

Making the case: CBD on campus



Lauren Casey
Opinion Columnist

Starting this academic year, Gustavus is enforcing a new policy that prohibits students from having possession of Cannabidiol (CBD) on campus. This came as a shock to many students, as it has been praised in the news and has been proven to be safe unlike other alternative products like vaping. In our policy, CBD is defined as equal to possessing and using marijuana.

"This policy has been created because Gustavus receives federal funding, and CBD products fall along the lines with THC which isn't legalized nationwide, so we have to follow those laws. We would lose a lot of money if we didn't ban them," Area Coordinator for Norelius Hall, Nicky Domenichini said.

CBD is a popular natural remedy used for many common ailments. It's gaining momentum in the health and wellness world with scientific studies confirming it may ease symptoms of ailments like anxiety, neurological disorders, and pain.

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A new CBD store in Mankato called HempDropz recently opened and provided me with a lot of information. While using CBD currently violates Gustavus policy, there are many benefits as to why it should be allowed.

While saving money and being cautious is always a good thing, CBD could be a game changer for the college student population specifically. It has been shown that CBD reduces anxiety, depression, and chronic pain.

Jake Schrom, owner of



Tobacco and CBD are both prohibited on campus despite being legal in the state and the city of Saint Peter.

Katie Mattinen

Mankato's HempDropz explained that he suffered from anxiety and stress, but didn't like how medications made him feel, so he started using CBD and it changed his life. The nature of college life is anxiety-inducing between exams, papers, projects, studying, and the day-to-day task of taking care of ourselves.

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Anxiety and depression plagues more students than we probably know, which in turn interferes with academic performance, sleep, and mood. It is a nasty cycle that could be eased within seconds if CBD were permitted. Often times, students turn to more harmful methods to ease pain, both physical or emotional, and it puts students at even more risk than the potential risk CBD poses.

"I don't think it should be banned because this product does help with anxiety, digestion, depression, and more. To take away a product like that, while it may not be regulated, is a loss for students who need it, especially without having the input of the student body first before banning it," Junior Katie

Rhoten said.

Gustavus is so great at taking care of us in a lot of ways, and bringing back CBD may be worth the risk of the worries the college has regarding the issue in order to keep Gusties at their best.

Another benefit of CBD is that it helps those with epilepsy and other neurological disorders by interacting with neurotransmitters and ultimately all organs in the body.

"The endocannabinoid is a complex system of cannabinoid receptors found throughout the body, but mainly in the immune and nervous systems. CBD works extremely efficiently with the ECS to help maintain that homeostasis and balance across the different systems of our body. CBD helps the body heal and balance itself," a HempDropz employee said.

As someone with a Functional Neurological Disorder that presents itself as non-epileptic seizures due to miscommunication between my nervous system and brain, it is frustrating knowing that something that could help reduce my episodes that I have nightly is not allowed here on campus. As it has been seen in the news, medical marijuana has shown to help neurological disorders.

"The medicinal benefits of taking CBD are nearly identical to those of medical marijuana, with the added benefit of not having to be high every time you take your medicine," a HempDropz employee said.

In addition, medications to help epilepsy and neurological disorders, like strong anticonvulsants, have harmful side

effects that disrupt everyday lives and have the chance of addiction.

"...being someone with a Functional Neurological Disorder that presents itself as non-epileptic seizures due to miscommunication between my nervous system and brain, it is frustrating knowing that something that could help reduce my episodes that I have nightly is not allowed here on campus."

Some neurological disorders, mine included, have no specific medications to ease symptoms, but CBD has shown to be able to do this. CBD is all natural with no side effects at all and is non-addictive. When looking at the facts and benefits, it seems silly to question whether CBD should be allowed or not.

Lastly, CBD does not provide a threat to users or those around them. While CBD and tobacco are both legal, yet banned here on campus, tobacco has negative effects to those who use it and those around them. CBD is the exact opposite.

"There are no negative side effects associated with taking CBD. Unlike its notorious cousin THC, CBD is non-psychoactive, meaning it does not

get you "high" or leave you feeling "stoned," HempDropz said.

CBD oil is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil. It contains little to no THC. CBD shops are starting to pop up all over the place, proving its legality and that this stuff actually works. CBD comes in many forms such as sprays, lotions, oils, and HempDropz's most popular product: a water soluble which can dissolve into any drink.

A new CBD shop also just opened up in my hometown, and the owner explained that he suffered from a condition for years, but no doctor or medication ever helped him until he tried CBD. He believes in this natural remedy so much that it motivated him to open this new store to help others.

There are many benefits to CBD, and while it may be scary allowing students to use something so close to something illegal, the testimonies, true stories, and research are there to say that CBD might just save some college students' days.

THE GUSTAVIAN WEEKLY recognizes the Gustie Guide's policies regarding controlled and uncontrolled substances on campus. The opinions expressed within this article reflect that of the author, and not of Gustavus Adolphus College or THE GUSTAVIAN WEEKLY as a whole.

Multilingualism in our global society



Lizzy Woerpel
Opinion Columnist

The internet, politics, natural resources, travel, economy and sheer curiosity connect every country into the global society that we live in. Individual countries no longer function as the singular entities that they once were. What happens in one country is heard by and effects the rest of the world. This global culture allows people to learn about different cultures, people, histories, problems and how different countries work to solve issues. It has also given platforms where people can share their ideas, work, art, music and lives with people all over the world. On the other hand, it also allows for the spread of hate and anger. Our global society requires a large amount of open mindedness and willingness to disagree with others, which can be a very difficult task at times. But in order to succeed both personally

and in this global society, we need to find ways around those differences where we can start to understand other people and cultures even if we don't always agree with them. One way that we can begin to do that is by learning other languages. The culture here at Gustavus is a good framework to see this globalized culture with all the benefits of diversity, as well as the clashes of cultures and ideologies and how people work to overcome those clashes. For a smaller liberal arts school in the midwest, Gustavus has a fairly diverse student body with students coming from both all over the United States and from several different countries around the world.

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Gustavus also promotes cultural diversity through their Swedish history, the seven different languages taught on campus and the numerous study away options. This diversity cultivates beautiful artwork, music, celebrations and personal growth in students but at times it also causes clashes on campus. But just like in our global society, the community here works to bridge those gaps



The Culpeper Language Center offers a space to practice your knowledge in several languages. Nate Habben

and resolve conflicts every year. A large part of this effort is made by learning other languages and studying other cultures. By learning more than one language students, "acquire [an] understanding of foreign cultures and develop translingual and transcultural competence that is highly sought after by employers and other organizations in a world that has become intensely interconnected and globalize"Mayra Taylor, one

of the Spanish Professors on campus said.. Translingualism refers to the similarities that exist between more than one language such as words or phrases that are the same. Similarly, transculturalism is when certian cultural aspects can be seen through multiple cultures. An understanding of translingualism and transculturalism allows people to find common ground and a collective understanding with which they can use to build an understanding of each other and their differences. The understanding of translingualism that students achieve through learning a second language means that even if two people don't speak a common language, multi or bilingual students are able to pick up on cognates and common language patterns faster than monolingual students. This allows them to be able to begin to understand what the other person is saying and how they communicate with them. Transculturalism takes that same concept a little bit deeper. First encountering a new culture, especially a non-western culture, can be extremely daunting as if there couldn't possibly be any similarities between them. This is one of the main reasons why culture shock can be so difficult. But through learning a new language and learning about the culture that goes along with it, students learn to search for and identify similarities throughout different cultures and also learn what some of the most common differences between cultures are.

A very common difference between cultures is when to or not to make eye contact with people. In the U.S and in many

western societies it is respectful to keep eye contact with whoever you are speaking to but in many Asian cultures eye contact can be seen as very rude especially when talking with someone in a higher position. However, facial expressions tend to be fairly universal, meaning that even when you don't speak the same language as someone or at least aren't fluent in that language you can communicate your feelings and tone through your facial expressions. Students who have gone through the process of learning a new language learn to rely more heavily on cues to understand others and express themselves with their new language. These transcultural abilities to identify common similarities and differences between cultures allows students to understand, work with and build relationships with a much wider range of people. Both translingual and transcultural skills have become highly coveted by employers around the world who need to have employees who can work with people from all around the world in order to be successful in our global economy. Learning a new language goes far beyond just being able to talk to more people. It provides people with the skills they need to be successful in a global society full of differences, differences that create an immense amount of beauty and conflict.

The Good, the Bad, and the Meh



Mosquito populations are dwindling, so you can now safely walk the Arb.



Every Chapel Break bell signals a new victim of the campus wide plague.



If you aren't sick yet, you will be.

Choose the planet over price



Yesenia Sanchez
Opinion Columnist

affordability, likability and environmental impact of each item.

Students are beginning to lean toward healthier food options—that is, food options that are healthier for both their bodies and for the planet.

“Distributors know [students] want food that is responsibly grown,” Jacobson said.

With this knowledge, distributors are focusing on providing cruelty-free meats and carefully grown vegetables with fewer damaging chemicals. Students are willing to pay more for meat that has been cared for. But as Caf products are making students’ carbon footprints smaller, they are leaving a larger gap in students’ wallets.

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As students settle into a new school year, challenging classes make for howling stomachs. The familiar aroma of mashed potatoes is welcoming and fresh fruit can never be passed up on a September afternoon. However, as students walk confidently through the checkout line for the first time this fall, they may have noticed an increase in prices—their mashed potatoes are no longer as familiar as they were in the spring.

Shari Jacobson, Purchasing Manager for Dining Services, describes the balance of pricing food items and considering students’ interests as a “juggling act”. Every price increase has a story behind it. As Jacobson places the daily food order, she must assess the

Another large impact of increased prices in the Caf is disposable equipment, such as to-go containers and pre-packaged food.

To-go containers and pre-packaged foods are expensive to begin with, and “Gustavus budgets money for everything to be compostable,” Jacobson said.

Even though students at



A patron checking out in one of the many Marketplace cashier areas.

Katie Mattinen

Gustavus value compostability and the planet’s well-being, the student demand for choosing disposable equipment over GustieWare has sky-rocketed, requiring Jacobson to place more orders of disposable items, which tremendously shifts the balance of prices between Caf items.

Jacobson does her best to promote affordability in the Caf. As students begin to request non-meat proteins as much as real meat proteins, both prices must raise to balance the expense of non-meat proteins. Sweet potatoes and regular potatoes are the same price when ringing through the register, but in Jacobson’s orders, sweet potatoes are twice the price of regular potatoes. Everything students can find in the Caf has been calculated to support all students’ preferences at the lowest cost possible in order to encourage healthy habits and environmentally sound choices.

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“Our goal is never to make a profit,” Jacobson said.

In fact, as many other universities hire vendors to serve meals on campus (i.e. Chick-fil-A, Taco Bell), by hiring our own staff, Gustavus saves money and

values the employees of Dining Services by providing equal benefits to every other employee on campus. Vendors of popular fast-food chains seek profit in sales. Although students may crave a Baja Blast on a Monday during finals week, it is much more beneficial to students, staff and the environment to hire our own employees, order our own menus and continue promoting environmentally sound choices.

As the climate crisis is showing alteration in our weather predictions, it also contributes to the unpredictability of price changes in food items. As fewer fish are available to be caught at sea, seafood prices continue to rise. Although the demand for seafood is fairly consistent, the supply of seafood is not.

“As students and distributors raise consciousness of greenhouse gasses emitted by excess meat production, prices of non-meat and real meat proteins are expected to rise as students prefer non-meat proteins...”

As students and distributors raise consciousness of greenhouse gasses emitted by excess meat production, prices of non-meat and real meat proteins are expected to rise as students prefer non-meat proteins, which cost more to produce. Crop seasons of fruits and vegetables are threatened by unstable climates.

“We don’t know what’s going to happen,” Jacobson said in regards to how the climate crisis affects the Caf’s food supply.

The ultimate question is this: What do Gusties value? The Caf staff have become attuned to the answer: Gusties value the environment, their bodily health, and affordability. To do what is environmentally sound for the planet can be costly, but Gusties have proven that the future of the environment is worth it. “We want to do the right thing, even if it means paying a little extra,” Jacobson said.

Here’s what we as Gusties can do in the Caf to help the planet and relax our meal balances.

1. Use GustieWare or eat in the Caf. To-go containers cost fifty cents each. A month into the school year, those fifty cent boxes begin to add up. Save yourself money (and save the environment some resources) by avoiding to-go boxes when possible.

2. Keep making environmentally sound choices. Not only is it good for your body, but extremely beneficial to Mother Earth. In the long run, cost doesn’t matter: what matters is the sustainability of the planet.

3. Continue being Gusties. Gusties care for issues bigger than themselves. This includes climate change, which continues to affect us every day. Anything Gusties can do to lessen the burden of unnecessary resources will benefit our planet.

Letter to the Editor

Submitted by
Katya McDonald

This is my second year on the hill, and I’ve enjoyed most of the perks of being back at Gustavus, including seeing my friends, learning exciting things in my classes, and being surrounded by our beautiful campus.

However, one area of campus life has caused me more stress this year. Not my higher-intensity classes, as expected, but my meal plan. Last year, I was on the lowest priced meal plan, and I always had extra money at the end of each month. I would spend it on perishable items and stock up some snacks for my dorm room.

Overall, I was pretty happy with the situation. I was getting a fair amount of food for the amount I paid for.

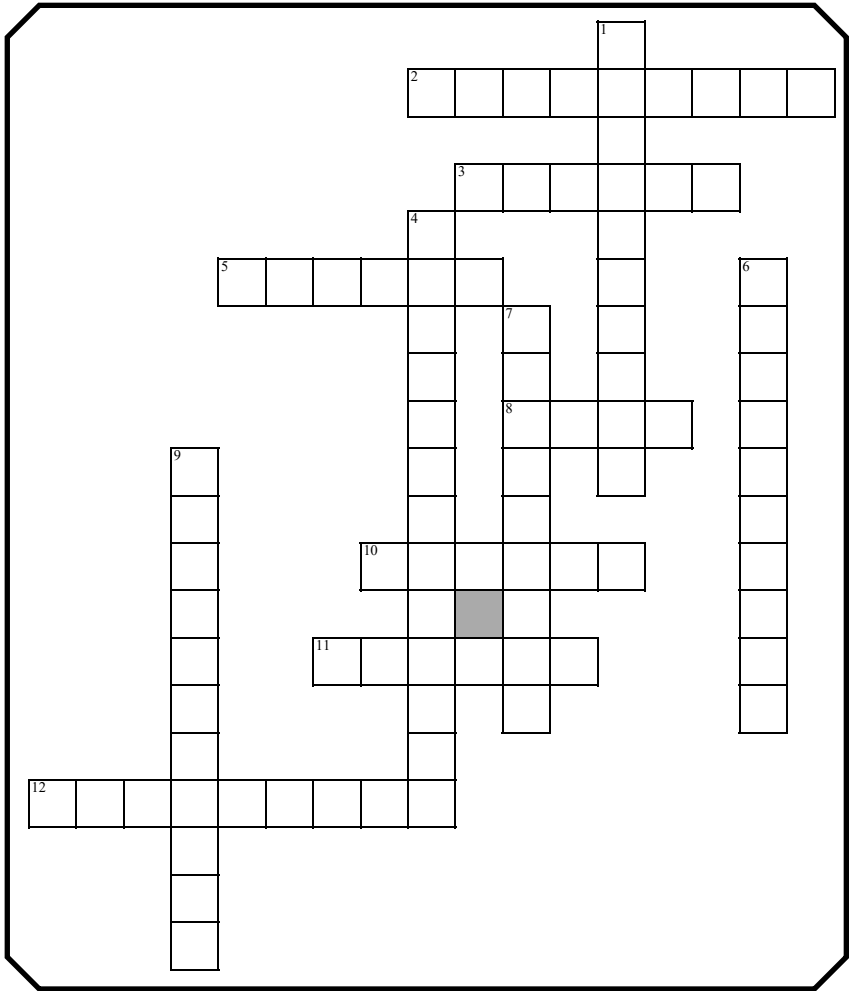
However, that has changed this year. This year, I am stressed about my meal plan, constantly counting how much money I

have left, and attempting to budget on a daily basis. I have not increased my food intake, my amount of meals per day or anything of the sort.

Instead, I am stressed because prices have increased in the Dining Center and Courtyard Café. I didn’t notice at first, as there was no announcement regarding an overall price increase, but I slowly realized the prices I paid for meals last year are not the same as this year. They are substantially higher. I am outraged. As a college student, I have many stresses, which is expected. However, paying for food, a fundamental necessity for survival, should not be one of them.

Crossword

Some College Mascots



Across

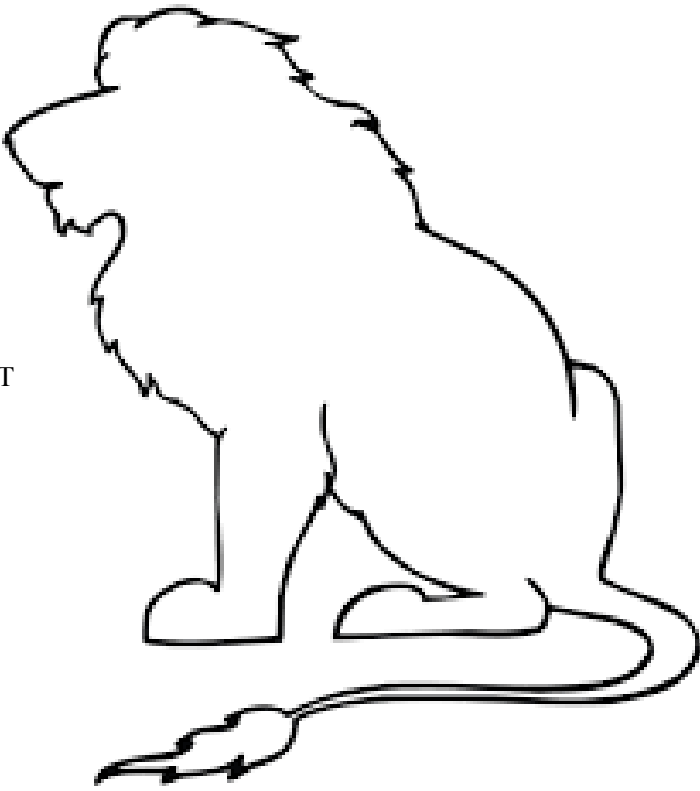
- 2. VIRGINIA MASCOT
- 3. LSU MASCOT
- 5. TEXAS A&M MASCOT
- 8. ARMY MASCOT
- 10. UF MASCOT
- 11. VIRGINIA TECH MASCOT
- 12. TEXAS MASCOT

Down

- 1. DUKE MASCOT
- 4. GEORGIA TECH MASCOT
- 6. MIAMI MASCOT
- 7. FSU MASCOT
- 9. NAVY MASCOT

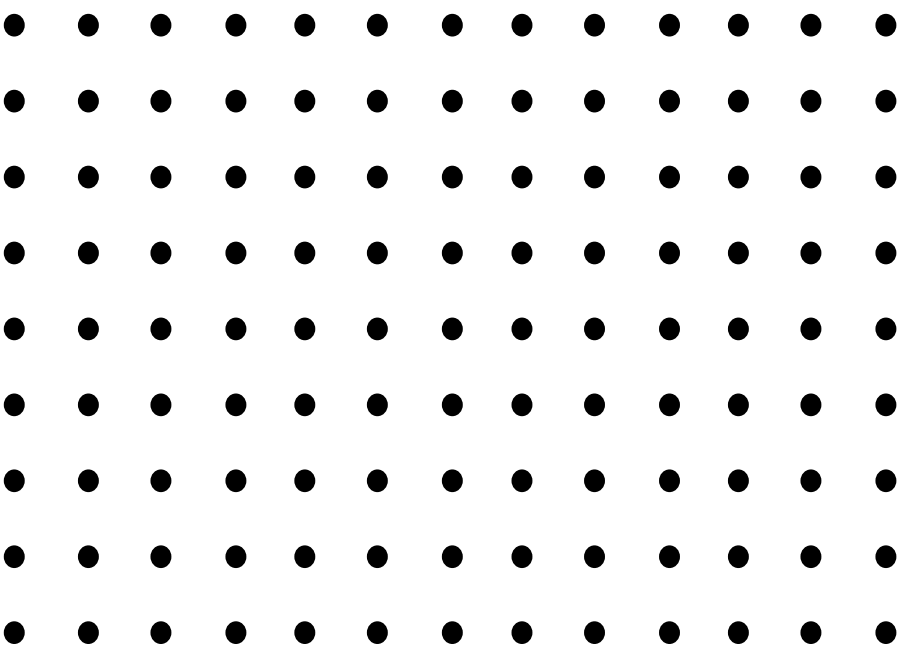
Coloring Contest

Draw and color Gus the Lion! Take a picture of your artwork and email it to tsladek@gustavus.edu for a chance to get your name in the Entertainment Section!



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!



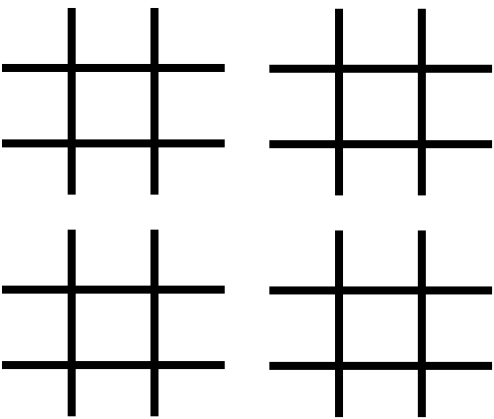
Word Search

Gustavus Homecoming

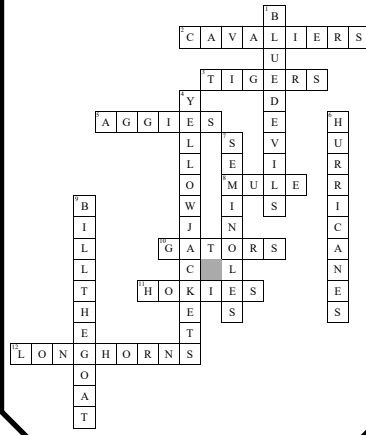


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|----------|------------------|-----------------|
| Alumni | Homecoming | Olympic Dive |
| Bingo | Insomnia Cookies | Rave |
| Football | Lip Sync | Volleyball |
| Gold | Medallion Hunt | Window Painting |

Tic-Tac-Toe!



Crossword Answers



Men's Golf places second at SJU Invite

Pedersen places second out of 120 golfers

Joe Brandel

Sports & Fitness Editor

This past weekend, Men's Golf competed against 21 midwest teams at the St. John's University Fall Invite and showed that they are one of the top contenders in the region, placing second overall.

In this two-day event, the Gusties found themselves matched up against some top level competition, including No. 15 St. John's, No. 22 St. Thomas, and No. 25 Eau Claire.

After the first day of competition, Assistant Coach Randy Stuckey was impressed with the team's mentality and ability to compete with these nationally recognized teams.

"Today we talked about the great field of teams we would be playing with and that it was our turn to do something special with committed golf and sticking with the game plan," Stuckey said. "I think if we stay committed to what our game is and follow our game plan things will take care of itself."

At the end of day one, the Gusties were tied for first place with St. John's, with both teams shooting a 297.

St. Thomas also had a successful day and kept the race for first interesting, finishing only one stroke behind the leading teams.

Senior Ben Hauge and Junior Max Ullan had strong performances, both recording scores of 73 and finished day one tied for fourth among all individual scores.

Sophomore Jacob Pedersen finished two strokes behind at 75, good for a 16th place individual finish that day.

"Today we talked about the great field of teams we would be playing with and that it was our turn to do something special."

—Coach Stuckey

On the second and final day of competition, the team improved its shot total by ten strokes, largely due to a strong performance from Pedersen.

Pedersen moved up 14 spots to claim second place out of the 120 golfers that competed after tallying six birdies in round two on the course.

He finished with an even-par score of 75-68-143 and was three strokes behind the invite's first place finisher. His day two score of 68 is his new career low and is tied for fourth lowest round in program history.

Along with Pedersen, three other Gustie golfers finished top-eight individually.

Ullan earned a third place finish tie, going one-over-par with a score of 73-71-144.



Gustavus Sports Information

Sophomore Jacob Pedersen attempts to sink the ball during the SJU Fall Invite. Individually, Pederson finished second out of 120 golfers at the invite.

Hauge and Junior Carter Czichotzki, who played as an individual in the invite, tied for eighth with four-over scores of 73-74-147 and 75-72-147, respectively.

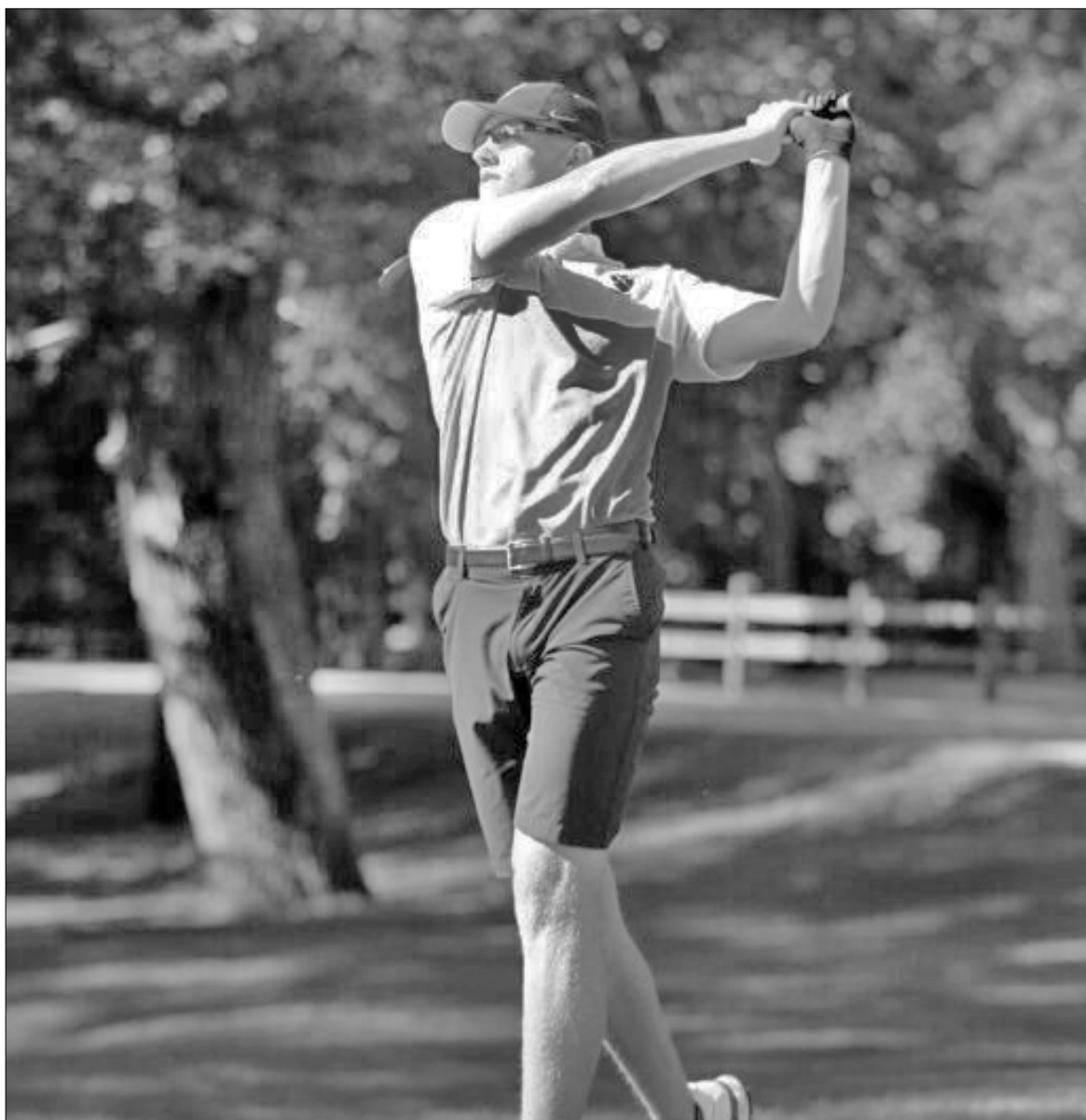
The team finished the invite in second place out of the 21 teams that played, shooting 297-287-584 (+12).

St. Thomas took the SJU Invite crown, finishing with a score of 298-284-582 (+10) and outshooting the Gusties by two strokes.

"The guys did an incredible job of staying steady, being committed to their shots, bringing energy to the course, and accepting the challenge of doing something special," Stuckey said. "Our play demonstrates that we can compete with anyone because of a solid field this weekend. Having four players finish in the top ten was a great accomplishment and a special congratulations to Jacob Pedersen for finishing second. His putting was exceptional today. Next week we get another opportunity to play a very strong field."

After a wildly successful weekend for the team against some top-level competition, the Gusties shift their focus to the Twin Cities Classic, a three-day invite that starts this Saturday and goes through Monday.

The team will be competing in Ramsey, Elk River and Bloomington, MN and has the opportunity to tune up its game on three different courses before preparing for the MIAC Championships Oct. 5.



Gustavus Sports Information

Senior Ben Hauge shoots for the green. A strong team performance propelled the Gusties to a second place finish.

Women's Soccer wins two in a row

Gusties improve record to 2-5

Gabriel Schneider
Staff Writer

The Gustie Women's Soccer team pulled out two close games on Saturday and Monday as a result of some stellar defense.

The Gusties edged out Saint Mary's 2-1 on Saturday, as Junior Katie Ashpole scored both goals for Gustavus. This was Gustavus's first win of the year, after dropping their first five games.

The game started on an unfortunate note, as an injury in the first minute resulted in a 15-minute injury timeout. Shortly after, Saint Mary's scored near the seven-minute mark.

Soon after the goal, lightning struck nearby. This led to the game being delayed 30 minutes.

After the game break, Ashpole scored her first goal, assisted by Junior Taylor Hemme.

After a back and forth second half, Sophomore Rachel Rehnelt assisted Ashpole in the 87th minute for her second goal of the game.

That goal proved to be the deciding factor, as Gustavus was able to hold off Saint Mary's in the last few minutes to secure the win. This was the Cardinals second loss of the year, as they fall to 4-2 overall and 0-2 in the conference.

Saturday was the Gusties best offensive showing so far this season, as they set season highs in assists and goals.

The Gusties were aggressive offensively throughout the game, as they outshot Saint Mary's 16-8 in the contest. This was also a new season high for Gustavus.

As a result of a good defensive showing, Senior goalkeeper Ashley Becker had to make only two saves, which tied a season low.

Head Coach Laura Burnett-Kurie was happy with the Gusties effort on Saturday and



Gustavus Sports Information

Sophomore Rachel Rehnelt and Senior Abby Mullenbach celebrate a goal during a game against Northwestern University-St. Paul.

is looking forward to the next game.

"We know that our belief had to come before the result and that showed today. Everyone put in full effort and we're excited to roll this momentum into Monday," Burnett-Kurie said.

That momentum did indeed roll into Monday, as the Gusties beat Northwestern-St. Paul 2-1 with another fantastic defensive showing.

The Gusties quickly took the lead with a goal in the tenth minute from Rehnelt, assisted by Senior Abby Mullenbach.

Near the 20-minute mark, Mullenbach got a goal of her own, courtesy of a nice crossing pass into the box from Hemme.

Burnett-Kurie was happy with her team's offensive play in the game, and hopes to see that continue in the future.

"We created a lot of dangerous opportunities today, we got on the board early with two great goals. Unfortunately, we gave up a goal late in the first half. We refocused at halftime and created a lot of very dangerous chances in the second half. We were creative in the attack and committed numbers going forward. We need to continue to create these dangerous opportunities moving forward and hopefully put the ball in the back of the net more often. A lot of good things from this game and a big shout out to Northwestern for battling as hard as they did," Burnett-Kurie said.

The Gustie defense held strong in the second half, as they did not concede a goal and allowed only one shot. They also kept scoring opportunities low, as they did not allow a corner kick in the game.

After a slow start to the season, Gustavus has put together two nice wins and is looking to keep it going throughout the next few games.

"I think the biggest factor in our recent success is everyone's willingness to buy-in to our team's core values. We have had a lot of hard conver-



Gustavus Sports Information

Junior Lauren Johnson dribbles the ball upfield for the Gusties.



Gustavus Sports Information

Junior Katie Ashpole leads the team with three goals and one assist.

sations about what we want to get out of this season and one of the major values of our team is work ethic. I think that everyone has been willing to have a really good work ethic, both in practices and games, and this has led to a lot of our recent success," Ashpole said when asked about what has contributed to the recent success.

Ashpole was happy with the results of the last two games, but knows that there is still work to do.

"I think we need to keep pushing. While having two wins feel great, we can't become complacent. We have to keep working hard and go into every game knowing that it's not going to be given to us. We need to work hard and battle every game to get results," Ashpole said.

The Gusties will try to carry the momentum into their next game, as they play at St. Catherine at 1 p.m. on Saturday.

Men's Soccer improves to 7-1

Schwartz named MIAC Athlete of the Week

Michael O'Neil
Staff Writer

The Gustavus Men's Soccer Team opened MIAC play last week with a trip to St. Thomas on Wednesday before hosting St. Mary's last weekend.

After falling 4-3 to Central College on September 15th, the Gusties bounced back with a strong win against St. Thomas, and rode that momentum to wins against St. Mary's and UW-Superior.

With the two wins, the Gusties improve to 7-1 on the year and sit atop the current MIAC standings.

Against the Tommies, the Black and Gold got on the board early.

In the ninth minute, Sophomore Cole Schwartz netted his eighth goal of the season. First-year Raphael Cattelin and Junior Matthew Gibbons were credited with assists.

Just five minutes after the Gusties scored, the Tommies responded with a goal of their own.

The game would remain tied through the remainder of the first half.

The game remained deadlocked until the 62nd minute, when Schwartz found Junior Trace Dobson inside the box, and Dobson found the back of the net to put the Gusties up 2-1.

The last 28 minutes of the game featured strong defense and goal-tending from the Gusties, who maintained their lead until the final whistle.

"They're the best defensive unit we've seen all year so we knew it was going to be an absolute battle for 90 minutes," Head Coach Tudor Flintham said.

First-year Wesley Sanders recorded the win in the net, improving to 5-1 on the season.

Sanders made six saves and allowed just one goal to the Tommies.

"Our squad was just phenomenal and we were clinical enough and although we had a few more chances to score more goals, the 2-1 win over the Tommies helps us build momentum moving forward," Flintham said.

Four days after their contest with the Tommies, the Gusties hosted St. Mary's for their MIAC home-opener.

Cole Schwartz led the Gustavus offense once again, and found the back of the net in the 17th minute.

This time, Schwartz was fouled in the box and converted the ensuing penalty kick to give the Gusties a 1-0 lead.

The rest of the first half was highlighted by strong defense from both teams and there were relatively few chances to score.

At the break, the Gusties maintained their 1-0 lead.



Gustavus Sports Information

Junior Nolan Garvin prepares to block a cross from a UW-Superior midfielder. The Gusties won the game 5-1 to improve their record to 7-1 overall.

In the 68th minute, First-year Palden Choesang fired a beautiful cross to Schwartz at the back post, who volleyed the ball out of the air past the Cardinals' goalie with his left foot.

This goal was Schwartz's conference-leading 10th of the season.

Sanders played solid in the net, and the Gusties' defense carried them to a 2-0 decision.

"Saint Mary's is well coached and hard working and threw us off our game today. But we need to control the controllables, and our focus needs to improve. Today was an important reminder that every team in the MIAC is capable of catching you out. We'll refocus and press the reset button, knowing that we have a lot more work ahead of us," Flintham said.

For his efforts, Schwartz was named MIAC Men's Soccer Athlete of the Week.

At the time of the award, he led the conference with 10 goals and 24 points.

Schwartz's 10 goals were fourth-most in the nation, while his 24 points were third-most of any DIII player.

This Wednesday, the team faced its biggest test so far when they took on UW-Superior, the third ranked team in the North

Region.

The Gusties stepped up to the challenge however and sent a big message to the rest of the league, winning the match decisively 5-1.

Schwartz was on fire once again, netting two goals for the Gusties, while Junior Scott Heinen, Gibbons and Cattelin had one each.

"We could have scored many more goals the last few games and need to dial in and be more clinical, as well as cleaner in the build. But overall, we feel okay and like we're in a good spot," Flintham said.

After a strong start to the season the Gusties are currently tied for first in the MIAC with a 2-0 record.

Schwartz leads the conference with 28 points, Cattelin is second with 23 and Gibbons is third with 20.

The Gusties are also currently ranked as the second most successful scoring team in the nation, averaging 4.86 goals per game.

The team has a bye weekend, and will focus on preparing for MIAC play.

The team's next test is a top-tier MIAC battle against Augsburg Oct. 1 at Edor Nelson Field in Minneapolis, MN.



Gustavus Sports Information

Junior Scott Heinen hits the ball downfield during a game against St. Mary's.



Gustavus Sports Information

Sophomore Cole Schwartz was recently named MIAC Athlete of the week.