

Your brain is lying to you

Happy, Nobel week!

This year's 58th Nobel Conference theme is Mental Health. (In)Equity and Young People, and in case you missed it (or even if you didn't), let's keep the conversation going. While it's imperative that we keep up with our mental health, this topic seems to occupy most of the conversation involving our brains. It's just as important, if not more so, that we're acknowledging and addressing our mental illnesses. Especially in our world today when the demand for mental health professionals exceeds the number of professionals available. So here's some advice from my own therapist:

The day-to-day is tough enough, but when your brain is shouting at you from seemingly a million different directions, it's even harder. My own mind likes to tell me that I'm never doing enough, that I need to try harder (at everything), that I'm not smart enough or pretty enough or talented enough, that I mess everything up, that I'm a horrible person, that our world sucks and I'm not doing anything to fix it so I'm the problem, and more. Pretty tiring, right?

But the thing is, I'm not actually the one saying any of that to myself. In a world that likes to tear each and every one of us down (some more than others), why would we also contribute to it? We aren't. At least, not intentionally.

I am my most resourced, grounded self. My "me" is who I am at my core. I like to think of that as my "Highest Self." And there are three other parts to me that I tend to over-identify with—my "Manager Self," "Teenage Self," and "Childhood Self."

My Manager Self is the one who spits cruel words at me. Not because she hates me, or even because she's mean, but because she's trying her best to keep my system running. And sometimes her coworkers (my other "selves") let her down. She just wants what's best for us, to succeed and be happy and accomplish our goals, but life doesn't work linearly. Just because you want something, or even if you want something and work really hard for it, that doesn't mean you'll get it. And she doesn't always understand that.

My Childhood Self is just a kid, and she doesn't understand why we have so many responsibilities and why she needs to work so hard. Sometimes all she wants to do is just BE a kid. To watch animated movies and cry at the happy endings and read a good book until she falls asleep, knowing that tomorrow she gets to do it all over again. She doesn't always understand why the Manager yells at her, just like the Manager doesn't always understand why she can't just "do the thing."

My parts don't always communicate very well.

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"THE DAY-TO-DAY IS TOUGH ENOUGH, BUT WHEN YOUR BRAIN IS SHOUTING AT YOU FROM SEEMINGLY A MILLION DIFFERENT DIRECTIONS... IT'S EVEN HARDER."

(but you should listen anyway)

And then there's my Teenage Self. She's just trying to stick up for that kid part, but she's angry and exhausted and she doesn't know the right ways to go about things. So she gets frustrated and blows up at everyone and everything. It's not her fault, she's doing what she knows and what she thinks is best, but that doesn't make it right.

Sometimes I cry until I can't stop. Or I get mad at people for seemingly no reason. And sometimes I hate myself for it and bully my own brain. But that's not ME. Not who I am, not really. Those are just hurt parts of me trying their best to take care of me. As destructive as our mentally ill minds can seem at times (too much of the time) we're not actually trying to tear ourselves apart. And you're not alone if you feel this way.

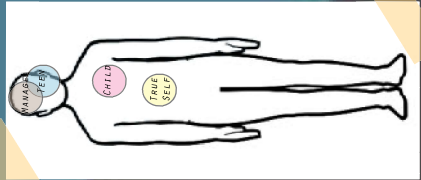
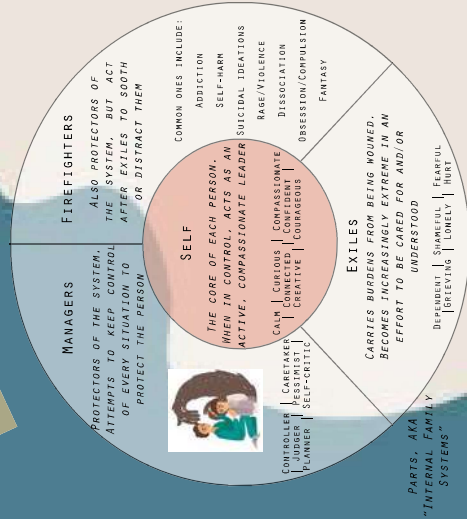
It's okay to unravel. To cry and scream and break down. You're waging battles in your own head that no one else sees, but that doesn't make them any less real.

On Monday, my therapist helped me sit down with the different parts of me. I had a conversation with them. It feels silly, but it's so incredibly helpful because once you learn the parts that make up who you are, you'll understand yourself so much better and be better for it.

Let parts of you take the day off, and rest when you need. I can promise you that you're not lazy for doing so. You're working harder than anyone sees, and in case you haven't heard it recently—I am so proud of you. Keep fighting.

- Cadence Paramore, Editor-in-Chief

"SOMETIMES I CRY UNTIL I CAN'T STOP. OR I GET MAD AT PEOPLE FOR SEEMINGLY NO REASON. AND SOMETIMES I HATE MYSELF FOR IT AND BULLY MY OWN BRAIN. BUT THAT'S NOT ME. NOT WHO I AM, NOT REALLY. THOSE ARE JUST HURT PARTS OF ME TRYING THEIR BEST TO TAKE CARE OF ME. AS DESTRUCTIVE AS OUR MENTALLY ILL MINDS CAN SEEM AT TIMES (TOO MUCH OF THE TIME) WE'RE NOT ACTUALLY TRYING TO TEAR OURSELVES APART. AND YOU'RE NOT ALONE IF YOU FEEL THIS WAY."



Naked statues misrepresent Gustavus



Jonas Doerr
Opinion Columnist

Take a stroll around campus and you'll find more nudity than in a birth center. All over campus, statues abound, many by the great sculptor Paul Granling. They are gorgeous; perhaps a little too gorgeous. Most of the statues are not wearing a scrap of clothing.

Some might make the case that this is how art has always been. Legendary sculptors like Michelangelo and Raphael were not only Ninja Turtles, but they also carved naked statues. If you don't like it, well, close your eyes. If only that were the case.

One cannot close their eyes around campus without running into a skateboarder, wall, or rabid squirrel. It would be positively unsafe, which means that we must walk around with our eyes open and glimpse the unclothed metal.

This might not be too bad if the statues represented life on campus. They do not. Not once in my three year college career have I seen a Gustie flailing around campus in a state of complete undress. Perhaps others have, but it is certainly not as common as the statues would have us believe. Either the statues need to wear clothes or we don't.

And clearly, one of those is not an option. For those of us who have experienced the biting February winds on the hill, clothing is not optional. Anyone who tried strolling around au naturale would inevitably freeze into another naked statue. It is just not feasible on a Minnesota campus to go prancing around like those darned statues do.

But it is absolutely not ok to let those statues continue to expose themselves to us. One of the best places to study on sunny fall days is outside, letting the gusty wind tousle your flowing locks. It's hard to focus as it is, with notifications and interrupting

friends disturbing even the most intense study sessions. It's entirely impossible to focus when there's a nude statue frolicking mere meters away from you.

What would prospective students think as they tour our campus? That Gusties are a bunch of lollygagging nincompoops who can't focus on their homework without gazing longingly at the statues around campus? Inconceivable! We must not allow this to be.

"It's entirely impossible to focus when there's a nude statue frolicking mere meters away from you."

Instead, we must act to restore chastity to our artistry. As I said before, either the statues need clothes or we don't. Since the latter is a certain means to becoming a popsicle, we must clothe the statues.

This might seem unfeasible at first glance, but it is quite reasonable. Many students already, of their free will, spray paint a rock, which is more



Statue on campus.

Hailey Brune

difficult than tossing a t-shirt on a hunk of bronze. Gusties are eager to decorate their campus – see upcoming window painting for evidence – and would be happy to give the statues some long-awaited warmth. Just request that they contribute a couple spare items from the back of their wardrobes, and we're all set.

Of course, this could be taken to another level. Why not make some cash to create the "Decently Large Decency Fund" scholarship, which could be given to particularly well-dressed students? The easy way to do it would be to reach out to some companies in need of influencers. What better model than one who will pose all day?

As the funds roll in from eager clothing brands, we can dress up the statues with the clothes they send. Thousands will see the rakishly dressed figures, and the Decently Large Decency Fund will be off to a great start.

Of course, this would require some administrative coordination. Instead of all this, it might be more logical to educate Gusties about the statues' history so they can have something else to think about when they see the statues.

The statues were mostly created by 1952 Gustavus grad Paul Granlund. He created over 650 sculptures displayed worldwide, and was commissioned to create many for our campus.

The lack of clothing in the sculptures is not because he ran out of bronze; instead, he uses it to display the emotional contours of his sculptures bodies more emphatically. For example, Apogee, a sculpture of a child above two parents, attempts to show a family's joyfulness and exuberance.

"As the funds roll in from eager clothing brands, we can dress up the statues with the clothes they send."

While on first glance the naked statues might seem somewhat disturbing since they do not represent the typical clothed Gustie, they are in fact impressive works of art that we have the privilege to admire daily. Instead of covering these statues up we could be realizing more deeply the beauty that surrounds us. It still might not hurt to give one a blanket on a particularly cold winter night.



Statue on campus.

Hailey Brune

A look back at Nobel Conference



David Eide
Opinion Columnist

I've always been fascinated by the Nobel Conference. It's such a major event that is entirely unique to Gustavus. It encourages us to look at the major scientific topics of our day and consider them from multiple distinct angles while bringing together a number of experts who all have something interesting to say. On a broader level, I think the chosen topic for each conference says a lot about the time in which the conference was held. So, as we head towards the 58th annual Nobel Conference, Mental Health (In)Equity and Young People, I think it might be a useful exercise to look back on the history of the Nobel Conference and see what the choice of topics can say about how the past, present, and even the future, perceive the issues of the day.

"On a broader level, I think the chosen topic for each conference says a lot about the time in which the conference was held."

As with all things, I think the best place to start is at the beginning. The first Nobel Conference was held in 1965, although its origins date back to 1963 with the opening of the original Nobel Hall of Science. Gustavus had established contacts with the Nobel foundation to request permission to utilize the Nobel name for the building, after which they asked to use the name for a scientific conference as well. Permission was granted and the Nobel Conference was born, becoming the first and so far only event in North America to officially be allowed to use the

Nobel name. Two years later the inaugural Nobel Conference, Genetics and the Future of Man, was held. Since then, one way or another, the Nobel Conference has been held every year in late September, each one featuring a new and distinct scientific topic.

"The first Nobel Conference was held in 1965, although its origins date back to 1963 with the opening of the original Nobel Hall of Science."

One thing I noticed right away while examining the Nobel Conferences of different decades is that generally speaking, they seem to align with the concerns prominent in those decades. For instance, one of the themes in the 60s was human control of the environment, which was a major obsession in the 1960s with ideas like cloud seeding to counter droughts receiving major focus. In the 70s there were back-to-back conferences discussing "The Destiny of Women" and "The Quest for Peace" which makes a lot of sense when you consider the 70s was the decade in which women's liberation as a movement burst onto the mainstream and was also a decade consumed by the Vietnam war. The 80s featured a conference entirely devoted to the economic theories of John Maynard Keynes, which seems odd until you remember that the 80s was particularly concerned with economic theory due to Reagan's implementation of various controversial theories like supply-side economics. Genetics were a major focus of the conference in the late 90s, which aligns with the first ever successful cloning of an organism with Dolly the Sheep in 1996. In the past two decades, climate change has become a major focus (for obvious reasons), with at least 3 of the last 20 or so conferences discussing some aspect of our changing climate. Of course, this also applies to our current Nobel Conference dealing with the mental health of young people. As I'm sure most people will know, we've been living through a major mental health crisis in this country for the past couple of years, one which has particularly affected young people. This has only



Nobel Conference ad.

Soren Sackreiter

been exacerbated by the pandemic and its disastrous consequences on the lives of young people. Bearing this in mind, it's clear that the pattern I've observed holds up even today.

"One thing I noticed right away while examining the Nobel Conferences of different decades is that generally speaking, they seem to align with the concerns prominent in those decades."

Another common theme stretching throughout the

various conferences was questions about the very nature of science and whether we've reached some major turning point in this field. The first of these can be seen in 1975, which asks what the future of science is, a theme picked up in 1989 when the conference explored if we were witnessing the end of science (we weren't). These themes continue on into the 21st century with the 2001 conference asking, "What is still to be discovered?" and the 2014 conference asking "Where does science go from here?" I find this theme to be particularly interesting in its consistent appearance throughout the 60 years or so that the conference has been going on. I think part of it speaks to a general anxiety held by much of the public, almost completely unfounded I might add, that the truly major scientific advancements have already been made and that most science now is just quib-

bling over details. On a more charitable note, I think the frequency of this theme demonstrates how the liberal arts can be useful to the sciences by providing them with perspective on how their findings interact with the actual world. It is ultimately the liberal arts who can ask and answer the question of the actual role of science in society, and to me that is one of the greatest appeals of the Nobel Conference. It takes the findings of science, which I am very interested in, and applies a liberal arts frame of analysis which I think can produce some stellar results.

What does your writing utensil say about you?



Kaylene Kerber
Opinion Columnist

Look out astrology! There is a new way to distinguish the characteristics of one's personality. Just take a look at whatever writing utensil a person happens to use to express their inner thoughts. As an undergraduate Psychology student, I have a sense of unwarranted confidence that fools me into thinking I know people better than they know themselves. Therefore there is no one more qualified to talk about what your pen, pencil, or more says about you.

First we will examine the minds of those who write with a BIC mechanical pencil Xtra-life with 0.7mm lead. These are the pencils of those who wish to be left unnoticed. People aren't going to ask you for a pencil, but they aren't going to judge your writing utensil

choice either. You prefer to sit in the back of the classroom. When going out to eat with your friends it takes you 30 minutes to decide what you want to order. You would consider yourself indecisive- or actually, you wouldn't describe yourself in that way, but maybe you are...or aren't. However, an important distinction should be made. If the clip of the mechanical pencil is broken off: you probably just found that pencil on the floor. You, floor scrounger, are playing a dangerous game- you live life on the edge. There might be days that you scramble for a pencil ten minutes before class. If an essay is due at midnight you have it in by 11:59, but for you, things always seem to work out in the end.

"Just take a look at whatever writing utensil a person happens to use to express their inner thoughts."

If you write with a Ticonderoga pencil then you probably have invested a good amount of time studying history. You can't help it if you prefer the "simpler times" when pencils were made of wood and Queen Elizabeth was still around. Despite your vigorous studies,

Colored pencils.

you make time for the arts and are quite fond of classical music and theater.

Anyone with those plastic wrapped pencils are whimsical and still have a childlike wonder. The possibilities are endless, it could be a free insurance themed pencil you got from a parade or it could be a Transformers themed pencil from a book fair. There is a hint of self-hatred that is necessary to continue to write with them, however. The erasers are never good, usually causing the paper psychical pain, and the plastic peels off in undesirable ways which usually results in stabbing their users. In short, a plastic wrapped pencil is the high heel of writing utensils. They seem fun and cute, but those who use them are in pain either physically or emotionally.

People who happen to write with a Pilot Black G2 pen don't fear death. Any stroke of their pen isn't a mistake, you are just interpreting it wrong. They have the confidence of a business major and the will-power of an education major, a dangerous combination in the wrong hands. They are

bold and that is exactly what you need, they have decided. Many complain that the pens smudge; the rebuttal: do better. If they smudge, that is a sign of weakness on your part and only those of the strongest constitution can wield this pen.

Those who write with a BIC black pen seem to be a practical bunch. They are down to earth. They understand that what is most important isn't the utensil but what you do with it. These people are always the ones to offer up their writing utensils.

An erasable pen is undiagnosed imposter syndrome.

People who have a large collection of colored pens most likely have nursing major energy. They are prepared for any possible outcome. Their desk is probably the cleanest thing on campus; you could probably perform surgery on it, it's so neat and hygienic. They have all of their syllabi memorized and honor them as deeply as a patriot does the Pledge of Allegiance. Every minute of their day is planned out to the minute, including their crying sessions.

You who scrawl with thy turkey feather and ink hap-

pen to frame thy life 'round hit musical Hamilton. When their John Hancock is upon request they most nobly unpack their quill and ink to flaunt their signature for all to see. These personages relearned the cursive alphabet and always dot their "i"s.

The final type of person may be hard for a lot of you to understand, but I have seen them with my own eyes: those who write with exclusively red or green pens, who do exist, by the way. It's not just a part of their pen collection, they literally only have one color of pen and it isn't black or blue. These people enjoy chaos, they are fans of anarchy, not because they think people are innately good, but because they love to see the world burn. They are the ones that would order an eye-opener and ask for two extra shots of espresso. Watch out for these people.

After this crash course I hope you will find it easier to judge your classmates from afar and are better equipped to assess your own "vibes". Go out into the world Gusties, more judgy and more self-aware!



Submitted

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Movies from the Library: *Kingdom of Heaven: Director's Cut*

Will Sorg
Movies Guy

Four years after 9/11, Ridley Scott made *Kingdom of Heaven*, a film about The Crusades and the events leading up to the 1187 Siege of Jerusalem, in which the Sunni Muslim ruler Saladin fought against Christian-occupied Jerusalem. Before the film even came out it was mired in controversy. A Daily Telegram writer who had not even seen the film claimed it “pandered to Osama Bin Laden.” After the script leaked, an Islamic Studies Professor from UCLA wrote an article stating that “I believe this movie teaches people to hate Muslims,” and historians lambasted the story for its sensationalism and inaccuracy. The film itself was panned critically and underperformed at the box office almost everywhere—except for the Middle East. Middle Eastern audiences seemed to love the film, and while that could be accredited to its setting and representation of a historical victory against European Catholics, it is also possible that the success came from the way the film’s message resonated with Middle Eastern audiences.

Less than a year after the film’s debut, Ridley Scott released his director’s cut. With over 45 minutes put back into the film it was widely considered one of the most transformative director’s cuts ever made. Critical response was overwhelmingly positive, and for good reason. The theatrical version was marketed as an action adventure/love story/blockbuster set in the holy land, but merely consists of shallow characters wandering around in a safe and cliché plot. The director’s cut adds the film’s soul back and makes it about modern problems. Yes, it stars a very white Orlando Bloom as a dashing crusader defending his new home from an invasion, but the film is not blind to the history of Jerusalem. With the director’s cut the film adds numerous scenes that challenge the conventional narrative of the Crusades.

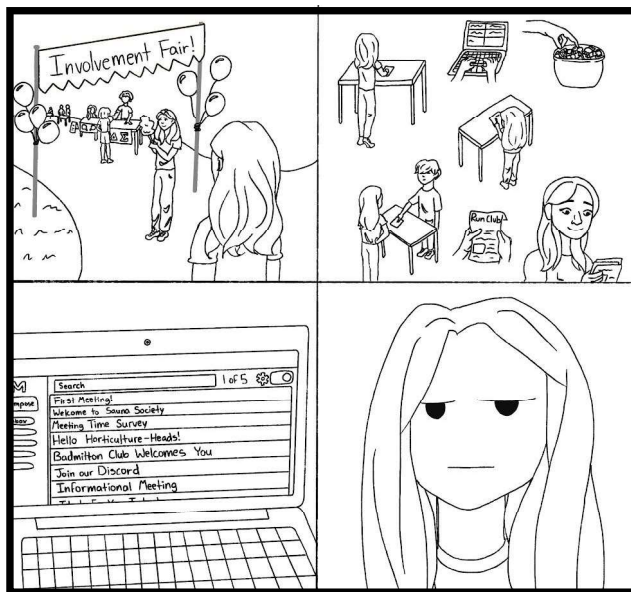
Bloom’s character Balian first arrives in a Jerusalem experiencing a tenuous peace. Muslims, Christians, and Jews coexist in the city as the film explores this peaceful Jerusalem through Balian’s eyes. This is very consciously chosen by Scott to show audiences an almost utopian view of a world where religions are able to find common ground and work towards reconciliation. The peace is held by King Baldwin IV, a young but wise ruler who is dying of leprosy. The film uses the imagery of a frail, dying man whose disfigured face is hidden by a metal mask as a powerful contrast to the heavy burden he carries in maintaining the peace.

Ridley’s eye for powerful imagery is one of the film’s strongest aspects. There are conscious decisions made everywhere from the way the warmongering

crusader antagonists all dress in white as a subversion of the association of the color white and goodness, to the way action scenes are shot to be disorienting and uncomfortable to emphasize the horrors of war. I believe that the most important choice made in the film is the equal representation of Christians and Muslims in the final battle of the film. Throughout the movie the two opposing faiths are paralleled. Balian remarks on how similar Islamic prayers are to Christian prayers, Muslim and Christian characters alike speak on the pointlessness of the crusaders and characters from both faiths sometimes say similar, if not identical lines of dialogue. In the final battle the film is not portraying a one-sided conflict, instead the film cuts between the two sides, showing victory and tragedy for both. The siege is given nuance and treated not as a battle, but as a depressing continuation of a multigenerational conflict perpetrated by religious zealots who prefer bloodshed and personal gain rather than peace and collective healing. *Kingdom of Heaven*, even with all its extravagance and violence, is a film that calls for peace in our time. It is a bold request for a film to make, especially in the middle of Bush era nationalism, but rarely is a film so sincere in its intent.

THIS OR THAT

- _____ and void
- First and _____
- Trials and _____
- _____ and demand
- _____ or no
- Cream and _____
- _____ and raving
- Ladies and _____
- Life or _____
- _____ and puffing
- _____ and take
- Trial and _____
- _____ or wrong
- Tossed and _____
- _____ and slide
- _____ and pans
- Moon and _____

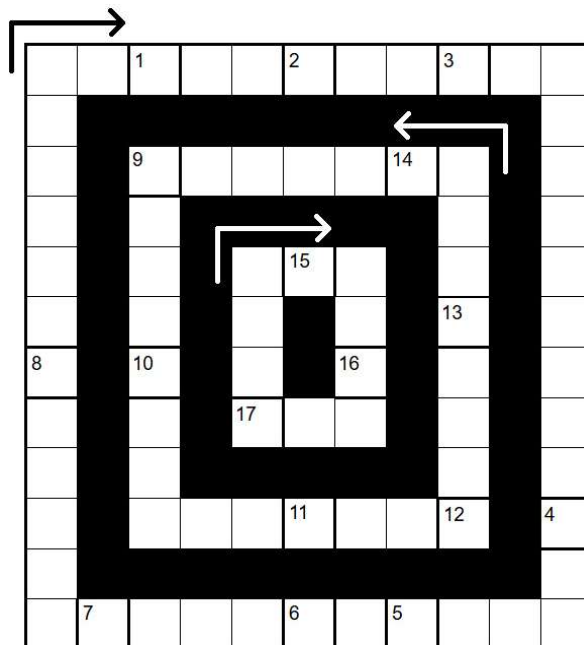


The problem with being too ambitious

Frija Reinert

Happy
Spooky
Season!

Fill in the other half of the phrases. Each word overlaps its first and last letter with the word before and after it. The outer and inner rings run clockwise, and the middle ring runs counterclockwise.



Women's tennis shines at ITA Regional

Deep tournament runs show promise for the spring

Matthew Olson
Staff Writer

The Gustavus women's tennis team hosted the 2022 ITA Division III Midwest Regional Championship this past weekend. Many Gusties made deep runs in their respective quarters, showing promise for the season soon to come. With multiple players making it to the round of 16 in the singles draw and three partnerships making the quarterfinals of the doubles draw, the team overall met the standard that the highly successful program has set for itself.

First-year Allison Szalay was the star of the tournament for the Gusties. Seeded fourth in the region, Szalay got off to a quick start with a two set win against Cheyanne Phillips of Concordia, WI, in which Szalay shut out Phillips with a final score of 6-0 in both sets.

"I was pretty nervous. I went in as the four seed and I wasn't expecting that as a first-year so I felt like I kind of needed to live up to that, plus I just get pretty stressed over matches in general. But I was also really excited because ever since getting here everyone on the team has been so supportive. I just knew it was gonna be a great weekend and really fun no matter how it went," Szalay said.

Moving swiftly from that performance, Szalay recorded two more sweeping victories with 6-2 and 6-1 sets against UW-Whitewater's Faith Nosek and Nosek's fellow UW Warhawk Kasey Schlicht, falling in sets of 6-0 and 6-4 in Szalay's favor.



Gustie tennis players going in for a high five.

Submitted

The quarterfinals against 14th seeded Clare Palen of UW-Eau Claire was the first round Szalay saw her opponent take a set, slightly slipping in a 3-6 loss. However, Szalay quickly bounced back to take the win, tallying 6-3 and 6-0 victories in the subsequent sets.

Szalay finally fell in the semifinals, but she did not go down without a fight. The second-seeded Kelsey Dorr of St. Kate's took the first set 6-2 while Szalay took the second with a 1-6 win. With a 6-2 repeat of the first set, Szalay was

unable to avenge the loss of fellow Gustie First-year Molly Austin, who fell to Dorr in the round of 16. Dorr moved on to become the runner-up of the singles draw, losing in the championship to Grinnell's first-seeded Sabrina Tang.

Junior Alli Laux also had an extensive run in the singles draw, starting out with 6-4 and 6-1 sets against Bethel's Rylee Schurmann. Laux then outperformed Renata Martinez of Luther in sets of 6-0 and 6-2.

"It's been different as an upperclassman to sort of step

up in a leadership role but it's also been a lot of fun. We also have a really strong team culture and bond so it's fun to get the first-years involved with what the team culture is like. I'm really not worried about the personality and the work ethic that the underclassmen will bring. The team's just full of a great group of girls," Laux said.

"We also have a really strong team culture and bond so it's fun to get the first years involved . . . the team's just full of a great group of girls."

Meeting Grinnell's Mira Manchanda proved to give Laux a slight challenge. The first set reached a 5-all tie, finally ending 7-5. The second set saw a retirement of the match by Manchanda, saving Laux from perhaps another tough set and allowing straight advancement to defeat Xingchen Liu of Carthage in sets of 6-4 and 6-2.

Laux finally met her match in the quarterfinals against third seed Autumn Bruno of UW-Whitewater, falling in two sets of 6-3. Bruno also defeated Gustie Senior Yuki Oda in two sets in the round just prior to the contest with Laux.

First-year Kaya De Brujin had a couple wins as well, defeating UW-Eau Claire's Syd-

ney Pressley in two 6-4 sets and Lily Perrin of Grinnell in 6-3 and 6-1 sets. De Brujin then fell in the round of 16 to sixth seed Cassie Lee of UW-Whitewater.

The doubles draw also proved bountiful for the Gusties, with doubles partners Laux and De Brujin as well as Oda and Austin reaching the quarterfinals in the draw. Szalay and recently-fitted partner Sophomore Halle Rosentreter also made the quarterfinals.

"It was kind of crazy. Being the only lefty on the team, our coach just matched me with a bunch of people during pre-season to see who would benefit the most from playing with a lefty. I ended up practicing with tons of my teammates so when he put me with Allison, I don't know what happened but something just clicked right away. We played super well together right from the beginning," Rosentreter said.

"I don't know what happened but something just clicked right away. We played super well together from the beginning."

With such a promising tournament run, the Gusties will continue to work and practice hard for the upcoming season in the spring.



Gustavus tennis player.

Submitted

Men's soccer blanks St. John's

Nationally-ranked Gusties continue to dominate



Gustavus soccer player and athlete of the week, Owen Johnson.

Submitted

Emma Esteb
Staff Writer

This past Saturday, Sept. 24, Gustavus men's soccer team continued their winning streak by defeating Saint John's 5-0. The Gusties scored two goals within the first 18 minutes of the game and continued to carry that momentum until the final minutes. The team is now ranked seventh with a record of 6-0-2 and 3-0-0 in the MIAC. "We came out really strong and I think it was in the back of everyone's minds that we had lost to Saint John's last year and they had ended our season so we just came out hungry," Senior Otis Anderson said.

"The Gusties scored two goals within the first 18 minutes of the game and continued to carry that momentum until the final minutes."

The half started with Junior Owen Johnson scoring a goal 11:46 into the game with an assist from First-year Ri-

valdo Pena. Only six minutes later, Junior Alex Krumenauer scored another goal with the help of Anderson, giving the Gusties a 2-0 lead. "I felt pretty good after my goal, it was far away and a nice shot. It felt even better to score on the tall keeper, as well," Krumenauer said.

Rounding out the first half, Junior Raphael Cattelin scored his first goal of the season in the 35th minute. The goal was assisted by Johnson and the Gusties ended the first half 3-0. "Going into the game we did not expect an easy game since Saint John's is such a great team, so to be up 3-0 at halftime felt pretty awesome. We also knew at that point that even though we had control of the game, it was our job to come out strong in the second half and firmly step down to finish what we had started. Our team tends to stress finishing games off early, so taking care of business in the first half and closing it out in the second was delightful," Johnson said.

Despite having a solid 3-0 lead, the Gusties were still not done. With 4:11 left in the second half, Johnson intercepted a pass in midfield and scored his second goal of the game. "We executed our game plan that

we prepared all week for almost perfectly against Saint John's," Player Manager and Assistant Coach Henry Taylor said.

"We executed our game plan that we prepared all week for almost perfectly against Saint John's."

Since four goals wasn't enough, Junior Jack Knight and Sophomore Ethan Miller worked together with 39 seconds left of the game to score the fifth and final goal. "The two goals towards the end of the game were a nice finishing touch on an overall sublime game for the Gusties, and I think it really boosted our team's morale to win by that margin," Johnson said. The Gustie defense has been a force to be reckoned with this year as this was their sixth shutout of the season. "We've been really good defensively this year, we have only let in two goals this season and we haven't let in a single goal in the second half all year. Wesley is one of the best goalkeepers in the conference. We have been defending really well but it starts with the

forwards," Anderson said.

The dominance that the team is showing this year has a lot to do with their connections off the field. "I think we work together really well just because we are always hanging out and joking around and having a good time. The team has a lot of positivity which makes it easier to work together and play well together," Krumenauer said. The team is off to a great start this season and this is only the beginning. "Everyone on this team is on the same page about what our teams' goals are and what we want to accomplish this year," Johnson said.

"I think we work together really well just because we are always hanging out and joking around and having a good time. The team has a lot of positivity which makes it easier to work together and play well together."

The momentum that this

team has this season is not going to their heads. "This team is different in a way that we are more humble and hungry at the same time because we know that no matter what, we need to keep playing and not look too far ahead. We've really just been focusing on one game at a time," Taylor said. The boys are excited for playoffs and are ready to continue to stay focused and hungry as they continue their season. The Gusties will travel to Saint Mary's this Wednesday for a 7:00 p.m. game.

Senior spotlight: Last one, fast one

Becker hopes to make a splash in final swim season

Nyden Hill
Staff Writer

Andrew Becker is a name that many people associate with the sports community, particularly the swimming community. The MIAC community has come to associate this name with Gustavus swimming and diving. During his tenure at Gustavus the Junior sprint standout has amassed a mountain of accomplishments, being an All-American, Conference Champion, and school record holder.

To give some background on the Gustavus Men's Swimming and Diving dynasty, the team is returning to the pool fresh off of a 3rd consecutive MIAC Championship with their most recent victory coming in dominant fashion. Their victory gap was 299 points, which is considered a lot in swimming, especially considering that the team set a scoring record by cumulating over 1000 team points. Since the team's founding, they have collected 24 conference titles and three Top 10 NCAA Championships finishes.

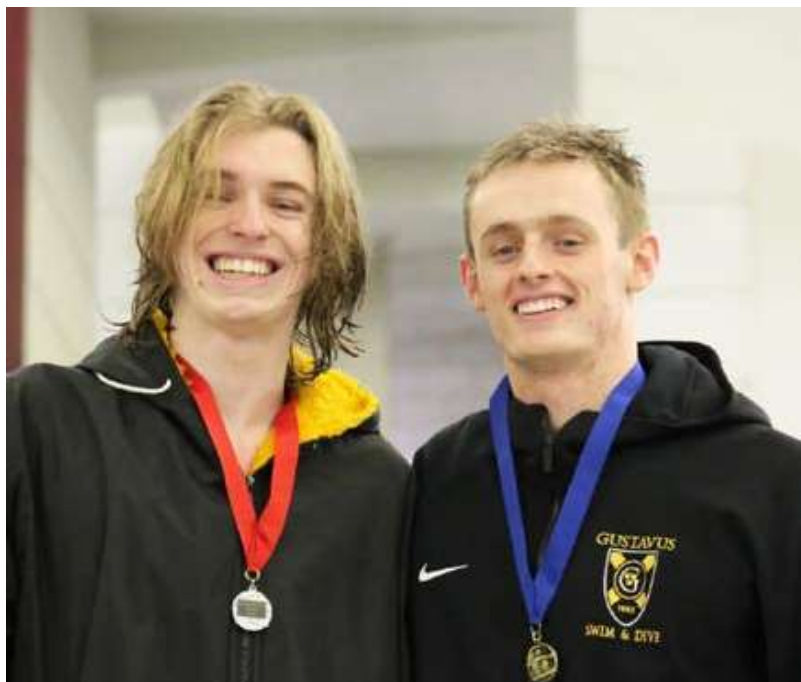
Considering this, it is pretty clear that swimming at Gustavus has been strong for quite some time. In the past 3 seasons,

much of this strength can be seen in Becker and his success in the pool. Becker, a Northfield native, came into Gustavus with a best 50yd freestyle time of 21.28 and a best 100yd freestyle time of 46.86. During his first-year season, he improved those times to 21.15 and 46.49. At the conference meet, both of his performances placed him top 5 in the MIAC.

Becker's improvement curve did not stop there. Upon concluding his sophomore year, his best times in those events improved exponentially, with a 20.58 in the 50 and a 45.27 in the 100.

This past year, Becker solidified himself as one of the all-time greats in Gustavus with a pair of school record-breaking performances at this year's NCAA Championships in Indianapolis. Becker threw down a 20.24 and 44.66 to break both the 50 and 100 freestyle school records at Gustavus.

"The past year, Becker has solidified himself as one of the all-time greats at Gustavus with a pair of school record-breaking performances."



Andrew Becker (right).

Submitted



Andrew Becker prepared to swim.

Submitted

The credit for this sustained success should definitely go to Becker and his never-ending dedication to the sport, but it would also be foolish to disregard the efforts of Head Coach, Jon Carlson, when talking about the continued success of the program.

"Jon is a very inspirational coach. He really tries to help you see the things in swimming that aren't necessarily performance-based, like being a good teammate and part of a family. I think that's the biggest thing that he's helped give me, like being a good teammate and leading by example," Becker said.

With all this success in the pool, Becker is sure to stay busy. Part of being a student-athlete involves balancing academics, athletics, and strong social life. Thanks to Becker, we are able to get a great in-depth look into what a weekly schedule looks like for him.

"On Monday we have practice. I've got a pretty consistent class schedule so I don't have any conflicts with practices. Tuesday looks the same except we have lifting in the mornings. On Wednesdays, we get the day off. Thursday looks the same as Tuesday and on Friday we have our team meetings and full-joint

practice. Normally Saturdays are meet days. On Sundays, I have a double with lifting and swimming," Becker said.

In considering this schedule and his track record so far, Becker has some pretty lofty expectations for both himself and for the team going into his fourth and final season.

"The goal is always to win the conference but hopefully if we all put in the effort that should come pretty easily this year. The goal is also to make some noise at nationals both as a team and individually," Becker said.

"The goal is always to win conference ... the goal is also to make some noise at nationals as a team and individually."

With practices starting last Monday, the season will soon be in full swing and according to Becker everyone is excited and feeling rejuvenated with love for the sport and optimism for how the season will go.

"I think we've got a lot of energy and people are excited to

work hard and get on the grind for the season," Becker said.

Becker was not the only Gustie swimmer to share this sentiment.

"We are all coming in hot. Everybody is ready to get going and start racing," Senior Taylor Vander Jeugd said.

"We are all coming in hot. Everybody is ready to get going and start racing."

Becker and the Gusties open the season with their Alumni meet on Oct. 8 and then host Mankato and UW-Stevens Point on Nov. 5. We wish the best of luck to Becker and the Gusties this season as they look to capture another MIAC Conference title.