

Tackling the issue of club sports



Ella Napton
Opinion Columnist

In recent years, club sports at Gustavus have been successful. The Women's Rugby team placed fourth in the nation in the fall of 2018; the Gustavus Dance Team second at Nationals and the Men's Rugby team had one of their most successful playoff runs yet in the fall of 2019.

Yet, the club sports that potentially need the most attention are not allowed to access the athletic trainers at Gustavus. When most people think of rugby, they think of broken bones, bloody noses and torn ligaments. So if that is the picture people have of rugby in their head, why do the athletes at Gustavus not have access to athletic trainers?

The likely reason is funding: we are not an NCAA team so we do not fall under the athletic trainer's jurisdiction. This makes sense, but is challenged when other teams in our conference are required to have athletic trainers at every match. If there is not one present, we do not play.

Being that we are not varsity teams, I do not expect athletic trainers to be present at practices like they are for most varsity sports, but simply be present--or on call--for matches.

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Why is this necessary? During our last home match, one of our captains took a tackle and ended up on the field in excruciating pain. All we had were some ice packs and enough basic knowledge to know that she should not keep playing. She continued walking, albeit painfully. Throughout the next



Quinn Bentz, a player on the Women's Rugby team, makes a play down the rugby pitch.

Submitted

few days until she had to go get her injury checked out due to immense pain while sitting down and standing for extended periods of time.

It turns out that she had torn her ACL, meniscus and partially torn her MCL. And she continued to walk on it because there was no one there to tell her otherwise or see the signs for those particular tears.

I'm co-captain of the women's rugby team, which is one of the highest contact sports there is, and we are without an athletic trainer. We are representing Gustavus and playing a sport, even if we aren't at the varsity level. Sometimes, immediate treatment is essential to an injury, and without an athletic trainer, we simply don't have access to that. It's hard to explain to parents and other spectators why a player who came off the field injured won't be helped by Gustavus.

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In my own experience, there was recently a game during which I came off the field with three torn ligaments in my knee, only to be left to seek medical at-

tention on my own. This is hard to justify, and there's a change that needs to be made, Gustavus Women's Rugby Co-Captain Quinn Bents said.

Further, during one of my first rugby matches, a girl fractured part of her leg to the point where she needed it to be splinted. But we do not have access to sufficient materials, so we had to splint it with the things we had: t-shirts and a field marker. She had to sit on the side of the pitch until someone could come to pick her up because there were not enough vehicles to take her to the hospital to get it properly looked at and an ambulance would be too expensive.

"But, we do not have access to the correct materials, so we had to splint it with the things we had: t-shirts and a field marker."

Other than accidents such as the ones I listed above, perhaps the most common ailment that requires attention in rugby are concussions. Naturally, in a contact sport that relies so heavily on tackling, these do occur--even

more so because we do not wear helmets during matches.

Although we are trained to tackle properly and be tackled properly, mistakes do happen and new players occasionally high tackle and heads hit each other or the ground. Many players have basic knowledge of concussion symptoms, but there are often occasions where subtler symptoms are missed and players continue to go about their daily life with what could be a severe head injury.

"Although we are trained to tackle properly and be tackled properly, mistakes do happen and new players occasionally high tackle and heads hit each other or the ground."

With the aid of athletic trainers, such problems like: continuing to walk on damaged knees, splinting with field marker and living with a concussion could result in less long-standing issues. Concussions could be identified sooner, knees could be saved from harmful walking and legs could be properly splinted.

I truly believe that athletic trainers want to help club sports, especially high-risk

ones, but are not able to due to regulations or funding. But I believe that the well-being of the college's students should be at the forefront of funding and regulations. Continuing to allow students to go hours, days, or weeks without addressing sports-related injuries does not encourage this.

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Club sports are important; they encourage teamwork, provide built-in exercise and develop long-standing friendships. Every sport has some sort of risk, but just because a specific sport is a club team rather than a varsity team should not bar athletes from getting the care they need.

The common, common cold



Lauren Casey
Opinion Columnist

Fall brings so many great things, but it also brings the sick bug that Gusties can't seem to get away from. Gustavus offers various resources and tips to prevent getting sick this time of year, and for those who fall victim, there are some tips and tricks that work like a charm to cure sickness. Those who don't get sick this time of the year are few and far between. Whether it is you, your roommates, or professors, getting sick this time of the year is not a matter of if you get it, it is a matter of when.

It is no coincidence that students get sick at this time of year. First, we are stuck on a hill all within close proximity of each other. Living in the dorms and coming into contact with so many new germs we haven't been exposed to yet creates the perfect recipe for getting sick. It is comparable to a giant game

of telephone, passing it from one person to another, dorm to dorm, building to building. Before we know it, it is like a campus wide epidemic of the sniffles.

"Getting sick this time of year is inevitable because I was healthy all summer and then once I got to campus I got sick," Sophomore Reid Johnson said.

The reason we catch sickness so easily this time of the year is not only because we are stuck in the Gustavus bubble, but rather a reaction between our nervous system and immune system. As tests and exams start to ramp up, our stress levels increase, which ignites our fight or flight response.

During stressful times, our bodies will automatically shift the way resources are used in order to ease our stress, and unfortunately, our immune systems take a hit as our brain claims it to be lower on the priority list.

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It is one of the first things students learn in general psychology, yet sickness still wins despite being aware of the phenomenon. This effect basi-



The campus is currently flooded with tissues and sick students..

Nate Habben

cally knocks down the wall that keeps sickness out, making us more miserable because now we are not only stressed, but also sick.

At this point, it seems like a lost cause trying to not get tagged by the sick bug, but there are still ways and resources that prevent it from getting even worse than the common cold.

"I Clorox everything in my room, including door knobs, and take Emergen-C when there is a flare up on campus," Sophomore Maddie Sweeney said.

Unfortunately, it is impossible to Clorox everything on campus, so Gustavus takes preventative measures as well. While those signs to cover your cough and wash your hands

"While those signs to cover your cough and wash your hands may be cheesy, they aren't wrong."

neither is lying on the couch feeling as sick as a dog without the comfort of your mom to take care of you. Get it here at Gustavus by your fellow nursing majors, or stop in to Target and you'll get a \$5 giftcard for taking care of yourself. That \$5 may come in handy when you need to get some cough drops.

When the Clorox fails, the Emergen-C flunks, the hand sanitizing can't save you and you've finally fallen victim to the inevitable, there are a few things you can do to speed up recovery.

I was struck with sickness the second week of school, and Health Services gave me the right medication that I needed to feel better. The day I went in, I was feeling too terrible to realize I put my athletic shorts on inside out with the built in underwear on the outside as I walked around campus like that for hours. When I arrived at my appointment, the nurse kindly told me that I "may want to change" with no judgement at all. Health Services is there for you for both your health and fashion problems, so don't hesitate to call or walk in and schedule an appointment. If doctors offices aren't your scene and your shorts are on correctly, there are a few other home remedies that work like magic.

"I always feel better when I get a good night's sleep when I am sick, and make sure to stay hydrated," Sophomore Gillian Duncan said.

Products like Flonaise, cough drops, sinus rinses, and decongestants certainly never hurt; but let's be real here, chicken noodle soup made by mom seems to work better than anything money could buy.

can really make an impact to prevent you and others from getting sick.

While a lot of us like to think we are invincible and won't ever get sick, that usually is not the case, no matter how macho you are. Gustavus also provides the flu shot clinic every year for students and the public.

Needles are never fun, but

The Good, the Bad, and the Meh



Parent's Weekend starts today, so you can skip the chicken tenders when they bring you to a real restaurant.



For once, there was more water outside than in the Co-Ed dorm rooms this week.



You can finally turn off the fans, but you can't open your windows.

Battle the climate crisis on campus



Emily Seppelt
Opinion Columnist

Greta Thunberg saying, “How dare you,” is perhaps her most striking line from her address to the United Nations Climate Summit. By now, I’m sure that we all are a bit sick of hearing about climate change. Here at Gustavus, we’ve been bombarded with it at every turn. Now is about the time in the news cycle that we all usually decide that its time to drop the subject and move onto the next crisis. Suddenly, the one issue that we cared so much about is put on the back burner. Soon, Thunberg will target her words at us, our generation.

By allowing ourselves to walk down the path of despair and general disregard for the crisis that we live in everyday, we will become like the generation before us, who left the issue to their grandchildren and children. Except there won’t be much world to be left behind.

This is why we need to keep the spirit of the climate strike and the spirit of Thunberg alive, not only in our own lives, but all across campus. While we may believe that we remember why we protested and want to continue the fight, in the past, only a small minority of us who went



Protesters from campus Climate Strike circle around Eckman Mall

Katie Mattinen

to the strike will put the lessons into action and do something to help handle the crisis.

But that’s not what I see this campus doing. On every level at Gustavus, I’m seeing a significant push for a more renewable and environmentally friendly campus. And it ranges from all the way at the top, right down to small portions of the student body. Upper administration members are holding meetings, forming committees and setting real goals. Large campus groups such as Building Bridges are focusing on the climate crisis as the topic of this year’s conference. Once a small campus organization, the Environmental Action Coalition (EAC) built itself up from the ground to become one of the most influential groups on campus.

Professors are adding cli-

mate change discussions and issues into their classes, even if they are not teaching a science course. Because as many of us learned last week, the climate crisis is not all about science, the natural environment, and the atmosphere. It’s also about people. Every corporation. Every community. You and me, and everyone else at Gustavus.

This is the kind of work that makes me proud to be a Gustie. And that’s why I am writing this article. We need to keep this momentum that we obtained from the Global Climate Strike and the Nobel Conference going, and even accelerate our speed. If we are to make any progress in changing our own behavior, as well as that of the entire Western world (by far the guiltiest culprits for the crisis we

find ourselves in), the climate crisis needs to be our focus. If we can’t survive on this planet, we won’t even have a place to solve all the other important issues of the world.

There are countless ways you can do your part in tackling the climate crisis even just here as a student on campus. If you can’t make it to meetings of environmental groups, try attending some of their events. Bring up the issue of the climate crisis in your own organizations and/or classes. Encourage your peers and fellow Gusties to take steps to lead a more sustainable lifestyle. Make the case to your residence hall, or even just your neighbors, to educate residents about what they can do to make the building more eco-friendly.

We have made such amazing progress on the campus already,

so I see no reason why we cannot go even further and truly change the culture of Gustavus.

I envision a future where composting is second nature. Where Big Hill Farm is bigger than it has ever been. Where we produce no waste as a community. We are well on our way to this future. But we cannot let ourselves falter and fail to reach these goals. Forgetting or not caring is not an option. Moving on is not an option.

“Until you start focusing on what needs to be done rather than what is politically possible, there is no hope. We cannot solve a crisis without treating it as a crisis... We have come here to let you know that change is coming, whether you like it or not. The real power belongs to the people,” Thunberg said.

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**We’re hiring new writers to write their
opinions and put them out there for
others to see!**

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if this is right up your alley!**



Word Search

Family Weekend at Gustavus

Z T B B S O A S H Z W I M A D
L R M K H D Y W V I Y B K N C
O Z P G U S T A V U S B N Q F
D L I N E U S S F T H T Q O N
T O U R U E S O T F S L O U L
P T O Y S T O R Y P Z I S R W
P C Z C Z W K Z W A E U J D Y
W Z W O H T J F C O H T C E M
C V T L Z S A D H P V C E K K
K A P L R A N F L X N I V R N
Q R I E G E D O N U V Q S T O
T L P G K H D I Z K R E R I R
O X L E K A T J F A M I L Y T
C U E O R T O R Q A Z D K I M
N W C Z B D K C G C D K N M C

- Gustavus
- Adolphus
- College
- Family
- Weekend
- Games
- LineUs
- PiP
- Tour
- St. Peter
- History
- Toy Story
- Visit

Dots & Boxes

Take turns drawing one line. If 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!

Grid of dots for Dots & Boxes game.

Crossword

Family Members

Crossword puzzle grid with numbered squares for Family Members.



“Insomnia Cookies” by Bryanna Filip

Comic strip panels for “Insomnia Cookies” featuring characters and dialogue.

Tic-Tac-Toe!

Two 3x3 Tic-Tac-Toe grids.

Crossword Answers

Across	Down
3. Niece	1. Father
4. Cousin	5. Son
6. Husband	7. Daughter
8. Wife	9. Grandfather
10. Grandmother	13. Uncle
11. Aunt	
12. Grandson	
14. Granddaughter	
15. Sister	

Across

- 3. The daughter of your brother or sister
- 4. The son of your uncle is your _____
- 6. Male partner in a marriage
- 8. The female partner in a marriage
- 10. The mother of your mother or father
- 11. Your uncle’s wife
- 12. The son of your daughter is your _____
- 14. The daughter of your son
- 15. Your female sibling

Down

- 1. The male parent of a child
- 5. A male child
- 7. A female child
- 9. The father of your mother or father
- 13. Your aunt’s husband

Families are like fudge ...
mostly sweet with a few nuts.

Volleyball prepares for next MIAC test

Gusties hold 8-8 overall record and are 1-1 in MIAC play

Eli Dotson
Staff Writer

The Gustie volleyball team earned their first MIAC conference win last week on Thursday when they swept St. Olaf.

In their following match during homecoming, the Gusties then lost in three sets to Northwestern.

In set one against the Oles the Gusties dominated late, taking 11 of the last 16 points for a 25-15 win.

Solid blocking up front was a key to putting pressure on, especially early in the set.

St. Olaf battled hard in the second set, with the two teams going point-for-point nearly the entire set.

The score was even at 22 before a kill from First-year Sarah Elliott pushed the Gusties to the brink of victory.

Two errors turned the tide and put the Gusties' back to the wall, but the teams traded points until a 27-27 stalemate.

Consecutive kills by First-years Rhyann Herrmann and Kaylyn Johnston then provided the death blow for the Oles, putting Gustavus up 2-0.

The third set was similar to the second as the two well-matched teams went blow for blow.

The Gusties eventually worked their way to match point at 24-21, but St. Olaf continued fighting and scored two points in a row.

A kill from Sophomore Kai-kea Welsh ended the rally and gave the Gusties a convincing 3-0 win.

"Going into the game we told them to be ready for long rallies and to work hard in transition as they're a very talented team," Head Coach



Gustavus Sports Information

Junior Kate Holtan goes for a kill during a match against St. Olaf Sept. 26. The Gusties have split games so far this season, holding a record of 8-8.

Rachelle Sherden commented. "I thought we did a pretty good job of capitalizing with our serves and getting them out of their system. We also did a good job setting tonight, and our right-sides had a really good match."

One key to the match for Gustavus was defense, as the Gusties out blocked the Oles 10-1 and allowed the strong service of St. Olaf just one service ace.

This strong defensive effort

was commented on by Sherden.

"Our passing was lights out tonight, as we did really well controlling the first ball contact and that was one of our better blocking matches we've had this year," Sherden said.

The Gustie offense was balanced in this contest, with Herrmann and Sophomore Annalee Olson-Sola both notching eight kills, Junior Kate Holtan adding seven and Elliot adding 6.

Johnston and Senior Mitaya Johnson dished out a combined 30 assists, and Junior Hailey Embacher had 15 digs in the back row.

The Gustie's next match was a bright and early 11 a.m. contest on the morning of Homecoming Saturday.

The Eagles of Northwestern-St. Paul won the UMAC conference last year, finishing at 23-9, and have started this year off strong as well.

In the first set, Northwest-

ern initially strode ahead to leads of 15-7 and then 22-18. The Gusties rallied back and evened things at 23, but consecutive errors cost them the first set.

Set two saw the Eagles in control for the duration of the set as they attained leads of 12-6 and 23-16.

In a parallel to the first set Gustavus stormed back to bring the score within two at 23-21, but the Gusties were unable to complete the comeback and dropped the second set as well.

The final set saw the two teams battling back and forth until the Eagles evened things at 20.

Five of the last six points went to Northwestern, and they closed out both the match and the set.

With the loss, the Gusties fall to 8-8 on the season, while the Eagles move to 9-4.

Holtan and Elliott both had strong performances offensively, notching nine kills each.

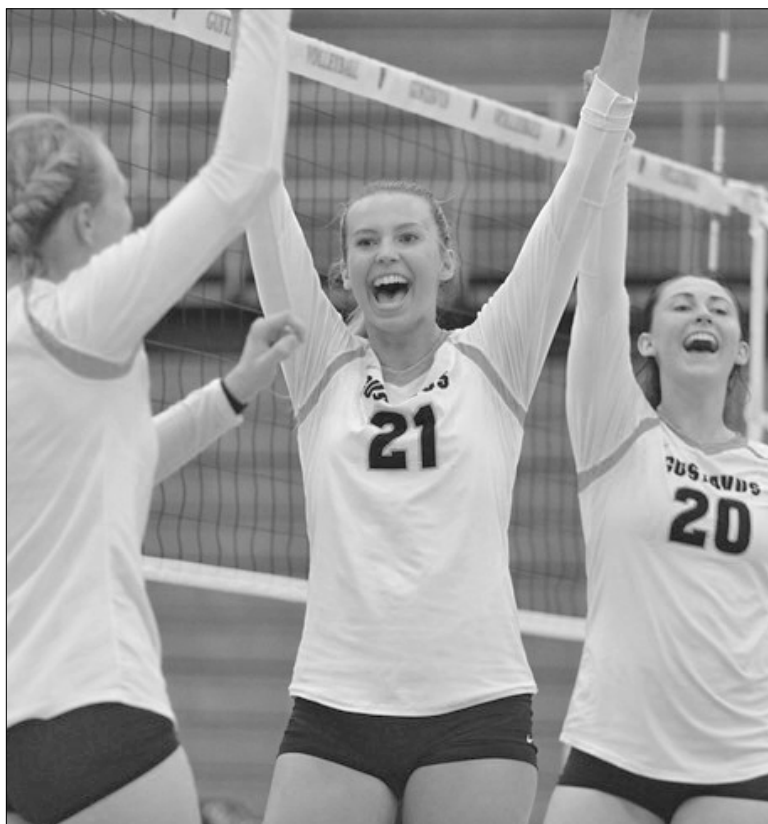
Johnston added to the effort with 17 assists, and Embacher once again led the way in the back with 16 digs.

A telling statistic was the hitting percentages: Eagles at .225, Gusties at .187.

The team is now over half-way through its season and is splitting its games.

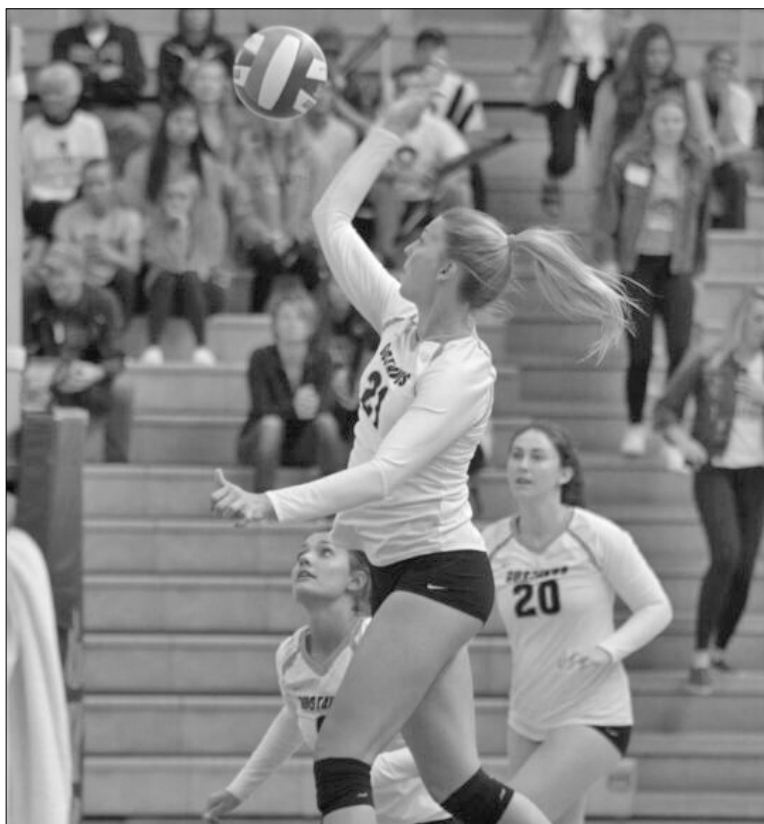
With some time to reflect and prepare for their next test, the Gusties shift their focus to maintaining a strong conference record.

The team is back in action on Saturday, Oct. 5 against Hamline.



Gustavus Sports Information

Members of the Gustavus volleyball team celebrate after scoring a point.



Gustavus Sports Information

First-year Sydney Olson rises up to spike the ball during a game this season.

Gusties place sixth at MIAC Championships

Women's Golf prepares for last tournament of the fall season



Gustavus Sports Information

Sophomore Erin Ericson tees off at the MIAC Championships this past weekend. Ericson posted the best individual score (75) on the team and finished sixth overall.

Michael O'Neil
Staff Writer

The Gustavus Women's Golf Team competed at the MIAC Championships last weekend and finished in sixth place overall as a team.

After a sixth place finish at the St. Kate's Invite one week earlier, the Gusties traveled to Becker, Minnesota to compete in the 54-hole Conference Championships hosted by Pebble Creek Golf Club.

The tournament took place Saturday through Monday, September 28-30.

The Gusties were looking for their first MIAC Title since 2010, when they finished first as a team and had the top individual golfer at the event.

On the first day of competition, a trio of sophomores led the Gusties in scoring.

Emily Kratz led the Gusties with a 79 (+7) and was tied for ninth place individually, while Sydney Regalado carded an 80 (+8) that was good for 13th place and Erin Ericson shot an 82 (+10) that left her in a tie for 18th place.

First-year Hannah Hubbart rounded out the scoring Gusties with a 91 (+19).

The Gusties sat in sixth place as a team after the first round with a combined score of 332. St. Kate's led all teams with a team total of 312.

"We need to do a better job

of eliminating the big holes tomorrow. We were nervous coming out of the gates today, but will be in a better place tomorrow. Looking forward to an opportunity to move up the leaderboard," Head Coach Scott Moe said after day one.

The second day of competition was highlighted by a strong round from Ericson, who shot up the leaderboard to sixth place overall with a 78.

Kratz and Regalado were tied for 26th after shooting 90 and 89, respectively.

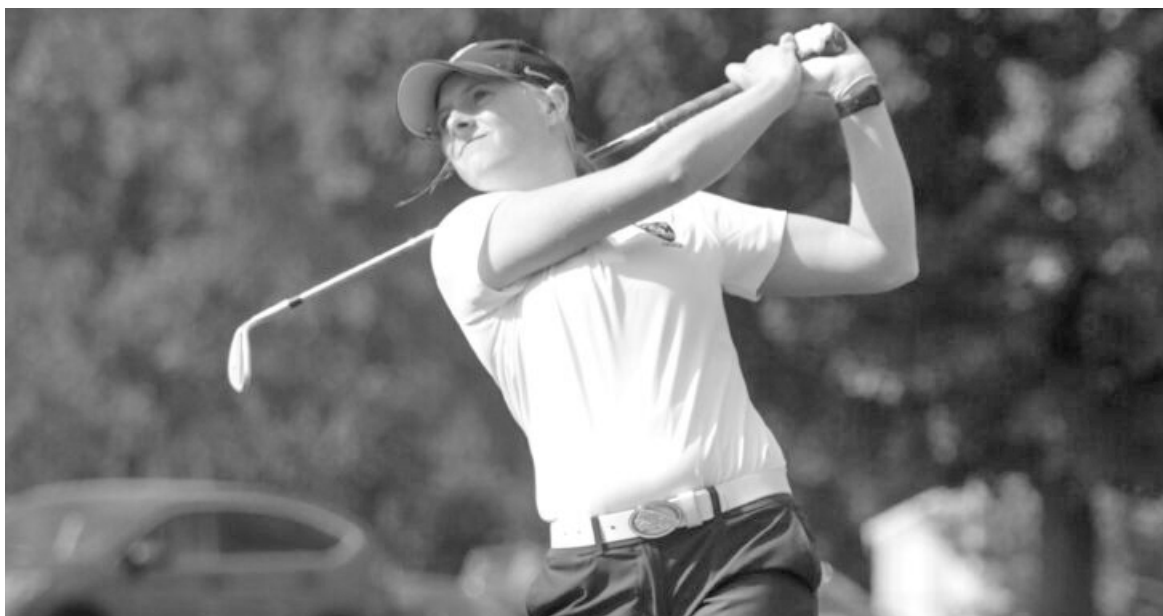
First-year Laurel Ward showed great improvement from her first round, shaving off 16 strokes to score a 78. Ward was tied for 31st place after day two.

With their second day score of 335, the Gusties totaled 667 and remained in sixth place as a team. St. Kate's remained in first place with a two-day total of 628.

"[Ward] and [Ericson] had nice rounds for us today. Tomorrow we are going to look at every hole as a new opportunity to showcase what we can do, and we are looking forward to having a great final day of our conference championship," Moe said.

The third day was the best for the Gusties, as they combined to shoot 328 and remained in sixth place overall.

Ericson continued to shave strokes off her score with each round and carded a final round score of 75. She tied for sixth



Gustavus Sports Information

Sophomore Emily Kratz shoots for the green during a match earlier this year.

place overall and earned All-Championship honors.

Kratz followed with an 81 on day three to finish tied for 24th place. Regalado tied for 27th after scoring 84 on Monday.

"It was very nice to see [Ericson] continue her strong fall performance finishing in sixth place and earning all tournament honors. I could see in their faces after the round how bad they wanted it, and that will drive us to be better," Moe said.

Ward rounded out the lineup for the Gusties with an 88 that earned her a tie for 33rd

place overall.

"With three sophomores and two freshmen in the lineup, I think we learned a lot this weekend that will help us significantly in the future," Moe said.

In the team competition, Bethel carded a final round 308 to win the Championships.

"Our finish was not what we had hoped for. I am very proud of how we battled throughout the weekend. We had some great stretches during the tournament, but allowed some errant shots to lead to some big numbers. This is something we talk about at length and will

continue to improve," Moe said.

The Gusties have one more tournament to play before they conclude the fall season. Next weekend, they travel to Pittsburgh to play in the Tartan Invitational hosted by Carnegie Mellon University.

"We have to get right back in the saddle and prepare for next week. It is a very strong field, so we are grateful for the opportunity to play in that event which will be our final one of the year. Every opportunity we have, we hope to learn from and better our golf games," Moe said.

Football falls to Bethel 35-33

Gusties look for their first conference win against Concordia



Sophomore Dalton Thelen makes a catch and scores a touchdown for the Gusties during their homecoming game against Bethel University Sept. 28.

Gustavus Sports Information

Gabe Schneider Staff Writer

The Gusties lost their homecoming football game on Saturday to Bethel by a score of 35-33.

In this high scoring game, there were a total of 40 points scored between the two teams in the fourth quarter alone.

With the loss, the Gusties fall to 2-2 overall and 0-2 in the conference.

The Gusties started slow in this game, as an interception on their first drive led to a Bethel touchdown.

After a few drives, the Royals were able to score again to take a 14-0 lead.

Bethel decided to go for it on fourth and short in their own territory, but was stopped by the Gustie defense.

Gustavus capped off the drive with a touchdown run from Sophomore David Peal.

Even though Bethel had two times as many total yards that Gustavus had, the Gusties were only down 14-7 at halftime.

After another interception, the Royals were given a chance to increase their lead. However, the 32-yard field goal attempt was missed and the Gustavus offense took over.

The Gusties capped off their drive with a touchdown pass to Senior Brice Panning, tying the game at 14 a piece.

Bethel put together a lengthy drive based on the ground game to close out the third quarter.

They scored on the first play of the fourth quarter, giving them a 21-14 lead.

After a couple of nice completions from Senior quarterback Michael Veldmann, the

Gusties scored on a touchdown pass to Sophomore Dalton Thelen.

On the ensuing kickoff, the Gusties executed a squib kick to once again take over in Bethel territory.

A six-yard touchdown pass to Senior Brayton Finch gave the Gusties the lead. The extra point was missed, which left the score at 27-21.

The Royals quickly stormed down the field and scored, converting the extra point and taking the lead 28-27.

The first play after the kickoff was intercepted, giving Bethel good field position and a chance to score once again.

They did just that, and found the end zone to increase their lead to 35-27.

The Gusties eventually scored again on an acrobatic one-handed catch by Panning, which cut the score to 35-33. The two-point conversion attempt was unsuccessful, and the Royals recovered the onside kick attempt and eventually ran out the clock.

Despite the loss, Gustavus Head Coach Peter Haugen had a few positive takeaways.

"We knew it was going to be a competitive game," Haugen said. "I loved what we did early on that fourth down when we got that stop, it really changed the momentum and then we just hung in there. We had a shot at the end with a nice drive down the field but turnovers are the day. They're always tough things but we'll learn from it, and get back at it."

Veldmann finished 21/44 with 269 passing yards, four touchdowns, and four interceptions.

Panning had nine catches for 122 yards and two touchdowns on the day.

Senior Jake Krull led the team in tackles with nine, and Seniors Avery Bachman and Jake Boykin finished with seven each.

"I think we stayed positive despite an early deficit. The defense was able to display some toughness and get an early turnover on downs. The offense put up 33 points on a top defense in the country," Boykin said. "Veldman and the offensive line were able to have a really productive pass protection and throwing game despite Bethel sending 6-man pressures for most of the game."

After playing some tough competition early in the season, the Gusties will try and use the experience they gained in those games and take it into the rest of the season.

"At this point we have played two top-7 teams in the country pretty well. We have another test after the bye with an improved Concordia team, but we need to continue to improve as the season continues," Boykin said. "I think some can see that as a challenge after playing great competition early in the year, but I think it's been crucial for this team's identity to see the potential for this team. The next 6 weeks are an opportunity to play great football regardless of opponent, and work to be a team that can make a playoff run if our name gets called."

The Gusties have a bye week next week, but will look to get back on track as they travel to Moorhead to play Concordia on Oct. 12.



Gustavus Sports Information

Senior Michael Veldman prepares to snap the ball Sept. 28.



Gustavus Sports Information

Senior Brayton Finch begins his route and tries to shake his defender.