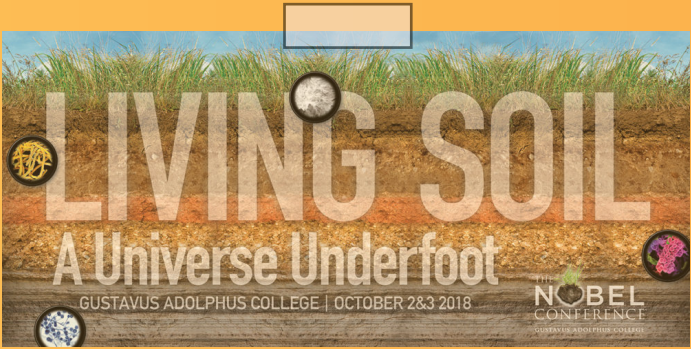
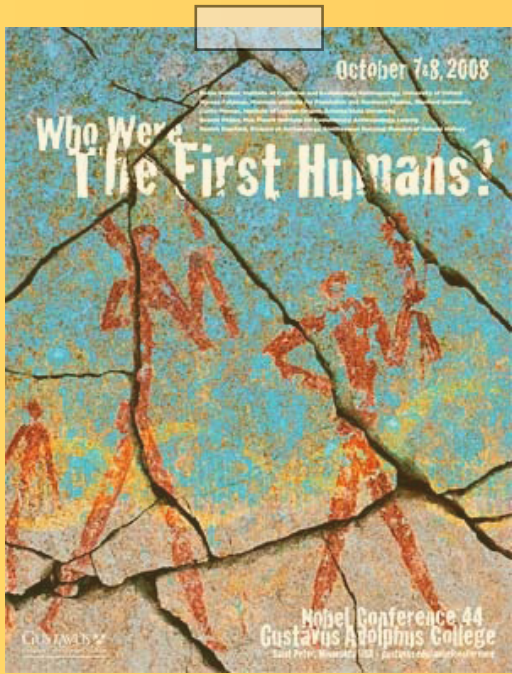
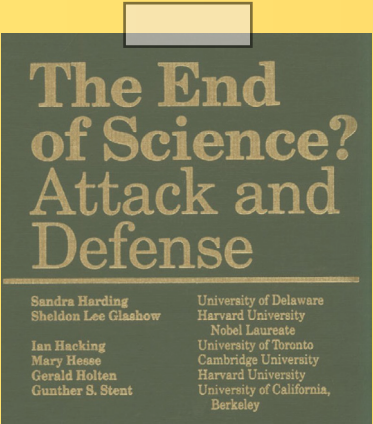
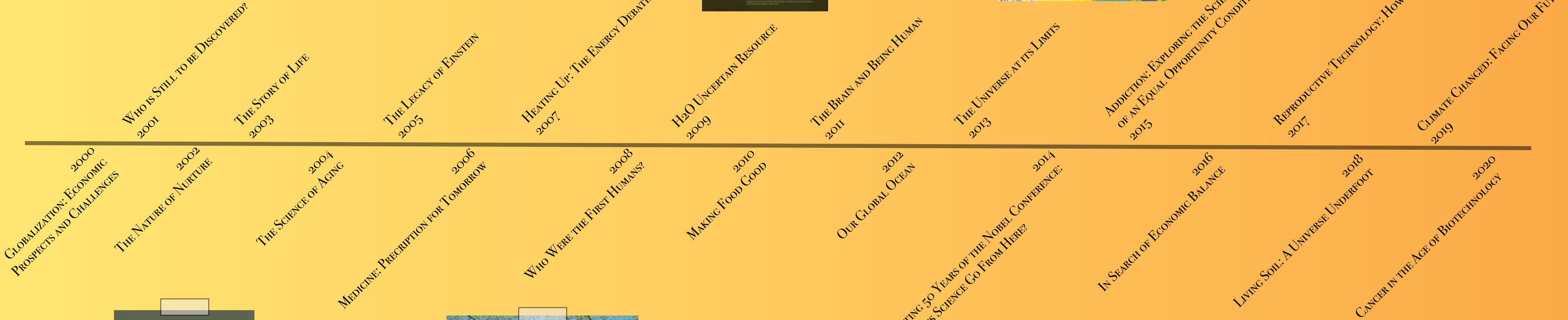


Nobel Throughout The Years

NOBEL 57: 2021
BIG DATA REvolution



NOBEL I: 1965
GENETICS AND THE FUTURE OF MAN

Make school more like video games



Jonas Doerr
Opinion Columnist

Education is good. You didn't need me to tell you that. Video games don't give the same salaries, job opportunities, or futures that education does, except for a few talented people.

So why doesn't everyone fill their free time with hours of rereading the syllabus and memorizing profs' presentations? If you already do that, congrats - I think.

But many people would much rather play video games, and for good reason. They are typically more fun.

But why shouldn't school be more fun than video games? After all, a console costs hundreds of dollars while tuition costs thousands, as my bank account reminds me far too often. And some video games involve menial tasks that are surely more boring than school, like digging endless tunnels in Minecraft.

However, video games attract users by providing a sense of exploration within the games as well having many

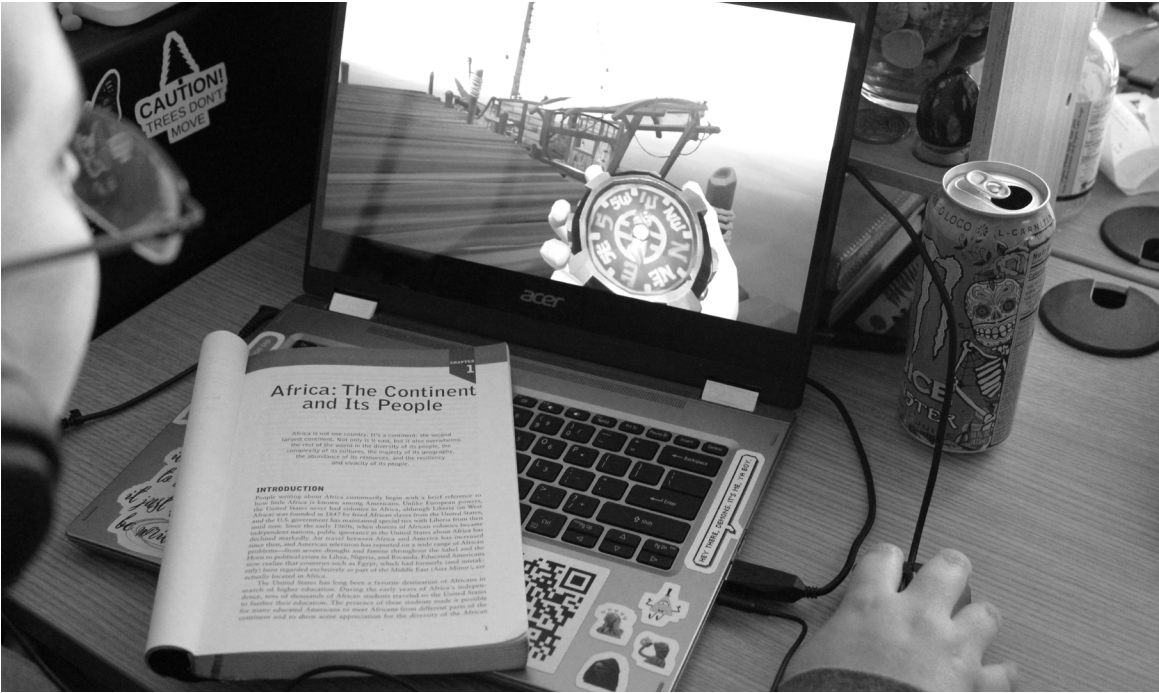
clear goals for gamers that give immediate rewards when achieved. In some the prize is a new weapon or spell, in others it is a new building that is unlocked. School, on the other hand, promises rewards on a report card at the end of a semester or even years down the road when trying to find a job.

So what can school learn from video games? Well, we already tried the video part, and it is not the way to go. Classes are simply better in person for the most part. Maybe school can steal some things from the rewards systems and other factors that make games so engaging.

Of course there are potential drawbacks to making school too much fun. For one, rewarding students frequently might take away the opportunity to teach them delayed gratification. Delayed gratification is sacrificing immediate happiness to get something better in the future, like doing homework right away so the hours before it is due are stress-free. However there are other ways to teach delayed gratification, like student employment. Students work long hours for nothing until they finally receive their paycheck at the end of the month.

But are there really ways to make school as fun as video games?

The online learning service Khan Academy has a good idea of how to do it. My grade-school age brothers often sacrifice precious screen time to do Khan Academy's



Student experiencing both video games and school

Korri Wojack

math problems, and are disappointed when they have to stop. Maybe they are just nerds like me, but the site's system of points and badges is a terrific motivator.

While perhaps it is not feasible to put up a massive leaderboard in the Caf or hand out awards for turning in homework assignments, the website was just entirely redone. Why not add in some points and badges by everyone's Gribly profiles? Then there would be something to distract overly curious people from that embarrassing profile picture.

Another thing school can take from video games is the exploratory style of learning video games encourage. Most games teach the controls but

not the strategy, so players have to explore on their own the virtual world to find out how to master it. Of course, there are online guides that teach the best way to conquer a game, but those will often take the joy out of it along with the exploration.

But classes often do the same thing as those online guides. Instead of letting students excitedly figure out problems on their own, they are often shown exactly what they must learn and how it must be done, which takes the exploration out of learning. Some of my favorite (and most memorable) in-class experiences involve the spark of realization in a difficult lab or the mental struggle of debating an issue without knowing beforehand

what the experts think. Exploration is fundamental to engaged learning.

Of course, I have to mention the most crucial part of making school fun again. Video games give instant rewards even for small accomplishments, so why shouldn't school? Every single homework assignment or intense study session should earn something that would make students happy and more likely to do it again. So what could there possibly be that Gustavus has lots and lots of and that will indubitably make students happy when it is delivered straight to their dorm? Elementary, my dear Watson! Frost-your-owns.

Let's talk about birth control, shall we?



Tori Smith
Opinion Writer

It's a subject that most people, myself included, choose to avoid in most conversations, but it's a topic that affects approximately 65% of women, according to the CDC.

For people who are unaware about the topic, welcome to Birth Control 101: An introduction into the scary world of women's health.

To begin, it's important to learn why women take birth control to begin with.

While it is most commonly used for preventing pregnancy, women also depend on birth control for reducing severe menstrual pain, menstrual regulation, and/or treatment for acne or conditions like

endometriosis and premenstrual dysphoric disorder (PMDD).

As stated before, about two thirds of women aged 15-49 use some form of contraception. "The most common contraceptive methods are female sterilization (18.6%), oral contraceptive pill (12.6%), long-acting reversible contraceptives (LARC) (10.3%), and male condom (8.7%)," according to the CDC.

Hormonal birth control (pill, Nuvaring, IUD, and implant) contain a small amount of human-made estrogen and progestin hormones. "This stops the body from ovulating, changes the cervical mucus to make it difficult for sperm to go through the cervix, and changes the lining of the womb so it's unlikely a fertilized egg will be implanted," according to WebMD.

Despite the protection from pregnancy and other benefits birth control provides for women, hormonal contraception introduces many drawbacks as well.

I first started birth control three years ago to help with menstrual cramps. After weighing all of my options, I decided to start on the pill.

My doctor warned me about a few side effects I might notice in the first three months,

including headaches, acne, nausea, spotting, weight gain, mood changes, etc.

I wasn't prepared to be suffering through some of these side effects for six whole months. While my menstrual pain was significantly reduced, I experienced cystic acne on my chin, massive mood swings, and painful stomach aches when taking the pill on an empty stomach.

After six months, I went back to my doctor to figure out a new plan. I didn't want to go back to having such debilitating menstrual pain, so we started on a different brand of pill. This brand had a smaller dose of estrogen and progestin, worked better for treating acne, and was designed to help regulate mood changes in women with PMDD.

After switching pills, my acne cleared, I no longer experienced stomach pain on a daily basis, and my mood swings became less frequent.

That being said, I still experience a hand-full of side effects from time to time.

It's impossible to avoid all side effects when it comes to birth control. Some more serious, longer-term side effects can include depression, migraines, high blood pressure, and blood clots.

Why, after 70 years of research, do we not have a better alternative? Better question, where is the male birth control?

Currently, the only birth control options for men are condoms or vasectomies. Despite up to 83% of men saying they'd take a form of male birth control pill, we have yet to see it.

There are a number of problems when trying to come up with a male birth control. Most of the trials so far have been injectables, which isn't the most practical of methods. Secondly, some pills have the potential for causing problems in the liver, as well as other side effects like acne, weight gain, altered sexual drive, and mood changes. Sounds oddly familiar...

Before giving up all hope, there are a few trials still being studied. In 2012, a hormone-based gel, when rubbed over the

upper arms once a day, lowered sperm count with minimal side effects.

In 2019, a study of 82 men determined a hormone-based pill called dimethandrolone undecanoate (DMAU) was safe when used every day for a month and had no serious side effects, according to WebMD.

Studies on both of these options are still ongoing. Birth control is an important tool for women's health, but I believe we're still far from having a perfect option.

Women have to suffer the many side effects that come along with hormonal birth control just to be in control of their reproductive health. While women's health studies are continuously being underfunded and undervalued, we may be stuck with our side-effects for decades to come.

Have a missed connection?

Email:

**missedconnections@
gmail.com**

The best “for girls” toys of the early 2000’s



Clare Greeman
Toy Expert

During the resurgence of low rise jeans, the Twilight renaissance, and late 90s rom-com revivals that nobody asked for there will soon be no stone unturned in the quest for us Gen-Zer’s to relive our childhoods/infancy. That being said, there is one area in the discussion that is woefully lacking; the thing that actually fueled our childhoods are the things that got us through them: the toys.

I was not a “name brand” kid, we always got the Good

and Gather Bear Bites rather than the Teddy Grahams that all the other kids had. Scratch Me Under the Armpits Elroy didn’t have the same ring as Tickle Me Elmo but you would’ve thought that my parents couldn’t notice the difference. That being said, I think this makes me the perfect person to break down the best toys of the 2000s because I lusted after them. For years I coveted the toys my friends had and I didn’t.

Starting with the worst on this list we have the My Little Pony. The ponies that I’m talking about share no resemblance to the dolls you see on shelves today, or even their animated counterparts. All of these ponies had synthetic hair, smaller eyes, smaller snouts and many unique designs separate from the ponies in the movies. These were the perfect gift for any horse girl who was desperate for someone’s hair to braid when all of the other horse girls stopped trading their Bella Sara cards with her.

Next on the list are Pillow Pets. I’ve already sang their innumerable praises (*2 issues ago- Clare) but I think we can all admit that two-in-ones are appreciated a lot more later in life.

Still, they make the list because of the way they all had us in a death-grip. Scented Pillow Pets, nightlight, jumbo - they were constantly coming up with ways to revolutionize the pillow game.

I was very happy to see the revival of Bratz happening recently and this time I think they’ve finally hit their stride. They came back at a time to see the kids who once had their dolls scrutinized by their parents for being too “adult” now becoming adults themselves and finding themselves embracing the dolls for their y2k aesthetic.

This brand was something different than the straight-laced Barbie dolls of the time. They were the Alex Russo to Mattel’s Hannah Montana, if you will. Not only did they have genuinely good outfits and showed great diversity, they also looked like the cool older girls you wanted to be when you grow up, not the one who only hung out with her boyfriend and little sisters.

(That is not to say that the Babrie movies and online games didn’t slap, because they did.)

Third place is snagged by Polly Pockets. I’m partial to the ones that appeared before the Polly Pockets most of us

know and love. These were little plastic cases that opened to reveal little rooms. Polly was just a small figure that could walk around the rooms and stand next to different pieces of furniture. The draw of these earlier models were the portable and design aspects. As someone who still spends hours building Sims houses, this was where the real fun was at. But when other dolls like Barbies showed up the creators realized that dress up dolls were where it was at. So the Polly dolls became bigger, sprouted moveable limbs, and were sold with plastic clothes. The plastic was ingenious because they could never get dirty and although your cat would be ten times more likely to play with them, they wouldn’t be able to rip them to bits as easily. Like Bratz, Polly Pockets are having a comeback and are going back to their original roots.

Leading up to our number one spot are Littlest Pet Shops. Much like Polly Pockets they started out being sold with a pet and a little set for them to play on. But when the company realized that the pets were the real draw they started being sold individually or with little props. I think these toys had a lot to

love; the concept was perfect for the little animal lover and with such a wide category to draw from, the possibilities were endless. Plus they were small and inexpensive which made them easy to get your hands on.

Taking the top spot for best girls toy of the 2000s is Webkinz. Though I’m sure you Club Penguin-ers are up in arms about this, the ranking of best kids web platform of the 2000s list is still coming. The real draw of Webkinz was, and what made it so ingenious, was that it was an online game and a toy all in one.

In person, Zazzy the Zebra might just be a toy, but online he had a rich interior life. You could dress him up, play games, and talk to friends online. Not only that but buying another Webkinz could up the fun twofold. I know the thing that kept me coming back was not the activities, but the concept of saving up to buy something at the Curio Shop. (insert a joke about how this is just preparing you for adulthood). For the kid who might have exhausted playing with dolls with friends, you could go online and play computer games for hours.

More options for soda than vegan food



Hailey Brune
Opinion Columnist

As somebody with little to no dietary restrictions, I don’t think about food availability often. I hardly notice where the alternative food options are or what they consist of. While having dinner with two classmates it came up how little alternative food options there are, for vegetarians, but especially for vegans. I was surprised since we have the Vari Veggy station, and there’s always a lot of talk surrounding how sustainable and inclusive our food is. I started actively paying attention while in the Caf. The number of times I saw meat or non-vegan options in the Vari Veggie area was sad. That doesn’t even include the weekends when the Vari Veggie area is replaced with the rotisserie section.

After seeing and hearing all this I interviewed a vegan student, Liv Nelson, and a vegetarian student, Cerise Metz. With their opinions and things I’ve heard from others I composed the following. They both said they eat out of the burrito or noodle section most

days of the week. On average there’s normally 4 maybe 5 options a day for them to eat. Then during transition periods there’s almost no vegan or vegetarian options left available except noodles or the salad bar. We all know how repetitive food from the Caf can get after a few months, but imagine splitting your options in half.

Something that surprised me is the limited amount of breakfast options, considering how important breakfast is said to be. There is one vegan cereal option in the Caf, but that brings another problem forward. While we have three dispensers for regular milk; there’s no dispenser for alternative milk. There used to be dispensers for oat, almond and soy milk, but it got removed after constantly being empty last year. Which affects not only vegans, but those who are lactose intolerant.

So, you can’t have cereal with milk, so you try the breakfast line. There are vegan sausages, hashbrowns, and sometimes vegan pancakes. The problem is that the sausages run out quickly, and most of the vegan breakfast foods are dry and stiff. A trend that follows a lot of the Caf’s vegan food. The sausages were also changed to a lower quality sausage compared to last year.

You turn around to the bread options. Except most of them are not in bags with no nutrition labels. So, there’s no way to see what they’re made of, and know which ones follow your dietary restrictions. There’s oatmeal, fruit, and vegan yogurt. Except the yogurt is refilled very inconsistently. So, we can have some fruit! Except it’s almost always mixed fruit, so if you’re

allergic to any of the fruit, you can’t have that either.

Let’s try lunch and dinner then. Vegans can’t eat the wraps because the tortillas are not vegan. You can get a wrap of vegetables and cheese if you’re vegetarian. There are no alternative meat options, but on average seven regular meat options.

You can have food from the grill instead, but it’s dry as well. The burgers are normally unappetizing to eat and either very dry, or very mushy. Occasionally there are impossible burgers, but not often. There’s also been a lot of concerns about cross contamination and usage of the vegan grill for real meat when it’s busy. So, there’s a level of distrust some have with the food.

The biggest option is noodles because they’re all vegan except for egg noodles. The only sauce option is the red sauce. There have been problems with cross contamination from not being careful, having the meat sauce right next to the red sauce, and ladle contamination.

Cerise and Liv said they only trust the rotisserie on Euro Friday’s. The Vari veggie section should be the best section for alternative food options. Except on many days the sides are the only vegan/vegetarian foods present. For price comparison couscous is \$4.25 (rice and vegetable mix), while normal fried rice is \$1.95 in the Wok section. The workers are normally not told what’s vegan and what’s not, while the foods are not labeled, and there’s non-vegan food being served.

The last thing that blew my mind was the dessert selection

for vegans. I was shocked because there are no vegan dessert options. Last year there was a lemon bar and a berry muffin for a while. This year there hasn’t been a vegan dessert option.

There are obviously good things in the Caf, that’s not what we’re saying. It’s just silly that with how much money we spend a semester along with the push for environmental sustainability we still don’t have an equal distribution of options. Foods that people enjoyed, like the sausages, shouldn’t be changed.

We want simple changes. Make smoothies without yogurt. Separate the red sauces from the alfredo and ensure no cross contamination between the meat red sauce and meatless red sauce. The alternative milk dispensers should be put back

and filled just like the regular milk dispenser. There should be cross contamination training and covering of vegan and vegetarian options. All alternative foods should be labeled, even if just to let us know what is safe. The fruit should be separated for allergy and preference reasons. There should be tofu meat options for wraps and breakfast. Lastly, the Vari Veggy section should not be serving meat and should exclusively serve alternative food options.



The limited veggie option

Ellie Gunderson

The squirrels: friend or foe?



Bella Loxtercamp
Squirrel Investigator

The squirrels of Gustavus are organizing to overthrow.

When I first moved on campus, I thought they were cute. I wanted to catch one and keep it as a pet, and I seriously considered petitioning to change Gus the Lion to Gus the Squirrel. Being adorable, however, doesn't equal being friendly. The squirrels here are a different breed. They skitter about, leaping from tree to tree, staring at us with beady unblinking eyes and launching nut casings at us. They've made it clear they don't care about us, darting across the path mere inches away, not even moving as we walk by. Any attempt to catch one, however, is null-- squirrels can run up to 20 mph according to livescience.com. This means that while they can evade us, we cannot evade them.

Hear me out before you

think me a nut.

First-year Izzy Delaney was walking back to her dorm one night. The sky was dark, the sun hidden behind clouds, and the air was damp with rain. She made it halfway home before she heard it; a cry, broken and high-pitched. She stopped in her tracks. "I thought maybe it was a cat. Or a child," Izzy said. "I was genuinely concerned." As if responding to the first one, a chorus of shrieks pierced the air. Izzy broke into a brisk walk. She passed a cluster of trees. Amid the shrieks, a new sound began; scratching and rustling, as if the tree beside her was coming to life and stretching its creaky limbs. Slowly, afraid to breathe, she turned her head. The leaves shook, and a squirrel crept down the trunk, staring directly at her, the way predators do. Then, it opened its mouth. A scream between a hawk and human. Izzy didn't wait to see what it would do next. She raced back to the dorm and relayed her experience.

In a poll done with my pod the next day, 71% said that the squirrels are out to get us. While the opinion of the majority does not make something correct, the evidence stacks up. National Geographic says that red squirrels will kill their children and eat them. Author Todd Mitchell states that squirrels will occasionally "gang up" to attack larger animals, citing a case in Russia involving a

Rottweiler. If they attacked a Rottweiler for barking at them, who's to say they won't attack us? That's probably why they keep gnawing on acorns-- not to prepare for winter, but to sharpen their teeth for premium efficacy when they mobilize. Another interesting behavior was noted just hours before I sat down to write this article; a friend of mine, who wishes to remain anonymous for protection in the event that the squirrels pick up a copy of the Weekly, saw a squirrel leap off the curb-- and do a backflip. What even is that? They've gone rogue.

"National Geographic says that red squirrels will kill their children and eat them."

One alternative theory brought to my attention is that the squirrels are protecting us. According to Wild Kratts, squirrels shriek to warn other squirrels of impending danger from a predator. The question then becomes if the squirrels thought we were the predator, or if they are warning their friends and us humans that another predator is near, some higher, far more dangerous entity. It is doubtful that we are predators in this case; as I've mentioned, they don't care about us. Perhaps what



Robert the baby squirrel

Jayne Mapson

was really scaring the squirrels is something of which we're not yet aware. Perhaps it is the same being that haunts the halls of Uhler and the chapel in Rundy. Or perhaps it's something worse, lurking in the tunnel beneath the school, waiting for the perfect moment to rise up and eradicate us.

Critics to these theories say that the squirrels are just doing what they were born to do: storing food for spring and preparing for a long winter. I say, one can never be too careful. Whether they're planning to overthrow or protecting us from danger, it's a squirrel-eat-squirrel world out there. We're bound to get caught up in the inevitable disaster; we can only

hope it doesn't wipe us out in the process. Stay safe out there, Gusties, and try not to act too squirrelly.

Author's note: The views expressed in this article are those of the author and do not represent the views of the Weekly. They are also based on theoretical conversations; no concrete evidence is provided. Please do not harm the squirrels, and do not hesitate to contact the author if you have any stories or evidence relating to the ongoing case.

Effective way to write notes in college



Tegan Hirman
Opinion Columnist

One common theme I have noticed here on campus is that not many of us know how to take notes "effectively". In high school, I had a basic understanding of what it meant to keep notes. Bullet points, highlighters, and sticky notes were your best friend. Not much has changed in college except for the amount of material. I find myself spending more time, perhaps 6-8 hours of my free time a day taking notes. In highschool, at most 2 hours of my evening was dedicated to note taking and studying.

Another difference I have found is the structure of

lectures. Teachers in highschool told you, "you should write this down," or, "this will be on the quiz". In college, you do not have that lectionary, you are expected to take down notes in class, and quickly. You also have study guides in highschool. Well not any more. This was a rude reality check for me personally. However, after a few weeks of tears and a blow to my ego I figured out a method that just might help you.

First things first, you do not need a notebook. Yes, you heard this correctly. I highly recommend the laptop method of writing down lecture notes for a few reasons. Number one, speed is key. As your professor is talking, you might notice that they slow down at times, or repeat the same sentence twice. That's a clue to type, and fast. Before you know it, they are onto the next topic.

If they write points on the whiteboard, they will not ask if you have everything down as they did in high school, (As I assume everyone has noticed). They erase and move on. For me, typing is second nature. Handwriting on the other hand, well...I cannot read my own handwriting. It's actually

awful. I also cannot write very fast. I spell words wrong, not having the luxury of auto-correct or miss a keyword the professor said because I was too focused on the previous sentence. My second point, typing notes is a great method to stay organized. Using the number, bullet point, or highlighting tool keeps your notes nice and clean. If I print my notes and use them on a test, I know and have proven to test better than using hand written notes.

"This brings me to my next note taking strategy, look for anything that is italicized or in bold in your text."

This brings me to my next note taking strategy, look for anything that is italicized or in bold in your text. More times than not, professors will use those as key definitions or terms on a quiz. It's a fast and effective way to not take too many notes. This brings me

to the big question, how many of you have pages worth of notes? I know I do, and I barely read every word. If anything, it makes test taking harder.

My suggestion is to read through your chapter or assigned pages before taking notes. Then, skim through a second time, highlighting anything that furthers the author's main argument. For example, I have to read a novel titled "Rethinking American Women's Activism", it is not sectioned with bullet points or main chapter discussion like other textbooks might. I have to read through first which will take me an hour to make, perhaps 30 minutes to highlight, and 2 hours to type notes for the whole week.

I also tend to spend too much time studying. I do not give myself any breaks during the day, or evening. I am constantly in lectures, in meetings, studying, taking notes, or sleeping. I often find myself wanting to read a new novel I am interested in, watch a new movie, listen to music, or hang out with friends.

The biggest challenge I have faced thus far, is letting myself take breaks. As my mom once said, "Tegan you need to give

yourself grace". It's true. We are in week 4 of school and I am already experiencing burn out. So, what are some ways you like to relax? Some of my favorite activities include taking photos, crocheting, online shopping, and taking long walks outside. I will never get through 4 years of college if I do not take time to focus on myself. Reflect on today's happening as I browse Urban Outfitters for the 10th time. I encourage you to think the same way. If it helps, jot down a note in your planner to take a 15 minutes break at so and so time. It keeps you accountable and encourages you to do so.

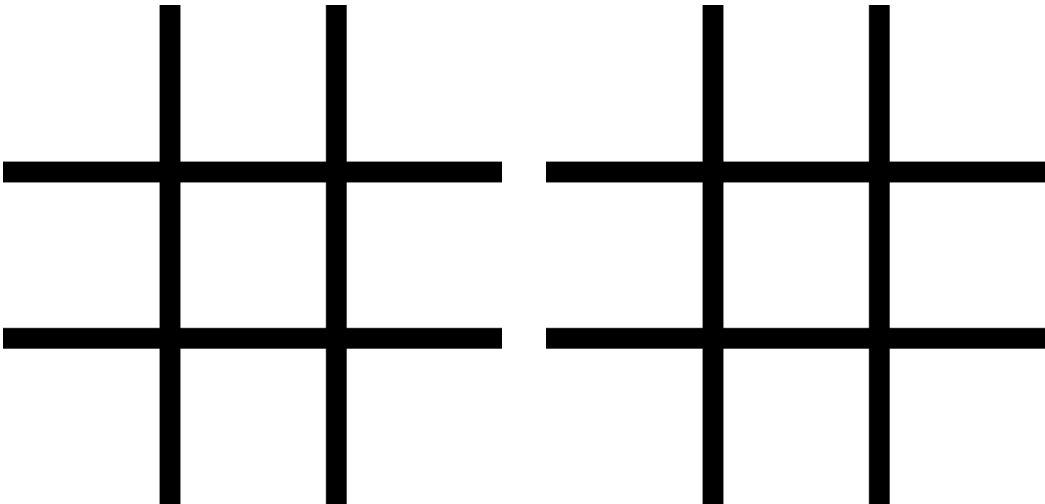
At the end of the day, I am new at this. I do not by any means have everything figured out. I do however have new found strategies that have helped me this past week that I thought I would share with you. Thank you for taking the time to read my column. Have a nice day, relax and good luck studying.

Logic Puzzle

Four writers for the Gustavian Weekly are all in different classes and have different majors. Based on these clues, match the writer to their major and figure out when they will graduate.

- 1. The Psychology major will graduate before Lonnie.
- 2. Alex is in the class of 2025.
- 3. The Business major will graduate 2 years after Nelson.
- 4. The person who will graduate in 2023 is either the Education major or Alex.
- 5. Taylor will graduate before the Education major.

	Lonnie	Alex	Nelson	Taylor	2022	2023	2024	2025
Psychology								
Business								
Education								
Nursing								
2022								
2023								
2024								
2025								



Jayne Mapstone

Movies from the Library:
The Human Condition Trilogy

Written by Will Sorg

In recent years, there has been a growing audience for Asian movies in North America. With “Parasite” becoming an international sensation along with Asian-American blockbusters like “Crazy Rich Asians” and “Shang-Shi and the Legend of the Ten Rings” it is clear that Asian cinema has made a huge impression on Western audiences. So it is important to look back on the history of Asian cinema and focus on an underseen but immensely influential Japanese movie trilogy, “The Human Condition” (1959).

“The Human Condition” trilogy, directed by Masaki Kobayashi follows a pacifist socialist named Kaji as his ideology and very existence is tested. Set primarily in Manchuria during World War II, Kaji takes up a job as a manager of a prisoner war camp to

stay out of military service. Over the course of three films he grapples with the realities of war, attempts to make positive change in a system that is fundamentally broken, and he eventually is forced into enlisting. Kaji is shown to be a good yet flawed man who is stuck in a time where good men were treated as traitors. The struggles of humanity and its desire to be right and good are encapsulated in one man.

“The struggles of humanity and its desire to be right and good are encapsulated in one man.”

The movies themselves are incredible to behold. Each is over three hours long and brims with gorgeous black and white imagery. The scenes jump out at you like an expressionist painting. The vast fields of Manchuria dwarf the characters that inhabit them, making them feel small in the grand scheme of the world. The camera is like a character itself; following the characters as they run, hoping to keep up with them so the story may continue. It often tilts into a dutch angle while Kaji himself is in distress and pain. This emotive

visual style perfectly captures the sadness and desperation of the films. The movies are humanistic while also vehemently anti-war and against the military system.

These bold and impassioned ideas injected into the film are very personal for the filmmakers. Director Kobayashi was a pacifist in World War II. While he was a soldier in the Japanese army he refused to be promoted any higher than the base rank of private and by all accounts he never fought or killed. He actually spent time in a POW camp during the war which likely inspired many of the haunting and realistic portrayals of such camps in the movies.

These movies are not for everyone. They are bleak, incredibly long, and raise uncomfortable questions about the nature of humanity. However they are undoubtedly a marvel to behold, and the story of Kaji is one of the most fascinating character arcs ever to be put to film. It serves as some of the most essential anti-war films and it has influenced the genre forever. From “Schindler’s List” to “Full Metal Jacket”, if you look close enough you will find a piece of these movies inside nearly every war movie made since.

Cross country starts to hit their stride

Stumbo earns Athlete of the Week honors

Brady Boie
Staff Writer

Despite being less than a month into the season, the Gustavus cross country team is already hitting its stride and showing signs of promise and major improvement. For proof, look no further than senior men's runner Andrew Stumbo. Stumbo, an Iowa native, won the St. Olaf Invitational last weekend with a blazing time of 25:26.5. This time placed was the 12th fastest 8-kilometer time in program history and guided the Gusties to a fourth-place finish in a loaded 15 team field.

"St. Olaf was a lot of fun. 8 kilometers is the standard race distance for cross country, and this was the first one of the season, so it felt really good to be doing true 'cross country' things again... we treated the first half (of the race) like a workout, not going 100% so that we could really hammer the second half, and that's exactly what happened," Stumbo said.

As one would expect, Stumbo was thrilled with his performance and happy with where he stood in regards to his competition in the MIAC.

"I had a lot of fun with it. I've found that the longer the distance, the better I tend to run, so finally getting to race the full distance was really to my benefit. Most of the heavy-hitters in the MIAC were there, so if I can beat them while only truly racing the second half, it bodes well for conference," Stumbo said.

Success like the kind that Stumbo enjoyed at St. Olaf doesn't happen by mere chance. It takes intense dedication, preparation, and planning. Stumbo had a very particular game plan headed into the invitational and saw it as an opportunity to prepare for



A pack of Gusties make their way along the Carleton 'Running of the Cows' course.

Submitted

conference championships.

"The key in this race was to stay relaxed. It's really easy with the adrenaline of a race to get out of the gate way too hot and burn yourself out, so the key with this one was to not do that. St. Olaf is hosting conference championships, and we wanted to make sure we knew what it felt like to really hammer the second half of the race so that we can do it in six weeks," Stumbo said.

Stumbo's performance and his strong sense of confidence bode well for his chances at conference championships.

He plans on winning the conference with a sub-25 minute 8-kilometer time and heading to nationals with All-American aspirations. But his goals and confidence extend beyond himself to the cross-country team as a whole.

"We're going to win conference as a team and take the whole crew of us to Louisville, Kentucky for the nationals race," Stumbo said.

Stumbo may be on to something here. The Gusties have a deep, talented, and improving roster. This was on full display at the Carleton Running of the

Cows meet this last weekend. In a meet where most of the upperclassmen did not participate, the Gustie underclassmen showed up and made great improvements.

"The team performed extremely well, even without many of the upperclassmen competing. We expected to see improvement from our last meet, but we ended up performing even better than expected. The girls averaged 43 seconds of improvement, and the guys averaged 37 seconds of improvement," First-year Tyler Smith said.

Smith, new to the team, was the highest placing Gustie at the meet. He finished in 12th place with a personal record time of 27:29.9. This was a thirty-second improvement from a week ago.

"I performed better than expected. The course was fast and the conditions were good... I was happy with how it went for me," Smith said.

On the women's side, junior Julia Severson led the Gustie pack. She finished her 6-kilometer race with a time of 23:42.27. This time was enough to win ninth place at the meet and a personal record.

"I was really happy with my performance, especially because I was sick with a cold. I definitely know my cold impacted my performance a bit since it made me feel a bit more tired than usual, but this just makes me really excited to see what I can do when I'm not sick. I was also really happy with the race because my previous races this season did not go well for me," Severson said.

These breakthrough performances for Severson, Smith, and Stumbo are emblematic of the growing confidence and strength of the Gustie cross country program. With this positive momentum building so early in the season, it will be exciting to see how far the Gustie runners' legs will take them.



Andrew Stumbo readies himself before a race begins.

Submitted



Julia Severson keeps pace with a group of Carleton runners.

Submitted

Women's tennis returns to midwest regions

Fierce competition at Whitewater tournament

Allison Fajt
Staff Writer

This Weekend the Gustavus Women's Tennis team traveled to Whitewater, Wisconsin to compete in the ITA Midwest Women's Tennis Regional and the Midwest Open.

The tournament was hosted by University of Wisconsin-Whitewater. Senior Simona Potockova advanced the farthest on the team in the Regional, yet sadly lost 0-6, 3-6 in the quarter finals to Carleton's Mary Hose. With better luck in the open, three doubles and a singles player won their championship match.

"I've played in the tournament all four years. This year I was more prepared just because in pre-season we played a lot of matches within our team and then we had a tournament a few weeks ago here at Gustavus. I think that really prepared me for the ITAs," Potockova said.

The team sent their eleven best players to the ITA Midwest Regional in hopes to secure spots for nationals to become All Americans. The elite eleven participated in both the singles and doubles ITA draw. The rest of the team also competed in the Midwest Open which included all the invited teams remaining roster. The open had eight singles draws (A-H) and four doubles (A-D).

Potockova was seeded fifth in the ITA singles tournament standings and competed in four matches with a bye in the first round. In doubles she and her partner Junior Yuki Oda seeded seventh fell 3-8 to UW's Bruno and Lee.

"I was nervous going into the tournament but I knew that I had the skills to get through the first round at least. Then I relaxed more once I got go-



Members of the women's tennis team gather for a group photo before the quarterfinals round.

Gustavus Women's Tennis Instagram

ing and it got better. I started believing I could maybe win it and even the last match the score was not the greatest but all of our games were super close but she pulled through in the end," Potockova said.

"All of my teammates but one (Anna Stutz) had to leave Saturday and I played one more match on Sunday. She helped warm me up in the morning-

ing and it got better. I started believing I could maybe win it but she made sure she was by my side cheering me on the whole time," Potockova said.

While none of the girls competing in the regional won a title, they all fought hard through their matches and never gave up on their teammates. With tough competition, a majority made it to only the second round in singles.

"I feel like on other teams, tennis is a really individual sport but Gustavus makes a really good effort to bring us together. Like yes you are alone on the court but you are playing for your teammates," Potockova said.

"...Gustavus makes a really good effort to bring us together."

Senior Sydney Douglas lost 1-6 1-6 Junior Emily Norman 6-7(3) 6-3 9-11 in a tiebreak and Senior Hayley Trebil with a score of 2-6 1-6.

Senior Rachel Lindrud was knocked out in round two with scores 0-6 2-6 and with the same match score First-year Halle Rosentreter lost 0-6, 2-6 in round three.

Once again round two elim-

inated three more Gusties Senior Megan Karrow 4-6, 5-7 as well as Junior Reneta Hernandez 1-6 3-6 and Sophomore Alli Laux 4-6, 7-5 9-11 in a tiebreak.

Lasting four rounds, Senior Anna Stultz lost 1-6 0-6 and Oda three 2-6 3-6.

Potockova and Oda weren't the only two Gusties to make it to the Doubles Quarter Finals, Rosentreter and Hernandez competed fiercely up until a duo from St. Kate's knocked them out 3-8.

"I was really happy with how my partner Renata and I played because we were able to make it to the quarter finals which was a really big deal for us. Especially since we had only played together for a week. And it was just really fun being able to play with her, we definitely bonded over the whole experience. We also beat a seeded team from White Water which was a big deal," Rosentreter said.

As for the rest of the Gustie's doubles scores Trebil and Stutz lasted three rounds with a loss of 6-8 and Douglas and Norman were knocked out round one 3-8.

There was nothing but success for the Gusties competing in the Midwest Open. With three doubles championship wins out of the four draws the girls showed their dominance over their competition.

Junior Liliana Elofson and

her partner First-year Brooke Haddorf won their match 8-7(0) in Open Doubles Draw A. Lindrud and Lux won their match 8-7(7) in Draw B. Senior Josie Carlson and Karrow won 8-5 in Draw D. Sophomore Emily Carlson the lone singles open victor won her match 2-6, 6-3, 10-8 in Open Singles Draw A.

"I feel really proud of myself and my partner Brooke, she's a First-year and I'm just super proud of how hard we worked together and it was just fun to be able to compete after Covid. It was a super great win and we worked so hard. It was just really nice," Elofson said.

Once again Gustavus will return to the ITA Midwest Regional next season with new hopes of advancing in the tournament.

"Next year for both singles and doubles I would like to make it a little farther. Going into my college career my goal is to become a doubles All-American. So hopefully next year I'll be able to make it through the tournament. This year was a really great start. Hopefully in the next three years I'll become a doubles All American," Rosentreter said.



Simona Potockova keeps her eye on the ball.

Gustavus Sports Information

Football secures Homecoming win

Breitbach steps up, Thelen earns MIAC honors

Autumn Zierman
Staff Writer

Gusties crowded the stands and hills of the Gustavus Football Stadium on the West side of Lund Center this last Saturday, September 25. The halls of Jackson Campus Center were crowded with milling alumni, all gathered together to cheer on the Gustavus Football team in the annual homecoming game which was against our longstanding rival Concordia. This game marked the MIAC opener and set the team on track in victory to deliver on this year's motto, "Get 23", referring to a 23rd MIAC championship for the team.

The Gustavus football team rose to the occasion on Homecoming Saturday and used all three phases of the game to claim a 36-21 victory over Concordia in the MIAC opener. The Gusties improved to 3-0 overall and 1-0 in the MIAC, while the Cobbers dropped to 1-2 overall and 0-1 in the league.

"Concordia has always been a big rival; we always have to really buckle down. Offense has a few sayings; 'be confident, not cocky'" and 'we are all here for a reason'. In 2019 [against Concordia] we ran with 14 seconds left on the clock- we had the momentum but had to put those games to rest. I wouldn't say we were overconfident, but we trusted each other." Junior Wide Receiver Matthew Carreon said. Matthew Carreon gave the Gusties a big lift with a diving catch for a 40-yard reception at

the end of the third quarter.

Another standout player in the team, sophomore Jacob Breitbach, stepped up as quarterback after Michael Veldman, the senior starting quarterback, was lost to injury earlier this season. Breitbach finished the day, completing 17-of-22 passes for 212 yards. He also was the leading rusher with 16 carries for 83 yards and a touchdown.

"It felt good playing QB, especially getting a win for my first game. I just had a lot of trust in my teammates and coaches and relied on my training. Getting a win on homecoming was very fun, and super special for me considering it was my first ever college homecoming game. The energy at the game was great and it felt good to get a win for the school and all the fans out there supporting us", Breitbach said.

"He's special and an electric type of kid. I think he learned a ton today, too. He is very athletic and learned that he needs to take care of the ball a little bit better, but he is capable of making really big plays and he wants to make those. He came in in that moment [after Veldman's injury] and took over", Head Coach Peter Haugen said of Breitbach.

"He's special and an electric type of kid."

Trust is pushing the team forward this season. Trust which is built on the back of an intense training schedule the football



Dalton Thelen marches into the endzone to score a touchdown in front of the student section. Gustavus Athletics Instagram

team has built unity on and off the field.

"We have a very strong team- a lot of the guys, we trust each other's skills and we show each other what we can do. Everyone has their certain niche, and there are guys you trust to be in the right spot right time, Off the field we spend a lot of time doing team

exercises, we take practice very seriously- there are no off days and we build trust in each other. To get all of these guys to buy in is huge- everyone buys into the program, all of our guys have bought in and trust the process." Carreon said.

Senior Dalton Thelen produced big numbers in the running game, passing game, and

on special teams as he totaled 289 all-purpose yards. Thelen led the receiving corps with nine catches for 124 yards, marking his second consecutive game with over 100 yards receiving. He added 10 carries for 76 yards and had an 89-yard kickoff return for a touchdown. Thelen's kickoff return touchdown is the first by a Gustie since 2009. For his performance, Thelen has been named MIAC Football Special Teams Player of the Week.

"Winning player of the week means a lot to me. I couldn't have done it without my teammates and coaches putting me in positions to be successful. Football is an all around team game and I give credit to everyone on the team because I truly couldn't have done it alone. I'm looking forward to more conference games and taking it week by week in trying to pursue our goal of winning the MIAC championship", Thelen said.

Gustavus outgained the Cobbers 470-369 in total offense. The ground game was productive as the Gusties ran for 220 yards and three touchdowns. The Gusties hit the road next Saturday for a 1 p.m. MIAC matchup at Bethel (2-1, 0-1 MIAC), who recently lost to Saint John's 31-25.



Gustie defense nearly sacks the Cobber's quarterback in the endzone.

Gustavus Athletics Instagram



Jake Breitbach scrambles out of the pocket.

Gustavus Sports Information