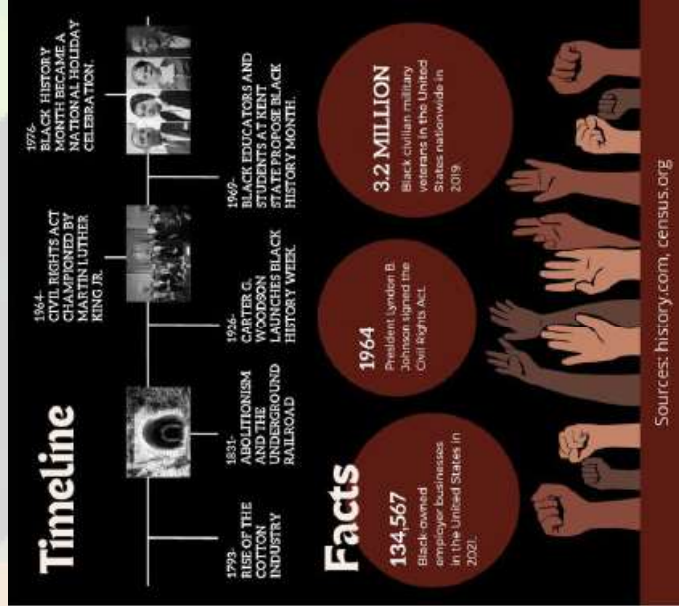


BLACK HISTORY MONTH

Written by *Aiya Jorde, Features Writer*

Happy February and welcome back! This month marks Black History Month, a time when people nationwide honor the accomplishments and history of Black Americans in the United States. A time to recognize the challenges of the past while celebrating the progress made, Black History Month starts way back in 1915.



History

Half a century after the Thirteenth Amendment abolished slavery throughout the United States, many historical records and textbooks still excluded African American contributions to history. In response to the lack of information, Harvard-trained historian Carter G. Woodson and minister Jesse E. Moorland (both pictured below) founded the Association for the Study of Negro Life and History (ASNLH), which was an organization dedicated to researching and sharing achievements by Black Americans and other peoples of African descent. In 1926, the group held a national Negro History week on the second week of February (coinciding with the birthdays of Abraham Lincoln and Fredrick Douglass). As the event gained momentum and popularity in cities across the country, by the 1960s “Negro History Week” had evolved into Black History Month on many college campuses. In 1976, President Gerald Ford officially recognized Black History Month and since then, every American president has designated February as Black History Month.



Black History Month Today

Every year, Black History Month is given a theme. The 2023 Black History Month theme, “Black Resistance,” shares how “African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings since [their] arrival upon these shores” (ASALH). This month, everyone “inside and outside the academy” is called to “study the history of Black Americans’ responses to establish safe spaces, where Black life can be sustained, fortified, and respected” (ASALH). Some ways you can celebrate Black History Month include:

- Visit a Black or African American history museum (would highly recommend the Minnesota African American Heritage Museum and Gallery in Minneapolis)
- Support Black businesses and organizations in the community
- Listen to the podcast or read the book “The 1619 Project” from The New York Times to learn about the “long shadow of American slavery”
- Participate in virtual events provided by the Smithsonian’s National Museum of African American History and Culture (NMAAHC)
- Donate to charities that support anti-racism equity and equality
- Watch some documentaries! Some great picks include Summer of Soul (Hulu), The 1619 Project (Hulu), 13th (Netflix), and Who Killed Malcolm X (Netflix)

This article barely skimmed the surface of what this month holds, but I hope it gave you a kickstart to learn more about this annual celebration and the larger American story. Have a great week and stay warm!

English is nonsense



Jonas Doerr
Opinion Columnist

Most people start in a womb, end up in a tomb, use a comb somewhere in between, and stay away from any bombs. If they do find a bomb, they'll probably want to give it a thorough throw, right now, without asking how, if it starts to glow. If the throw was good, there will be no blood, and they can go get some food.

You've probably caught

on by now. Why are all those words spelled the same with entirely different pronunciations? Can't the throw be good and there be no blood and rhyme with food? What's the point of putting a W at the end of a word if it sounds the same anyways?

And forget about the Bs at the end of words. If OMB is a valid letter combination, I'll probably combust and feel combative and then turn into a zombie. Let OMB remain what it's meant to be: slang for On My Belly (or Break, but even so the belly part probably still applies).

The solution is obvious. What sound does a bomb make? Boom. So why doesn't bomb rhyme with tomb? The logic is astounding, resounding, and compounding interest in the bank.

Yet, sadly, bomb sounds like "bom". Bummer. Nobody expected English to make sense, and it probably never will. And that's the problem.

Language is a huge part of who we are. Most people think in words. Nearly everyone has a running dialogue going on

in their heads that no amount of duct tape will shut up, particularly at 11 p.m. when one is trying to sleep.

"If OMB is a valid letter combination, I'll probably combust and feel combative and then turn into a zombie."

Language is also one of our strongest tools to influence our environment. If we want to get past someone, most of us would not simply step up to the offending person and chuck them into the nearest dumpster. Words take less effort and have less risk of a punch in the nose.

It would be nearly impossible to exist without some form of language. Aside from not being able to think, interactions with other people would be almost futile, which makes it

great that we have one. Except for everyone reading this article, you're stuck with English.

If the fundamental basis for how most of us think is inconsistent and illogical, what will we output? If we're made up of confusing material, can we produce anything that's not confusing? It seems that trying to make sense while using English is like building a treehouse out of soggy cereal.

These inconsistencies and confusions would explain several things about the general plight of humanity, particularly English-speaking Gustavus students. It explains why what we want is confusing, why other people are confusing, and why this article is confusing.

It's hard to know what we want because the words to describe it are confusing. Do you feel good? That could mean healthy, vibey, satisfied, smiley, or I-just-won-bingo-y. Those words are more accurate, but still vague. It's impossible to truly capture a feeling with the English language.

And aren't our wants

feelings waiting to be filled? If we can't accurately think through our feelings and wants because our language can't accurately describe them, how can any of them make sense? We can get close to understanding, but our convoluted language keeps us from actual comprehension.

"Words take less effort and have less risk of a punch in the nose."

It should then be clear why other people are so confusing, too. It's hard enough to understand what's bouncing around in our own heads, much less why that person took 2.5 weeks to answer the invite for lunch on February 14. "Sorry, I'm bad at texting!" they say.

"We can get close to understanding, but our convoluted language keeps us from actual comprehension."

What does that mean? Do their fingers have a hard time touching the right spots on the screen? Are they bad at spelling? Do they misplace their phone? Do they forget to charge their phone? Are their notifications turned off? Could they (gasp) not want to text me back?

All of these interpretations could be valid. Those five words are so ambiguous one could imagine dozens more, and some unsuccessfully. Valentines probably have. Not all sentences are that easy to misinterpret, but in English, nothing is cut and dry (like that idiom).

Perhaps, by now, you have realized why this article is confusing. Either the unclarity of the English language is a convenient excuse for bad writing, or that unclarity makes clarity impossible. Clearly. Or, maybe, you think it isn't and you're patting yourself on the back for your humongous intellect, to which I say, peace out (or in, or up, or beneath. The preposition doesn't really matter anyways).

Should we do anything to fix this enormous blight on the pristine efforts of trying to make any sense? Shall we take scissors and glue to Oxford dictionaries until logic is on every page?

It might work. But far more likely is that the best we can do is make fun of ourselves.



Dictionary in ConVic.

Soren Sackreiter

We need to make being frugal trendy



Gabrielle Lavan
Opinion Columnist

It has been a long-held belief of mine that being frugal takes skill, pizzazz, and nothing short of sheer determination. I firmly believe that being frugal is cool and we need to make it trendy. Long gone should be the days of hauls, buying whatever we want, and constantly buzzing about what's the latest object.

It's time we make ingenuity a trend.

Many people equate being frugal with being stingy. I believe that this is simply not true. It doesn't make you stingy to know the value of your money or to know when it's time to spend versus when to save. In fact, if we were smart, we'd all start being frugal very early in life.

For many, being frugal was embedded in the way they were raised. For better or worse, many have never even had to think about ways they could save money. They've never known the skill it takes to find the best deals in the supermarket, or how to make a week's worth of dinners from what would appear to be an empty refrigerator.

While frugality may already be part of a daily routine for many, it doesn't have to be difficult to work it into your life. Being frugal means thoughtful consumption. But

because nothing is never as simple as it seems, it is hard to ignore the larger implications of living frugally.

Being frugal is a moral affair. Having the power to spend money how you want is a privilege, so shouldn't it be your duty to spend it wisely? Not only that, but everyone knows that money speaks way louder than words. It says a lot when we purchase hordes of cheap clothing through conspicuous online companies. These companies, known for using child labor and contributing to the pollution of our planet, are reinforced in their behavior by our mindless spending. Of course, buy what you need to buy, however I challenge us to consider why we feel the need to buy it in the first place.

There's a big difference between being frugal and being cheap. Most notably, I would never give advice to be a cheap person, monetarily or

morally. But quite literally, a cheap person buys things that they may not have wanted if it weren't for the low price tag or the social capital of it. A frugal person would instead say, "let me make the most of what I already have."

The art of frugality became a trend around 2019 and 2020. Thrifting was in, malls were out, and soon a life-changing virus would unexpectedly be in. Shortly after 2020 however, many college students had extra money to spend by way of stimulus checks and grants. This new monetary freedom had many searching for comfort in purchasing power rather than social interactions.

Fast forward to 2023, and we're in the middle of a recession. People are scrambling to get by, groceries cost an arm and a leg, and coffee is \$7 a cup. Such a cruel world. Therefore, being frugal is becoming more and more socially accept-

able. People are choosing more cost efficient choices on the daily. More people are staying away from Hyvee and going to Aldi, or picking up a coffee before class at Dunkin' instead of Caribou.

Being frugal builds character and helps to relieve the financial stress of living outside of your means. It is a moral practice and is good for the planet. Finally, if for no other reason, be frugal because the earth can no longer keep up with the literal weight of plastics from water bottles and other litter being thrown into its oceans.

Always consider where your money is best used. Save it, spend it, donate it, do what you will, but do it thoughtfully without sacrificing the things that make you truly happy. Be inventive and creative with how you use things. And, if you're going to follow any trend, let it be the trend of frugality.

Sohre kitchen and its cooking catastrophes



Houston McLaury
Opinion Columnist

In the late hours of the night during the 2023 J-Term, most students would be found in their rooms working hard on their assignments. Some might try to relax with a TV show, others hang out with friends. In Sohre, it was quite different this year. Almost weekly you could find the residents of Sohre on the other side of the street as the fire alarm in the building blared out its warning.

This almost-weekly occurrence was a form of distress for many students; some people only went out in their PJs, others with hair wet from

showers. All had to stand in the cold of January and wait for the okay to go back to the warmth and safety of their rooms. More often than not, residents found the smell of burnt food wafting through the air as some made the long journey back to fourth-floor rooms. The smell was the worst part of the experience. The odor often lingered for a few hours before dissipating and would be accompanied by a wonderfully horrible headache for the duration of its stay.

By the third time the fire alarm went off, people were frustrated. Some joked about the possibility of closing the kitchen, locking up the pots and pans used for cooking and only allowing them to be unlocked at certain times. And while, yes, I understand the frustration over the frequent alarms, I don't think this would have been a reasonable solution simply because of the punishment it gives to the rest of the students in Sohre hall.

If the pots and pans and other utensils used to cook are locked away from students, I believe that it would harm the overall morale of the students who like to use the kitchens. Cooking yourself your own meal

is a comfort, a way of self-care, a good use of time from your day to make a meal that will fill you up and warm you to the soul. Taking away the tools to cook, or even just confining usage to a certain time frame, restricts this basic human comfort many students take advantage of during stressful college nights. The alarms, while a brief inconvenience during the time, were a temporary issue that at the start of the spring semester, seem to have faded away.

So, what other options could there be to have stopped this Sohre cooking catastrophe, other than locking up the pots and pans at certain hours? One potential solution would have been to install a camera inside the kitchen and identify whoever was setting off the alarm. This would lead to a discussion with CFs about safety while cooking for those who triggered the alarm. My hope for this is that there would not be any further incidents of fire alarms going off, and that with the CF's discussion with the students that set the alarm off would be enough of a warning to prevent any more catastrophes in the kitchen.

While the constant alarms over J-Term were, yes,

an inconvenience, I don't believe that locking the cooking equipment away would truly solve the issue. Cooking feeds the soul and allows us to take a

minute out of our day to make something for ourselves, to treat ourselves. Cooking must not be restricted for the sake of the students' morale.



Fire alarm.

Submitted

Gustavus and sustainable energy



David Eide
Opinion Columnist

On Feb 7, Governor Tim Walz signed a bill requiring that all Minnesota utilities produce 100% of their energy from zero-emission sources by 2040. This is a very ambitious goal and one that was sorely needed to ensure that the ongoing energy transition continues on pace. In order to achieve this goal by 2040 however, every institution in the state will need to pitch in in one way or another. This inspired me to reflect on how Gustavus has interacted with clean energy in the past and the ways in which it can potentially expand those interactions in the future to ensure that the 100% renewable goal is reached by 2040.

When I think of clean energy at Gustavus, one of the first things that come to mind is the wind turbine near the physical plant, which generates around 2 kilowatts per hour at its optimal wind speed. While we might take the turbine for granted now, over ten years after it was originally installed, getting the turbine built was a major struggle. This demonstrates how difficult it is to make progress on clean energy when governments are unsupportive. Originally, the plan was for a significantly larger turbine to be built near the Arb, which could have provided a significant portion of the school's energy needs. However, due to fears of noise pollution, the county commission implemented a rule stating that turbines could not be constructed within a certain distance of residences. When Gustavus asked for an exemption from this rule, they were rejected. As a result, Gustavus instead constructed a smaller, less efficient turbine elsewhere, which I think is pretty unfortunate.

There are other, less noticeable signs of Gustavus's commitment to clean energy. For one, there are numerous solar panels dotting the roofs of many buildings on campus, providing these buildings with sustainable energy. There are also a small number of charging stations for electric vehicles around campus which will likely prove more and more useful as electric vehicle adoption continues to increase. Overall, I'm quite pleased with the attention already paid to clean energy by Gustavus as we seem to be doing quite a bit for a smaller-sized school. After all, it's not as if the school and its community had to keep trying to make the wind turbine happen after the major setbacks inflicted by the county commission. They could have simply thrown up their hands and burned some more fossil fuels, but instead, they found a way to make the wind turbine work in spite of the county's obstinance.

"For one, there are the numerous solar panels dotting the roofs of many buildings on campus, providing these buildings with sustainable energy."

As with all things, however, there are still many opportunities for improvement in the future. One example that immediately comes to mind is expanding the amount of electric vehicle charging stations available around campus. While the fact that we have any at all is somewhat admirable, if mass adoption of EVs does occur in the near future then the campus will need far more charging stations than what is currently offered. This observation provides a neat segue into another area for improvement; it is likely that the installation of many more EV charging stations will increase the overall energy needs of the school. However, this also offers a chance to further expand renewable energy sources, perhaps in the form of several larger wind turbines or through a more developed solar network. Gustavus is starting from a good position in regards to clean energy, it is unlikely to be difficult for us to make the

full transition as it will be for some other schools who may not have our head start.

"One example that immediately comes to mind is expanding the amount of electric vehicle charging stations available around campus."

There will be some who will say that the overall goal of 100% renewable energy is an unachievable pipe dream. Those people may be

correct in that it will likely be very difficult to complete the full transition in only 17 years, especially considering the intractability of certain emission sources. However, I think the mere act of setting a goal is worthwhile. Doing so provides a motivating factor to continue pushing for the adoption of renewable energy as well as possibly forestalling any backsliding that could occur as a result of unforeseen economic trends. The setting of this goal also signifies a unified government commitment to clean energy which may potentially serve to counteract occurrences, like the previously discussed county ordinance limiting wind power development. While private

economic interests can push the adoption of green energy decently far, governmental regulation will likely be necessary to make it past the finish line. Ultimately, if we wish to avoid the worst-case climate scenarios we need to rapidly reduce greenhouse gas emissions, meaning ambitious targets like this are crucial. Gustavus has already done a lot when it comes to clean energy, but we should always strive to do more. I have faith that the campus community will push the College to do just that.



Be bright and turn of the light poster.

Movies from Swank: Bones and All

Will Sorg
Movies Guy

Italian filmmaker Luca Guadagnino’s cannibal, coming of age, romance, road trip, horror, drama *Bones and All* is just as chaotically layered as this description implies. The film follows Maren, played by Taylor Russel, as she travels through the American countryside. Maren is an “Eater,” someone who is a compulsive cannibal unable to control her desire for human flesh. Maren meets Lee, played by Timothee Chalamet, a young drifter who shares her need for flesh. The two travel throughout the backroads of America as Maren tries to track down the mother she never knew, who she believes is just like her.

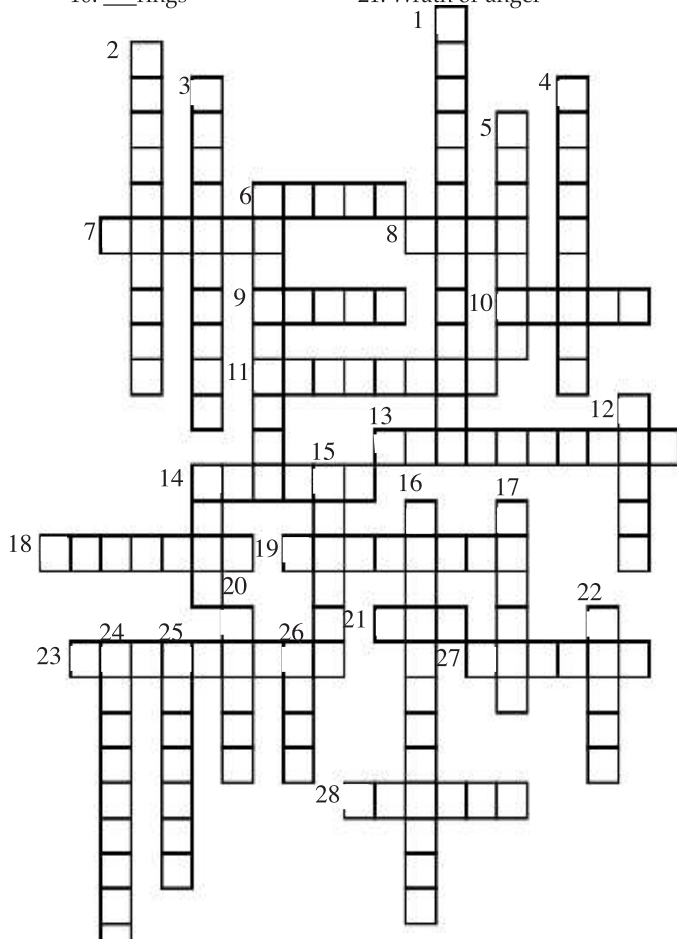
The way in which Maren’s cannibalistic nature is explored throughout the film is interesting. Through cassette tapes left by her father, it is explained that she has shown signs of being an Eater since she was three years old. However, it is only when she ends up on her own that she begins to meet other Eaters. This throws her into the dark and lonely world of the film, a Reagan-era America filled with cannibals that go unnoticed in society similarly to the great deal of serial killers that existed in that time period. The film is a moody period piece that highlights a time where people really could just disappear; when mass surveillance and social media didn’t give everyone a traceable footprint. This is the world in which Maren and Lee exist.

The central protagonists are fascinating in the way their lives are remarkably unchanged by their condition. Cannibalism could be substituted for any other situation that puts young adults on the fringes of America and much of their interactions would likely stay the same. At their core, the two leads are conflicted over the way all direction seems to be absent from their lives. They travel through a handful of states with unspoken feelings and past guilt haunting both of them while they struggle to share that pain with each other.

The gloominess and isolation of the film lends itself to be contrasted by its technical aspects. The visual style is incredibly formal – framing and camera movement is kept precise and unemotive, often lending itself to a more objective viewpoint. This allows the actors to fill in the scenes with their emotions rather than to have the camera try and push emotions out of a scene. While licensed music used in the film occasionally feels out of place, the original score by Trent Reznor and Atticus Ross fits in perfectly with the film. The compositions are incredibly well executed and flawlessly reflect the tone and themes of the film.

It is difficult to make a film with the subject matter of cannibalistic teens dealing with trauma and deciphering their feelings while also killing and eating people. I would argue that most filmmakers would be incapable of directing a film like that without making it a gratuitous, tone-deaf schlock piece. The film may swing a bit too hard in the other direction at times; it sometimes felt as though the film lacked a compelling central hook that would be present in something that showed less restraint. However, Guadagnino is able to make the film feel genuine. There is an intimacy to the film that is rarely seen in horror films, and the actors are great. The presence of the camera is rarely noticed as the actor becomes a character and the character becomes a living breathing person who is more than what the script or the film explicitly tells us they are.

- Across:
- 6. Legless Animal
 - 7. Son of a king
 - 8. Big wild dog
 - 9. Cat with an M on its head
 - 10. ___rings
 - 11. A white and pink flower
 - 13. Fake
 - 14. The edge of a country
 - 18. Useless or garbage
 - 21. Unmarried man
 - 21. Wrath or anger
 - 23. A classic American food item
 - 27. Animal Herder
 - 28. A song sung on a boat



Down:

- 1. Studier of volcanos
- 2. Secretive or enigmatic
- 3. The capital of Denmark
- 4. A saint of love and beekeepers
- 5. An often hunted American myth
- 6. The month Earth Wind and Fire Sings about
- 12. A black bird
- 14. The person in charge
- 15. For removing mistakes
- 16. For keeping food cold
- 17. Fire breathing reptile
- 20. Offensive
- 22. Silly
- 24. Enemy
- 25. Gaelic folk creature
- 26. European Currency

*“Our sidewalks are just as
rigorous as our courses!”*



Frija Reinert

Women's basketball tops Saint Catherine's

Gusties claim MIAC regular season title

Emma Esteb
Staff Writer

This past Saturday, Feb. 11, the Gustie women's basketball team faced Saint Catherine's at Gus Young Court. The Gusties needed one win to clinch at least a portion of the conference regular season title. With that in mind, Saint Kate's came out hot at the beginning of the first quarter where they held the Gusties to just two points. "Our mindset going into the game was that Saint Kate's is a good basketball team, they are coached really well, and they always play super hard so we knew it wasn't just going to be a push-over game. We knew it wasn't going to be an easy win so we just needed to go out there and play Gustie basketball," Junior Emma Kneifel said.

Channeling the heart of Gustie basketball, Kneifel reset the tone and scored six points to tie up the game 12-12. Slowly gaining speed, the Gusties took a two point lead but were tied up again towards the end of the first quarter. Sophomore Kylie Baranick posted two free throws before the end of the first, solidifying an 18-16 lead. Both teams put up 10 points each in the second quarter ending the half with a Gustie lead of 28-26.

"I would say the biggest thing was our defense, we held them to a very low scoring game because our offense wasn't clicking well, our defense kept us ahead," Baranick said.

The team knew what they

had to do in the second half and they were determined to clinch that Conference regular season title. The Gusties faced adversity in this game as they didn't have head coach Laurie Kelly on the sidelines. Earlier this season, against Saint Kate's, Coach Kelly tallied her 400th collegiate coaching win with the team and has continued to be a dominating force over her nine seasons of coaching at Gustavus. Her absence was a contributing factor to the uncharacteristically slow start for the team.

"It didn't go as we had hoped in the beginning, definitely was a struggle getting a few buckets, getting some easy ones but throughout the game we just kept focusing on ourselves, focusing on our defense, and bringing the energy. After halftime, we started to pick things up and went on a little run," Baranick said.

"It didn't go as we had hoped in the beginning, definitely was a struggle getting a few buckets, getting some easy ones but throughout the game we just kept focusing on ourselves, focusing on our defense, and bringing the energy. After halftime, we started to pick things up and went on a little run."



Gusties fired up after a big bucket.

Submitted.

The Gusties found their rhythm and increased their lead with each minute of the quarter. Senior Anna Sanders made both three-pointers, tallying six points in the third quarter. Baranick, Sophomore Rachel Kawiecki, and Sophomore Morgan Kelly each posted five points in the third creating a 13 point margin at the end of the quarter.

With this momentum, the Gusties continued to stay up and ended up winning with a score of 69-55.

"After the game, I was still surprised to see the score. They only scored 55 points, which is right around our average but it just didn't really feel like that during the game. But, I think

that we all stayed really positive which I was proud of," Kneifel said.

"After the game, I was still surprised to see the score. They only scored 55 points, which is right around our average but it just didn't really feel like that during the game. But, I think that we all stayed really positive which I was proud of."

This game was their 21st win of the season, successfully clinching at least a share of the Conference regular season title. Kneifel led the Gusties with 13 points with Sanders right behind with 12 points, and Baranick with 10. Kawiecki led both teams with 10 rebounds and Baranick posted a game-high of five steals.

The team is now 18-2 in conference play and has two more games to take the full conference title, starting with their matchup against Hamline this Wednesday.

The Gusties have been tremendously successful this season. "Our team chemistry has been a major component to our success this season. We all know what our role is and what we have to do in order to be successful. None of us overstep that or understep that so we are always being aware," Kawiecki said. The team is looking to end the regular season with those two wins in order to fully claim that Confer-

ence title and then head into the postseason on the right foot.

"We're just really hoping to finish out the season strong with those two wins and then get that title to ourselves and then the postseason is always so fun and exciting. We also could possibly have a chance at hosting if we make it that far which would be super cool and something to look forward to," Kneifel said.

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With this momentum, the Gusties are ready to finish out their season strong and reclaim their title. The team's drive, passion, and heart will carry them far, as it already has been all season long. The Gusties have a bright future ahead and are ready for whatever is thrown their way. They head to St. Paul this Wednesday to bring them one step closer to becoming MIAC regular season champions.



Junior Lexi Scherman looks to make a pass.

Submitted

Gusties burn up the track

Nelson and men's relay team both break records



Birgen Nelson making the hurdles look easy.

Submitted

Parker Burman
Staff Writer

This past weekend the Gustavus Track and Field team made the trek up to Collegeville, Minnesota to face off in the Saint John's Invitational. After competing the day before at the Mankato Massive Meet at Mankato State University, the Gusties had to use all their remaining strength for another day of competition.

"I came into the meet feeling pretty good and ready to compete. For our athletes that did compete the day before, you could tell that they were still ready to do their best and they didn't carry any possible feeling of tiredness or soreness into the competition with them," said Junior Madi Kes.

"I came into the meet feeling pretty good and ready to compete. For our athletes that did compete the day before, you could tell that they were still ready to do their best."

With lots of energy and hard work, the Gustavus men and women both took second place solidifying a solid weekend for

the program. In 18 total events for both the men and women, the men compiled a total of 109 points while the women were able to amass an impressive 142 points to secure second.

On the men's side, the Gusties secured four event wins on the day while placing high in several others throughout the competition. Sophomore Tyler Smith won the 600-meter with an impressive time of 1:23.47 with teammate Sophomore Markus Rupnow right on his heels. Senior Tucker Wallin won the 1000-meter with a strong time of 2:35.63.

In the longer distances and relays the Gustavus men continued to perform well. Gusties finished first and second in the 3000-meter with a pair of Seniors Jake Wielgos and Trevor LaVigne coming in at 9:04.03 and 9:12.54, respectively. The 4x200-meter relay team also won their event with a season-best time of 1:31.20. Seniors Wyatt Quiring, Seth Zeitchick, Junior Mathew Skelly, and Sophomore Nathan Le all put the Gusties in a great place to win throughout the race.

"It felt great setting a season-best time. We shaved off about 2 seconds off of our original time earlier this season. Just building more chemistry with each other and executing better exchanges was the key to helping us shave off a decent chunk of time," said Le.

"It felt great setting a season-best time. We shaved off about two seconds off of our original time earlier this season. Just building more chemistry with each other and executing better exchanges was the key to helping us shave off a decent chunk of time."

For men's field, Senior Josh Beiswanger finished second in the weight throw with a personal best distance of 54-10.25. His throw is the longest throw in the event in the MIAC this season. "My goal is to try and win every competition I enter or perform the best I can at that time in a training program," said Beiswanger.

The Gustavus women finished the day with six event victories, which overall helped contribute to their 142-point total. Their performance was highlighted by another record-setting weekend by Senior Birgen Nelson. Nelson broke Laura Carlson's 400-meter record with a time of 58.18 beating the original school record of 58.39.

"When I break a school record I'm reminded that all my

hard work is paying off. My coaches believe in me and work so hard to help me achieve my goals. It's a great moment for us each time I break one and I'm so happy to make them proud when I do," said Nelson.

Not to be outdone, Sophomore Kate Carlson won her 60-meter race with a personal best time of 7.82. Her time now places her third in program history with time to still break the record.

"It was so exciting to win the 60 meter dash and all my teammates came to cheer with me which made it so much better. I was psyched when I saw my time and that I finally broke 8 seconds," said Carlson.

Personal bests kept coming for the Gusties as Junior Danielle Miller won the 60-meter hurdles with a personal best time of 9.30. In the field Junior Ally Rakow won the high jump with a new personal best, clearing the bar with a 5-2.25 jump. Senior Annika Poe won the shot put with a huck of 46-1.25 to secure the event win once again. Lastly, Kes won in the triple jump with a leap of 37-7.25.

"It definitely means a lot to be able to accomplish that. It feels good to know that my hard work has been paying off and it makes me excited coming into our championship season knowing that I am jumping as good as I can be," said Kes.

Starting next week the

Gusties will compete at the MIAC Indoor Championship in St. Paul, Minnesota from Feb 23-25. Over three days of competition, Gustavus will look to continue their strong season.

"I think this team can accomplish so much. Not only do we have the talent, but these girls are so incredibly hard-working. I am excited for this season, but I also know with these people the team will be successful for seasons to come," said Nelson.

"I think this team can accomplish so much. Not only do we have the talent, but these girls are so incredibly hard-working... I know with these people the team will be successful for seasons to come."

"So many of our athletes had a great meet and there were a lot of personal bests. Everyone competed so hard and we have some great momentum heading into MIAC Indoor Championships," said Carlson.

Women's hockey rolls on Senior Night

Focus and experience fuel 9-0 rout



Gusties embrace after one of nine goals.

Submitted.

Brady Boie
Sports Editor

The Gustavus Women's Hockey team posted an impressive performance on Senior Night, trouncing the Concordia Cobbers with a continuous flurry of goals. The end result was a 9-0 victory for the Gusties who set out to make their Senior Day Special.

"Senior Night brings out a lot of emotions for any sport. You never know how fast it goes until you are one of them [a senior]. Our team has done a good job of saying 'Yes this is Senior Night, yes we are going to celebrate, but let's do that afterward because we have a game to focus on and a game to win,'" Senior Clara Billings said.

The focus was apparent from the get-go for the Gusties, as they came out searching for the back of the opposition's net. Fifth-year senior Gabby Slykas netted the first goal less than five minutes into the game. While it seems like it would be any athlete's dream to score a goal on Senior Day, this goal meant a little bit more for Slykas - it was her first collegiate goal after playing in over 100 games.

"I shot the puck low and I saw it trickle behind the goalie... and next thing I know my teammates are skating after me... everyone was jumping on me and I did not know what to do because I had never scored... what was really special was that after the first period, I went into the locker room and all of my teammates are just hyping me up for two minutes," Slykas said.

The scoring didn't stop there for the Gusties, as they added three more goals in the first period. Billings assisted Sophomore Kaitlyn Holland just a minute later to add to the lead. Her older sister, Hailey Holland followed suit just four minutes later. This goal catapulted Holland, a senior, into rarefied air. She is the 14th Gustie to eclipse 100 career points, an honor only shared by one other current Gustie. Not to be outdone, First-year Lily Mortenson joined in on the scoring action and the Gusties closed the period with a 4-0 lead.

"The game showcased our ability to rack up the points on the scoreboard. A lot of girls got on the scoreboard with assists or goals, so that is always great to see... We have not had many games where it is that high-scoring, so to have one of those games under our belts

lets us know we are capable of it. To play a full sixty minutes is something that we have been focusing on all season and I think it goes to show that we are pretty close to meeting that goal," Billings said.

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The onslaught continued in the second period, as Junior Brooke Power scored on a power play halfway through the second period. Hailey Holland added her second goal of the night just five minutes later, giving the Gusties a commanding 6-0 lead and putting the Cobbers out of reach in just two periods of play. This type of dominance gives the Gusties' confidence that they will be able to return to the National Championship game they played in just one year ago.

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onship game. We have a lot of veterans on this team who want to make it back there and have a little bit of redemption and that is obviously our ultimate goal. Our mentality is to take it one game at a time," Billings said.

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Billings backed these statements up with her play in the third period. She scored twice in a span of nine minutes and ended up with three total points on the night. Kaitlyn Holland put the finishing touches on the Gustavus masterpiece with her second goal of the night. When all was said and done, the scoreboard read 9-0 Gusties

on their very special Senior Night. Senior Katie McCoy kept the Gustie net safe, recording eleven saves in just forty minutes of play. This impressive feat helped McCoy earn MIAC Women's Hockey Defensive Player of the Week.

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"I have been the starting goalie since my freshman year, so working hard in practice and staying confident (has been key for me)," McCoy said

This confidence and experience are what will help guide the Gusties to a deep tourney run. Here's to another great year of Gustavus Women's Hockey.