

Meditation

By Aiyra Jorde, Features Writer

Pop a squat (criss-cross applesauce style) and close your eyes.

No, this isn't a prank.

Just trust me.

Did you do it?

Ok, cool.

You're meditating.

May also marks National Meditation Month, a time to get in touch with your mind, body and soul through meditation, a simple practice that involves focusing your attention on the present moment and observing your thoughts/feelings without judgement. Shown to reduce stress, anxiety, and improve one's overall quality of life, the benefits of meditation are endless. Take a deep breath in... and out... and relax as you learn about meditation's copious benefits and how you can obtain them.

Physical Benefits of Meditation

I'm sure this will come as no surprise to you, but meditation has a LOT of science-backed benefits. Starting with the physical benefits, let's first unpack how chronic stress affects the body. When we feel stress, the sympathetic nervous system is stimulated and releases a surge of stress hormones (like epinephrine and cortisol) into the bloodstream. This is no bueno because too much epinephrine (a.k.a. adrenaline) can increase the risk of heart attacks and strokes, while too much cortisol can increase blood sugar levels, weaken the immune system, and constrict blood vessels. When looking at chronic spikes in these stress hormones, the long term effects include an increase in blood pressure, heart rate, and cholesterol levels, damaged immunity, low energy levels, and difficulty with sleep. However, when the mind and body can relax through meditation, the parasympathetic nervous system is stimulated and the body stops releasing these toxic stress hormones. In other words, meditation lowers blood pressure, heart rate, and oxygen consumption, resulting in higher energy levels, better immunity, and more restful sleep. These effects have been proven in numerous studies, including a Harvard study that showed meditation can minimize the genes involved in the inflammatory response (which is associated with stroke, heart disease, cancer, diabetes, and other serious diseases), as well as promote the genes involved with DNA stability. Whew, that was a lot of science (I'm definitely not a STEM girl).

The Benefits of Meditation for Students



ExamsStudyExpert.com/benefits-of-meditation-for-students



EXAMS STUDY
EXPERT

Submitted

Emotional Benefits of Meditation

If the physical benefits of meditation weren't enough for you, wait till you get a load of the mental benefits. Not only does meditation have the power to change our perspective and mindset, but it can also physically alter our brains to rewrite towards more positive thoughts and emotions. That's right, meditation can undo the negative neurological connections to the medial prefrontal cortex (which is called the "me center" of the brain) and shrink the size of the amygdala, which will both decrease feelings of stress, anxiety, and fear. Additionally, both gray matter (the area in the brain that controls emotional regulation, planning, and problem-solving) and cortical thickness (controls learning and memory) have been shown to increase with meditation. Wowza!

Learning to Meditate

Now, if you're anything like me, you've tried to meditate in the past because you heard "it's good for you," but after 4 minutes of squirming around and peeking at the timer in agony, you gave up and thought "eh, it's just not for me." However, we must remember that just like any skill, learning to meditate takes consistent practice. It's ok if your mind wanders, or you forget to follow your breath, as long as you stay CONSISTENT in practicing. The point isn't to be perfect and enter a blissful state right away, but rather to be present with whatever is going on in that moment. If you find yourself unable to quiet the mind or still the body, don't worry! There's no wrong way to meditate. Just simply observe the thought and focus back on the breath. For beginners, following a guided meditation is highly recommended to give you some guidance and direction. Whether you find a guided meditation on Youtube or an app (such as Headspace #notsponsored), even a couple of minutes of mindfulness can make a big difference (you can also carry this practice into daily activities such as mindful eating or a walking meditation). So...are you not thinking what I'm not thinking? Yup, let's find a comfortable spot and enter the present moment.

The evils of these five letter words



Jonas Doerr
Opinion Columnist



A DAILY WORD GAME

Wordle is bad. I'm not just saying that because I failed the Wordle today. In fact, I solved it in two guesses. Of course, it helped that I looked at the first two guesses of one of my classmates.

Although this might seem only to prove that Wordle has corrupted me, I'm not the only one. A survey by Solitaired found that 10% of Wordle players admit to cheating, and that's only the ones who are bold enough to say it. Plenty of people aren't beneath padding their stats by trying their guesses in an incognito window or googling word options. If you haven't heard of those strategies, you're probably opening a new tab right now to try them.

"A survey by Solitaired found that 10% of Wordle players admit to cheating, and that's only the ones who are bold enough to say it."

"But cheating at Wordle is harmless!" people might say. If only that were all. Wordle is a short, daily puzzle owned by the New York Times Company where players have six tries to guess a five letter word. If you haven't heard of it before, I solemnly apologize for exposing you to a new evil.

The game has a couple of hooks to keep people coming back. First of all, it tracks how many Wordles in a row a person solves. This drives people to check when a new puzzle ap-

pears every morning to ensure their streak stays alive. Secondly, it allows people to boast about their five-letter-word vocabulary by sharing their daily results on Twitter, via email, or by casually flexing how they "got it in three [guesses]" when a friend says the Wordle was hard today.

The problem with this is that Wordle is a terrible way to start one's morning. When a hooked user pulls up Wordle to spend five or fifteen minutes playing the geeky equivalent of Candy Crush, they neglect several superior morning rituals. They could have woken up to prayer, meditation, or exercise. Even a cup of coffee would have been better! Instead, they subject themselves to high levels of stress guessing a meaningless word.

Yet Wordle users do not feel like they are wasting their time. They believe they are unlocking long-hidden corners of their vast intellectual potential as they search for the perfect five-letter word. Little could be farther from the truth.

"They believe they are unlocking long-hidden corners of their vast intellectual potential as they search for the perfect five-letter word."

Playing Wordle does not in-

crease one's vocabulary. The hardest Wordle words to date, based on failure rate, are "parer" and "foyer". Most people probably recognized the word after getting it wrong. If not, well, there aren't that many cases where it's necessary to have a shorter word for an entrance hall to a large building.

"The game has a couple of hooks to keep people coming back. First of all, it tracks how many Wordles in a row a person solves."

Plus, five-letter words aren't exactly the most intellectual. Playing Wordle might make a person better at playing Wordle, but it won't make them smarter.

That's not all. Wordle also encourages egotism and sadness. If a person has a great day guessing the Wordle, they'll probably share it with their friends. The friends probably won't appreciate the snobbery, but it will feel fantastic.

On the other hand, if they have a bad day or even fail the Wordle, they must endure hearing other people talk about their success. At best, they must wallow in their misery until they can find another dopamine rush to soothe them.

What harm is there too play-

ing Wordle? It makes people cheat, it makes people sad and narcissistic, and it tricks people into thinking they're getting smarter. Meanwhile, plenty of other options for doing something meaningful float around, neglected by Wordle players.

What if those five minutes every day were spent sending a cheerful good morning text to a friend or a family member? What sort of difference would that make in a relationship?

What if those five minutes every day were spent setting goals? How much more could be achieved if people knew exactly what they wanted to get out of each 24 hours?

"What if those five minutes every day were spent sending a cheerful good morning text to a friend or family member?"

If it's essential to play an online game with that time, why not replace Wordle with a game that can change the world? Freerice.com is a website created by the United Nations World Food Programme where users can answer trivia questions for a good purpose. Every correct answer sends ten grains of rice to hungry people worldwide. In just a few minutes, I earned several hundred grains of rice, which added up to be a few bowls.

"On the other hand, if they have a bad day or even fail the Wordle, they must endure hearing other people talk about their success."

To quash that need for dopamine, the website even offers badges to overachieving rice maniacs. So next time you're tempted to Wordle, start a new habit and make your life count the grains of rice you could be earning.

Submitted

A tribute to the library



David Eide
Opinion Columnist

As my time at Gustavus winds down, I've been thinking a lot about the various buildings I've spent time in and which one could be considered my favorite. There's a lot of competition: I did spend much of my time in my sophomore year studying at Beck and New Nobel is quite fancy but when it comes down to it, I'd have to pick the library as my favorite. I've written in the past about my generalized love for libraries - and our library in particular - but I think a specific exploration of the various reasons why I love it is in order, especially considering the library is celebrating its 50th anniversary.

"There's a lot of competition, I did spend much of my time in my sophomore year studying at Beck and New Nobel is quite fancy but when it comes down to it I'd have to pick the library as my favorite."

To start, the library has some of my favorite study locations on the entire campus. The single-person rows of desks along the windows have always been my go-to place for when I'm in between classes for an hour or so and need to crank out some assignment. On the other hand, when I need to buckle down and work on a major assignment, the first places I head to are the individual study spaces in the back of the library, which offer an isolated location where it's possible to devote your focus to the task at hand. During COVID and distance learning, the

individual study spaces were where I attended many of my Zoom courses as I found it a lot easier to concentrate in them compared to my room or some other public space. The fact is that the library is one of the few places on campus where you can be guaranteed peace and quiet while you work, which I greatly appreciate as someone who has often struggled with being easily distracted by background noise.

"The fact is that the library is one of the few places on campus where you can actually be guaranteed peace and quiet while you work."

The library is more than just an excellent study space; it also contains some of the most fascinating pieces of history on campus. For example, there is the rare books collection which contains a multitude of old manuscripts that the college has collected over time along with some other minor artifacts of Swedish heritage. Unlike a lot of other similar collections in other colleges, our collection room is freely accessible to the public due to the locked cabinets which protect the books from potential theft. As a result, the collection room is another one of my favorite study locations in the building, specifically for when I have long readings as I feel like being surrounded by rare books improves the vibe of what can otherwise be a slog.

I could not discuss my favorite parts of the library without also discussing the College archives on the third floor. The archives do a lot of great work that I sometimes think goes unappreciated by the general public. The archivists are constantly working to ensure that historical documents and materials from the college's past are preserved and made available for interested parties. I have gotten a lot of use out of the online material produced by the archives such as the digitized versions of the yearbook or even of this very newspaper. To me, such archived materials serve as a reminder of the continuity of

college life, I am attending the same institution as the people who worked on the 1930 edition of the *Gustavian*, which is a crazy thought to me.

Of course, I would be remiss to discuss why I love a particular library without also discussing the actual function it's intended to provide. When I've been working on major projects and have struggled to find the sources that I need, it is to the library that I turn. There have been many times when I've found a book or article that would be useful for a paper that I'm writing but it's

either locked behind a paywall or not in the library's collection. Luckily, however, the library has always come through for me with interlibrary loans and helped me gain access to the materials I need. On top of all that, I just love to peruse the general collection of our library as there are just so many fascinating books just sitting on the shelves, waiting to be read. No matter what subject you're interested in, the library probably has some material regarding it, even if it's the most obscure topic you can think of.

In short, I really love

the library. I go there even when I don't have anything to do just to enjoy the atmosphere. I'm going to truly miss the library once I graduate as even though I have a decent library back home, it just can't quite compare to what we have here at Gustavus. Still, I'm glad that I got to experience it and I hope that Gusties in the future will enjoy the library - just as I have during these four years.



Gustavus Library.

Shining Starbursts - the best and the worst



Houston McLaury
Opinion Columnist

With another month coming to a close, students across campus will have emptied the Caf of any foods they can take back to their dorms. Cereals, Pop-Tarts, chips, sodas, coffee, tea, anything we can get our hands on that we can savor and bring back to our dorms. And one of the sweetest of these fine treats comes in the form of a yellow bag: the Starburst. These delectable, fruity chews were a staple in my early childhood, of summer days with the candy bowl on the counter, which I could never quite keep my hands away from. As I am getting older, having gotten slightly smarter than when I was eight years old, I trust myself now more than ever to judge these delectable fruity

bites. Judging the original four, I will be going over the best qualities of these sweet treats, judging them on their taste, quantity in packaging, and if they hold up to the flavor they are trying to represent.

First, let's go over the four flavors and what I like to call them. There is pink, orange, yellow, and red, or as the Starburst packaging begs for them to be called, strawberry, orange, lemon, and cherry. I, nor my family, have ever or will ever refer to these as the fruit flavors they are. Because this is the first point of misconception—nearly half of these flavors do not taste as the wrapping says. But, that is for the review of these individual flavors. For now, the packaging of these fruit chews is what interests me, as one eats with their eyes first, and their mouth second. The starburst is a square gummy, wrapped inside of wax paper with the correct color and flavor stamped to the front in white. The best way to open these wrappers is to go from the sides and unfold the wrapper to peel apart the paper to get to the candy inside. After this process, one can finally eat the candy they've paid for.

In this wrapping comes one major problem, and that is the fact that a person usually has

to use both hands when opening the wrapper. For any other candy, say gummy bears or sour patch kids, one must simply open the bag and eat with one hand. This allows for other activities with the other hand, either using the phone, writing, or a multitude of other activities one can do with one free hand. Yet, with the Starbursts sold in the Caf, one must open the bag, take the candy out, unwrap the candy, and then they can eat it. This limits the time to when a person can have these candies to when they are watching youtube, a TV show, a movie, or listening to music and doing nothing else.

"For now, the packaging of these fruit chews is what interests me, as one eats with their eyes first, and their mouth second."

Having gone over the use and futility of the wrapping of the Starburst, a review of the flavors must be had. First is the pink-colored strawberry, one that holds great sentimental value for me as it was always so rare to find these in the Starbursts bought from the stores.

Usually, there were only one or two pink ones that came in these packages of about twelve pieces. Now, to review the flavor. As I bite into the soft, gummy fruit chew, the sweet flavors burst forth and fill my memories with thoughts of summer by the fire, or movies in my living room. The flavor is excellent, capturing summer, however, it does a poor job of capturing the flavor of a strawberry. There are hints of it, sure, but it lacks the tang a real strawberry has. And yet, even though it doesn't have the exact strawberry flavor, it's still quite good. Which is why the pink Starburst is my favorite.

Coming in second is the orange Starburst, a refreshing citrusy blast to the senses as I chew on the gummy. This Starburst has a leg up where the pink one didn't, as it wholly recreates the taste of an orange quite accurately. And lucky for this candy, I adore oranges for their flavor, which earns it the number two spot on this list. Then comes the yellow Starburst, one of the more abundant of the Starbursts that litter the packaging. It's a fine flavor, of course, but it makes the lemon too sweet in my mind, nulling the acidic and wonderful burn of the sour taste that so many people align with the

lemon. For this inaccuracy, it has to be at the number three spot.

"First is the pink-colored strawberry, one that holds great sentimental value for me as it was always so rare to find these in the starbursts bought from the stores."

Then, there is the worst flavor. Red, otherwise known as the cherry Starburst. This thing, this vile testament to all things good, fill and overflow nearly every Starburst bag, too many planted into the bags for my liking. There is an overuse of the red Starburst, and I could forgive that if the flavor was decent, or even halfway good. But no, as I chew on the revolting piece of candy, I am reminded of elementary school days, handing out these cherry Starbursts to any that would dare take it, for this accursed candy is not meant for mortal consumption. No, it is not fit for any sane individual to consume, which is why I must rank it dead last among the four.

"Then, there is the worst flavor. Red, otherwise known as the cherry starburst."

For the best-tasting Starbursts, do your best to get your hands on the pinks and oranges. If you can't, the yellow substitution is not all that bad. But for your sake dear reader, stay away from the red menace of the dreaded cherry flavor. Not for the faint of heart, this sweet will leave you revolted in the face of all things good. May the next time you open a Starburst container, and grab one of the candies, you find the Starburst that suits you the best.



The Super Mario Bros. Movie: plumbers and monkeys and turtles, oh my!

Will Sorg
Movies Guy

Even before I owned a Nintendo Wii, I was a Mario fan. I remember asking to play Mario games on other people's Nintendo DS's when I rode the bus in elementary school, and playing online browser games just to get a chance to play something even half-related to the series. When I actually got a Wii, I endlessly played as many Mario games as I could get my hands on. I was obsessed. Super Mario Galaxy 2 was actually the first game I ever bought on its release day and even now I think there is something so effortlessly charming about the longstanding game series.

Mario is one of the most recognizable and popular franchises ever. The character's many game franchises have sold more copies than every Harry Potter book combined and twice as many copies as the second best-selling video game franchise: Tetris. So, it comes as no surprise that when Nintendo finally decided to make an animated film ad-

aptation, it quickly became a billion-dollar movie. As of writing this review, The Super Mario Brothers Movie is the most profitable video game movie ever made and has made it into the top 50 highest-grossing movies of all time. The film is a 90-minute, beautifully animated, children's romp through the mushroom kingdom that hits all the high points that kids and video game fans go crazy for.

For kids, it is a formula that works. Bright colors, humor that varies from shockingly clever to simplistically dumb, and endearing characters voiced by recognizable actors for the kid's parents to recognize. The whole film is tailor-made for parents to bring their little kids to and for the kids to have a blast watching. Meanwhile, for older fans of Mario, the film is excellent at catering to the common desire of adaptations being faithful. This might be the movie with the highest number of easter eggs

to its source material that I've ever seen. There is hardly a single second of the film that isn't visually calling back to a game from the series. The musical score uses a ton of cues from the games and besides some plot changes to make a franchise that usually barely has a plot, this film has basically taken no risks in adapting a series with the largest video game fanbase on earth.

That lack of risk is definitely my biggest issue. I had a pretty great time watching this film and I would definitely recommend seeing it, but this thing is so incredibly safe. There is a sense of endless pandering towards the obsessive adult fans of Mario that borders on jangling keys in front of a child's face and when the film isn't trying to fill its adult audience with nostalgia, it feels like it quite literally is jangling keys in front of a child's face for the younger audience. It's a kids' movie - and not a very original one. It is quite remarkable how upset a lot of the internet has gotten over critics not loving this movie. The movie has mainly middling reviews for the most part and, yet in some circles on the internet, you would think that critics have kidnapped and held a real-life version of Mario hostage and are threatening to destroy the internet's

collective childhood. There has been a long-standing trend of certain internet communities believing that a mysterious collective of critics have some sort of agenda against fun when in actuality it is a case of two conflicting groups having different approaches to media.

Fans of the movie are outraged that someone could judge this movie in any way that doesn't relate to their level of fun had. Meanwhile, critics don't hate it but rather see it as nothing special from a standpoint of critical analysis. Throughout this review, I have said essentially nothing about the film in regard to its content. I don't really feel like I need to. It's fine enough, I had my fun in the theater and I'd see it again if it came to a streaming service I own. However, for me, I also like to engage with films at a level beyond simple fun a lot of the time and this movie does not have much to offer besides simple fun.

So if people adore this movie because it's fun, I really don't blame them. I had a blast watching it. However, I have my doubts that the pinnacle of animation and cinematic storytelling is truly Chris Pratt being thrown into a car by giant turtle Jack Black.

Classic Novel Word Scramble

- | | |
|-----------------------|-----------------------|
| 1. MOYB CIKD | 6. TETILL MEWON |
| 2. AWR DAN PACEE | 7. TEH BOBITH |
| 3. RALDACU | 8. 8194 |
| 4. USSSELY | 9. NOD IXOUTEQ |
| 5. GRTEA XEOEIASPTCTN | 10. GHITNS ALFL PARTA |

Last Issue's Answers

- Honey
- Bottle
- Round
- Candelabra
- Curtains
- Deity
- Ingenious
- Plumber
- Chord
- Slug



Frija Reinert

Gustie Cup returns with rule changes

Entrepenuers to present May 13th



Gusties celebrate their victories at the 2022 Cup

Submitted.

Emma Esteb
Staff Writer

Every year, the Gustie Entrepreneurship Cup showcases our brightest entrepreneurs for a chance to present to a panel of mentors with the opportunity to win a share of up to \$15,000 in seed funding for their startup endeavors. The event will be held on May 13 in Beck Academic Hall. The event brings together faculty, coaches, and alumni to support and mentor young entrepreneurial students in developing their ideas and making them a plausible reality.

"These ideas may not be the biggest, money-making, change-the-world idea, but an idea nonetheless. We created an opportunity to really help onboard students to a new culture around entrepreneurship that really integrated complete access," Professor Katie Boone said.

The first-place winner of the Cup will automatically advance to the semi-finals of the Minnesota Cup and will be eligible to win additional prize money.

"Last year was my first time competing in the Gustie Cup, and it was a whirlwind! Getting up on stage was nerve-racking for me, but it was all worth it once I got up there. It was so much fun being creative

and having complete control of what my product was. I could do all the marketing and create visuals that told a story about my product RecoverMe. Overall the Gustie Cup launched my product further than I could ever do alone, and I am excited to show everyone how far RecoverMe has come in one year," Senior Maddy Rice said.

The event gives students the opportunity to develop a business idea to solve real world problems, use real data, and implement important research in order to create a feasible business model. The school is offering two unique program opportunities. The main goal of the staff is to increase access and equity to all students interested in starting a business.

"The event gives students the opportunity to develop a business idea to solve real world problems, use real data, and implement important research in order to create a feasible business model."

The two program opportunities include the Startup Lab

and Pitch Night. The Startup Lab is a 90 minute workshop for students to explore their business plan and see how likely their business is to succeed. The event is a completely confidential learning space that gives students the confidence and support they need before pitching their business idea. This program is offered twice per month in February, March, and April as a prerequisite to apply to the Gustie Cup. "At the Startup Lab, I came in with just an idea. So just with my idea alone, we worked on identifying the market, doing some market research and analysis, how I was going to go about that, product research and analysis, and we worked on why I was so motivated with this idea and what led to this idea," First-year and Gustie Cup participant Tison Werner said.

The second program they offer is a Pitch Night, which is another 90 minute workshop where students are able to give their pitch to an audience and receive feedback and critiques before their final pitch on May 13. This program is designed to give students more practice and helpful tips in order to perfect their business pitch and bring it to the next level and also have them think about their story for this business idea.

"It is kind of a little bit of a pitch/story workshop where students get more clear about who they are, why they are doing what they are doing and what this is all about," Boone said.

The students have been working extremely hard to get their ideas ready for the Cup coming up. "These are not students that are getting extra credit, this is not a class assignment, these are real students bringing their real ideas into the real world. That has been a really key distinction in what we are going to see this year. These are students that are actively starting their business or working to validate and launch their business. That has been a joy to see, that there are students at all different ages and stages of their higher ed journey at Gustavus coming together with a common goal," Boone said.

Awards for the event will include the scalable category which are innovative ideas that are scalable to larger and broader markets and the sustainable category which are community-based business ideas which could provide a student a livelihood after graduation. Individuals can win prize money for developing either a for-profit venture or a social entrepreneurial endeavor.

"My favorite thing has

been being able to meet all of the amazing people, Katie and Bethany are just lovely and they really have the passion and desire to do this kind of work for the Gustie Cup and for Gustavus. Through them, I have been able to meet Matt, my Gustie Cup mentor, who is a great person and does IPOs and different things like that. I have been able to partner with my business partner in Mankato as well as different investors who have taken interest in my company which has just been amazing," Werner said.

"My favorite thing has been being able to meet all of the amazing people, Katie and Bethany are just lovely and they really have the passion and desire to do this kind of work for the Gustie Cup and for Gustavus."

The connections, relationships, and opportunities that come through the Gustie Entrepreneurship Cup help create long-lasting life skills that students can carry with them long after their time as a Gustie is done.

Gustie track runs hot

Women's team makes history at Drake Relays



Gusties celebrate a blazing fast relay.

Submitted

Kieran Ripken
Staff Writer

The Gustavus Women's Track & Field team sent a few of its members to the Drake Relays in Des Moines, Iowa this past week to compete against some of the country's best track athletes. With teams across Divisions I, II, and III present, the Gustie women rose to the occasion against stellar competition from notable Big Ten teams like the University of Minnesota and the University of Iowa. The team left the meet with a new school record and a handful of times ranking near the top of NCAA Division III on the season.

While the Gusties had a squad of women competing in Des Moines, the team was also in Saint Paul competing at Macalester's Janis Rider/Doug Bolstorff Invitational on Thursday and Saturday. The Gusties totaled 68 points for fifth place in a field of eighteen teams.

"The Drake Relays is not something that most people get to go to. To be in the building with all these great athletes is something that you won't really ever get to experience again, yet alone be able to run with them," Junior Danielle Miller said.

On Friday, the women's 4x100 relay team of Miller, Senior Birgen Nelson, Sophomore

Megan Geraets, and Sophomore Kate Carlson won their heat and got third overall in the opening round with a time of 47.69. Their time ranks third in the MIAC this season. Last week, the quartet broke the school record with a time of 47.50 at the Gustie Twilight meet.

Later in the day, Nelson competed in the 100-meter hurdles and finished with a time of 13.81, the best among Division III athletes. Nelson, a 6x All-American and the reigning national champion in this event, recorded the second-fastest time in Division III this season and improved on her season-best time of 13.88. Last year, Nelson set the Division III national record with a time of 13.44.

"Nelson, a 6x All-American and the reigning national champion in this event, recorded the second-fastest time in Division III this season and improved on her season-best time of 13.88."

The women's 4x200 relay team had a magical perfor-

mance to culminate a night filled with stellar competition. The quartet of Junior Ally Rakow, Carlson, Geraets, and Nelson set a new school record with a time of 1:40.17. The time is the best in Division III this season and ranks third all-time in Division III history.

"The women's 4x200 relay team had a magical performance to culminate a night filled with stellar competition. The quartet of Junior Ally Rakow, Carlson, Geraets, and Nelson set a new school record with a time of 1:40.17. The time is the best in Division III this season and ranks third all-time in Division III history."

"It was a super special moment for us. We ran that relay indoors and did well, so it was fun to do even better outside," Carlson said.

Breaking a school record is quite the achievement, but the 4x200 relay time obliterated

the previous record by an absurd five seconds, which is unheard of for a shorter event. The quartet also set the indoor school record in the same event this year.

"It was such a fun experience... It's just exciting to be able to be a part of a team like that and to be able to perform so well at a meet with so many amazing athletes," Rakow said.

On Saturday, the team of Miller, Nelson, Sophomore Makenna Huettgen, and First-year Daneyah Hughes took on the shuttle hurdle relay and crossed the finish line with a time of 1:01.48, the best amongst Division III teams and good for third overall.

To wrap up the meet, the women's 4x100 quartet of Miller, Nelson, Geraets, and Carlson improved on their time from the previous day, finishing fifth overall with a time of 47.61.

"Although we did not break the school record... it was still an amazing experience and we know what we can improve on for next time," Miller said.

In Saint Paul, Junior Evelyn Villalobos won the 5000-meter in a field of 32 competitors with a time of 18:07.79 and Sophomore Sydney Hagen took third with a time of 19:18.70. First-year Lauren Rocheford secured the Gustie women's second event victory in the 400-meter

hurdles with a winning time of 1:08.58. All-American Senior Annika Poe placed second in the shot put, first among Division III participants, with a throw of 43-8. Poe also placed sixth in the discus with a distance of 117-8. Sophomore Lindsay Bangs was the runner-up in the high jump with a mark of 5-1 and Sophomore Lili Guy took fourth in the long jump with a distance of 16-8.

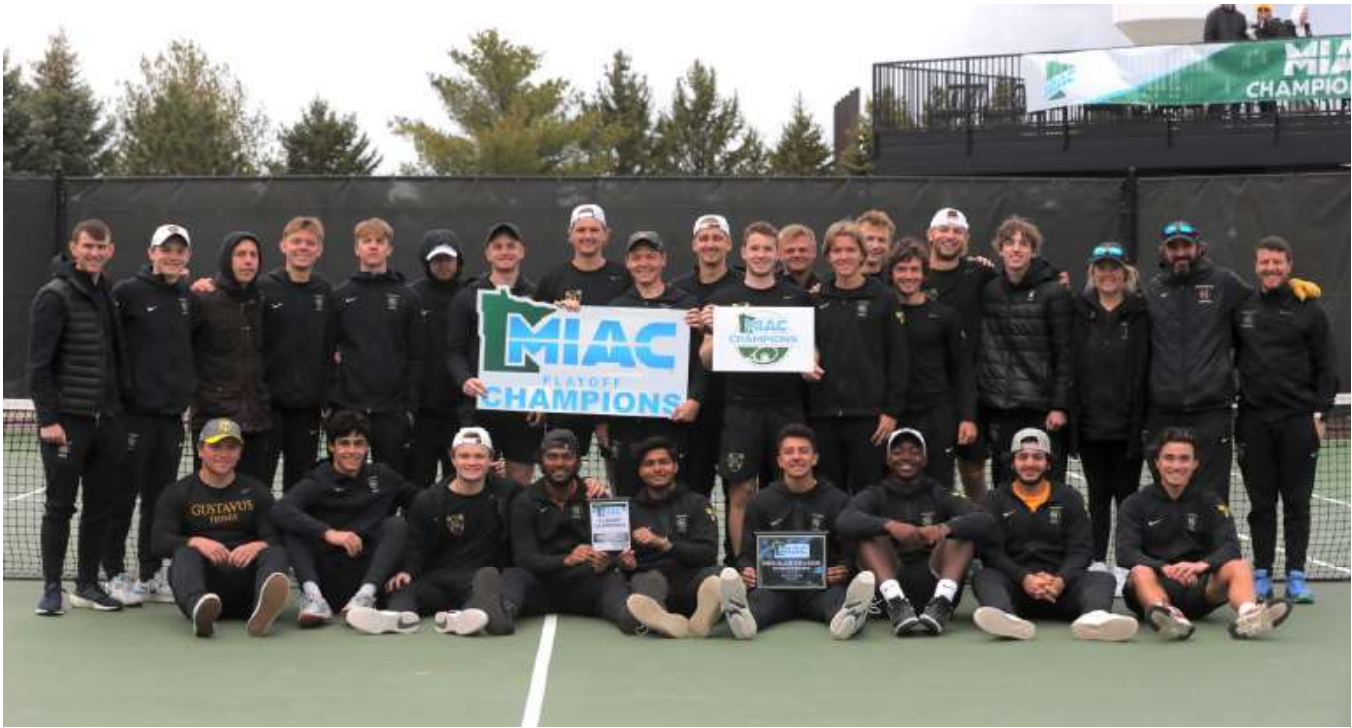
As the season winds down, the Gusties have big expectations for the remainder of their time with less than a month of competition left on the schedule.

"I'm expecting us to all continue to have fun and to trust our training [and believe] that we've put in the effort and the time it takes to perform our best for conference. Hopefully, a couple of us [can] go to Nationals," Rakow said.

The Gustie women will compete at the Maverick Open in Mankato on Saturday, May 6. The following week is the Women's MIAC Outdoor Championships at Bethel University, which will start Friday, May 12 and run through Saturday, May 13. The NCAA Division III Outdoor Championships will begin Thursday, May 25 and go through Saturday, May 27 in Rochester, New York.

Gusties tennis takes MIAC crown

Men's team obliterates Carleton



Gustie tennis wins the MIAC.

Submitted.

Parker Burman Staff Writer

This past weekend, the Gustavus Men's Tennis team secured their 12th consecutive MIAC Playoff Championship with a 5-0 win against conference rival Carleton. The championship was the Gusties' 15th overall in program history and will now advance for the 35th time to the NCAA Tournament.

"This past weekend was a great accomplishment for all 27 of us. We have all worked really hard this season playing so many matches across the country. To have that effort pay off this past weekend was great. I am proud of all the guys for the way we competed both during the regular season and the conference tournament," First-year Gage Gohl said.

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Gustavus started off the

competition strong by sweeping the doubles spots to take the early 3-0 lead over Carleton. The doubles pairing of Senior Sourabh Terakanambi and Sophomore Marco Siviero picked up the win in an 8-6 match.

"It was great to get a win but the level of opponents that we will play in the upcoming weeks are going to be better and better, so I need to step up my game as we close out the season," Terakanambi said.

"I think we played a good match. We had to stop twice because of the rain, and it was very windy also. We were able to go up a break soon which helped a lot, from there we just stuck to our routines and stayed positive through the course of the match. We held our service games which enabled us to get the win 8-6 so it was a positive result. Playing at home and having the energy of the crowd is always awesome and gives us a big lift," said Siviero.

In the next doubles match, Senior Alex Budde and Gohl also won their match 8-6, both performing well. "The tennis culture here at Gustavus is unlike anything I have experienced before. From coaches, to teammates, to alumni, you are always surrounded by people who want the best for you. So many of the guys on the team have helped take me under their wing and made me feel

like I belonged right away. It is a privilege to be a part of such a special group of guys who have made this such a memorable season," Gohl said.

In the last set of doubles, Seniors Nick Aney and Daniel Fouchier played through a tiebreaker to determine their match. When it was all said and done, Aney and Fouchier had secured the 8-7 victory.

With an important 3-0 lead heading into the singles matches, the Gusties were continuing to play better and better. Sophomores Rafael Costa and Josh Christensen helped the Gusties take care of business, both picking up singles victories. Their victories helped to clinch the playoff title for Gustavus.

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Costa played well out of the number six spot, winning by scores of 6-2 and 6-1. Christensen on the other hand tacked on the final win for the Gusties at No. 4 with 6-4 and 6-2 victories.

"I felt a little nervous at first, but once I was two or three games into the match, I felt amazing. I had figured out the game plan and executed it very well. I was happy I got one of the wins for the team. It felt really good to see all of my teammates as well as a lot of people watching and being loud. The energy of the crowd really gets me going," Costa said.

"I thought I competed very well in my singles match and my opponent played a very good match, making it tough on me," Christensen said.

This weekend, the Gusties will host the NCAA Regional Championship with the hopes of continuing to move further on in the tournament and eventually securing the national championship.

"We have been tested all season long in so many difficult matches to prepare for moments like this weekend. I know that we are ready to go and prove to ourselves just how good of a team we can be. We are going to take it one match at a time, and are looking forward to Saturday's match against UW Whitewater. We are blessed to

be able to host the NCAA regional tournament this upcoming weekend and are excited to compete against some of the top competition in the country at home," Gohl said.

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"It felt good to win the MIAC playoff again, especially as this is my last go around. That being said, the MIACs are a stepping stone for what the team really wants to accomplish, so even though it's nice to get a playoff championship under our belt we have our sights set on more," Terakanambi said.