

Sleep?

I don't know. I heard it's important or something?

Well, as I sit here typing this article while running on 5 mediocre hours of sleep, I can attest that yes, SLEEP IS IMPORTANT.

With March marking National Sleep Awareness Month, what better demographic than a bunch of sleep-deprived college kids could benefit from some knowledge about the importance of sleep? Below you will find some information/fun facts about why sleep is the literal elixir of life and essential to being a fully functioning human-being.

Starting off with some stats. According to the National Sleep Foundation, young adults (ages 18-25) need about seven to nine hours of sleep every night. However, 70-90% of college students get under eight hours of sleep each week night and over 50% of college students get less than seven hours per night. So what's the big deal? Well, the National Sleep Foundation states that when we're sleep deprived, we experience symptoms like:

- ◊ Impaired immune function and increased susceptibility to illness and infection
- ◊ Increased stress levels
- ◊ Increased cravings and weight gain
- ◊ Increased risk of depression
- ◊ Decreased athletic performance
- ◊ Increased risk of drowsy driving accidents
- ◊ Impaired cognitive performance

In fact, according to the CDC, staying awake for 18 hours can have the same effect as having a blood alcohol content (BAC) of 0.05% (hey, wanna get sleep deprived this weekend?). And it's not just all-nighters that cause these symptoms. Missing out on one hour of sleep every night for one week produces the same impairments as a single all-nighter (yikes!). Over the long term, sleep deprivation can have a major impact on your health, including an increased likelihood of weight gain and obesity, cardiovascular disease, and type 2 diabetes.

Great. So am I just gonna die in three years?

While I can't make any promises (sorry to get morbid), it's important to note that the recommended seven to nine hours of sleep is just an average. Some people can operate on 6 hours of sleep, while others need 9 hours of sleep to not burn the house down. The essential thing is to ask yourself these three questions:

1. Do I feel reasonably well rested during the day?
2. Do I generally sleep through the night without disturbances?
3. Can I stay awake through the day without falling asleep?

If your answers are YES, you're probably getting enough sleep. If you're still struggling with your sleep, here are some tips from Harvard and World Sleep Society to help you:

1. Limit alcohol and caffeine before bedtime (studies show that caffeine can disrupt sleep when ingested even six hours before bedtime!)
2. Exercise daily, but avoid heavy exercise two hours before bedtime
3. Goodnight electronics! Turn off all screens at least 30 to 60 minutes before bedtime to reduce blue light exposure
4. Establish a consistent sleep schedule every night (including weekends!)
5. Create a "wind down" routine to make your environment as cool, dark, and quiet as possible
6. And finally, NAPS! (My personal favorite). Try to keep your naps between 20 to 30 minutes and don't nap later than 3:00pm.



Ok, folks! Time to go to bed! No, I'm not your mom, but yes, it's bedtime. Have a great week!

The value of the horror genre



Houston McLaury
Opinion Columnist

Over the past summer, I had the pleasure and opportunity of seeing Jordan Peele's *Nope* in theaters, a movie about a ranch owner investigating why their family's horses have been disappearing into the night, only to have an encounter of the third kind. And although it's been months

since I've seen this film, I have not been able to get the imagery of this movie out of my head. This movie has stuck with me, not only because the scenes disturbed me, but because of the wonderful cinematography, acting, and creative process that went into this movie. Now, why does this interest me so? Because I love horror, and I believe that more often than not, this category of movie (or book) is left out of the artistic debate when it should be celebrated more due to the escapism it offers, the love that goes into the craft, and how it reflects fears and anxieties of the times.

First, let's start off with how love enters the craft of horror with a cult classic film series, *Evil Dead*. The series follows the story of Ash Williams, played by Bruce Campbell, as he encounters

malformed humans thanks to an evil force released from the Necronomicon. Sam Raimi's *Evil Dead* series started in the early 1980s, the first of the movies being made for about 375,000 dollars with wonderful practical effects and makeup. Transitioning from the first movie to the second movie, they're both nearly identical, mainly because Sam Raimi could not get the rights to the first movie, so he had to do a recap of the first movie, using new shots and reshooting what had previously happened. *Evil Dead* would then take the audience back to the past, to 1300s Europe, and then spawn its own TV show in 2015.

The reason I bring *Evil Dead* up is that while yes, it is a horror series at heart, the movie is enhanced due to the slapstick comedy that Sam Raimi and ac-

tor Bruce Campbell wonderfully put into the series. The character of Ash grapples with his hand, fighting against it as it tries to kill him, and the comedy that comes from seeing Campbell fight against himself is too wonderful to deny. Not only that but through this series and its cult following, escapism is given to the audience. The audience can distract themselves with the horror and wonderful practical effects they see on screen, then laugh at the comedy that is also shown. For me, this is where horror thrives, distracting me with wonderful effects on screen, giving doses of fear and anxiety to the audience to better help them with their fears that occur in everyday life. Horror, in this way, is a therapy, a distraction, a tool to use to get the blood pumping so that a person can deal with what really troubles them in the real world.

"The reason I bring Evil Dead up is that, while yes, it is a horror series at heart, the movie is enhanced due to the slapstick comedy that Sam Raimi and actor Bruce Campbell wonderfully put into the series."

Then there is the amount of love and care that goes into this craft, and by this I mean the work done through the effects department. Horror films are only as good as their visuals, and in the early 1980s, they had to rely on puppetry and makeup effects for their horror instead of the CGI that we currently revel in. Take for example the iconic killer Chucky from the movie *Child's Play*. This doll had a variety of actors, some using puppetry, some using animatronics for the face, and others using real actors to display the full movement of Chucky. With each effect seen on the screen, a person had to specially design these outfits, the puppets, the animatronics, all of it. This, of course, isn't to say that with CGI in current horror movies, this kind of care isn't put into horror movies now. With *Nope*, research was done to create the

alien's design and artists worked tirelessly to make the design for the final cut of the movie. Along with this, a new way of filming day-for-night shots, filming night scenes during the day, was made to better capture the night within the movie.

"Then there is the amount of love and care that goes into this craft, and by this I mean the work done through the effects department."

Finally, I would like to mention the cultural aspect the genre of horror can leave for future generations to dissect. In the 1960s, Rod Serling released *The Twilight Zone*, which was a sci-fi horror anthology TV show, exploring individual characters set into amazing and outrageous scenarios. Looking back on specific episodes, such as *The Monsters are Due on Maple Street*, they reveal the anxieties of the time, even commenting on the Red Scare. These episodes leave us wonderful windows into the past to analyze the growing fears and mounting tensions people of the time felt. And we too are leaving this impact for the future generation, most notably with the series *Black Mirror*, exploring how the digital age and the technology it brings with it can actually harm us.

Horror, in its own way, is undeniably valuable to me. It is not only a reflection of the past or the present anxieties, but the amount of care and love for the craft that goes into the genre is astonishing. Not only that, but it offers me a great respite and escape from my anxieties and worries of the day, and offers an entertaining, and thrilling journey through the story of someone else. Horror, as a genre, needs to be valued for what it contributes and what it offers in terms of analysis. Something, I hope, more awards will look to do.



Evil Dead.

Submitted

Where's the arguing?



Jonas Doerr
Opinion Columnist

What would happen if someone accepted everything they were told for a day?

They would do pretty well in class. If they absorbed all of the information they heard, passing an exam wouldn't be too hard. And in most social interactions, they would do just fine. Assuming people are lying isn't a great way to keep friends around.

But things might get a little riskier if someone tried to persuade this hypothetical person. Every advertisement they saw would seem completely right. Soon they'd be convinced how amazing working for DoorDash is, that Miller Lite is much better than Michelob Ultra, and that Geico really can save you 15% or more on car insurance.

It would get even worse if shady people caught on. It would be too easy to convince that person to believe extremist politics, bully innocent people, and even commit crimes. Any argument would do.

Yet society is becoming more and more like this hypothetical situation. Avalanches of advertisements try to convince everyone to stop thinking too hard about what to buy and to listen to a celebrity. Internet forums convince people that entire other groups of people are inferior. And social media platforms are feeding users more and more polarized content from charismatic influencers.

Everyone is being flooded with arguments, but what does society do to prepare them for that? From a young age, kids learn that arguing is wrong. It's better to get along with friends than to make a scene. Disagreeing with a teacher is often punished.

This continues through high school. It's better to keep one's head down during class rather than to stir the pot and challenge someone else. The cool kids don't argue in high school.

In college, it's much the same. Instead of debating ideas with people who disagree, people stay away from them. In class discussions, people tend

to agree with each other. At the first sign of disagreement, someone usually backs down immediately.

What is this lack of arguing doing? It's making people worse at making good arguments and more susceptible to bad arguments.

Without practice, people will not learn how to properly structure a verbal argument. Thinking on the fly is not an innate skill that some people have and some don't. It's a skill that's honed by hours of practice, and if schools aren't teaching kids to think on their feet, they won't learn how. Instead, children learn how to spend hours writing out their ideas, confining their thoughts to the stifling cage of a page.

Without arguments, people also cannot learn how to avoid and spot fallacies. There are dozens of types of fallacies, and they are used all the time.

There's the ad hominem attack: "He's an awful person, so why should we listen to what he has to say?" It's true that character is a good indicator of whether someone should be trusted, but attacking someone only deflects attention away from the point they were making. Many political ads do this; attacking candidates' character instead of addressing the main issues of the election.

Another fallacy is the straw man argument, where someone distorts the opposition's view to make it easier to rip apart. It's often prefaced with "So you're saying that..." followed by something they weren't really saying. This sometimes happens, for example, in the debate over abortion, where each side accuses the other of either hating women or wanting to kill babies. Yet neither side would define themselves that way.

Perhaps the most common fallacy right now is the appeal to authority, in which someone uses an expert or a source to back up a claim, but the source is not actually relevant or accurate. It's easy to add a link or share a post on social media or on blogs, but many people online offer advice on topics outside their expertise. It's easy to use quotations or videos from people who are spreading misinformation.

None of these fallacies are easy to notice, at first. It takes some practice analyzing arguments to see through these common deceptions. But if people cannot see through them, they will be taken in by ads and videos that manipulate the truth.

We need to start arguing more. Most people will not learn how to spot fallacies and

craft strong verbal arguments on their own, because it's uncomfortable and a little weird to start arguments in normal conversations.

Instead, we need to create environments for healthy debate. It should begin in the classroom. One class I have spends full class periods encouraging students to discuss and debate relevant issues. However, most discussions in classes I have taken fall far short of a debate. Instead, most discussions consist of students inputting whatever thought popped into their heads or agreeing with someone else.

Classes need to implement debate into the structure of their courses. Replace one or two papers or an exam with debates. A debate still requires studying; an unprepared debater will not last long. And a debate will force students to consider both sides of an argument and rapidly adjust to a versatile opponent. A static, written paper cannot do that.

The world of work is constantly changing. Every argument in the workplace is in response to another, like a conversation. We must start training Gustavus students to fluently speak in that conversation, starting by arguing more.

First-year vs senior year



Gabrielle Lavan
Opinion Columnist

As we approach midterms and the downswing of the semester, I cannot help but feel reflective and nostalgic about my time on The Hill. I can recall the memory of my first

moments on The Hill as clearly as I can remember yesterday. My four years on The Hill have culminated into me feeling like a first-year Gustie every day during the spring of my last semester at Gustavus.

It is my belief that the parallels between being a first-year and being a senior at Gustavus are much greater than being a sophomore or junior. The first and last year of your time as a Gustie are much more special than the second or third for similar reasons. You're experiencing firsts and lasts that are brimming with emotion.

The first-year experience is celebrating your choice of starting your undergraduate career at Gustavus Adolphus College. You spend an entire summer anxiously awaiting

entering a new landscape. During the first few months at Gustavus, you're vigilant to unveil a special secret path that validates that you are doing the right thing.

Not only are you thrown into the chaotic mix of things that can be new student organization events, speakers, CAB giveaways, etc., you are also trying to not miss a single opportunity to soak in your environment. I remember never saying no to an opportunity where I could possibly win anything for free, regardless of time or talent.

Underlying all of the excitement is the fundamental unsettling feeling of what is next. This exact feeling plagues all seniors who anxiously await their graduation. It appears

every time we experience a "last"; when we check our degree audits in preparation for graduation, and when we hear the question that we all hate but are asked every other day, "What are you doing after graduation?"

Your last year's experience at Gustavus is spent celebrating the seemingly everlasting race to the end of the graduation stage. Thinking about graduation has many seniors clinging to the last moments of their undergraduate experience. The activities that may have seemed a waste of time years ago now become a way to connect with their last few moments of being a current student. First-year students attend these activities as they establish their identities as Gusties, not because they're grasping at something that soon

will be out of reach.

Out of reach might be a strong statement, but entering the 'real world' where you're no longer privy to the glamor of living in a double room in Plex is undoubtedly going to be different from student life. For many, these are the last few months of freedom before being tied down to full-time jobs and paying absurdly high rent.

As we approach the downswing of the year, I think it is important for all Gusties to tap into the first-year enthusiasm that sparkled in our eyes those many months before when we made the pilgrimage to The Hill. Everything looks better when you see it through the eyes of inexperience.

Physical books vs digital books



David Eide
Opinion Columnist

In the past few decades, a lot of hay has been made over the reading habits of the various younger generations, whether those be millennials or Gen Z. In general, the coverage contends that the youth aren't reading enough because of the

internet or phones or whatever other new thing catches their fancy. However, recent data suggests that younger generations, Gen Z in particular, are actually reading quite a bit more than older generations and, in fact, they prefer physical books over the wide variety of e-readers available to them. To be completely honest, I feel pretty validated by these findings as singing the praises of physical books has long been a personal hobby horse of mine. Fundamentally I view physical books as superior to digital ones and while I can accept that there are some areas in that digital books do better, such as convenience and storage space, those benefits are ultimately overpowered by the sheer greatness of physical books. By the end of this article, I hope to have made at least a somewhat convincing case for why you

should prefer physical books to digital versions, which have constantly been pushed on us since they were first released.

First of all, I'd like to discuss the aesthetic reasons behind my preference. Personally speaking, I think physical books just feel great and there is just something wonderful about the feeling of paper on your fingers and the sound of turning pages. I also think that physical books make much better use of covers than digital books. While the covers are usually the same between editions, I think it's a lot easier to appreciate a design when it is physically printed rather than just being a collection of pixels that you have to click through. In general, the physicality that physical books bring is a major part of why I prefer them so much to digital books. I have a pretty large library at home

and I love that I can actually see how I've built up my collection over the years as compared to a digital library which would literally just be a list on a screen like so many other things have become in recent years.

"Personally speaking, I think physical books just feel great and there is just something wonderful about the feeling of paper on your fingers and the sound of turning pages."

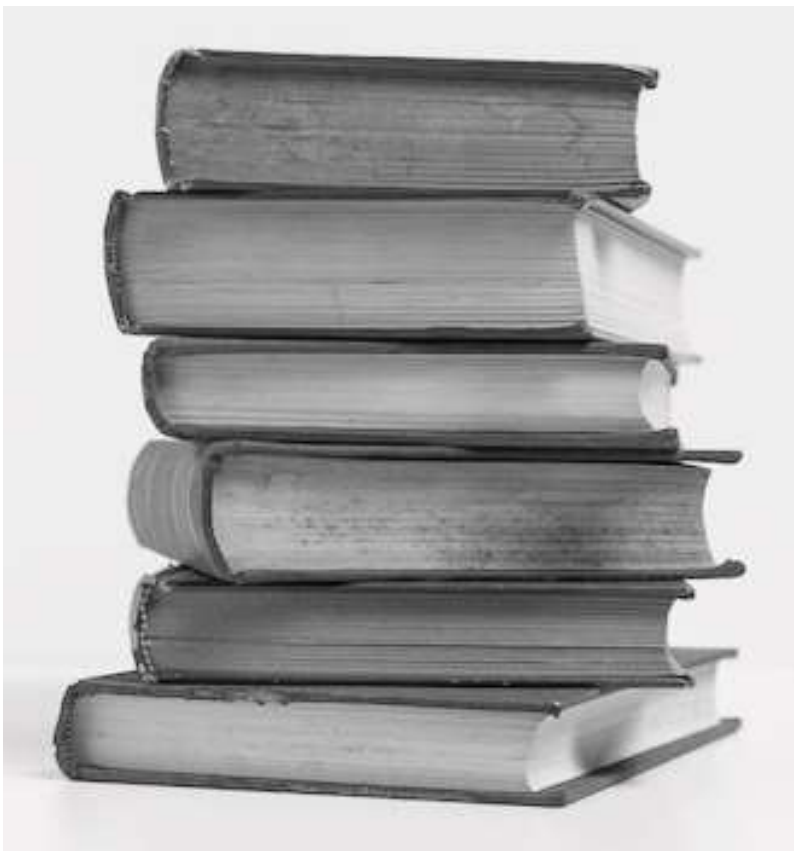
Another major reason for my strong preference for physical books over digital versions is that I think they promote better reading comprehension. Some studies have actually shown that the tactile feedback and general structure of physical books actually lead to better absorption of the information being conveyed in comparison to digital text. I can attest to this personally, I've found that whenever I utilize digital textbooks I have to do a lot of rereading to fully comprehend what is being said, whereas it usually only takes one readthrough with physical editions. I usually read digital textbooks on my laptop which can alleviate some of the issues but tablets and phones, which most people use for leisure reading, are so much worse for comprehension. There's something about the way in which pages are unnaturally split up on smaller devices like phones that makes it really difficult to actually integrate all the knowledge effectively in my experience. While some features included in digital books, like the ability to bookmark many different pages or the word search feature, go a way to alleviate this issue, they cannot fully eliminate it as it is intrinsic to the medium.

The previous reasons I've provided could potentially be dismissed as a mere personal preference but this final one is very important, no matter what your perspective on digital books is. This final reason is the fact that when you buy a

digital book, you don't actually own it. You are, in effect, just licensing them from the publisher and they reserve the right to alter or remove them whenever they please. This bugs me a lot. When I buy a book, or anything really, I want to know that I will always have access to that book and in the form in which I originally bought it. If you think I'm being hyperbolic with these claims, I can point you towards a specific example of this happening in just the past couple of months. I am speaking of the recent controversy where a number of Roald Dahl's books were edited to remove content that was viewed as offensive. Now, I'm not here to speak one way or another as to whether the edits were correct or not, but what is important to the main point is that anyone who had a Roald Dahl ebook had their copies replaced with the edited versions without their consent. To me, this demonstrates that companies are absolutely willing to alter digital books when it suits their purposes.

"This final reason is the fact that when you buy a digital book you don't actually own it..."

While digital books may be deemed as more efficient or more convenient, I don't believe that they will ever fully be able to supplant the classic physical book. In my opinion, there are just certain forms that are the optimal way to consume a given piece of media, the best way to see a movie is on the big screen, and the best way to read a book is with a physical copy. So it's needless to say that I have been quite heartened to see many people express similar views. Here's hoping that physical books continue to be sold widely in the decades to come.



Books.

Submitted

Will Sorg
Movies Guy
Top Ten Movie of 2022

10. *Crimes of The Future*: David Cronenberg’s newest film is a criminally underseen film that questions humankind’s relationship to our environment and provides horrifying commentary on what our society may collapse into if we continue to damage the earth. It is not something I would recommend to most people, but if you like body horror no one does it better than Cronenberg. It’s disturbing, it’s weird and it’s fantastic.

9. *The Fabelmans*: Based heavily on the family drama of Steven Spielberg, *The Fabelmans* is a movie that evokes the full range of human emotions. It is a sometimes sad movie about a boy growing up and discovering the turmoil of his family, but it is also that same boy’s journey of discovering his immense passion and talent for filmmaking. Few autobiographical films are as wonderful as this one.

8. *The Northman*: Pure adrenaline mixed with artful historical detail adds up to create a top-notch adaptation of the Norse myth that inspired Hamlet. *The Northman* is a twisty revenge tale that takes its time and is better for it. Its quieter moments give the build-up of violence and action a context that makes them more satisfying. It has some of the best action of the year and some truly underrated performances.

7. *EO*: The movie that should’ve won Best International Feature at the Oscars, *EO* is a journey through the perspective of a donkey as he travels through the world. It is a truly remarkable animal rights piece that never feels manipulative and is remarkably engrossing despite having such a simplistic plot. It is a masterclass in visual storytelling and a truly unique experience.

6. *The Banshees of Inisherin*: This film is very simplistic. However, Martin Macdonagh’s writing and directing elevates the whole story. The small island village he sets the story in has such a fleshed-out cast of characters who each come with their own personal history and personality quirks. Colin Farrell and Brendan Gleeson give spectacular performances and Kerry Condon steals the show constantly with her fantastic presence.

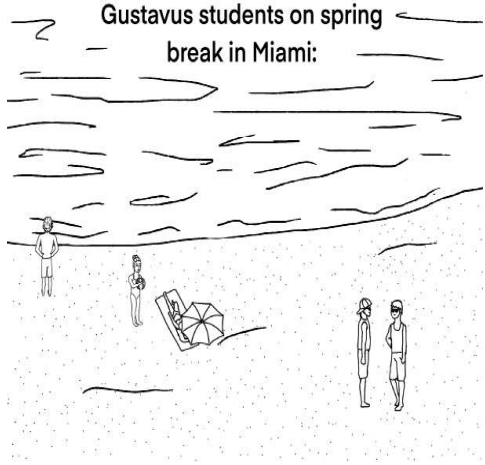
5. *TÁR*: Cate Blanchett’s role as the fictitious celebrity orchestra conductor/composer Lydia Tár is easily the best acting performance of this year. It is bolstered by Todd Field’s immaculate direction along with a stellar screenplay and perfect sound design. *TÁR* is a contemplative character study that not everyone will have the patience for. However, those that do will find it to be an intensely rewarding experience as Lydia Tár’s past and present begins to unravel.

4. *Nope*: I already praised this film for hundreds of words in my Weekly review on it but I truly believe that it deserves every ounce of praise that it gets from anywhere. When people talk about the best horror films of the 2020s this film will undoubtedly be mentioned often. It is very nearly a perfect film and I am so excited for whatever Jordan Peele will make next.

3. *Decision to Leave*: Director Chan-Wook Park is one of my favorite directors of all time. *Decision to Leave* just made me love his work even more. A Neo-Noir that leans more towards Hitchcock than any contemporary Noir films, *Decision to Leave* is visual perfection. Each scene is so meticulously planned and executed with so many things going on that it’s almost impossible to take it all in. The plot is clever and unpredictable and I am ecstatic to eventually rewatch this film.

2. *Babylon*: Perhaps the most misunderstood film of this year. *Babylon* is one big glorious mess and I like it that way. The 3-hour epic about the 1920s-30s film industry swings for the fences at every turn and I can’t get enough of it. I love it all, from the pulse-pounding masterpiece of a score that seamlessly integrates with the film to the unflinchingly decadent style that permeates every aspect of the film. This ensemble-driven behemoth will either become a beloved cult classic in a decade, or it’ll be lost to time. I don’t care because either way, I get to enjoy every minute of it.

1. *Everything Everywhere All At Once*: The surprise low-budget indie hit that became an Academy Award sweeping giant. Accolades aside, *Everything Everywhere All At Once* is important. It is important as a piece of representation as an Asian American, queer story. It is important as a film that saw massive success despite not being tied to a massive franchise or intellectual property. It is important because it is a film that allows itself to be genuine. Yes, it’s very weird and yes, it’s very silly. However, it embraces that weirdness while never sacrificing the heart that it keeps at its center. It is a film that showcases real human emotion. This film doesn’t shy away from the fact that people, especially families, genuinely hurt each other all the time and that it’s not really okay. It allows the audience to take those strong emotions in while also affirming that there can still always be a chance for happiness, for healing. For me, that means everything.



Frija Reinert

Midterm Word Search

E	P	O	T	P	A	L	R	M	K	P	P	R	E
Y	L	C	M	M	U	L	Y	T	C	S	R	R	H
T	T	E	O	A	I	M	O	O	D	L	E	O	L
D	E	E	M	V	N	D	A	E	C	A	V	P	I
A	S	S	P	A	M	O	T	P	L	R	I	A	R
L	T	S	T	E	R	E	O	E	O	H	E	E	E
E	A	V	R	M	N	K	E	M	R	O	W	S	L
R	P	M	E	O	O	C	E	M	S	M	L	S	U
M	L	E	S	S	T	T	I	R	P	E	H	A	R
C	E	W	A	E	E	O	Z	L	V	W	E	Y	W
L	R	E	R	L	B	D	O	E	W	O	S	N	A
A	E	N	E	E	O	A	O	O	I	R	D	L	A
S	R	S	L	A	O	S	M	N	L	K	R	L	L
S	P	W	S	K	K	T	E	O	R	R	E	E	L

- REVIEW
- ERASER
- STAPLER
- MARKER
- MIDTERM
- LAPTOP
- RULER
- MOODLE
- NOTEBOOK
- PENCIL
- CLASS
- TEST
- ZOOM
- HOMEWORK
- ESSAY

Last Weeks Answers

- 1. Everything 2. Everywhere 3. All 4. At 5. Once
- 6. Won 7. The 8. Academy 9. Award 10. For
- 11. Best 12. Picture

Gusties make some noise at nationals

Women's swim team exceeds expectations



Photo of the Gustie women at nationals.

Submitted.

Brady Boie
Sports Editor

The Gustavus Women's Swimming and Diving team capped off one of their most successful seasons in recent memory this last weekend in Greensboro, North Carolina at the NCAA Division III championships. The Gusties brought four women - Sophomore Marit Isaacson, Junior Lucy Peterson, and Seniors Ellen Hofstede and Abby Yartz, to compete at nationals in numerous relays and individual events. The women qualified for their 200 freestyle relay at the MIAC championship meet, which opened the door for

them to swim all five relays at the national meet. Peterson and Hofstede also achieved NCAA B Cuts at the MIAC championship meet in individual races. Hofstede qualified in the 100 butterfly and both Gusties snagged B Cuts in the 50 freestyle. These cuts allowed Hofstede and Peterson to swim individual races at nationals once their relay had qualified.

"I think the [B Cut rule] is a good thing. If a group of teammates is able to work together and achieve a national-qualifying time, they should also be rewarded as individuals for their own efforts," Assistant Coach Alex Lindstrom said.

Even before the Gusties touched down in Greensboro, the season had been a smashing

success. The women placed second at the MIAC Championship meet and were only fifteen points short of an outright victory against rival St. Catherine's. Peterson was impressed with the effort and grit the Gusties showed at this meet.

"Even before the Gusties touched down in Greensboro, the season had been a smashing success."

"I thought we performed extremely well... that was the closest we had been to a MIAC championship in so many years... watching all of the individual swims and seeing everyone drop so much time was the thing I was the most proud of," Peterson said.

As one would expect, these great performances were highlighted by the four qualifying women. Hofstede took first in the 50 and 100 freestyle and finished second in the 100 butterfly. Peterson took second in the 100 freestyle and added a seventh-place finish in the 200 freestyle. Isaacson finished in the top three in all of her individual events and Yartz found herself on the podium twice. With the help of some additional teammates, the Gusties were able to take home victories in three of the five relay events and achieve a qualifying time in the 200 freestyle relay. While the women were obviously thrilled with the results, they were especially grateful for another opportunity

to swim at nationals with the same group of women who had qualified the year before.

"Qualifying for nationals was not the expectation given how two of the people's seasons had gone... it was really special to go with the four of us again because two of them are seniors and this will be the last year with the four of us. It was a great way to close out the season," Isaacson said.

The women continued to exceed expectations at the nationals meet. The Gusties placed higher than expected in all of their relay swims and made it back to the finals sessions in multiple events. Their best performance was in the 200 freestyle relay, where they finished at the top of the consolation final.

"We did a lot better than we expected. We moved up in placing from where we were originally seeded, which is pretty hard to do at nationals. We made it back to finals in both the 200 freestyle relay and the 400 freestyle relay and we were not expected to make it back in either," Isaacson said.

"We did a lot better than expected. We moved up in placing from where we were originally seeded, which is pretty hard to do at nationals."

Both Isaacson and Peterson shared a great appreciation for their awesome seasons and are

already looking ahead to next season with the hopes of bringing a MIAC championship back to Gustavus.

"Having another shot at winning [the] MIAC next year would be amazing. We will continue to improve next year as well," Peterson said.

This sentiment was echoed by Isaacson, who still has two years left of swimming in her college career.

"Time has really flown by, but I am excited to see what the next few years have in store. An obvious team goal for us is to win the MIAC championship. A personal goal of mine is to set the school record in the 200 freestyle. I was one-hundredth of a second away from getting that this year, so I would like to have that by the time I leave," Isaacson said.

"Time has really flown by, but I am excited to see what the next few years have in store. An obvious team goal is for us to win the MIAC championship."

While there's no telling what the future can hold for the women's swim team, we can rest assured that the Gustie women will continue to exceed expectations and move forward in a positive direction.



Lucy Peterson beams after a race.

Submitted.

Gusties capitalize in doubleheader

Women's tennis sweeps in home contest



Gustie player ducks below the net while waiting for her teammate to serve.

Submitted

Nyden Hill Staff Writer

Last week, on Saturday, March 18, the Gustavus women's tennis team hosted both Bethany Lutheran and Northwestern-Iowa in a double-header at Swanson Tennis Center.

The Gusties entered this contest riding the momentum of a one game winning streak, coming off a strong 9-0 performance against Luther on Saturday, March 11. Given this recent dominant performance, the Gusties still faced a tough test in the form of a doubleheader that stood in front of them, as they hoped to improve on their record of 6-7 to 8-7. Entering competition, the Gusties' first competition of the day in Northwestern-Iowa held a record of 2-5, in which they hoped to improve to 4-5. With a record of 1-1, Bethany Lutheran entered the doubleheader in hopes of improving to above .500, with a potential record of 3-1.

With this tough test in mind, it is important to note that success at a high level is nothing new to the Gusties. Entering this season, the Gustavus women's tennis team faced the challenge of repeating as conference champions, as they clinched the 2022 MIAC tennis title last year. With these kinds of expectations in mind, the Gusties' mindset held firm and confident as they looked to break .500 and make a statement heading into the second half of the season.

"Heading into the double

header, our team was excited to get out there and compete. We had been training hard prior to these matches and were ready to use that training against outside competition," Junior Mary Enright said.

Against Northwestern-Iowa, the Gusties proved this assertion correct. In doubles play, the Gusties were nothing less than dominant. To begin play for the weekend, playing in the number one doubles spot, the duo of Senior, Emily Norman and First-year, Pavla Yakimova placed the Gusties in the driver's seat, as they defeated their Northwestern-Iowa opponents in two sets by a score of 8-7. Playing in the number two spot, Senior Lili Elofson and Sophomore Brooke Hadroff emerged the victors by a margin of six points, with a final score of 8-2 in their match against Northwestern-Iowa. In the final doubles action of the match, the pair of First-year Ashley Strobel and First-year Taylor Ruhl completed the Gustie sweep, putting the Gusties firmly ahead of their competition.

"Sweeping the doubles definitely gave the players confidence going into the singles. Our play in singles was outstanding," said Head Coach Jon Carlson.

In singles, the Gusties remained in firm control of the match, as Norman and Hadroff both bested their opponents, playing in the number one and two singles spots, respectively. While the Gusties dropped one singles match,

they were able to redeem themselves with another pair of dominant performances by First-year Madison Packer and Stroebel, who both defeated their opponents in two sets.

This momentum from the first match of the day against Northwestern-Iowa seemed to translate well into the second match of the day for the Gusties in their matchup with Bethany Lutheran. In results that seemingly mirrored the doubles action from the previous match, the Gusties swept their competition with results of 8-1, 8-1, and 8-0, respectively.

While the Gusties dropped one of the six singles games in their match against Northwestern-Iowa, they were able to fully capitalize on the momentum built by the doubles games, as they went 6-0 in singles play. In singles, the Gusties defeated their opposition handedly, with the closest margin being a 6-3 victory in the second set of Enright's win against Bethany Lutheran.

"The Gusties defeated their opposition handedly, with the closest margin being a 6-3 victory in the second set of Enright's win."

With this strong showing at home, the Gusties look forward to continuing this momentum against Concordia University in Moorehead, Minnesota on

March 26, and hope to finish the rest of the season with great expectations in mind.

"We hope to continue to grow as a team, inspire each other, and represent our program in a positive way. We are excited for the rest of the season," said Enright.

Enright was not the only person to share this sentiment, as Carlson had a similar mindset for as to how he envisioned the rest of the season playing out based on this weekend's results.

"We talk about everyone improving themselves, improves the whole team. I know that the players who played last Saturday got to see in matchplay that their level has jumped since the beginning of the season. That's exactly what we need going into spring break and the heart of our conference schedule," said Carlson.

We wish the Gusties the best of luck as they hope to win their second straight MIAC title this spring.



Gustie keeps her eye on the ball.

Submitted

Gusties are national champions

Women's hockey closes season in storybook fashion



Gusties take home the national title.

Submitted.

Parker Burman
Staff Writer

The Gustavus Women's Hockey team returned to campus on Monday as National Champions. After long and hard-fought games out east, the Gusties prevailed and proved that they were the best team in the nation. It took nearly six thrilling periods of hockey in the final against Amherst to complete the 2-1 victory to secure the Gusties' first-ever National Championship.

With a run time of 101:33, the game now enters the record books as the longest title game in NCAA DIII hockey history and the first to ever go past one overtime. The game is also a Gustavus record, breaking the previous record of 101:02 in the 2018 NCAA tournament. The Gustie victory marks the first NCAA title for a women's MIAC hockey team and the first

for any team in the Western region.

Gustavus started the game with plenty of chances to score with First-year Lily Mortenson ripping a shot just two minutes into the game, with the rebound finding Senior Clara Billings' stick for a near goal. Junior Brooke Power had a similar high-intensity chance a few minutes later with a 2-on-1 opportunity that Amherst's goalie denied. The Gusties had accumulated six shots in the first ten minutes of the game, preventing Amherst from attempting a shot on Senior goalie Katie McCoy until they gave Amherst two power plays in the second half of the period.

Amherst Goalie Natalie Stott had played her way to five straight shutout games for 361:36 of scoreless hockey until the second period of the title game. At 14:46 Mortenson, who was the hero in the semi-final match against Plattsburgh,

found the back of the net again for the 1-0 lead. Senior defenseman Gabby Sylkas stretched out to keep the puck in the offensive zone before sending a pass to Mortenson who buried it into the net.

"That moment was amazing. I did my part as the D in that situation and kept the puck in and it landed perfectly on Lily's stick and she finished the job. Couldn't have trusted anyone more in that situation to get the job done," Sylkas said.

"It was a really cool feeling, especially scoring the game-winning goal in the semi-final. But to score in the national championship was a whole different feeling," Mortenson said.

Entering the third period, the Gusties just had to maintain their 1-0 lead for 20 more minutes to secure a national championship. McCoy was peppered with shots throughout the periods but the Gusties returned the favor to Stott on the other end of the ice. With 1:49 remaining on the clock Amherst pulled their goalie for the 6-on-5 man advantage in a final push to score. The 6-on-5 proved successful as a shot from an Amherst defenseman was tipped successfully short-side to slip under McCoy's blocker with 1:12 left in regulation of the period.

With the end of the third period, the game turned into a marathon for the ages, becoming an instant classic. Gustavus controlled the overtime periods, outshooting Amherst 31-12 and controlling the puck in the offensive zone for large portions of each period. Seniors Hailey Holland and Tina Press com-

bined for several chances across all three overtime periods. The older of the two Holland sisters, Hailey, tried her best to put the game away with five shots in overtime.

However, it would be the younger Holland sister, Sophomore Kaitlyn Holland, who put the game away for the Gusties. With the puck on her stick, Mortenson sent a shot wide that was saved anyways by Stott with the puck finding the stick of Billings. Billings sent it to the right post where Kaitlyn Holland forced in the puck for the game-winner at 1:33.

"Everyone dreams of being at the top and for us, this was that, so it is just something that hasn't really sunk in yet that we actually did it. My sister has always been my number one fan so it felt great having her on the ice and also my whole team is full of my best friends so not only got to do it with my sister but also my best friends," Hailey Holland said.

In over 100 minutes of gameplay, Hailey Holland led the team with 11 shots on goal, leading to 59 on the net for the Gusties, a season-high. McCoy, who nearly had the shutout, saved 33 of 34 shots and was instrumental in keeping the Gusties in the game. Her performance in the title game and throughout the NCAA Tournament led to McCoy being named NCAA Tournament MVP. "I kept focused on my 'why' and told myself that I would do anything to keep the puck out of the net for my team. I knew that they would score. I just had to buy them time," McCoy said.

Coach Mike Carroll received the traditional victory ice bath after securing his first national championship, in his 492nd career win in his 24th year at the helm of the Gustavus Women's Hockey team. "It was awfully cold, but a great feeling. I tried to get off the ice cause I saw them coming and almost made it, then got to the end and thought well what the heck. They're making the effort to do that so I might as well soak it up," Coach Carroll said.

For all of the Seniors on the team who have spent the last four plus years chasing that elusive national championship, this is a dream come true. Fifth-years Press, Sylkas, and Kayla Vrieze all finished their Gustavus careers in the best way possible. The three of them combined for 184 career points, 121 of which belong to Press, in 121 games, who finishes her career eighth all-time in Gustavus women's points.

"All I gotta say is what better way to go out? To leave GAC as a National Champion is unreal. It is something I will never forget, especially since it was a huge milestone for multiple reasons. I am so happy my teammates and I were able to get it done, can not ask for a better way to end my college hockey playing career," Sylkas said.

"I couldn't have dreamed for anything different. Only one team gets to end their season on a win so I'm extremely grateful that it was us. Obviously, that was my last hockey game but the sadness is overshadowed by the joy of being a national champion," Vrieze said.



Goaltender Katie McCoy won NCAA Tournament

Submitted.