



Cole Trebelhorn
Editor-in-Chief

For decades, *THE GUSTAVIAN WEEKLY* has been a part of our campus as a forum that fosters and invites discussion among students and faculty alike. It is also a place where those from any background may come to have a platform for free expression supported by and defended by the US constitution, but also Gustavus' itself.

I'm sure at some point in time, there were individuals that thought Gustavus could

not be a place for diversity and inclusion for all races, religions and ethnicities alike. But I write to you, readers, those days do not exist today. Gustavus is, and has been, a place that supports, encourages and protects the rights and freedoms that we enjoy so much on our campus. The pages of *THE GUSTAVIAN WEEKLY* are no exception. Our newspaper will continue to be, as it has been, a place where any individual that has something meaningful to say will be entertained, encouraged and supported.

It is no secret, as many have passionately expressed to myself, Cole Trebelhorn, Editor-in-Chief, as well as to a number of our staff members, that recently we have missed a mark. I strongly believe that it is a part of our duty to acknowledge our responsibility and act accordingly.

Last week in our ninth issue, *THE GUSTAVIAN WEEKLY*

published two op-ed articles that have struck a chord in our community that cares so much, many felt compelled and as their duty to speak against them. The numerous students felt strongly that a conversation was necessary to ensure that the feelings of the campus were heard, and acknowledged and challenged.

That's what we do as Gusties. We defend; we represent those that with representation, will enjoy the success that so many privileged individuals enjoy today. We are all passionate individuals, and we all stand for our own beliefs and core values.

However, we all need to come together as Gustavus students, alumni and supporters, to encourage civil dialogue. That is our duty. Living in a society that encourages free thought for all, and expression of opinion, one will often find these thoughts challenged through discourse and various arguments and

perspectives presented.

THE GUSTAVIAN WEEKLY is not exempt from critique, criticism, or free or error. We are not a higher power on campus that aims to intimidate; we are to be held accountable for that which we publish and for that which we support because that is our duty as student journalists—we must acknowledge our own biases. Equally, however, we will continue to support free speech, and continue to support the freedom of expression that is granted through Gustavus supporting these unalienable rights.

As long as these rights are upheld, there will be content that is questionable, controversial and challenges our core values that we Gusties so strongly uphold. And it is our duty as Gusties, as citizens of this campus, to realize this duty and to fight for the spirit which Gustavus stands for.

THE GUSTAVIAN WEEKLY will continue to be published by

students, ran by students, created by students and criticized by students because supporting one without supporting the other is not the fabric to which the Gustavus spirit is composed of.

In the last week since the November 1, issue eight of *THE GUSTAVIAN WEEKLY* was released, published, and printed numerous Gustavus students approached me personally and made it clear to me that they are willing, and ready to fight for those that are being challenged and perhaps even targeted—and I applaud this. I applaud their forthright attitude to step into the ring with adversity, into the path of potential pushback without fear and without hesitation.

With this understood, as Erik Norelius, our schools' founder once said, "whatever we do, let us do it well." And Gusties, caring for others, is something we must all do well.

Finding intellectual fulfillment



Emily Seppelt
Opinion Columnist

Walk anywhere on campus, and you'll find a never-ending array of posters advertising events, parties and get-togethers put on by student organizations and academic departments alike. At times, the number of events happening on campus can seem overwhelming. There are so many attempts to get our attention that at times it may seem like one big waste of energy—considering how much we already have going on.

While overcommitting yourself can be dangerous to one's mental health, when correctly balanced, part of being a Gustavus student is being involved. Not only are student organizations important to student life, like I discussed last week, but being connected to your department and other people in your major is also vital.

Connecting with other like-minded individuals with similar academic interests to you can be much more refreshing than you might think.

This is one part of Gustavus life that, in my opinion, is missing. There is only so much time that we get to spend on a college campus among such highly educated people and on a campus brimming with opportunities to expand our minds and challenge our understanding of the world around us. Sometimes, as busy college students concerned with friendships, relationships, student organizations, jobs and everything in between, we forget why we are actually here.

I have never understood when my peers seem to hate every class they take or laugh at the idea of attending one more lecture than what is required of them. Why else are we here but to learn and explore the things that we are passionate about? To not question our thoughts and the way that we, as individuals, understand the world is denying ourselves the adventure of figuring it out.

Socrates once said that, "the unexamined life is not worth living." This really resonates with me. To go through life just by getting through things until they are over seems so unfulfilling. While it's obvious that there are going to be some topics that are simply pointless to us individually, to find all pursuits of knowledge a waste of time is the easy way out. To not challenge yourself to branch out leads to a stagnant or uninteresting life.

The idea in our culture that we only get a college degree to graduate and get a job that pays well is toxic. It is so much more than that. If you don't use these years in your life to think critically about things and learn as much as you can, it may as well just be a waste of time. If we are spending so much money to be



A student attends one of the La Mesa events sponsored by the Spanish Department.

Katie Mattinen

here, we should at least take advantage of it.

It can't be a very enjoyable time at college if you don't try to connect to your classes and your professors. In my experience, doing work for something that you are passionate about or interested in makes it so much easier to focus on tasks and get things done. While every class and subject has an aspect of stress and hardwork to it, it certainly makes it easier to enjoy the topic you are learning about.

So, while it may seem to be pointless to go to that lecture your professor is advertising, I guarantee it is not, especially if it is related to a topic you are interested in. There truly have

been times I've gone to an academic event just on a whim or simply for the extra credit and came out having learned something fascinating that changed the way that I understand everything.

You might be surprised just how many events there are to attend that academic departments put on. Just take a harder look at all those posters and I'm sure you'll find something that will pique your interest. Don't tune out your professor next time they start to advertise someone that they are bringing to campus or someone that the department as a whole has worked hard to welcome so they can share their hardwork. These visitors

give students an opportunity to hear from people who are truly experts in their field and to connect what they are learning in the classroom to the outside world.

Letters to the Editor

Emily Falk
Community Contributor

I'm writing in regard to the opinion articles posted in last week's publication about diversity. Lauren Casey's article titled "The great poster debate" is deeply rooted in white privilege and ignorance. At the end of her article she states, "For those who disapprove with how Gustavus handles diversity, as harsh as it sounds, they didn't force any student to come here and anyone is free to transfer..." Not only has Casey reduced diversity at Gustavus down to the color of a student's skin, but she has disregarded the amount of emotional labor it requires to advocate for yourself on a majority white campus. Furthermore, Casey's article implies: *Diversity isn't an issue for me, so be quiet about it.* The privilege one must have to imply that groups of students are "complaining" about systemic injustices is extensive. Reducing the diversity and intersections of human identity down to

the color of one's skin is a way for white people to use persons of color as scapegoats, because we (white people) are unwilling to confront how our whiteness allows us to reap the benefits of systemic injustice in society. As a white student at Gustavus, I see this as a learning opportunity for Lauren Casey and for all other white students. Lauren Casey, I hope you (and all of us at GAC) become more conscious of how our words affect others and can hold each other accountable for what we say. We can't continue to place the burden of diversity at Gustavus on students of color. We are all responsible for using our privilege to call out each other, faculty, and administration to make this a welcoming place for people of all races, ethnicities, sexualities, gender identities, and abilities.

Thank you.

Chyna Yang
Community Contributor

In regard to Lauren Casey's column about "The Great Poster Debate": As an Asian American student of a college with a white dominant student body, I am angry. This column perpetuates the divide of US vs. THEM on campus. Not only is this column unfair and unjust, it also represents the lack of understanding on diversity, equity and inclusion (DEI). The aspects she suggests these posters pinpoint is inaccurate and using misrepresented knowledge about propaganda to further the agenda. She writes that propaganda is supposed to "provoke others to act on an issue" but then contradicts this by writing that the posters are provoking the wrong feelings/emotions because this information is entirely untrue. What are the "right feelings/emotions"? When is the right time to act on an issue? The Nobel Hall debate is less about the actual building but more about DEI. It is about the lack of resources needed to address

DEI issues, the lack of support for students of color and the lack of having real, authentic conversations around campus. If you feel uncomfortable and have negative feelings towards these posters, you must ask yourself, "why?" The phrase, "For those who disapprove with how Gustavus handles diversity, as harsh as it sounds, they didn't force any students to come here," essentially means you do not understand. Gustavus cannot be a "community" if they are not actively ENGAGING in the "conflicts and negative tension" and having real, authentic conversations that will help shape the future of the college and its student body. My call to action - challenge your perspective and speak to leaders and students of color about oppression and the navigation they endure every day. Challenge the unconscious world you live in. Only then will you understand an ounce of what the lived experience of many is. Thank you for your time.

Gustavus breaks gap in higher education



Lizzy Woerpel
Opinion Columnist

One of the most complex gaps in higher education is the socioeconomic gap. This gap includes students from working and/or lower economic classes who are often first-generation students. In looking at this gap it is important to look at three different groups of personal capital: human capital, social capital and cultural capital. Human capital is any knowledge, skills or ability that the students has. This type of capital is attainable by all students, and students are in control of how much of this capital they have. The other two, however, are typically out of the control of

the student. Social capital is someone's social network and cultural capital is the knowledge of what is expected in different roles. These are the two types of capital that affect students from different socioeconomic backgrounds the most. Going into college, students who know professors, people in their intended field or people in administrative roles at colleges have an insight to college and advantages that other students don't have. In addition, students who grew up around people who attended college know what is expected in those roles and how to fit into those expectation whereas a first generational student may not such a privelage. After graduating from Gustavus alum, Erin Eger, attended graduate school at Western Washington University where she helped run a study on educational gaps based on economic groups. The goal of the study was to see if they could close the socioeconomic gap by paying for students' education. Though they did find that this helped the issue, it clearly didn't solve it. Eger worked as an adviser for the students in this study and found that there were a large amount of other issues that made finishing college difficult for these students. She quickly found that the students needed a lot more help than just having their college expenses paid. In order to address this gap, Gustavus has the First Forward

Network which works with first-generational students and provides them with additional resources. In data from the U.S Department of Education, Gustavus ranks slightly above most other liberal arts colleges in Minnesota with 27 percent of the student body receiving Pell grants whereas St.

Olaf has 17 percent and Luther has 19 percent. Gustavus also has a high rate of graduation amongst these students with 89 percent graduating within six years compared to St. Olaf's 87 percent and Luther's 66 percent. These programs aren't without their flaws but the

community on campus and the active role that faculty and administration play in the lives of students on campus is what helps to bridge these socioeconomic gaps and allow students the opportunity to succeed.

The Good, the Bad, and the Meh



Nemo support is at an all-time high due to AST's sticker sales.



It is that time of year where every door handle you touch shocks you.



Hate it or love it: The snow has touched down.

Tech talk on mental health



Lauren Casey
Opinion Columnist

Think back to the technology you used as a kid and how much joy it brought you. Gameboy, Webkinz, Nintendo DS, or your super slick flip phone just to name a few. The one thing missing back then was your smartphone filled with social media apps.

New technology has a lot of benefits, it has one huge drawback that may be affecting people without them being aware of it – the impact on mental health.

Gustavus has been working to combat mental illness here on campus. Dean of Students and Vice President for Student Life JoNes VanHecke recently sent out an email regarding the strategic plan, and it stated that it will focus on better understanding how to change the trajectory of mental illness through five programs happening throughout the year which highlight the five core values of Gustavus.

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Yes, using technology to talk to relatives on the phone, look at pictures of Nemo on campus and urgently text your mom for advice may improve your mood drastically. But, it is specifically social media on our smartphones that is the main culprit for dampening spirits and mental health.

Of course, taking away all social media is not an option, but being aware of how it is changing thought processes is

the first step. Ironically, the one thing that causes problems can also be used to take those problems away.

It is ironic how social media is supposed to make us more connected, but it is actually making us lonelier. Humans are meant to have interaction, and loneliness is one of the main risk factors to mental illness. Because we have phones, it gives us no reason to go talk to our friend all the way in Chapel View in person, but it doesn't replace face-to-face communication.

Even more so, hugging a significant other through the phone does not feel the same as in person. Even though “social” may be in the name of social media, there is nothing social about sitting in your room all alone while laughing

“Even though ‘social’ may be in the name of social media, there is nothing social about sitting in your room all alone while laughing to yourself about a cat video on Tik Tok.”

to yourself about a cat video on Tik Tok.

On a given day, many of us could spend hours scrolling through Instagram, Snap stories, Facebook, Pinterest, and Twitter, but things like class, sports, and eating meals get in the way of our mind numbing content. When you think about it, it probably used to be the other way around.

In addition, hiding behind a phone allows for less time to develop communication skills, which leads to more anxiety towards things like talking to professors in person, saying hi to a crush in the caf, calling someone on the phone, or, dare I say it- leaving a voicemail. Even I admit that I am falling victim to being comfortable hiding behind my smart phone, as I would never go ring the doorbell of my friend's house and ask if they could hang out like I used to before I knew what a smart phone was.

When it comes to mental health, social comparison is the enemy. In general psychology, social comparison theory is one of the first things learned and is the reason some of us may feel like we have to look or act a certain way. The definition of social comparison theory on Psychology Today states that “individuals determine their own social and personal worth based on how they stack up against others they perceive as somehow faring better or worse.” When scrolling through Instagram and seeing people with perfect bodies,



In the Caf, it is not an uncommon sight to see many students on their smartphones.

Nate Habben

successful relationships, or luxury vacations, our brains immediately tell us that they have what we don't. Even on an app like LinkedIn, which seems to be harmless, can be intimidating because seeing those who have great careers, can be hard when maybe you are in a transition. This is extremely harmful to mental health as it tells us that who we are is not enough or our gifts aren't enough.

It is taught in Abnormal Psychology that low self-esteem and self-doubt are huge risk factors due to negative self-talk. Social media thrives off the fact that we feel we have to portray ourselves to make it look like we are living our best lives, all while bottling up the negative feelings we may have just to keep that reputation. Just like storing a half-eaten sandwich in your dorm room

for months has negative effects, so does storing emotions and who you really are due to social comparison.

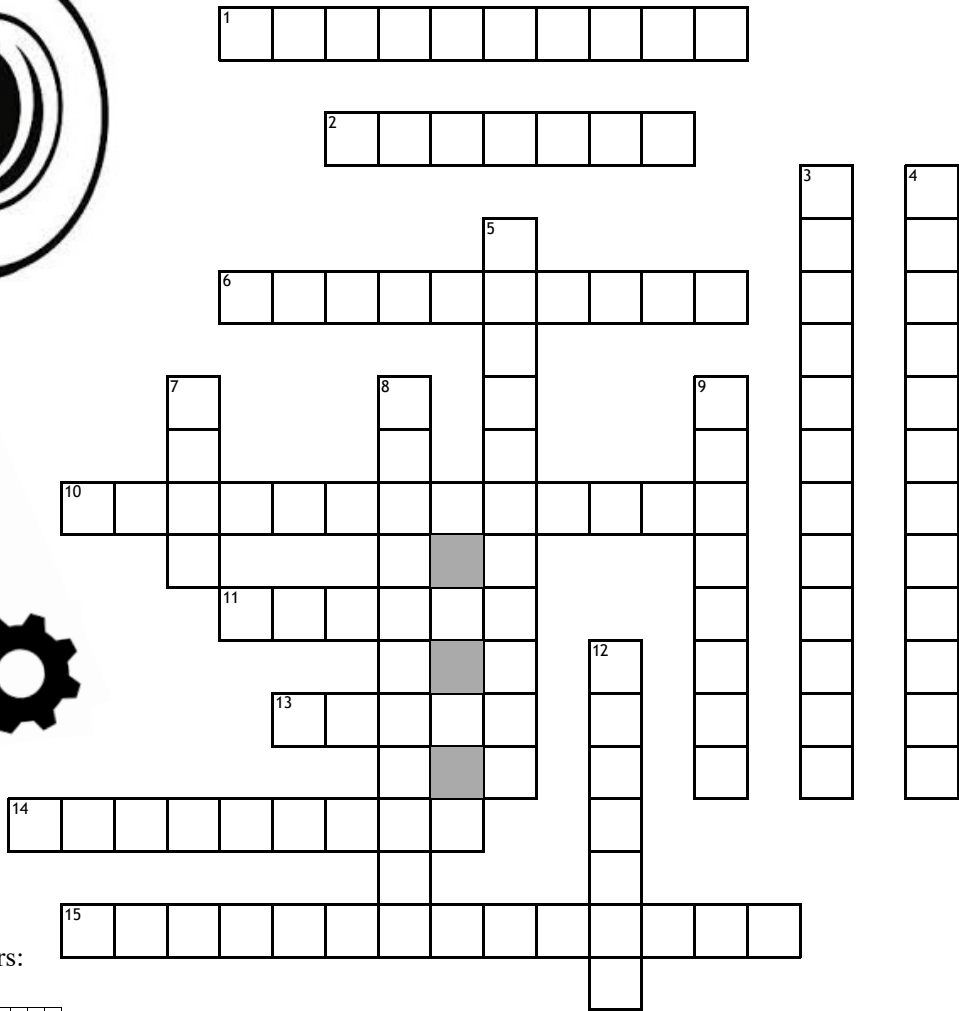
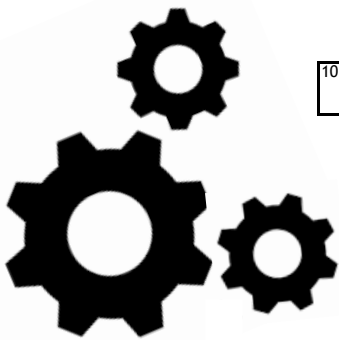
Even though technology has been linked to decreasing mental health, there is some technology out there that improves mental health. Gustavus already has resources on campus that could help brighten people's day - quite literally. The HappyLight lamps in the library mimic sunlight in order to combat seasonal depression. Recently, a Minnesota native was featured on Shark Tank for her light therapy lamps. She claimed that just 15 minutes in front of this lamp a day improves mental health. Due to the fact that she has made a huge profit on these, it shows that many people struggle with mental health, but also, that these lamps have positive

results.

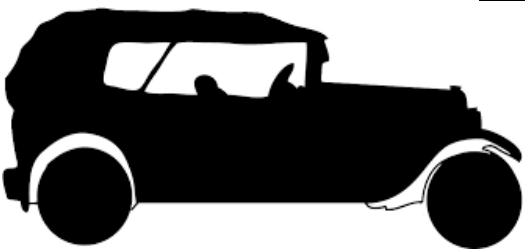
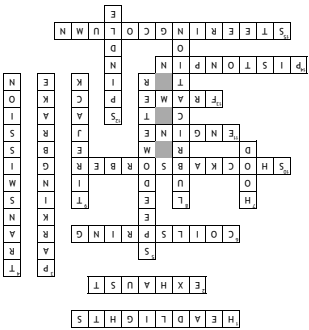
Second, you may have seen advertisements for Learn to Live, which is a free counseling resource online. This was made for those who are not comfortable communicating face-to-face with someone (possibly thanks to social media and less communication skills), but also makes it accessible to students at any time. Social media on our smartphones will always continue to tell us what we are not, but once we outsmart our smartphones and use technology in beneficial ways, mental health will likely follow suit.

Crossword

Automotives



Crossword Answers:



Across

- 1. Two powerful lights on front of vehicle
- 2. Poisonous gas
- 6. Length of steel rod wound into coil
- 10. Device placed at each wheel to regulate suspension
- 11. Another name for motor
- 13. Supporting structure of vehicle
- 14. The plug that fits inside a cylinder
- 15. Housing that contains and supports the steering shaft

Down

- 3. Brakes used to keep a vehicle from moving
- 4. Gears that transmit power
- 5. Device that tells you speed
- 7. Metal lid covering engine
- 8. Applied to a smooth surface
- 9. The device used to raise the vehicle to replace the tire
- 12. Rotating shaft that serves as axes for the wheels

Word Search

Car Parts



- AXLE
- BODY
- CONVERTIBLE
- DRIVE
- EXPENSIVE
- GAS
- HOOD
- HORN
- HUB
- IGNITION
- MOTOR
- NEW
- PEDAL
- ROOF
- SEAT

What kind of car does a sheep like to drive?

A Lamborghini.

What do you get when dinosaurs crash their cars?

Tyrannosaurus wrecks.

What has four wheels and flies?

A garbage truck.

“Ultimate Leaf Pile” by Bailey Hoff



Gusties compete in MIAC Championships

Both Men's and Women's Cross Country place fourth



First-year Tucker Wallin and Junior Jeremy Gilbertson maintain their pace during a race earlier this season. Both cross country teams finished in fourth this weekend at the MIAC Championships.

Gustavus Sports Information

Eli Dotson
Staff Writer

The Gustavus Men's and Women's cross-country teams made the short trek over to Northfield this past weekend for the MIAC Championship meet.

Runners for both teams had speedy days on the course, as both teams sprinted their way into fourth place finishes. The men competed in a field of 11 teams and the women in a field of 12.

For the men, Sophomore Garet Grant and Junior Andrew Stumbo both earned All-Conference awards for their impressive performances, as Grant finished 12th in 25:44.7 and Stumbo rolled through shortly after in 14th place with a time of 25:53.7.

"To have two guys go All-Conference really set the tone for the men today," Head Coach Brenden Huber said. "They have been pushing each other all season and that showed with how they ran."

Sophomore Noah Johnson earned All-Conference Honorable Mention with a 21st place finish, coasting across the line in 26:10.4.

"Noah ran a lifetime PR today to end up on the podium. It was really fun to see him move up throughout the race. He ran really smart," Huber said.

Sophomore Ben Wicklund and Junior Casey Olson finished out the scoring for the Gusties, coming in 29th with

a time of 26:19.7 and 34th in 26:31.3, respectively.

Huber was enthusiastic about the men's strong showing.

"I was really excited with how hard our guys ran. They took a swing at finishing in the top three today. Even though it didn't work out we showed that we are a much-improved team overall," Huber said.

In the women's meet, Senior Tierney Winter took full advantage of her last MIAC Championship meet with a spectacular scamper.

She blew through six kilometers in 21:56.9, good for second place in the meet and All-Conference honors.

This time also etched Winter's name in the Gustavus record books, as she became the second fastest runner in Gustavus women's cross-country history.

Hailey Harren, winner of the MIAC title in 2005, owns the top eight fastest times in program history, and Winter's time now sits in ninth.

"[Winter] is one heck of a competitor," Huber said. "We knew there were five runners that could finish up top and she stuck her nose in it and competed her tail off. She laid it out there today and kept going. You couldn't ask anything more to run her best at the conference championship."

Junior Kourtney Kulseth and Sophomore Illiana Ramon both earned All-Conference Honorable Mention and helped pro-

pel the Gusties to their fourth-place finish, coasting in at 18th and 24th place, respectively. Kulseth finished in 22:47.6 and Ramon crossed the line at 23:11.9.

Rounding out the scoring for the Gusties was Sophomore Mackinzee Miest in 28th place with a time of 23:22.3, Sophomore Lily Engebretson in 39th at 23:50.5, and hot on her heels was Junior Josie Blake in 40th place with a time of 23:53.9.

"Overall, I'm really excited with how we competed," Huber said. "I thought from front to back our ladies laid everything on the line today. Credit to the top three teams for their performances today."

As expected, the perennial powerhouse and nationally ranked Carleton Knights dominated both the men's and women's meets, with St. Thomas and St. Olaf taking second and third.

The Gustie men's and women's programs saw marked improvements from their MIAC conference meet finishes last year, as both teams took sixth place in 2018.

Both teams will compete at the Saint John's Fall Finale this Friday before the frigid NCAA regional meet at Wartburg on November 16th.

Each squad has some nice momentum built up heading into the season finale, which should be a great opportunity for the underclassmen on the teams to get experience in a high stakes situation.



Gustavus Sports Information

Junior Kourtney Kulseth competes in a meet earlier this season for the Gusties.

Men's hockey sweeps Lawrence University

Gusties prepare for test against UW-Stevens Point

Gabe Schneider
Staff Writer

The Gustavus Men's Hockey team started their season off with a bang, as they won their first two games this weekend.

On Friday, the Gusties beat Lawrence University by a score of 5-2.

The scoring started early, with a goal from Junior Logan Norman early in the first, assisted by Juniors Caleb Anderson and Nick Klishko.

A couple minutes later, the Gusties took a 2-0 lead with a goal from Klishko, assisted by Anderson and Senior Jared Bromberg.

The Vikings were able to cut the score to 2-1 with a goal late in the first period.

There was no scoring in a tightly contested second period, but both teams ramped it up in the third.

The Gusties started the scoring with a power play goal from Sophomore Connor Clemons, with Anderson and Sophomore Toby Sengvongxay assisting on the play.

Sengvongxay then got a goal of his own, with Junior Will LeNeave assisting. This gave the Gusties a commanding 4-1 lead.

However, Lawrence responded quickly with a goal to cut the lead to two.

"I am really pleased with our guys. They battled really hard, fought through some adversity late in the game, and found a way to win."

—Coach Petersen

After adding one more goal, the Gusties held strong and finished the game with a 5-2 victory.

Head Coach Brett Petersen



Gustavus Sports Information

Junior Will LeNeave controls the puck during a game last season. The team started out its season last weeked with two road wins against Lawrence.

was happy with his team's all-around performance in their opening game.

"Great first win," Petersen said. "I am happy for the guys as they played really hard. It was great to see some balanced scoring from multiple lines and our defensive core got on the scoresheet as well. Late in the game when we got into penalty trouble, Robbie [Goor] (Jr., Anoka) stood tall, made some key saves and shut the door in goal."

Goor got the win in net, while making 26 saves in total, with 15 of them coming in the third period. He allowed only two goals on the day.

The Gusties knew the importance of starting strong, and made that a point of emphasis for the first game of the season.

"We focused on what we could control, and among those things was a relentless effort which I think all of us kept in mind," LeNeave said.

The Gusties completed the weekend sweep of Lawrence on Saturday, winning by a score of 4-3.

Lawrence scored first, with a goal roughly three minutes into the contest.

The Gusties were aggressive offensively in the first period, with 13 shots on net. Sophomore Brendan Elliott was able to put one in the back of the net at about the 15-minute mark, assisted by Senior Casey Rock and Junior J.P. Eykyn.

Just 26 seconds later Gustavus scored again with a goal from Sophomore Brenden Payne, with assists from Senior Reid Brown and Sophomore Tyler Ebner.

The Gusties started the second period with a 2-1 lead, and quickly increased it to 3-1 with Payne assisting on a goal from Ebner.

The Vikings responded with a power play goal around the ten-minute mark of the second period to trim the deficit to one.

Gustavus was able to hold their 3-2 into the third period, but the Vikings were able to score a shorthanded goal to tie it up at three with about five minutes remaining.

Regulation ended with a score of 3-3, which sent the game to overtime.

The Gusties quickly scored the game winner with a one-time slap shot goal from Junior Tyler Rock.



Gustavus Sports Information

Senior Jared Bromberg competes for the Gusties during a game last season.

First-year Filip Grancarov made his first collegiate start in net. He made 23 saves while allowing three goals.

Petersen was once again pleased with his team's effort in the game on Saturday.

"I am really pleased for our guys," Petersen said. "They battled really hard, fought through some adversity late in the game, and found a way to win. We had another solid performance in goal tonight from Filip Grancarov, who played his first collegiate game."

The Gusties know that in order to keep winning games, they will need to put forth as much effort as they did in these first two games.

"I think we learned it takes a full 60-minutes of work to win every game, and it's a lot more fun to emerge a winner after those 60 minutes than otherwise," LeNeave said.

The Men's Hockey team will try to build on this momentum when they travel to UW-Stevens Point Friday, Nov. 8 for a 7 p.m. contest.



Senior Tyler Rock starts the attack by bringing the puck up the ice. Gustavus Sports Information

Gusties win second consecutive MIAC title

Men's Soccer secures No. 1 seed for MIAC Playoffs



Members of the Men's Soccer team celebrate their win against Macalester which secured them a share of the 2019 MIAC Regular Season Title. The Gusties went 8-1 in conference this season.

Gustavus Sports Information

Michael O'Neil
Staff Writer

The Gustavus Men's Soccer team finished up regular season conference play last week with a pair of wins.

Going into Saturday, they were tied with St. Thomas in points, and needed a win to secure the regular season conference Championship.

Thanks to late game heroics from standout First-year Raphael Cattelin, they were able to do just that.

On Tuesday, the first-place Gusties traveled north to St. Paul to take on the last-place Pipers from Hamline.

Despite the seemingly uneven matchup, the first half of play was back and forth and neither team was able to score a goal.

The Gusties outshot the Pipers 8-5 and put four shots on goal to Hamline's one, but the score remained 0-0 going into halftime.

As the second half began, the Black and Gold were the first to strike. Just 13 minutes into the second half, Cattelin found Junior Matthew Gibbons 10 yards in front of the goal and Gibbons slotted the ball past the Hamline goalkeeper to put the Gusties up 1-0.

Just 10 minutes later, Senior Luke Laurich added another goal for the Gusties off of a deflection from a corner kick. First-year Max McLaughlin was credited with the assist.

The Pipers were able to cut the lead to one goal four min-

utes later, when they were fouled inside the box and converted the ensuing penalty kick.

In the 79th minute, Cattelin scored what would be the game winner off of McLaughlin's second assist of the match.

Hamline was able to narrow the lead once more with another goal in the 82nd minute, but the Gusties held on for a 3-2 victory, securing an important three points for the conference standings.

First-year Goaltender Wesley Sanders had two saves in the road win.

"Hamline is always super hard working and organized with some dangerous attacking pieces and we knew they could cause us problems. We weren't as composed or clinical as we would have liked but it's hopefully a wake-up call," Head Coach Tudor Flintham said.

Coming into Saturday, the Gusties were tied with St. Thomas atop the MIAC standings with 24 points apiece and hoped to take home at least a share of the MIAC Title.

Macalester came ready to play in the first half, and once again the Gusties played to a 0-0 draw at halftime.

Cattelin got the Gusties going early in the second half.

In the 50th minute, he received a pass from McLaughlin and beat the Scots' goalkeeper to put the Gusties up 1-0.

Macalester bounced back to even the game in the 60th minute and the score remained 1-1 with time winding down in regulation.

With St. Thomas en route to

a win, it looked as though a tie was inevitable, which would have resulted in a second place finish in the conference.

However, with under two minutes to go in the game, the Gusties received a throw in and found Junior Cole Schwartz on the right side of the field in an attacking position.

Schwartz sent in a cross and Cattelin netted his 14th goal of the season to give the Gusties the win and the MIAC Title.

Sanders started in goal for the Gusties and recorded six saves in the win.

"We didn't make it easy on ourselves but the guys deserved the win. I think they played really well in the second half after making some adjustments at half time. At the end of the day it was about the guys digging in and being gritty and finding a way to put the ball in the back of the net," Flintham said.

With their win, the Gusties moved to 15-3 on the season and secured the top seed in the MIAC Playoffs.

Cattelin was named MIAC Men's Soccer Player of the Week for his efforts.

"I'm just incredibly thankful, proud of our guys, the alumni, the administration, and everyone that's worked to make this happen," Flintham said.

Flintham has proved to be an integral part of the Gusties success, leading the team to back-to-back MIAC Regular Season Championships.

Gustavus is the most decorated program in the MIAC. This championship marks its 22nd title in program history.



Junior Matthew Gibbons dribbles past a pair of Macalester defenders.

Gustavus Sports Information



First-year Raphael Cattelin holds off a defender and dribbles towards goal.

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