

# It's time to start believing survivors



**Emily Seppelt**  
Opinion Columnist

**N**otice: This article discusses themes such as sexual assault and harassment.

It has been a tense few weeks. If the Kavanaugh confirmation hearings weren't stressful enough for everyone, our campus was struck with fights and stress due to the College Republican's homecoming window.

The fact that people on our own campus and within our community would write such extreme and problematic messages in the caf undeniably hurt many students. And while I do believe that everyone has a right to their own opinion, writing #confirmkavanaugh in such a public and unescapable place was harmful to people who are sensitive to topics such as sexual assault.

"The College Republican's window was harmful because



Senator Tina Smith leads a protest against Kavanaugh's confirmation in St. Paul, MN.

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it's specifically targeting victims of sexual assault. It's harmful to survivors to feel like they are surrounded by people who don't support them and instead support a man who has been accused of sexual assault," Sophomore Signe Jeremiason said.

There is also a deeper issue at hand here. While people such

as the painters of the window are one problem, the general sense of disbelief or brushing off Kavanaugh's accusers are much more prevalent. Around campus, it is almost impossible to not hear someone discussing the Kavanaugh confirmation hearings. One of the common themes that I have heard among various students are thoughts

*"...be conscious of the survivor's trauma and to empathize with their situation."*

such as "Why didn't she come forward sooner?" or "It's way to late for this to mean anything or for anyone to be punished."

These are valid, understandable questions and thoughts to have, and they are actually quite complex questions to answer. But thing to keep in mind among all of this is to always be conscious of the survivor's trauma and to empathize with their situation. America needs to stop prioritizing the careers and feelings of men over women's trauma and stories.

"When I found out about the window, I immediately knew that I wanted to get involved. I just want to do whatever makes people feel okay and safe," First-year Riley Wentick said, who was protesting the window along with others.

But why don't survivors come forward earlier? There are a few reasons. Oftentimes, survivors feel shame or embarrassment after they have been assaulted. This is due to the fact that survivors are made to feel that they are at fault for what has happened to them. People

say things such as "Maybe they were dressed too promiscuously? They must have actually wanted it." In reality, sexual assault is never anyone's fault except the abusers.

Another reason that survivors do not always come forward immediately is due to denial or the desire to forget the event. Their memories can be so horrible and upsetting that they need to be blocked out completely in order to move on with their life. This is also why sometimes trigger warnings need to be used. If constantly surrounded by reminders of a

*"When time and time again women see that they will be denied, blamed, and even ridiculed for speaking about what happened to them, it makes them a lot less likely to come forward."*

terrible time in their life, survivors can have a very difficult time moving on from the event or even being mentally healthy.

The last reason is one that we are all witnessing now—the fear of being shunned, shamed, or denied if one were to come forward. Dr. Christine Blasey Ford is going through this experience right now. When time and time again survivors see that they will be denied, blamed, and even ridiculed for speaking about what happened to them, it makes them a lot less likely to come forward.

Accepting this fear and coming out with what happened to you can take a long time for many survivors of sexual assault. This is why people don't

always immediately communicate what happened to them to a large amount of people. According to the Sexual Assault Response Team(SART) here on campus, the best way to react when someone tells you that they were sexually assaulted is to "...believe your friend. It is difficult to disclose a sexual assault, especially if people don't believe you. Trust your friend."

This is also why I am so inspired by people who come forward and share their story. It takes so much courage to stand up for yourself even when you know some people won't believe you. And to sit in front of members of the Senate and be grilled—yet still stand your ground—is truly remarkable.

So, criticizing people who come forward is just plain disrespectful. Even though the statute of limitations may have long passed, we still need to listen to these women's stories and respect their trauma. Just because the event happened a long time ago, we still need to consider what these things say about the accused. We can no longer simply default to defending a man in power and dismissing women.

On campus, there a variety of resources that survivors can turn to if or when they are ready to come forward or if they would like assistance in healing. One such resource is SART. This a great asset to have on campus and they support all survivors of assault who need any kind of help surrounding sexual assault. They can be reached at 507-933-6868 or at [gustavus.edu/sart](http://gustavus.edu/sart).



One of the protest signs in front of the controversial window.

Submitted

# Not-so-social social media



**Lauren Casey**  
Opinion Columnist

Technology and social media are great ways to connect with people, share stories, moments, and memories. While it may help connect us with those far away much easier and faster, technology has transformed the way we communicate with each other in person, and not in a good way.

The increase in use of technology through platforms such as email, Facebook, Instagram, and twitter make it easy to connect with someone through the literal click on a button. We all fall victim to it, and know that it is much easier to lay in bed and email our professor with a question we have, rather than walk a whopping quarter of a mile to Beck Hall.

I won't sugar coat it, technology has made us lazy. Being able to do literally everything behind a screen nowadays has started to eliminate the authenticity and depth of conversations. Yes, it is obviously easier to type a few sentences than trudge all the way over to Confer, but most of the time, questions are much better answered in person by professors, as well as having the ability to ask follow-up questions right then and there.

Relying on technology can be a bold move sometimes because there is no guarantee that the other person will reply back. But of course, we still insist on staying put even though we know when office hours are, or where our friend is based on their Snapchat location. It's just more comfortable, literally and figuratively, to communicate with technology. This also applies with friends and family. "Why would I have an in-person conversation when I can look at my phone? It is easier to grab the phone rather than try to come up with something to say in a gap during a conversation," Junior Kirsten Jensen said.

When talking to someone in person, they are much more likely to tell a story or memory in their entirety, but over text or email? No way, that is way too much work to type out the whole thing because thumbs get tired. The way I see it, it's just creating more problems in the long run, so take that "long run" from Sohre to the Caf and have that in-person conversation.

Of course, there is always the



Social media and technology have limited our ability to communicate with each other.

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option to call someone rather than try to tell a whole story over text, but that leads to the next way technology has transformed communication.

We are so used to hiding behind a screen every single day, that when the time comes to speak to someone new in person or on the phone rather than sliding into the DMs, we don't know where to start or how to act. "Technology in general is making in-person conversations become awkward," Sophomore Kyra Bower said. I will admit myself that I dread having to leave a voicemail, or talk on the phone with someone because that leaves the chance for an awkward silence to slip in.

Ironically, communicating with technology is always silent. It isn't uncommon to see people texting each other when they are sitting a solid two feet away from each other, rather than talking to them. We are losing, and not learning, the skills that allow us to deal with silence, as well as starting and ending conversations. This is the reason that the "nice weather we are having" small talk is a thing.

Another skill that technology users aren't practicing is the ability to use and read body language. As college students working towards future careers, skills such as eye contact, gestures, a good handshake, conversation cues, and more, aren't being utilized as much as they should be. To employers, this can be the one thing that sets a candidate apart from someone else.

In comparison, the person with the good handshake will most likely get the job instead of the person with a "soggy lettuce hand" grip. "When interacting behind screens, it's easy for one to forget they're talking to a real person, especially without

social cues and eye contact," Bower said. This is the reason that a phone interview is never without an in person interview as well. Body language is the way of saying so much without having to say anything at all, and technology interrupts that natural process.

Miscommunication is much more common when communicating over technology than in person. Sometimes there are not enough emojis to convey the true meaning of the message, or there just isn't an emoji for it at all. We hear it time and time again that tone cannot be conveyed correctly over a text

or email which can lead to more problems, yet we continue to do it anyways. So many disputes could be prevented if the conversation happened in person, just because it is human nature to read into things too far at times.

The addition of emojis has helped in conveying the meaning of messages better than back when getting a parentheses and colon smiley face from a crush in middle school was the equivalent to a heart emoji. Still, even with pages of emojis, they can't correctly convey tone and can be taken the wrong way, especially when the peach emoji

has a double meaning.

Social media and technology is good at enhancing many aspects, but communicating in person is not one of them. "Technology puts us in an interesting dichotomy as it hinders face to face communication but advances and improves the frequency in which we can communicate with one another," Sophomore Kenzie Berg said. Technology and social media is a solution to making long distance communication not so long, not a replacement for in-person conversations.

## The Good, the Bad, and the Meh



THE RAVE.



Your parents are coming next week and you can already feel their judgement.



It's close to fall break, but it's too far away to be excited about.

# Vari Veggie is very misleading



**Ella Napton**

*Opinion Columnist*

Every student at Gustavus knows that our cafeteria is far superior to those of other colleges. But, naturally, we still find flaws in the options given to us. Seeing as this is the food we eat on a daily basis—for some people, three times a day—these opinions are certainly not unfounded. The food may be good, but repetition does decrease its value to our taste buds.

This could not be truer for a particular group of students at Gustavus: the vegetarian and vegan students. Although there is a line of options in the cafeteria dedicated to vegetarian food and options, the selection is not large compared to that for students who eat meat. The proportion of stations with meat-based options greatly outweighs those that vegetarian and vegan students can eat.

One particular obstacle for students who abide by vegetarianism and veganism is finding ways to get protein in their diets in the cafeteria.

"I'm vegetarian so finding protein in the caf is a little difficult on days where there aren't meat substitutes and there aren't any beans in the salad line," Sophomore Nora Mohamed said.

It is safe to say that all students at Gustavus should not struggle to find all of the parts of a healthy diet while living and eating at Gustavus. Offering beans in the salad line, as one example, only a few days a week and not guaranteeing that option to students consistently is simply not the right approach to accommodating students of every eating variety.

As a student who adheres neither to veganism nor vegetarianism, I am, admittedly, not affected by the lack of non-meat protein options in the cafeteria. But, I see friends directly affected by the minute vegan and vegetarian options at Gustavus. Many of my close friends have to get extremely creative in order to feel full at the least. Simply existing on cereal and salads is not ideal in the slightest.

One simple fix to this issue would be to add more options that vegan and vegetarian students can eat.

"It's nice that they provide



*This is one instance of the small selection of food available for vegan and vegetarian students in the Caf.*

Abby Anderson

alternative meat options but I also wish that there was more variety in the things that they served," said Mohamed.

And the limited options are just the beginning of the issues those who are vegetarian and vegan have.

"I have some friends who are vegan and they get frustrated when things are labeled as vegan when really it isn't. People often confuse vegan for vegetarian and put things out in the caf like vegan cheeseburgers with real cheese which is vegetarian, not vegan," said Mohamed. It is safe to say that actions like these should not be tolerated. Not having enough vegetarian and vegan-friendly food is one thing, but saying things are vegan when they actually are very much not vegan, is a completely different ball game. The example Mohamed gave about vegan cheeseburgers is one that shows a senseless error. It is basic knowledge, especially to people who work in the food industry, that vegans cannot eat cheese seeing as it is produced by an animal.

All this would possibly require is training or education on what vegetarian and vegan students can or cannot eat. And there is no shortage of literature out there about this topic. It would take one easy Google search and an hour of the people's time who are in charge of deciding the meals offered to students each and every day.

Seeing as being vegetarian and vegan are often hot topics in our society today, it is only common sense that these changes would be made: that more options—especially that provide protein—be offered to students and those options that are given are actually vegan and vegetarian. More and more people are making the switch to a vegetarian or vegan lifestyle. It is likely the numbers will continue to grow, and it is time for Gustavus to adapt at the same rate.

## Letter to the editor

"The College Republicans have every right to espouse their beliefs and views. Specifically, after the contentious Kavanaugh-Ford hearings, tensions on both sides of the political aisle have been at near-insurmountable levels and due process should be afforded to anyone who has been accused of any crime. Socialism and communism have been responsible for more than 100,000,000 deaths in the 20th century, so it is not egregious to say otherwise. Moreover, Gustavus has, in the past, taken down conservative-leaning posters at tabling events because they have disagreed with the message. And, in 2016, I had to speak with members of the administration over pro-Republican chalkings around campus before the election, meanwhile, people have written things like "Republicans are Nazis" and didn't even receive a slap on the wrist. Everyone is entitled to their beliefs, regardless of what anyone thinks."

**-Junior Nathan Dull**

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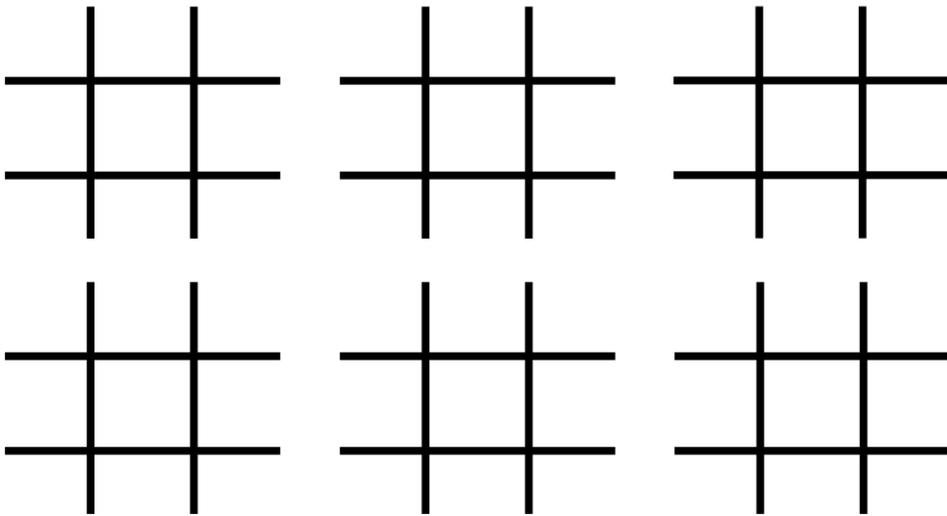
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# Partner-Play: Homecoming Edition

## Tic-Tac-Team up!



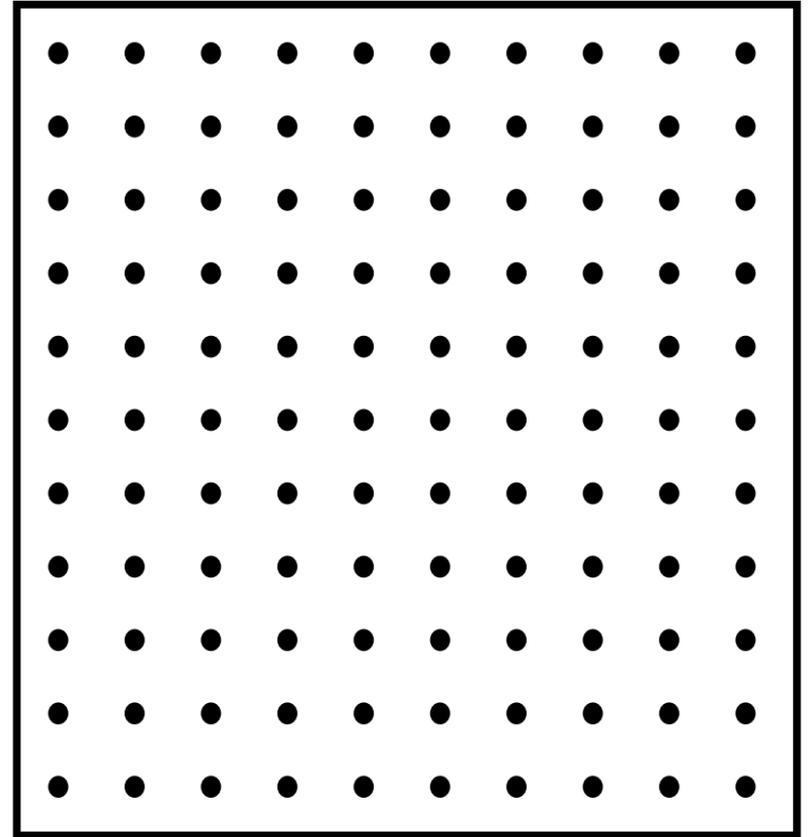
# Word search

Homecoming at Gustavus

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## Dots and boxes!

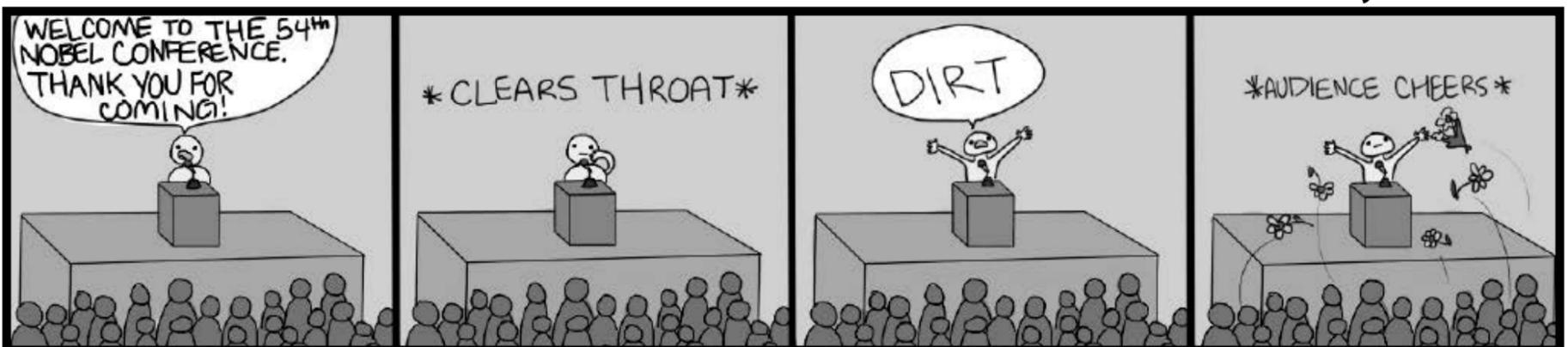
Take turns drawing one line. If the that line completes a square, write your initial in the box and draw another line. Continue until all dots have been connected. The player with the most boxes wins!



- Alumni
- Casino Night
- Football
- Golden Rave
- Gusties
- Homecoming
- Insomnia Cookies
- Lip Sync Battle
- Throwback Dive
- Window Painting



"Dirt" by Vin Branom



# Volleyball remains undefeated in the MIAC

## Gusties ranked No. 10 in the nation in recent poll

**Skylar Abrego**  
Staff Writer

The Gustavus Volleyball team is currently undefeated in the MIAC and 14-2 overall after defeating St. Kate's for its fourth consecutive win.

These victories may not come as a shock considering the team has been voted No. 1 in the MIAC Preseason Coaches Poll and No. 7 in the AVCA Preseason Poll making this the team's highest national ranking in program history.

However, the team is continuing to strive for better after recently celebrating their 50th year of the program.

With the loss of only four regular contributors and the addition of three First-years, it's been easier process to train in rookie teammates.

"Since we have a small First-year class this year, it feels we have been able to get everybody up to speed with our fundamentals and training quicker than we have in years past because we have a good number of returners who know what to expect," Head Coach Rachele Sherden said.

The Gusties have also ushered in a top notch veteran group who has experienced a large amount of success.

The group boasts an overall record of 77-18 in the past 3 seasons, with seniors Brittany Luethmers and Hanna Albers returning as All-Conference performers.

Another standout player is two-time All-American and MIAC Player of the Year, Nora Holtan, who is once again quarterbacking the offense as the team's setter.

"As a team we have been taking things day by day," Holtan said. "We are focusing on the present instead of looking too far ahead and just taking things as they come."



Gustavus Sports Information

Members of the volleyball team celebrate after earning a point. The team currently holds a overall record of 14-2 and a record of 5-0 in the MIAC.

Sherden said she hopes to build off of what the team did last season.

"We really emphasize that what we did last year does not matter for this season," Sherden said. "This is a new group and there are new challenges. We don't want to ride the coattails of last season, but the

team does have big goals this year and they know they have to now work harder because of the high expectations they set for themselves."

The volleyball team has already reached many of those big goals.

In their third match of the season, Senior Lauren Hanson

became the 14th member of Gustavus's 1,000-kill club.

Holtan has also made strides in becoming the first player in program history to record more than 4,000 assists, 1,000 digs, and 500 kills and already earning MIAC Athlete of the Week honors with Luethmers.

More recently, Luethmers reached the 2,000-dig career mark at the match against St. Kates, making her the second in program history to do so.

"[Luethmers] achieving 2,000 digs is a major accomplishment," Sherden said. "Over the last three and a half years she has been a rock for the Gusties in the back row. She is a defensive leader and often keeps our team alive with her scrappy and relentless digging."

The Gusties claimed the victory over the Wildcats with scores of 25-15, 25-19, and 25-16.

"We had a bit of a slow start in the first two sets but they chipped away and were able to battle back," Coach Sherden said. "There were a lot of long and scrappy rallies from both sides at the match."

The team was able to hold their opponent for its second consecutive match to a nega-

tive hitting percentage largely accountable to Sophomore Kate Holtan leading the Gustavus attack with 11 kills and a .346 hitting percentage.

Kate Holtan has had an impressive start to her volleyball career on the hill.

Last season she was named MIAC Rookie of the Year and she brings a lot of the same energy and talent to the team as she did last season.

*"Everyone has been getting after it while training in the gym, and working really hard to reach the goals we've set for our team."*

—Kate Holtan

"We feel the season has been really great so far," Kate Holtan said. "Everyone has been getting after it while training in the gym, and working really hard to reach the goals we've set for our team."

The Gustavus Volleyball team faces off against UW Stevens Point, who currently holds an overall record of 14-7, at the UW-Whitewater Tournament Friday at 7 p.m.



Gustavus Sports Information

Sophomore Kate Holtan serves the ball during a match against Bethel University Sept. 22.

# Men's Tennis hosts ITA Championships

## All Gusties make up Doubles Championship match

**Tanner Sparrow**  
Staff Writer

A Gustie versus Gustie doubles final on Sunday, Sept. 30 highlighted the Intercollegiate Tennis (ITA) Association Midwest Regional Championships this past weekend.

Seniors Chase Johnson and Patrick Whaling ultimately beat their teammates, Junior Yassine Derbani and First-year Nick Aney by a score of 7-6, 6-2, for the title.

"It was an amazing experience playing against Nick Aney and Yassine Derbani in the doubles final," Whaling said. "It's a tough situation, but it is pretty cool that both of us did well enough to make it that far. This team is ready to do big things in the spring season, and we're all excited."

*"Overall, the weekend was very successful for our program."*

—Tommy Valentini

As a result of their victory, both Whaling and Johnson earned All-American designations, marking the third time Whaling has received the award in doubles, and the first time for Johnson.

The pair will next compete at the ITA Division III Oracle Cup Oct. 11-14 at the Rome Tennis Center at Berry College in Rome, GA, where eight regional champions will face off for the national title.

"Yassine and Nick were tremendous as a first time pairing – and they played an outstanding match to take out the top seed in the semis," Head Coach

Tommy Valentini said. "Patrick and Chase were fantastic in bouncing back from tough singles losses. They chose to be positive and played some excellent doubles. It's a huge honor for Patrick to become a three-time doubles All-American, and Chase is extremely deserving to join the Gustie All-Americans. They played an extremely high-level final against Yassine and Nick."

On the singles side, the Gusties saw widespread success, with only three of the eight players left in the quarterfinals not in black and gold.

The five Gustie quarterfinalists were Derbani, Johnson, and Whaling, along with Junior Michael O'Neil, and First-year Indraneel Raut.

Both Whaling and Johnson defeated their teammates Raut and O'Neil to advance to the semifinals.

Unfortunately, that's where the Gusties ship stopped chugging, with the pair both falling short in tough matches.

Although this was no doubt a letdown for Whaling and Johnson, they were rewarded for their tough play as championship doubles teammates.

Funny enough, the doubles final of the Midwest Open, a tournament for those players who didn't advance to the ITA, mirrored the ITA side, with two Gustavus teams battling in the Championship.

First-years Drew Elofson and Luke Haddorff defeated their teammates Senior Alex Senjem and Junior Zeke Haugen in the match.

Whaling and Johnson seemed to take more joy in the team's accomplishments than their own.

"Watching the First-years



Gustavus Sports Information

Senior Patrick Whaling returns a ball during a match this past weekend at the ITA Regional Championships.

compete and take down some of the top seeded players in the tournament was the highlight for me. It was awesome to have two Gustavus teams in the ITA doubles final and two Gustavus teams in the Midwest doubles final," Whaling said.

Valentini appreciated not only the success of his team, but also their sportsmanship.

"Overall, the weekend was

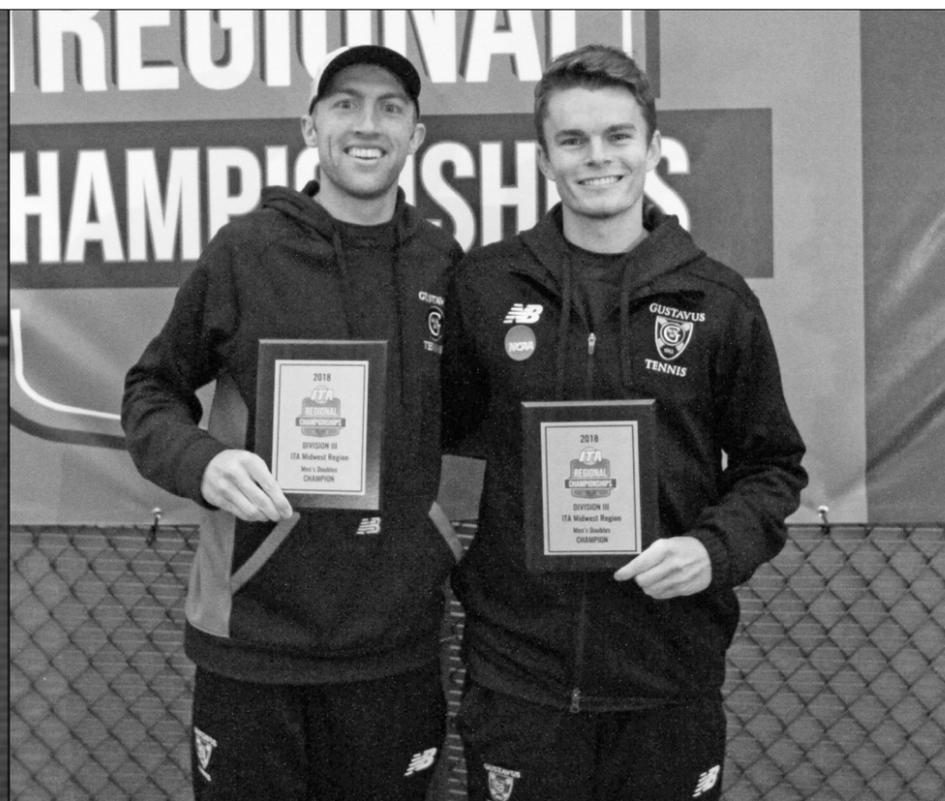
very successful for our program. To have 5 of 8 singles quarterfinalists, and 2 of 4 doubles semifinalists in the ITA Regionals, as well as to have all of the finalists in both the main draw and Midwest Open is a great accomplishment. All of the guys competed very well and represented our program beautifully. Most of all, I'm grateful for how well our guys

handled the challenge of playing against their teammates, and how beautifully they took care of one-another and gave their best with great sportsmanship. We look forward to preparing Chase and Patrick for the DIII ITA National Championships, and to building on the progress we made as a team over the regional weekend," Valentini said.



Gustavus Sports Information

Junior Yassine Derbani and First-year Nick Aney took second place in doubles this weekend.



Gustavus Sports Information

Seniors Patrick Whaling and Chase Johnson won the Midwest Doubles Championship match.

# Football prepares for Homecoming game

## Gusties look for first conference win against Concordia



Gustavus Sports Information

Junior Brayton Finch breaks a tackle during a game against Martin Luther earlier this season. The team goes into its homecoming matchup against Concordia with a record of 1-3.

**Michael O'Neil**  
Staff Writer

The Gustavus Football team returns home to Hollingsworth Field this Saturday to host Concordia College for Homecoming.

The Gusties enjoyed a bye week on September 29th after traveling to Arden Hills to take on the Bethel Royals the week before. This was the tenth time in his career that Head Coach Peter Haugen faced off against his alma mater and his own college coach, Steve Johnson.

On what was a pleasant fall day, the Gusties suffered a 31-0 loss at the hands of the Royals, who started strong and maintained control throughout the game.

The Royals started the game on offense and drove the ball down to the Gustavus 17-yard line, before a big defensive play by the Gusties stopped their momentum. On the sixth play of the drive, Senior John Krohn found his way into the backfield and forced a fumble that was recovered by Junior Kolt Gorg.

After the turnover, the Gusties took over on their own 20-yard line but weren't able to establish themselves on offense. Three incomplete passes brought up a fourth down, and

an errant snap resulted in a safety for the Gusties.

The Royals then ended their next three possessions in the endzone. The first two came off of four yard runs by the Royals' quarterback and the third off of a blocked-punt returned for a touchdown.

At halftime, the Gusties trailed 28-0.

The second half proved to be a defensive battle, as the only score came when the Bethel kicker completed a 28-yard field goal in the third quarter.

When all was said and done, Bethel outgained Gustavus 353-139 and held the Gusties to just 84 passing yards and 55 yards on the ground.

Senior Quarterback Michael Veldman completed 5 of 20 passes and was sacked three times. Junior Josh Kirk led the offense with two catches for 52 yards while Senior Matt Berkner led the Gustie defense for the fourth straight game with 11 tackles.

With the loss, the Gusties moved to 1-3 overall and 0-2 in the MIAC.

The bye week seemed to come at a good time, as the Gusties have hit a slight lull in their past two games. Despite opening the year with two strong performances, over the

last two games the Gusties have averaged just 226 yards of offense while giving up 381.

They will look to take advantage of their week off and clean up some mistakes this coming weekend as they host the Concordia Cobbers for their Homecoming and Hall of Fame Day.

Last year during Homecoming, the Gusties put on an offensive clinic with a 51-7 victory over Hamline. Veldman led the offense with 392 passing yards and four touchdowns.

Kirk and Junior Brayton Finch both had outstanding games a year ago, hauling in 97 and 143 yards, respectively and a touchdown apiece.

Last year against Concordia, the Gusties fell in a back-and-forth 27-17 game in which Veldman was injured and sidelined for the rest of the season.

Before his injury, Veldman went 16-31 for 163 yards, two touchdowns, and an interception.

The Gustie defense was led by Berkner, who tallied 14 tackles and helped hold the Cobbers to just one first down on 10 third down attempts.

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

after the game a year ago.

Hopefully with almost two weeks of rest and practice under their belt, the Gusties will be ready to execute smoothly on both sides of the ball and secure an impressive conference win.

The Cobbers come into the game this year with a record of 3-2 and 2-1 in the MIAC. Their

only losses have come to St. Thomas and the University of Wisconsin-Whitewater.

In their other two conference games, the Cobbers put up 54 points against Augsburg and shut out Hamline by a score of 55-0, so this promises to be an action-packed Homecoming game for the Gusties.



Gustavus Sports Information

First-year David Peal runs the ball for the Gusties during a game this season.