

# ST. PATRICK'S DAY

by Aya Jorde, Features Writer



The Shamrock Shake is back at Mcdonalds.

You know what that means....

Time to guzzle down as many cups of fluorescent green minty goop as you can during its limited time availability?!

No...I mean, yes.... But no.

St. Patrick's Day is coming!

Celebrated annually on March 17th, St. Patrick's Day is the anniversary of Saint Patrick's death in the fifth century. Falling during the Christian season of Lent, for over 1,000 years Irish families have celebrated this religious holiday through attending church in the morning and celebrating in the afternoon. Once the Lenten restrictions against the consumption of meat were yielded, the Irish would dance, drink, and devour the traditional meal of Irish ham and cabbage. Below are some more facts about St. Patty's Day!

*Who was Saint Patrick?*

Historians believe that the patron saint of Ireland, known as St. Patrick, was born near the end of the 4th century in Britain, not Ireland (#PlotTwist). After getting kidnapped at age 16 by Irish raiders and sold as a slave to a Celtic priest in Northern Ireland, St. Patrick escaped back to Britain after working as a shepherd for six years. Returning to Ireland as a Christian missionary, he is credited with bringing Christianity to its people. After St. Patrick's death (believed to have been on March 17, 461), he has become the forefront of many Irish myths and legends. Perhaps the most well-known legend is that St. Patrick used the three leaves of a native Irish clover, known as a shamrock, to explain the Holy Trinity (Father, Son, and Holy Spirit). Another famous legend is that St. Patrick chased all the snakes out of Ireland, which has been disproven because there are no signs of snakes in the country's fossil records and thus, they never occupied Ireland in the first place... That's awkward.

*What's up with the Leprechaun?*

The little red-haired dude that's wearing all green? OH, let me introduce to you "lobaircin," which is the original Irish name for leprechauns, translating to "small-bodied fellow." Likely stemming from the Celtic belief in fairies, which are tiny people who have magical powers, leprechauns are believed to be the cranky ones of the bunch, responsible for mending the shoes of the other fairies (hey, I'd be cranky too). Folklore says that if caught by a human, the leprechaun is obliged to grant them three wishes and are rumored to hide in caves or the trunk of a "Fairy Tree."

*What's Saint Patrick's Day doing in America?*

Even though people in Ireland have been celebrating St. Patrick's since the 1600s, records show that the first St. Patrick's Day parade in America took place on March 17, 1601, in a Spanish colony known today as St. Augustine, Florida. The parade and a St. Patrick's Day celebration which took place a year earlier, were both organized by the Spanish Colony's Irish vicar Ricardo Artur. More than a century later, a Saint Patrick's Day celebration was held by homesick Irish soldiers in Boston, with New York following suit. The rise of St. Patrick's Day celebrations grew from there and continues today, with cities such as Chicago dyeing its river green since 1962.

*How do I celebrate Saint Patrick's Day?*

Well, first of all, as fun as it is to be pinched by strangers, wear something green. In addition, you can do some baking/cooking! Whether it's Irish soda bread or a corned beef and cabbage recipe, throw together a scrumptious St. Patrick's Day meal. It's also the perfect time to get down to some Irish music and burn up the dancefloor with some Irish step dancing (or your best interpretation of it). And...well, I'm sure you can come up with a couple more ideas on your own....

There you have it.  
Erin go bragh!  
Have a great weekend everybody!



Submitted

# The worst month: March



**Houston McLaury**  
Opinion Columnist

For every month of the year, there is something to look forward to. For the summer months of June, July, and August, it's the break and warmth that summer brings that gives these months value. The fall months of September, October, and November bring cozy feelings, falling leaves, spiced drinks, and dark nights that bring the richest of atmospheres into homes. For the winter months of December, January, and February there is the wonder and beauty of the snow, and the holiday breaks we receive. But for the first month of

spring, March, it offers us Minnesotans nothing useful. It is a month of dread, misery, and pain, compared to the pleasant warmth and comfort that the spring months of April and May bring. March offers a mixture of snow and rain, the horrid mixing of the seasons of winter and spring, and for the students at Gustavus, it is the month-long trek into midterms, one of the most dreaded times for any college student. And this current March has been nothing different from the past Marches I have been tasked to endure just to see the wonder of spring.

My first quarrel with this accursed month is the weather. As we have already experienced within these first few weeks, the weather flips and flops between dreadfully snowy and cold, and mildly warm and rainy. Now, don't get me wrong, I absolutely love the rain. I live for the rain, as it adds so much to the mood of any given day, but in the month of March, it adds nothing.

The temperature, never reaching above 50 degrees Fahrenheit makes the rain a pain, a bother, and a hassle while taking all the enjoyment out of the rain. Not only that, but thanks to the freezing temperatures, this rain often freezes on the roads, and near buildings, making walking or driving a dangerous game of slip and slide.

*"The snow is mixed with dirt and sand, creating wonderfully horrible artwork across the sides of roads and sidewalks."*

Then there is the snow. Sure, for the months of winter, the layering of snow may seem nice, with all of its romanticism regarding the activities one can do in it, but by March, it has all grown ugly and useless. The snow is mixed with dirt and sand, creating wonderfully hor-

rible artwork across the sides of roads and sidewalks. Meanwhile, the snow has frozen over, making it impossible to walk through or enjoy regular winter activities such as sledding, snowman making, and snowball fights. If I could have snowball fights in March, I would look much kinder upon this dreaded month, but thanks to the snow becoming ice-like, there is nothing I can enjoy about this horrid month. The horrible look and the freezing of the snow add to my ever-growing hate for the month of March.

Then comes the dreaded deadline of midterms, a time of the year almost every college student resents. The midterms of a class can range from an essay to an hour-long test, on which a large percentage of a grade is based. It is a time of anxiety for those studying, and a time to buckle down and do the work assigned, allowing for little time to be spent with friends. Not only that, but during the

month of March, classes start to ramp up, both in difficulty and in workload, since the month of February acted as the introduction to the course. This workload contributes again to the time students are allowed and allotted to spend with their friends. This, I believe, is the worst part of the month of March, the fact that time spent with friends and loved ones is so restricted due to the time one must spend on studying for midterms, and for their regular course loads.

*"...there is no allotted break time offered, where classes are taken away."*

This all becomes worse once one realizes there is no real break allotted in March. True, there is the spring break offered on April 1st, but since it starts in the next month, it cannot count towards the March breaks. There are no breaks allowed since there is no major holiday offered in March. Sure, there is St. Patrick's Day where one can gather with friends and enjoy their company, but there is no allotted break time offered, where classes are taken away. Compare this, meanwhile, to the fall semester. There is the Nobel Conference in September, where classes are forced to take a break, fall break in October, Thanksgiving break in November, and finally winter break in December. For each month of the fall semester, there are at least a few days of break, and yet in the month of March, there is none offered.

All of these factors, of weather, ugly useless snow, workload, midterms, and no break all amount together to bring about the worst month in existence. Sure, there exists the holiday of St. Patrick's day, but the bad heavily outweighs the good of this month, as it offers truly nothing for the average person to do. All throughout March I yearn for any other month because anything would be better than the suffering one must endure under the reign of March.



The old snow \*thumbs down\*

Katie Doolittle

# Our trees are lonely



**Jonas Doerr**  
*Opinion Columnist*

**O**ur trees are lonely, and we are not loving them enough.

Trees cannot help other trees. All a tree is to another tree is a pollen receptacle, and everyone knows how objectifying it is to be a pollen receptacle. Trees never walk up to another tree and ask “How are you doing?” Maybe they yell it across the sidewalks to each other, but they never really mean it.

Trees never give each other hugs. What would the other trees think if one tree lifted its roots, strolled over, and gave the lonely tree pining (pun intended) for love a hug? It would be too embarrassing.

Being a tree is only about being the best tree. It’s about being the tallest tree, the most beautiful tree, and the tree that can yeet its seeds to the most distant locations.

The life of a tree is a life of competition: the survival of the fittest. For trees, it’s also the survival of the thirstiest, the strongest, and the thickest.

Yet we humans treat trees just as badly, if not worse! What are trees, if not objects of usefulness to us? We value trees for the nice tables they turn into, the carbon dioxide they suck out of the atmosphere, and the way their blossoms entice prospective students to come to Gustavus in the spring.

Rarely does anyone take time out of their day to console a lonely tree. Rarely does anyone give a melancholy tree a sweet, loving caress, except when they take an angry swipe at one of those chunky squirrels around campus. And never have I seen anyone give a tree a loving peck on the bark.

Some might say, why should we care about trees? Trees don’t have feelings! And certainly, it might seem that

way for one who is not a tree. It is very difficult to empathize with another’s feelings, especially if we are unfamiliar with that worldview. A tree’s worldview is much different than our own, but how do we know that it doesn’t experience pain, or that it doesn’t need a little pick-me-up like a stressed student needs a Minecraft break?

Let us take some time out of our days to show a little love to the lonely trees. We can start by giving them some hugs. Although it may seem transactional at first because the warm bark feels so good, both sides benefit. Don’t worry about finding the right tree. There are thousands of different trunk sizes and textures, and everyone has at least one soul tree. Hugging the tree will provide

relaxation and comfort for the tree and the person.

We can also spend some quality time with the trees to make them feel less lonely. As the days start to warm up again, bring out the hammocks and soak up some Vitamin D while swinging from a branch. Even better, risk life and limb by climbing onto a limb and taking it easy from a perch high up in a tree. The wind through one’s hair, the wind on one’s skin, and the swaying tree beneath one’s feet combine for a meditative experience, and the tree gets to enjoy the presence of a friend.

What many trees truly need is a voice telling them that they mean something. Studies have found that speaking to plants makes them healthier, and

while some might say it’s the carbon dioxide and moisture from human breath, I think it’s more likely that trees need love like the rest of us. Do some trees a good turn and share a few words of affirmation with the nearest oak.

Perhaps by now, it is clear that this is not really about trees. Trees can be lonely, but they are meant to grow alone. There is another species common to our campus that is not meant to grow alone, but they often do.

Some hear, “How are you doing?” every day, but no one really means it. The time they spend together is a competition for status or success. And how many people could use a warm hug from a friend?

It’s easy to get caught up in

the whirlwind of college and see other people as scenery that occasionally has its uses. Sometimes even friends can seem like the sum of their usefulness. But this makes it even more important to take some time to show some love and remind ourselves that the people around us are emotional beings, too.

Maybe don’t hang a hammock from their limbs, but for the most part, what goes for trees goes for people. Spend some quality time together. Give them a hug. And don’t forget to remind them that they mean something and they’re a valuable human being.



*Lonely trees around campus*

Parker Tewes

# A new way to vote?



**David Eide**  
Opinion Columnist

As a political science major and someone who is just generally plugged into politics, I've been paying very close attention to this year's session of the Minnesota legislature. This session is especially significant because it represents the first instance of unified governmental control in almost a decade, with the Democratic Farmer-Labor Party having taken full

control in the 2022 elections. As a result, they have been able to advance a large amount of legislation such as a state equality bill and a bill to legalize recreational cannabis in the state without any need for Republican support.

*"This bill would make it so voters can rank their candidate preferences."*

One particular bill that is moving through the legislature and which has caught my eye is an act to institute ranked choice voting in Minnesota elections. In effect, this bill would make it so that voters can rank their candidate preferences and have it so that their votes would transfer if their first is eliminated; if your first choice doesn't get enough votes then your specific vote would go to your second choice and so on until a majority is reached. Needless to say, this bill would majorly upend the way Minnesota does elections and I think

an in-depth exploration of its many facets is worthwhile to evaluate whether this is a good idea.

First things first, I should probably make an ethics disclosure. Over this last summer, I was a worker with a political campaign that happened to cooperate with FairVote Minnesota, the main organization promoting ranked choice voting in Minnesota, and I personally worked with their staffers on occasion. Now, I had pretty developed opinions on RCV before this summer and my interactions with FairVote Minnesota were ultimately pretty unsubstantial, so I don't think it would influence any of what I have to say. Overall, I think implementing ranked-choice voting would probably be a net positive for Minnesota voters. While I don't think it would be the silver bullet that it is often claimed by proponents to be, I think it offers a more nuanced voting experience that will ensure that the candidate who is preferred by the most amount of people is elected, which I

think every democracy should strive for.

Of course, this idea is not being proposed in a vacuum and we can look to other implementations of ranked-choice voting in the US to perhaps game out what its effects would be in Minnesota. Alaska and Maine have already switched to RCV for their statewide elections while several cities, including Minneapolis and St. Paul, have been using RCV for many election cycles; at this point so there's a wealth of examples to choose from. In the cases of Maine and Alaska, the implementation of RCV has resulted in the victories of candidates such as Jared Golden and Lisa Murkowski, respectively, who had the overall support of a majority of the population but who would have lost if the elections were run under the old system wherein the candidate who gets the most votes without any other consideration wins. Furthermore, in local municipalities, RCV has opened the door to a wider range of political opinions and ensured that there is communication and cooperation between different candidates to ensure that they can receive optimal rankings from each other's supporters. In effect, RCV in municipal elections allows for the formation of coalitions between candidates who in the past would have likely viciously attacked each other despite sharing many of the same beliefs and goals.

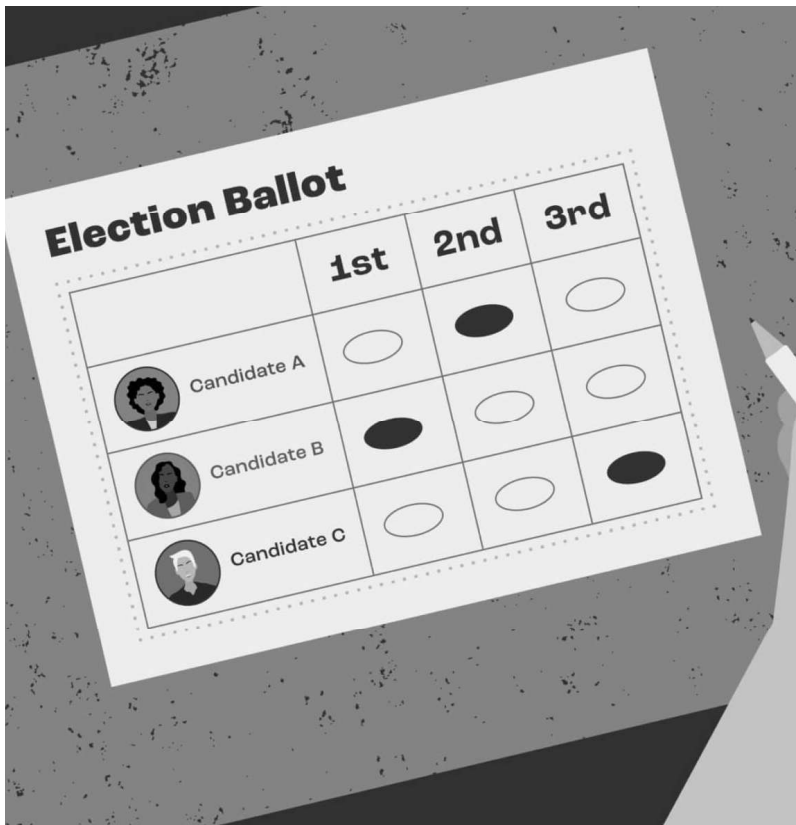
*"[Ranked choice voting] has opened the door to a wider range of political opinions"*

Of course, not everyone is in favor of abandoning the current system and moving to RCV and it is worthwhile to consider some dissenting arguments. A major argument I've seen is that the current election system works fine so why take the risk of switching to a new system? I view this as a somewhat fallacious point—just because the current system is functional doesn't mean that we shouldn't constantly be trying to improve it. I've also seen some people say that the

implementation of RCV in Maine and Alaska shows that it wouldn't really tamper down partisan competition which is a claim often made by RCV proponents. I actually agree with this point as for the most part, in statewide and federal elections the competition is still ultimately between Democrats and Republicans, even if third parties can now have more of an influence on the outcome. However, even if this is the case I don't think it's a decisive argument against RCV, as there are many more positives to RCV besides decreasing partisan conflict, such as its ability to build cooperation in municipal elections and ensure that the preferred candidate for the largest number of voters is elected.

*"...the competition is still ultimately between Democrats and Republicans, even if third parties can now have more of an influence on the outcome."*

I ultimately think most of the debates surrounding RCV in Minnesota are of little use at this point considering that the current bill would only set up an investigative committee to make recommendations for how exactly Minnesota should implement RCV. Once the committees' recommendations come in, I'll feel a lot more comfortable discussing the actual merits of RCV in Minnesota. Still, I will probably be in favor of whatever proposal comes out, as I think RCV is just a better way of conducting elections.



An example of a ranked-choice ballot

submitted

# The 95th Academy Awards

Will Sorg  
Movies Guy

This is my first published article covering the Oscars. I wrote one last year but it ended up being derailed by Will Smith and I was unsatisfied with the final product so I did not publish it. Seeing as Jimmy Kimmel already made about five or six unfunny jokes relating to last year's big incident I will now never bring up 'the slap' ever again. Anyways this was probably the most watchable Oscars I've seen in years.

It feels like The Academy finally tried listening to everyone this year. There were no intensely unfunny SNL type sketches, they didn't mistreat the technical awards like last year, there weren't too many unnecessary clips shown and they didn't even draw out the opening segment too long. It was a simple, unproblematic, safe ceremony, and I appreciated that. There were plenty of groan worthy jokes and a few awkward patches but the ceremony itself was unremarkable, which is perhaps the best compliment I can give to a Oscars ceremony. Now I'm going to talk about the winners of this year in quite a bit of detail because I want to make watching 46/54 of the movies this year feel like I didn't waste my time.

Obviously I cannot go very far through the ceremony without mentioning the big winner. *Everything Everywhere All at Once* absolutely swept through the Oscars this year. I was overjoyed to see my favorite film of this year get as many awards as it did. Besides Best Picture, Best Directors and Best Original Screenplay, the film picked up almost every acting award including a much deserved win for the film's show stealer, supporting actor Ke Huy Quan. The other two winners, the always wonderful Jamie Lee Curtis and the fantastic Michelle Yeoh, gave fantastic speeches but Quan was especially great to see on stage. His acceptance speech was beautiful and his story as a refugee, turned child star, turned Oscar winning actor is undoubtedly compelling. The whole cast and crew of the film were a delight to watch in their celebration as they seem to be genuine, humble, incredibly creative people.

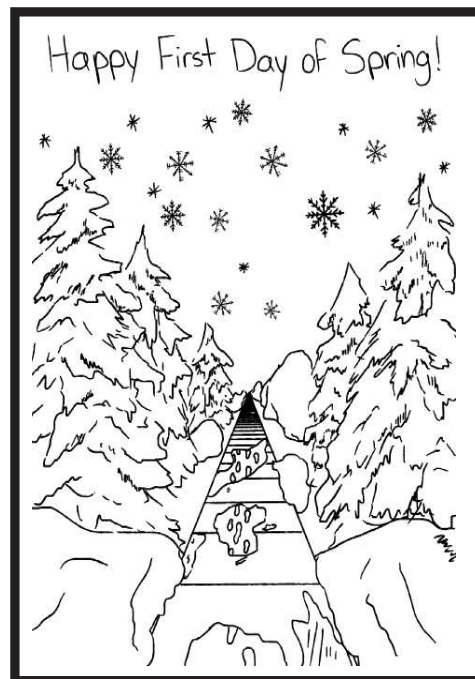
Another huge moment for the ceremony was Brendan Fraser's Best Actor win for *The Whale*. In the last few years Fraser has received an outpouring of love and sympathy from his fans as he's begun to return to Hollywood. After his unfair blacklisting due to him calling out sexual misconduct perpetrated against him it is great to see the 90's star back on top with this award. His performance in *The Whale* is heartbreaking to watch and his win is well deserved even with the other nominees bringing equally as incredible performances this year.

As always the Best International Feature Film award was unsurprising at best. *All Quiet On The Western Front* won, which was essentially assumed as it was the only film up for Best International that was also up for Best Picture. In my opinion one of *All Quiet's* fellow nominees for the category, *EO*, Jerzy Skolimowski's film told through the perspective of a donkey was one of the best films of this year. However The Academy clearly loved *All Quiet* as the film took home four Oscars. I personally find that the film misses much of the essential details of the novel it adapts but it is definitely a well made film and I am glad the filmmakers who worked hard on the film were able to be honored for their work.

Best Animated Feature went to Guillermo del Toro's *Pinocchio*, a great win that stands in direct contrast to the winner of Best Animated Short Film, "The Boy, the Mole, the Fox and the Horse." I say it is contrasted with the feature winner because while *Pinocchio* is a good choice in a category filled with mostly great films, the Short Film winner this year is an absolutely baffling choice. It is beautifully animated but the film itself is completely substanceless and far too long. I would recommend you check out all of the animated shorts this year besides this one. It is terrible.

To quickly summarize a few of the less talked about awards from this ceremony: *Top Gun* won best sound because it's very loud and the academy likes when loud movies win best sound. *Avatar 2* won best visual effects because it had already won that award by default when it got announced that *Avatar 2* was coming out. *RRR* won best original song because "Naatu Naatu" is an amazing song in a movie filled with amazing songs. *Navalny* won Best Documentary because it's about Russia and that is current these days, it's also a great documentary, but I would have preferred *Fire of Love* or *All The Beauty and The Bloodshed*. Finally, *Women Talking* took home a well earned Best Adapted Screenplay win for Sarah Polley's incredible adaptation of Miriam Toews' novel.

It definitely wasn't a perfect Oscar night. *Nope* was completely snubbed because award ceremonies have something against horror films and I would have picked any of the other Best Original Score nominees over *All Quiet On The Western Front* but I think this year's Oscar was the best I've seen in a long time. For me it was not because of the *Cocaine Bear* jokes, or the grand dresses, or even who won or who didn't win. I liked it because a lot of the winners, Fraser, Quan, even the *Everything Everywhere all at Once* directors, were first-time nominees who came up on stage and poured their hearts out. There was a passion on stage that rarely is felt during the Oscars, but it was felt this time around.



Frija Reinert

## Word Scramble

1. etrheinvgy \_\_\_\_\_
2. vrreeweehy \_\_\_\_\_
3. lal \_\_\_\_\_
4. ta \_\_\_\_\_
5. noce \_\_\_\_\_
6. own \_\_\_\_\_
7. teh \_\_\_\_\_
8. myedaac \_\_\_\_\_
9. waard \_\_\_\_\_
10. orf \_\_\_\_\_
11. btse \_\_\_\_\_
12. icuterp \_\_\_\_\_

Answers in the next issue

## Last Weeks Answers

1. aphorism 2. bingo 3. awkward 4. why 5. silly
6. stinky 7. dinosaur 8. blue 9. journalist 10. metal
11. books 12. twelve 13. frustrating 14. sharp
15. raspy 16. ghost 17. paper 18. mania
19. capybara 20. yogurt 21. epic 22. jam 23. inside
24. thrill 25. forth 26. acoustic 27. hand
28. spittoon 29. gang 30. end

# Baseball soaks up the sun

## Gusties learn lessons at Tuscon Invitational



Gustie pitcher winds up for a pitch.

Submitted.

**Parker Burman**  
Staff Writer

The Gustavus baseball team has spent the past week in Tucson, Arizona for the Tucson Invitational. While the Gusties' win loss record of 2-6 was not what the team was hoping for, there were still many positives to take away from the trip.

"We did not have our desired performance during our trip but it was a good experience to learn from the small things on what we need to work on to become the best we can be and very positive in what we can become this season," said Senior Outfielder Bryce Novak.

"Nothing was really working for us in Arizona, but I think that really is just from getting the first few games out of the way. Hitting needs to be better, fielding needs to be better and pitching needs to be better. We are a pretty young team and it was fun to see some freshman and sophomore players getting some serious innings in Arizona and performing very well," said Senior infielder Jake Hanson.

On the first day of competition the Gusties faced off in a double header with Allegheny splitting the two game set. The Gusties fell 14-13 in the first game after squandering a late game lead but bounced back to win 6-1 in game two.

Game one alone saw six lead changes, 27 runs, 38 hits, eight errors, and 22 runners

left on base in a game that could have been even higher scoring. The Gustavus offense was led by Junior Drake Sjens, Hanson, and Novak in game one. With a grand slam from Senior Gavin Baker leading the way in game two. Sophomore starter Luke Siegle helped the Gusties bounce back with a strong game two start.

"I think my biggest focus going in was to fill up the strike zone and throw a lot of strikes. The first game was a lot of back and forth with our guys in the field for a long time so I wanted to work fast, have quick innings and get our guys back in the dugout," said Siegle.

*"I think my biggest focus going in was to fill up the strike zone and throw a lot of strikes. The first game was a lot of back and forth with our guys in the field for a long time so I wanted to work fast, have quick innings and get our guys back in the dug-out."*

"I think our pitching staff performed really well. Although the final scores might have not reflected this, we executed our plan as a pitching staff that we came into the trip with. We threw a lot of strikes and did some things really well

that we wanted to improve on from last year," said Senior Catcher Logan Bjorkman.

Game three for the Gusties on day two, much like day one, was a high scoring affair with 17 runs across the plate, unfortunately only six belonged to Gustavus who fell 11-6 to Bethany Lutheran. Gustavus answered Bethany in the second with three runs of their own starting off with a double from Bjorkman who drove in Senior Patrick Timmer. Hanson would lead the offense going 4/5 on the day driving in two runs as well.

"Our offense definitely started off hot in the first game and then we kind of cooled off towards the end. I feel we performed alright but can definitely improve in clutch situations such as when runners are in scoring position with two outs. We need to grind out more at bats and have confidence because everyone we have can hit the crap out of the ball," said Hanson.

The next three days of competition pitched the Gusties against Otterbein, Carthage, and Claremont-Mudd-Scripps. Gustavus fell in all three matches in a similar fashion to their first three games of the invitational with lots of offense and limited run prevention.

Gustavus did receive two solid starts against Otterbein and Carthage from their starters Senior Jayce Luna and baker. Against Otterbein Baker went five innings collecting four strikeouts while surrendering just a pair of unearned runs. Luna followed up Baker's start

with five innings of one run ball against Carthage, picking up six punch outs.

"It is always hard to go from throwing in the blue to throwing in AZ where balls fly farther. Although it wasn't a perfect trip for the staff, we realized that we have some talented arms that will benefit us throughout the season but we all have some fine tuning to do individually throughout practice and as the season progresses," said Luna.

*"It is always hard to go from throwing in the blue to throwing in AZ where balls fly farther. Although it wasn't a perfect trip for the staff, we realized that we have some talented arms."*

"My goal for the start was to really challenge them in the zone and to stay away from the walks, something our coaching staff really preaches, and it worked out well. Sam Schneider was also fantastic behind the plate which helped me on the mound a ton. There were also many good plays made behind me to get out of some jams," said Baker.

On the Gusties final day of games they squared up with Wesleyan for their second double header of the trip. With the offense shut down by Wesleyan's pitching staff, the Gusties fell in a shutout 2-0. As in their

first double header Gustavus bounced back in game two for the 5-2 victory.

Game one's starter Junior Mitch Casperson started off the game with three scoreless innings before giving up a run in the fourth. On the day Casperson went five innings giving up only a single run and punching out eight batters. His strong performance on the mound was followed by Sophomore Brevin Goetz who pitched two solid innings of relief.

Ending their trip on a high note Gustavus put together a complete game on all sides of the ball to pick up a much needed victory. Novak, Baker and Junior Chris Knowles lead the offense, going a combined 7/11 with four runs driven in. Sophomore Luke Seigle picked up the victory on the mound with four very solid innings and Senior Damon Rademacher picked up the multi-inning save.

"There are games where the pitchers are struggling and we are good offensively to back them up and other days where the pitchers are dominating but the hitters are struggling. It is always good to know that one side or the other we have each other's back to keep us in games," said Novak.

Gustavus will kick off their regular season on Saturday March 18th with a double header against Washington University in St. Louis, Missouri. Their first home game will come on March 22nd at 2pm against Crown College.

# Gustie tennis shines in California

## Men's team takes win over nationally-ranked opponent



Alex Budde was named MIAC Athlete of the Week following his stellar performance.

Submitted

### Nyden Hill Staff Writer

Last week, the Gustavus men's tennis team sent a group of their best players to Claremont, California, to compete against some of the nation's best competition in the Stag Hen Invitational. The event was hosted by the Claremont-Mudd Scripps, a joint intercollegiate program comprised of three different institutions from the Claremont Colleges.

The Gusties entered this invitational riding the momentum of a two match winning streak, coming off a string of dominant outings against Luther and Hamline. Despite this momentum, the Gusties faced a tough test with their first matchup of the invitational in facing the Trinity University Tigers. Coming into the contest, the Tigers were ranked 13 in the nation, riding a two match win streak of their own against UT-Dallas and Hardin-Simmons. Despite this current matchup, the Gusties remained both confident in themselves and aware of the opportunity of this opportunity to prove themselves against another highly-ranked opponent.

With this in mind, it is important to note that playing well against highly-ranked teams is nothing new for the Gusties. During the ITA National Indoor Championships, the Gusties took it to some of the best competition that the nation had to offer in the University of Chicago, NC Wesleyan, and

Emory. While the Gusties fell short in their matchups against the University of Chicago and Emory (both resulted in 3-5 losses), they did prove that they were able to hang with any other team in the country, with the University of Chicago being ranked number one in the nation at the time.

Against the Trinity University Tigers, the Gusties proved this narrative correct, as they found immediate success in doubles. Playing in the number one doubles spot, the Gustie duo of Senior Daniel Fouchier, and Senior Nick Aney, defeated a Trinity duo with a score of 6-4. In the number two spot, First-year Gage Gohl, and Senior Alex Budde, defeated their competition by a two score margin with a score of 6-4 as well. Finally, playing in the number three spot, Senior Sourabh Terakanambi and Sophomore Marco Siviero, completed the doubles sweep in a 7-6 victory.

"Because we knew singles would be a battle, getting that doubles point was really big for momentum purposes," Senior Nick Aney said.

*"Getting that doubles point was really big for momentum purposes."*

The momentum generated from the stellar play in doubles seemed to translate perfectly into singles play, as the Gusties won their singles matches by

a margin of two, resulting in a score of 4-2. Aney, Siviero, Sophomore Josh Christenen all defeated their competition, competing in the number one, third, and fifth singles spots, respectively. To culminate this victory, Budde battled back from being behind in the third set to winning the set 7-5, and winning the match as well. This victory from Budde extended his winning streak to four on the season, and earned him MIAC men's tennis athlete of the week honors. When asked about what kinds of things have most bolstered his success on the court, Budde credits his amazing teammates at Gustavus for his performance.

"As a whole, we have all committed to make practices feel like matches. Brining a ton of energy and making matches intense is huge, which makes moments like Trinity feel more regular for us," Budde said.

With this being arguably the farthest away the Gusties have traveled to compete this year, the Gusties had to find other ways to bolster their performance that went beyond simply working hard to try to get the win. When asked about what kinds of things that the Gusties took advantage of in their match against Trinity, Fouchier had this to say.

"We have been stepping up in the big moments greatly in the recent marches. We have embraced them and brought out everything we've had. This has helped us greatly to get the edge in a lot of indi-

vidual matches and as a team. We did this again against Trinity, starting in the doubles, and then again when the score was 2-2 and all of the guys on the court managed to pull out their close matches," Senior Daniel Fouchier said.

With this great showing in mind, the Gusties look forward to the rest of the season, especially their spring break trip, where the competition they will face will continue to be stiff. With lots of tennis left to play, the Gusties certainly have

a strong and hopeful vision for the rest of the season.

"If we sustain this consistent high level of playing I can't see why we can't make a big NCAA tournament run at the end of year, but for now we have to look at one match at a time and get ready for a tough opponent in Chicago," Sophomore Josh Christenen said.

We wish the Gusties the best of luck as they hope to continue to build on their already amazing season!



Gustie fires a serve.

Submitted

## Nelson and Poe are All-Americans

### Gusties shine in Alabama at track and field nationals



Gusties representing well at D3 nationals.

Submitted

**Emma Esteb**  
Staff Writer

Seniors Birgen Nelson and Annika Poe become All-Americans once again. The duo traveled to Birmingham, Alabama for the NCAA Indoor Championships. "It was a super great facility, I was super excited to be there. We don't really get to run on tracks like that very often so it was really awesome to be on a big track of that caliber. So, everyone ran super fast that weekend and it was a very cool atmosphere," Nelson said.

Nelson started off on Friday where she won the prelims for the 60-meter hurdles with a time of 8.48. "Honestly my mindset was just to survive and advance. Do what I need to do to get through to that final round and then just execute what I know how to do when it comes time to the final," Nelson said. With a solid win under her belt she came back on Saturday for the 60-meter hurdle finals. She claimed her second career national championship title with a meet record time of 8.39. Nelson also won the 100-meter hurdles last spring at the 2022 National Outdoor Championships in Geneva, Ohio.

This win for Nelson was extra rewarding as the last few years were tarnished by COVID and injury.

"Last year at indoor nationals, I was seeded second and I

ended up taking seventh. So it was really awesome to go out and run like I know I can do. It felt like a bit of redemption so I was very happy and very proud of myself. My first nationals was canceled because of COVID while I was at the meet. The next one was canceled the week before due to not enough teams participating and the one after I had a nerve injury. It was just really awesome that my senior year I could get it done," Nelson said.

*"It was really awesome to go out and run like I know I can do. It felt like a bit of redemption so I was very happy and very proud of myself. It was a very sweet victory. My first nationals was canceled because of COVID while I was at the meet."*

Senior Annika Poe also earned her second All-American honor as she took sixth in the shot put. Poe threw a 46-3.5 on her second throw, securing a spot in the finals. She used her final three throws to her advantage and recorded a distance of 46-4.25 on her fifth throw and

ending with an impressive 47-8 on her final throw.

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"My mindset going into the meet is to always just have fun. I never really get nervous, I just focus on having fun and competing to the best of my ability. I have already put in the work to make it to the meet so why be stressed about it," Poe said.

Poe is only the second Gustie to earn two indoor All-American honors in the shot put. Her growth over her years at Gustavus does not go unnoticed and her continuous hard work has earned her four national

appearances.

The two seniors have had phenomenal seasons and careers within Gustavus Track and Field. Nelson is a six-time All American in the 60-meter hurdles, 100-meter hurdles, and 400-meter hurdles. She now has two national championship titles in the 60 and 100 meter hurdles along with a runner-up title in the 400 meter hurdles. She was the 2022 North Region Track Athlete of the Year, 2022 Outdoor MIAC Athlete of the Meet, and 2022 Outdoor MIAC performance of the Meet. Poe is a two time All American in the shot put and is also an Academic All American. "I felt so amazing after my throws. At this point last year I was eighth place and throwing three feet less compared to this year. So seeing my growth was a win in itself," Poe said.

The two seniors are looking forward to their spring outdoor season as they finish their time at Gustavus. "I'm really excited to run the 100 hurdles. I like the 100 hurdles way more than the 60 hurdles so I'm really excited for that. I am also excited to do my other event, the 400 hurdles. I'm just excited to end my time at Gustavus on a high note," Nelson said. Her success has arisen from her dedication to the sport. "I really think this year was an accumulation of years of hard work so it's been really rewarding seeing that progression. I also had really focused on my diet and eating more protein and putting on more

muscle so that was a huge thing for this year. I've really seen my time drop as I have made these changes. Also, my confidence has also just gone up. I've done tons of visualization work just for these moments and for racing all season," Nelson said.

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Poe is also really looking forward to the outdoor season, as well. "I am most excited to continue to get better not only at shot put but to start throwing discus again as well. Indoor track does not have discus so getting back into throwing disc is very exciting for me," Poe said. Both seniors have bright futures ahead as they head into their final spring season as Gusties.