

Demolishing the political boys' club



Emily Seppelt
Opinion Columnist

With the Minnesota Presidential Primary coming up on Tuesday, March 3, I'm sure that the election is weighing heavy on your minds. Or, that's what my political science major mind wants to tell myself. In my perfect world, we would all be very interested in elections and politics, and we would all vote in every single election.

But that's just not the reality of the world. And that's actually okay. Big shocker coming from me, I know. People like me, or to better word it, people who are interested in things like elections, news and the current social cultural and environmental crisis, have inadvertently created a type of "boys' club"

in politics. While we often tout that we include everyone in our conversations and engage everyone in politics, that is just not what happens. On this campus and across the whole country, we end up in a bubble of people who agree us vs. the people who strongly and loudly disagree with us.

What we often don't consider, and often scorn, is people who just aren't all that interested in politics. People who aren't sure who to vote for, or even who is running and what they stand for. People who don't know how to order an absentee ballot or don't have a full grasp of any of the issues.

"On this campus and across the whole country, we end up in a bubble of people who agree us vs. the people who strongly and loudly disagree with us."

In response to people who aren't as knowledgeable in the world as them, activists and political scientists and their



The St Peter Community Center will host the voting stations for Gustavus students.

Nate Habben

cohorts hang up voting posters and drive people to the polls. These things are awesome and important, but what we don't stop to consider is that there are people outside of our bubble that we don't and can't reach through the ways we have traditionally reached out to voters.

This is because of the way that we speak about politics and the news both on our campus and in the greater American community. We make it seem

like you need to know so much about politics and who is running for office to even vote. We applaud those who vote with our views and shun those who don't. The way that we speak makes it seem like a daunting task to beginners who aren't necessarily interested in politics to ever get involved or join the conversation.

And I would contend that this kind of attitude, intentional or not, hinders our ability for our democracy to function properly. When people are intimidated by the act of voting or joining the conversation, when they feel stupid or excluded when walking into political spaces, it prevents them from even trying and even possibly going to the polls. This of course lowers voter turnout, giving a minority of the population a much louder voice than the rest.

So, it's in the hands of the current members of the political boy's club to adjust our behavior accordingly. What can we do to better educate people on the current issues and candidates of this presidential election? No matter where you fall on the political spectrum, we can all recognize that this is an important and historic election.

Perhaps short primers could be offered on each candidate and where they each stand on vital and familiar issues. Even just sharing on your social media accounts about the election and inviting friends, family and colleagues to come to you with any questions would be helpful. Ask your friends and peers if they plan to vote and engage with them openly and respectfully no matter their answer.

Increasing voter turnout is absolutely vital in every election, but especially in an election as important as this presidential election. I think that no matter who we voted for in 2016, it's problematic that someone who won the majority of votes across

the country still lost the election. Increasing voter turnout could have quite possibly changed the course of that election, which is what would be fair.

"Even just sharing on your social media accounts about the election and inviting friends, family and colleagues to come to you with any questions would be helpful."

So make sure to go out and vote next week! If you aren't sure who to vote for or how to vote, ask a friend you know is familiar with the topic, and I'm sure that they would be happy to explain the system and the situation to you in an unbiased manner. While politics may seem to be a far-off world that doesn't concern you or affect your life, its impacts has huge affects on everyone in the country.

The Good, the Bad, and the Meh



Happy Birthday Leap Year people.



It's only the third week of the semester, but it feels like the third month.



The weather might be warm, but you have to dodge the puddles and mud.

Tolerating the intolerance



Madelyn Smerillo
Opinion Columnist

In the year 2020, dietary restrictions have become something that many of us have learned to recognize and respect in our communities. People need to be able to take care of their bodies, and a big part of that is through what they eat. Some dietary restrictions are not optional such as those that are due to allergies or specific digestive conditions. However, some dietary restrictions are personal choices or moral reasoning such as veganism, vegetarianism and lactose intolerance.

You may be confused, thinking, Wait, lactose intolerant people don't choose to not be able to digest dairy, you'd be correct in saying so. However, I would encourage you to think about the lactose intolerant people you know; do most of them truly avoid dairy? Or do they eat dairy anyway and suffer the consequences later? In my experience as someone who is, in fact, lactose intolerant, the situation is typically the latter.

Many people who can digest lactose are regularly confused

at this phenomenon. It surfaces on social media that lactose intolerant individuals frequently pretend that they can digest dairy and yet continue to suffer. To be truthful, at face value, eating something your body is unable to adequately process, while putting you in pain does seem irrational. However, when we look deeper into the reasons why those of us who are lactose intolerant choose to eat dairy anyway, our reasoning might become more clear.

To begin, so many social conventions are built around food with dairy. What do you do in the heat of summertime? You eat ice cream. What do you do in the cold of winter? You eat casseroles and drink hot chocolate. Autumn brings pumpkin spice lattes, though you can tack on an extra \$0.35 for a milk alternative at the Courtyard Café, and spring brings baskets of Cadbury creme eggs, not that those are good.

As you can see, while there are, of course, many traditions that do not involve dairy or even food, there are consistently popular trends that do. Missing out on some of these fun seasonal activities is disappointing and a little bit isolating at times, especially when everyone else is eating cheesecake and they hand you a dry cookie. Eating dairy despite gastrointestinal pain that might occur as a result allows lactose intolerant people to feel fully included in food culture and community.

Secondly, I'd like to present an argument in support of personal choice. Consider a person tells you that they are vegetarian. This person has no allergy to meat yet chooses not to eat it. The truth is that no reasonably considerate person would tell them "That's so dumb. You should eat meat; being vegetarian isn't good for you." Saying so would be wildly inconsiderate of another person's bodily



The Marketplace has an entire section featuring non-dairy products.

Cadence Paramore

freedom and rudely critical of their ability to choose for themselves what they want to eat. This is similar to lactose intolerant people. Many of us are individuals who may not process dairy very well yet choose to eat it anyway. Given this similarity, why is it culturally appropriate to respond to someone lactose intolerant eating dairy with: "That's so dumb! You shouldn't eat dairy. It isn't good for you."

One may say, "But Madelyn, eating dairy as a lactose intolerant person is harmful and choosing not to eat meat isn't!" The question then comes about—to whom is this behavior actually harmful? My choice to eat dairy does not truly affect you in a significant way. Sure, if I complain about it or stink up a room, (if you catch my

drift) it might be annoying to you, but it doesn't legitimately cause you harm. When I make a choice about my diet, others should expect that I understand the consequences and am thereby accepting them as I eat. The last time I ate in the way someone else instructed me was as a child; my mother made me eat the crusts of my sandwich bread. However, I am now an adult and do not need to be told by others what I should or should not put in my body.

In summary, while I cannot choose the outcome of what happens when I eat dairy, I do consciously decide when to eat it or not. It is my own decision, and other people can't tell me it's wrong because it doesn't significantly affect them, despite potential annoyance.

Warning me about the impacts of my dietary decisions is a job for my mother and my doctor, not my peers. I encourage lactose intolerant individuals everywhere to continue eating dairy as you feel comfortable, but to be cognizant of the impact it may have on others. In doing so, we eliminate any potential reason to yell at us for enjoying a dollop of sour cream on our chilli. In summary, even though lactose free chocolate ice cream with sprinkles is delicious, and I could probably live without my grandma's tater tot hotdish, I still opt for the cow juice. And that's on dietary freedom.

Opinionated?
Ready to fight for it?

Then you would be a great fit in our Opinion Section!

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Send us an email at weekly@gustavus.edu if this is right up your alley!



The real value of the real world



Marie Osuna
Copy Editor

It's only the third week of school, and I've only been on campus for about a week. And I plan on missing several more days later this semester.

I don't usually miss this much school, but this semester I've been given a lot of great opportunities that I couldn't pass up; these opportunities have included attending a conference, advocating for issues that I care about, and immersing myself in a cultural festival. This week, for example, I got the chance to go to Mardi Gras in New Orleans with my Grandmother. There was no

way I was saying no to that, and I felt like (in addition to being a lot of fun) it was a great learning experience as well. In just a week, I learned about the history of the city, the different cultures that settled here, the food, the origin of various traditions, and even a little bit about the practice of voodoo.

For the most part, my pro-

"I've really appreciated their kindness and understanding because having real-world experiences is something I'm not willing to pass up."

fessors have understood why I've been absent so frequently and have been great at working with me to keep me on pace with the rest of the class. I've really appreciated their kindness and understanding because having real-world experiences is something I'm not willing to pass up. However,

one shouldn't always have to travel and miss class in order to have these kinds of experiences.

I don't think enough teachers or professors realize how much their students value being able to get outside the classroom every once in a while and learn in an untraditional environment. Of course when we were younger we took field trips, and many students here at Gustavus are lucky enough to study abroad, but I don't think that's enough. One semester of learning in a totally immersed environment is great if you can do it, but what about those who can't? Some don't have time in their semester, while others can't afford the costly price tag.

I believe those students should still have outside learning opportunities. There are tons right in their backyards, or even within the continental United States. The more we push for trips and experiences that force us to be uncomfortable and grow as people, the better off we will be.

In an ideal world, I would argue that we should be getting outside and learning in the real world at least once a week.

This learning could be job shadowing, hiking and looking at plants in nature, attending a play, or even trying new foods at a restaurant. I believe that the purpose of a liberal arts education is to create a

well-rounded person, and that can't happen if you never get outside the classroom. We as students should be culturally immersed in a variety of ways in order to become the most open-minded people.

I get that this kind of ap-

"I get that this kind of approach is a big shift from how traditional classrooms are set up now, and of course it takes money, but I believe if we work toward a more hands-on, real-world learning system, education will flourish for everyone."

proach is a big shift from how traditional classrooms are set up now, and of course it takes money, but I believe if we work toward a more hands-on, real-world learning system, education will flourish for everyone. We spend so much time sitting at a desk, cramming knowl-

edge into our brains, but how much of that is going to stick after we graduate? We tend to better remember the experiences we have when we aren't holed up in the library.

If you have the opportunity to get outside the classroom this semester, don't pass it up just because you'll miss class.

Some great learning experiences Gustavus offers are GWIL (Gustavus Women in Leadership), spring break trips such as those through Habitat for Humanity or D.E.E.P., and the different interactive sessions offered at Nobel and Building Bridges, just to name a few. Many student orgs provide more opportunities more specific to what you're interested in, such as conferences, volunteer opportunities and speakers.

Keep your eye out for ways that you can learn outside the classroom, and talk with your professors in advance about what you're doing. Chances are, they'll support you and what you're doing. They might even be a little jealous.

Introverts are tired of being misunderstood



Gabriela Passmore
Copy Editor

It is my belief that introversion as a personality trait is deeply misunderstood, especially by extroverts. Introversion is not the same as shyness. Introversion does not mean that one doesn't like to talk to people; many introverts love conversation. We just interact with the world and its energies differently than extroverts. Introverts tend to get their energy from being alone. I personally feel the most alive when I'm in a quiet room read-

ing a book with a cup of hot cocoa in hand and a cat purring at my feet. However, I also enjoy watching movies alone or with a close friend, playing games with a small group of people, or getting coffee at River Rock. I love deep, stimulating conversations with one or two people at a time.

"The older I get, the more introverted I become, and lately it has made me feel very alone and misunderstood at times."

I don't have the energy (or really the skills) for small talk. I don't care about superficial things. The older I get, the more introverted I become, and lately it has made me feel very alone and misunderstood at times.

I love laughing, being a

complete weirdo, dancing and singing, but I only feel comfortable enough to express that side of myself with a select few people.

So I usually end up observing the world around myself rather than participating in it. I watch my friends laugh, tell jokes, make weird noises and jump around in public in large groups of people, and I think to myself, "I wish that I was more like them". "I wish that I felt comfortable enough to loudly express my true personality in public." And then I retreat deeper into myself because I don't feel adequate. I feel like a bent puzzle piece that doesn't quite fit into the puzzle.

When I was younger, I was extroverted, happy and silly until I went through some tough life changes, so now I tend to judge myself harshly for not being "myself" like I used to be. Lately, my silly, sarcastic, and just-plain-absurd self only escapes from me when I'm with those very few people who are closest to me or with people whom I really "click" with.

Introverts tend to be great listeners and great observers. We watch the way that the world and people are existing around us, and then we talk to others when we feel like we

have something of importance to contribute to the conversations around ourselves. We don't feel the need to fill the silence; external silence allows for internal processing. I love silence at times, and I've noticed lately that extroverts...do not. Extroverts tend to process

"Sometimes, I do love to party and be crazy, but that mood is usually short-lived because I need to retreat to solitude to do some self-reflection to feel like myself again."

by talking and making noise, and this can be exhausting to an introvert.

We need time to ourselves to recharge before being around others again. We also pick up on the energy of others because we spend so much time analyzing it. And we can't be around poor energy for long before we feel completely drained. I even

discovered that people that I absolutely love can drain me. Sometimes, I do love to party and be crazy, but that mood is usually short-lived because I need to retreat to solitude to do some self-reflection to feel like myself again.

The most frustrating thing about introversion is that many extroverts don't understand what it's like to be introverted. They think that we are being difficult, weird or reclusive because we don't enjoy partying or talking all the time. We're just as "normal"; we just see the world through a different lense.

We see brilliant color and noise in moments that go unnoticed to many people. We are overflowing with thoughts and feelings, but they feel wasted when we express them in the wrong context. J.K. Rowling is an introvert, and she is one of the most successful people in the world. Harry Potter could not have been conceived without the self-reflection and powerful observation of introversion.

So, fellow introverts, remember that you shine just as brightly as them—you just shine from within.

Wait a minute - who ARE you?

GAC’s student body and the recent obsession with personality tests

Hop on the trend: One of the most apparent trends overtaking social media is the Enneagram Personality test.

Go to *truity.com* and find yours!



Photo submitted

TRUE COLORS PERSONALITY TEST

- 1) READING ACROSS IN **ROWS**, RANK THE GROUP OF WORDS ON A SCALE OF 1-4 WHERE 1 IS LEAST LIKELY TO DESCRIBE YOU AND 4 IS MOST LIKELY TO DESCRIBE YOU
- 2) WHEN ALL ROWS ARE COMPLETE, ADD UP THE NUMBERS IN EACH **COLUMN** TO GET YOUR SCORE FOR EACH COLOR

Active Opportunistic Spontaneous	<input type="checkbox"/>	Parental Traditional Responsible	<input type="checkbox"/>	Authentic Harmonious Compassionate	<input type="checkbox"/>	Versatile Inventive Competent	<input type="checkbox"/>
Competitive Impetuous Impactful	<input type="checkbox"/>	Practical Sensible Dependable	<input type="checkbox"/>	Unique Empathetic Communicative	<input type="checkbox"/>	Curious Conceptual Knowledgeable	<input type="checkbox"/>
Realistic Open-Minded Adventuresome	<input type="checkbox"/>	Loyal Conservative Organized	<input type="checkbox"/>	Devoted Warm Poetic	<input type="checkbox"/>	Theoretical Seeking Ingenious	<input type="checkbox"/>
Daring Impulsive Fun	<input type="checkbox"/>	Concerned Procedural Cooperative	<input type="checkbox"/>	Tender Inspirational Dramatic	<input type="checkbox"/>	Determined Complex Composed	<input type="checkbox"/>
Exciting Courageous Skillful	<input type="checkbox"/>	Orderly Conventional Caring	<input type="checkbox"/>	Vivacious Affectionate Sympathetic	<input type="checkbox"/>	Philosophical Principled Rational	<input type="checkbox"/>
Total ORANGE	<input type="checkbox"/>	Total GOLD	<input type="checkbox"/>	Total BLUE	<input type="checkbox"/>	Total GREEN	<input type="checkbox"/>

Mostly...

GREEN

Strength: *Loyalty*
Value: *Intelligence, answers*
Dislike: *Injustice*
Express: *Focus, independence, drive*

ORANGE

Strength: *Adventure, competition*
Value: *Eagerness, skills, charisma*
Dislike: *Authority*
Express: *Eagerness, confidence*

GOLD

Strength: *Duty*
Value: *Accountability, responsibility*
Dislike: *Disobedience, disorganization*
Express: *Concern, stability, purpose*

BLUE

Strength: *Authenticity*
Value: *Compassion, sympathy*
Dislike: *Hypocrisy, deception*
Express: *Enthusiasm, inspiration*



Aquarius: Deep, imaginative, original, uncompromising



Libra: Social, fair-minded, diplomatic, gracious



Gemini: Versatile, expressive, curious, kind



Capricorn: Serious, independent, disciplined, tenacious



Virgo: Practical, loyal, gentle, analytical



Taurus: Strong, dependable, creative



Sagittarius: Extroverted, optimistic, funny, generous



Leo: Dramatic, outgoing, fiery, self-assured



Aries: Eager, dynamic, quick, competitive



Scorpio: Passionate, stubborn, resourceful, brave



Cancer: Intuitive, sentimental, compassionate, productive



Pisces: Affectionate, empathetic, wise, artistic

Find your Zodiac Sign!

Horoscope Calamity

Bryanna Filip



Track and Field competes at Mankato

Rooney competes at USATF Indoor Championships

Michael O'Neil
Staff Writer

After competing with a split squad at SDSU and Carleton the weekend of February 15, the Gustavus Men's and Women's Track and Field teams competed in Mankato this past weekend in their last meet before the MIAC Indoor Championships.

While one group stayed closer to home and competed at Carleton, a number of Gusties traveled to Brookings, SD to compete at the South Dakota State University Indoor Classic.

In a large field of Division I teams, the men finished 15th of 26 teams while the women took 9th out of 22 teams.

On the first day of competition, the Gusties had a number of individuals who placed in the top ten in their events.

Junior Deana Giles placed eighth in the triple jump while Sophomore Xander DuMoulin placed ninth in the same event on the men's side.

In the weight throw, Senior Katie Keelin placed eighth with a throw of 15.85 meters.

Junior Sara Moen and Senior Tierney Winter also had impressive performances on Friday. Moen set a new school record with her time of 1:37.52 in the 600 meter race and finished fifth overall. Winter finished second in the 1000 meter race with a time of 2:59.95. The two runners also combined with Senior Haley Anderson and First Year Birgen Nelson to finish seventh in the 4x400 meter relay.

"We had a good start to the weekend. We saw a few PR's and had a few spots solidified for conference which was good to see." Assistant Coach Brenden Huber said.

On Saturday, the Gustie Women were led by the Distance Medley Relay group of Moen and Winter along with Senior Lily Anderson and Sophomore Elizabeth Donnelly to take second place with a time of 12:28.08.



Junior Taylor Rooney competes in the 60 meter hurdles at the Mankato State University Invite. Rooney also recently competed at the USATF Indoor Championship meet

Gustavus Sports Information

Junior Kourtney Kulseth also had a strong race, finishing ninth in the 5000 meter event with a time of 18:16.20.

On the men's side, the trio of Junior Andrew Stumbo and Sophomores Garett Grant and Ben Wicklund finished seventh, eighth and ninth, respectively, in the 5000 meter run.

Lastly, Sophomores Nick Olfert and Noah Johnson teamed up with Junior Brennan Gustafson and Senior Bridger Pavelka to take fourth place in the men's Distance Medley Relay.

"We had kids win some heats and had some kids place in finals which is awesome, overall we just had a fantastic weekend," Huber said.

Simultaneously, the Gusties

had a number of competitors at the Meet of Hearts at Carleton.

The highlights of this event for the Gusties came from the field athletes.

Sophomore Steven Orzolek took first place in the shot put and third place in the weight throw.

On the women's side, First-year Annika Poe took first in the shot put with a personal best throw and Sophomore Annalee Olson-Sola took third.

After a number of strong results on the track as well, the Gustie men finished sixth out of eight teams while the women finished sixth out of ten teams.

While the rest of the Gusties were competing at SDSU and Carleton, Junior Taylor Rooney was competing in the 60M hurdle event at the USATF Championships in Albuquerque, NM. Rooney holds the fastest time in DIII this season and earned the privilege of competing against the nations top runners at this prestigious event. Rooney finished in 17th place, just one spot away from qualifying for the final rounds.

This past weekend, the Gusties competed closer to home in their final time out before the Conference Indoor Meet.

"I think our athletes and coaches did a great job this week at practice emphasizing the urgency of competing well today and it definitely showed up in the results. We had a majority of our athletes set a lifetime best or season best tonight and as a team we are peaking at the right time," Head Coach



Gustavus Sports Information

Sophomore David Peal races down the track at the MSU Invite.

Aaron Lund said.

On the men's side, the Gusties put up strong results across the board. In the 600 meter dash, First Year Jack Marble took second place with a time of 1:26.24.

In the mile, First Year Tucker Wallin came in third place and was followed by Wicklund in fourth and Sophomore Nick Kerbeshian in seventh.

The Gusties also took a pair of third place finishes in the 1000 meter and 3000 meter races from Sophomores Jack Degonda and Lucas Schnirring, respectively.

Rooney continued to dominate, running an NCAA-best

8.00 in the prelims of the 60 meter hurdles and also took fourth place in the high jump.

The women also produced a number of noteworthy performances. Kulseth led the way with a time of 3:01.36 in the 1000 meter event that was good for first place.

Nelson set a new school record and MIAC best time of 8.98 in the 60 meter hurdles that was good for third place.

"We have incredible momentum right now and I know our athletes are extremely excited for the opportunity to perform their best next weekend at the indoor conference championships," Lund said.



Gustavus Sports Information

A pair of Gusties compete in the MSU Invite Feb. 21.

Women's Basketball heads to semifinals

Gusties defeat Hamline in the first round of playoffs



Gustavus Sports Information

First-year Maddy Rice dribbles past a Bethel opponent during a game earlier this season. The Gusties recently defeated Hamline in the first round of playoffs and will move on to the semifinals.

Eli Dotson
Staff Writer

The cards were stacked against the Gustavus Women's basketball team heading into post-season play. The Gusties were nursing a three-game losing streak, still feeling the absence of a key starter in Gabby Bowlin, out for more than a month with a wrist injury, and just this past week lost their third-leading scorer Paige Richert to a knee injury.

Given the circumstances and the young roster, a first-round loss to scrappy #5 seed Hamline would not have been an unforeseen end to their season.

But Tuesday night on Gus Young court, the Gusties showed their resiliency and toughness by holding off the Pipers time and time again, emerging victorious with an 84-76 win.

"Heading into playoffs was actually a reset for us. We've had to adjust late in the season due to injuries, but we know what we're capable of and how well we can play so our goal every game is to go out, play loose, and execute our game plan," Junior Alison Hinck said.

The Gusties never trailed in the game and jumped out to an early 10-3 lead, but each quarter was a battle. After a timeout the Pipers regrouped and cut the lead to two points at 14-12, but a strong finish to the quarter thanks to layups by Maddy Rice and Marisa Gustafson put

the Gusties up six at the end of the first quarter.

The second quarter saw Gustavus exerting their muscle and slowly building their lead up to eleven.

The Pipers then cut it to seven at the end of the half until a bucket from Caitlin Rorman with time winding down which gave the Gusties a 37-28 advantage at halftime.

Hamline came out of the locker room hot and played their best quarter of basketball, cutting the lead to 42-41 with 3:45 remaining in the period. A huge seven-point spurt from Anna Sanders was mainly responsible for maintaining the Gustie lead in the quarter where the team was plagued by foul trouble, as the Pipers went 9-9 from the free throw line in the third. Entering the final quarter, Gustavus clung tenuously to a 57-53 lead.

Hamline was determined not to submit easily, and the fourth quarter was hotly contested. The Gusties led by just five points with 2:57 left in the game when a layup by Rorman and a short jumper by Sanders on consecutive possessions broke the game open.

Down 75-65 with just over a minute remaining, the Pipers resorted to fouling in an attempt to crawl back into the game, but several late threes were too little too late and Gustavus converted at the free throw line late to secure the victory.

"We played great," Head Coach Laurie Kelly said. "It's fun to see all the students out to support us. For our last home

game with this team it was a great way to go out scoring 84 points. We did some good things, but for us in the second half we're going to have to defend a lot better than that. I think the highlight was having Gabby back on the floor after her injury. It's been such a great season for us as we've had a lot of obstacles with injuries and ups-and-downs and we have thrown people into roles they maybe weren't ready for but we've been learning as we go and had some young players step up and some veteran players take a bigger role. I don't think people understand that when you have someone that handles the ball and makes decisions the way Ava does how much you can take it for granted."

Bowlin notched 11 points in her return to go with a team high eight rebounds and three steals. The trio of freshman phenoms rose to the occasion, as Rorman led all scorers with 23 points and Rice and Sanders both added 13 points to lead the way for the Gusties.

Gustavus now advances to the MIAC semifinals where they will take on No. 9 ranked Bethel, who swept the Gusties during the regular season.

"At this point in the year, anyone can beat anyone so every game is going to be battle," said Hinck. "We're two games away from the NCAA tournament. I keep telling them that's why we play tournament games, and Bethel is a quality team but we feel confident we can give them a really good fight."



Gustavus Sports Information

Junior Alison Hinck makes an overhead pass to a teammate.



Gustavus Sports Information

First-year Caitlin Rorman dribbles the ball up the court for the Gusties.

Women's Hockey crowned MIAC Champions

Gusties sweep Bethel to claim No. 1 playoff seed



Sophomores Jordyn Peterson and Jamie Byrne fight for good positioning on a Bethel opponent. This past weekend, the team defeated the Royals 4-0 on Friday and 3-0 on Saturday to win the MIAC title and secure the No. 1 seed heading into postseason.

Gustavus Sports Information

Joe Brandel
Sports & Fitness Editor

This past weekend, the Gustavus Women's Hockey team was crowned champions of the Minnesota Intercollegiate Athletic Conference for the 16th time in program history.

With a close race for the MIAC title, it came down to the last weekend of games to determine the regular season champions.

On Friday, Feb. 21 the Gusties traveled to Bethel University for the first of two games against the Royals that weekend.

Sophomore Kristina Press was first to make her mark in this pivotal game for the team by scoring just 7:23 into the

game on an assist from fellow Sophomore Grace Shulte.

With time winding down in the first period, First-year Hailey Holland extended the Gustie lead to two off of an assist from First-year Molly McHugh.

The team locked in on defense heading into the second and took advantage of a power play at the 16-minute mark.

Once again it was the First-year combo, with a McHugh assist finding Holland for her second consecutive goal.

In the third period, First-year Lindsey Bjerke capped off the scoring for the Gusties with assists going to Sophomores Jordyn Peterson and Jamie Byrne.

The Black and Gold outshot Bethel 37-16 and Sophomore Emilia Helms-Leslie had a solid performance in net, saving all 16

of the opponents' shots.

"I was pleased with a lot of things tonight, but one thing in particular was the way we responded to Bethel applying a lot of pressure early in the game," Head Coach Mike Carroll said. "Uncharacteristically, we didn't get into their end of the ice too much, but [Press] had a nice goal and we got another one to take a two-goal lead into the second. Then we played really well in the second and third in all phases of the game."

With the title race coming down to the wire, the Gusties needed one more win against the Royals to secure the MIAC Championship and No. 1 seed going into playoffs.

The team faced off against Bethel once more in its final game of the season in front of

a crowd of Gusties at the Don Roberts Ice Rink Feb. 22.

The team proved to be too defensively sound throughout the game for the Bethel attack, and this resulted in yet another shutout for the home team.

On the attacking side, two Gustie players decided to take matters into their own hands.

While every win is a team win, it was hard to ignore the efforts of McHugh and Press that day, who scored and assisted on all three goals, respectively.

Carroll said he was incredibly proud of the team's efforts and its motivation to build on the program's success.

"It's a really nice first step in what we want to accomplish," Carroll said. "Every day in practice and every time they walk into the rink they see banners

up there. We never talk about it but that shows what the expectation is and what has happened here in the past. It makes it even that much harder, but they've embraced it from the get-go and it's been really fun working with a bunch of new players and some good leaders. I'm really proud of them."

The Gusties finished their regular season with an overall record of 20-3-2 and are currently ranked No. 4 in the nation heading into postseason.

With this first place finish in the regular season, the Gusties have a first round bye in the playoffs and will play the winner of No. 4 St. Thomas and No. 5 St. Mary's at 2 p.m. on Saturday.



Gustavus Sports Information

Senior Amelia Vosen races up the ice during a counter attack, hoping to catch her opponents off guard.



Gustavus Sports Information

Senior Kristen Cash helps keep the puck in the offensive zone during a game against Bethel University.