



Student Senate elections on the horizon



The 2024 Gustavus Student Senate

Kate Bienapfl

Elliot Steeves
Staff Writer

The Gustavus Student Senate will run an election for their new co-presidents next year on Feb. 26th. The election will run all day from 9:00 a.m. to 10:00 p.m.

This year's election will only consist of one ticket for co-president, consisting of sitting senators Robby Swenson and Chance Korpela, per Associate Dean of Students Megan Ruble. However, the ballot will also feature key amendments to the Student Senate constitution, with the option of a vote of approval from students at Gustavus.

Sitting co-president Gabe Maurer went into detail about the amendments: "First, we are asking students about the International Center Representative seat," Maurer said. "If nobody is there after two different elections, the question is whether the Senate should be allowed to fill that seat, or should instead

run elections in perpetuity until that seat is filled."

The other provision is much simpler. An amendment is on the ballot that would give the Senate the ability to vote for a committee chair, instead of having the given committee select the chair themselves.

Students will vote through a link sent to their student email by the Senate themselves. The link will head toward the ballot. Initially, Chrome may block the website on laptops. If this is the case, students are advised to access the link via their phones.

The Student Senate has been an important vessel for student voices to be relayed toward many different administrative functions at Gustavus, such as the Faculty and Staff.

"It is important that your voice be heard," Maurer said regarding the students at Gustavus. "The Student Senate has a lot of power and commands a quarter-million dollar budget. If they don't perceive an issue, it might not get brought up at all."

Each residence hall has a repre

sentative, along with each class. One of the amendments up for approval by the Gustavus student body is whether the Senate should fill the seat allocated to the IC.

"The IC does not have a voice right now, and that isn't right, which is why we wanted this amendment," Maurer said. The Senate has many different responsibilities as a vehicle for the input of Gustavus students.

"We were consulted about the curriculum changes," Maurer said. "We sponsored the prairie resolution on 7th street. We oversee all of the water bottle fillers on campus, the Gus Bus, and the compost program. We also made a major parking change in the north lot this year."

"Issues that bubble up are ones that the Senate can work on," Ruble said. "There is health, housing, student and academic affairs, and inclusive excellence, to name a few examples."

Ruble also talked about the general format for how the Senate implements these ideas. "A constituent goes to their representative, and talks about an issue

they need to work on," Ruble said. "The senator goes in and discusses the issue. They chart it to a committee, which does the legwork to explore it further."

All interviewed emphasized the importance of not only knowing that the Senate exists but of retaining knowledge of their practices and participating in the upcoming election.

"This is an opportunity to have more insight into the Senate," Co-President Alli Joeger said. "The purpose is to represent student voices for the administration. We want the Student Body to improve the amendments that we have put forth."

"Make sure to reach out to your student senators," Maurer said. "If we don't hear your voice, we won't be able to act in your interests. We send out an email update once a month for this reason. Say what you want the Senate to hear!"

"You should figure out who your representatives are," Ruble said. "Student senate is a place where you can go if something isn't working. For example, why is a fee attached to something?"

Student senate loves talking about those issues."

Students are heavily encouraged not only to vote in the forthcoming election but to also keep updated with the ongoings of the Student Senate. They are free to reach out on their email alias if students have questions about any concerns on campus.

News

Mr. Gustavus 2024... Page 3

Variety

GOW: Yurie Hong.. Page 6

WEEKLYScan

A preview of this week's top news and more

Features

Staff's top 3 movies..Page 8-9

Opinion

Mourning Gustieware...Page 11

Entertainment

Film review: Moneyball.. Page 13

Sports

Women's basketball MIAC champs... Page 15

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Events Calendar

Gustie Day
 February 24, 10 a.m. - 12 p.m.
 Jackson Campus Center

Roller Rave SNL
 February 24, 8 p.m. - 11 p.m.
 Lund Blue

Sip and Paint
 February 26, 6 p.m. - 8 p.m.
 Courtyard Cafe

DEIB Drop In: Questions, Ideas, or Feedback
 February 27, 12:30 p.m. - 1:20 p.m.
 Center for Inclusive Excellence

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

Voting for 2024-2025 Student Senate Co-Presidents will happen outside the Caf on Monday, February 26th!

The Blue Light Emergency Phones will all be removed from campus by March 15th, 2024.

Keep an eye out for the Day at the Capital sign-up!

It's a great opportunity to advocate for the MN State Grant, as well as a networking outlet for anyone interested in politics.

Contact Public Relations Chair Kira Woods with any questions at kirawoods@gustavus.edu

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

Campus Safety Report

Sunday, February 18, 2024

- On Sunday, February 18, Campus Safety responded to a fire alarm at the Sjostrom House.

Sunday, February 18, 2024

- On Sunday, February 18, Campus Safety responded to a suspicious incident in the Norelius Visitor Parking Lot (A).

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

Competition for a cause: Mr. Gustavus 2024

Grace LaTourelle
Staff Writer

Mr. Gustavus is an annual tradition hosted by the Theta Xi Gamma sorority to raise money for their philanthropy, the Pinky Swear Foundation. The pageant will take place on Friday, April 5, 2024, at 7:00 p.m. in the cafeteria.

"As a sorority, our Pinky Swear philanthropy partnership is at the core of all that we do – Mr. Gustavus being no exception," Junior Theta member Aubrey Kosters said.

Mr. Gustavus is a three-part competition between five senior, male-identifying Gustavus students. Of the 400 submissions received thus far, the emerging top five nominations will be chosen to compete. Nominations will be accepted until midnight on Feb. 25, 2024.

The event will begin with the contestants entering in, wearing their best formal attire. The contestants will introduce themselves and then begin their dance portion of the pageant, which Junior Theta, Emma Kennedy, noted is very popular with the audience. They will then be subjected to an interview portion, with questions that typically err on the side of silly. Finally, they will be able to showcase their respective talents. Emceeding this event are PR/Vis Co-Chairs, Senior Marta Sikora, Kennedy, and Sophomore Kim Betanzos-Valdovinos. Live voting will also take place throughout the event.

While student votes will ultimately crown Mr. Gustavus, there is a Judges' Choice award for whoever does the best in the dance or with their talent. Votes will be two dollars each and students may vote as many times as they wish for as many of the contestants as they wish. Larger donations than two dollars are also more than acceptable.

"It's a really great event to showcase the community at Gustavus. We showcase... how the connections that people have here are really tight," Sikora said.

Though the nature of the Mr. Gustavus pageant is known to be playful, there are some



2023's Mr. Gustavus honorees.

Submitted

characteristics and qualities that Thetas deem important and helpful to the Mr. Gustavus competitors.

"There's a lot that goes into being Mr. Gustavus. It's a lot of work to get up there... and not be too serious about it."

"Somebody who's confident in themselves and involved on campus. As well as willing to be goofy about it," Kennedy said. "There's a lot that goes into being Mr. Gustavus. It's a lot of work to get up there... and not be too serious about it. But also somebody who everybody on campus respects and even looks up to to a certain degree."

Sikora, Kosters, and Kennedy also identified attributes such as caring, charismatic, charming, and someone who enjoys giving back to the community.

"The opportunity to let loose and show strong personality should be embraced by the Mr. Gustavus nominees," Kosters said.

At the end of the night, Mr. Gustavus will be adorned with a sash, crown, and proper bragging rights. Often nominees will have friends, teammates, and fellow club members there to support them. Sikora noted that there will even be students with their own kitchens who might not frequent the Caf that show up to enjoy the event and give their support.

"It brings the campus together... It's just fun to see a classmate that maybe you're always taking so seriously have fun and want to be a part of this campus enough to be Mr. Gustavus," Kennedy said.

The Thetas also acknowledge the impact it has on Gustavus students, as well as the Mr. Gustavus contestants themselves.

"Offering a space for the campus to laugh together, oftentimes at the silliness of the pageant, is definitely my favorite aspect of the Mr. Gustavus event," Kosters said.

All of the proceeds from Mr. Gustavus will go towards Theta Xi Gamma's philanthropy: the Pinky Swear Foundation. The foundation works with families and children going through childhood cancer, helping with gas money, groceries, and Christmas presents.

"It's our way of getting outreach off campus and helping out where we can," Kennedy said.

Students amidst the fun and support are encouraged to remember and consider the cause that is central to the creation and reason for the Mr. Gustavus fundraiser.

"We also get to help affect a completely separate community outside of Gustavus," Sikora

Major moves: Gustavus introduces Athletic Training Master's Degree

Katie Samek
Staff Writer

Gustavus Adolphus College announced the unveiling of its first-ever master's program, an Athletic Training master's degree, on campus at the GAC Athletics Open House on Monday, Feb. 19. Hopes are high among several other departments that other master's degree programs of a similar nature will follow.

Monday's meeting was headed by Dr. Mary Westby, program director for the Athletic Training master's degree. Also on the panel were Dr. Wade Green, who is the clinical education coordinator, as well as Junior Joe Schmidt, who is the student advisor for Exercise Physiology majors and the third Gustavus student to be officially accepted into this new master's program.

"I'm really excited to see how this new program fits into my major," Schmidt said. "I'm planning to take advantage of the online second-year classes so I can go out of state and hopefully gain some job experience as an AT alongside Olympic athletes - or wherever else my major takes me."

For students who may not be familiar with the subject, Athletic Training is a multi-faceted healthcare profession with a hands-on clinical approach to patient care. Often confused with coaches and personal trainers, athletic trainers (ATs) are highly qualified, multi-skilled professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnoses, and therapeutic intervention and rehabilitation of injuries and medical conditions. Whether their patient is an athlete on or off the field, an industrial professional in the workplace, or a military officer on deployment, ATs can find careers in several different areas.

This new master's program will officially be replacing the

old Athletic Training major after 2024, so students interested in pursuing this master's degree are advised (but not required) to pursue an Exercise Physiology major, as it is considered the best "lead-in" major for this program.

"In this new program, there are two potential tracks that students can pursue: a traditional post-baccalaureate 4+2 track, or the accelerated 3+2 track," Westby said. "With this approach, students who are unsure of their future plans can have the flexibility to explore their college career before deciding whether or not to pursue the accelerated 3+2 track, or stepping back and continuing the traditional 4+2 track."

The 4+2 track follows the standard four-year plan for a student's undergraduate degree, allowing them to pursue any majors and/or minors they wish at a slower pace while also completing the prerequisites for the AT program. After graduating with their undergraduate degree and being accepted into the master's program, they will undergo the two-year master's program. The first year will have in-person classes, focusing on clinicals and hands-on patient care both on-campus as well as around the Southern Minnesota area. In the second year, all of the classes are online, allowing students to pursue their career wherever it calls them. This emphasizes longer clinical experiences in the field and classes focused on administration and leadership, as well as the requisite certification exam prep to complete the master's degree.

The 3+2 program follows much the same approach, with a few key differences. Students on the accelerated track will complete their undergraduate degree in three years, dedicating themselves to an Exercise Physiology major in which several prerequisites of the master's program will be covered. After graduating with their undergraduate degree in the spring and being admitted into the master's program, they will return in July to begin their first year of the

master's program, following the same format as the 4+2 track.

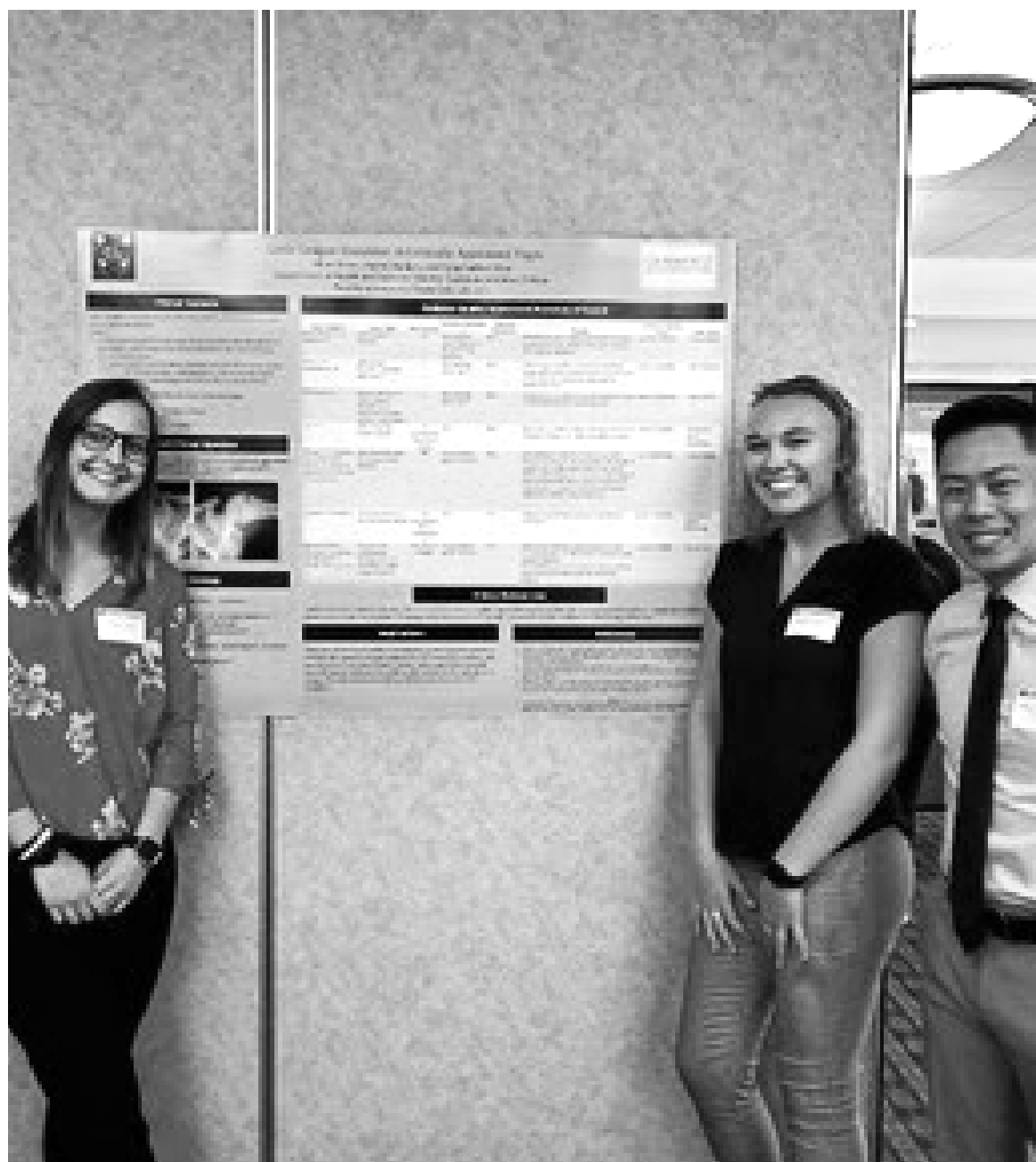
For students interested in applying for this new master's program, there is a set list of requirements that must be met. These requirements are as follows: a minimum 2.5 GPA, 2 personal statements (following the prompts provided on the application form), an academic writing sample, a current resume or CV, 2-4 letters of recommendation, a completed technical standards form, 30+ hours of work/volunteer/observation hours with an AT, CPR and First Aid certification, and completion of all MAT prerequisites with a grade of C- or higher. For more specific information on these requirements, as well as the requisite forms mentioned above, go to www.gustavus.edu/academics/graduate/athletic-training/.

graduate/athletic-training/.

While the application date for entry into this year's class of AT master's students has already passed, the dates for students to apply for next year are already available, so students interested should keep these dates in mind and start planning. Applications for the 2025 AT master's program open on Oct. 1st, 2024, and close on April 1st, 2025. There are a total of 20 slots available for this master's program, with 10 slots reserved specifically for Gustavus students before the program opens up to the general public. The early admission deadline of Nov. 15th, 2024, is for current Gustavus students and alumni wishing to grab one of these reserved slots, as well as for accelerated 3+2 track students who wish to opt out of on-campus

housing during their master's program. For students on the 4+2 track who wish to remain on campus for this program, the early admission deadline is Jan. 15th, 2025. Applications for this program are on a rolling admissions basis, so all applicants will receive confirmation within a few weeks of submitting their application.

"This program offers a level of distinctness that students who don't go to a liberal arts college may struggle to obtain," said Green. "Primary healthcare providers such as ATs benefit greatly from the critical thinking skills that the liberal arts provide, allowing them to see an issue from multiple perspectives. It's a strength that employers love to see."



Gusties show off their study.

Submitted.

Gustavus Celebrates Ukrainian Culture

Amelia Dewberry
Staff Writer

“Cuisine & Courage: A Celebration of Ukrainian Spirit” will be taking place today, Friday the 23rd, from 4:30 p.m. to 6:30 p.m. in the CIE. The event aims to spread the truth about what is happening in Ukraine and give Ukrainian voices a platform to be heard.

Assistant Professor of Business and Economics Vita Faychuk said that one of the purposes of this event is to “... share Ukrainian food and talk about the courage of Ukrainian people... These past two years Ukraine has been an inspiration. It has demonstrated that underdogs can stand up to bullies, even enormous ones. Tyrants make up big lies to justify their acts and force others into submission through terror. Ukrainians have shown that lies can be exposed and terror can be resisted. This gives hope for all the oppressed or mistreated people everywhere,” Faychuk said.

“Ukrainians have shown that lies can be exposed and terror can be resisted. This gives hope for all the oppressed or mistreated people everywhere.”

First-year Dasha Shyroka came to the United States as an exchange student when she was 15, and couldn’t go home because of the war, so she now goes to college here. For her, it’s important to share Ukrainian culture and this part of herself with others. Shyroka wants to “remind people that the war is still going on and our people are still dying.” Since the news coverage of the war has slowed down, many people no longer know or care about what is happening in Ukraine anymore.

“For me personally, this event is an opportunity to honor the courage of the Ukrainian people and contribute to the global effort to uphold the core values of humanity,” Faychuk said. “The Russian government is lying all the time and the degree of their propaganda is unthinkable for most Western observers so one of the purposes of this event is to spread awareness”.

FROM CAB, DLC, EASTERN EUROPEAN CLUB, DEPARTMENT OF BUSINESS AND ECONOMICS

Cuisine & Courage

A Celebration of Ukrainian Spirit

FEBRUARY 23
4:30PM-6:30PM

UKRAINIAN FOOD
AND STORIES

CENTER FOR
INCLUSIVE EXCELLENCE



BROUGHT TO YOU BY YOUR CAMPUS ACTIVITIES FEE

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TikTok: @gustavuscab

Submitted

Poster for “Cuisine & Courage: A Celebration of Ukrainian Spirit”

To share the truth, the event will feature “firsthand accounts of what different Ukrainians have experienced over not just the last two years, but ten years,” Annalise Rivas, Visiting Assistant Professor in Modern Languages, Literatures, and Cultures said. Shyroka and Faychuk will be sharing their stories and Rivas will be reading on behalf of a Ukrainian colleague. These heartbreaking stories will bring awareness to the inhumanity faced by thousands in Ukraine.

There will also be three different recipes of homemade borscht, cheese blintzes, Ukrainian kielbasa, Ukrainian bread, salad, and candies available to try. Rivas commented that Gustavus musicians will play songs of hope, songs calling for justice, and songs from Ukraine as a

different way to tell a story.

Before coming to this festival, people should know that they will be talking about the war, traumatic events, violence, and difficult realities. Mental health resources will be shared at the start for people to access during the event.

Faychuk shared a few ways that people can support those affected by the war: “First of all, educate yourself about the history of Ukraine, the true history and not the one that is spread by Russian propaganda.” Secondly, people should recognize that “evil is not somewhere far, far away” and Russian poison is here in Minnesota. People can support Ukraine with donations, advocacy groups, or by telling their U.S. representatives to vote for the bill giving aid to Ukraine.

“First of all, educate yourself about the history of Ukraine, the true history and not the one that is spread by Russian propaganda.”

It’s important to “be aware and understanding that there are members of our community who are affected personally every day by this experience,” Rivas said.

The organizers of the event would like people to take away inspiration for action, not just for Ukraine but for any kind of injustice “because if they choose to ignore something, it can turn against them,” Faychuk said,

“Evil thrives on ignorance and indifference.” Faychuk likes Immanuel Kant’s philosophy to act as if your action became the universal rule.

“We need all work to restore justice, punish the evil. If we don’t punish the evil, it will spread, dictators and all perpetrators around the world will feel emboldened. And we have already seen a surge in violence around the world in 2023,” Faychuk said.

GUSTIE of the WEEK

Yurie Hong

Colleen Coleman
Staff Writer

This week's Gustie of the Week is Classics and Gender, Women, and Sexuality Studies professor Dr. Yurie Hong. On campus, Hong is the Director of the Three Crowns Program, Director of the MAYDAY! Peace Conference, Faculty Senate Vice-Chair, and a member of the Faculty Task Force, which was recently recognized with the Faculty Service Award in October 2023. Hong was also a Nobel Conference committee chair back in 2017 and has been teaching at Gustavus since 2007. Hong has a B.A. from the University of California, Los Angeles, as well as an M.A. and Ph.D. from the University of Washington, Seattle.

What first drew Hong to Gustavus was... everything, "I was very lucky because I got the position here, but it's also a really great fit for me in terms of the department, college culture, town, and it's been a really great fit for me overall in terms of colleagues and students," Hong said. She was drawn to the classics at a young age, being fascinated by ancient Greek and Roman mythology. This fascination grew and inspired her to pursue Classics by the time she was in college. "I realized that those were the classes that I actually wanted to do well in and do more work than was completely necessary, so I figured I should major in Classics because that's where I could do my best work and actually develop skills," Hong said.

One of Hong's favorite experiences at Gustavus was her time as a Nobel Conference committee chair, stating

it was one of her most impactful professional development experiences. "[Hong] took the conference by storm, creating a structure, an approach, and a way of working together that is still present in the conferences today, some eight or so years later," The Director of the Nobel Conference Lisa Heldke said. Hong states that she learned a lot from the experience: "[It] taught me the importance of interdisciplinary and making connections with faculty across campus and thinking more broadly in terms of what all the different disciplines can bring to the understanding of a topic, and how students can get involved and make connections with our speakers and faculty," Hong said.

When looking back on her time at Gustavus, Hong finds herself most proud of the impact that her coursework has had on students. "The moments I'm most proud of are when students come back to tell me that something we talked about in class or something they've learned about themselves from taking a hard language like Greek, is that they come to see a lot of value in it or learn something about how their brain works, or how to prioritize what their values are, make sense of their learning in a way that's beyond a grade or requirement," Hong said.

Senior Classics major Bailey Wagner states that Hong is "inquisitive and listens to students' ideas with genuine curiosity, even if I am spewing nonsense. While her desire to teach is great, her passion to learn is overwhelming, no matter the source from which the ideas come." First-year Classics major

Alec Harris cites Hong as one of the determining factors that drew them to Gustavus. "She's super involved in the admissions process and is honestly one of the top three reasons I came to Gustavus. I spent like 45 minutes talking to her the first time I met her, and was so excited when I got to sit in on her Greek 102 class last spring," Harris said. Harris believes that Hong is one of the best professors they've ever had. "Those moments of understanding beyond yourself and your education, and how that fits into the world and why that's important, that's the real lesson I'd like to impart to students," Hong stated.

"Hong is a wonderful colleague who shows every day that she cares deeply about students and their learning,"

fellow Classics professor Dr. Matthew Panciera said. "She has inspired me to rethink so many things about our field of Greek and Roman literature, culture, history, Greek and Latin language, and teaching in general," Panciera said. Dr. Martin Lang, a Communications professor, states that Hong deserves all the recognition she can get, considering her a friend as well as a colleague. Lang stated that "Hong is impossibly good at getting people around her to set aside their prejudices and consider perspectives they haven't dealt with before. She is a practitioner of invitational rhetoric; engaging with Hong means that you will be asked to listen to other points of view, but that you will always also be heard."

Hong would advise a First-

year or prospective student to "be honest with yourself with what your strengths are, what you're good at, and what you need to work on. Develop a plan for working on those things and growing - that habit of mind of 'I know I do this well, I'm proud of myself for that. I know that I need to grow in this area, and here's how I'm going to do that' will probably be the most important thing for academic, professional, and personal wellbeing." Hong values being able to learn and grow without shame. "I think shame is the thing that holds us back the most, that's what I see especially in students right now. Shame in front of our professors, other students, or ourselves, is most harmful to our growth and being able to succeed," Hong said.



GoW Dr. Yurie Hong

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
for a chance to be featured!

Building Bridges and SRF Host Sip and Paint

Taylor Storlien and Jay Erickson
Staff Writer and Variety Editor

Next Monday, Feb. 26th, Building Bridges and Students for Reproductive Freedom (SRF) are collaborating to put on a Sip and Paint event from 6:00 p.m. to 8:00 p.m. in the Courtyard Cafe. Students in attendance will be able to paint a small canvas and enjoy SRF's signature mocktail: Consensual Sex On The Beach.

The SRF is a student organization with connections to Planned Parenthood Generation Action. The organization attempts to increase education and knowledge about "reproductive health and rights, to translate increased awareness into pro-choice activism on

campus, and to serve as a coalition partner to state, national, and international reproductive rights efforts," the organization's page on the Gustavus website says.

During the event, attendees will be given the opportunity to learn more about period poverty in the U.S. from members of the SRF. Period poverty, which has recently become a more well-known topic, is where individuals have limited access to resources such as menstrual products and education surrounding menstruation. "Period poverty means that millions of women are subjected to injustice and inequity due to menstruation," the National Library of Medicine's website says. The so-called "Pink Tax" refers to the higher prices put on prod-

ucts marketed towards women than on those marketed towards men.

"Period poverty means that millions of women are subjected to injustice and inequity due to menstruation."

The event will also promote this year's theme for the Building Bridges Conference, which is Childhood Poverty: Uniting Voices to Empower Tomorrow. The conference will focus on "childhood poverty, with a particular emphasis on LGBTQIA+ and youth of colored face," Building Bridges Co-Chairs Ainsley Langerud and Alex Dil-

lon said on the Building Bridges website. The conference will take place on March 2nd from 9:00 a.m. to 4:00 p.m. in Alumni Hall and Beck Hall.

Vice President of Students for Reproductive Freedom and Junior Scott Bushard explained that planning an event like Sip and Paint is "... pretty straightforward compared to other events." The student organization has hopes that attendance will be high as SRF has not yet done a Sip and Paint before and has seen success with them on campus previously.

Senior Allison Schmidt, a member of Building Bridges, expressed the group's desire to spread awareness of the conference to more people. "During each event throughout the week, we will advertise the event and work to tie the theme

of the conference back to the purpose of the event," Schmidt said. Schmidt also said that by collaborating with other groups like SRF, Building Bridges can introduce its message to other groups whose "demographics [...] may differ from ours".

Previously this month, on Feb. 6, CAB hosted an event by the same name. During this event, students were provided with drinks, a variety of paints, brushes, and canvases. Students were allowed to choose from a selection of painting tutorials or simply paint whatever they were inspired to. One could choose to use the time to relax and paint by oneself or to hang out and paint with friends.



Attendees of CAB's Sip and Paint show off their artwork

Submitted

EDITOR'S PICKS: TOP 3 MOVIES!



Mel
Editor in Chief
1. The Matrix
2. Dead Poet's Society
3. Shutter Island

Willa
Lead Copy Editor
1. The King
2. Catch Me if You Can
3. Big Hero Six



Will
Movies Guy (Entertainment Editor)
1. Her
2. Magnolia
3. Arrival

Teddy
Sports Editor
1. Up
2. Inside Out
3. Finding Nemo

Soph
Photography Editor
1. Hot Fuzz
2. Deadpool 2
3. The Covenant



Have you ever wanted to learn more about your beloved Weekly editors? Well, now you can! Each week, we will publish a feature spotlighting those who work hard to keep the Weekly running - our editorial staff - so Gusties can get a feel for who informs our campus. This week, we have the honor to share our top three favorite movies - ranging from Movies Guy Will Sorg's incessantly praised *Her* to Sports Editor Teddy Kaste's childhood classic *Up*. Check in with us next week to learn more!

Emma
Opinion Editor
1. Trolls
2. Hereditary
3. The Great Gatsby (only the one with Leonardo Di-Caprio!)



Carter
News Editor (and much more!)
1. Where the Crawdads Sing
2. Crazy Rich Asians
3. Barbie Princess Swan Lake

Jay
Variety Editor
1. The Avengers
2. Saw
3. The Lorax



Lukas
(Former) Features Editor
1. Moana
2. Knives Out
3. Princess Mononoke

Normalize sleeping with baby blankets



Raquel Vaughn
Opinion Columnist

Imagine this: I'm sitting there, on my hardwood bedroom floor, and looking at the mess that was formed while packing for college. I'm thinking to myself, "I'm going to have to bring pretty much everything with me to school." And then my baby blanket, not great in size but in everything else, catches my eye. As I'm having a crisis about every other aspect of packing — Do I bring books and, if so, which ones? Will having a TV in my dorm room be worth it? How many pictures would I even be able to fit on my side of the room anyway? — I'm having a whole separate crisis about my baby blanket. Do college students bring their blankies and stuffed animals to school with them?

"I'm having a whole separate crisis about my baby blanket. Do college students bring their blankies and stuffed animals to school with them?"

This was a real situation and also, three years ago... if anyone was wondering. I can proudly say that I did, in fact, bring my blankie to college with me. My blankie is small but mighty, only able to cover the length of my adult legs yet has offered me warmth in my time of need. It's a cotton tie blanket, one side white and the other a printed picture of a teddy bear. As I've grown, it has grown with me. It was necessary back then and it's still necessary now. It's one of my biggest comforts.

It's sad that as we grow older, we also grow more ashamed of an item that, arguably, is our first



A group of comfort items.

Kate Bienapfl

love. We flaunt that our spouses and partners are our comfort. This makes sense because they are people who can love us back. They can reciprocate and consider us their comfort as well. We mention many times that a movie, TV show, or book is our comfort. And, as an adult, that also makes sense because, granted, you know that other people watch or read that material as well. You feel more comfortable sharing the fact that *Star Wars: Episode I - The Phantom Menace* is one of your comfort movies if you saw the DVD copy chilling in your friend's living room one day. But very rarely do adults ever share the comfort objects that live beyond the bedroom doors—more specifically, on the bed.

Sleeping with a blankie or a stuffed animal as an adult is underrated. I think a lot of people know that because they most likely have something that lulls them into a better, healthier sleep. But the chances of someone wanting to share that with the rest of the world are slim because as adults, it's no longer a necessity. Take one of my friends for instance, who was quick to share her thoughts on why she brought her baby blanket with

her to college. It wasn't until I said something about the matter that she said "It gives me a sense of safety" and yet she preferred to stay anonymous. Which, I'm not judging her for. I'm all for being a loud and proud "baby blanket sleeper" but at the end of the day, there's always going to be someone giving a nasty side-eye.

"Sleeping with a blankie or a stuffed animal as an adult is underrated. I think a lot of people know that because a lot of people probably have something that lulls them into a better, healthier sleep."

Unlike that friend, I have two other friends who have no problem sharing that "Blankies are needed." After asking them the same question, our very own copy editor Ellie Heyerdahl answered with "Because it's a piece of home." Sophomore Alex Buresh said something similar: "It's a comfort thing. It smells like home, it feels like home...it's just close to me." Words like that are

exactly why I shoved my stuffed animal—a pug named Scruffy—into my backpack to bring with me on my very first day of sixth grade in a brand new school in a brand new city. It helped to have a piece of home and a friend (whether inanimate or not) to tackle scary experiences.

"It's sad that as we grow older, we also grow more ashamed of an item that, arguably, is our first love."

I would argue that sleeping with my baby blanket after a long day of work, school, studying, and socializing is no different than what it was when I took that same blanket with me on the bus on the first day of preschool. It may not be a living, breathing person but it's been with you literally since day one. Embracing your comfort items—especially the ones you've had since you were a baby or just a very small human—is the first step towards a better humanity. Everyone has *something*.

I have grown and changed, and so has my blanket — although, not too much. Some of you have baby blankets that,

quite literally, could not be considered a blanket anymore. I hear about scraps and strings of baby blankets and I just wonder "What in the world are you guys doing to your blankies?" But even then, it's a scrap or string of home that, with just its presence, can calm somebody down. Even though its soft touch might not be as soft as it used to be, or its length not as long as it was, or maybe its color isn't as vibrant as before...it still holds meaning.

O Gustieware, where art thou?



Jonas Doerr
Opinion Columnist

Is it in the Caf? Is it in Beck Hall? Is it true you don't know where your Gustieware is at all?

Is it in the Lib? Is it in the trash? Is it possible you're really wasting your own cash?

Bad poetry aside, your Gustieware may have escaped even further than you would imagine. Some abandoned Gustieware has been known to haunt the residence halls of Bethany College, according to some photographic evidence. How could it get so far away when our campus is filled with cute little bins dying to

house some dirty Gustieware?

The answer is simple. Gusties are not returning their Gustieware.

Associate Vice President of Auxiliary Services (including Dining Services) Steven Kjellgren said the lifecycle of Gustieware is on average about 15-20 uses each and costs between \$4 and \$6. However, he adds, "Presumably, they could be reused hundreds of times, but they find new homes off campus or thrown in the trash."

That means that if Gusties returned their Gustieware, it would reduce waste by perhaps 90%. A 90% decrease in waste would be the same as if everyone went from filling up their trash cans once a week to needing 2.5 months to fill them. Of course, it would get rather stinky after that long, but waste would sure go down. So why not take the solution where nothing has to be stinky and return the Gustieware? Someone will even clean it off for you!

Not only will it reduce

waste, it will save you money. If we continue to lose Gustieware, it might not come back. Student Senate Environmental Sustainability Chair Laura Sunnarborg says, "We don't know yet if this is going to influence any future purchasing decisions on Gustavus' behalf; however, the financial aspect would favor not re-buying more Gustieware in the future if students continue to not return it."

If Gustieware goes away, everyone will be forced to pay \$0.50 for compostable clamshells to hold their food to-go. For three meals a day, 30 times a month, that's \$45, and it's close to \$180 for a semester. Is that a price you're willing to pay? This doesn't even take into account the cost of each piece of Gustieware, which students also pay. Considering that most student workers make about \$10 per hour, by returning Gustieware you can save in 30 seconds what takes you 30 minutes to earn.

It also avoids the environmental impact of throwing

away clamshells. "It is much better for the environment to use and reuse Gustieware, and it is cheaper for students," Sunnarborg said.

Although using and returning Gustieware is almost always the better option, sometimes clamshells might be useful. For example, since elephants are endangered, carved giant clam shells are used as a substitute for ivory. While carving one of the Caf's compostable clamshells to make fake ivory might not make sense, some of the things people do with them make even less sense.

"Not only will [Gustieware] reduce waste, it will save you money. If we continue to lose Gustieware, it might not come back."

For example, I took a stroll around several buildings and glanced in the trash bins. It was smelly, but I was willing to make that sacrifice for you, reader of the noble Gustavian Weekly. In the trash bins were clamshells. This would not be strange, except for the fact that the trash bins were typically connected to a compost bin. Composting the clamshell would have required the extra arm movement it takes to put a burrito in your mouth. This situation was highly disappointing, but in residential halls, things might be worse.

According to research done by the hard-working Sustainability Interns on campus, 8 out of 12 residence halls had contamination rates of 45% or higher in their waste bins. Also, this data was taken during the Inter-Waste Sorting Challenge, during which people might have been trying harder. To add to that, compost bins were often at 0% contamination, meaning the contamination rates of the garbage and recycling bins were likely much higher than 45%. All in all, it seems like Gusties in these residence halls would have had more success sorting their waste if they had just opened their windows and tried to toss it into the right bin outside.

This is not meant to disparage Gusties. Many are trying very hard, and they are making a difference. For example, the Sustainability Interns are constantly trying to promote bet-

ter waste sorting; if you'd like more helpful tips, check out their Instagram @gacsustainability.

If you do have to take a clamshell instead of using Gustieware, it's okay. You don't need to feel ashamed unless you took one and then decided to eat in the Caf. That's odd - sort of like putting on shoes to walk to the other side of your dorm room. But if you do take one, make sure it gets into the compost bin.

It can be a mental battle to walk that far. Even Student Senate co-president and Sustainability Intern Gabe Maurer understands, saying that if you're in your dorm and need to take the clamshell all the way to the compost bin outside, "It isn't reasonable to expect every student to take their clamshells so far." He adds, "The largest reason why people refuse to throw away their clamshells is convenience. The compost bin is further away than the trash can."

"Composting the clamshell would have required the extra arm movement it takes to put a burrito in your mouth."

Of course, students do have a personal compost bin in each dorm room, but it can be hard to fit clamshells into it. "Crush your clamshells, people! Give them a nice squeeze before you throw them away or even rip them up into pieces," Sustainability Intern Tessa Yeager said. This can help them fit into the bins better and save a long, long walk outside.

And in case you skip the Caf altogether and order Domino's, that too can go in the compost bin! Pizza boxes are not recyclable due to the food left inside them, but they are good for slowly rotting into farmable topsoil.

Don't worry, that was a lot to consider. To summarize, if possible take Gustieware and return it promptly. If not, make sure the clamshells or pizza boxes get in a compost bin. If it sounds simple, that's because a lot of people have been working hard to make it easy for you.



Gustieware

Soren Sackreiter



Clamshells

Submitted

Hobbies for the idle mind



Houston McLaury
Opinion Columnist

Something that I've often taken for granted in these twenty-one years of life is how wonderful hobbies can truly be. With our hands, we can do just about anything. Climb to tall peaks we never thought we could climb to, make sweet sounds we could never make with our voice, and write sweet honeyed words on paper to express an inner self we rarely let others see. Through all that we do in our everyday lives, a new hobby can come from it. And through these hobbies, we can find others through these new hobbies, better express ourselves, and occupy ourselves in the free time we have. Honestly, now more than ever I find myself in need of hobbies, ways to distract my mind from coursework, the future, and all that it entails.

"It offers conversations based on the knowledge both people have on said subject, building relationships through this sharing of knowledge, and experience both people have."

Now, how do I mean that hobbies help us find other people? Well, for one, hobbies establish a commonality between two people. It offers conversations based on the knowledge both people have on said subject, building relationships through this sharing of knowledge, and experience both people have. This is a skill you need to have if you have not already built it in college. Beyond college, there are clubs you can register for, and some you can join, but beyond this, you will need to create meaningful relationships with

your coworkers, your neighbors, and even people you see regularly while doing your intended hobby. Without exposing yourself to this early on, without putting yourself out there, the next stage of life will become extremely hard.

"Through all that we do in our everyday life, a new hobby can come from it. And through these hobbies, we can find others through these new hobbies, better express ourselves, and occupy ourselves in the free time we have."

It would be pretty dumb to just write that and say that the only use of making relationships is to get better at making relationships. Through the relationships you build, you can become more absorbed in the hobby you have. Say you have a hobby of drawing or sculpting. By showing your work to other people in that same hobby, they can help you get better at the hobby, critiquing you in useful ways on how to improve your craft. Not only that, but you get to share and have so many wonderful experiences with so many different people through digging into their hobbies, and learning more about what they love.

For example, I've run a Dungeons and Dragons campaign with some friends from high school for about two years now, and through running this game, I have learned so much about my friends through the things we talk about on Saturday night. I would never trade away those nights for anything. And without these memories, these moments of familiarity, learning, and laughter, the world would feel a whole lot emptier.

"Although it may be easy to neglect our hobbies, thanks to so many professional hobbyists, never stop trying!"

Through our hobbies, we can often express ourselves in

ways we rarely allow in our public life. Take journaling, where the events of the day, and our thoughts on the day, are all written out and laid bare for us to look back to. We not only gain an outlet to express what we've felt, but we can look back on that journal and remember who we were during that time. This isn't just true for journaling, but for any number of hobbies one can do like sculpting, woodworking, painting, drawing, playing an instrument, and singing. And even with hobbies that aren't specifically about expression, we can often find ourselves able to show ourselves through the accessories needed for that hobby.

I was young when my par-

ents tried to instill the sanctity of expression, and the ways of expression when they tried to make me learn the piano. It didn't work all that well, as I've forgotten a lot of it, but it was not for naught. My hours spent over the piano helped me to occupy myself and be okay with occupying myself. I was young, and I was rambunctious, but sitting at the piano with the sharp keys for every note helped me to find ways to occupy my time. I was able to use my hands to make something, to create something that I could hear and play with, so I went with it for as long as I could. And, even though I did forget a majority of how to play the piano, I still remember the

time I spent practicing, playing, and hoping to improve on my hobby.

Although it may be easy to neglect our hobbies, thanks to so many professional hobbyists, never stop trying! Continue to improve, to be better, and one day you'll look back at where you started and be amazed at how far you've come. Never let the world take who you are, and what your hobbies mean to you, away from you. Go out into the world, and be wholly and wonderfully you with minds and hands hungry for hobbies.



Man woodworking

Movies From Swank: *Moneyball*

Will Sorg
Movies Guy

Moneyball, if you can believe it, is about baseball and economics. Your dad probably loves this movie – and for good reason. It has the king of the actors your dad likes: Brad Pitt. On top of that, it’s written primarily by Aaron Sorkin, writer of *The West Wing*, *A Few Good Men*, and more dad-related media. Here’s the interesting thing: I do not like sports movies or economics, and I am not a father. However, *Moneyball* manages to make me like all of those things out of pure dad movie energy.

Moneyball won me over by being more about the process of sports rather than the actual action. Of course, some high-stakes baseball games are being shown, but the majority of this film plays out in offices, locker rooms, and practices. The movie follows Billy Beane and Peter Brand as they use statistics to overhaul the Oakland Athletics baseball team. Beane was the first professional league general manager to utilize this strategy and as a result, he essentially put his career on the line for this new strategy. Beane himself was a failed major league player and the movie plays off of Beane’s feelings of inferiority.

The film is heavily focused on Beane’s past and the way it influences his management style. Beane as a character even shifts the way the movie is made. During the baseball sequences, we barely ever see the whole stadium and instead, we are fixed on small pockets of the crowd and fieldside action shots that feel very divorced from the stadium. This is consistent with following Beane’s perspective as he is barely in attendance at the games. Rather, his focus is largely on the less romanticized aspects of the sport: the business and the judgment calls.

This makes for a very unconventional movie experience where we are never really given the big third-act game with all the climactic moments coming together. Instead, because we are put into the perspective of the general manager, it feels like each game throughout the season is a life-or-death scenario. The tension that comes from winning a game becomes less about the game itself and more about all that is riding on the nine innings.

At its core, the movie is about seeing potential in the unconventional. Seeing as Beane and Brand’s strategy of team building is utilized by almost every major league team nowadays, you can guess how successful the technique was. However, throughout the movie, it seems that the whole plan is considered unusable. Beane is threatened with being fired constantly and in many ways, it feels like his character is forced to relive his disappointment as a former baseball player over and over each time he doesn’t quite meet expectations. In my opinion, this is why the film’s core message really works. Each choice for the Athletics’ roster is considered undesirable and doomed to fail, yet it is proven that each one of them is being undersold by the league. The movie may be a lot of boardroom talk and the sports version of technobabble, but there’s still that powerful feeling that the film is urging the audience to go for the unconventional in life, that potential is in everyone, and going against tradition can change an entire culture. Even if that culture is specifically a

Plant Word Search

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| F | E | A | A | T | A | A | C | W | E | S | G | F | R | Flytrap |
| D | T | L | C | E | F | E | R | N | E | L | R | U | M | Moss |
| E | A | G | L | A | Z | R | O | S | E | A | A | M | C | Grass |
| H | S | V | L | O | A | I | A | E | A | O | S | S | E | Fern |
| A | Z | A | L | E | A | S | M | O | S | S | S | U | E | Clover |
| O | R | C | H | I | D | O | F | C | O | N | L | N | T | Azaleas |
| E | E | T | O | F | L | E | S | L | E | E | E | F | A | Trees |
| S | G | C | U | S | W | L | F | O | S | L | C | L | S | Rose |
| V | U | N | W | A | W | L | O | V | E | G | B | O | L | Succulent |
| T | R | E | E | S | Y | W | L | E | R | L | S | W | S | Orchid |
| L | H | E | A | T | H | U | E | R | E | A | S | E | E | Beans |
| E | A | U | R | E | F | R | S | Z | G | N | W | R | S | Sunflower |
| D | S | A | A | A | E | B | E | A | N | S | M | A | N | Wheat |
| W | P | T | S | U | C | C | U | L | E | N | T | E | F | Algae |



Will Graves

Senior night success for Gustavus Hockey

Gusties beat Oles 5-0 on Senior Night



Artem Korolev races across the ice

Submitted.

Teddy Kaste
Sports Editor

Gustavus' Men's Hockey team took on St. Olaf in a home and home this weekend, with Senior night on Friday night at the Don Robert's ice arena. Four Gustavus Seniors—Goalie Jackson Hellje, Center Micha Gernander, and Defensemen Thomas Patterer and Porter Haney—, stepped onto the ice at the Don Roberts arena for the final time. In addition to it being their final game, it was also the final home game for coach Brett Petersen, so emotions were aplenty in the Don.

The first period was a slugfest, with both teams struggling to gain any type of advantage over one another. Gustavus had two power play opportunities early but failed to score a goal on either chance. However, when given a third power play opportunity late in the first, Sophomore Hunter Newhouse rifled a shot past the Olaf goalie into the back of the net to make the score 1-0. The Oles fired 7 shots at Hellje, but he sent them all away. At the end of the first period, the score sat Gustavus: 1, St. Olaf: 0

The Oles fought back in the

second period, drawing two power play opportunities and spending a lot of time in the Gustavus zone. They sent shot after shot at Hellje, but they simply could not push one past the netminder. Glove saves, pad saves, off-the-mask saves, diving saves, Hellje reached deep into his bag of tricks acquired across a lifetime of defending the net to send away the Oles shots. Then, following a sustained period of pressure from St. Olaf, Gustavus got a rush, and Sophomore Mason Hendrickson buried it top cheddar to make the score Gustavus: 2, St. Olaf: 0. The period ended shortly after that.

Gustavus came out of the locker room for the third period holding a 2-goal lead looking to secure the victory for their seniors and their coach. The period was a back-and-forth battle, but Gustavus continued to shut down the Oles through their stellar defense and goal-tending. At around the 10-minute mark in the third period, an Ole rifled a shot off the crossbar, the loud dinging rang throughout the Don, but the puck did not find the back of the net.

After this scare, Hellje knew the shutout was drawing near

as he locked in for numerous more saves throughout the period. With 5:30 left in the game, Gustavus seemed to be drawing nearer and nearer to victory, when Haney found himself with the puck in front of the St. Olaf goaltender. Haney, having been a defenseman his entire collegiate career, had not scored a goal up until this moment. He blew the shot right past the St. Olaf goaltender, sent the Don into an absolute frenzy, and put the game away for the Gusties. Haney seized his moment and was basking in glory on his senior night.

"What I will miss most about Gustavus hockey is my teammates and the memories we have created together. Each season we have a good group of guys, but this year was different. I've never been a part of a team that was so close with one another. It was special to be a part of."

Haney said of his goal "It was really special to be able to score on senior night and will be something I will never forget. We played really well as a team and it was a great way to end our time here at Gusta-

vus." When asked what he will miss the most about Gustavus Hockey, he said "I will miss showing up to the rink each day with the guys. No matter what's going on outside of the rink it is always fun to play with this group of guys."

With 4 minutes left to go in the game, it felt like Gustavus was sure to win. St Olaf in a last-ditch effort to get back in the game pulled their goalie to get an extra attacker on offense. Following a couple more saves from Hellje, it was Gernander who ended up scoring the empty net goal and put a stamp on the victory for Gustavus. As the clock hit zeros, Hellje had officially completed a shutout in his final career game, and Gustavus secured the victory with a final score of 4-0.

Hellje said about the game, "There's always that extra motivation within the team for the seniors' last home game ever. Everyone wants to do their part to send them off the right way. I truly could not have asked for a better outcome on senior night. Getting that shutout meant a lot to me, and it was a really special moment. To top it off, we had two seniors score in the game, making it that more special. You

couldn't write it any better. It is something us seniors will remember forever.

"What I will miss most about Gustavus hockey is my teammates and the memories we have created together. Each season we have a good group of guys, but this year was different. I've never been a part of a team that was so close with one another. It was special to be a part of."

It was a Senior night to remember for Gustavus Men's Hockey and for coach Petersen who left college hockey on a high note. There are no guarantees that your final game will go your way, but Petersen and the Seniors walked out of the Don Robert's ice arena for the final time with their heads held high, victorious.

Regular season champs!

Women's basketball claims MIAC title



Gustavus player swiftly dribbles

Submitted

Zachary Tlusty Staff Writer

The Women's Basketball Team clinched the regular season MIAC Championship with a dominating performance over Hamline last weekend on Senior Night. The team ended the season on a four-game win streak with all wins coming with a differential with 25 points or more.

"It was super awesome to win. We knew what we had to do and had a solid game plan which helped us come prepared. It was also awesome to celebrate the seniors in that way as well", Junior Rachel Kawiecki said.

Senior night is a great occasion for Seniors to get a spotlight for their contributions and to win on an occasion like that makes it even more gratifying.

"It was such a great feeling. To continue to accomplish so many amazing things with this team has been incredible to be a part of. With that being said, it was even more special to do it on Senior Day. Our group of seniors has been so influential and crucial to our team's success. Playing with such great chemistry and leadership has been arguably the biggest reason for

all of our accomplishments. We truly love one another like family and work hard for each other every single day. I truly couldn't ask for a better group of women," Senior Izzy Quick said.

The Gusties started the game getting out to an early lead with the score being 21-11 to end the first quarter. That was as close the score would be for the rest of the game as Gustavus dropped the hammer ending the half with a score of 44-16.

"We take a lot of pride in our defense, and it has been something that has kept us in, and also won us games. If our offense isn't going our way, we need our defense to be our constant. That is something the coaches have preached to us,"

Throughout the 2nd and 3rd quarter, Gustavus allowed only nine points, holding Hamline to 3-25 shooting from the field combined throughout those 2 quarters. Which was a reason the team was able to get out to such a monstrous lead. The third quarter would end with a score of 60-20.

"We take a lot of pride in our defense, and it has been something that has kept us in, and also won us games. If our offense isn't going our way, we need our defense to be our constant. That is something the coaches have preached to us," Quick said.

To start the 4th quarter, Coach Laurie Kelly put all of the seniors in to give them their well-deserved recognition for all of the work that they have put into this program. Seniors Quick, Syd Hauger, Lexi Schermann, Riley Queensland, and Emma Kniefel, all got to go out on the floor together for one last regular season game on the Gus Young Court.

"It was special because this was the core group I came into Gustavus with. So getting to play those minutes together was just truly special - and I can't thank Coach K enough for that," Hauger said.

The game would end with a score of 77-42, giving Gustavus momentum while heading into the MIAC Playoffs. Hauger led the score sheet with 14 points four rebounds and three steals. Following her was Kawiecki with 12 points and seven boards.

"Coach Kelly gives us a very in-depth scouting report which allows us to be prepared no matter who we are playing. I think that is what is so unique here at Gustavus, our coaching staff always has us prepared," said Kawiecki.

"It was special because this was the core group I came into Gustavus with. So getting to play those minutes together was just truly special - and I can't thank Coach K enough for that,"

The reigning champs are looking forward to hosting another championship game this upcoming Saturday if they can hold home court on Thursday. Their opponent Thursday is determined after the Tuesday night playoff matchups and they will face the lowest seed of the two winners.

A key for the Women to continue their success going into the playoff will be their defense. Which has been outstanding all year. It has been a nightmare for offenses to face all year, making the Gusties a tough playoff matchup.

"The main thing we need to continue to focus on is our defense. We take a lot of pride in our defense, and it has been something that has kept us in, and also won us games. If our offense isn't going our way, we need our defense to be our constant. That is something the coaches have preached to us. Also, we need to remember to have fun, enjoy the little things, and work hard every time we step foot on the floor," Quick said.

On Saturday if the Women have won their game on Thursday night, they will host the Conference Championship game on Saturday at 3:00 p.m. on Gus Young Court. So make sure to come out and support the Women as they try to win a consecutive MIAC Championship.

Women and men claim MIAC swim titles

Women Claim First Title Since 2015



Swimmers embrace in pure ecstasy

Submitted.

Parker Burman
Sports Writer

This past week, the Gustavus Men's and Women's Swim and Dive team headed to the University of Minnesota to compete in the MIAC Championships. With the Men looking to win their fifth straight title and the Women looking to collect their first since 2015, both teams had work to do. Both teams performed to the best of their abilities with the Men securing yet another championship and the Women ending their championship drought.

The Championship was the 26th in program history for the Men and the fifth in five years as the line of Gustavus dominance continues to roll in Men's MIAC Swimming. Gustavus collected a total of 886 points over the multi-day competition, out-scoring second place Carleton by 237 points.

MIAC Co-Swimmer of the Year, Senior Matt Strom heading into the final day of competition had already picked up five wins, picking up a sixth in the 200 backstroke with a time of 1:47.52. MIAC Rookie of the Year, First-year Logan Cyr took third place while Sophomore

Will Sarkinen took eight with times of 1:55.47 and 2:00.44 in the same event as Strom. Three Gusties placed in the top eight of the 200 breaststroke, as Tyler Teichmiller took second at 2:05.88, Nyden Hill in fifth at 2:08.45, with Brandon Wilcek taking sixth with a time of 2:08.85.

"It feels great and is a huge honor to be selected as the MIAC ROTY. ROTY symbolizes all the work I've put into the sport and all the help I've received from my coaches and teammates that push me to be the best I can be in and out of the pool," Cyr said.

"Winning MIACs every year has always been the main goal of each season, but honestly winning the championship on the men's side only is far less cool than being able to win it on both the men's and women's sides like we did this year," Teichmiller said.

Strom's Co-Swimmer of the Year, Senior Peyton Richardson, battled it out with Carleton's Jackson Rankin in the 200 butterfly final. Richardson would out-duel his rival Rankin securing the win by

just 0:00.28 for a time of 1:51.49. The Men closed out the MIAC Championship with a win in the 400 free relay with Strom, Richardson, Senior Kieran Ripken, and Cyr combining to finish with a time of 3:04.05.

"I am beyond thankful to have been a member of the swimming & diving team with an outstanding group of people. It has been pretty special to be a part of a championship team, let alone a dynasty. The Men's and Women's teams have not won a conference championship in the same year since 2008, so it was extra special to celebrate the Women's team's success as well," Ripken said.

"I was very honored to be named Co-Swimmer of the year, but I think it made it even more special that I got to do it with Matt Strom. He brought out the best in me each day in practice, so to see our hard work pay off and accomplish something like this together is pretty special and something I will remember forever," Richardson said.

The Women fought a hard battle against the rest of the MIAC in particular against St.

Catherine's, with the Gusties holding on to score 649.5 points compared to 608, for a margin of victory of less than 42 points.

Senior Lucy Peterson continued to be dominant in the free sprints, finishing first in the 100 free with a time of 52.02. MIAC Rookie of the Year Stella Anderson Moye finished the event by touching the wall fourth for a time of 53.72 with teammate Junior Macey Whitlock touching eighth for a time of 54.29.

"I feel absolutely honored to have won MIAC Rookie of the Year. It was one of the most joyful moments of my year, the cherry on top to end my favorite season in all the years I have swum. It was unexpected, I went into the conference meet with the attitude that I was going to give my best effort and enjoy my races regardless of the outcome, and that anything else was just a bonus," Anderson Moye said.

Gustavus placed two in the top six of the 200 breaststroke, First-year Hadley Wartner finished second with a 2:25.45, followed by teammate Sophomore Lindsay Sundby who

took sixth in 2:27.83. Senior Leah Soukup was the top Gustavus finisher in the 200 fly with a time of 2:15.38 to place fifth, followed by Senior Mariel Castillo in eighth with a 2:16:65 time.

Over on the boards, Seniors Kaija Pratt, Emmalyn Dickerson, and Sophomore Gabriella Stoudt all posted NCAA B qualifying scores on the 3-meter, finishing fifth through sixth, respectively. Pratt posted a 349.40, followed by Dickerson in sixth with a 348.40, and Stoudt rounding out the Gustie divers in fifth with a 334.00. The Gustie women completed the MIAC Championships with a win in the 400 free relay, as the team of Peterson, Whitlock, Anderson Moye, and Isaacson finished in 3:32.69.

"Achieving a conference championship as a senior was such a sweet and loving moment between all of my fellow seniors. We have worked insanely hard the past four years to reach this goal and being able to attain it in our last year made the victory so special," Peterson said.