

# The elitist ideas of higher education



Emily Seppelt  
Opinion Columnist

When looking for options behind high school, most students consider many options before deciding their path. Oftentimes, financials are a huge part of a student’s decisions. When college acceptance time comes around in the spring, a quick “hierarchy” of students forms. In my experience, students heading to private schools gain a sense of superiority and are quick to judge students who are going to state schools, community colleges or technical schools.

As our campus is a private one, within the first few weeks I was on campus as a freshman I could see evidence of this belief. The belief, or even just the implicit assumption, that

students who don’t attend our school or similar private schools are inherently less intelligent, less cultured and not as good as us, which flies directly in the face of our school values and is just plain unintelligent.

Even recently, I was sitting in the Caf and overheard someone observe that when someone walked in that they “looked like they would go to Mankato,” phrased as a humorous insult. While people may not realize it, these assumptions and judgments have classist undertones that discourage people from pursuing at education if that can’t get into an “expensive” or “good” school. This attitude is more common among students who attend private schools than one might think. While Gustavus is not the worst of them, the jokes are still cracked and the belief is still held by students on campus.

Getting into any type of school post high school is a huge accomplishment and pursuing more knowledge and training can be a challenge. This bias is an extremely dangerous one. Turning education into a competition of who is the smartest and who can squeeze the most into their resume defeats the whole purpose.

Creating this type of environment on campus and even in our everyday lives perpetuates the idea that only people who did what would typically be characterized as “successful” in high school and college deserve to be there or to be engaged with academically. If someone feels like they are not the right type



Old Main is one of the hallmarks of the Gustavus campus.

Katie Mattinen

of person to go to college, even if they want to, it may be enough to stop them from even trying.

If every person who wanted to go to college limited themselves to a private school, we would have a lot fewer people in the country with college degrees and a broader understanding of the world around them. Thinking that you are better than someone else just because you got into or attend a different school them is hon-

estly regressive, immature and juvenile.

Holding this elitist worldview harms the people that believe in it, even unconsciously. When we let ourselves believe that because of where we are in life, we are better than others, it prevents us from experiencing the whole breadth of life experiences. Correcting this judgmental and detrimental behavior here at Gustavus would allow us to be more open to collaboration and would help to attract people who share the same inclusive views to attend the school.

Every school has its attributes, and judging someone solely based on what they look like or where they attend school makes it seem like we all don’t have access to people who are literally experts in their field, people who years and years of education who are here to educate and guide us.

versally the same by employers. Employability is obviously a huge part of why people even go to college, as well as access to a community of learners

*“If we continue to allow this kind of behavior and attitudes pervade campus, we will not be holding true to Gustavus values.”*

which almost every and college university can offer a student.

If we continue to allow this kind of behavior and attitudes pervade campus, we will not be holding true to Gustavus values. Being elitist isn’t what entails being a part of the Gustavus community, and the understanding that pervades the campus concerning this belief that we are inherently better than other non-private school taints our otherwise inclusive, supportive and fair community.

## The Good, the Bad, and the Meh



There’s so many new faces at THE GUSTAVIAN WEEKLY.



Please take a moment of silence for the loss of our beloved KingPins.



Certain staff members were dismayed to discover how many people dislike Godfather’s Pizza.

*“While every school tries to tout its uniqueness and how much better they are than other schools, in reality we all come out of college with a degree that will be looked at as almost universally the same by employers.”*

While every school tries to tout its uniqueness and how much better they are than other schools, in reality we all come out of college with a degree that will be looked at as almost uni-



# Flashes of embarrassment



**Lauren Casey**  
Opinion Columnist

Embarrassing moments are generally considered a negative concept due to the fact that feelings of guilt or shame usually follow close behind, so saying that embarrassing moments are actually a good thing may seem like an unpopular opinion. Of course, doing something to make yourself look like an idiot is never a great feeling in the moment, but from personal experience, embarrassment has led to nothing short of success, confidence building, acceptance, and great stories to share in the school newspaper.

The first category of embarrassment is clothing malfunctions. This year I've had a few, and they made me appreciate that I've been doing more squats to make my behind look more presentable as if I knew I was going to present it to all my peers. Pro gym tip number one is when you pull your sweatpants pants down after walking in from the tundra otherwise known as Minnesota winter, make sure you are not pulling your shorts down with them. The cardio section got a

front row seat to a presentation of my buns, and I'm not talking about the bun in my hair.

Pro gym tip number two is to make sure your pieces of clothing, specifically gym shorts with built in underwear, are not inside out. It only took a solid five hours of walking around sporting my trendy look of undies on the outside for a Health Services nurse to stop me and whisper that it may be a good idea to change.

So why am I glad these things happened to me? Because it taught me to pay closer attention to detail, be more cautious, and put more quality time into the little things such as triple checking that my clothes are on correctly.

"I think having embarrassing moments is a good thing because kids these days won't have the same character we do since they have makeup and clothing tutorials on YouTube that prevent them from messing up. I now look back and have learned that clogs and silver eyeshadow was not a good look," Sophomore Paige Van-Delinder said.

To anyone who saw what God gave me that day, I hope you enjoyed the show and my lacey undergarments.

The second category of embarrassment is food fiascos. This one can range from spilling your spaghetti all over your lap, dumping your drink all over your date during your romantic dinner at the caf, or tripping and sending your noodle bowl on a flight.

"Embarrassing moments are like exposure therapy for social anxiety. For Greeter training we had to do a whole days-worth of embarrassing things to the point where it didn't matter anymore," Sophomore David Warner said.

To set the scene, the year was 2017, and it was the last day of spring semester freshmen year. I was excited to have made it through a first success-

ful year at college, so I thought I'd treat myself to my favorite special k bar in the caf. It was mandarin orange Friday and I gladly got myself a heaping bowl of the slippery little buggers to enjoy with my giant plate of rabbit food.

I set my oranges next to the peanut allergy dessert cabinet, totally forgetting that in order to retrieve my special k bar, I had to open the door in which my oranges were currently sitting in front of. I temporarily forgot about my oranges and opened the door, sending my mandarins off the counter and all over the floor. With every loud bounce of that plastic bowl, my face turned a darker shade of red. Those bowls and plates show no mercy, it's like the goal is to announce that someone spilled their nuggets to the whole campus. I was left with a soggy sad puddle of mandarin oranges, a puddle in which the guy behind me did not see. He took one step and slipped, sending his whole tray of food (he too was a freshman, hence the tray) flying in the air. I was grateful for him, because now all attention was on the guy that dumped his alfredo, giving me an easy embarrassment free escape.

Since then, I have not participated in mandarin orange Friday. What did this experience teach me? It taught me to laugh at myself because there are much worse things than dropping a bowl of fruit in one of the most welcoming environments here on the hill, and to not get so excited over dessert that you have blinders to everything else in the world.

Lastly, the category of awkward moments. We all have had one whether it be slipping on ice in front of Uhler, doing something stupid in front of your crush, or trying to impress everyone in Lund by running on level 15 but tripping and shooting off the treadmill into the elliptical behind it (I

don't know who you are, but I'm sorry I went to the locker room so I could laugh at you in private instead of ask if you were ok).

"When you embrace awkward moments, I feel like you start to see them as something that happens to everyone. When you are open about them, other people will open up about their moments too," Sophomore Anna-Olivia Machado said.

I can confidently say that my story is a first on campus. The custodian was making his daily rounds to change out the paper towels and change the trash like every other day, so when I saw him leave the bathroom, I thought he was done and on to the next one. I went in to take my morning shower, and as I was taking my towel off, I heard a voice say "custodian."

Before I could answer, he started walking in so I quickly hopped in the shower and yanked the curtain closed. I thought I was in the clear, but the whole shower rod decided to fall off the wall, leaving me out in the open like the show *Naked and Afraid*. I was the naked, and he was the afraid. As I tried to cover myself and save my dignity, I have never seen someone run so fast out of the bathroom, usually it's the other way around. It was a situation that took all but about ten seconds, but it felt like an eternity.

Awkward moments seem terrible in the moment, but in my opinion, they build tolerance to even more awkward moments in the future, and leave you with better ways to deal with them in the moment. This incident made when I locked myself out of my room after my shower in nothing but a towel seem so small, but in that moment it was humiliating. Flashing a stranger has helped me feel comfortable in my own skin—quite literally—but also in being able to

laugh at myself when smaller acts of embarrassment occur such as my hairdryer catching on fire while studying abroad, or when Campus Security knocked on my door at one in the morning to make sure I was ok, attracting everyone in my section to the scene, because I wasn't responding to any calls or texts. Turns out I was sleeping, imagine that.

*"...just remember that you're helping out your future self for when you clog a toilet at your significant other's house, dump coffee on yourself at a business meeting or have a clothing malfunction at your wedding, just remind yourself that these things happen to all of us, and they're what makes us human."*

So when you dump your fries all over a cutie in the caf, wear your pants backwards, or have the shower rod fall off the wall revealing your goods; just remember that you're helping out your future self for when you clog a toilet at your significant other's house, dump coffee on yourself at a business meeting or have a clothing malfunction at your wedding, just remind yourself that these things happen to all of us, and they're what makes us human.

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# The problems of political labels



**Madelyn Smerillo**  
Opinion Columnist

When I was thirteen years old, I began my political journey. I decided it was time for me to identify with the views of a particular party. This came as a result of my participation in a pre-AP US history class, where the teacher had us take a political ideology quiz. After taking the quiz, it was revealed that I was, in fact, a Democrat, with no surprise to anyone. My parents came from an extremely conservative background but ultimately realized that the views they held when they were younger were no longer applicable to their present-day needs and opinions. My mom went to the University of Minnesota to get her master's de-

gree in Public Policy from the Hubert Humphrey School of Public Affairs and embarked on a path to holding the views of the political left.

This began an era of me blindly following the platform of the Democratic party, investing myself in others who shared my opinions. However, my experience at Gustavus as a Political Science major led me to change my mind. I was exposed to a wide variety of viewpoints and formed relationships first without initially considering the political opinions of others. When I figured out how someone identified themselves on the political spectrum, I was often surprised. Many people I met held strong left ideas: radical liberals who passionately fought for many different issues. Others, however, were a mixture of conservative views: people who strongly believed that the government needs to do a better job at leaving us alone.

As a person who now identifies as somewhere in the middle, I was frequently taken aback. How could these people that I had developed such close relationships with identify in a completely different way than me when it came to politics? Did that make us fundamentally different people? Did I have to change the way I formed my relationships with them because I knew there was a large part of our lives in which we disagreed? As these questions entered my head, I began to realize how close-minded I'd

become.

Setting aside my own political journey, I'd like to bring your attention to the problem at hand: political labels. In case you were somehow unaware, there's a severe political divide in this nation. This divide is so strong that political views have, in some cases, become not just a single aspect of our identities, but a definition of who we are. I don't know how or when this happened, but it is a consistent problem for harmonious living in our communities. In some cases, we use political labels to quickly identify who is our friend and who is our enemy, without knowing much else about the individual in question.

When we hear someone call themselves Democrat or Republican, many of us automatically make assumptions about that person and their values. This can mislead us to like or dislike people because of their political identity. If we dislike one Democrat, we might push that dislike on all Democrats, and vice versa. This is not to say that those assumptions are always inaccurate or that they are inherently bad, but they inhibit the pursuit of human connection on a deeper level.

Political labels can be useful, as they allow people to identify with a category that helps them to better understand their own views. They also connect people to others that have similar perspectives to them, making people feel a little bit less alone. Political labels help people describe their

viewpoint in an efficient fashion, not having to go through all the intricacies of most of the issues. But what happens when someone doesn't agree with every aspect of their party's platform. For example, can you be a Democrat and be pro-life? Can you be a Republican and want healthcare for all? These are questions that muddy the waters of the two-party system and that highlight a significant problem with political labels: a specific category cannot capture the full identity of a person and their beliefs in one word.

*"It is not my goal to single out people who identify with a political label, but rather to challenge all of us to think beyond the titles that we give each other."*

It is not my goal to single out people who identify with a political label, but rather to challenge all of us to think beyond the titles that we give each other. To look for the fundamental qualities that make

up a person rather than a word that leads us to make assumptions about others and their beliefs. I challenge all of us, including myself, to do a better job at making an effort to listen and understand those who disagree with us.

And when we discover a source of tension, to not shun the other person as an outsider, to not argue and force our opinions upon them, but to recognize that we are all human beings whose beliefs come from somewhere. This is not to say we should begin accepting viewpoints that directly or indirectly discriminate against people groups or fundamentally harm others; those are viewpoints that cannot be tolerated by any of us.

You do not have to agree with me, and you are even welcome to vehemently disagree with me. However, I would ask that just because we may disagree, you do not label me as "other" or as a bad person. As students of the liberal arts, we need to make an effort to put ourselves in the shoes of others, not to label people as outsiders because they are different than us. We need to work for greater inclusion of all, and to bring mutual understanding to the political stage that faces us as we enter life beyond Gustavus.

## I hate myself (and why it's okay)



**Corinne Stremmel**  
Copy Editor

I'm just going to go out there and say it. I hate myself. Before anyone makes a lofty assumption, please continue reading because I'll explain why I hate myself and why it is okay. But yes, it's true. I think I genuinely hate myself. Not only because I'm writing this in a Google Doc where I might accidentally share this with my professor, or even worse, my

mom, but because I am constantly reminded that I am not good enough.

Despite the torrent of the self-love movement, I cannot help but be critical of myself. I walk around campus—it is so tempting for me to not say "like an idiot"—thinking about how I shouldn't have talked so much in class or that I should've talked more. Or why did I say that really dumb thing to that person I was talking to?

I feel like I am constantly tearing myself apart, but if Gustavus has taught me to do anything, it is to think critically. And, in this case, I will be thinking critically about my own critical thinking. So why do I feel this way? I know I am not alone in this thought. Many Gustavus students express the feeling of Imposter Syndrome—the feeling of inadequacy despite success—or simply chronic self doubt.

I have chronic self doubt, if it hasn't been made evident by my overly dramatic introduction. But to dig deeper, why do I, why do we, as students, feel this way? The *Harvard Business Review* claims that Imposter Syndrome is most prevalent in women and academics, per-

haps because of a particular ideal that women are systematically trained to uphold or perhaps because of the rigorous nature of constantly having the think of "the next big thing" as academics. No matter where the societal pressure originates, I am an expert on one thing. I know that it does not feel good.

So how do we move forward from hating ourselves? First I would like to suggest that it is okay to have self doubt. Thinking critically keeps our actions in check, and self awareness is the best way to learn from our mistakes. As we think critically of ourselves, we strive to be our best self. This is something I try to do everyday, but, of course, we occasionally fail. Again, we must accept that failure is okay.

It is the chronic part of the self doubt we must address. It's easier said than done to not compare ourselves to others, but I hope that we can trust in ourselves that we will achieve our best self. Furthermore, achieving one's best self doesn't mean having a 4.0 or the most prestigious position at work; it simply means that we are trying to be the best human being we can be.

It takes practice, but if we're

already going to be hard on ourselves to be better, we might as well be hard on being better toward others.

*"It takes practice, but if we're already going to be hard on ourselves to be better, we might as well be hard on being better toward others."*

Additionally, I want to stress that it is okay to not be okay. There is so much pressure to be happy and I really want to criticize that. Being sad or blue should be destigmatized. It is unrealistic to be joyous at all moments simply because life is hard, and we all face our challenges. Getting help when we need it is absolutely okay.

Perhaps you know all this and you regret spending your time reading the college newspaper when you should've

been out donating blood and saving puppies, but I still hate myself, and you can't think anything bad about this article that I haven't already thought of.

But I do think my point is valid. It is okay to hate yourself, or, more eloquently, it is okay to have that chronic self doubt because we are human and we are not perfect. I mainly want to remind ourselves it is okay to feel how we feel, and, in that, we should strive to be our best selves.

And if we cannot depart from the fact that we hate ourselves or that we do not belong where we belong, we must trust that we can overcome feelings of self doubt and achieve self actualization by simply trying our best. So, go ahead, hate yourself, just know that you are not alone in what you're going through because as I am growing into the person I am meant to be, I will accept a little bit of self hatred. It is simply part of the process.



# On this day: THE WEEKLY throughout the years

## — Environmental Awareness —

PULLED FROM THE FEBRUARY ARCHIVES OF GUSTAVIAN WEEKLY, GUSTIES HAVE BEEN CLIMATE CONSCIOUS FOR YEARS

**FEBRUARY 22, 2008:**  
SENATOR KLOBUCHAR VISITS  
GUSTAVUS TO DISCUSS GLOBAL  
WARMING

*February 2009: “Recyclemania will  
pit Gustavus against hundreds of  
other participating colleges across  
American to see who can recycle  
the most.”*



*FUN FACT: Black and  
white printing was  
FREE on campus in  
2009*

Submitted

**FEBRUARY 2008: “RECYCLEMANIA”**



Submitted

**FEBRUARY 20, 2009:**  
PRINTING PAPER REDUCING  
POLICIES



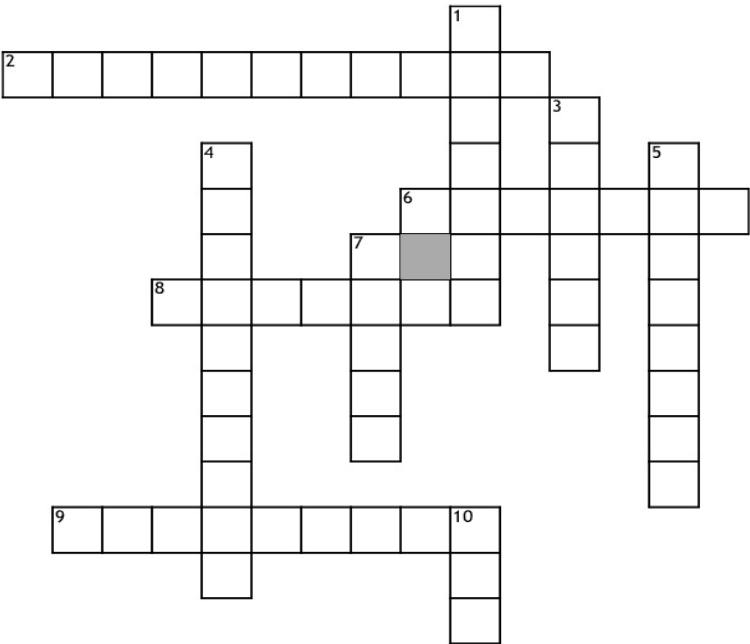
Alex Messenger

**FEBRUARY 19, 2010:**  
ARTISTS' RENDERING OF NEW PROPOSED  
ACADEMIC BUILDING



Submitted

### Crossword



**Across**

- 2. People have these on the roofs of their house
- 6. You do this with plastic bottles and cans
- 8. Dogs, birds, bears, tigers
- 9. Ocean tankers sometime causes this

**Down**

- 1. April showers bring May
- 3. Trees and plants produce this
- 4. A place with heavy rain
- 5. We need this to live
- 7. We live on what Planet
- 10. Do not look directly into this



- Crossword Answers:
- Across
  - 1. Flowers
  - 2. Solar Panels
  - 3. Clean Air
  - 4. Rainforest
  - 5. Oxygen
  - 6. Recycle
  - 8. Animals
  - 9. Oil Spills
  - 10. Sun
  - Down



# Men's Tennis set to host ITA indoor

## Gusties start season 3 - 0



Gustavus Sports Information

Senior Yassine Derbani is off to a strong start for the Gusties, winning all three of his matchups this season. The team has seen some early success, starting their 2019 campaign 3-0.

**Joe Brandel**  
Sports & Fitness Editor

The Gustavus Men's Tennis team is off to a hot start in their 2019 campaign. The team has won its first three matches of the season and hope to take this momentum into the ITA National Indoor Championships this weekend.

This annual competition hosted by Gustavus showcases some of the top Division 3 teams in the country including Emory University, Claremont-Mudd-Scripps, the University of Chicago, and more.

It was important for the team to get a few wins under its belt before this big competition, according to Head Coach Tommy Valentini.

The team kicked off its spring season with a trip to Florida where they took on Warner University and Webster International University.

In the first game of the weekend the Gusties found themselves in a close battle with Warner.

The match started out with a dominant performance from Gustavus in doubles. Senior Yassine Derbani and Sophomore Nick Aney led the way with a 6-4 win which was quickly matched by the No. 2 doubles team of Sophomore Drew Elofson and First-year Alex Budde.

Senior Zeke Haugen and Sophomore Luke Haddorf completed the doubles sweep with a score of 6-1, putting Gustavus up 3-0 heading into

the singles matches.

Warner showed some fighting spirit in the match and didn't let Gustavus run away with the win after notching wins in three of the singles matchups.

Singles wins from Budde and First-years Oscar Wikstrum and Jack Bergmeyer was enough for a 6-3 Gustie victory.

In the second match against Webber International, the Gusties seemed to coast to a 7-2 victory, while mixing up doubles teams and singles match up order.

Valentini had nothing but positive comments for the team during its first few contests of the season.

"It was a great start to our spring," Valentini said. "We've had a great week of practice at the USTA national campus and tough scrimmages heading into the matches with Warner and Webber. The conditions were unlike anything I've ever seen in terms of wind, and our guys were very impressive in embracing the challenge. We controlled what we could at a high level and played some smart and gritty tennis. We were able to rely on our depth and play two full groups yesterday against two tough opponents. Our leaders did a great job modeling our approach to handling adversity, and we had some excellent showing from a number of young guys."

After the Gusties returned, they had a quick turnaround before they were back in action against MIAC opponent Bethel University Feb. 15.

In the match, the team once again started strongly with



Gustavus Sports Information

Sophomore Nick Aney competes in a match during the fall season.

three doubles wins behind teams of Derbani and Aney, Senior Michael O'Neil and First-year Daniel Fouchier and Junior Xavier Sanga and Budde. The teams won their matches 8-4, 8-4 and 8-2, respectively.

All Gustie singles players followed up this dominant start with wins in their singles matchups to complete a 9-0 sweep.

"The guys played a solid match today," said Head Coach Tommy Valentini. "Bethel came out with a strong effort in the doubles. We did well to stay calm early and find better execution of our game plan

as the doubles went along. We got a big lift from Sanga and Budde at No.3 and once we grabbed the 3-0 lead the guys settled in and competed well in the singles. It was a great team effort and we'll look to use it to build on as we move into preparations for an exciting series of challenges at the national indoor."

The ITA National Indoor Championships begin this Friday, Feb. 21 at the Swanson Tennis Center.

In the first match of the tournament, the Gusties will be squaring up against No. 1 ranked Emory University.

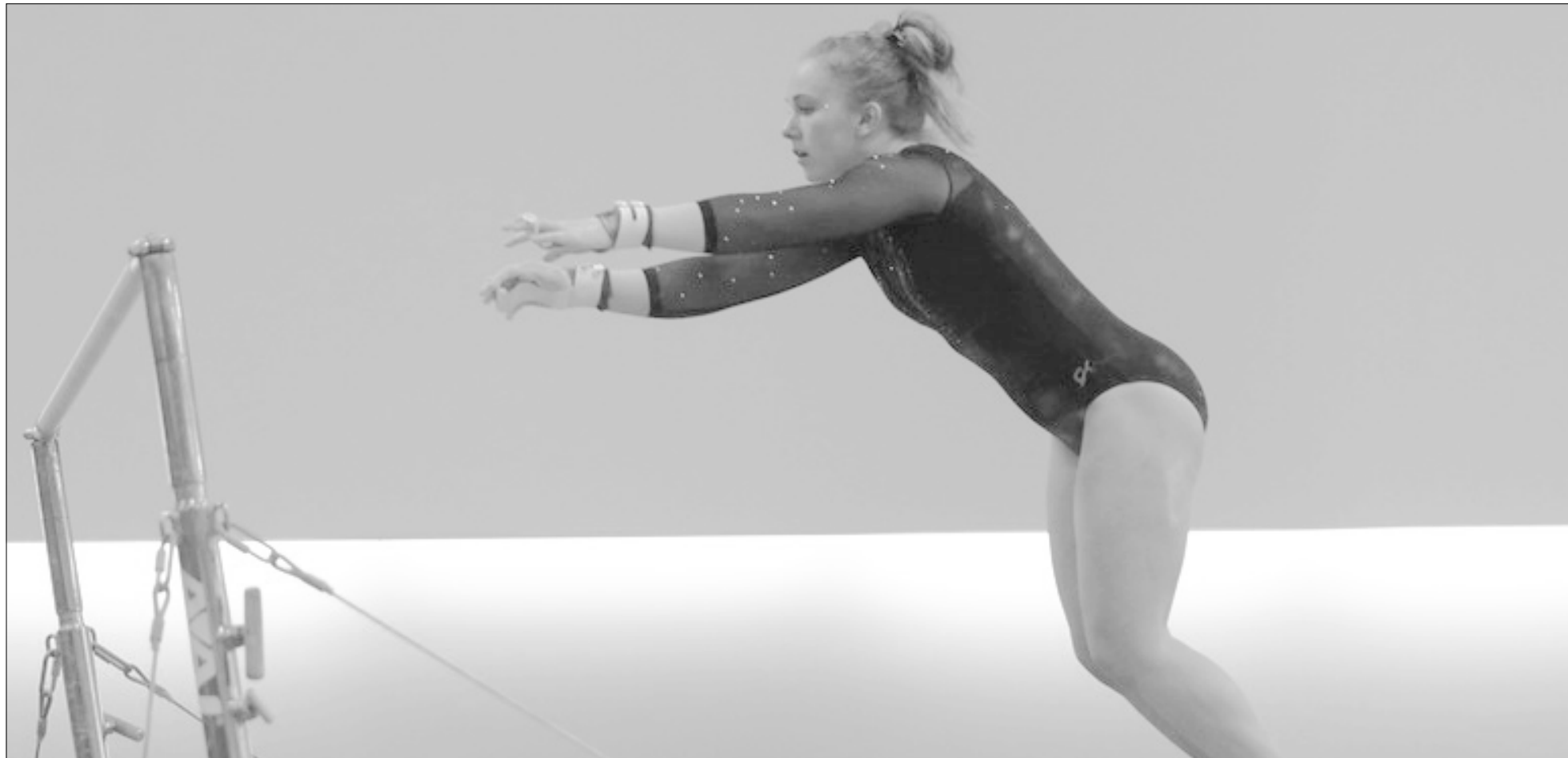


Gustavus Sports Information

Senior Michael O'Neil earned All-America honors this fall in doubles.

# Gymnastics posts new season high

## Gusties continue to improve as season comes to a close



Gustavus Sports Information

First-year Ashley Goetl competes on the uneven bars for the Gusties during a meet earlier this season. Despite finishing third of three teams the Gusties posted a score of 184.8, the highest this season.

**Michael O'Neil**  
Staff Writer

After finishing third of three teams at the Harley Meet hosted by UW-Whitewater and working through challenges in a dual against UW-Stout, the Gustavus Gymnastics Team traveled to Lindenwood University to get back on track.

Led by a young core, the Gusties produced a season-high score of 184.800.

Two Fridays ago, the Gusties traveled to Milwaukee to compete in a meet alongside UW-Whitewater and UW-Oshkosh.

The highlight of the meet for the Gusties came on the beam, as they posted a season-high score of 45.825.

*"The best part about the entire day is that there are still improvements to be made and this is just the tip of the iceberg of what we are capable of."*

—Coach DeGrood

First-year Annie Corbett led the way for the Black and Gold, turning in a 9.725, which was good for second place both at the meet and was the second best score in school history.

Fellow First-year Ashley

Goetl also performed well with a career high 9.300 on the beam.

"Beam was the best it's been all year. They went out and did what they are capable of and what they do in practice. Annie's beam has been solid all year and it capped off a great rotation for us. To be the second highest beam score in school history is incredible as that record has stood for a long time and it's exciting to be inching toward it," Head Coach Aryn DeGrood said.

Corbett also finished second in the all-around competition after producing scores of 9.475, 9.325, and 8.775 in the vault, floor and bars, respectively.

Sophomore Brooke Merila also had a solid outing highlighted by scores of 9.300 on the floor and 9.275 on the vault.

"We fought hard on everything and battled back from weird things that happened and made the most out of some difficult situations. Now we need to regroup and refocus on the task at hand and prepare for a double meet next week," DeGrood said.

The first meet of the week featured a WIAC dual against No. 5 UW-Stout in Menomonie, WI.

First-year Emma Esteb had a strong meet for the Gusties, leading the team in both vault and beam with scores of 9.225 and 9.275, respectively.

As a team, the Gusties tallied 45.350 on vault and 43.000 on beam.

On the floor, Senior Leah Heilig led the way with a 9.425 while the team tallied 45.350.

Finally, Corbett led on the bars with a 9.100 while the team scored 40.100.

"It was a tough night but we knew going in it was going to be a battle as we have some illness and injuries we are working through. We got the chance to get people in the line-up that haven't had that chance before and that's always good. A lot of the positives we're taking away are things you can't see on the score sheet and don't reflect in the results," DeGrood said.

Those positives were evident as the Gusties traveled to Missouri to compete in a quad a Lindenwood University and produced a 184.800, the sixth highest score in school history.

The Black and Gold got out to a strong start on the beam behind Corbett's score of 9.750, which ties a school record that's held for 21 years.

Heilig and Esteb also scored career highs of 9.625 and 9.475, respectively.

The team score of 47.225 on beam marks a new school record.

"To break 47 on beam for the first time in program history is remarkable. The energy but calm at the same time radiated on beam and it is what the coaches knew they were capable of. They worked together and made magic happen," DeGrood said.

On the vault, six different Gusties scored above nine to combine for a 46.475. Corbett earned the top score with a 9.575 while Heilig scored 9.325.

Corbett continued to shine on the floor and bars, leading



Gustavus Sports Information

First-year Annie Corbett completes a floor routine during a meet this season.

the team with scores of 9.525 and 9.600, respectively. The team scores of 46.050 on the floor and 44.850 on bars rounded out the Gusties' 184.800.

"Individually, Annie had an outstanding performance. Emma was solid on her three events again. Annie Gladitsch had a career high on beam and is really coming into her own. Sophie Redding finally nailed that bar routine and we know

it's the catalyst she needed," DeGrood said.

The Gusties head to UW-La Crosse next weekend and look to continue their positive momentum.

"The best part about the entire day is that there are still improvements to be made and this is just the tip of the iceberg of what we are capable of," DeGrood said.



# Swimming competes at MIAC Championship

## Men's team wins second consecutive MIAC title

Eli Dotson  
Staff Writer

For the second straight year, your Gustavus men's swim and dive team has vanquished St. Thomas and claimed the MIAC crown.

The Gusties were dominant over the four-day conference meet this past weekend, accumulating 946 points.

The Tommies were a distant second with 739 points. This victory marks the 23rd time Gustavus has won the conference championship.

The women's swim and dive team also had a successful weekend, coming in third in a fiercely competitive meet.

St. Kate's claimed the title with 700.5 points, their first championship in program history, while St. Thomas took second at 664 points with the Gusties close on their heels at 626.5 points.

"We knew St. Thomas was coming after us and it was a battle all weekend," Head Coach Jon Carlson said. "The guys stepped up time and time again. The women hung around all week with two powerhouse teams and that was truly inspiring. There were so many unbelievable swims and I was moved by how hard they swam."

His enthusiasm was shared by the athletes, who relished the opportunity to strut their strokes after a long two-week tapering period.

"It was an unbelievable experience, every time we went up against St. Thomas, time and time again everyone that needed to stepped up. I'm so proud of how both the men's and women's teams competed this past weekend," Junior Josh Muntiferer said.

Leading the way for the men's team was Junior Nolan Larson, who shared MIAC Male Swimmer of the Year with St. Olaf's John Loepfe.

He won the 200-yard butterfly with a school record time of 1:49.12 and also swam on a 400 yard free relay team that took first place and set a MIAC, school and meet record with a 2019 selection time of 3:00.94.

"Nolan Larson certainly earned MIAC Swimmer of the Meet," Carlson said. "His 200 fly was one of the best swims I've ever seen. Then to turn around and break the 400 free relay record was amazing. I never thought that was going to get broken because those guys were some of the best swimmers this program has ever seen."

The Gustie men also dominated in the 100-yard freestyle event, as Junior Matt Allison won the event in 45.53, followed closely by Sophomore Dutch Franko-Dynes at 46.12 and First-year Andrew Becker in 46.49.



Junior Nolan Larson executes a butterfly stroke during a meet earlier this season. Larson was named MIAC Male Swimmer of the Year and posted a MIAC and school record in the 1:49.12.

Gustavus Sports Information

Muntiferer claimed second, right behind Larson, in the 200 yard butterfly with a time of 1:51.49.

He also took second in the 200 yard backstroke with a time of 1:50.54 and won the 400 yard IM by more than two seconds with a time of 4:00.46.

Two more all conference performances came from First-year Callen Zemek in the 1650 free with an NCAA B qualifying time of 15:48.08 and from Sophomore Farrque Hussein in the 200 breaststroke at 2:05.63.

To round out the rout, Senior Logan Bican won the 1-meter diving event and shared MIAC Diver of the Year with Jack Grabinski of Saint John's, and Carlson was named Men's Coach of the Year by his peers.

For the women, First-year Ellen Hofstede provided some excitement in Saturday night's final session by winning the 100 freestyle with a 2019 selection time of 51.08, which also set a school record.

Hofstede also finished third in the 200 freestyle with a time of 54.72.

Senior Maddie Westendorp took second place in the 100-yard breaststroke with a time of 1:04.45.

The 400 free relay team of Alyssa Kohorst, Alyssa Lokensgard, Amelia Bjorklund and Hofstede finished in third place with a time of 3:30.78.

Senior Allie Mayfield had a strong performance in the 1650 free with a time of 17:48:75, good for fourth place.

Junior Hailey Auran placed fifth in the 200 breaststroke with a time of 2:23.61, and First-year Annika Johns finished eighth in the 200 back in 2:09.46.



Members of the Men's Swimming team celebrate winning their second consecutive title.

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For swimming, the top three finishers in each event receive medals and automatically earn All-Conference honors, while individual finishers 4-6 earn the honorable mention distinction.

This coming weekend, the swimmers who swam qualifying times at the conference meet will find out if they've been selected to swim in the Division III National Championships in Greensboro, North Carolina from March 18-21.

Larson and Allison both qualified for Nationals last year, and will look to improve on their sophomore performances.



Gustavus Sports Information

The Women's Team placed third at the MIAC Championship meet.