

# Homesickness hits on a whole new level



**Cyan Spicer**  
Opinion Columnist

Everyone can agree that being sick sucks. Whether it be a minor cold, or a bedridden flu, not being at your absolute best is never fun. It always feels as if I've taken advantage of my good health once I've fallen ill. I get kind of mad at my healthy self for not truly appreciating the fact that I was healthy, that it didn't take so much out of me just to breathe.

Being sick isn't so bad, however, if you have someone to take care of you, or sympathize with you as you go through all the struggles that being ill entails. Bedridden and barely coherent is much worse when you're alone, and being on campus, it's much harder to find

someone who is willing to risk their health for yours.

It's just easier to rely on those you've always relied on: your family. So, unless you have family on campus, or a very close friend of many years, being sick is most likely going to be lonely and difficult.

Sickness is a state of vulnerability, and that vulnerability can make a person feel ashamed, which may prevent said person from seeking help. This puts them at risk for many things; they can make their sickness worse, get other diseases, or get an infection. They may brush symptoms off and end up actually being ailed by something worse than they realize.

*"Being sick isn't so bad, however, if you have someone to take care of you, or sympathize with you..."*

This risk isn't just something someone on campus may face—there are many stubborn people who have the same attitude at home. But, those who may have pushy, worrying parents who would otherwise take care of them when ill, or those who are just suddenly uncomfortable on campus asking for the help they otherwise wouldn't think twice of asking for at home—those people are going to have a harder time being sick on campus than they would at home.

"It's worse to be sick on campus since you don't have

someone to take care of you—to make soup for you. Plus, if you have to throw-up, you can't do so in private but instead you have to throw up in a communal bathroom, where anyone could see or hear you. You don't want people there, it's humiliating," First-year Sydney Swenson said. There are worse things that could happen than someone hearing you vomit in the bathroom, but it's still scarring. At home, at the very least, the only people that may hear that are family members or your pets. Being sick is a weakness, and being don't like being seen—or heard—as weak.

*"There are worse things that could happen than someone hearing you vomit in the bathroom, but it's still scarring.."*

There is also a matter of people who are unaware of the health resources here on campus, and even once they

are ill, they decide to not look into them. "Since I don't know enough about the health resources here and I don't have parental guidance like I do at home, it's a lot worse to be sick here on campus. Here I have to figure out how sick I actually am. Do I need to see a doctor? How long can I tough it out? I've switched to trying to tough it out with the lack of resources or time," First-year Jesper Salverda said.

*"...if you feel unwell that you take time for yourself over other things, but having a cold or the flu requires some more self-care than taking a break from class."*

It's hard to balance everything that college throws at you, and differentiating between just needed a bit more sleep because all this stress is taking its toll, and actually being clinically sick and needed some time to

recover. Either way, it is highly suggested that if you feel unwell that you take time for yourself over other things, but having a cold or the flu requires some more self-care than taking a break from class. This is where being able to know just 'how sick' you may be is important, and in a high stress environment such as on campus, it can be hard to take time to do so.

All this being said, it's very important for everyone to take time for their own health. Be sure to ask for assistance when you don't feel to your best—whether that be for a friend to get you some soup, someone in class to share their notes, or going to the health center to double check that it's just a cold. It's alright to take time off for yourself sometimes, even if you can't quite relax in the same way that being home may allow you. Stay informed on your resources and try to keep healthy in any way that you can.

## Advice for the floundering first-year



**Marie Osuna**  
Copy Editor

Dear first-years,

The holiday season is quickly approaching, and that means you're soon going to be stressing about what to give to friends and family. If you're anything like me, you want to give everyone the perfect gift, but that often comes at a cost. Of course, everyone could use a little extra money, but how do you know if you're ready for an off-campus job?

The first sign that you might be ready is that you're always on top of your homework and have extra time to spare. During your first-year, your classwork is usually a bit lighter than it will be when you're an upperclassman, so now might be a great time to get a job

and start saving up.

Another sign might be that you just need to spend time off campus. Gustavus can feel very isolating, so if you find that you need to break out of the bubble every now and then to maintain your sanity, getting an off-campus job is the perfect solution. Additionally, I have found in my own experiences that having an off-campus job has made me more mature and ready to tackle tough situations both on-and-off campus.

Finally, it might just be a financial necessity for you. Not everyone is getting monetary support from their parents or other caregivers, or they just need more to make ends meet. If you are a student who is taking on student loan payments while in school, or have other bills such as your phone or insurance, you might need to consider working off-campus. And it's absolutely okay to do so.

There is no shame in getting an off campus job, whatever your reason for it may be. For some, it's a necessity, and for others it's just fun. But doing things outside the Gustavus campus truly helps to prepare you for the real world, so if you can manage it, I would recommend finding yourself a job.

**Hope this helps,  
Marie**



The end of fall is a common time for students to become ill.

Nathan Habben

# Halt the holidays



**Lauren Casey**  
Opinion Columnist

With Halloween in the rearview mirror, that means it should be time to make room for turkey, stuffing, and mashed potatoes. That is how it should be, but according to all the stores and malls, they think otherwise. It may be November, but it might as well be December as the ads for buying Christmas presents, and holiday decorations, are in full force. Holiday cheer is never a bad thing, but there definitely are some trademarks that mark the beginning of the holiday season. I've heard the debate of this topic around campus quite frequently since Halloween has come to an end, and while I know how exciting it is to think about decking the halls, let's not get too far ahead of ourselves.

*"It may be November, but it might as well be December as the ads for buying Christmas presents, and holiday decorations, are in full force."*

I will begin by saying that there is a reason for the song "White Christmas." Furthermore, just like country music always mentions something about corn and sunshine, holiday music always almost always mentions something about being cold and snowy. This is the perfect time to stop reading and look out the window to observe the green grass, crispy dead leaves that are still scattered around campus, leftover Halloween decorations, and severe lack of blow up lawn Santas.

*"A Minnesota Christmas is almost always white. It is like a rite of passage to start getting in the holiday mood."*

A Minnesota Christmas is almost always white. It is like a rite of passage to start getting in the holiday mood. We are still sporting shorts, crocs, and short sleeves around campus, signifying just how far we have to go until hot cocoa weather. If one is not cold and trudging through

at least a dusting of snow yet, it is not Christmas time.

I will admit, I do enjoy the time I get to start listening to Christmas music, but that time is not now. I do not need a whole extra month to listen to "Grandma Got Run Over by a Reindeer," or Mariah Carey's "All I Want for Christmas is You," even if it is the extra festive version. "No other holiday is celebrated for two months. It's the twelve days of Christmas for a reason" Senior Vanessa Case said. I am not shy to admit that I am a sucker for Justin Bieber's "Mistletoe" just like every other

*"Listening to those songs now just feels wrong, and takes away some of the holiday feels once they do come around."*

girl here on campus (don't deny it, ladies), but it just doesn't have the same effect on me as I walk around seeing cornucopias and turkeys. Listening to those songs now just feels wrong, and takes away some of the holiday feels once they do come around. Don't get those hopes up too soon, Rudolph won't be up on the rooftop for a while.

*"...seeing ads come across the media saying it's time to buy Christmas gifts is the last thing I need to think about right now."*

Walking into Target, or the mall, and seeing ads come across the media saying it's time to buy Christmas gifts is the last thing I need to think about right now. As students, we have enough stress in our lives as it is, and don't need the constant reminder that every kiss begins with Kay a month before we actually should be stressing about it.

*"The end of Thanksgiving is what marks the beginning of all things red a green, but until then, everyone should look forward to stuffing their faces with stuffing, not stuffing stockings."*

The holiday season brings cheer, but also unnecessary stress about hanging up lights, decorating the whole house, and finding the perfect tree, all before finals. I have always found decorating to be much more exciting when Christmas is getting closer. "Growing up, we always put our Christmas decorations up the weekend of Thanksgiving, so that's just when I've always started thinking about Christmas," Senior Jake Beutler said. For those who get live Christmas trees every year, it would make absolutely no sense to get it now, because it would be dead by the time



It is not uncommon to see tacky holiday decorations lining the roads before Thanksgiving *Creative Commons*

Christmas rolled around. I think that's a universal sign saying that Christmas cheer, and the Hallmark channel, need to chill for a bit.

Lastly, there must be no holiday left behind. November is the month of giving thanks, but it is very hard to do that when Target is saying that it is time to buy everything you don't actually need (what else is new) before Thanksgiving has had its time to shine.

I have always found it ironic that people will leave early from

Thanksgiving dinner to go wait outside in the cold for Black Friday shopping, when they could be eating a slice of warm pie, slowly drifting into a peaceful food coma. "I like Thanksgiving, and I think each holiday deserves its own time," Senior Perry McGhee said.

Celebrating the holidays now, totally skips an important holiday that a lot of people look forward to every year. Watching the Macy's Thanksgiving Day Parade has been a long standing tradition, and something I look

forward to. Nothing signifies the end of Thanksgiving like waiting for the latest piece of technology in a Best Buy parking lot, or getting trampled by others so they can get the last special edition Barbie. The end of Thanksgiving is what marks the beginning of all things red a green, but until then, everyone should look forward to stuffing their faces with stuffing, not stuffing stockings.

## The Good, the Bad, and the Meh



The volleyball team has been amazing, but we couldn't put that in news because it's nothing new.



The inhuman stress that many people were under on election night.



Snow is on its way and the trek to Co-Ed will soon be impossible.

# Doing your duty for democracy



**Emily Seppelt**  
Opinion Columnist

**T**hese past few weeks, I am sure you've been asked by about a million different people if you've voted. By the time the election came around Tuesday, everybody except political science majors such as myself were sick and tired of anything having to do with the mid-term elections. Many people I knew couldn't see the value in voting. They had become too pessimistic about their value in democracy, or simply felt too uninformed about the candidates and the issues that they just gave up on the entire venture.

However, in my opinion, voting is one of the few direct powers that we as citizens have. We should capitalize on that

power to influence the world around us. Many people do not realize it, but the people that we choose to elect (or let be elected if we do nothing) have a tremendous amount of power over things that influence everyone's daily lives and happiness. Local officials have the most amount of power over things that directly touch citizens lives, and yet people care the least about who is elected to these positions. These officials, such as state congresspeople and town/city officials have influence over issues involving our drinking water, land, our accessibility to services, and countless other things.

Even though it may seem like elections for people such as these matter less, this misconception is simply not true. People also often do not realize that bigger seats are also on the ballot in the midterms, such as representatives, senators, and governor's in some states. It's easy to see how much power these positions have over us, and so we cannot simply sit back and let other people decide who gets to be in charge.

What often happens when people in the middle don't vote is that people farther on either side of the political spectrum end up being the only ones who do end up voting—which then in turn creates the political extremism and division within Congress that we see today.

Which is exactly the complaint of citizens who identify as moderates. If they were to vote, the division in government could drastically change.

While presidential elections feel more glamorous, we cannot let their allure tempt us to simply ignore the midterm elections. They are absolutely just as important as any presidential election and have much more of an immediate impact on the issues that directly affect us. Voting here in Saint Peter or back in your home town by way of absentee can help either one of your communities improve and work towards more progress.

It is especially important for people our age (people who are in college, or younger people in America) to vote and make our voices to heard. If people our age were to commit to voting in large numbers, we would most definitely make a huge difference in every election that we participated in. Young voters are one of the largest blocks of voters to actively be suppressed, due to the fact that if we were to vote we would have the power to change the entire outcome of every election. Younger people have a unique perspective to offer when voting, and vote for different kinds of politicians than older people do.

There is no way for anything to change if we as citizens do not participate in our democracy and local government. Anyone



Voting stickers are a symbol of doing one's civic duty on Election Day. Abby Anderson

who chose to not vote, in my mind, has no right to complain about the people that represent them in government. If you made the active choice to not vote, then you are endorsing whatever is already the status quo and should accept whatever the outcome of the election is.

While voter turnout went shooting up this election, there is still a large amount of people left to fill the gap. We as young people could fill that gap, and it is in fact our responsibility to do so. Our generation are going to be the next ones to contribute to society, and one way that we can do that is by voting.

While the election has come and gone, there are still plenty of other ways for you to get involved in your community by way of your representation. Paying attention to what your representatives do can help you know how you want to vote in the next election. Knowing how your representatives act also allows you to call, write, or meet your representatives to let them know what your opinions about what they are doing, and convince them to listen to their constituents. Real change can happen when individual people step up and act.

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# Crossword

## Classic Cartoons

### Down

- 1 In the 1980s this show came out shortly after the game.
- 3 Walt Disney's first character ever, it aired in 1927.
- 6 Mickey Mouses's dog, which entered the show in 1930.

### Across

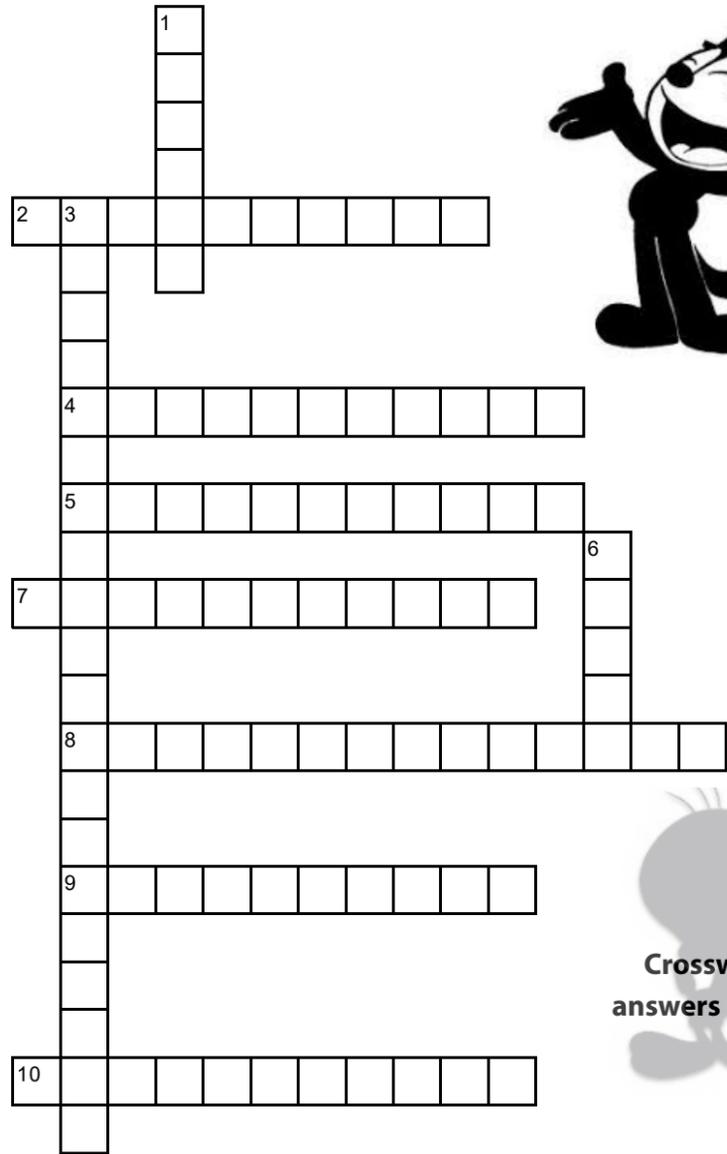
- 2 The Disney character that really quacked people up in 1934.
- 4 This very looney cartoon that came out in 1930.
- 5 The cat and mouse cartoon that came out in 1940.
- 7 A feline cartoon that came out in 1919.
- 8 The station that only plays cartoons, it came out in 1992.
- 9 This fast bird always got chased by one Wild Coyote.
- 10 The most well known Disney character there is.



## Disney Word Search

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

ALADDIN PERCY  
 BAMBI POCAHONTAS  
 BASHFUL PRINCE  
 BEAST PUMBA  
 CHIP SCAR  
 DOC SEBASTIAN  
 FLOUNDER SLEEPY  
 FLOWER SNEEZY  
 GASTON THUMPER  
 HAPPY TIMON  
 JAFAR TRAMP  
 JASMINE TRITON  
 LADY URSULA  
 MEIKO ZAZU  
 MUFASA



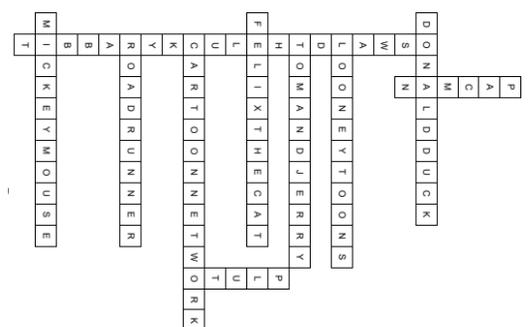
Crossword answers below!

## "Samhain" by Bryanna Filip



## Joke of the week

Why did Mickey Mouse get hit with a snowball?  
**Because Donald ducked.**



# Swimming and Diving begins season

## Both teams place second in Gustavus Invitational



Gustavus Sports Information

Members of the swimming and diving team kicked off their season with back-to-back weekends of competition. Both the men's and women's team tallied first place finishes in multiple events.

**Michael O'Neil**  
Staff Writer

The Gustie Men's and Women's Swimming and Diving teams are off to a strong start and have found early success with two weekends of competition under their belt so far.

The first weekend featured a split squad meet on October 27 where one group traveled to Luther College in Decorah, IA while another took on Morningside College in Sioux City, IA.

The contingent that traveled to Luther put on a clinic against the Norse, winning all 22 races (eleven women, eleven men) and all four relay events. The final score of the meet was 168-54 in favor of the Gusties.

On the women's side, winners of events included Seniors Hayley Pesik, Maggie Webster, Michelle Simms, and Sydney Hallmark. Pesik, Webster, and Hallmark won events of dif-

ferent lengths in the freestyle, while Simms turned in the top time in the 100 yard butterfly.

Other winners for the Gustie women included Junior Alyssa Lokensgaard in the 200 yard freestyle, and Sophomore Ruth Chuah in the 100 yard backstroke.

Sophomore Hailey Auran won two separate races for the Gusties: the 200 yard IM and the 100 yard breaststroke.

Finally, Sophomores Sophia Steinberg and Emily An earned the top scores in the one and three meter diving competitions, respectively.

On the men's side, the Gusties had three multi-event winners. Senior Tanner Sonnek won the 200 yard IM and the 100 yard breaststroke while Zach Dawson won the 500 and 1000 yard freestyle events.

Sophomore Nolan Larson earned Minnesota Intercollegiate Athletic Conference (MIAC) Athlete of the Week

honors for his wins in the 200 yard freestyle and the 100 yard butterfly. He also contributed the Gusties win in the 200 freestyle relay. Larson's time in the 200 freestyle was the fastest in the MIAC this season by over two seconds.

Other winners in the pool included Junior Matt Allison in the 50 yard freestyle, Sophomore Josh Muntifer in the 100 yard backstroke, and First-year Dutch Franko-Dynes in the 100 yard freestyle.

In the diving competition, Junior Logan Bican and Senior Jonathan Bovee earned the top scores in the one and three meter competitions, respectively.

It was a great 'first meet' day. Lots of good swims and things to improve going forward. The team is fired up to get back in the water this week," Coach Jon Carlson said of the Luther meet.

At the Morningside meet, the Gusties saw similar wide-ranging success, particularly on the women's side, where the Gusties had first place finishers in all nine events.

Junior Allie Mayfield and Sophomores Alyssa Kohorst and Katherine Brotstrom all placed first in two different events to pace the Gusties.

Junior Rachel Thate and First-years Abby Schammel and Ella Benoit also took first in their respective events.

On the men's side, Sophomore Thomas Fitzloff led the way with victories in the 100 and 200 yard freestyle events. First-year Ryan Kawleski added a victory of his own with a first place finish in the 1000 yard freestyle.



Gustavus Sports Information

Gusties competed at home this weekend at a Gustavus Invitational Meet.

The Gusties rode this strong momentum into the following weekend as they hosted teams from UW-Stevens Point and MSU-Mankato.

Both teams competed well and finished in second place. The Gustie men fell to UW-Stevens Point by a score of 1246-1143 while the women fell to MSU-Mankato 1202.5-954.

On the men's side, Sonnek led the way once again for the Gusties with wins in the 100 yard breaststroke and the 200 yard backstroke.

Nolan Larson put together another strong performance with a win in the 100 yard freestyle and Sophomore Mack Christianson earned the fastest time in the 1000 yard freestyle.

The Gusties swept the diving events for the second straight weekend with Logan Bican winning the one meter dive again and Senior Carlson Schoberg winning the three meter event.

On the women's side, Seniors Maggie Webster and Haley Pesik won the 200 yard events in the freestyle and backstroke for the Gusties.

Sophomore Sophia Steinberg also earned the top score in the one meter diving event.

"I think the team has been really happy with the first couple meets we have had. It's still too early to be able to tell where everyone will end up, but it's nice to be able to post some solid times right off the bat," Senior Tanner Sonnek said.

Overall, the Gusties will look to build throughout the season in hopes of taking home a MIAC Championship at the end of the year, and point to strong team chemistry and speed in many events as reasons to believe that this goal is within reach.

Both teams will travel to Saint Paul to participate in the Macalester Invite on Saturday, November 10.



Gustavus Sports Information

Senior Tanner Sonnek competes in the breaststroke during a meet last season.

# Women's Hockey off to a strong start

## Gusties ranked No. 8 in the nation heading into the season

**Skylar Abrego**  
Staff Writer

The Gustie Women's hockey team is back in action and ready to defend their Minnesota Intercollegiate Athletic Conference (MIAC) championship title.

Their previous season had an intense finish, tying with Hamline for the regular season championship and falling to them in a battle for the playoff title. However, the team received an at-large bid into the National Collegiate Athletic Association (NCAA) tournament putting them up against UW-Eau Claire in a four-hour triple overtime game, breaking a historic Division III record for longest game.

In the MIAC Preseason Coaches' poll, the Gusties are tied at the top with St. Thomas with 72 points, while defending MIAC champion Hamline came in third with 70 points.

"The good thing about the poll is that it's the coaches opinions, so the peers in the league think that you have a chance to have some success," said Head Coach Mike Carroll. "All the poll is though is a projection, and our team knows that we can't just show up because we certainly have a lot of work to do. What happened last year is a nice notch for the girls who are back."

After losing their top three point scorers, the Gusties will be heavily relying on their core returning skaters as they reign in their 11 first-year players.

"Besides the fact that we lost a lot of scoring, we lost two of our captains in Diana Draayer and Erica Power and a really emotional leader in Kaitlyn Klein; we lost a lot of glue but our new leaders are doing a great job so we're really encouraged," Carroll said.

Three of the biggest return-



Gustavus Sports Information

Junior Captain Amelia Vosen competes in a game last season. The Gusties have high expectations for their season, coming in at No. 8 in the preseason poll.

ers are Juniors Amelia Vosen and Kristen Cash and Senior Allie Stanger have all been named captains as well. Vosen finished 11 goals and had 6 assists, and Cash closed with 5 goals and 14 assists last season. Stanger was also a huge asset scoring three game-winning goals last season.

"I'm really excited for this season to see what our team can do. We have a really young team with a lot of chemistry right off the bat. It's more about

getting that experience with the first-years and all throughout the team." Vosen said. "It's been a great honor to be voted in as a captain this season. I feel incredibly blessed to be around these girls, and there's nobody else I'd rather help lead."

Senior returner and two-time All-American, Amanda DiNella will be a solid piece to the team between the pipes.

Last season, DiNella recorded six shutouts and made 51 saves in her last performance

with a save percentage of .962 earning her MIAC Women's Hockey Athlete of the Week honors this past week.

"Any team that has good goaltending has a little bit of confidence that they don't have to play picture perfect and they can make mistakes," said Carroll. "Having self-confidence in your own game is one thing but knowing that the back end is pretty consistent can really help you play free and easy."

The team had a victorious

home opener, defeating UW-Superior Yellowjackets 2-1.

First-year Jamie Byrne scored the first goal of the season.

Gustie veteran Stanger netted the second, which proved to be the game-winning goal.

"I think it helped a lot to have the scrimmages we had for sure. Hockey is a game of mistakes and working through it and we weren't playing as well for a while today but our veteran leadership kicked in and had a calming effect to help us work through those things. It was a really good learning experience for our younger players to go through that and come out with a win."

Following the win at home against UW-Superior, the team traveled to Eau Claire to battle against the Blugolds in the NCAA tournament rematch.

The Gusties kicked off the scoring when First-year Kristina Press made her first collegiate goal and second point of the season, assisted from Stanger.

The game became very back and forth as Eau Claire scored halfway through the second period, Lanie Fischer answered back by scoring unassisted, her first goal of the season.

Despite their one goal lead, the Blugolds scored at 7:41 in the third, ending the game with a 2-2 tie.

The Gusties will begin the conference season at St. Olaf tonight at 7:30.



Gustavus Sports Information

Junior Kristen Cash retrieves the puck for the Gusties during a match against Bethel last season. The team has started off its season with a record of 1-0-1.

# Men's Soccer earns MIAC Champion status

## Gusties earn an at-large bid to NCAA tournament

**Tanner Sparrow**  
Staff Writer

The Gustavus Men's Soccer team culminated their brilliant season with a 1-0 overtime win over Macalaster on Oct. 27 for the Gusties' first Minnesota Intercollegiate Athletic Conference (MIAC) regular season title since 2013.

Senior Arthur Parens was proud of the team's accomplishments so far and the goals they have set for themselves.

"One of our biggest goals for the season was creating our own legacy, which is tough when you look at all of the titles past Gustavus teams have won. So for us, to go out and win a championship for ourselves meant a ton, especially with how much talent is in the MIAC this season," Parens said.

Winning the coveted MIAC regular season title is always impressive, especially as a first-year Head Coach.

"Along with focusing on staying humble and keeping a level head throughout the season, the trust and belief our new Head Coach, Tudor Flintham, and Assistant Coach Charlie Adams, invested in us was crucial to our progress throughout the season. They brought an exciting and fast paced mentality to the team. We all agree that it was exactly what we needed, and the season we're having holds testament to that," Parens said.

Despite their regular season success, the top-seeded Gusties were knocked out of the MIAC playoffs on Wednesday, Oct. 31 with a 1-0 upset loss against Augsburg.

"Team morale was definitely low after the game. Losing is never easy, and losing on our own field in front of our fans that supported us all season, was tough," Parens said.

Despite outshooting Augsburg 18-2, the Gusties failed



Gustavus Sports Information

Despite being upset in playoffs, Men's Soccer is continuing their season this Saturday after receiving an automatic bid into the NCAA Tournament.

to find the back of the net and Augsburg's lone goal off a rebounded free kick in the 37th minute was the difference.

"At the end of the day it came down to one mistake which unfortunately resulted in a goal against us. We had some unlucky bounces that did not go our way, however that's how the game of soccer goes, the better team doesn't always win. The biggest takeaway was that we learn from this loss, take a minute, regroup, and start preparing for the [National Collegiate Athletic Association (NCAA)] Tournament," Parens said.

The loss took the Gusties' destiny out of their hands, as it was now up to a committee if they would receive an at-large

bid.

However, on Monday, the Gusties received the news that they had received an at-large bid to the national tournament, along with fellow MIAC teams Augsburg, St. Thomas, and the MIAC postseason title holder, Carleton.

"Statistically we shouldn't of had much to worry about. We checked the boxes for all the factors that went into being elected for an at-large bid. Winning the MIAC Championships, the high-level of competition in the MIAC, our regional ranking, and the strength of our schedule was definitely enough to secure a spot in the NCAA tournament," Parens said. "However, you just never know how things will fall, so

when we finally saw our names up on the bracket, it was a sigh of relief and a reality check to get back to playing and preparing for the tournament."

With this at-large bid, the program now leads the MIAC in all three distinguished categories: MIAC regular season champions, MIAC playoff champions, and NCAA Tournament appearances.

The Gusties hold fifteen season championships, six playoff championships, and eleven NCAA Tournament appearances.

Now, with the fate back in their hands, the Gusties look to realize their potential in the single-elimination tournament, which is traditionally not a platform forgiving of mistakes.

"We need to realize what an opportunity we have, and that now is our chance to create something great. Realizing our potential, the ability, and depth we have on the team is crucial and will take 100 percent effort from everyone," Parens said.

The 14-3-1 Gusties play on Saturday, Nov. 10 against Dominican College (14-5-1) in Decorah, IA at 5 p.m.

"If we do the small things right, are clinical in what we do best, and keep playing our game, it will be hard to stop us. We have to remember that the team we built and the accomplishments we've achieved are not over until the final whistle. If we play the game we know best, that will be the key to our success," Parens said.



Gustavus Sports Information

Sophomore Scott Heinen chases after the ball during a game earlier this season.



Gustavus Sports Information

Senior Daniel Barnes keeps the ball away from a Hamline defender during a game Oct. 23.