

# THE GUSTAVIAN JOLLY

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## A holiday farewell (for now) from the Weekly

**Katie Samek**  
Staff Writer

Hello, Gusties! All of us here at the Weekly want to wish our Gustavus community good luck during these most stressful times in the semester and also say a brief goodbye. As you may or may not already know, the Gustavian Weekly does not publish during J-Term, so you won't be hearing from us again until the spring semester. (Of course, given that this is the last year Gustavus will be offering a J-Term, that may very well change in the future!)

To all of our dedicated readers, be you staff, student, faculty, alumni, or family member checking in via our online publication (yes, we publish the Weekly online too - you can find us at <https://weekly.blog.gustavus.edu>), thank you for your continued patronage of the Gustavian Weekly - we couldn't do any of this without your support. It's people like you that keep our presses running, and we deeply appreciate your support. So, from all of us here at the Weekly, thank you so much for reading. We'll see you all again at the start of spring semester.

All this being said, we know that finals are an incredibly stressful time for everyone on campus. To help remedy this, the Counseling Center has been gracious enough to share some information on what stress is and how it functions, as well as some useful tips on stress management that we'd like to pass on to you!



Old Main in all her glory.

Sophia White

"The stress response is hard-wired in our DNA as a way to keep us alive," said Mental Health Therapist, Jessica Auel. "Evolutionarily, stress was the mechanism responsible for helping us outrun a lion or fight off a bear. In modern society, we don't have the same life-or-death stressors as we used to, but our stressors are more chronic - that is, they never fully go away. Because our bodies can't process stress at the rate it's entering our system, the biological process aimed at helping us can actually hurt us. Managing stress well allows us to widen our window of tolerance - which means these same stressors become easier to handle and don't feel so life-threatening."

"As one might expect, the presence of chronic stressors make it nigh impossible to truly escape stress in our modern world, hence why chronic stress is such a big problem for the

human body," said Assistant Director of the Counseling Center, Aarron Geringer. "Specifically, it manifests when we aren't allowed to fully process and release our emotions - fear, anger, frustration, sorrow, confusion, worry, etc. Ultimately, the goal of any stress-reduction activity is to allow our bodies time to process these emotions and release them. Crying, laughing, connecting with loved ones, physical activity, artistic expression, getting a full night's sleep - all of these are ways that the human body releases stress."

In light of this, here are five helpful tips from the Counseling Center to assist in reducing stress:

**Tip 1:** Leave dedicated times for sleep and meals in your schedule. We're all incredibly busy humans around finals, and at times it may seem that there's just not enough time to do everything that we need to in a day. However, ne-

glecting food and sleep are two of the fastest ways to increase the body's stress response, and can also lead to headaches, physical exhaustion, decreased cognitive function, and fatigue. By setting aside dedicated chunks of time for meals and sleep within your daily routine, you can keep both your body and mind sharp for finals.

**Tip 2:** Take regular breaks. This may seem like common sense, but scheduling breaks between assignments can help reduce stress and provide you with a fresh perspective on assignments that you may be struggling with. In particular, incorporating physical exercise into your breaks or just going outside to get some sunshine and fresh air can help increase cognitive performance.

**Tip 3:** Organize your tasks. If you're anything like me, having to flip between Moodle pages and syllabi to figure out which assignments are due when and what each entails can be extremely stressful. Simply sitting down and writing out a list of what finals are due at which time, as well as what class they're for and what each assignment requires, can be extremely useful for visualizing and compartmentalizing what still needs to be done. (Plus, it's incredibly cathartic to check things off of a list once they're finally done!)

**Tip 4:** Work in study groups. While this obviously won't work for everybody in every situation, working in a study group can be extremely useful, especially

when studying for final exams. Not only can you connect with peers and ensure you aren't self-isolating too much, but you also have the benefit of combined knowledge and perspective. Just remember to set guidelines for your group study time and minimize distractions as much as possible.

**Tip 5:** Anticipate and limit distractions. Procrastination is a danger to everybody, especially during finals, and the urge to doomscroll the internet or dissociate to a favorite playlist can be incredibly hard to resist. By creating a list of potential distractions and brainstorming ways to remove or minimize them, you can ensure a far more productive work period.

As always, if you ever need to talk to somebody about your stress (or any other issue), the Gustavus Counseling Center is here to help. Starting on Monday, Dec. 11, the Counseling Center will be hosting its Walk-In Week clinic. During this week, students can call ahead or stop by to schedule a 30-minute meeting with a therapist that same day. This is an excellent opportunity for new students to get to know the Counseling Center, as well as a way for busy students to connect with the help they need and get support for the upcoming Winter Break.

From all of us here at the Weekly, best of luck on your finals, and happy holidays!

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### Events Calendar

#### **Sexy Jeopardy Pt. 2**

December 8, 8 p.m.  
Alumni Hall

#### **Spruce Top Pots**

December 12, 5 - 7 p.m.  
Arboretum Interpretive Center

#### **Final Class Day**

December 13

#### **Reading Day**

December 14

#### **Final Exams!**

December 15 - 18

### Daily Sabbath Calendar

#### **Holy Communion:**

Mondays (Christ Chapel)

10 - 10:20 a.m.

#### **Chapel and Chill:**

Tuesdays (Christ Chapel)

10 - 10:20 a.m.

#### **Music & Message:**

Wednesdays (Christ Chapel)

10 - 10:20 a.m.

#### **Chapel Break: Creative Reflection:**

Thursdays (Christ Chapel)

10 - 10:20 a.m.

#### **Musical Showcase:**

Fridays (Christ Chapel)

10 - 10:20 a.m.

### Student Senate Updates

#### **Early December**

*Environmental Study students are exploring the idea of creating a prairie in progress that stretches along the 7th street corridor, this would include behind Complex to behind Sohre residence halls. Students will be receiving a Google form within an email from their hall representatives that will allow them to share their opinion on this matter.*

*Any questions can be directed to Student Senate's environmental sustainability chair Tessa Yeager.*

*Student and Academic Affairs committee will be tabling next week to collect student experiences with Slingshot*

*Individual committee updates will be in the Gavel Gazette*

Contact Public Relations Chair Kira Woods with any questions at [kirawoods@gustavus.edu](mailto:kirawoods@gustavus.edu)

Follow the Student Senate Instagram! : [gac.studentsenate](https://www.instagram.com/gac.studentsenate)

### Campus Safety Report

#### **Thursday, November 23, 2023**

- On Thursday, November 23, Campus Safety responded to a fire alarm in Uhler Hall. It was found that a student was cooking and set the alarm off, there was no fire.

#### **Sunday, November 26, 2023**

- On Sunday, November 26, Campus Safety noticed a vehicle had been broken into in the South West parking lot. The student was notified and a report was also filed with the Saint Peter Police Department.

#### **Thursday, November 30**

- On Thursday, November 30, 2023, Campus Safety responded to a fire alarm in Norelius Hall.

#### **Friday, December 1**

- On Friday, December 1, 2023, Campus Safety responded to a noise complaint in Southwest Hall. Students referred to the campus conduct system for underage consumption.

#### **Sunday, December 3**

On Sunday, December 3, 2023, Campus Safety found an employee vehicle in Norelius parking lot A that had been damaged.

Contact the Campus Safety office 24 hours a day at 507-933-8888.



# Angel Tree gives Gusties the ability to bless St. Peter children this holiday season

Elliot Steeves  
Staff Writer

The Angel Tree is a local partnership with Head Start to bring children in St. Peter, who might not receive many or any gifts, extra presents for Christmas. The Angel Tree, which was put up before Thanksgiving break, draws to a close on Dec. 13, 2023.

The Angel Tree has been a tradition at Gustavus since 1997, started by former Peer Assistant, Kate Reuer '99. The tree, which sits in the lower level of the Jackson Campus Center, outside of the Community Engagement Center, is decorated with tags that outline the wishlists of the children who are partnered with Head Start. Coordinator and Senior Eavan McCormick explained that they begin compiling the wishlists in November. The tags are then taken by Gustie staff and students to fulfill and return. This year, presents are required to be returned by Wednesday, Dec. 13, 2023.

McCormick's job is then to sort the gifts by family and meet with a Head Start member who will deliver the presents. Shelby Simonette is a coordinator from Head Start who connects the families with the tags.

"I reach out to the families in my program and they let me know if they are in need of support in providing presents for their family," Simonette said.

Head Start is a program that works with income-eligible families to promote school readiness of their children. According to the Director of the CEC, Amy Pehrson, "Head Start leads the early childhood field with a strong, clear, and comprehensive focus on healthy child development."

Furthermore, Pehrson outlined the program's role in fostering familial relationships and connections to peers and the St. Peter community.

The Angel Tree will provide 63 children within the St. Peter community with Christmas presents this year. Simonette provided the meaningful impact it has on the families that receive the gifts.

"Angel tree has helped our family be able to provide so much for Christmas celebration with the

kids. It has helped us have less stress when it comes to having to choose between a gift under the tree of bills paid and food on the table. We are so grateful for those that help give to others during the Christmas season" a Head Start parent said.

*"...It has helped us have less stress when it comes to having to choose between a gift under the tree of bills paid and food on the table. We are so grateful for those that help give to others during the Christmas season"*

All of the Angel Tree tags have already been taken this year. However, Gusties are still welcome to donate cash or checks, which can be made out to Pehrson in the CEC.

McCormick reflected on the importance of giving in daily life and community. "I believe that the role of giving in daily life is important, whether it is through large or small acts. I think that even small acts can go a long way...Over time, small acts of kindness can lead to large impacts," McCormick said.

*"I believe that the role of giving in daily life is important, whether it is through large or small acts. I think that even small acts can go a long way..."*

Simonette also commented on the impact and value that giving has, not just on the recipient. "[We] recognize the good we can put back into the world by helping others. Giving often not only fills the hearts of those receiving, but can be a wonderful feeling for those giving from their heart," Simonette said.

Similarly, Pehrson illustrated that it is one's civic responsibility



The Angel Tree is in the Campus Center outside the Courtyard Cafe.

Britta Blanding.

to look after those in need. She explained how there are some Gusties who have wanted to be the first on the list to give.

"These are stories of the people who make the Angel Tree a success and truly a community event here at Gustavus," Pehrson said.

*"These are stories of the people who make the Angel Tree a success and truly a community event here at Gustavus"*

McCormick expressed thankfulness for all Gusties who participated in the program this year.

Thus, the tradition not only encompasses an aura of giving but of gratitude as well from both the families and the coordinators.

"The program has been an amazing success and is very appreciated by the families...We'd like to thank Eavan for all of the work she has contributed to organizing the program the last couple years. The time and dedication has made a huge impact for Head Start families," Simonette said.

McCormick and Simonette both identified the important role that the Gustavus Angel Tree plays in the context of the broader St. Peter community.

"We like to think of it as making Christmas a little brighter for these children," McCormick said.

As the Christmas season, finals, and Winter Break draws nearer, Gusties are encouraged to reflect and give back in whatever way they can, showing up authentically.



# Environmental science seniors undertake Prairie Project

**Elliot Steeves**  
Staff Writer

Three Senior Environmental Studies majors—Ella Castleman, Jolie Grimes, and Liv Nelson—are creating something very unique for their Senior Seminar. The project involves the construction of a new Prairie near Chapel View, along with the installation of several solar panels.

The project is part of the Senior Seminar program in the Environmental Studies program, in which students plan something that will be retained or implemented after graduation. It is based on the Gustavus sustainability report, in which students try to help fix a lower rating.

The students are currently building an advocacy fund for a prairie along 7th Street to get money from the board. Ideally, because of its placement, the prairie would filter unwanted materials that run off of campus toward the Minnesota River. The Student Senate is also working to pass a support piece on the project.

The two pieces of the sustainability report that inspired this project were the areas that do not require mowing or fertilizing. In other words, land areas that are not lawns.

"It is a lot cheaper to have a prairie than a green grass lawn," Chemistry and Environmental Studies Professor Jeff Jeremiason said. "Because the irrigation is really expensive, the fertilizer and mowing is something that we burn through every three years. Once a prairie is established, that is the only expense."

"It's a great way to increase overall biodiversity, and it helps with groundwater, and the health of the land," Castleman said. "It's also a feasible project to implement. The change by Nobel to native grasses instead of a regular lawn was part of the inspiration."

The addition of this land area would also be a boon for environmental sustainability on campus. Prairies are better than other lawns at capturing and storing carbon.

"Prairies are also important to seed sources, and are a habitat for migratory birds," Castleman said. "This is important for climate change mitigation and the restoration of native plants and insect species."

Students who are interested in assisting with Gustavus's prairie lands, both current and in the



Prairie Project seniors Ella Castleman, Jolie Grimes, and Liv Nelson (L to R)

Parker Tewes

future, can help with the seeds required for the process. They can also assist in several other ways in helping Gustavus become more environmentally friendly.

"Students can collect seeds in the fall," Jeremiason said. "They can also identify areas on campus where we do not need manicured lawns. One visible way is to ask publicly that Gustavus maintain a sustainable campus. College money will be saved if we are better toward the environment."

"There are a lot of plant seeds out there," Castleman said. "Instead of using what we have stored, harvesting these seeds is super helpful, easy, and fun. You can also do research and harvest your own seeds, and bring them to the arboretum staff."

Prairie plants are over ten feet deep, and, as mentioned, store a heavy amount of carbon. While plants and trees do not necessarily omit emissions, they can offset

some of the carbon that is already in the atmosphere, and this is even more true for prairies.

"It is also critical for taking care of the ecosystem, and for maintaining the Minnesota Valley River system," Sustainability Manager Kari Wallin said. "And then, I think aesthetically, it is a well-established prairie piece like many of ours already are. It looks beautiful, and does not just look like blank turf."

"It is also critical for taking care of the ecosystem, and for maintaining the Minnesota Valley River system"

Gustavus already has a history with more eco-friendly landscaping. Not only has there been a bend toward prairie establishment in the arboretum, but Gus-

tavus also has a grounds manager and landscaping specialist who try to be as environmentally sound as possible.

The important factor for students, of course, is that they have the ability to ask for an environmentally sustainable campus.

"Students who are concerned about climate change should ask about what Gustavus is doing," Jeremiason said. "Students have asked for divestment from fossil fuels. Students have also asked about why the dorm rooms get so hot because of the heaters."

Another main hope is that students will be respectful of this plan when it is put into motion.

"Students can... help with this process," Castleman said. "Ultimately, this will save the college a lot of money. The groundskeepers are in full support of it. Be respectful of what you are doing in the area, and if you are off the path, leave as little a trace as possible."

One last exciting tidbit: Future FTS classes might be able to adopt a prairie patch, and watch as it freshens. So, this is a project that not only will help Gustavus's environmental cost but will also be a hands-on way for Gustavus students to contribute.



# Adaptations: The Theatre Gallery

**Taylor Storlien**  
Staff Writer

This upcoming weekend, "Adaptation: Theatre Workshop Performance" will be performed in The Black Box Theatre. Showings will be on December 8th and 9th at 8:00 p.m. and December 10th at 2:00 p.m. Directed by visiting faculty Matt Trucano, it's a performance of original adaptations of classic texts. Sophomores Dom Larson, Gavia Yount, and Senior Will Sorg will be performing excerpts from the works they each individually adapted over the course of the semester under Trucano's supervision. The performances this upcoming weekend are a culmination of the class Theatre Workshop: Adaptation and Storytelling. This semester, students spent their time crafting their storytelling abilities and writing original adaptations, as well as designing, co-directing, and acting in each other's -as well as their own- works.

The three adaptations that will be performed are The Secret Garden by Frances Hodgson Burnett, adapted by Yount; Utgarda-Loki, from Norse Mythology, adapted by Larson; and The Picture of Dorian Gray by Oscar Wilde, adapted by Sorg. Adapting the plays involved multiple aspects of examinations of original texts, outside interpretations, and the students' own reimaginings and goals for the final piece. Sorg's adaptation of The Picture of

Dorian Gray "honors Oscar Wilde's infamous language while giving characters he glibly dismisses a vital, compassionate voice," Trucano said. Different from other productions, "something that is the most unique about this production is the process of it. The scripts and vision of the production shifted quite a lot throughout the process and the workshop provides a view into theater as a process," Lead Stage Manager and Sophomore Colin Ward said.

The other students have also felt that the process of this class and experience was both the most memorable and beneficial to them. The process enabled Yount both individually and collectively to discover more about herself and her piece: "We talk about what could work and why, we try things out, and we figure out what does and doesn't work - and in the process, we gain deeper insight into the story and ourselves and each other and all the relationships between us and the elements necessary to put a compelling story performance together," Yount said. Yount's piece, The Secret Garden "skillfully uses the original language of the novel to tell what we recognized in rehearsal as a very contemporary story," Trucano said.

*"We talk about what could work and why, we try things out, and we figure out what does and doesn't work - and in the pro-*

*cess, we gain deeper insight into the story and ourselves and each other and all the relationships between us and the elements necessary to put a compelling story performance together."*

This course enabled different avenues of creativity and thought. Trucano fostered an environment of helpful feedback for the playwright performers. "He gives amazing suggestions and advice. You can tell he really cares when you work with him," Larson said. Trucano made clear to the students his goals and intentions, while also welcoming and responding to feedback from his students. Each class period proved fruitful: "Going to class is continuing a conversation that brings us to new places and new discoveries," Yount said.

Regarding his students, Trucano is proudly impressed with their growth this semester. Throughout the semester, he has been able to "witness their growth as performers, writers, and thinkers over the course of the semester. It has been my honor to help realize the artistic vision of these extraordinary students," Trucano said.

To Trucano, adaptation in this class is breathing new life into a piece: "In our context, adaptation means creating a performance piece out of any

earlier text. It means translating from a medium that is meant to be read alone to a medium that is meant to be experienced live amongst a crowd. We consider the pros and cons of taking works out of their original context, for example, 'updating' for a contemporary audience," Trucano said.

Because of the duality behind both the performance and playwright aspect of this class, it has been especially fulfilling for Dom Larson: "This class and especially Theatre are a big passion of mine. I love both telling stories and being a part of them, and this class has given me a wonderful opportunity to do both," Larson said. From different genres and outlooks to the different majors the student writers each have, art and creativity have taken a new form within communication and organization. For Ward, this enhanced his experience as a stage manager: "Although all of the adaptations are dramatically different in terms of tone and staging, much of this was tracking how changes evolved over time...A large part of it was communicating what needed to happen and by when and making sure that the information that I had was up to date," Ward said.

Takeaways from this project reach outside of the classroom and away from the stage. The techniques and thought processes used inspired Yount to take them with her in both her professional and personal life: "I especially want to try

incorporating our in-class practices of open-mindedness and honesty and experimentation into my future endeavors, both as an artist and in other parts of my life. I want to see how things work without any kind of initial value judgment, just with curiosity, wonder, and critical thinking," Yount said.

Students absorbed the value of perspective, genre, and the creative process, while navigating the struggles of diverging from an original plan they might've had. Larson's adaptation of Utgarda-Loki was motivated by his interest in Norse mythology as he feels it is "underappreciated when compared to Greek Mythology, and I wanted to make one of its better stories known," Larson said. His version sets the story in an elementary school lunch room, and Director Trucano regards it as "playful." However, his final result differed from his original vision: "My biggest takeaway is that writing and telling stories may be difficult and requires accepting change, but the end results will always be worth it," Larson said.

Yount hopes that the audience will "think about the plays in terms of experimentation" and will "try their own thought experiments to imagine where the stories might go and how else they might be expanded or reimaged. The process is never fully complete, so let the playing continue!"

GUSTAVUS ADOLPHUS COLLEGE PRESENTS

**ADAPTATION:**  
THEATRE WORKSHOP PERFORMANCE

DEC. 8-9, 2023 AT 8:00PM  
DEC. 10, 2023 AT 2:00PM

Black Box Theatre

Featuring work written and performed by  
Dom Larson '26, Will Sorg '24, & Gavia Yount '26  
Matt Trucano, director

GUSTAVUSTICKETS.COM

THE SECRET GARDEN BY FRANCES HODGSON BURNETT  
UTGARDALOKI, ADAPTED FROM NORSE MYTHOLOGY  
THE PICTURE OF DORIAN GRAY BY OSCAR WILDE



# GUSTIE of the WEEK

## Jeff Ford

**Amelia Dewberry**  
Staff Writer

This week's Gustie of the Week is Visiting Assistant Professor in Math, Computer Science, and Statistics: Jeff Ford.

Ford wasn't always interested in math. In fact, he never finished an undergraduate degree in math. As a 1998 Gustavus graduate, Ford received his degree in geology, and it wasn't until he started taking a night calculus class at a community college that he discovered his love of math. Ford went back to school in hopes of becoming an engineer, where he took some more math classes. In these classes, he found that "It wasn't just a boring calculation to get an answer anymore. It was a puzzle."

After realizing that his electives became filled with math courses, Ford began his graduate degree in math instead of engineering. He learned that math "... was something that you could interact with at this much, much deeper level..." than he initially knew. While in his master's program, Ford got a teaching assistant position in remedial freshman algebra, where he first experienced the connection he loves in teaching.

He worked with nontradi-

tional students who had been bad at math their whole lives. Ford discovered that "If you ... figure out the right way to explain things, they can connect with it and it means something to them." He loves "... convincing [students] that they can in fact be good at this." It was through this experience that Ford decided he wanted to teach as a career.

Ford started teaching at Gustavus eight years ago and has taught almost all of the math and computer science classes. He particularly enjoys teaching Nature of Math because he likes "... to work with the future education majors and talk about the why behind mathematical teaching methods."

His favorite part of teaching is "the moment when you see a struggling student's eyes light up as they realize that they can do something that five minutes ago they didn't believe they could do." Even though applied mathematics jobs pay more than teaching, "no amount of money would ever make up for that moment of connecting with individual students," Ford said.

*"the moment when you see a struggling student's eyes light*

*up as they realize that they can do something that five minutes ago they didn't believe they could do."*

Senior Tyler Teichmiller has taken three classes with Ford and has him as an advisor and mentor. Teichmiller thinks that Ford is a great professor because "He encourages productive failures and prioritizes learning and mastering material for all of his students." Beyond just class materials, Ford wants to see his students succeed in all aspects of their personal lives, including asking "about how athletic competitions or music performances went," Teichmiller added.

*"He encourages productive failures and prioritizes learning and mastering material for all of his students."*

One of Ford's colleagues in the MCS department, Associate Professor in Math, Computer Science, and Statistics Jillian Downey also appreciates having Ford's support "both inside and outside of the classroom." She



GoW Jeff Ford

Soren Sackreiter

described that "Jeff is always willing to help in any way that he can, and he genuinely cares about the well-being of other people." Ford helps Downey with "pedagogical approaches" that she uses, so she appreciates "his depth of knowledge in inclusive STEM teaching."

In addition to being a professor, Ford is also a musician. He plays guitar and piano and sings and plays drums in a few bands. Music is most of his free time, and he even keeps a practice guitar in his office for when he has extra time between working with students.

*"Jeff is always willing to help in any way that he can, and he genuinely cares about the well-being of other people."*



GoW Jeff Ford

Soren Sackreiter

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send their name, position on campus, and a short description of why you think they should be recognized to [weeklylettertotheeditor@gmail.com](mailto:weeklylettertotheeditor@gmail.com) for a chance to be featured!



# Advent Services in Christ Chapel

**Colleen Coleman**  
Staff Writer

Wanting to reflect on the past year during the hectic end of the semester or wanting to find comfort in the Advent season? Come join in the time of self-reflection in Advent during Chapel Break from 10:00 -10:30 a.m. on Nov. 27th, Dec. 4th, and Dec. 11th in Christ Chapel. The services include music, reading, prayers, and Holy Communion.

The Advent services open with the lighting of the candles on the Advent wreath. The celebration of Advent begins on the fourth Sunday before Christmas Day. The time is considered by many to be a time of preparation, anticipation, and expectation of Christmas and Jesus being born into the world. According to Chaplain Betsy Hoiium, the services' opening reading states that "... the promise of Advent is that God is at work in the world, bringing new beginnings and a new creation." Along with this, the reading also states that "we can cling to the promise that a child will come to us, his name shall be wonderful counselor, mighty God, everlasting Father, Prince of Peace."

First-year Grace LaTourelle

was a candle lighter during the Dec. 4th service and read scripture as well. "This is incredibly meaningful to me because my faith is everything to me - it's my hope, my joy, and my life," said LaTourelle. LaTourelle has been involved in the faith-based communities on campus since arriving, with her being a member of Sunday Worship Community, Proclaim, as well as regularly attending daily chapel, and considers it an important part of her routine and days at Gustavus. "The community is welcoming, accepting, and loving. It's a group of people that genuinely cares about you and treats you with so much warmth and compassion," said LaTourelle.

*"The community is welcoming, accepting, and loving. It's a group of people that genuinely cares about you and treats you with so much warmth and compassion."*

Dr. Chad Winterfeldt, Cantor of Christ Chapel, says that he's excited to sing hymns of promise and expectation for these

services. "I think that in the Lutheran tradition, the music for the season of Advent is some of the most rich and joyful music that often gets eclipsed by the music for Christmas," said Winterfeldt. Advent services will have traditional hymns, such as "O Come, O Come, Emmanuel" and "My Soul Proclaims Your Greatness."

*"I think that in the Lutheran tradition, the music for the season of Advent is some of the most rich and joyful music that often gets eclipsed by the music for Christmas."*

Advent comes at a time when we are at our busiest: a time to pause, reflect, and slow down. Even for those who don't celebrate, the time is beneficial to take a moment to breathe. "Advent comes at the darkest time of year as the days of December grow shorter and we are weary," said Chaplain Hoiium. As the weather grows colder and the sun sets earlier and earlier, many believe it's comforting to find solace in Advent.



Advent Service in Christ Chapel

Submitted

*"The services represent gratitude, jubilation, grace, humility, and true, unparalleled, freeing love."*

services are important to her because they center her during a season of stress. "The services represent gratitude, jubilation, grace, humility, and true, unparalleled, freeing love," said LaTourelle.

Especially during the end of the semester, full of papers, projects, tests, and anxiety, Advent is seen as a beginning, even through the darkness. LaTourelle says that the Advent



Christ Chapel

Sophia White



Burning Advent Candles

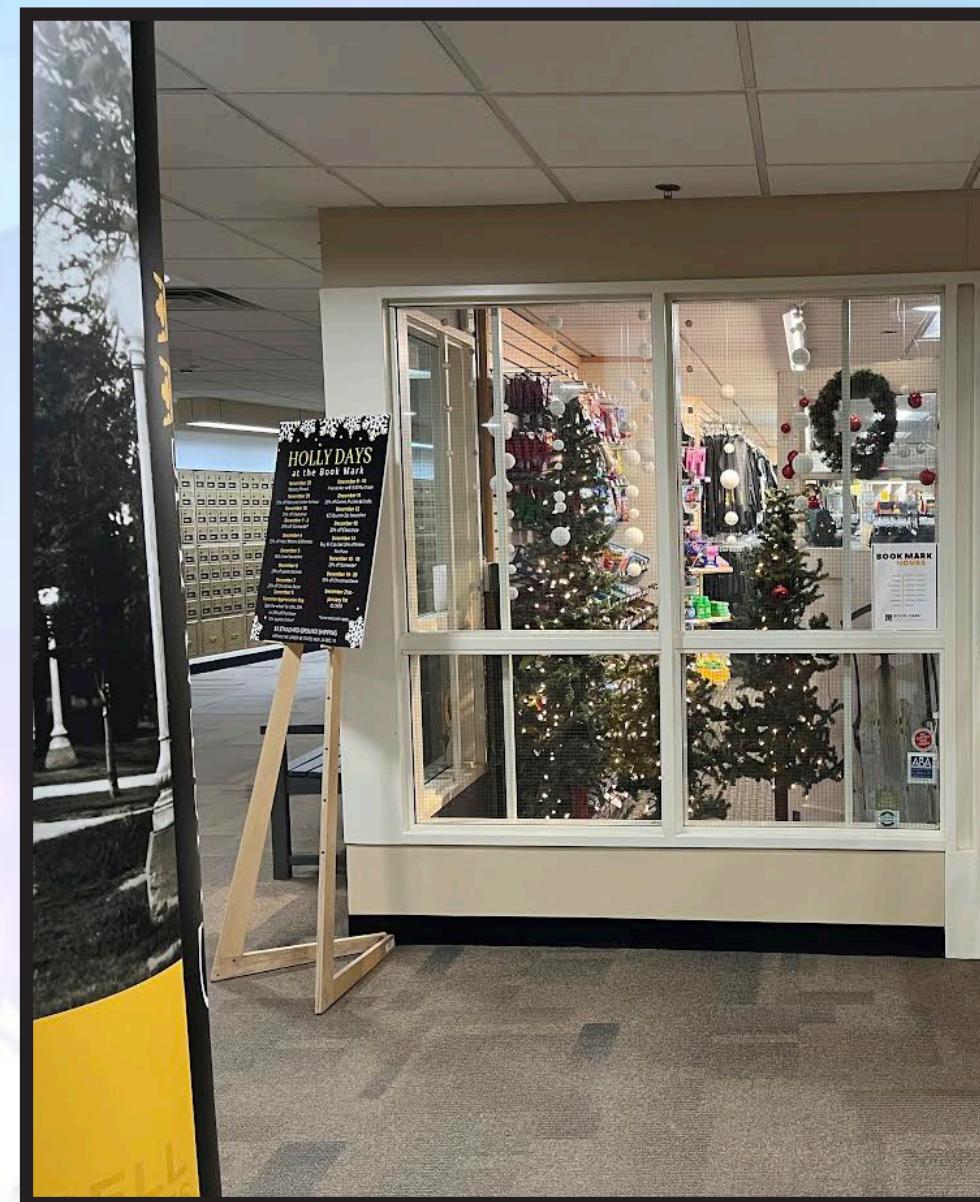
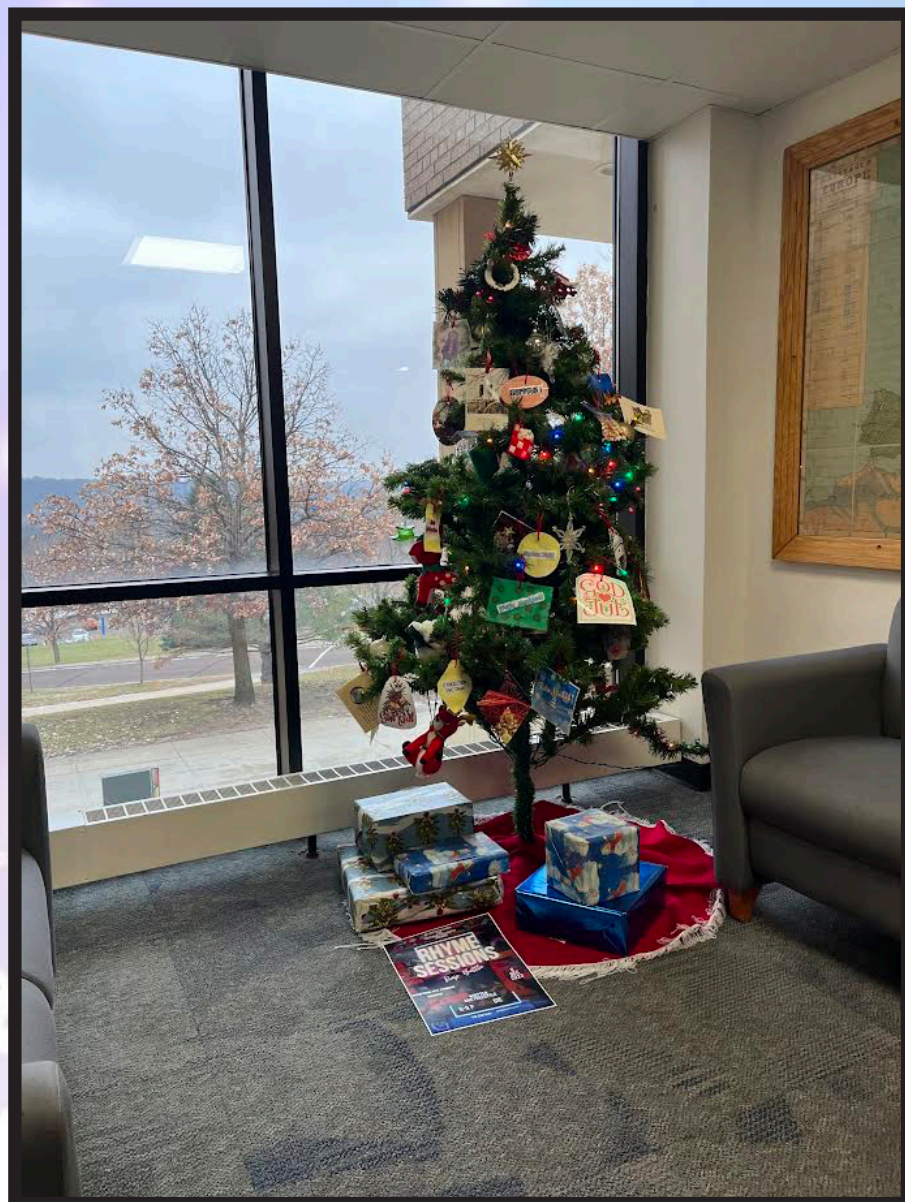
Submitted





**Holiday Spirit on Campus!**

No matter how you celebrate, whether it be Hanukkah, Christmas, St. Lucia, Kwanzaa, Advent, Yule, or others, heres how some Gusties have been sharing their spirit on campus!





# The horrors of gift wrapping



**Houston McLaury**  
Opinion Columnist

Well, folks, we're in the month of December. Right now Mariah Carey has thawed out and they've blown the dust off of old recordings of singers pining about red-cheeked nights out in the snow, Grandma getting run over by reindeer, and chestnuts roasting against open fires as the air gets colder. And yet, no snow has stayed in the state, instead opting to melt after its first attempt. Either way, as we come to the end of this month, we get into the holiday season. Which, of course, means that we have to start looking forward to the gifts we have to prepare for our loved ones. From expensive gifts for our closest people, to gag gifts for White Elephants, to a whole number of stocking stuffers, gifts must be selected for each celebration as we venture forth.

*"Sure, you bought your giftee a bag, but it doesn't offer the same warmth as a hand-wrapped gift does. So, consider what you would have to give up to ensure an easy packaging of a gift before setting forth on this path."*

But in this celebration of family, friends, love, and the communities we've found, comes the packaging for the multitude of gifts. There's the classic gift wrapping done in paper, the bag with tissue paper, and then the simplest of packaging: the box. Hopefully, through the dissection of each process by which one can present a gift, we can de-

termine the best method of gift wrapping. This is to save you, the reader, the trouble of trying to wrap a plethora of gifts with none of them coming out exactly as you imagined. So, let's forge ahead and determine the best way to present a present.

*"Now, it is best to note that it is easiest to wrap simple shapes such as cubes, pyramids, and cylinders. But, if you're like me and never really learned how to wrap gifts, even the simplest item can become a struggle to wrap."*

Starting with a classic is the simple wrapping of a gift. This oftentimes involves simple materials like fun, decorative paper, then scissors and tape. Now, it is best to note that it is easiest to wrap simple shapes such as cubes, pyramids, and cylinders. But, if you're like me and never really learned how to wrap gifts, even the simplest item can become a struggle to wrap. I experienced this over the brief Thanksgiving break, where I aimed to wrap all the gifts meant for my sibling, parents, and the majority of my friends. In this experience, my sibling and I did our best to measure twice and cut once to save as much of the wrapping paper as possible.

This wrapping can be done with two people: one holding and the other folding is the most effective way to do this. If you're smart, you set out pieces of tape on a table to use when wrapping your present. One hurdle for wrapping a present is that one must learn how to wrap basic items first before being able to use this tried-and-true method. But, in terms of care shown through gift giving, wrapping a gift is your best bet. So, get familiar with the wrapping and setting tape to the side if you hope to show your family the care you have for them.

There's also the option to bag your gifts by going to a Michaels or Target store and buying gift bags. This is a simple way to



Someone carefully wrapping gifts.

Submitted

present your presents to loved ones and offers the same amount of excitement as unwrapping a gift, simply because of the tissue paper that covers the gift. It is also a much easier way of packaging items, as you rarely have to measure an item to make sure it will be safe in the bag. Even better: obtuse shapes fit into this bag! As do much simpler shapes as well, which offers this method a distinct advantage over hand-wrapped gifts.

Yet, it does not offer as much care as the first option. Sure, you bought your giftee a bag, but it doesn't offer the same warmth as a hand-wrapped gift does. So, consider what you would have to give up to ensure an easy packaging of a gift before setting forth on this path. The same can also be said for simply putting your gift into a box and taping

it up, as it offers a wide variety of gifts to be packaged, but it does not offer the same amount of care that hand-wrapped gifts offer.

*"Starting with a classic is the simple wrapping of a gift. This oftentimes involves simple materials like fun, decorative paper, then scissors and tape."*

Despite the learning curve that occurs when wrapping fits, it is a much better option to show how much you care for a person, rather than just bagging a gift. And, while the other options available are just fine if you have some oddly shaped items, it is still best to try and wrap a gift to show that you care for them.

Hopefully, snow will come and settle onto the ground, and in the last few weeks of December, we can enjoy the smiles and joy we give to others, thanks to the gifts we have prepared.



# Christmas in Christ Chapel as a first time participant



**Sophia White**  
Opinion Columnist

Christmas in Christ Chapel (CinCC) is truly an adventure in personal discipline and building connections. With several hundreds of hours of rehearsal and 360 hours of performances, my body was full of aches. Headaches, blisters, dehydration, and a variety of other pains. I was entirely convinced that, at some point, my knees would give out and I would slip underneath the risers as if I were 'Flat Stanley'. I had to learn how to take care of myself prior to the concerts: drinking several cups of water, putting bandaids on my heels, taking pain meds, but most of all managing to keep myself enthusiastic and prepared for

concerts.

Each concert reached a point of complete dissociation in my mind and body, but eventually, I would be pulled out of that state. It was the moment when I was aware that within a few more songs, we were done. Did this mean that all the work we put towards, all the friendships I had made were done too? It was something I thought about, especially during the last two concerts. During those last songs, I put my all into them. I held on tight to the image of the people I cared about and sang my love into existence.

*"I had to learn how to take care of myself prior to the concerts: drinking several cups of water, putting bandaids on my heels, taking pain meds, but most of all managing to keep myself enthusiastic and prepared for concerts."*

One of the best parts was

the important people in my life coming to see me perform with my new friends from the choir. Regardless of how much pain I was in, I received pampering and support from all ends. I received flowers from my partner, was styled by my little sister, was praised by my parents who checked in with me after each performance, and was given the best hugs from my choir comrades as I was sobbing after the third concert.

It felt like everyone came together to take care of each other while we were all going through something physically and emotionally taxing for something we mutually cared about. For that reason, it is one of the best ways to connect with other people. It is an experience that I would recommend to anyone who struggles with getting to know other people or might be a little more introverted. As an introvert myself, I found that going through this experience with other people helped me open up to people I never would have expected to meet otherwise. People I did not think I had anything in com-

mon with, I did.

Some of this was discovered through the 30 or so memes about CinCC distributed over the weekend of the concerts. Whether you saw them on YikYak or in the Chapel Choir GroupMe, they were numerous and prepared just for this occasion. Sometimes it made it difficult to not laugh during the performances.

*"It felt like everyone came together to take care of each other while we were all going through something physically and emotionally taxing for something we mutually cared about."*

Even though it is seen as this grandiose serious event, there is also this hidden chaos that underlies it all. If you've never been part of CinCC, you might have no idea just how much goofiness takes part in these performances coming together. The humor becomes so broken by the end of these weeks of prepa-

ration that anything (literally anything) becomes hilarious. I remember finding someone's shoes funny.

I can see why this might be a sad time for seniors who have done this event for years. The memories you make from these experiences stay with you. CinCC brings people together. Even if it is a grueling time, it truly is worth it. You don't know who you'll meet next year. Each year brings new people, new songs, new inside jokes, and new experiences. So I can sympathize with seniors who will never experience CinCC quite the same way they did in the years past.

I am happy to have a break from the song memorization, hot robes, and lack of time to finish work, but I will be happy to do it again next year. I wouldn't do it all over again right now, but a year down the road sounds nice. I need some time to catch up and get through my first semester here first.

*"The memories you make from these experiences stay with you. [Christmas in Christ Chapel] brings people together. Even if it is a grueling time, it truly is worth it."*

For those of you who are professors, give your students some grace at this time. Some of us are still having post-CinCC recovery. Which, yes, is a real thing. Just give us a few more days, and I am sure that the rest of us will catch up on deadlines, give our presentations, and get around to writing those essays. I believe the first priority to getting through the end of this semester should be a little bit of rest. I say this on behalf of students who need it.





# This is not a guide to gift giving



**Raquel Vaughn**  
Opinion Columnist

“All I want for Christmas is you”...to actually buy good gifts this year. With the holidays coming up, it's the season of giving. Whether you're looking for that “perfect something” for that “perfect someone”, or your mission is to win the gift exchange with your roommate this year, everyone is searching to get somebody a little present during this time. I'm sure if you were to browse the internet, you would find some helpful gift guides with cute and cheap gifts worth considering. Unfortunately for you, I am not helpful. So, this is totally not a Christmas gift guide.

*“Whether you're looking for that 'perfect something' for that 'perfect someone', or your mission is to win the gift exchange with your roommate this year, everyone is searching to get somebody a little present during this time.”*

When I was 11-years-old, my grandparents on my dad's side visited my family for Christmas morning. They came with presents for me and my brothers, which we were grateful for and excited to open! My brothers got some pretty cool stuff like remote-controlled race cars, video games, and Legos. When it was my turn to open my gift from Grandma and Grandpa (famously known as OGG, Original Gangster Grandma/Gramps), I was left with an alarm clock. Don't get me wrong, I thought it was nice to

get something and that they thought of me. But an alarm clock? Really? I've always been super open about my interests, even as a kid, and I got an alarm clock that broke within the first month of having it. \*Insert WOMP WOMP here.\*

So here's what's to learn from that: don't, and I mean do not, get anyone an alarm clock for the holidays. Even if they explicitly ask for a new alarm clock, it's better to be safe and get a little extra something with it. And if you're thinking about getting your 11-year-old grandchild an alarm clock, think again and journey to the makeup aisle because lord knows she'll need the practice before she hits those teen years.

If you have already bought the alarm clock, that's fine. But at least take my advice on this one: coordinate with the others. When it comes to gift-giving, you not only have to think of something that the person themselves wouldn't buy but what their other loved ones wouldn't either. For instance, when I was 16-years-old, I raved on and on to both of my parents about how much I wanted to get into vinyl records. My parents are divorced so we had two Christmases at this time. My parents did a great job paying attention to how much I loved listening to vinyl records because at both Christmases I got a record player. They were the same exact one – the same color, too! I was so happy that they knew me so well but I was stuck with two record players and only one record.

Last year, I was so nervous that my roommate's family would buy her this book series I wanted to gift her. I was especially nervous because she put it on her Christmas list, one that her whole family and extended family could see, and because her sister is also a fan of the book series. I bought the books and, like a madman, told her sister and mom to not even think about it. But I said it a lot nicer than that. The gist is that a good gift guide is probably great, but they all offer the same ideas: Apple Watches, Nintendo Switch games, the Dyson Airwrap, Ray-bans, and

Stanley Cups. Don't embarrass yourself like my parents did.

Gag gifts are overrated. A gag gift exchange is only fun if everyone knows that that's the plan. Every year during Thanksgiving, my parents, aunt, and uncle orchestrate this huge Secret Santa event for my siblings and cousins. Typically, we all put a lot of effort into each gift (which is really hard because the budget is always, like, fifteen dollars). However, a couple of years ago, that was not the case for one person. Instead of getting something that they were really interested in, my brother got an action figure of one of the most hated characters from an anime show that he didn't even like. It's important to know that this was after his “anime phase,” he's what you would consider more of a skater now. He did the typical “smile and say thank you” once the gift was open but every Thanksgiving Secret Santa he's met with

unshakeable nerves. The sentiment was there, but the effort was not. So, another piece of advice, make sure that everyone else is getting a silly gift before you yourself give one.

*“That same year, a friend gifted me one of her crystals which she thought matched my personality the most. If it's not something yummy, something thoughtful will at least always be cherished.”*

The thing about getting gifts for your loved ones is that you can never go wrong with the basics: their favorite candy, their favorite snack, something of their favorite color, a Christmas tree ornament, or something personal, handmade, and thoughtful. Last Christmas, my brother

oil-painted abstract pictures of popular DC comic superheroes and villains. I thought they were super cool and would have bought them if I had the money. But that Christmas, my dad bought them from my brother and framed them for me. That same year, a friend gifted me one of her crystals which she thought matched my personality the most. If it's not something yummy, something thoughtful will at least always be cherished.

Moral of the story is *never* get your loved one an alarm clock—it represents waking up early in the morning. Don't get a gag gift unless you are absolutely certain that that person would appreciate it. And communicate with everyone else. Following these simple rules will make you the greatest gift giver. Maybe. Probably. On second thought, maybe an alarm clock wouldn't be so bad if it at least looked cute. \*Insert emoji of girl shrugging here.\*



*Gifts under a Christmas tree.*



**Will Sorg**  
*Movies Guy*

# Movies From Swank: *Master Gardener*

Paul Schrader has been making movies for a very long time. At 77, the writer, director and film critic has been making movies since he was an angry young screenwriter putting his personal struggles with toxic masculinity into the character of Travis Bickle from *Taxi Driver*. In the many decades since, Schrader has continually used the simple setup of an existentialist and isolated male figure searching for redemption or catharsis in his movies.

Schrader has always been a bit off-beat compared to his contemporaries in Hollywood. He is deeply indebted to filmmakers from the first half of the 20th century and as a result, much of his work feels conflicted with genre and style. Of the films I've seen, I can gather that Schrader has always been interested in making slower-paced narratives to offer the audience a chance at introspection. As a result, his earlier work in genres like crime thrillers seems especially odd as they are deeply transgressive and often disturbing while also being purposefully slow and reserved. Oftentimes the violence seen in Schrader's films only comes at the very end in the form of a violent outburst.

While this setup has remained a preoccupation in his work, Schrader himself has changed plenty. In his three most recent films (*First Reformed*, *The Card Counter*, and *Master Gardener*) he has explored a more nuanced and purposeful take on his typical framework. The three films serve as a spiritual trilogy Schrader calls "God's Lonely Man Trilogy." Though none of them are actually sequels to each other, they look into Schrader's common themes through intensely contemplative filmmaking. Yet the trilogy of films also shows off a different side to Schrader that was never truly shown in his earlier work.

At Venice Film Festival in 2022, Schrader rather succinctly stated "I used to be an artist who never wanted to leave this world without saying fuck you. And now I'm an artist who never wants to leave this world without saying I love you." *Master Gardener* is a thesis statement for this changed mindset. The film follows Narvel Roth, an ex-Neo-Nazi turned meticulous groundskeeper. As is the case with each of the films in Schrader's trilogy, the main character is haunted by a deep sense of guilt and keeps himself in a form of self-isolation to manage his own fragile emotions. Roth as a protagonist is not remarkably compelling on his own. He did horrible things in his past and now he's trying to be on the straight and narrow. However, when compared to his boss (a wealthy, landowning, racist named Mrs. Haverhill), he becomes more intriguing as a character. Mrs. Haverhill has a vast estate maintained by Roth and other gardeners. Haverhill and her plantation-style estate are clearly meant to evoke the kind of systemic racism that is prevalent in the upper echelons of American society. She is the quiet insidious bigot compared to the loudness of Narvel Roth's Nazi tattooed body – which he wears like a badge of shame.

Haverhill puts her grand-niece Maya to work in the garden out of obligation. Maya is a young, biracial woman who immediately begins to change Roth's daily routine and eventually his life. She is given a very nuanced portrayal by Quintessa Swindell and essentially becomes the central character which Narvel and the rest of the film orbits around.

It is important to note that Schrader does not portray a perfect exploration of racism and race relations in America. He's an old white guy and at certain points, the film comes across as heavy-handed, unrealistic, and occasionally insensitive. Still, it does offer what Schrader posited in his speech at Venice. *Master Gardener* is at its core about trying to love people despite everything.

America has a Nazi problem. It is a systemic issue that needs to be resolved through fundamental changes in our society and Schrader is aware of that. He reckons with the possibility of redemption and I do think that it is incredibly powerful that Schrader chose to make a character who is a reformed white supremacist. Very few white supremacists are going to actively choose a path similar to Narvel Roth in this film. Very few are going to try and atone for what they have done and even fewer would be able to work to deserve forgiveness from someone like Maya. It's not impossible, but especially in America where hate and violence can be burned into someone's psyche from before they even attend school; it can seem like an insurmountable task. It could be argued that this film is possibly using Roth as a symbol for white America itself and the lofty goal of a truly healed society free of hatred without burying the past atrocities committed against people of color. Rather than the naive "Can't we all just get along?" hand-wringing, *Master Gardener* tries to address America's history of hate while still trying to proliferate love. Perhaps a simplistic view of things, but still worthy of being taken seriously.

## Holiday Word Search

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

- Chilly
- Santa
- Reindeer
- Christmas
- Decorations
- Grinch
- Gingerbread
- Hanukkah
- Snow
- Stockings
- Mistletoe
- Chimney



Will Graves



# Gustavus Tennis On Top

## Gustavus Tennis Receives 7 National Rankings



Tennis Players in action

Submitted.

**Teddy Kaste**  
Sports Editor

The Intercollegiate Tennis Association (ITA) recently released its rankings for Division 3. The Men's tennis team was represented a staggering 18 times in these rankings, which is the most by any men's team in any division – D1, D2, or D3.

The rankings are both for singles tennis, (1v1) and doubles tennis (2v2). The women received one national ranking honor for the duo of Sophomores Molly Austin and Allison Szalay. They were ranked 15th nationally and 5th regionally.

The men were represented in both the singles and the doubles national rankings, with seven rankings total. The singles rankings representation for the Gusties was as follows: #15 Sophomore Gage Gohl, #29 Junior Marco Siviero, #30 Junior Rafael de Camargo Costa, #43 Senior Jack Bergmeyer, and #47 Senior Caleb Fridinger. In terms of doubles teams, the two that are nationally ranked are #4 Siviero and Junior Josh Christensen, and #7 Gohl and Sophomore Tyler Haddorff.

"It's an honor to be ranked number four for doubles in the nation and it shows the amount

of work Marco and I have put into our doubles game since last year, but although it is nice to be ranked high our top priority is to win a national championship as a team and that is what our focus will be moving forward," Christensen, one-half of the #4 ranked doubles duo, commented.

*"although it is nice to be ranked high our top priority is to win a national championship"*

The other half of the duo, Siviero, also weighed in, "I mean of course it is nice to be ranked higher and it makes me feel proud to be recognized for the effort I and the whole team put in, but I personally do not give that much attention to those rankings. The ultimate goal is to be the best team we can and perform well during the Spring." Although the ranking is a great honor, the duo seems to have their sights set on even higher goals.

The success of Gustavus' tennis program is no accident. Gustavus consistently has one of the strongest tennis programs in the nation and is hot off winning the Midwest region of the NCAA tournament last year. Gustavus' tennis program travels all across the

country to play their matches because that's the only way for them to find competition. Last year, the men's tennis team touched down in Florida, Georgia, and California in pursuit of tennis excellence.

The last time the Gustavus Men's lost a match to another MIAC team, Ronald Regan had just started his second term in office and the Soviet Union was still a country. The year was 1985, and that is how far back you have to find a Gustavus loss in the MIAC. In all the MIAC tennis matches dating back to 1966, Gustavus' record is 568-3 with 2 of those 3 losses coming in 1966. The only way to describe how dominant Gustavus' tennis truly has been is through these mind-boggling statistics.

The men's tennis team is also the most internationally diverse on campus with 8 of its 18 members being international students from Europe, South America, and Africa. Coach Tommy Valentini scours the globe in search of talent to bring into this Gustavus tennis program, and it has led to success on the court.

Junior tennis player from Harare, Zimbabwe Taona Mhwandagara (Ranked #7 regionally for doubles) said of the program's diversity, "I strongly

believe that our team's greatest strength lies in its diversity. We're a team composed of athletes from nearly every continent on the planet. This diverse makeup has compelled us to function as a unified collective, embracing and celebrating our differences."

Sure, success on the court is important, but to build a solid foundation for a successful program you need more than that. You need a strong team culture, and for Gustavus tennis, their team culture is the engine that propels them forward year in and year out.

*"Coach Thomas Valentini has instilled a belief system that prioritizes not just our representation on the court, but also emphasizes the importance of being respectful competitors. We strive to embody these principles, symbolized by the three crowns we proudly wear on our sleeves each time we step onto the court."*

Taona went on to say about the tennis teams' culture, "Coach Thomas Valentini has instilled a belief system that

prioritizes not just our representation on the court, but also emphasizes the importance of being respectful competitors. We strive to embody these principles, symbolized by the three crowns we proudly wear on our sleeves each time we step onto the court."

The members of the Gustavus tennis team are proud to represent the 3 crowns and have their sights set on the ultimate prize, The NCAA Championship. Last year they got close, losing to the eventual champions Case Western in the quarter finals. So this year the team is hungry for more, and they are excited to get back to that NCAA tournament.





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# Gustavus Women Beat St. Mary's

## Goalie Katie McCoy becomes all time leader in MIAC wins



Team captain glides elegantly on ice

Submitted.

### Parker Burman Staff Writer

This past weekend, the Gustavus Women's Hockey team faced off against conference foe Saint Mary's for a pair of contests that saw the Gusties victorious in both. In Friday's game, the Gusties won 3-1 with Fifth-year Goaltender Katie McCoy earning her 67th career win and tying her all-time with former St. Thomas Goalie Kenzie Torpy for the MIAC record. With a shutout of Saint Mary's for a 3-0 win on Saturday, McCoy is now the all-time winningest female goalie in MIAC history with 68 wins in her career.

Going into the weekend, the Gusties lead the MIAC with Saint Mary's sitting in second place hoping to move up the standings. In game one, the Cardinals took an early 1-0 halfway through the first period and Saint Mary's would hold this lead into the first intermission even though the Gusties held a 12-4 advantage in shots. The Saint Mary's goal was just the second allowed this season by Gustavus ending McCoy's shutout streak at just over four games.

In the second period with an

early power play opportunity, Junior Forward Kaitlyn Holland buried her third goal of the season to tie the game for the Gusties at 1-1. In the third period, Gustavus was back on the power play with 1:59 of the two minutes having already expired, Senior Forward Brooke Power scored to give Gustavus their first lead of the game, at 2-1. Fifth-year Forward Hailey Holland picked up her second assist of the game after having fed a helper to both her sister and to Power.

*The team is progressing each and every game we play. We have a young team this year and every game gives us more experience to build with each other.*

Power said, "The team is progressing each and every game we play. We have a young team this year and every game gives us more experience to build with each other."

The third period was dominated by Gustavus crushing any hopes that Saint Mary's had of getting back into the game. Hailey Holland saw her chance to score in a game in which she

already had two assists. Skating into the Cardinal zone, Holland, from a near impossible angle, sent a shot past the Saint Mary's netminder to push the Gustavus lead to two goals.

Hailey Holland led the team with three points, including the put-away goal, in the third period. Her sister Kaitlyn led the team in shots with seven followed closely by Power and Junior Forward Hannah Gray, who both picked up six in the game.

The Gusties completed the weekend sweep of Saint Mary's with the 3-0 shutout victory. Rather than waiting to fall behind as they had the night before, Gustavus jumped on Saint Mary's early with a power play goal from Senior defenseman Sophia Coltvet. The goal for Coltvet was her fifth of the season setting a new career high, breaking last season's high of four.

Hailey Holland added her second goal of the weekend as she scored the second Gustie goal of the game. Stripping the puck off of a Saint Mary's stick in the neutral zone, she walked into the Cardinal zone

and scored the unassisted tally to end the first period. After the first intermission, both teams' offenses fell silent and both teams entered the second intermission with the Gusties still leading by a score of 2-0. Looking to pick up her second goal of the weekend, Power deflected in a pass from Gray that snuck past the Cardinal goalie to push the Gusties to a commanding 3-0 lead that they would hold the rest of the game. Gustavus outshot Saint Mary's 19-10 in the game with seven of the 19 Gustie shots coming off the stick of Power, who had 13 shots and two goals on the weekend. Saint Mary's struggled in the face-off dot as they allowed the Gusties to win 36 of the 45 draws in the game.

Starting a new shutout streak after having lost it in game one of the weekend series, Fifth-Year Katie McCoy secured her 68th career win in a way she has so many times in her Gustavus career by shutting down the opposing offense. McCoy's 68th win was Head Coach Mike Carol's 499th of his coaching career and his next victory will put him at both 500 in his career but also move him into the top five all-time winningest coaches

in NCAA history, regardless of level.

Gustavus will next host Aurora for a weekend series at Don Roberts Arena with puck drop at 7:00 p.m. on Friday and at 2:00 p.m. on Saturday. Make sure to come out and support your Gusties as history is on the line this weekend!