## **UMAC Fall Feature: Eliza Punzel**

MARTIN LUTHER COLLEGE

Q: What has been the best lesson you have learned from being a student-athlete?

A: Value your time. Time spent working diligently in classes, gathering in chapel with the student body, and working hard with your teammates is an investment for the future.

Q: What advice would you give to your younger self in order to be successful?

A: Be diligent in everything: schoolwork, team commitments, building strong relationships, employment, and everything else college gives you.

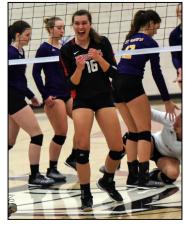
Q: What is one word you would use to describe your team?

A: Dedicated.



Punzel (LPS) keeps pace (2019)

## **UMAC Fall Feature: Ruth Buchholz**



Q: What do you enjoy most about being a student-athlete at Martin Luther?

A: I love that every time I put my jersey on, I get to represent my school on the court. I really enjoy being competitive in sports, but I also enjoy knowing that I am learning and preparing to become a high-performing teacher once I graduate.

Q: What has been the best lesson you have learned from being a student-athlete?

A: One of the biggest lessons is that your four years go quickly. It seems like just yesterday I was moving onto campus and trying out for the volleyball team.

Q: What has been one of your favorite academic pursuits at Martin Luther?

A: I had the opportunity to take a year off of school and teach full-time for the 2019-20 school year. I taught biology at Kingdom Prep Lutheran High School.

Buchholz (ALA) fired up (2018)

## This Week in MLC Athletics History . . .

On October 27, 2018, the MLC men's soccer team closed the regular season with a 6-1 win over Northland College.

Seven seniors started the game in celebration of Senior Day, and **Stephen Oelhafen** '19 made the most of his opportunity by scoring three goals and adding one assist in the first 13 minutes of the first half. **Hugo Ugalde-Bemer** '19, **Joe Graumann** (*Lakeside*), and **Mark Burger** (*MLS*) also scored in the game for MLC. Oelhafen was named UMAC Player of the Week for his efforts.

The Knights finished the season 7-3-2 in UMAC play, good for third place in the final conference standings.



Oelhafen celebrates a goal (2018)