouts, were enough to earn him his second career nod as MIAC Men's Soccer Athlete-of-the-Week.

Strong defensive and mid-field play proved key in the Gusties win over St. Scholastica on Sept. 3 as no Gusties found the net in the 1-0 victory. A superb Gustavus corner kick by Matt Ouren found the body of an unfortunate Scholastica defender who hit the ball into his own goal.

"The midfield dominated with Matt Ouren looking imperious at times – Matt was the one who created the goal with a lovely, swinging cross that put the defender under tremendous pressure," Head Coach Mike Middleton said.

The Gusties upperclassmen's veteran presence proved strong

in the win.

"[Junior] Arthur Parens lit up the show second half with his trickery, and [Senior] Matt Murakami covered every plastic blade of grass – an immense effort," Middleton said.

The Gusties' younger talent also did their part to win on the road against a good Saints team.

"Man of the match though has to be Jarod Petrovic (So., Plainfield, Ill.) – he's developing into a top top player. This is the first time we have taken a win away from here in my tenure – and, we've had some really successful teams in that time – beaten them at home in tight games, but never here. So, that augers well. Well played everyone," Middleton said.

The Gustie offense came into its own in the win against Martin Luther on Sept. 6, with Parens and Sophomore Cody Billins both found the net in a 2-1 win.

The Gusties host a pair of non-conference opponents from Iowa this weekend, kicking off against Luther College at 2 p.m. on Saturday, Sept. 9, then against Wartburg at 2 p.m. on Sunday.



Gustavus Sports Information

Junior Arthur Parens takes on a defender in a game last year against Augsburg College. The team currently holds a record of 3-0 after wins against UW-Superior, St. Scholastica, and Martin Luther.

# Women's soccer confident after opening games

## Gusties show promise after weekend in Duluth

**Joe Brandel**  
Sports & Fitness Editor

After three weeks on campus, the women's soccer team is starting to play as a single unit and is forming into a competitive team, according to Head Coach Laura Burnett-Kurie. All of their hard work and effort over the weeks showed in a trip the team took this past weekend for the Advantage Emblem Cup Tournament in Duluth.

During the trip, the Gusties faced off against No. 10 ranked UW-Whitewater and UW-River Falls.

In the Friday game against UW-Whitewater the team lost 2-0. Despite the loss, Burnett-Kurie was impressed with the team's resiliency and ability to play with high-level competition.

"The first game was a great performance," Burnett-Kurie said. "We played a strong Whitewater team and proved we could play with them. We generated quite a few dangerous opportunities, forcing their goalkeeper to come up with a couple clutch saves and a couple shots sailed inches wide of the post. It was an extremely competitive game that gave us

confidence moving forward."

This confidence showed in the team's next match where they secured a 1-0 win against UW-River Falls.

"Today's game was a fantastic performance," Burnett-Kurie said. "We came out with an edge from the get-go. We committed numbers forward, were creative with our movement, and we proved to be dangerous on the attack."

*"This is a great end to a fantastic weekend of adventuring and quality soccer. We proved we can compete with top teams in the region, and we're excited to continue to grow every day."*

–Head Coach Burnett-Kurie

Strong performances from Senior Sophie Leininger and Junior Chase Miller added to the team's success on Sunday.

"Sophie did well all game, finding pockets of space on the field, and Chase worked tirelessly to join the attack – both coming together for the game-winning goal," Burnett-Kurie said. "Sophie set Chase up perfect and Chase absolutely destroyed the ball."

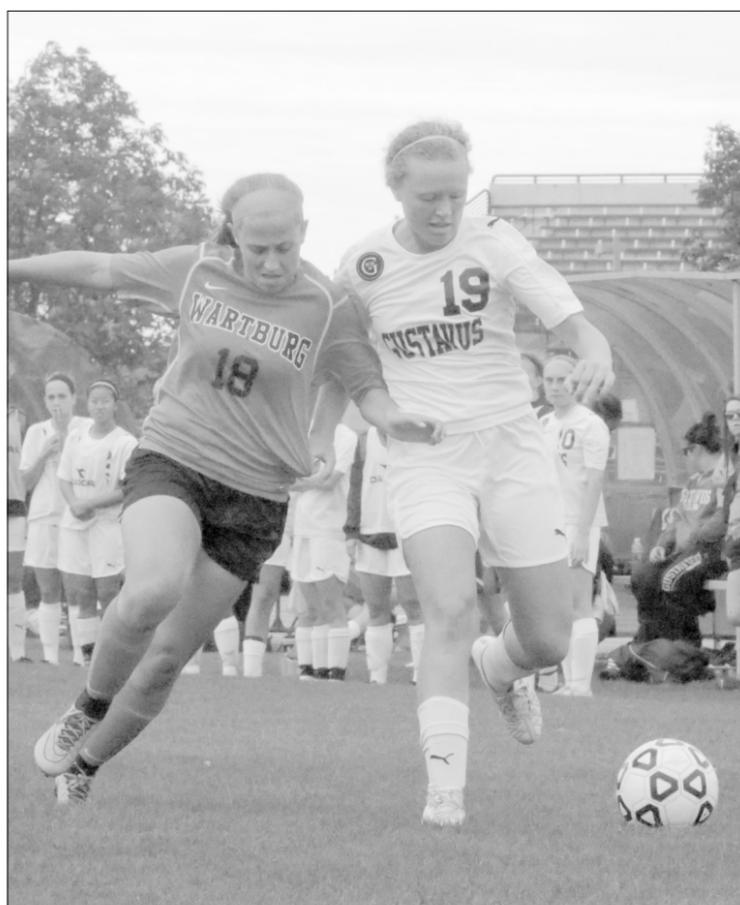
The Gusties controlled this game, outshooting UW-River Falls 20-9 and were strong defensively with Junior goalkeeper Ashley Becker making three saves.

Becker, Miller, and Senior Emily Odermatt were awarded with spots on the Advantage Emblem Cup All-Tournament Team to be recognized for their strong performances during the weekend.

This weekend was a success because it showed the team could play at a fast, competitive level, according to Burnett-Kurie.

"This is a great end to a fantastic weekend of adventuring and quality soccer. We proved we can compete with top teams in the region, and we're excited to continue to grow every day," Burnett-Kurie said.

The Gusties are back in action against Lawrence College at 7 p.m. on Sept. 8 in Appleton, Wisconsin.



Gustavus Sports Information

Junior Chase Miller holds off a defender during a game against Wartburg last year. The team currently holds a record of 1-1.

# Football wins big over Westminster

## 38-0 shutout opens play at Hollingsworth



Gustavus Sports Information

Junior Michael Veldman and the offensive line prepares to snap the ball during a game against Westminster College. The team started off its season with a 38-0 win at home.

### Michael O'Neil Staff Writer

The Gustavus football team opened its 2017 campaign last weekend at Hollingsworth field with a convincing 38-0 win over Westminster College (MO). The game was reminiscent of the 2016 season opener, in which Gustavus traveled to Missouri and beat Westminster 35-6. Both times, the Gusties featured explosive offensive production coupled with a solid defensive effort.

Gustavus began the game with a strong defensive stand, and got right to work when the offense took the field. On their fourth play, Junior Jamison Beulke broke free down the sideline for a 58-yard touchdown run, the longest of his career. An extra point from Senior Brendan Boche made the score 7-0 less than four minutes into the game. With 3:24 left in the first quarter, Boche added three more points for the Gusties with a 33-yard field goal.

The second quarter was relatively uneventful until the Gusties scored again with just 20 seconds to go in the first half. This time, it was Junior Quarterback Michael Veldman with his first of three passing touchdowns on the day. Veldman connected with Sophomore Brice Panning in the corner of the end zone for a 16-yard touchdown, which left the score

at 17-0 going into halftime.

In the third quarter, Veldman found sophomore Josh Kirk for a 16-yard touchdown pass with 7:06 to go. That marked the only score until just after the start of the fourth quarter, when Senior Running Back Karim Ortiz punched the ball into the end zone from two yards out. The final touchdown of the game came with 9:17 left in the game, when Veldman connected with Panning once again, bringing the final score to 38-0. "It is a good indicator, we have a lot of guys who can possess the ball and being able to spread the ball around is a good thing," Head Coach Peter Haugen said, referring to the Gusties offensive efficiency, both on the ground and through the air.

While the offense was effective putting points on the board, the Gusties were equally impressive on defense, recording their first shutout since the season-opener in 2015. The Gustie defense was led by Senior Casey Decker, who earned MIAC Football Defensive Player of the Week honors with his career-high nine tackles. Decker was joined by 18 other Gusties who recorded at least two tackles, and as a unit they only allowed eight first downs and 153 total yards of offense to the Blue Jays. "Our defense played well, it was good to get plenty of guys in there. I'm really proud of them and our



Gustavus Sports Information

A group of Gustavus defenders work together to stop a run from Westminster College Sept. 1.

defensive coaches' effort. I think it was a good first game for us, there are certainly some things we're going to have to work through, but all in all, we had good effort with a lot of different guys playing. The game plan was solid and is something we can build on," Haugen said.

The Gusties are hoping to build on the win over Westminster and continue a successful 2017 season, where they look to improve on their 5-5 record from last season. They'll rely heavily on 34 returning letterwinners, 9 of whom were starters on defense and 5 who started on offense in 2016. "I know that

we all have high expectations for the season. With that said, we're really trying to focus on each player setting small goals daily and weekly to help them stay focused on what can really make big things happen. There is no question we're excited, both sides of the ball in some respect are new. Defensively, we bring some guys back but we're running a new system with new leadership. Offensively, we have the same leadership with our system, but we put in a lot of new pieces. It is going to be fun to see how that all shapes," Haugen said.

Haugen knows that with

their talent and experience, the Gusties are poised for a successful season. This weekend, they'll continue their non-conference play as they travel to Wisconsin to play against UW-River Falls on Saturday at 7 p.m. There may be an extra level of anticipation leading up to the game because the Gusties won a nailbiter over UW-River Falls by a score of 24-21 in their home opener last season. "We're going to have to get better, UW-River Falls is a good football team and we were fortunate enough to win against them a year ago, but this year is a whole new story," Haugen said.