

Ruehling's summer solidifies love for ocean, volleyball

BY TRAYNHAM LARSON
STAFF WRITER

How was your summer? This question has been the focus of quick conversations as students return for the start of the fall semester. For sophomore Kelsey Ruehling, that question cannot be asked enough.

Ruehling completed a five-week marine biology summer course at the island of Bonaire in the Caribbean.

The program was comprised of two two-week sessions that consisted of basic aquatic first aid and scuba-diving. Already an accomplished scuba-diver, Ruehling was able to hone her skills in the Caribbean.

"I'm open-water certified in California, so I got a taste of those waters," said Ruehling. "And then I went down to Bonaire and got my advanced and rescue certification."

As a southern California native, she has always been in love with the ocean. After high school graduation, she aspired to study marine biology and oceanography, but instead committed to Guilford.

Why not transfer to a school located closer to the ocean?

Ruehling admits to second-guessing her decision to attend Guilford, although those thoughts were short-lived.

The financial benefits, Guilford's Quaker traditions and the opportunity to play volleyball influenced her final decision.

"I made the choice to come to Guilford for other reasons," said Ruehling. "But I always kept marine biology in the back of my mind, and this summer just solidified it for me."

"This experience has made me even more conscious of the opportunities at my disposal."

The summer opportunities offered, either through Guilford or an affiliated program, allow for students to study away from Guilford without having to dedicate an entire semester to their program.

This is especially valuable for students and student athletes whose passions cannot be sustained by the landlocked nature of Guilford's campus.

"Given our location, along with the fact that we have decided to focus on local biology, we still have students who we can prepare for marine biology careers," said Dana Professor of Biology Lynn Moseley.

"Fortunately, we are connected to a number of affiliated institutions that offer programs such as the one Kelsey did. For folks like Kelsey, who are student athletes, it is often the



COURTESY OF KELSEY RUEHLING

Sophomore volleyball player **Kelsey Ruehling** spent her summer in the Caribbean where she realized her dream of learning about marine biology and oceanography. She also had the opportunity to be up close and personal with marine life while scuba diving.

summer programs that work the best."

In addition to summer courses, Guilford's J-Term program offers up to three weeks of experiential learning courses, both off-campus and at Guilford.

Head volleyball coach Emily Gann praised its implementation.

"I was very excited when Guilford decided to add the January term," said Gann in an email interview. "I believe many students may be leery of studying abroad for an entire semester, especially student athletes that don't want to miss time with their teams."

Ruehling, the reigning Old Dominion Athletic Conference

Rookie of the Year, plans on starting her own tradition.

"I chose to do this program because of its opportunities," said Ruehling. "It's hands-on experience, and that just means I need to do the same thing every summer."

Check out Kelsey's blog for more great photos of her trip!

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Are tests enough? Biogenesis raises questions on current PED-use policies

BY CHRISTIANNA VAN DALSEN
STAFF WRITER

"It's no secret what's going on in baseball," said former major league baseball player Ken Caminiti. "At least half the players are using steroids."

That did not stop MLB community's unanimous gasp in January. Suddenly, everyone associated baseball with its

performance-enhancing drug scandal: Biogenesis.

Former employee Porter Fisher leaked Biogenesis's documents to the Miami New Times.

The Times chronicled the clinic's distribution of human growth hormone, testosterone and steroids, all of which MLB illegalized—yet many of the documented customers were MLB athletes.

Of the 13 athletes recorded, New

York Yankee third-baseman Alex Rodriguez appeared 16 times since 2009.

Rodriguez was recorded buying HGH creams and other PEDs banned in MLB. He admitted using PEDs from 2001 through 2003, a convenient window when usage was not penalized.

After the Biogenesis allegations, Rodriguez received a 211 game suspension, the longest PED ban in baseball history. Rodriguez quickly appealed the decision.

"Previously, players knew other players were juicing, but didn't say anything," said Head Baseball Coach Nick Black. "Now with Biogenesis, the player's union is starting to speak out ... For the future of the MLB, the penalties will become more severe."

MLB plans to implement stricter PED tests. Coupled with the bi-yearly tests, they hope these additional measures will discourage and catch athletes' PED use.

But will it be enough? "When you get a flu shot, the

flu shot only takes care of strands the researchers have identified," said Instructor of Sports Studies Craig Eilbacher. "PED testing is constantly behind the athletes."

Indeed, sports medicine's rapid development keeps a foolproof drug test unattainable. A lack of knowledge of new PEDs not only inhibits MLB regulations but imperils athletes' health.

"If there isn't an effective testing program, athletes won't know about dangerous drugs," Elite Performance chiropractor Jeremy Phillips told The Guilfordian. "Some take them because they're uneducated about the long-term side effects."

Side effects include liver cancer, internal bleeding, and kidney tumors.

"Back in the early 1990s, a number of young professional cyclists died," said Daniel M. Rosen, author of "Dope: A History of Performance Enhancement," in an email interview. "At the time, EPO was just coming onto the market as a PED."

"Riders used it so much that their blood became too thick ... Their hearts just gave out."

Some healthy, legal alternatives to PEDs include muscle electrostimulation and creatine. They do not have immediate effects like PEDs, but with proper use they get results without health problems or suspensions.

"A perfectly safe drug doesn't exist," Penn State University Professor of Sport Science Charles Yesalis told The Guilfordian. "Plus, it detracts from sport if you have to bring chemicals to enjoy the sport and feel fulfilled."

Baseball players are responsible for their own decisions. However, proper education on PEDs is important to keeping athletes from doping.

"Any athlete's dream is to become a great professional player," said former baseball player David Cook '13 in an email interview. "It takes a high level of discipline to avoid shortcuts, but if one does, it makes the accomplishment exponentially more meaningful."

INSIDE SPORTS

See Page 11

Summer for the Guilford Football Team



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Controversy over Urban Meyer's Florida Gators



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