

#Hashtags and Passive Activism

Grace Arnold
Opinion Columnist

When encountering catastrophe, the human race has the habit of resorting to passivity.

For example, remember when Paris was bombed by ISIS? #PrayforParis.

How about when the night club in Orlando was attacked by a shooter? #PrayforOrlando.

How about right now during hurricane Harvey? #SOSHouston.

Hurricane Irma? #PrayforFlorida.

In these cases, hashtags tend to trend more quickly than actual details related to each incident.

In world-wide catastrophic events such as terrorism or natural disaster, there is little that one person can do to make a visible difference, but the issue lies where one becomes complacent with doing the bare minimum.

Passive "action" from the comfort of one's living room behind a computer screen is hardly conducive to significant change.

Yes, there comes a time when praying or hoping is all anyone can do.

The situation may seem too big for any one person to handle on her own, but don't tweet a compassionate hashtag and then call it a day.

When hearing about a traumatic event in the world, one has the responsibility to take it upon herself to get educated about said event.

Learn the details; who was wounded, who was doing the wounding, and why?

Take a side.

Formulate an opinion.

Potentially share that opinion if the environment is not too hostile or sensitive.

Do not just follow the trend. Add to it.

Passive "action" from the comfort of one's living room behind a computer screen is hardly conducive to significant change.

When others see your initiative, it will encourage them to follow suit, which will spark a movement, possibly capable of inflicting real, visible change in the world.

Consider the butterfly effect, the concept that one seemingly insignificant occurrence might possess the ability to affect the path to the world's future.

A one-minute event might have a big enough effect to change the course of society in a positive way.

One just has to be willing to put in that modicum of effort.

I do not intend to elevate hopes of global revolution,

especially about a subject as high-risk as terrorism or natural catastrophe.

I simply intend to inspire people to take advantage of their freedom of thought, speech, and press.

If we speak out against misdeeds rather than letting them blow by, hoping to avoid getting swept away by the blast, there is a much greater chance of fixing them.

Just be aware of the fine line between taking advantage of an opportunity and abusing that opportunity.

Take Martin Luther King, Jr. (Some would call him a cliché example, but I prefer the term classic.) He was the king (no pun intended) of peaceful protests and speaking out against wrong-doings.

He exploited his freedom of speech in a way that provided insight to the civil cruelty being done to African-Americans in the nation, yet did not aim to harm any opposing parties.

His usage of passive-activism was something beautiful to behold.

When something traumatic happens in the life of someone you know, the most anyone knows to do is stay out of the way.

Even smaller scale disasters, like a death in one's family or a recent job loss, solicit sympathy from others, but rarely action.

When something traumatic happens in the life of someone you know, the most anyone knows to do is stay out of the way.

Maybe one sends a casual text or direct message stating how sorry she is, or asking if there is anything she can do to help.

The recipient of said message knows that these are merely gestures and might reply cordially with an aloof thanks.

This may not be in all cases, however. For example, with close members of family.

In times of crisis, families tend to cling to each other for support, refuting my previous statement.

However, I have been to one too many family functions where the matriarch of the household appears overwhelmed, causing the rest of the party to retreat in fear of inducing any more pain to the one directly affected.

So, even in times of family crisis, people do their best to stay out of the way when the seas get rough after offering their resources and, in turn, clearing their consciences.

With events that don't revolved around immediate family, occasionally there is the condolence casserole or pity pie, baked goods which are better displays of sorrow than mere virtual acknowledgment, but these acts are also a one-time,

cover-all-your-bases move.

It is as if people feel it a chore to provide relief to victims of disaster, an exasperated groan emitting from their vocals when being made aware of the effort they will then need to exert to provide a modicum of solace for the ailing family.

When did it become normal to reject social interaction in times of distress?

How can we change society's mindset regarding these times of crisis?

Get educated, then educate others.

Do not just follow the trend.

Add to it.

It does not have to be in the way everyone else is doing.

Each person has his or her strengths, and playing to those strengths will provide the best results.

Each person has his or her strengths, and playing to those strengths will provide the best results.

I am doing all I know how to do: writing about it.

Just because one is not out there in the field actively protesting or cleaning or providing physical relief does not mean they is not helping.

Passive activism is a real thing and can be very effective when executed properly.

The issue arises when people feel they are helping when they are merely doing the bare minimum.

A hashtag is passive, but it is not a form of activism.

#PRAYFORPARIS

#PRAYFORORLANDO

#PRAYFORFLORIDA

#PRAYFORPARIS

#PRAYFORORLANDO

#PRAYFORFLORIDA

To be an American



Oakley Clark
Opinion Columnist

What does it mean to be an American? Some people might cite religion—we're a "Christian nation."

Others might mention the adoption of an "American lifestyle."

The idea that we're all supposed to assimilate and be basically the same—speak English, eat hamburgers, have a big star-spangled banner in our front yards, sit in pews every Sunday, and maybe have a nice house in the suburbs.

Let me propose an alternative, and in my view superior, view of the American identity.

This nation was founded upon unifying principles and values—it didn't matter if one was a Quaker or a Puritan.

What mattered is that one's Puritan neighbor respected the fact that his neighbor was a Quaker.

America was founded on a tolerance hardly seen in the world before.

Of course, it was flawed back then and often still is.

But being American was defined of how you treated others' identities rather than how you expressed your own.

When people immigrate to the U.S.A., it doesn't matter what their religion, country of origin, or history.

What matters is that they agree with America's unifying values—that despite our differ-

ences, we are unified through respecting those differences.

What matters is that immigrants agree that the classical liberal values of freedom of speech, religion, assembly, press, and petition.

President Trump recently stomped on this view of American values when he cruelly placed the Differed Action for Childhood Arrivals (DACA) program on a track to destruction.

While this certainly is not Trump's first misstep regarding immigration, the move is the most dramatic.

DACA recipients were brought to the United States as children and grew up here.

There are even a few on our own campus, but you probably wouldn't know due to the fact that they're as American as you or me.

To be a DACA recipient (often called a "Dreamer"), one has to be, in essence, a model citizen.

One must have either graduated high school or have served our country in the armed services.

Dreamers are twice as likely to start a new business than the national average, and more than 90 percent of Dreamers are employed.

Oh, and to be part of the program, one cannot have a criminal record.

In effect, President Trump has decided to throw these 800,000 Dreamers, a.k.a. Americans who contribute greatly to this country, to the wolves.

Apparently, the only thing that makes someone American is an arbitrary piece of paper that the government issues to the people it tolerates.

Politically, this move yet again shows the incompetence of Trump.

DACA was an executive order issued by President Obama, and Trump has given Congress six months to throw a life saver to Dreamers.

Now, stopping the deporta-

tion of 800,000 hardworking Americans is probably going to be on Congress' priority list—or maybe it won't be.

Either way, it's another task that will be an obstacle for Trump's own agenda of tax reform and an infrastructure bill.

So, Donald Trump just gave Congress another thing to do while he's trying to push an agenda. Makes good strategic sense, right?

Now, perhaps there are good arguments that dispute the constitutionality of a president giving mass amnesty, and we should always be cautious of an executive doing Congress' job.

However, deporting 800,000 Dreamers isn't the way to go about reducing executive overreach.

Even if DACA is unconstitutional, we have an entire branch of government whose job is to deal with that problem.

And even though Trump cites a constitutionality argument, his campaign rhetoric of calling immigrant children "anchor babies" reveals his true intentions rooted in racism and intolerance.

If anything, his reasons clearly aren't rooted in economic logic.

Economists worry that eliminating DACA will—well, do what you'd think deporting 800,000 working Americans would do.

Simply the cost of rounding up 800,000 people and deporting them would be monumental, not to mention a waste of time.

And that doesn't even mention the billions in lost economic activity such a move would cause.

So, what now?

Since Trump has flung the issue over to Congress, it is essential to call our congress people and urge them to protect our friends and neighbors.

After all, protecting people's right to exist is the American thing to do.

Breathe!

Emily Pratt
Opinion Columnist

The first week back on campus is a whirlwind; moving in, new classes, and wondering how in the world to manage the coming semester's homework load.

The second week on campus is certainly a high point for many, because it is all about social life.

College graduates and current students alike will agree on the importance of joining student organizations to meet people and make new friends.

Putting energy into something you love is a good way to enjoy yourself after a long day of classes and homework, even if it involves physical work.

However, while an active social life is important, taking care not to overschedule is equally so.

Gustavus is home to many brilliant organizations and it is understandable how challenging it can be for some people not to sign up for a handful of them while walking through the Involvement Fair.

Before jumping headfirst into an overfilled schedule however, step back and analyze the activities you've chosen.

Is it equally important to you to join the rugby team, student senate, Odyssey, and Big Partner Little Partner?

What about each of these groups interested you and which ones would you be able to survive without.

This applies to school-run programs as well, like theater, music ensemble and lessons, and sports teams.

We talk ourselves into believing a certain group won't survive without our presence but chances are, if it was already an organization before you joined, the remaining members won't have a problem adjusting to your absence.

Remembering that everyone graduates one day is also good to keep in mind, as each organization will eventually have to learn how to move forward with each absence and each new recruit.

The reason so many student organizations are able to continue from year is due to a combination of their popularity and the students' passion for what they're doing.

It is okay to not be busy all day, every day.

It's actually much healthier to take some time to yourself and relax at least several times a week.

These quiet moments recharge an exhausted mind and are not, as some think, a waste of time.

Take a walk in the Arb or watch an episode of a favorite television show.

We are incredibly lucky to live on such a beautiful campus, take this time to look around and admire the thousands of flowers and greenery adorning it.

During the winter months,

curl up with a good book and turn on soothing music.

It's never too late to dial back on a busy schedule.

A few moments of silence can prepare any exhausted persons to attack the remainder of the day.

Taking care not to overexert yourself is the first step towards educational success.

Don't use every free moment to study because your brain retains information far better with occasional breaks and it will feel less like you crammed an entire textbook in your head.

No matter what your study habits are, always leave time to mentally recharge, because the human body will not work properly without the right care.

Don't use every free moment to study because your brain retains information far better with occasional breaks and it will feel less like you crammed an entire textbook into your head.

Stretch any tight muscles that may have accumulated from sitting for long hours at a time, it keeps your body flexible, strong and healthy.

Walking from one end of campus to the other is an easy way of loosening them and enjoying some fresh air.

Knowing how to manage your time is a useful tool to take into the adult world long after graduation.

Those who leave moments each week open will not only find themselves less stressed, but will have a happier outlook on life.

Opening a pocket of time will allow you to notice smaller, significant, details about the world that are normally passed by.

They also prove necessary when unexpected events happen, such as technological breakdowns with a computer or vehicle.

With a full schedule, there is no to time fix those bumps along the college road, which sometimes result in an eventual crash.

It's common to forget what moments like these can mean in the long term.

Don't feel as though you need to prove yourself by pushing too hard; there is no prize for exhausting yourself physically and mentally.

The next time you're feeling overwhelmed with responsibilities, remember to take a moment to yourself and just breathe.

The Good, the Bad, and the Meh



Summer weather returned for the week, so you had one more shot to wear those shorts and tank-tops one last time before the long winter comes!



You now know the approximate location of your classes and have less of an excuse to be tardy.



The first full week of classes has made you realize *just how many* more full weeks there will be this semester.

In the face of the storm



Rachael Manser
Opinion Columnist

In the dead center of Hurricane Season, my mom and I made the astute decision to go on a road trip to the coast of Texas.

Five days into our sightseeing, beach-walking, pina-cola-drinking vacation, we woke up to steely skies and urgent text messages from family and friends.

We turned on the Weather Channel to see that what had been the relatively harmless tropical storm Harvey when we went to bed the night before had become a category 3 hurricane.

While disappointed that we had to cut our vacation a few days short, the decision to get ourselves safely out of harm's way was an easy one for us.

Even if we had already visited family, explored a few cities, and spent time on the beach.

We knew we had a home to go back to, up north where our biggest concerns this time of the year are battling mosquitoes and raking leaves.

When we checked out of our beach front hotel on the barrier island of Galveston later that morning, there was a clear split in mood between tourists and locals.

Passing by other hotel guests along the balcony, we laughed at the precarious circumstances and exchanged words to stay safe and get out of dodge.

They had decided not to evacuate even though heavy rainfall and storm surges threatened to flood their home.

Our elevator ride to the first floor was taken with a housekeeper who nervously told us this was the first hurricane she would experience.

As we walked up to the reception desk to turn in our key, the employees were relaying the information that "they haven't told us to get out of dodge yet."

As we packed our suitcases and beach towels back into our SUV, I couldn't help but laugh at the nonchalance of the diner next door whose sign read



Rescue workers help a man in a wheelchair down from a truck during Hurricane Harvey.

Creative Commons

"Open Until the Letters Fall Off this Sign."

My mom and I were in awe at the relative calm of the people of Galveston, even as the ocean warning color turned from green to yellow and the news vans lined up along the seawall.

I couldn't help but wonder why these people weren't shutting down their businesses, packing up their cars, and hitting the road same as we were.

They watched themselves become people they didn't want to be.

But then I rewinded to just a few days ago spent at my Uncle's house in Sweeny, Texas, a town of less than 4,000 people and just 20 miles from the Gulf of Mexico.

They had decided not to evacuate even though heavy rainfall and storm surges threatened to flood their home.

Instead, they stocked up on bottled water and boarded themselves into their century-old home.

They had done the same for Hurricane Ike in 2008.

They didn't make the decision lightly; they are fully aware that hurricanes are nothing to play around with.

They made the decision to stay through Ike, and now through Harvey, because of the suffering they had witnessed and endured when they took to the road during Hurricane Rita in 2005.

They had packed their car with bottled water, non-perishable food, extra gas, blankets, and a million other things that might be needed to escape the destruction of a category 5 hurricane.

They got on Interstate 45 heading north toward Houston with no idea exactly where they were going, only knowing that

they had to get out.

They have never, and will never, run from a hurricane again.

They ended up stuck in the worst gridlock in Houston's history, which ended up killing almost as many people as the hurricane itself.

In just under 24 hours of living in their car on the crowded highway, they witnessed a side of Texans, or more accurately, a side of humanity, that they never wished to see.

They watched people and animals die on the road from dehydration and heat stroke.

They watched people point guns at each other out of fear and desperation.

They watched themselves become people they didn't want to be.

My uncle is the kind of per-

son who would give you the shirt off his back if you asked, but he had to refuse in order to keep his family alive.

They have never, and will never, run from a hurricane again. They told me that the devastation they saw on that Houston highway outweighs any desire to leave their home.

Of course, their experience was only one of many, and the opinions on the risks and benefits of staying or evacuating during a hurricane are plentiful.

This is especially true in light of the historically strong hurricanes making landfall and tearing up islands and coasts this season.

Because of this, when my Aunt who lives in a suburb of Orlando, Florida told us she wasn't leaving her home even as Hurricane Irma was predicted to be worse than Hurricane Andrew, we didn't argue.

We simply met that answer with less resistance and more understanding.

**Opinionated?
Ready to fight for it?**

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Opinion Section!**

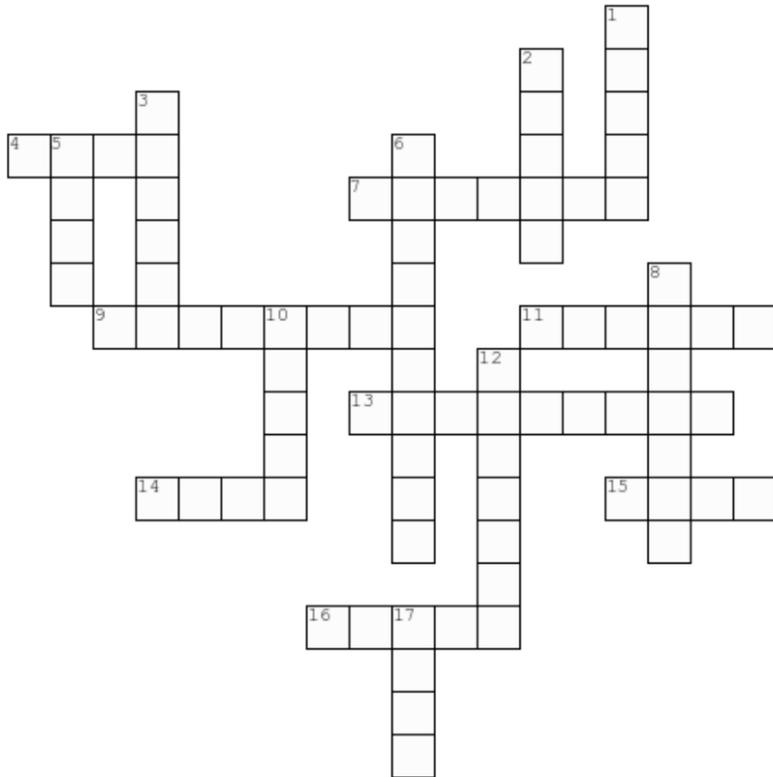
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Crossword

Greek mythology trivia



Across

- 4. This brand of sneakers is named after the Greek goddess of victory
- 7. Half man, half horse
- 9. The nature god Pan is often depicted playing this instrument
- 11. These creatures would cause shipwrecks by enchanting sailors with their voices
- 13. A whirlpool-like sea monster
- 15. The goddess Aphrodite was born from this
- 16. These three sisters determine destiny

Down

- 1. Author of the Iliad and Odyssey
- 2. A tree nymph or spirit
- 3. This monster is described as having living snakes for hair
- 5. This part of the eye is named after the goddess of the rainbow
- 6. This goddess was tricked into spending a third of her year in the Underworld
- 8. The offspring of a god/goddess and a human
- 10. This river's water causes memory loss
- 12. sister of Apollo and leader of a group of immortal hunters
- 17. Helen of _____

- ACROSS
- 4. Nike
- 7. Centaur
- 9. Pan flute
- 11. Sirens
- 13. Charybdis
- DOWN
- 15. Foam
- 16. Fates
- 1. Homer
- 2. Dryad
- 3. Medusa
- 5. Iris
- 6. Persephone
- 8. Demigod
- 10. Lethe
- 12. Artemis
- 17. Troy

Pun of the week

"Velcro - what a rip off!"

Eating healthy

a fill-in-the-blank story

On an average day, I eat pretty _____. However, it is
(adjective)

always good to be mindful of your _____. I recommend
(noun)

eating lots of _____ as well as making sure to get
(noun)

your correct amount of _____. Oh, and remember
(noun)

to try to exercise daily. Do something that you enjoy, like
_____ or even something unconventional
(activity)

such as _____. Eating right and exercising
(activity)

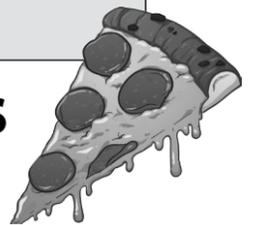
regularly promotes _____ health and can lead to
(noun)

_____. It will help you _____ better and give you
(noun) (verb)

more _____, not to mention a great _____. Life
(noun) (noun)

is better when you're _____!
(adjective)

The zodiac signs as pizza toppings



	Aquarius (January 20-February 18) Garlic	
	Pisces (February 19-March 20) Sardines	
	Aries (March 21-April 19) Pineapple	
	Taurus (April 20-May 20) Bacon	
	Gemini (May 21-June 20) Mac 'n' Cheese	
	Cancer (June 21-July 22) Sausage	
	Leo (July 23-August 22) Cheese	
	Virgo (August 23-September 22) Feta & Spinach	
	Libra (September 23-October 22) Mushroom	
	Scorpio (October 23-November 21) Black olives	
	Sagittarius (November 22-December 21) Onions	
	Capricorn (December 22-January 19) Pepperoni	

Women's soccer wins first conference match

"Team Trina" game set for September 16



Gustavus Sports Information

Senior Hannah Sturtz controls the ball in a game against Hamline University last season. The Gusties are off to a solid start this season, tallying a record of 3-1-1.

Michael O'Neil
Staff Writer

The Gustavus Women's Soccer Team will take on Concordia this Saturday in a game that will hold emotional weight to the members of the team and the Gustavus community. The "Team Trina" game will be a benefit for would-be Junior Midfielder Trina Rinke who was diagnosed

with ovarian cancer this past summer.

Rinke's presence is valued as much in the Gustavus community as it is within the soccer team and on the field. Her infectious positivity is well-known throughout the campus, and has not wavered in her battle with cancer. She began chemotherapy on July 15 and is scheduled to finish on September 26, less than two weeks after this

weekend's game.

In an effort to support Trina's family, t-shirts have been on sale all week in the Campus Center. In addition, there will be a voluntary donation collected prior to the game this Saturday, and all donations will go to the Minnesota Ovarian Cancer Association (MOCA), the organization of Rinke's choosing. MOCA is a leading organization that advocates for women with ovarian cancer in Minnesota by advancing supporting research and raising awareness.

The game will feature half-time speeches from both Rinke and a representative from MOCA. Trina will also be announcing the lineups before two of her friends sing the national anthem.

After the game, the festivities will continue with a dinner and silent auction at Patrick's in St. Peter where a percentage of the proceeds will go to MOCA.

The Gusties will look to celebrate and honor Rinke by continuing their hot streak on the field as of late.

On Tuesday, they opened their conference season in Northfield, MN against Carleton College, a team that has historically gotten the best of the Gusties. After a close first half, which didn't see goals from either team, the Gusties came ready to play in the second half. At the 60 minute mark, Junior

Chase Miller found Senior Hannah Sturtz for what would be the game-winning goal. Then, just seven minutes later, Miller added a goal of her own that added to the Gustavus lead.

"The first half we struggled a bit as Carleton came out more physical and ready to go. We made a few adjustments at half, settled down and got our legs under us. We controlled the tempo for much of the second half, moved the ball well, and created dangerous opportunities in the final third. It was fun to watch us move the ball - lots of creativity," Head Coach Laura Burnett-Kurie said.

This marks Burnett-Kurie's first win over Carleton in her six-year career as head coach, and Gustavus' first win over the Knights since 2009. "With Carleton, you have to fight all the way down to the end and we made sure we put together a solid 90 minutes. It's fun to watch this team play and fight," Burnett-Kurie commented.

The win over Carleton comes on the heels of a successful trip to Wisconsin last weekend in which the Gusties played both Lawrence College and the University of Wisconsin-La Crosse. The trip began in Appleton, WI, where the Gusties dominated Lawrence College from start to finish. An onslaught of shots (Gustavus outshot Lawrence 26-2) resulted in a 6-0 win for

the Gusties in which six different players scored.

"We were creative, kept up the Gustie tempo and controlled the game. Lawrence had a couple very dangerous players and we were able to shut them down defensively. We are looking to improve every game and we made some great strides today with getting players experience all while visibly playing our brand of soccer," Burnett-Kurie said.

The Gusties concluded their trip to Wisconsin at UW-La Crosse in a double overtime game that lasted 110 minutes but resulted in a 0-0 tie. "Playing 110 minutes required any team to dig deep; we showed that grit and fight. We controlled parts of the overtime periods with our possession and had a couple dangerous looks inside the box. This was a competitive game through the waning seconds," Coach Burnett-Kurie said after their last game before conference play.

With momentum from their last couple games and their first conference win, the Gusties look ahead to what will surely be an exciting day on Saturday. The game kicks off at 3:30 p.m. All members of the Gustavus community are encouraged to come support Rinke and the rest of the Women's Soccer Team by wearing teal (the color of the ovarian cancer ribbon).



Gustavus Sports Information

Would-be Junior Trina Rinke passes the ball in a game last year.

Cross country teams ready to compete

New head coach brings inspiration to teams



Gustavus Sports Information

A group of Gusties compete in last year's Gustie Invitational Meet. Both the men's and women's teams look forward to September 16 when they will compete in the St. Olaf Invitational.

Jacob Woodrich
Staff Writer

The Gustavus Men's & Women's Cross Country season hit the ground running earlier this month.

While many have returned from last year, there is one large change to the make-up of this year's team. Brenden Huber is now in his first year as head coach of both teams after spending multiple seasons as an assistant coach. Huber's first season as head coach is off to a good start, including a strong preseason program before classes began at Gustavus.

"Preseason was amazing. It's always nice to be able to come before school starts and just focus on having the team come together as a unit. I thought we did a great job in that regard. It was also wonderful to see how hard people trained over the summer," Huber said.

After a successful preseason, both Huber and the Gustie run-

ners were ready for competition. Their first meet of the season came on September 1 at Crown College. At the Crown Invite, the men's team took third place out of eight competing teams, while the women took first out of a field of nine teams.

"We're ready to compete and compete well. We all know where we want to go as a team and are looking to be top five in the conference."

—Coach Huber

With a strong first meet under their belts, both Huber and the teams have high hopes for this season.

"We're ready to compete and compete well. We all know where we want to go as a team

and are looking to be top 5 in the conference," Senior Sadie Klug said. Klug is projected to be one of the strongest performers for the women's team this season.

As for the men's side of things, many of the top runners from the team a year ago have since graduated, leaving a few holes to be filled this season.

"We have a solid core of experienced guys back, as well as some really talented freshmen who have made an immediate impact. We graduated six of our top eight from last year, so we are flying under the radar early on, but I think that's going to change as the season goes on. We placed third at conference last season, and we expect to be right up there again this year. For the time being, we're just getting our work done and having plenty of fun in the process," Senior Ryley Sandberg said.

Sandberg, along with Alex Wischnack, Olivia Crocker, and Olivia Rosenow are the captains of this year's team. Coach Hu-

ber has been very impressed early on in the season by the four team captains.

"Our captains are doing an amazing job of leading this team in a forward direction," Huber said.

"We have a solid core of experienced guys back, as well as some really talented freshman who have made an immediate impact."

—Coach Huber

Most recently, the captains led the team at the Alumni Meet that took place right here at Gustavus last weekend. The meet is one of the team's favorites, as they get to run on a course through the Arb while competing against their former

teammates.

"Alumni was great. It is always nice to have alums come back and connect with the team. It is also super fun to run with them again because they are out there to have a good time," Klug said.

While there may be a formal separation between the men's and women's cross country teams, everyone involved with the sport here at Gustavus understands that the two teams are truly one.

"Quite simply, we are a family. We really don't view it as two separate teams. Yes, there are two different races, but we are all in this together," Huber said.

The family of Gustavus Cross Country hopes to keep their momentum rolling and have a successful season full of positives to welcome in new Head Coach Brenden Huber. The Gustie runners compete next on September 16 at the St. Olaf Invitational.

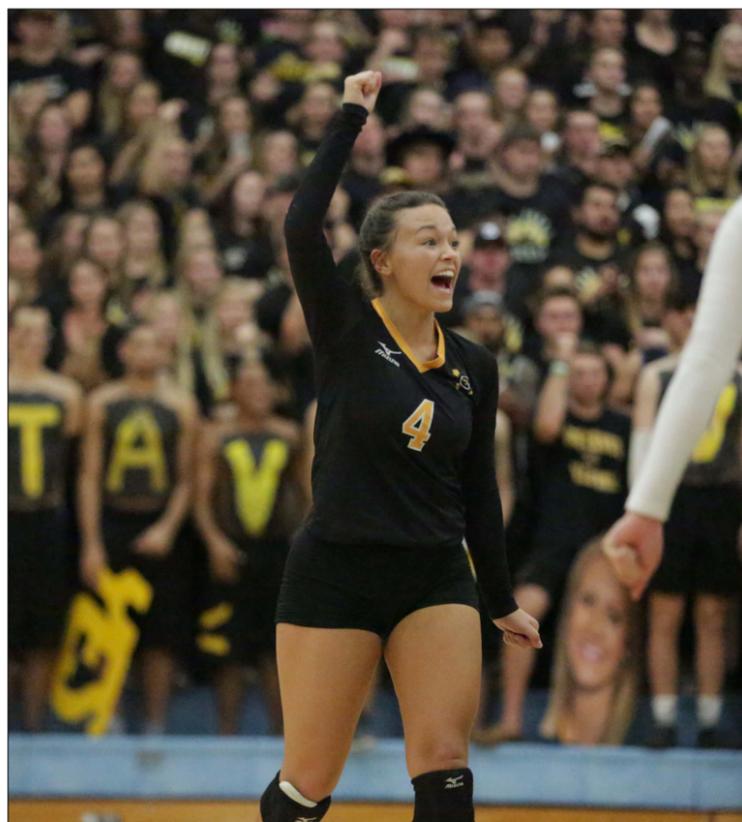
Volleyball ranked No. 14 in nation

Luetherms named MIAC Player of the Week



Gustavus Sports Information

Junior Nora Holtan sets up a teammate for a spike in last year's MIAC finals match against Bethel. The team currently holds a record of 8-1, with seven of the wins being 3-0 sweeps.



Gustavus Sports Information

Junior Brittany Luetherms competes in a match last year. Luetherms was named the MIAC Player of the Week for her strong performances recently.

Joseph Brandel Sports & Fitness Editor

After nine games the Gustavus Volleyball team holds a commanding 8-1 record and have been ranked No. 14 in the nation.

This year, head coach Rachelle Sherden is joined by two new assistants, Laura Beckmann and Brianne Stamer. Sherden said she is excited for the new elements these coaches will bring to the team.

"I'm really excited about bringing two new assistants in this year and having fresh eyes with a lot of knowledge," Sherden commented. "It has been good because it's something that is different and sometimes things get brought up that we wouldn't have thought of in the past, or things that we haven't done before."

The team started its season in non-conference play at two tournaments. The Gusties made a name for themselves after winning four sweeps in the Oregon Trail Classic Tournament against Willamette University, Lewis and Clark College, Whitworth University, and George

Fox University.

Sherden said she was impressed with the team's ability to compete at a high level right away and the drive from some of the veteran players, such as Junior Nora Holtan.

"I'm really excited about bringing two new assistants in this year and having fresh eyes with a lot of knowledge."

—Coach Sherden

"We were very efficient attacking and Nora Holtan did a great job spreading the offense to keep the opponent defense on their toes. Serving and receiving was solid and it was great to have everyone on the roster playing and contributing."

After a small rest, the team geared up for The UW-Stevens Point Tournament the following weekend.

The Gusties started off the tournament strongly with a sweep over Lakeland College

on Friday. Later that night, the Gusties faced off against No. 12 ranked Millikin University and lost 3-2 in a competitive match.

The following day the team took on UW-Stevens Point which was a mental challenge after coming off of a hard-fought loss, according to Sherden.

"The team came back and grinded after a long five-set match last night," Sherden said. "We started out slow against UW-Stevens Point and then found our groove in set two, and kept pressing the rest of the match."

Junior Brittany Luetherms' performances in these tournament games got some recognition back in Minnesota and she was given the title of MIAC Player of the Week. Luetherms tallied an impressive 81 digs in the first four matches and currently sits third for the Gustavus all-time dig leaders with 1,276 career digs.

The Gusties entered conference play against Hamline University Sept. 13. and won with yet another 3-0 sweep.

The team's next match is at the UW-Eau Claire Tournament Sept. 15.