

Physical Exercise

By Aija Jorde, Features Writer

Let's get physical, physical!

No, not like that.

I'm talking about physical exercise (you creep).

April 18th marks National Exercise Day, a day to encourage and motivate everybody to get off their butts and participate in some health-enhancing physical activities. This week, we're gonna show that working on your abs is not a waist of time.

History

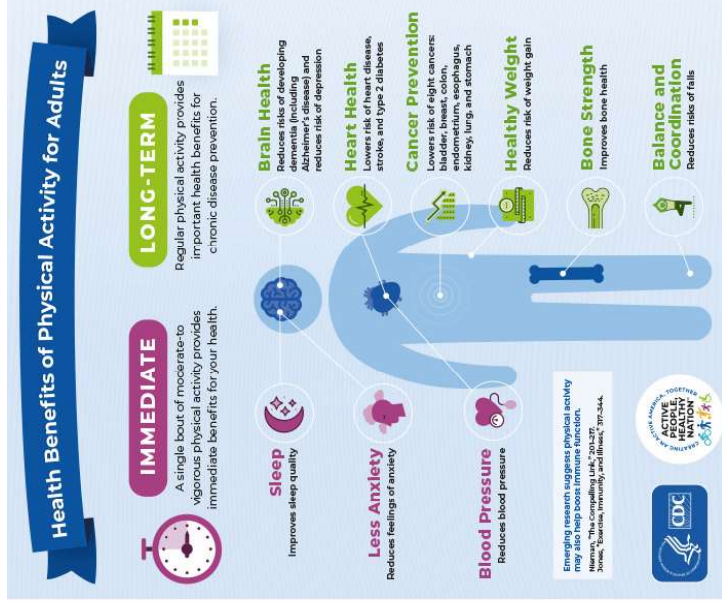
I don't know about you but when I think of the epitome of fitness history, Ancient Greece comes to mind. However, the earliest documented form of exercise is actually yoga, which dates back to 3500 B.C. in India. Originally practiced for its spiritual and mental health benefits, many varieties of yoga, such as Hatha yoga, were also used to improve physical well-being (you hatha give it a try).

During the Neolithic period and the Bronze age, as war and competing regimes became prevalent, many cultures (such as the Babylonians, Persians, Egyptians, Greeks, and Romans) also utilized exercise to train their men for battle. In Ancient Greece during the peak of Sparta's power (around 800 BC to 600 BC), boys from the age of 7 had to undergo intense fitness and combat training to become warriors. In an effort to develop healthy mothers of warriors, girls also had to train alongside the boys (although they did not have to compete in the coed competitive athletic games THANK GOODNESS). Culturally, both the men and women were expected to fulfill their duty to their city-state through maintaining a healthy diet and participating in athletic training.

So yeah, it's no surprise that Greece was home to the creation of the modern Olympics, which was when the culture of sports was really born. Besides the Olympics, which held more practical battle activities such as javelin throwing, there were also sports competitions in Egypt and of course, the gladiator competitions in Rome. Today, much of what we call "sports" was born in the early Victorian era through the popularization of ball sports in Europe and normalized as team sports in the last 150 years. Personal fitness has also become quite popular in more recent times, from the classic strongmen of the circuses (the OG gym bro) to the jazzercise of the 80's to the Apple Watches that everyone wears today.

Why Workout?

That's what I asked too. Well, here's what the CDC has to say:



Doesn't sound too bad. The DGA recommends that adults get 150+ minutes of moderate to vigorous physical movement every week (FYI, while exercising if you can talk to someone without running out of breath, but you can't sing without passing out, you're exercising at a moderate level). Although there are MANY forms of exercise, three main categories include:

-Aerobic: This is the type of exercise that makes your heart beat faster than usual and makes you breathe harder (which also happens when you're in my presence). Creating a healthy heart and set of lungs, this endurance activity can include walking, cycling, swimming, dancing, running, etc.

-Muscle strengthening: As the name suggests, this type of exercise improves the power, strength, and endurance of your muscles. Some activities include resistance band exercises, weightlifting, or bodyweight exercises.

-Flexibility: Ah, yes. My favorite. This sort of exercise is very beneficial in injury prevention and includes stretching through yoga or other dynamic stretches. Make sure not to skip this one, even if it's a bit of a stretch for you.

Well, there you have it. I know I may have set the bar high, but getting there is half the fun!



Personality tests are hogwash



Jonas Doerr
Opinion Columnist

Are you a Gryffindor? A cunning Slytherin? A brainiac of a Ravenclaw? Or one of the sad people who doesn't fit into the other three and gets to be a Hufflepuff?

If you don't know, there are plenty of online tests that will tell you what Harry Potter house you belong to. Some will quiz you on your favorite foods and social habits, and some will ask you about personality traits. All of them will tell you exactly how you fit in at Hogwarts, except for one flaw: they're all hogwash.

There is a strange pleasure in knowing exactly how you fit in the world. The idea that there could be one of four houses of wizards just like you is oddly appealing. But aside from the dubious merits of sorting children into competing cliques where they'll wiggle sticks in various attempts to murder each other, the idea that people are so easily sorted is entirely wrong.

"There is a strange pleasure in knowing exactly how you fit in the world."

Fortunately, most people do not claim that the Harry Potter houses are a legitimate way of categorizing people. Unfortunately, many use an equally unscientific personality test to put people in boxes: the Myers-Briggs personality indicator.

This assessment gives everyone one of 16 personality types indicated by four letters, like

ENFP. You can be extroverted or introverted, intuitive or sensing, thinking or feeling, and judging or perceiving. According to Merve Emre, writer of *The Personality Brokers*, the test was created by two amateur psychologists in the first half of the 20th century but really gained popularity in the 1980s. In fact, it became so popular that businesses and government organizations like the CIA started using it to hire people.

The problem is that Myers-Briggs is not very scientific. It's neither valid nor reliable, two important factors for any scientific assessment. According to Emre, studies found that the questions didn't necessarily measure the personality traits they claimed to. Additionally, over half of test-takers got a different result after re-taking the assessment. Yet people will still treat those four letters like a how-to manual for understanding themselves.

training.

"Unfortunately, many use an equally unscientific personality test to put people in boxes: the Myers-Briggs personality indicator."

Emre says that the personality test industry is worth at least \$400 million; some estimate it closer to \$2 billion. People will pay cold cash to get insights into who they are based on these questions. But why is Myers-Briggs the most popular assessment when its answers are hardly scientific?

How can we define ourselves by arbitrary letters and numbers?

The real problem isn't even that the Myers-Briggs isn't particularly accurate. The issue is that categorizing people limits their horizons. Everyone acts situationally, and confining oneself to a particular personality will be polarizing and cons

Saying someone has a distinct personality implies that they act consistently in many different situations. If, for ex-



Brainstormer.

Submitted

ample, someone is considered bold, you would expect them to be bold both in their classes and with their friends. If the person enjoyed going cliff-diving with friends but was afraid of disagreeing with professors in class, would they really be bold?

Yet this is exactly how most people are. One might appear very extroverted when talking with a large group of friends, but then seem very reserved in a business setting. A person could be very organized with their personal finances but love to wing-it on a vacation. Everyone acts differently based on context, but "personality" assumes otherwise.

This can lead to grave misunderstandings between oneself and others. When you see a person joking around comfortably at a meeting and assume they're extroverted, you miss out on discovering the complexities of that person. Understanding human beings is a long process and personality tests are not a valid

shortcut.

Taking a wider view of personality can then lead to more forgiveness and less polarization. If we are eager to define ourselves with categories, we will become polarized. We'll say we are Republican or Democrat, Minnesotan or Wisconsinite, Gustie or Ole. Instead of finding the nuances in individuals, we create 'good' groups and 'bad' groups.

"When you see a person joking around comfortably at a meeting and assume they're extroverted, you miss out on discovering the complexities of that person."

If ogres are like onions, people are like lasagna. If you just

eat the top layer, you're not going to get the whole experience. If we judge people based on one mistake, assuming that's their "personality", we don't see the true richness of their humanity. Stepping back from quick personality judgments involves giving people second chances.

Finally, once we step back from the idea of static forms of personality, we will open new doors of growth for ourselves. We are not confined to four letters. Why not be all eight? Why not think and feel, judge and perceive, intuit and sense?

If you read enough results pages from personality tests, you'll realize that they have a strong tendency to say vague statements that could apply to a lot of people. That's how they get people thinking, "Wow, they really understand me!" People are striving to be understood. Let's try to give them that.

Spring feels weird, embrace it



Gabrielle Lavan
Opinion Columnist

Spring is a time of rejuvenation. The snow has melted, the grass grows greener, and the bugs crawl out from hell to bother us once again. Springtime lays the groundwork for summertime to prevail. However, spring can be a time of deep discomfort because of its transitional nature. This is especially true for Gusties because springtime is a sign that the school year is coming to an end with finals, graduation, and move-out fast approaching.

Even so, with spring comes a renewed sense of hope, especially after a snowy winter.

Warmer temperatures mean more opportunities for getting outside without fear of treacherous road conditions and frostbite. However, the transition from a cozy winter into a lush springtime can be clunky, awkward, and downright uncomfortable. Our personalities and sense of self thaw out alongside the snow banks around campus.

The cyclical nature of the seasons can and should be applied to how we think and operate during times of change. In many cultures, springtime represents rebirth. It is a signal to all natural life that a change is coming. No wonder that when spring rolls around, many of us are ready to toss our books aside for grander adventures. The lack of motivation to finish out the semester grows as soon as the weather goes above freezing.

That is what makes the springtime so weird. It is less distinct than summer, fall, or winter. It disrupts the flow of the school year and exists only as a bridge between winter and summer. For Gusties, it is the season of change. We're

gearing up for moving out of a space we have lived in for nine months, preparing for summer endeavors, and solidifying our next steps. There is a nostalgia that pairs well with the hopefulness of the season. At once, we are mourning the passing of what we knew to then embrace what is yet to come.

Something that does not help is the flood of emails that comes a month before the end of the semester reminding us of the impending move-out, onboarding for summer internships, and graduation. In the spirit of planning ahead, we lose any semblance of remaining in the moment. It is hard to enjoy the few remaining moments on The Hill when it is thoroughly entwined with its impending end.

Balancing a healthy amount of hope and nostalgia will be a common theme throughout our lives as we face many beginnings and ends. Accepting the ebb and flow of the changing seasons is just one of the ways we can cope with the natural cycle of things. Even so, it is hard to feel okay in this seasonal purgatory. Though

change is naturally occurring and inevitable, it does not make it any easier.

I cannot promise that it will be easy to say goodbye to life on The Hill for just a few short months if you are coming back next year, or until the next time we make the trek to campus on a nostalgic visit to those of us graduating. However, what I can guarantee is that we will all find our footing and sustain through the uncomfortable transitional times in our lives.

Whether you are totally comfortable with change, or are adverse towards anything to do with it, embracing change is as important as remaining present in any way possible. If that means having a few awkward interactions in the Campus Center with that person you thought looked familiar, that is okay. As guaranteed as the changing of the weather is that change is awkward.

It is hard to embrace that spring awkwardness. It can be tempting to hole up in your dorm, not say hello to that person in the hallway, or avoid that conversation about what you are up to this summer

because your plans have not quite fallen into place. However, it is easier to embrace the changing seasons of life than it is to resist.

Finding moments to embrace the awkwardness in a time of change is the perfect way to embrace the awkwardness of change. Here are just a few ways to intentionally embrace the discomfort during the remainder of our time on campus:

1. Purposefully attend an event that puts you out of your comfort zone.
2. Greet someone in passing that you only kind of know.
3. Try something new that you could possibly be terrible at.
4. Sit in a new building to do your homework.
5. Avoid using your earbuds or headphones while walking around campus for a day.

Be brave and embrace the discomfort of a changing environment, Gusties. Know that after times of change come times of comfort and stability.

How we memorialize things



David Eide
Opinion Columnist

How we memorialize our history has been especially relevant in recent years with the ongoing controversy surrounding the continued display of Confederate monuments in many southern states. My interest in this topic was spurred by a trip I took over spring break to several different state capitals, all of which featured statues on their grounds seeking to memorialize aspects of their history. This got me thinking more about the issue, and I'd like to share the conclusions that I eventually reached. I think how we remember our past is

an important part of our society that we often don't actually think about much in isolation.

First of all, I'd like to explain what I mean when I say, "how we remember history." In this specific case, I don't mean the literal recording of history in books or the like, but instead how we portray history using public and civic means. Some examples I would include in this definition are statues, public commemoration through holidays, and the naming of buildings or locations after historical events or figures. In effect, happening to look at a statue commemorating some historical figure or not going to work on a holiday celebrating an important event in the past are acts of remembrance, whether we think of them that way or not.

Aspects of how we memorialize the past have come under intense – and rightfully deserved – criticism by those who say that they honor those who do not deserve to be honored. For instance, there are thousands of monuments across the South that honor traitorous slavers who sought to secede

from the United States solely to preserve the monstrous institution of chattel slavery. Obviously, these are not the sorts of people who should be memorialized in the centers of our cities or in the holidays we celebrate. To address one common criticism of this stance, statues and other forms of memorialized history are not designed to teach history; they are specifically meant to memorialize and honor a certain aspect of history, often through a clear distortion of the actual history. In this case, I think that every statue or other form of a memorial honoring the Confederate States of America should be removed as quickly as possible from public life.

However, there are some who take this otherwise excellent goal of getting rid of statues that are actively harmful to certain communities and extend it a bit too far. I have also seen the idea put forth that we should stop putting up commemorative monuments and other forms of memorializing history, since we cannot determine how they will be interpreted in the future and so

we shouldn't risk it. I disagree with these assertions. This might be a controversial statement at this point, but I think that statues of the founding fathers, even if they abhorrently practiced slavery, should remain up. My reasoning is that I think it's fundamentally important for our society to have a shared sense of history from which people can draw a unified feeling of belonging from. I think a lot of our recent political polarization issues stem from the general unmooring of our identities, from us no longer viewing each other as part of the same whole, but as enemies. Of course, how we remember history is a small part of why this trend has been occurring, but the other reasons aren't the focus of this piece.

I also have another reason for wanting to continue to see memorials and monuments being built and this is one that is a bit more in the weeds. I have a bit of an interest in urbanism and the fields surrounding it, and I've come away with the impression that monuments and memorials are very important for the fabric of cities.

Oftentimes, they serve as focal points which can turn public parks from simple spaces of green into places of public gathering and cultural activities. While pieces of abstract art can also serve this function somewhat well, I personally don't like them as much, as I think they age poorly with changing artistic trends. I also feel that statues can bring to light and honor figures in a city or region's history who may not have received much attention during their lives but still did good that deserves to be remembered.

I think it's important to cease the memorialization of actively harmful figures and events while still commemorating those that deserve it. I think in many cases, commemorations of our past can inspire us to work towards a better future. I know the situation is very complex. However, I felt the need to at least add my voice to the growing discussion over how to remember the past, and I hope you choose to do so as well.

Cats, the manipulators we love



Houston McLaury
Opinion Columnist

Over this wonderful spring break, and my trip back to my hometown, I did my best to relax. Endless afternoons wasted on rest, endless mornings spent scrolling through feeds until my thumb was sore from the excessive pull and weight from the brick I carried with me each day. But, what I was most grateful to have had over this break was the opportunity to be reminded of one of the best creatures on this planet:

the average house cat. Many forms of media, be it books, TV shows, movies, or any form in between, show that cats can be flighty and unloving towards their human companions. And while this may be the case for some cats, I think that a major aspect of cats that is rarely discussed or shown in the media is how they humble and train humans in their own way, compared to a dog who cannot show disdain, as a cat does to its companion. I have come to this conclusion through my own behavioral changes thanks to the influence of my two cats at home; Sirius, a black cat, and Nox, a tabby cat. I then compared these two specimens to my experience with my dog Norman.

The first thing to cover is the way in which these creatures walk when we are around. For a dog, and especially for my dog that is an immovable force, there is no worry of tripping on the creature. Sure, my dog can stand at inopportune

angles, like in front of doors, the refrigerator, or in front of a chair. And once he does this, one must exert all their energy into ensuring he moves, either by goading him with an offering or by grabbing one of his chew toys to tempt him away. All in all, when a dog is walking next to you, or in a certain spot, there is no worry of tripping on them or trouble in moving them because you can always tempt them away.

"The first thing to cover is the way in which these creatures walk when we are around."

Meanwhile, there is my cat Nox. Nox will weave his way through your feet as you walk to the front or back door, meowing and rubbing against your leg as you walk, begging to be let outside. He will

do this up the stairs, down the stairs, whether I'm holding a heavy box of Easter decorations, or I'm desperately trying not to fall on him, he will do this no matter what. And this is where they get you, if you trip on them as you walk this way and that, they do not hang their heads in shame. No, no, these prideful beasts instead turn on you, blaming you for not looking to ensure there's an opening to take a step forward without ruffling the fur on their backs. These cats will turn on you and treat you like an outsider in your own house, ignoring you for hours on end while you seek to amend your missteps and misdeeds. Because of this, I have learned to walk slower, look down while I'm walking, and hold heavier objects to ensure I don't accidentally cross paths with my cats. Both Nox and Sirius do this often, and because of this, I have had to change my behavior to ensure their safety and well-being.

There is another aspect in which cats use their tiny bodies to manipulate and train their human companions, mainly when they sleep. For a dog, if you call its name or whistle, it will most likely move from a spot and allow room for you. And while it may take multiple attempts if the dog is sleeping, this is still an easy and surefire way to move a dog. For cats, however, they don't move so easily. They don't respond to the call of their name or a whistle. Instead, one must tempt them with food, or move them by hand. My cat Sirius has a specific spot on the couch he loves to sit and sleep in, which is the center cushion. No one can lay on the couch, or sit on the center cushion, for fear of ensuring his wrath. The cat is unmovable unless one dares to move him, in which case he meows a pathetic meow, making the mover believe that they are committing the greatest of sins by moving him. In this way, the cat manipulates the human companion, by toying with their emotions and doing a cuter meow than they normally do.

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Yet, this does not mean cats do not have their charm. I love my cats dearly, and although most of my nights were spent wide awake thanks to my cat shifting and moving around my bed, laying down closer and closer to me until my back was pressed against the wall, I cannot deny that I love my cats. Both of them are wonderful companions that have manipulated me to their fullest extent. Cats, in truth, may be cold and obnoxious and silly, but that is the exact reason why I, and so many other people, love them.



Benson the cat.

Brady Chisholm

Movies From The Library: *Pride And Prejudice*

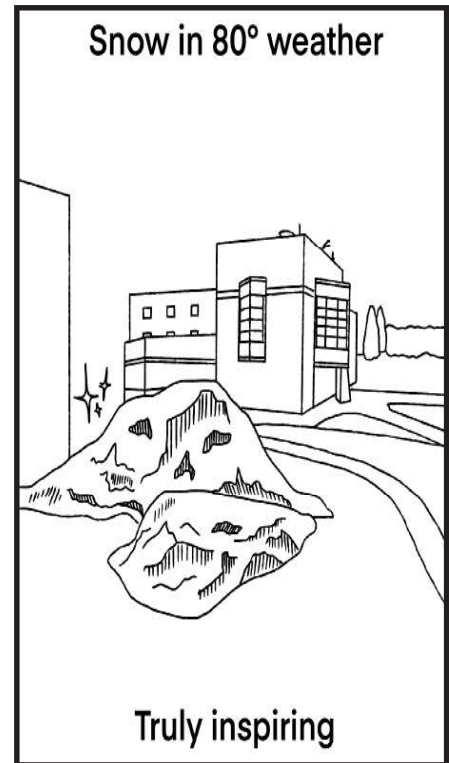
Will Sorg
Movies Guy

Joe Wright's 2005 adaptation of the classic Jane Austen novel *Pride and Prejudice* is one of the few period piece films from the 21st century that perfectly continue the legacy of its forebears. The film is built on the foundation of the lavish period pieces of the 20th century. Grand epics like Bondarchuk's *War and Peace* or Kubrick's *Barry Lyndon* inspire the film's eye for detail in its beautiful set design, stunning lighting, and cinematography. Meanwhile, high society romance films like Scorsese's *The Age of Innocence*, Cameron's *Titanic*, and even previous Austen adaptations like Ang Lee's *Sense and Sensibility* cemented period pieces as films fit perfectly to portray unrequited love and the romance of times long past.

This film excels in all aspects of those great expectations for what a period piece can be. Although I have never personally read *Pride and Prejudice* I found that film perfectly captures the visual language of 1800's British literature. The film is a lush portrait of the English countryside. One of the remarkable features of the film is how detailed every moment of the film feels. There is never a point where the audience is not learning something new, whether it be through props and set design or the wonderful performances put on by the cast of the film. Much like the incredibly descriptive novels of the time period, this film is dedicated to focusing on nearly everything. From something as broad as the many intricacies of a party and how the various guests interact with each other to something as small as Mr. Darcy's hand flexing in tension and awkwardness after his first physical contact with Elizabeth. There is not a moment where the filmmakers aren't carefully planning and framing the film to match the careful construction of Austen's novel.

A major theme of the novel and by extension in the film is the importance of marriage and its ties to money in the 1800's. The Bennet family has no sons and since women could not inherit at the time, their estate will go to their distant cousin. The five Bennet daughters are constantly courting men who they hope will provide their family with financial security if their father dies. Money is seen as a simple expectation for some characters and for others like the Bennet women it is a tenuous item that could disappear at any time. The way in which the women in the film are constantly compared and assessed by those who see them as commodities that should be searched through to find the greatest one. It is one of the many ideas explored and subverted in the film and it is a testament to the source material in which there is such a broad range of ideas that get explored throughout the film.

The source material greatly bolsters the already impressive film. Austen's dialogue is wonderful, delivered with incredible wit and nuance by the actors, and filled with meaning. The film's two leads, Keira Knightley and Matthew Macfadyen are phenomenal as Elizabeth Bennet and Mr. Darcy. Their on-screen chemistry as well as their subtle but pitch-perfect physical acting is a joy to watch. They both sell their roles with a level of honesty that is hard to come by in period pieces. The way they utilize Austen's brilliant words is difficult to explain, there is a way about them that allows you to forget that the film is set in the past or even that the film is a film at all. You become enraptured by words and actions and get fully sucked into what is happening on screen.



Frija Reinert

Word Search

U	D	O	N	K	E	Y	R	E	P	R	U	S	U
F	U	E	P	O	N	Y	M	O	U	S	I	R	T
M	P	V	A	S	C	H	E	M	A	T	I	C	Q
P	A	I	M	O	C	E	A	N	D	E	N	T	R
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O	C	I	R	U	P	D	U	E	E	C	J	S	E
T	O	U	R	N	I	Q	U	E	T	A	Q	I	R

- USURPER
- DIVER
- OCEAN
- RETROACTIVE
- JUSTIFIED
- PARADIDDLE
- HARDWIRE
- SCHEMATIC
- TOURNIQUET
- Eponymous
- ELECTRON
- BOMB
- SPITTOON
- PEARL
- DONKEY

April Fools Issue's Answers

1. 9
2. 42
3. $(9 + 10)$ (base x) = 21 (base y)
4. 38
5. 3
6. 3
7. 2
8. Thanks it looks really cool
9. Dunno yet
10. 0.7

Baseball shines against Macalester

Gusties take both games in doubleheader



Gustie pitcher lets a pitch fly.

Submitted.

Parker Burman
Staff Writer

This past weekend the Gustavus baseball team squared off with conference rival Macalester in a Saturday double header. On the first warm and sunny day of spring the Gusties showed that they are a force to be reckoned with in the MIAC once again this season. Winning game one by a score of 12-0 and game two 14-2 the Gusties played two complete games on all sides of the ball.

Game one starter Sophomore Luke Siegle made it a rough day at the plate for Macalester as he threw six scoreless innings picking up 11 strikeouts in his gem of a performance. Claiming the victory he remains undefeated on the season with a 5-0 in six starts for the most pitcher wins in the MIAC.

"Throw a bunch of strikes, get ahead of guys in the count, and just fill up the zone. It's a lot easier to play defense and make plays on defense when your pitcher is throwing a lot of strikes," said Siegle.

"Throw a bunch of strikes, get ahead of guys in the count, and just fill up the zone. It's a lot easier to play defense and make plays on defense."

"The more zeroes you put up on the mound the more chances it gives your offense to get going and that's kinda what you saw on Saturday," said Siegle.

Gustavus provided plenty of support to Siegle starting in the first inning when the Gusties plated a run as Senior Bryce Novak scored on a sac fly from Junior Drake Siens. In the second, the offense continued to add to their 1-0 lead as Novak knocked in two runs on a single as part of a three run inning.

"It felt relieving. I'd say to score that first run since the whole year our coaches have been preaching to us to have team at-bats so for me to get a pitch in the zone and not try to do too much and score a run with it was satisfying for sure," said Siens.

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The game was blown wide open in the third as Gustavus was able to push six more runs

across the plate. Taking advantage of two errors on Macalester and three hits of their own to give the Gusties a 10-0 lead just three innings into the contest. The final two runs of the game came in the fifth as Siens singled, Junior Chris Knowles doubled and Senior Logan Bjorkman ripped a triple that scored both runners to push the lead to 12-0.

First-year Nick Hentges pitched a scoreless seventh inning picking up a pair of K's. Novak and Senior Nick Azar led the offense going 2-3, 3 R, 2 RBI, BB and 2-3, 2 R, 2 2B.

Game two was a similar story for the Gusties as the offense kept humming along in support of a strong performance from the team's pitching staff. Although not scoring in the first as they had done in game one the offense once again broke out in the second inning. Instead of just three runs they forced across six runs knocking out the Macalester starter after just two innings of work.

Back at it with his run producing ways Novak launched his first homerun of the season making it a memorable one as it was a grand slam that broke open the inning. Three batters after Novak, Siens also hit his first homer of the year to center two drive in two additional runs.

"It felt really good hitting my first grand slam of my career but I was not trying to hit one in that situation. I was looking to just find a gap to score a couple guys but fortunately the pitcher left one over the plate and drove it to left,"

said Novak.

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Macalester answered back in the top of the third with a solo run coming on a single and then followed by a Gustavus error. Azar responded in the bottom half of the frame with a monster blast to left-center for his first of the year to get that run right back, making the game 7-1. The Scots got the run right back in the fourth on an error and two singles for their final run of the game.

Not wanting to give Macalester even the slightest glimmer of getting back into the game, the Gustavus offense continued to flex its muscles with a four run fourth. Senior Patrick Timmer highlighted the frame with a three-run double to left-center. Gustavus picked up another set of insurance runs in the fifth and one more in the sixth to make the score 14-2.

Junior Mitch Caspersen was dealing the entire game as Siegle had done in game one. Finishing the day with six in-

nings and seven strikeouts, four of which came in his last two innings of work, he collected his second straight victory on the hill. It was also his second straight win not allowing an earned run, helping to lower his season ERA from 4.95 to 3.81.

Senior David Rademacher pitched a scoreless seventh allowing just a single base runner in the four men he faced. Siens finished the day 2-3, R, 2 RBI, HR, SB while Bjorkman went 2-4, RBI, 2B and Novak went 1-3 with his monster slam.

"We have been playing with a ton of confidence and knowing that everyone has full confidence in you helps you play better. Our pitchers have also thrown extremely well. Our starters have gone deep into games and done a great job throwing strikes. We have also brought a lot of energy and are having a lot of fun which allows us to play better," said Knowles.

The Gustavus baseball team will be back in action once again this weekend as the host Central Iowa for a double header starting at 1 p.m. this Saturday.

"It feels good to start 6-0 in the MIAC because these are the games that really matter to us if we want to go anywhere," said Novak.

"If you can get to two strikes before they are able to get to two balls in the count, if you can win that race to two strikes it makes it a lot harder as a hitter to know what's coming and to hit," said Siegle.

Gustie tennis shines in Fargo

Women's team tops Concordia



Gustie lines up for a swing.

Submitted

Emma Esteb
Staff Writer

This past weekend, the Gustavus men's golf team traveled to Normal, IL to compete in the Illinois Wesleyan Invite for their spring season opener. The Gusties A team finished with a two-round score of 310-305-615 to tie for 12th, their B team had a 314-302-616 for a tie at 14th, and their final team ended with a 341-339-680. "Obviously if you don't win a tournament you wish you would have played better, but super happy with how hard we battled and played," Head coach Scott Moe said.

Senior Wyatt Wasko led the Gusties first team with a score of 76-74-150, tying for 23rd place. "For me, I have been thankful to have a lot of success in college, winning three tournaments and getting All Region honors. I go into every weekend just thinking I have an opportunity to do really well and just believing in myself knowing that I have that experience. My main thing is to just stay patient throughout the whole tournament," Wasko said.

He finished the tournament with six birdies. First-year Chris Gutuza tied for 48th with 79-74-153 and three birdies in the second round. Also finishing 48th, First-year Pelayo Perez,

ended the weekend with 77-76-153. Hoppe tied for 59th where he posted five birdies with a score of 80-74-154. "I think my attitude was really good all weekend. The second day that we played, I found a swing thought on the range and hit a lot better shots the second day than I did the first day. My ball strike on the second day was the best it has been in a while," Hoppe said.

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Senior Sam Skarr finished the tournament with a 79-79-158. "I drove the ball really well this week. I had control over it and it was something I worked really hard on during the off season so having that control really made it easier for me to score well and put my-

self in places I could hit better shots," Skarr said.

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The Gusties have been hitting in their indoor facility for the last five months, making that transition to outdoor a little difficult. "Hitting off of a flat, perfect lie, and now we are hitting into the trees and out of the rough and just kinda had to work through some things during the round. But, overall very well pleased with how we traveled and how we competed," Moe said.

The team has a lot of depth and competitiveness that they have not necessarily had in the past. "We are really deep, we have a lot of guys that could step up and play on the first team and that is something that we haven't had in the past.

This year we have nine guys that could easily play on the first team any given weekend so that depth has really been a benefit to our team this fall and hopefully stays that way in the spring season," Skarr said.

The team has been really disciplined during the off season in order for them to excel this spring. The combination of experienced players with the promising underclassmen create the perfect recipe for success on the course. "I'm looking forward to everyone getting the chance to compete. We got all of our guys that played in Illinois, we brought 15 guys that competed, we will play everybody again this weekend and next weekend. We are very fortunate to be able to do that. Typically, you only get maybe a maximum of ten guys and you are leaving five guys sitting at home, so I'm happy to reward our guys with the opportunity to compete after working so hard in the off season," Moe said.

The team has three more tournaments to finish out their spring season and the guys are looking forward to putting their best foot forward. April 16 and 17, they are heading to Augsburg for the Augsburg Invitational before hosting the next weekend at the Bobby Krig Invite. The Gusties will finish out their season at Saint

John's for the Saint John's Invite at the end of April. With a handful of seniors, the Gusties are appreciating every moment on the course. "I am most looking forward to just being around the guys. There are six of us graduating, so just being able to enjoy the travel that we had this weekend and then to Augsburg and then at the end of the year to Saint John's. I am going to appreciate just being able to travel and be around them while also getting to play golf for another four or five weeks before we all go our separate ways," Wasko said.

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The team has a promising future ahead as they head into their next three tournaments where they are hoping to pull out a win.

Gustie tennis faces fierce competition

Men earn victory over nationally-ranked opponent



Gustie returns a serve.

Submitted.

Kieran Ripken
Staff Writer

The Gustavus Men's Tennis team traveled to Southern California last week over Spring Break, squaring off against a total of seven opponents. According to the Intercollegiate Tennis Association, three of the Gusties' opponents were ranked in NCAA Division III: No. 3 Claremont-Mudd-Scripps, No. 13 CalTech, and No. 24 Pomona Pitzer. The Gusties left California with three wins highlighted by a 6-3 victory over CalTech.

Gustavus was ranked No. 10 in NCAA Division III heading into the week, according to the ITA. Despite the achievement, the ranking did not affect the team's approach and only builds on their confidence heading into matches.

"Everyone goes in with more confidence," said Senior Alex Budde. "I think it helps us feel a little bit better about ourselves and that helps you play a little bit better too."

The trip was initially delayed due to a handful of weather and travel challenges, but the team took the unfortunate circumstances in stride.

"Our team this year has done a really good job embracing difficult situations and we knew that we were going to have a lot

of tough tennis throughout the week, but we went into it with a we-can-handle-anything mentality," said Senior Nick Aney.

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After the Gusties were able to arrive in California, the team began their schedule with a dominant 6-1 victory over NAIA opponent University of St. Katherine. The men put on a clinic in doubles, winning all three matches, and won five of six singles matches, highlighted by a three-set victory from Sophomore Taona Mhwandagara in the No. 1 spot. Against their second opponent of the day, the Gusties fell 6-1 to Westmont. Senior Luke Haddorff emerged with the team's only singles win with a come-from-behind thriller in the third set. In doubles, Senior

Jack Bergmeyer and Sophomore Rafael Costa secured a victory at the No. 2 spot but ultimately, the team lost the doubles point.

On day two, the Gusties faced Pomona-Pitzer and lost 6-2. Aney picked up wins in both the No. 1 singles spot, with set scores of 6-3 and 6-2, and the No. 1 doubles spot with Senior Daniel Fouchier, with a winning score of 8-5. Budde picked up a win in the No. 6 singles spot with two 7-6 set victories.

On day three, the Gusties rebounded with a 5-2 victory over NAIA opponent Hope International, highlighted by four singles victories by Senior Drew Elofson and First-years Luke Fridinger, Tyler Haddorff, and Ali Derbani.

The Gusties rose to the occasion later that day against CalTech, sweeping the doubles matches and winning three of six singles matches to secure an impressive 6-3 win. Budde and Sophomores Marco Siviero and Josh Christensen delivered three singles victories.

"Last year, we lost [to CalTech] after having a tough match and a close loss, so we were really fired up and ready to get going when we got there and we knew this was going to be an important match for us for this season," said Fouchier.

To close their trip in California, the Gusties traveled to Claremont for a rare dou-

bleheader against Claremont-Mudd-Scripps.

"It was new for a lot of us because we haven't done that before and it is something you don't really ever do," said Budde.

Despite the rarity, the Gusties persevered and posted two quality matches against CMS. In the first match, the Gusties took two of three doubles matches with wins from Aney and Fouchier at No. 1 and Senior Sourabh Terakanambi and Siviero at No. 3, but fell as a team in a close 4-3 final score. In the second match, Budde led the team to its only two points with wins at No. 5 singles and No. 1 doubles with First-year partner Gage Gohl. The Gusties fell 7-2. With Budde's exemplary performances over the course of the week, it was announced on Monday that he secured his second MIAC Athlete of the Week honor for the season.

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Now home from their trip, the team has their sights set on lofty goals for the remainder of the season.

"Our expectations for the rest of the season are pretty high. We know we can compete with the best teams in the nation, so we're really excited for all these upcoming weeks especially because we have a lot of seniors on the team," said Fouchier.

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The Gusties are traveling to face two teams next weekend on Saturday, the first in St. Paul against conference opponent Bethel and the second against No. 38 UW-Whitewater in Wisconsin. The team is 6-0 on the season against conference opponents.