



# THE GUSTAVIAN WEEKLY

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## Childhood Poverty; Building Bridges to host conference

Grace LaTourelle  
Staff Writer

Childhood Poverty: Uniting Voices to Empower Tomorrow is the theme for this year's Building Bridges Conference, taking place at 9:00 a.m. this Saturday, March 2nd, in Alumni Hall.

This year marks the 29th Building Bridges Conference at Gustavus. Hosted by the Building Bridges student organization, the conference has revolved around a variety of topics regarding social justice. Past conferences have explored topics such as the refugee crisis, educational inequities, and mass incarceration. The Building Bridges student organization illuminates education on diversity, inclusion, and social justice within the school and community, as well as focuses on topics and ideas that are not often discussed publicly.

Originally started in 1996 as a collaboration between student groups across several colleges, the Building Bridges Conference has now become a student-led initiative within the Gustavus community. The BB Committee is divided into sub-committees to plan social events, plan the conference, and create the interactive experience.

The topic of childhood poverty was chosen for this year's conference. The speakers and experiences will illustrate the realities of childhood poverty and work to break down misconceptions.

"This impacts both the Gustavus community and our broader community, as there are a lot of us in the community who have experienced childhood poverty and may still be experiencing the effects of it in their daily lives today," Secretary of the Executive Board and Senior Olivia Falk said.

One in nine children in Minnesota and one in seven children in the United States as a whole are living in poverty. This equates to around three students per classroom in Minnesota and four to five students per classroom in the United States who are impoverished.



Ainsley Langerud tabling for the Building Bridges conference

Kate Bienapfl

"As a committee, we want to advocate for current and future generations of children, whose experiences of poverty and suffering can so easily fall through the cracks," Co-Chair and Senior Ainsley Langerud said. "By and large, the child poverty issue is not as visible within the Midwest as it is on either the East or West coasts."

The event will begin with opening remarks and then keynote speeches. The speakers for this conference will be Dr. Tonya Lippert and Mx. Mel Moore. Each will discuss houseless LG-BTQ+ youth and housing inse-

curity.

Around 1:45 p.m., the event will move to Beck Hall where there will be workshops and an immersive and interactive Action Piece walkthrough, designed by students. The workshops will be led by speakers Dr. Tina Rice and Ms. Laura Zender, discussing the psychological effects that poverty has on youth, including brain development and the implications of hunger at school.

Action Piece takes place on the second floor of Beck Hall, with different rooms showcasing a variety of themes regarding childhood poverty. These may

include mental health or the importance of extracurricular clubs, however, the committee is given creative freedom to design something that they are passionate about.

"But otherwise, Action Piece is something that you have to experience yourself the day of the conference," Co-chair and Junior Alex Dillon said.

The week leading up to Saturday has been filled with events in collaboration with other student organizations on campus, such as Students for Reproductive Freedom, Student Educators Association, and Queers &

Allies. At 3:00 p.m. on the day of this issue's publication, Friday, March 1st, there will be a Build-Your-Own-Trail Mix event occurring on the lower level of the Campus Center.

"...Events are just a fun way to be able to promote the conference and Building Bridges. We like to collaborate with other student organizations to broaden our reach, someone who is in [Students for Reproductive Freedom] might not know about Building Bridges but they would learn about it by coming to our event," Falk said.

Dillon also noted that 'BB Week' is not only to raise awareness on campus but is also a celebration of the hard work the Building Bridges committee put into the planning of the conference.

"...BB week is just a matter of experiencing what they created and put so much work and effort into," Dillon said.

Free tickets are available on the Gustavus Website and are requested so that the committee can know how many attendees can be anticipated. There will also be separate tickets, 15 dollars each, available for purchase to attend the luncheon.

"I think I speak for the whole committee when I say that we are really excited for everyone to see the conference we have been working on all year!" Falk said.

The Building Bridges board encourages all students to attend the conference, workshops, or the interactive experience, to incorporate the wider community into these discussions. The committee hopes that students are able to reflect, gain understanding, break down preconceived notions, and acquire a new sense of empathy. The Conference is ultimately acknowledged as a space to meaningfully discuss issues that impact the Gustavus and broader community.

"We want people to understand that being impoverished is more than having less than a certain amount of money and how the effects of childhood poverty affect a person for the rest of their life, physically, emotionally, and spiritually," Dillon said.

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### Events Calendar

#### SAVE LIVES! GIVE BLOOD!

March 4, 12:30 - 6:30 p.m. ; March 5, 9 a.m. - 3 p.m.  
 Cec Eckhoff Alumni Hall

#### Cake Wars

March 5, 6 - 8 p.m.  
 Heritage Room

#### OboeBass! and Mary Ellen Childs, There is a Humming

March 5, 7:30 - 9 p.m.  
 Jussi Björling Recital Hall

#### 50 Cent Fundraiser

March 6, 2:30 - 4:30 p.m.  
 Center for Inclusive Excellence

#### Pie and Paint

March 7, 7 - 9 p.m.  
 Courtyard Cafe

### 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

#### New Co-Presidents Chance Korpela & Robby Swenson!

Student Senate is looking for 2 students interested in being the new Class of 2025 representatives. Position would only carry through the rest of Spring 2024 semester

The constitutional changes got passed by the student body and now will go into effect within the Senate

Registration for Day at the Capital! Tuesday, March 12; Sign up to spend a day off campus advocating for the MN State Grant, as well as an opportunity to network for anyone interested in politics.

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)

### (Unofficial) Campus Safety Report

#### Sometime this week...

- Sometime this week, it has been reported by one of our editors that anonymous residents of Norelius Hall have been blowing up condoms with water and throwing them onto the sidewalk.

#### Also sometime this week...

- Sometime this week, it has been reported by one of our editors that anonymous residents of Norelius Hall have been cracking eggs on the floor of the residential hall.

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

Good With Spelling and Grammar?  
 Want to Get Paid for Your Skills?  
 Apply to be a Copy Editor for the Weekly!

Apply by Emailing  
[Mpardock@gustavus.edu](mailto:mpardock@gustavus.edu)

# Elder Whitehawk comes back to campus to visit classes

**Katie Samek**  
Staff Writer

The Gustavus President's Council for Indigenous Relations (PCIR) is pleased to announce that Dakota Elder Joe Whitehawk will be returning as the PCIR's 2024 Elder in Residence, and will be hosting informal talks with several classes from various academic disciplines about the Indigenous history of the Saint Peter area and ways that students can participate in Indigenous advocacy, both here on campus as well as in the surrounding community.

Joe Whitehawk, better known around campus as Joe, is a traditional Dakota elder, medicine man, and retired Chemical Dependency Counselor, integrating traditional Indigenous healing and Native culture with members of tribes in Minnesota and beyond. Elder Whitehawk has a long history within the Gustavus community dating back to the 1990s, first serving as a powwow dancer for a powwow held at Gustavus. He has since given several talks as an Indigenous People's Day guest speaker, hosting a smudging ceremony for the PCIR in 2022, leading a Truth and Healing Circle in November of 2023, and serving as the PCIR Elder in Residence in 2022.

"Joe would say he's 'just a humble man,'" The co-chair of PCIR Katie Boone said. "However, for those who have been touched through Joe's work and wisdom, their lives will never be the same."

The Dakota people are considered aboriginal to Saint Peter and the surrounding areas (aboriginal, in this instance, means that they come from and are native to this region), and much of the Dakota language and culture has been irrevocably lost through the genocidal actions of the US government through treaties which stole their land, exiled their people from their homelands, and forcibly repressed their language, culture, medicines, and traditions. Much of this bloody history is not taught in most schools and even neglected in some colleges. It is through Indigenous elders like Joe Whitehawk, whom Gustavus is immensely privileged to work with, that we can not only learn about these lost parts of history, but revive interest in these traditions and seek to



A past picture of Elder Whitehawk.

Submitted

adapt, upkeep, and preserve them for generations to come.

Students fortunate enough to have Joe visit their classrooms this spring will find a wide berth of Indigenous wisdom and lived experience through his conversations. Elders from Indigenous communities hold wisdom that has been passed down through oral tradition and storytelling, and Joe's teachings have been passed down through the Dakota people for generations. Furthermore, students can look forward to a kind, understanding, and humble speaker - and, according to several members of PCIR, a sense of humor to boot.

"The unique combination of 'ancient wisdom patterns' - to quote my colleague Katie Boone - and informality makes Joe very approachable", Faculty Director for Academic Student Success and NEH Grant PI on behalf of PCIR, Elizabeth Kubek said. "Joe is very talented at the skill of 'two-eyed seeing' - that is, seeing within both the Indigenous and European perspectives. Students might hear him say that 'the longest

road to travel is the twelve-inch journey from the mind to the heart' - it's his way of saying that Indigenous knowledge is a very unique circular way of thinking and that it requires listeners to quiet their mind and center their heart."

"Joe has a good sense of humor, almost like someone's grandpa", Student Representative and Sophomore Guadalupe Olague said. "He's very 'back in my day' with his humor; he has a lot of knowledge and lived experience to share, and it's all incredibly informative."

PCIR is a relatively new organization at Gustavus and is unique among organizations for being one that is faculty-run rather than student-run. While at one point in Gustavus' history, a Native American student-run organization did exist alongside other student organizations like PASO or OLAS, this organization was ultimately dissolved. PCIR does not seek to replace this former student org; rather, this volunteer organization of administration, faculty,

and students interacts directly with Indigenous representatives from tribes within Minnesota and beyond to educate the Gustavus community on its Indigenous history, showcase Indigenous art and culture, and create advocacy for Indigenous topics among the Gustavus community.

"PCIR only has one student on its board right now, and that's me", Olague said. "I was actually reached out to by PCIR after expressing previous interest in advocacy for the Indigenous community. The hope is to eventually have a student representative from each class, but as there's currently no way for students to sign up for a position on the board, I don't know how the next student board member will be chosen."

Currently, PCIR is focused on educational opportunities for students to interact with and learn about the Indigenous history of Saint Peter and the surrounding areas. For the past two years, PCIR has provided students with transportation to the Mankato Wacipi. They

have also hosted various guest speakers from tribes both local and from across the US, such as Chippewa Anishinaabe, Oglala Sioux, and Iroquois; a documentary film screening of the Indigenous film *Dakota 38+2*, and several events on campus for Native American History Month this last November. They are also responsible for securing a 2022 NEH SHARP grant to support Indigenous relations, which was used in part to host Indigenous artist Marlina Myles as an Artist in Residency here on campus last year in 2023.

"The PCIR is entirely volunteer-led and run," Boone said. "Student help and support is greatly needed to help with event planning and promotion, website and communications, outreach and engagement, and getting this work integrated into all academic subject areas across campus."



# Women in Leadership hosts Cindra Kamphoff for 'Beyond Grit' talk

**Elliot Steeves**  
Staff Writer

For this year's International Women's Day, Gustavus Adolphus College will host Cindra Kamphoff, a renowned mental performance coach, for a talk from 4:30 p.m. to 6:00 p.m. on Friday, March 8th in the Wallenberg Auditorium.

Kamphoff's talk will center around her focus on passion and purpose when going after your goals.

"The definition of grit is just that: passion, perseverance, and purpose through the achievement of long-term goals," Kamphoff said.

Kamphoff will talk about ten practices to help people be their best more often. She believes that these are some of the first steps toward building grit in one's everyday life.

Gustavus Health Professions specialist Heidi Selzer-Bahr emphasized that this talk is meant for anyone to pick up on. "This is truly for anyone," Selzer-Bahr said. "Kamphoff can really help you get a direction on your own life, and what it is that you are meant to do. She can help you develop your own life's purpose."

Selzer-Bahr also expressed very high enthusiasm for the talk itself. "It can help you if you are stuck, or if you are just figuring out what the next step is," Selzer-Bahr said. "This will inspire you to go beyond what you are capable of and give you more direction. Every time that I have heard Kamphoff speak, I have gotten something new from it."

Kamphoff is a very high-profile figure, having worked with the likes of Adam Thielen and partnered with the Minnesota Vikings, the US Track and Field team, and numerous athletic teams at Gustavus, such as Men's Tennis. She is also a professor at the University of Minnesota-Mankato, and her students work with athletic teams at that university as well.

Gustavus was able to secure her for this venture through her connection to Selzer-Bahr, "[Selzer-Bahr] has heard me

speak before, and is familiar with my book Beyond Grit," Kamphoff said. "She had conversations with Katherine Tunheim, the head of Gustavus Women in Leadership, about bringing me here a few months ago. We thought that it would be perfect for International Women's Day."

"She is someone that I have known for a while, and I have seen her previous work," Selzer-Bahr said. "Every time that I have heard her speak, it has been very impactful and empowering, and I thought that this was the perfect opportunity to bring her."

Women can often experience more self-doubt and a lack of confidence. This is one topic that Kamphoff covers in her talk. "I

want women to learn how they can move for themselves more," Kamphoff said. "They will be able to learn about and apply simple practices in their life to make it even better."

Kamphoff hopes, though, in addition to what the talk means for International Women's Day, that any student who attends will gain a lot of value. "Students can expect to be inspired, and can also look forward to learning practical strategies that they can use to be their best more often," Kamphoff said. "I will share stories and tools, and it will be fun, engaging, and motivational."

The talk is sponsored by Gustavus Women in Leadership, led by Vice President in Mission, Strategy, and Inno-

vation Katherine Tunheim. Tunheim has been the leader of GWIL since its inception. "I was a business management professor, and I felt that our female students needed to get connected to successful female Gustavus alumni so that they could mentor them," Tunheim said. "And that's exactly what we do."

GWIL makes a stunning \$50,000 per year to host events for students via many alumni donations. It was in part due to this revenue that they were able to land Kamphoff for their International Women's Day venture.

International Women's Day has been gaining steady ground around the globe – particularly in the United States, which previously did not celebrate it as

much as other countries.

"It's been gaining prominence in the United States, but it's been slow," Tunheim said. "Gustavus hasn't brought a speaker to formally commence International Women's Day before, this is the first time we're doing so."

Selzer-Bahr reiterated the broad array of students that could find inspiration in Kamphoff's talk, even as International Women's Day receives renewed focus.

"Whether your passion is your sport, or your academics, or your fine arts, or your career path, I truly believe that you will find inspiration from her talk," Selzer-Bahr said.



Dr. Cindra Kamphoff speaking at an event.

Submitted.



# Decorate themed cupcakes with CAB



Decorated Cupcakes

Submitted

**Colleen Coleman**  
Staff Writer

From 6:00 p.m. to 8:00 p.m. on March 5th, CAB will be hosting a Cake Wars event in the Heritage Room in the Campus Center. Based on the hit Food Network show of the same name, Gusties will be competing to decorate cupcakes however they like, with a secret theme in mind that will be shared at the beginning of the competition. The top two winning cupcake designs, voted on by the student body, will receive a gift basket prize, according to CAB.

*"Much of the cupcake contest will be*

*centered around the chosen theme, but people are welcome to create their own masterpieces outside of the theme."*

Gusties will have two hours to decorate their cupcakes. CAB's Arts & Entertainment Executive and First-year Rebecca Craig said, "Much of the cupcake contest will be centered around the chosen theme, but people are welcome to create their own masterpieces outside of the theme." Gusties are already getting excited about the event, "Growing up, I always decorated cakes with

my mom. We were also avid Food Network watchers, so I'm looking forward to attending," First-year Abi Biermann said. "The Cake Wars event is going to be so much fun... "There will be lots of friendly competition and fun prizes for participants," CAB's Everyday Activities Executive and First-year Rae Holwerda said.

*"Growing up, I always decorated cakes with my mom. We were also avid Food Network watchers, so I'm looking forward to attending."*

The original Food Network show ran from 2015 to 2017 to much success, with it being a spin-off of the hit show Cupcake Wars which ran from 2009 to 2018. The shows followed a general competition theme of three rounds, including incorporating unusual and unexpected ingredients into their cake creations, contestants creating their own unique creations according to the theme, and a grand finale of a one thousand cupcake creation for an event. Both shows were hosted for some time by Jonathan Bennett, most popularly known for playing Aaron Samuels in the original Mean Girls movie. The show surprised audiences and kept their interest by always including something wacky and creative.

Bennett described in a 2023 interview that one of the most outlandish creations from the Cake Wars shows was a group that created cakes based on different Girl Scout cookie flavors. "They had to take each one of the cookies and transform them into a cake version. They did a trail mix cake that still to this day was the best cake I've ever had," Bennett said. While Gusties aren't expected to create crazy flavor combinations in the same way, creativity is welcome and those participating should be ready to blow CAB and the student body out of the water with their culinary creations!



# GUSTIE of the WEEK

## Matt Strom

**Taylor Storlien**  
Staff Writer

**G**ustie of the Week Matt Strom is a Senior Mathematics major on the swim team, who hails from Rochester, Minnesota. He can create a connection with just about anyone: "He has made an impression not only on this campus but also on every other soul he has come into contact with in his time on the hill," Senior Sam Haseth said. Randomly selected as each other's first-year roommates, Haseth and Strom were fast friends: "Straight away from day one, we just kind of clicked, I guess. Matt has a way of bringing joy to those around him. No matter who it is, he finds a way to get along with them and be a kind, respectful, intelligent, and insanely hilarious person," Haseth said.

*"He has made an impression not only on this campus but also on every other soul he has come into contact with in his time on the hill."*

Both in and out of the pool, he strives to achieve his goals

using the skills he picked up while being a part of Gustavus' Men's Swim and Dive team. Strom explains that athletics has given him the opportunity to be more well-rounded but also develop important skills: "It has taught me the value of hard work and discipline and helped me to develop strong time management skills. It also showed me the importance of being a part of the team," Strom said. He went on to explain that swimming is a team sport despite what others may say, "Even though swimming is seen as more of an individual sport, the team is very important. We push each other, celebrate victories, and get through losses together. Without the team, I wouldn't be where I am today," Strom said.

To his friends, through whatever he does, he remains humble and hardworking, "... he absolutely goes above and beyond in anything and everything he does, all the time. Matt is a man who excels at any skill he takes on, and still remains a humbled, reverential individual the whole time," Haseth said. Fellow teammate and Senior Peyton Richardson remembers seeing Strom "... win every one of his races at the MIAC Championships each year to watching him out split

everyone in the conference relay with his goggles in his mouth," Richardson said.

*"Matt is a man who excels at any skill he takes on, and still remains a humbled, reverential individual the whole time."*

Strom lives by the mantra "I am capable of anything I put my mind to." This is reflected in his swimming accolades, as he was recently MIAC Swimmer of the Week in January. At Grinnell College, he broke the 100M Backstroke record. But above these, he was named the MIAC Co-Swimmer of the Year on the Men's side, as he tied for the most points in the individual events for men.

Through swim, he has been able to maintain meaningful connections with those around him. "I would say that mine and Matt's friendship grew stronger through our friend group on the swim team as well as the countless hours we have spent in the pool," Richardson said. He can balance being both a friend and a teammate, and, as Richardson said "...he has an ability to inspire his teammates while also

pushing them to do their best each day."

Richardson reflects that Matt is an amazing person, especially once he comes out of his shell. "Matt is a very intelligent person who may come off as quiet or reserved at first, but once you get to know him as a person, friend, and teammate, you know you will enjoy every second you spend with him. #StromSpecial," Richardson said.

As he closes out his time here at Gustavus, Strom looks back on his fondest memories. "It would be impossible to pick a single favorite moment, even if you gave me all the time in the world to think about it. I could pick a thousand favorite moments from spending time with my friends and teammates inside and outside the pool," Strom said.



GoW Matt Strom

Soren Sackreiter



GoW Matt Strom

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!



# Donate blood to save lives

**Taylor Storlien**  
Staff Writer

**G**ustavus Student Nurses (GSNA) is partnering with the American Red Cross to host a blood drive. The event will run from 12:30 p.m. to 6:30 p.m. on Wednesday, March 6th, and from 9:00 a.m. to 9:00 p.m. on Thursday, March 7th in Alumni Hall. Donors can schedule an appointment at RedCrossBlood.org with code "Gustavus" or by calling 1-800-RED CROSS.

GSNA President and Senior Whitney Fink said "People should come and donate blood because the need for blood is constant and only donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every two to three seconds, and most of us will need blood in our lifetime." According to the National Heart, Lung, and Blood Institute (NHLBI), "a single blood donation can save up to three lives."

*"People should come and donate blood because the need for blood is constant and only donors can fulfill that need for patients in our community."*

People need blood for a variety of reasons such as during surgery, after an accident,

or because of a disease, said the Mayo Clinic. There is no substitute for human blood, so people rely on donors to receive life-saving blood units. Additionally, the United States is experiencing a severe blood shortage, so donations are crucial, reports the NHLBI.

When people come to the blood drive, they can expect to be "greeted by GNSA members, receive a packet of information about giving blood, get checked in, have a physical assessment by the American Red Cross team, and donate which takes about 30 minutes. You will then be provided with snacks, juice, and water," Fink commented.

Fink also explained that after donating, donors can find out their blood type and where their blood was transported to on the American Red Cross Blood Donor app. "The American Red Cross is also offering a \$10 pet supply gift card to all donors for anywhere of their choice along with a chance to win a \$3,000 gift card," Fink said.

A common misconception is that donating blood is painful. "Most people think that getting your finger poked to check your hemoglobin levels (the amount of oxygen in your blood) is more painful than the actual donation," Fink said.

The Red Cross's website assuages other common concerns like fear of needles or fainting. They suggest focusing on the lives saved by donating and

trying to relax by reading a book, listening to music, or chatting. They also recommend drinking plenty of fluids, eating healthy food, and getting a good night's sleep before your appointment.

People who have blood infections, are taking antibiotics for an infection, or have been in contact with someone who is HIV positive or has Hepatitis B should not donate. According to the American Red Cross's website, a check for "temperature, blood pressure, pulse, and hemoglobin" will ensure that it is safe to donate.

GSNA is "an academic organization of nursing students wishing to increase general health and awareness at Gustavus Adolphus College and to represent the college through involvement with community, state, and national levels while also providing a social atmosphere where nursing students can increase their own awareness of current nursing issues," Fink said.

*"This is truly such a small act to make such a positive impact on someone's life. We encourage everyone to take this step to save lives!"*

The group began sponsoring

**Give blood.**  
Every 2 seconds someone in the U.S. needs blood.  
American Red Cross

**Blood Drive**  
**Gustavus Adolphus College**  
Alumni Hall  
800 West College Ave  
Saint Peter, MN

**Monday, March 4, 2024**  
**12:30 p.m. to 6:30 p.m.**  
**Tuesday, March 5, 2024**  
**9:00 a.m. to 3:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Gustavus to schedule an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2024 The American National Red Cross

Blood Drive Poster

Submitted

the blood drive several years ago to address the dire need for blood both in the community and nationwide. They work with the American Red Cross, a non-profit whose mission statement is "to prevent and relieve suffering with every action." Blood donation is one of their main initiatives with the organization supplying 40% of the nation's blood.

Fink and GSNA ask everyone to consider donating:

"This is truly such a small act to make such a positive impact on someone's life. We encourage everyone to take this step to save lives!"



Gustavus Student Nurses Association

Submitted





# NLE CHOPPA

## GUSTAVUS ADOLPHUS COLLEGE



**LUND CENTER ARENA**  
**APRIL 19 8:00PM**  
**DOORS OPEN: 7:00PM**

**GUSTAVUS STUDENTS: \$20**  
**PUBLIC: \$30**



**16+ SHOW, CONTAINS EXPLICIT LANGUAGE, NO BAGS**



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# Cultural differences among Midwesterners



**Sophia White**  
Opinion Columnist

I have been living in Minnesota for about 9 months now, and have noticed a few things in terms of personal preference and pronunciation from Minnesotans that differ from my experiences living in Nebraska for 18 years. This is not an anthropological study where I have lived in another place for several years, looked at one specific thing, and reported my findings. I just think it would be interesting to discuss how Midwesterners (in their respective states) are different.

The Midwest consists of 12 states that can be broken further into West North Central and East North Central. The midwest includes North Dakota, South Dakota, Nebraska, Kansas, Minnesota, Illinois, Iowa, Missouri, Wisconsin, Indiana, Michigan, and Ohio. If you have lived outside of the Midwest before actually living in it, you might assume that this is where corn, cows, and the plains are, but this is much more diverse.

If you live in the actual Midwest, those assumptions would be more accurate for Nebraska and Kansas, but in Minnesota, farmland looks different. There is also less farmland due to the colder climate. Most of the money in Minnesota comes from education and health services, and there are a lot more medical services available in Minnesota than in other Midwestern states.

But I am not here to discuss the differences in job opportunities from state to state, I want to talk about the real tangible differences like food or how to pronounce certain words from my personal experiences and observations.

First off, I want to talk about



Field with cows

Submitted

Raising Canes and Chick-fil-A. Chick-fil-A has 11 chains and Raising Canes has 15 in my home state of Nebraska. Most Chick-fil-A's in Nebraska reside in Omaha with minimal amounts of restaurants elsewhere, but Canes is spread to multiple smaller cities outside of Lincoln and Omaha. Raising Canes is a real contender in Nebraska and tends to be the best choice, according to Nebraskans, which does not seem to be true of Minnesotans. There are 17 Raising Canes in Minnesota that all pretty much reside near the Twin Cities with one outlier. Then there are 19 Chick-fil-A's in Minnesota with the same turnout: 18 around the Twin Cities with one farther out. So, my real question is, where do you get your chicken when it's closed on Sundays?

*"...I want to talk about the real tangible differences like food or how to pronounce certain words..."*

"I only eat that anti-gay chicken," A Nebraska Drag Queen once said.

Another issue I have regarding food in Minnesota is Crumbl Cookie. Where did they put the 'e'? Why are they the size of my palm? Why do I feel uncomfortable when I eat it? And why do

they make flavors that should only belong on cupcakes? I can barely stomach a cupcake, so why make the one succulent, slightly subtle dessert - cookies - taste like sugary hell? I want to know why this place and its cookies are such a craze for Minnesotans. Personally, I find them highly overrated. Although there is not a super close equivalent in Nebraska, we typically get the best cookies from whoever has parents who are farmers or own land. I think that cookies taste better at home when the smell can waft out of your oven and into the house. There is more time and comradery put into it. I'm sure Minnesotans do this as well, but I suppose the convenience of buying a large, sugary cookie might be appealing to those who don't have the time to make their own batches at home.

This last thing I noticed irks me a little. It is the difference in the pronunciation of 'hammock'. Apparently, 'hammocking' is a hobby in Minnesota. Something that I had no idea could be a hobby. For me, it is an object and only that; but on top of that new revelation, I learned that Minnesotans and Nebraskans say 'hammock' differently. I learned this on just your normal, average day of school. I waddled into Campus Center with hunger in my belly in hopes of something

good at the Caf, but as I walked by the Career Center I heard the words: "Yeah I like to do HAM-MAH-KING on the weekends," a Random Student said.

I stopped in my tracks. I thought to myself, "Ham-Mah-King? No, that can't be right." For many of you, you believe this is correct but, as a distinguished Nebraskan, this is not how it is said. Most Nebraskans, I know, would pronounce it "HAM-MUH-KING". This inner debate sat with me the whole day. I decided I needed to ask others how they say it to confirm my greatest fear. I asked two people who I knew were from Minnesota and they said it the same way, HAM-MAH-KING. It became a back-and-forth shouting match of "HAM-MAH-KING" and "No! It's HAM-MUH-KING" and so on.

When I eventually discussed this with other people I knew, even some faculty on campus, I found that there truly are two distinctly different ways that two midwestern states could pronounce this word, and I truly believe that the way I say it is correct as do the people I discussed this with. Minnesotans tend to pronounce 'o' vowels in the same way which is where you get different pronunciations of words like "bag" to sound like "beg" and Nebraskans have

pretty relaxed vowels. Both of these things could be part of the reason these two Midwestern states say the same word in two different ways.

With all these examples, I think it can be seen that Midwesterners are not as alike as many would like to believe we are. Our cultures can go all the way down to the level of vowel pronunciation and which chain of food is better, and I think it is incredible how different we can be in those small details. It can also show how much we're willing to fight for our arbitrary opinions to be right. I know I feel like the way I say something or how I feel about a certain food is the right opinion, and even if those are small details of culture when it comes to the wider point of view, it is important to be thoughtful and compassionate towards diversity. It is easy to polarize people by naming the things they disagree on. It is harder to come together on commonalities, which is why it is an important practice. To know that your preferences are just that: your opinion and no one else's. Ultimately, the best word of advice I can give to this discussion is a quote used often by one of my professors, which he attributes to Ted Lasso, "Be curious, not judgmental." Easier said than done, Chick-fil-A.

# The reality of moms and social media



**Raquel Vaughn**  
Opinion Columnist

For a really long time, I was lucky enough to have a mother who didn't know anything about social media. Terms and phrases such as "sliding into DMs," "follow for follow," "saved the chat," and "for you page" might as well have been an alien language to my mom because the only social media she's ever had has been Facebook. I never had the issue of battling with myself about whether or not I should accept my mom's follow request because she never had the apps on her phone to begin with. I don't think she even knew that Twitter and X were the same thing until I told her months after the change. She was so baffled, you'd think someone changed the name of her own child and not an overrated app that almost exclusively

politicians, celebrities, and "stans" use. I remember being 14 or 15 years old and watching episodes from shows like Good Luck Charlie where the teenage main characters feel stuck between a rock and a hard place because their parent downloaded a popular social media platform. I also remember not knowing what that panic felt like. But now I'm a 21-year-old Junior in college and I don't know how to tell my mother that she is not, in fact, an influencer.

I love my mother and I'm glad she's having fun with social media but I rue the day I ever taught her about TikTok. Because, not only is every picture on Facebook a reel with music and bursting star features, but now everything is a reel of just a picture with background music and GIFs. If you want to be my friend on Facebook, think twice. One of my good friends, who has been my Facebook friend since the seventh grade, once told me that the only notifications he gets from the app are just my mom tagging me in posts. And if you are to ever meet my mom in person and she becomes your mutual on social media, then your best bet is to hide because if you're not safe... then no one is safe—my mother thinks she's an influ-

encer.

This got me thinking. Almost every mother I've ever interacted with through social media has had some misconceived epiphany that everything in their life should be documented. And I mean everything. As a "Gen-Zer," that's got to be one of the most ironic observations. Sure, I'm on my phone a lot. I can admit that my screen time per week is multiple hours. Yet, I still think my posting schedule is pretty average. In fact, now that I think about it, I know very few young adults who have more than 100 posts on their profile. However, mothers have hundreds—if not thousands—of posts.

*"I love my mother and I'm glad she's having fun with social media but I rue the day I ever taught her about TikTok."*

One of my old high school teachers has 251 posts currently on her Instagram profile. My older cousin has 2,251 posts. And my aunt has 3,265 posts. All of these are a combination of fit checks, photos of food, their kids, Bible verses, and just spontaneous "this-is-what-I'm-doing-right-now"

posts. As a 21-year-old girl, I know that everyone else my age knows that there's a difference between story-worthy posts and feed-worthy posts. It's not that hard of a concept but, still, either these moms don't understand the "popular" way social media is used, or they just don't care. As much as I get second-hand embarrassment from the many, many posts of various unimportant stuff (especially the ones I'm tagged in), I have to admit that I am somewhat impressed with how consistent these middle-aged women are in their Instagram journey.

As a social media manager myself, I tend to overthink posts and even struggle with consistency. But moms don't just think, they know that what they post is important. If their 4-year-old gets a gold star on an abstract drawing of a rocket ship, then you bet your bottom dollar they'll post a picture with a long-winded caption. If their teenager passes the driver's test, then they will definitely post the whole story about how they took the test at least three times. And if you're lucky, you'll get the story on video instead.

My mom has never experienced the community that is Instagram at a young age before. She's just now jumping on the

bandwagon and still learning what, exactly, TikTok is used for. So, yes, it is obviously embarrassing to know that at any moment my mom might tag me in a photo she took years ago with her TracFone. But I counted my blessings and decided that at least she wasn't spamming on Instagram. However, I counted my blessings too soon and the next day I got a notification that my mom followed me on Instagram. She is bound to become just like them. Give it a couple of months and she'll have at least 100 posts to be accounted for.

*"My mom has never experienced the community that is Instagram at a young age before. She's just now jumping on the bandwagon and still learning what, exactly, TikTok is used for."*

Maybe we could learn from these social media moms. Forget about likes and comments and reshares. The real power behind this group of people is the fact that they continue to post whatever they like—whatever they think is important to them—without caring who sees it, let alone who double-taps it. Moms on social media are objectively funny—whether that's in a cringe way or a humorous way—but they are probably the most real people on these apps. They're not editing their face in selfies because they are too busy deciding which music fits with the vibe of the photo they are posting.

Middle-aged social media moms are objectively funny but also objectively the coolest. Don't get me wrong, though—I will still be dodging people's Facebook friend requests. Also, this is not an invitation to follow my mother on Instagram. If you request to follow, she'll think she's cool and we really cannot have that.



Mom taking a selfie while holding a baby

Submitted



# Could an online test understand me?



**Jonas Doerr**  
Opinion Columnist

I was discovering my number. Click. Click. Click. Truity.com was guiding me through it, asking personal question after personal question.

This wasn't a phone number, although one might still ask for this number at a bar. This was my Enneagram number; a personality archetype somewhere between one and nine that could reveal hidden insights about anyone's personality.

I was supposed to rate each statement with how strongly I agreed with it. For example, "I think deeply about things." That's easy, of course I do. Wait a second, I didn't think deeply about that, though. But am I thinking deeply about it now? "I am always trying to be a better person." Would anyone other than Dr. Doofenshmirtz strongly disagree with that?

I wasn't expecting much once I finished what seemed like 100 questions. I certainly didn't expect any revelations about my personality. Then lo and behold, at the end of the test, I was presented with a pie chart. With mind-blowingly innovative graphic design, each slice of the pie was sized according to how I had scored on that archetype.

I had a lot of big slices! Should I be proud of my big pie? I read on down the page. I was a three, apparently: "Threes are driven, motivated individuals." Then the words slowly faded out and were covered by an icon of a lock. "Unlock the full report," the website said. "Bah, humbug," I said and closed the tab.

This Enneagram thing couldn't be that great. Who bases their personality on a number? I googled, "Is the Enneagram pseudoscience?" and found an armory of ammunition. The Enneagram isn't scientifically reliable, one

site said. You'll get different results every time you take it. Another site pointed out that the Enneagram pigeonholes people into categories, which limits them from exploring everything they could be.

I would not fall for this trap. I would instead enlighten the people of Gustavus with a witty exposé about the dangers of introducing oneself as a number. But first, I had to get an expert's perspective.

I headed deep into the awfully bright and cheery depths of Anderson to find Professor Bri Miller, teacher of the J-Term course, "Enneagram to Instagram."

Stepping into her office, I was immediately greeted with a firm handshake and a smile. "You must be an 11," I thought in awe, "because that's your energy out of 10." She quickly clarified that she was a 2, the Helper, which I couldn't deny; she was helping me at that moment, after all.

I explained I was writing about the Enneagram, and although I was a skeptic, I wanted her perspective on the test. Miller said, "It's about becoming more self-aware of your filters so that you can have a more holistic approach to your relationships and be self-aware of where you default to. Ultimately, the Enneagram isn't about your behaviors, it's about your motivation." Well, that all sounded good so far.

She continued, "People usually find one that resonates with them pretty well. Out of 17 students, 16 had their type pretty well." Miller said, "When people read about the Enneagram, they are suddenly going, 'Someone's inside of my head?'" But is it useful?

*"This was my Enneagram number; a personality archetype somewhere between one and nine that could reveal anyone's personality."*

The answer was yes. She went through all the different wellness activities the class went through, including journaling to move out of repetitive thought patterns, how to get out of a stress cycle, and how

to make healthy decisions online, basing all of these activities on an understanding of what motivates people who have an Enneagram type like them.

It was clear that people could find a lot of uses for the Enneagram besides just feeling understood, but I had had my doubts. Was the Enneagram scientific? And didn't it put people in boxes?

*"The number you are given is simply what you default to when stressed or unaware, but ideally, people could adapt to a situation by tapping into a different type."*

The expert had an answer to that, as well. Miller said, "People are complex, so being consistent every time you're testing something is really hard. It is." But she went on to say that this kind of personality typing has been around since ancient Egypt, although it's been developed mostly in the last 75 years. She also mentioned that there is a national and an international organization for

the Enneagram, and "a large quantity of people are being interacted with to draw these conclusions."

Okay, but what about being limited through being defined by a number? Miller said, "Any Enneagram expert would say you can tap into all nine types. That's truly the goal, being able to move around the types." The number you are given is simply what you default to when stressed or unaware, but ideally, people could adapt to a situation by tapping into a different type.

*"But she went on to say that this kind of personality typing has been around since ancient Egypt..."*

The confusion comes on social media, she said, when people say, "You're a one. You feel this way about a new movie. If you're a two, you feel this way about a new movie," and people feel pigeon-holed to act a certain way.

Having all my questions answered, I thanked her and

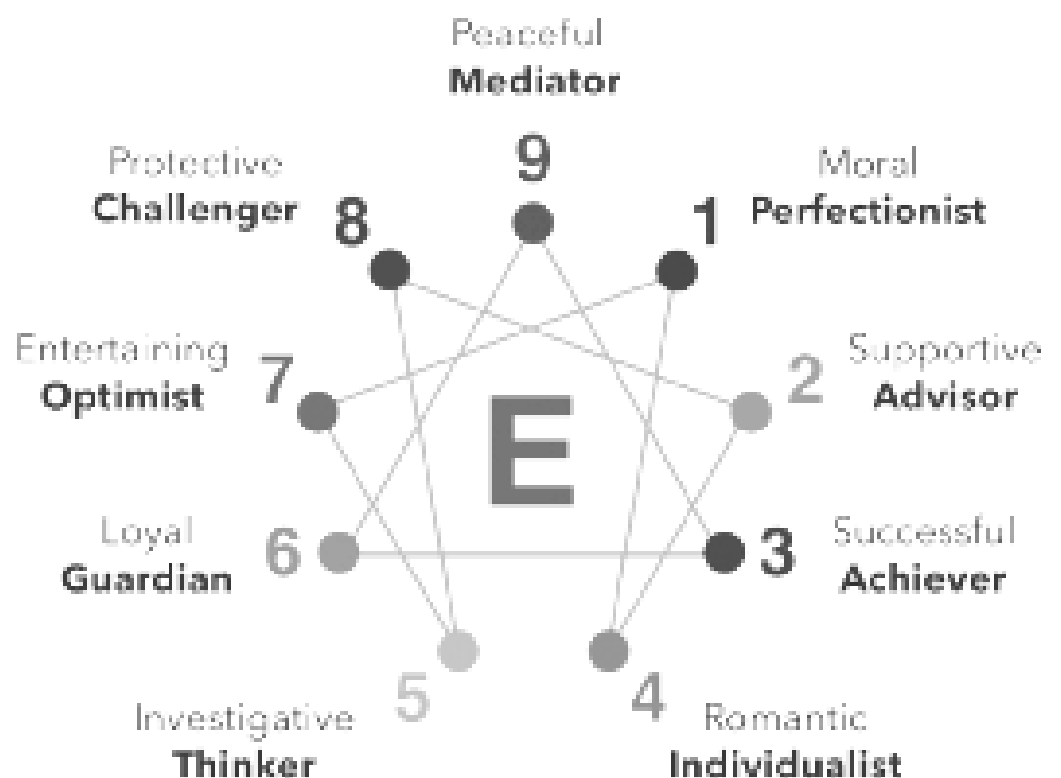
headed out. She had given me her preferred Enneagram test to try, and I was eager to see if this would resonate more than the paywalled Truity test.

I opened up eclecticenergies.com and started its Enneagram test. It seemed similar to the Truity test, but I worked my way through it in about 15 minutes. Type 3, the Achiever, my results said.

The website read, "People of this personality type need to be validated in order to feel worthy; they pursue success and want to be admired. They are frequently hard-working, competitive, and are highly focused in the pursuit of their goals, whether their goal is to be the most successful salesman in the company or the 'sexiest' woman in their social circle."

Finally! Someone understood me! I have always wanted to be the sexiest in my social circle.

If you're interested in what else it said, you can take the test and look up Type 3. Either way, take my recommendation and Professor Miller's to take a couple of minutes to see what you can learn from the number you are.



Enneagram chart

# Movies From Swank: *Fear and Loathing In Las Vegas*

Will Sorg  
Movies Guy

The only thing I've ever read from the famous Hunter S. Thompson was his obituary of Richard Nixon. In it, Thompson recommends burning Nixon's body in a trash bin and jettisoning his coffin into the LA sewage system. This leaves a strong impression of the kind of writer and person Thompson was. An incredibly cool one.

Hunter S. Thompson invented Gonzo Journalism, a style of journalism personally involving the journalist in the narrative of whatever piece they were working on. One of his crowning works is the book *Fear and Loathing in Las Vegas: A Savage Journey to The Heart of The American Dream*. In the book, Thompson details a writing assignment gone haywire as he and an attorney / activist go on a drug binge in the middle of Las Vegas. Then 20 years later, his book was adapted into a film.

With Monty Python member Terry Gilliam serving as director, the film adaptation of Thompson's book was a critical and box office failure. It isn't really a surprise that the film didn't do well in the late 90s when it first came out. The film is so idiosyncratic and bizarre to the point that it is nearly a fantasy film. It is a non-narrative drug film about two men tearing through Las Vegas while simultaneously having a dual mental breakdown. It is an inscrutable, hostile movie and for a lot of its early critics and audience members, it sucked. Of course, with a filmmaker like Gilliam behind the camera and a career-defining performance by Johnny Depp as Thompson, the film was bound to become a cult classic.

The film is the cinematic equivalent of a panic attack. It is a film that is constantly stabbing into its viewers' brains with visual chaos, paranoia-fueled characters, and audio filled with 70s insanity. We're brought into the world by the unreliable narrator of Raoul Duke (Thompson's pseudonym in the book) played perfectly by Johnny Depp. The film is filled with unhinged ramblings and hysterical side tangents by Duke. The amount of time spent hanging out with Duke and his lawyer friend, Dr. Gonzo, feels less like a hangout and more like a kidnapping. That viewers, much like many of the people they encounter, are just swept up in their chaotic lives and spat out on the other end. What makes this so genius is that the two leads are also seemingly devoid of any true free will. They feel dragged along by their own primal instincts and hedonistic desires, oscillating between manic drug-induced hysteria and deeply unsettled despair.

What truly makes this film phenomenal is the way it is firmly planted within Raoul Duke's brain. While the pair drives through Vegas high out of their minds, the camera sits on the hood of their car, slowly swaying back and forth as if the camera itself is intoxicated. The lighting shifts sharply during hallucination scenes, bathing the scene in harsh light and adding to the surreal nature of the moments. Even the narration messes with the audience. Duke will say something in his head while simultaneously saying it out loud, and then question if he said it out loud. Sometimes the dialogue will be interrupted by the narration, and often the narration becomes dialogue as his interior thoughts are verbalized almost unwillingly.

So what's it all about? That drugs are awesome? Kinda. It's also about the decadence of America. It's set in the 70s. The death throes of the hippie movement, the failure of Vietnam, Nixon, the Cold War, and all the anxieties of the 20th century are built on the back of this film. It's a film about the relative calm felt in the 90s and how it will someday end, ultimately pushing us to be thrown back into the confusion, paranoia, fear, and loathing of American culture.

Will Graves

## Word Scramble

1. zuzlep
2. piders
3. reango
4. nimala
5. keletson
6. bellumar
7. cocridleo
8. eeewdnk
9. enkccih
10. noce





# MIAC Champs!

## Women's basketball dominates Concordia to win MIAC



Women celebrate MIAC win

**Zachary Tlusty**  
Sports Writer

Submitted.

The Women's Basketball team won their third MIAC Championship in a row this past Saturday, beating Concordia by a score of 66-38. The two teams had split the season series, in which both teams held home court going into this Championship Game.

It was Championship weekend at Gustavus, as three high-stakes playoff games took place on Saturday. The energy on campus was electric as students were looking forward to a fun weekend of sports at the Lund Center.

The Gusties jumped out to an early lead as they took control out of the gates and ended the first quarter up with a score of 21-10. Gustavus held the Cobbers to two made field goals and five free throws, while Gustavus made nine shots, and did not have any opportunities at the stripe in the first quarter.

"With the help of our in-depth scouting report created by our coaches, we were prepared for what Concordia wanted to do and how we could stop them. Our defensive pressure and effort are what really helped put the game away.

We forced Concordia out of their comfort zone and sped the game up faster than they could handle. We kept them from getting second-chance opportunities on the glass and forced a lot of turnovers that led to easy scores on our end. We were prepared for Concordia to run in transition, as that is where they thrive, so we matched up quickly, prevented quick shots, and forced them to try and create in the half-court. Lastly, keeping them off the free throw line was key, as they are the best free throw shooting team in the country," Junior Morgan Kelly said.

Gustavus would not let off the throttle, as they would dominate the paint in the second quarter. The Gusties scored 12 of their 18 points from close. The Gustavus bench was crucial in the second quarter contributing eight of the 18 points in the quarter for the team, while the Cobbers bench was only able to contribute two points throughout the quarter.

This is a testament to how deep this Gustavus team is when it comes to having players who can contribute at such a high level. The team does not need to rely on a single player to score, and they have no problem making the extra passes for easy buckets. In total, Gustavus assisted on 19

of the 28 made baskets in the Championship game.

"The chemistry on and off the court has been a huge part of our success throughout the past three years. We have also accumulated a team that has individually bought into what our goals and aspirations are. We all share a connection and love for one another that is unmatched. We are truly happy and supportive of one another in a way that I have never experienced. This allows us to flourish on and off the court," Senior Emma Kniefel said.

The Gusties refused to let the Cobbers back into this game, as they were up by as much as 30 points halfway through the third quarter, thanks to a three-pointer from First-Year Emily Bowron. With the game out of reach in the fourth quarter, Head Coach Laurie Kelly was able to empty the bench and take the air out of the ball. Gustavus turned in a dominating performance and would take home their third straight MIAC Championship with a score of 66-38.

"We didn't change our game plan with Concordia. The two times we played them, we did not play anywhere near our best basketball. The past few weeks have been some of the best games we have played

all season, all because we were doing what we do. Our mentality is always to play 'Gustie Basketball.' We knew that if we executed on the fundamental parts of our game, especially on the defensive end, we would have no problem taking Concordia down. Our coaches prepared us well for moments like these, and the pressure of being in a conference championship game for the third year in a row only got our team more excited," Kelly said.

Leading the scoresheet for Gustavus was Kniefel, who tallied 15 points and six rebounds. Junior Rachel Kawiecki scored 12 points and Senior Izzy Quick tallied 6 points and collected 10 rebounds.

"My teammates and coaches are the ones that allow me to play the way I do. I know that my teammates have my back and that if I'm not making shots right away to just keep shooting," Kniefel said.

With this win, the Gusties clinched a spot in the NCAA tournament. Their matchup in the round of 64 will be against Trine University. A school out of Angola, Indiana, they beat Hope College in their Conference Championship to guarantee their spot in the tournament.

"We are playing good basketball at the right time, we are going to control what we can control and we feel good about the draw. Playing Rhode Island early in the season helped us because they are one of the top seeds in the tournament. It gave us experience and shows us that any given night we can beat anybody," Coach Kelly said.

All season, the Gustavus Women's team had big goals from the start: not just simply making the tournament or winning the MIAC. No, they had thoughts of winning the whole thing. This team wants to make a run for the National Championship.

"From the beginning of this year, we've had aspirations to not only win the MIAC and make the NCAA Tournament but potentially contend for a national title. This team is so special, and I hope now as we enter the national tournament to continue our success," Coach Kelly said.

The Gusties will be facing off against the Thunder today, March 1st, at 5:00 p.m. in Oshkosh. So, make sure to continue supporting your Gusties as they try to make a run for the national championship this year!

# Overtime thriller!

## Hailey Holland scores overtime goal to go to MIAC title



Women embrace after game winning goal

Submitted

**Parker Burman**  
Staff Writer

This past weekend, the Gustavus Women's Hockey team hosted rival Bethel in the MIAC Semi-finals, with a trip to the MIAC Championship game on the line. Although playing well, Gustavus found themselves facing an early deficit, one which would last most of the game. However, late game Gustie heroes forced an overtime win by a score of 2-1 to send Gustavus to their fourth straight MIAC title game.

The Gustavus offense came out strong to start the game, firing seven pucks on the net in the first five minutes of play. Yet, even with this pressure, the Gusties were not able to find the back of the net to tally the opening goal. However, Bethel caught the Gusties off-guard, as Gustavus was just coming off the power play, with the Bethel skater taking it into the Gustie zone before scoring the backhanded shot past Goalie and Fifth-year Katie McCoy.

"I tried not to let it change the way I play and had a short memory. I definitely felt the pressure to not let any more goals in but continued to focus on the next shot," McCoy said.

The goal to put Bethel up 1-0 would secure them the lead in

the game for the next 40 minutes. Regardless of what the Gusties tried to do on offense, they could not get a puck to go past Bethel goalie Anna Hanson, who saved 40 shots that night.

"I think after Bethel scored, it was definitely a wake-up call for all of us. We realized how important this game was and how disciplined we had to be. I think we knew that we were capable of beating Bethel, we just had to keep working hard and not let this one goal deter us from our ultimate goal of winning the game," Fifth-year Molly McHugh said.

However, with time beginning to wane in the final minutes of the game, First-year Defenseman Kylie Scott would play hero for the Gusties. With just three minutes remaining, Scott grabbed the puck in the neutral zone, skated into the Bethel zone, and fired a shot low and left on the Bethel net to beat Hanson.

"The feeling was unreal. It was a mix of emotions of relief, excitement, and happiness. It gave us momentum for the rest of the game and we were all over Bethel from there. I originally wasn't going to shoot the puck, I was going to dish it to Lily Mortenson who was driving the net. But I realized I was in the slot and knew that we needed shots in order to score.

So I found the opening and took the shot," Scott said.

"We were all obviously very excited and maybe even relieved. It helped us gain momentum to finish off that period and head into overtime. The goal reaffirmed that we were capable of winning, scoring, and beating Bethel," McHugh said.

*"Our ability to battle and work hard definitely plays into part of our relentless offense. Our offense is one of our strong suits so we need to take advantage of every opportunity we are given and work to put the puck in the back of the net more,"*

Thanks to the momentum created by Scott to end regulation, the Gusties were in complete dominating control of the overtime period. Putting plenty of pucks on the net and creating high-danger scoring chances, Senior Brooke Power almost called the game but was snubbed by a save from Hanson. Regardless of what Bethel tried to do, they were no match for the Gustie onslaught as Fifth-year forward Hailey Holland buried one with three minutes left in overtime to end the game.

"Our ability to battle and

work hard definitely plays into part of our relentless offense. Our offense is one of our strong suits so we need to take advantage of every opportunity we are given and work to put the puck in the back of the net more," Power said.

"I was confident that we could come out on top. We still had the momentum from that goal late in the third which carried over into overtime and allowed us to dominate the extra time," McCoy said.

The Gusties finished the night with 42 shots on net, 30 more than the 12 Bethel managed to put on McCoy. Holland fired 10 of Gustavus's 42 shots off of her stick, followed by seven from McHugh and six from Power. Gustavus controlled the face-off dot, winning 49 of 65 draws taken. In net McCoy saved .917 percent of her shots faced, seeing just a combined three goals in the third period and overtime.

"This team can go as far as we put our minds to. Obviously, our goal is to make it back to the national championship game but we have to take it one step at a time, focusing on each individual game and working as a team," Power said.

This weekend, the Gustavus Women will face No. 14 Saint Mary's at Don Roberts Arena on Saturday, March 2nd at 2:00 p.m., for a chance to defend

their MIAC title.

"We're ready for Saturday and will make the most of this opportunity," Scott said.



# Men's Basketball on top!

## Men beat Hamline 72-71 to win MIAC Championship



*Gustavus Basketball loving Life*

**Teddy Kaste**  
Sports Editor

Submitted.

The Gus Young court erupted into pandemonium last Saturday when the Gustavus Men's Basketball team defeated the Hamline Pipers 72-71 to win the MIAC championship. The Gusties beat the Pipers – despite the answer to the Wordle coincidentally being Piper the day of the game (spooky). This MIAC championship win marks the 10th in program history, and the first since 2005.

The Gusties' playoff run was made up of 3 games, which were all back-and-forth thrillers until the very end. In the first round, Gustavus took on the Bethel Royals, a team that had beaten the Gusties in regular season play. The two teams went back and forth the entire way, with the lead exchanging hands 8 times in the second half. With a minute left in regulation, however, following a clutch 3-point play from Junior Forward Spencer Swanson, the Gusties took a 3-point lead.

Bethel came down the floor looking to tie the game, however, Gustavus stuck to the Bethel players like glue, giving them little to no breathing room. Senior Adam Biewen stole the ball from the Bethel player, dribbled down the court, and ripped down a ferocious dunk which sent the student section into a frenzy, and putting a stamp on the victory, the final score was Gustavus: 85, Bethel: 81.

Swanson and Biewen led the team in scoring with 25 and 17 points, respectively. Gustavus won the game against Bethel, setting up a pivotal second-round game against the #2-seeded Carleton on the road in Northfield.

Crazy doesn't even begin to describe what took place in the game between Carleton and Gustavus. Gustavus defeated Carleton 124-116 in the highest-scoring game in MIAC playoff history, and the score with 1:06 left in the game was Carleton: 87 Gustavus: 78.

The first half was competitive, and overall good for the Gusties as they led the game 40-36 into the break. Carleton came out in the second half on fire, however, and went on a scorching 17-1 run to take a big lead over the Gusties.

With 1:11 left in the game and down 10, Biewen knew the Gusties needed points, and fast. He got the ball well behind the three-point line, shot a deep three, and made it, cutting the deficit to 7. After two Carleton free throws, the deficit was back to 9 when Biewen, again, made another deep 3 to cut the deficit to 6.

With 36 seconds left in the game, Junior Brady Kienitz hit yet another 3 for the Gusties cutting the Carleton lead to only 3 points. Gustavus fouled Carleton, and they made both free throws, extending the lead

to 5. Biewen hit another 3 with 21 seconds to go, cutting the deficit back to 2. However, yet again Carleton converted both of their free throws to extend their lead back to 4 with only 11 seconds left. Gustavus went the length of the floor when they found, you guessed it, Biewen yet again for another 3, cutting the lead to 1 with only 3 seconds to play. That shot Biewen made was his 4th last-minute 3-pointer of his career. Talk about clutch!

Biewen said of his heroic effort in the game against Carleton "Never in my life have I made some of the shots I made at the end of that game, but in the moment it felt like whatever shot I took was gonna go in."

Gustavus immediately fouled Carleton and finally, they missed a free throw. They converted the second, however, and Gustavus only had 3 seconds to go the length of the floor, score, and keep their MIAC championship hopes alive. They passed the ball to Sophomore Guard Jonah Anderson, who dashed up the length of the floor and pulled up on a fadeaway jumper to force overtime. As the buzzer sounded, the shot kissed the backboard and went in to force overtime in one of the most improbable, borderline-impossible comebacks ever.

Anderson said on his buzzer-beater: "It felt like I was liv-

ing in a dream. Thinking about it still doesn't feel real. But it is something I'll remember for the rest of my life." Thanks to Biewen and Anderson's heroics, Gustavus was going to O.T.

As the game went into overtime, the entire Gustavus Basketball program was in shock from the coaches to the fans; even Gus the Lion himself couldn't contain his anticipation. Gustavus looked to be in control of the first overtime, jumping out to a 101-96 lead, but Carleton –not willing to go out without a fight– clawed their way back to make the score 103-103 to send it to double overtime.

In the second overtime period, Gustavus made a few early layups, which helped them jump out to a lead. This time, Carleton could not keep up, as the Gusties outlasted the Knights in double O.T. 124-116.

The Gusties only had one day to come down from the crazy adrenaline high from the Carleton game. Kienitz provided some insight on how they grounded themselves saying, "We settled down during Friday's practice and did some Yoga while also getting some shots up and doing scout."

The team, after playing

an instant classic in Northfield against Carleton the day before, was now tasked with a red-hot Hamline team for the MIAC championship at home. With hardly any time to process what just happened against Carleton, the Gusties were on the floor battling the Pipers for the crown.

Energized by a rowdy crowd at the Gus Young court, the Gusties jumped out to a 38-28 lead in the first half. Hamline, who were down 56-41 with 12 minutes left in the second half, had their backs up against the wall but refused to lie down and let the opportunity to win the MIAC championship slip from their grasp

They began chipping away at the Gustavus lead until they got back up. With 8 seconds left in the game, the score sat Gustavus: 72 and Hamline: 71. Hamline had the ball, and a chance to hit a buzzer-beater to silence the rowdy Gustavus crowd, and complete their storybook ending.

The Hamline guard dribbled the ball up the floor, scanning the court for options, but he couldn't find anyone open to pass the ball too. He decided to take it himself, to take one shot for all the glory. Biewen got in his way, and put a hand in his face to contest the shot.

The shot was off target; it hit the bottom of the backboard and didn't touch the rim as time expired. Gustavus won the basketball game and the MIAC championship 72-71. Gustavus fans erupted into pure ecstasy and stormed the court to celebrate the win. Gustavus Men's Basketball had done it, capturing the MIAC championship.