

Why is it so hard to talk about birth control?



Emma Schmidtke
Opinion Columnist

For years humanity has been working its way toward a medical milestone: male birth control.

This progress made headlines in 2016 after reports of men dropping out of a birth control injection study due to side effects.

These side effects increased acne, depression, and mood swings.

Many women were outraged at these reports, as many of them have been experiencing similar side effects for years due to their birth control.

The problem, many are saying, is either that men are whinier than women or that the medical community has pathologically ignored the severity of women's side effects.

The debate itself may be misdirected, as Casey Gueren from Buzzfeed points out.

Gueren explains that subjects dropping out due to side effects is common for all medical studies, and researchers in this case were mainly concerned with atypical side effects to birth

control, particularly sustained infertility even after the shots ceased.

Whatever the outcome of this study may prove or disprove, one thing is clear, our society has trouble discussing birth control without anger and misinformation.

The outrage over the male birth control study shows how much frustration is just waiting to be expressed.

Take for example, Steve Bannon, President-Elect Trump's Chief Strategist, who published an article entitled "Birth Control Makes Women Unattractive and Crazy."

One would like to dismiss this as sexist, inflammatory nonsense, but as this man now has a great amount of political power, one has to acknowledge the popularity of this view on birth control.

The truth is, however, that recent studies have only found a small link between depression and birth control, researchers agree this requires further studies to prove.

A very small percentage of women do experience extreme mood swings when starting a new birth control regime, but this is true with many new medications and can usually be solved by switching to another contraceptive.

Bannon's opinions show that many people are largely misinformed and highly prejudiced when entering the birth control debate.

Contraceptives have existed throughout history, dating back to Ancient Egypt, and yet our society still places a stigma on the people, especially women, who use them.

Women cannot talk about the effects birth control has on their lives, good or bad, without seeming slutty, whiny, or crazy in the eyes of society.

As a result of the stigma,



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Schmidtke references research that says the side-effects of birth control are the same for men and women.

women are often forced to talk about birth control in round about ways.

In public forums on health care, young women come forward and talk about how they need the pill for reasons other than pregnancy prevention, such as to stop excessive bleeding.

They may tell their doctors or their parents that they need birth control solely to manage their acne.

While these conditions can be managed with birth control,

why can women not say that they need birth control to prevent pregnancy?

Imagine if, when asking for blood pressure medication, one couldn't talk openly about their blood pressure.

Or better yet, imagine if one had to have an excuse for purchasing condoms "better" than wanting to prevent STDs and pregnancy.

Our inability to talk about our healthcare needs for fear of slut shaming gets in the way of having those needs met.

We do hear about birth control; we only hear about the horror stories.

We hear about the IUD that had to be surgically removed, or the arm implant that traveled all the way to the collarbone.

Or the pill that made the girl "unattractive and crazy".

Birth control can have negative side effects, but those side effects need to be discussed frankly with medical professionals, not by clueless internet commentators or community rumor mills.

To have those frank discussions, women must no longer be afraid to ask.

Women need to be able to communicate their experiences because the decision makers, mainly lawmakers and pharmaceutical companies, in the debate over accessible contraceptives are not those who use the contraceptives.

We must start talking about contraceptives as we do other medications.

Our discussions need to be based in fact.

We cannot allow our society's prejudices to get in the way of healthcare decisions.

We need to allow women to have access to birth control, without first answering a thousand questions about whether they truly "need" it.

We need to allow them to talk about their positive and negative experiences with contraceptives without prejudice.

We need to trust that a person and their doctor can make responsible decisions for their healthcare.

Above all, we need to talk, and we need to do a better job of talking.

The Good, the Bad, and the Meh



IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS!



Finals, boo. Midnight express, woouuuuuuuuuuu!



If you think this week was bad in terms of temperature and wind behold, J-Term is twice that. At least.

The worry of the liberal art



Joe Robbins
Opinion Columnist

Philosophy, English, Classics, History.

What do all these majors have in common? Existential dread. And why not?

We learn to question what we are looking at, to discern the truth from someone else's opinion.

In the world we find ourselves walking, the idea of doing anything but specializing one's major into a job by graduation is a scary one.

Law school! Graduate school and teach!

Those are options, but the world does not need any professional book-readers, expert paper-writers or good question-askers.

It needs people with certifications!

It needs young folks with vocational training!

It needs doctors, and lawyers, and people who know code, and YOU need a fall back (plan B, just in case, safety hatch).

You, holder of a liberal arts degree, need to make some moves, get the right internship, shake the right hands, or have the right trust fund, otherwise you will have a rough go of the real world.

The world needs professionals, but it also needs burger-flippers, car salesmen, mid-level managers, and that is where you will end up; while those that put the work in and got the hard degree in college become successful.

We know who the successful are, we do not have to look hard for them.

They are the poor, battered souls huddled in corners of the library from when they are let out of their evening labs, till the factory whistle sends them home at 1AM.

The gloomy, determined heroes trudging around campus carrying their bodyweight in textbooks strapped to their backs, and caffeine in their hands.

The anxious, sleep-deprived, malnourished prisoners of the biology department, of the physics professor, and the Computer Science lab.

They absolutely deserve the success they enjoy in life, and the respect they are given.

But the liberal arts students? They just should have known better than to take the easy road.

Except I am not so certain.

Technology and ever-increasing population rates will always work together to create a more efficient, more automated



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Robbins emphasizes the importance of thinking outside the box and taking the time to slow down.

world, requiring individuals with the expertise to operate and maintain the facets of this automation.

However, technology and automation are efficient because they require less human capital to run. This means holders of technical degrees are entering.

I had a government teacher in high school who once said, "They call your generation the 'Information Generation' not the 'Informed Generation'."

He was referring to the fact that now, for the first time in human history, almost all of the products of contemporary and ancient human thought are a click away from the Regular Joe. Yet it seems as though the millennial generation is making as much of a mess of the world as every other generation of twenty-somethings has.

We voted as carelessly as past generations, listened to music that was just as shocking, and

cared just as little.

This fact about our reality, our world, is what I believe hails good news to us liberal arts people.

The world is going a certain direction, to be sure.

What is also sure, is economics.

In the new world of automation, tech will become common, and humanism, valuable.

While technical information can evolve exponentially faster and faster, human understanding of that information, or interest in it, does not increase so easily.

Humans are interested in each other, their attentions drawn to art, music, emotion, and intimacy, their focus distracted by dreams, questions, and ideas.

Humans understand what they discover for themselves; they comprehend only what they can freely explore.

I say, do not despair, fellow philosophy students, artists, dancers, history-lovers, freedom-fighters, and idea-havers.

When the world becomes efficient and precise, it needs us to muddle the lines and question the boundaries.

When the world becomes increasingly fast and dynamic, it needs us to slow down, and remember old times.

Worry about getting the job, and stress about making the tuition payments, but never forget that the world needs you.

Let your dread be of the dull and ordinary, but never question your worth, or the value of your ideas, your art.

Instead, fight on. Question all. Succeed.

Generalizing is something everybody does



Cameron MacDonald
Entertainment Editor

One of the biggest issues that plagues our communication these days is generalization.

When an issue is discussed, people are far too quick to apply a statement to an entire demographic of people just because a small portion of people who happen to be part of that de-

mographic did something bad.

This form of thinking and speaking is not only dangerously narrow-minded, but is also dangerously divisive.

No part of the political spectrum is innocent of this.

Most of us have probably been guilty of this at one time or another as well.

However, I don't think we often think about what kinds of problems these thoughts can cause.

It can cause collateral issues on the way to "solving" other issues.

One common generalization is that people who are Muslim are terrorists.

This is an entirely unfair assertion since, as stated before, you are taking a portion of a group and using them to represent the entire populace.

That's like saying there's one crime-ridden city in France, therefore all of France must be overrun with crime.

The logic doesn't follow.

However, let's take this and apply it to another assertion that is also often made in recent days.

"White people are racist."

Now let's think about this rationally.

Let's narrow it down to the United States of America, as this is the main theatre of discussion for many of us.

So this assertion comes from the idea that there is (factually) a rooted prejudicial thought process about race that permeates our culture in the US.

If anything, we at least focus on race quite a bit.

Also, white people have not had the greatest track record when it comes to meeting other races (read: genocide, slavery, general rude behavior).

However, the assertion "white people are racist" is a dangerous one, as it does not specify anything but their race.

Not only is this ironic in and of itself, as you are grouping people together by their race, but it is simply unfair.

The counter-argument is often that a lot of white people are subconsciously racist or continue to perpetuate these ideas.

Now, even assuming this is true, people also seem to assume that all of these "subcon-

ssciously racist" people are educated enough on race issues to even know what they are doing.

Many people will say, "well, the internet is easily accessible", but it's easy to overestimate how much people use the internet, or even how much they will actually read or encounter these sorts of things on the internet.

Without proper education, people will not be aware of these issues.

If they become educated about it and then continue to be racist, then they are an informed racist and that is when it becomes an issue of character.

Much of modern racism is taught or learned as one grows, so they have never known any better, unfortunately.

This does not excuse their actions or should allow them a pass by any means, but it should better inform us on how to prevent the behavior from continuing.

Dismissing them, their intellect, or just generally trying to make them feel bad when they are uneducated on the issue will not help, and will more than likely cause more issues in the

long run, e.g. President Trump.

Finally, the idea that a group of people should have to answer for the crimes of their forefathers is entirely unfair.

You are indicting a group of people for the crimes of someone else.

I do agree that the group of people should be willing to help fix the problems that have resulted from those crimes, but blaming them for the crimes or trying to make them feel guilty is unfair and misdirected.

There are people from many races who have committed many atrocities.

We cannot hold an entire demographic responsible for the actions of the few.

If you disagree with what I say in this article, great!

I'm always more than willing to discuss thoughts with people.

Open discussion is something that's gone missing as of recent, and it'd be great for it to come back to the mainstream.

Managing stress in a healthy way



Jessica Hastings-Ereth
Opinion Columnist

It is no surprise that finals stress us out.

However, there are healthy and unhealthy ways of dealing with the stress associated with finals and other exams or projects.

Over three million adults suffer from depression and/or anxiety.

A good chunk of this percentage affects students.

This is something that is unavoidable.

But if coped with properly, you can easily get through the stress of finals and focus on the fun of the holidays!

As college students, it is no mystery that alcohol is commonly used for stress relief.

Another common stress reliever is smoking, whether that is cigarettes, marijuana, or other drugs.

Having healthy stress relief habits will help you live longer and happier.

So during this stressful time, you should consider some of these other options that will help your mind and your body.

Exercise: Aerobic exercise, such as jogging, fast walking, cycling, and swimming, reduces symptoms of stress, anxiety, and depression.

The list of health benefits from exercise goes on and on, but here are some key points to know: your sleep will improve, you'll notice increased energy and stamina, and increased mental alertness.

When you are stressed, you may feel tension in your muscles, especially in your face, neck, and shoulders, leaving you with back or neck pain, or headaches.

You may also feel tightness in your chest, or muscle cramps.

The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating tension in your mind and body.

Exercise can help alleviate many of these problems and leave your body and mind refreshed.

Meditation: Meditation is often associated with religious practice, but don't let that deter you from trying it.

Meditation has many different varieties, including zen, vipassana, mindfulness, mantra, yoga, and guided meditations.



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Hastings-Ereth argues that meditation is a beneficial way to decrease levels of anxiety and help lower stress levels.

These are just a few examples, but the possibilities and limits of meditation are endless.

It can be as simple as taking a few minutes to find a quiet place and sit in silence, focusing on nothing more than your breathing, or it can be as complex as taking hours out of your day.

The beauty of meditation is you decide what works best for you.

Dr. Britta Holzel said, "It is fascinating to see the brain's plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life."

Meditation is becoming more common, and with that I encourage you to try and find one that will help you become more relaxed.

Therapy: Humans are social beings.

We're not meant to be socially isolated, so going to therapy or

confiding in someone you trust can be highly beneficial.

At Gustavus, you can get free counseling sessions.

When meeting with a counselor or therapist, you will receive individual help that is focused on one thing: you.

Meeting with someone who is professionally trained to help you in all kinds of situations, from stress to depression, is very beneficial.

Therapists are not there to judge you.

You are free to express your emotions at any time.

The person you see may give you different coping techniques, and even if they seem odd it doesn't hurt to try them out. Many times the best things tend to be the odd things.

Deep breathing: Sometimes we all just need to take a deep breath.

Doing this while you're anxious or stressed is an excellent

way to reduce those negative feelings and to help calm yourself down.

Deep breathing is a great way to reduce stress, and because it can be done in less than ten minutes, it is a great exercise to do while you find yourself in a stressful situation.

When meeting with a counselor or therapist, you will receive individual help that is focused on one thing: you.

Abdominal breathing is probably one of the most common deep breathing techniques.

This involves one hand on the chest and the other on the stomach, taking a deep breath in through the nose, making sure your diaphragm inflates with

enough air to create a stretch in the lungs.

This is what is considered a beginner form of deep breathing, there are also advanced, or complicated, deep breathing exercises you can complete.

One of the more advanced exercises is called kapalabhati. This involves short, powerful exhales and passive inhales.

Further research will allow you to look deeper into some of these stress-relieving techniques.

It may take a few tries to find one that works best for you, but once you find one, you will feel much better!

During this busy time, take a few minutes and relax, take a deep breath, and know that everything will work out just fine!

Good luck on your finals, and have a safe and happy holiday season!

BENEATH THE CROWN



What is a great challenge you've faced in your life?

"I live very far away from my parents and my grandparents. If they get sick now, if something happens to them, it'll be very hard to go back. It's actually my biggest fear, which I think makes it my biggest challenge. It takes almost one and a half days to go back, so it's not something I can do easily."

What's a dream you wish to pursue once you're out of college?

"To be completely honest, I really wanted to be an actor before coming to Gustavus. That's a dream, becoming an actor, but after coming to Gustavus, my dreams aren't really my focus right now. I would like to find a good job. I would really like to help underprivileged students in Pakistan. Anything I could do to help people in Pakistan would be a dream, but also becoming a Bollywood actor."

What is your idea or plan on how to get there?

"For the acting part, I was in theatre back in my high school in Pakistan. I wanted to be part of the theatre here at Gustavus, but theatre here is extremely different than what I'm interested in. I want to be a Bollywood actor but this is a different type of acting here. As for getting a job, studying is really just my plan right now. I'm hoping I can find a good job. As for helping students,



Ehsan Ali Asghar

Cameron MacDonald

for the last three summers I've worked for three different NGOs in Pakistan that help underprivileged students. They have summer camps with different schools, and then the kids come and you teach them, you play games with them, and you spend time with them. The time spent depends on the camp, I typically spend about four weeks a summer. My grandfather built a school for underprivileged students in a small rural area, so my family helps him, as do I. For ex-

ample, through working at Gustavus, I use some of my salary to help pay for students' educations there."

What is your advice for someone pursuing their goals?

"My advice, what I think, is that a person should do what they want to do, not what other people tell them. If you want to do something, then you do it. Be who you want

to be. Be helpful, be open-minded to others, as it will help you develop into a good human being. Do this and someday you will hopefully achieve your dreams."

Beneath The Crown was created by Nick Theisen ('15). It is inspired by Humans of New York (HONY) and aims to bring the community of Gustavus Adolphus College closer together by providing the perspectives of the many different people who live and work at the school.

Sudoku

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Comic



Katelyn Holman



Cameron MacDonald

A whole new playing ground

Gustavus approves new \$1.5 Million baseball field

Tanner Sparrow
Sports & Fitness Editor

It's safe to say Minnesota winters are not big baseball fans. For years, their temperatures and spring snowfalls have been a frustration for players, coaches and fields alike. But after the 2017 season, Gustavus Baseball will be bringing the battle to a whole new ballfield. Their new \$1.5 million turf ballfield that is.

"This will be a huge addition to the program because it will give us a tremendous opportunity to get on the field as soon as possible... I'm really excited about this because that early preparation will help us compete even stronger in the MIAC."

—Matt Berkner

"We are very excited about the opportunity to add SPRINTURF to our baseball field," Athletics Director Tom Brown said. "This improvement will allow us to start our season earlier and to be able to play through weather issues we couldn't with a natural grass field."

The players are used to dealing with adversity in the spring, often having to practice inside or on the football field well into their season, so they are very excited to gain an edge.

"This will be a huge addition to the program because it will give us a tremendous opportunity to get on the field as soon as possible. There were some days early spring last year where we went on the football field to play some catch and this time we'll be able to head down to the ballpark to really start prepping for the season earlier. I'm really excited about this because that early preparation will help



Gustavus Sports Information

Senior Emily Gustafson (6) celebrates her game-winning goal over the UW-Eau Claire Blugolds with freshman Amelia Vosen (11) and the bench. The Gusties are playing with a chip on their shoulder after missing the MIAC Playoffs for the first time since 2000.

us compete even stronger in the MIAC," Sophomore Matt Berkner said.

Head Coach Brad Baker was also excited about the recruiting implications of the field.

"We are committed to building a championship caliber baseball program at Gusta-

vus," Baker said. "In order to accomplish this goal, we need to attract the best and brightest student-athletes and have the facilities that allow us to put in the work necessary to build a successful program."

Perhaps more impressive than the field is the fact that

the project is completely donor funded.

"I think this speaks strongly about the alumni connection we have here at Gustavus. It speaks volumes for the amount of support and respect they have for the program as well as their dedication for the progression

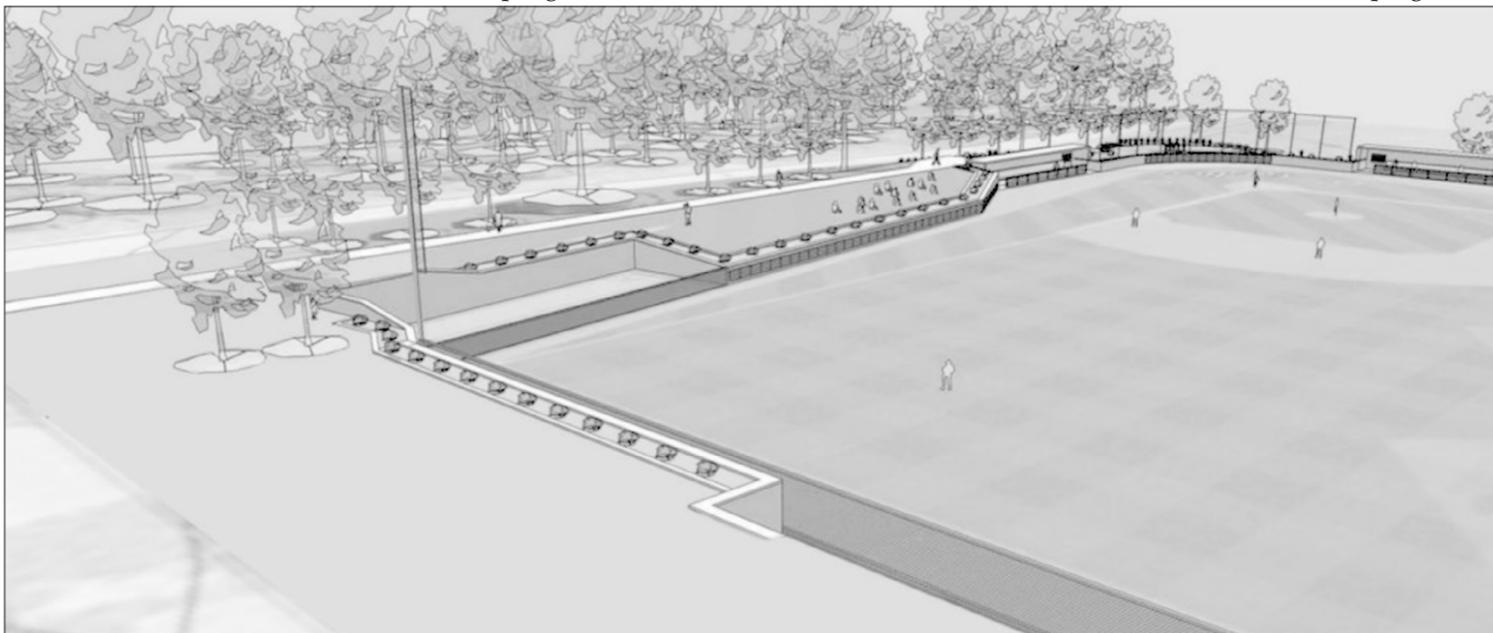
of it. They're confident in our abilities and now it's our job to thank them for it with future success on the diamond," Berkner said.

Phase two of the field, contingent on additional fundraiser consists of a covered grandstand, press box, new scoreboard, dugouts, bullpens and an elevated berm down the first base line for spectator viewing.

"They're confident in our abilities and now it's our job to thank them for it with future success on the diamond."

—Matt Berkner

"When I think about Gustavus, I think about excellence in all areas – the classroom, fine arts, athletics, and alumni support. We strive to have our baseball program on that same level. I want to thank all those who share our vision and who have contributed the funds necessary to make phase one a reality for the fall of 2017," Baker said.



Men's Basketball starts hot in the MIAC



Sophomore Spencer Tollefson led the Gusties with a career high 16 points against the Macalaster Scots, shooting 10-10 from the freethrow line in the victory. The Gusties have started out hot in the MIAC, beating Concordia 92-75 and Macalaster 83-68.

Michael O'Neil
Staff Writer

The Gustie Men's Basketball team is now 2-0 in the MIAC, and 2-2 overall in their 2016-2017 campaign after two straight wins against conference opponents in the past week. On Saturday, December 3rd, they traveled to St. Paul to take on Macalester and led the game the entire way en route to a 15-point victory. The visiting Gusties were led by Sophomore Spencer Tollefson who had a career-high 16 points. Tollefson was lights out from the free throw line and went 10-10 on the day.

"Since we put them on the line so many times, it was important that we shot our free throws well. Spencer Tollefson had a good game from the line and we did a nice job of getting the ball into the post," Head Coach Mark Hanson said.

Tollefson was not the only

Gustie who shone against the Scots; all five Gustavus starters reached double figures in the points column. Sophomore Riley Sharbono and Senior Peter Kruize both added 13 points of their own, and Senior Alec Koster had 10. Junior Kelsey Thomas rounded out the starting five with 14 points and 11 rebounds for a double-double.

"We rebounded well and not giving them extra opportunities is important. It was also great to have so many players contribute," Hanson said.

The first half was back and forth as the Gusties jumped on their opponents right out of the gate and secured a 17-2 lead after the first six minutes and twenty seconds of play, before Macalester cut the lead to six. The smallest the Scots' deficit ever got was five points in the beginning of the second half, before the Gusties made a final push for the safe victory. The biggest difference between the two teams was the battle

in the paint, where Gustavus outscored Macalester 50-24 and out-rebounded the Scots 42-22.

Prior to the win over Macalester, the Gusties hosted Concordia in its home opener and first MIAC game of the season on Nov. 30. Once again, five Gusties reached double figures, and a second half run gave the Gusties the spark they'd been looking for after a close first half.

It looked as though Concordia had all of the momentum going into halftime as they made a run at the end of the first half thanks to a couple buckets and a technical foul assessed to Coach Hanson which put the Cobbers at the line for four free throws. With 10:37 left in the game, the Gusties led by just three points, but managed to create an impressive 18-1 scoring run over the next three minutes. From that point on, the Gusties cruised to a 17-point win.

Sophomore Riley Sharbono led the Gusties offensive attack

with a career-high 20 points, on 7-13 from the field, and 6-8 from behind the three-point-line. Alec Koster, Peter Kruize, and Ben Lies, all seniors had 14, 13, and 13 points respectively, and Junior Jason Faul added 10 more.

"It took us a while to start defending as well as we needed to, but I thought offensively we did a lot of nice things...It feels like it's been a long time between wins after the first two losses this season and the whole offseason, so it's nice to get the win," Hanson said.

At time of print the Gusties were facing the Ole's in Northfield. They will look to continue their two-game win streak and early success in the MIAC against an Ole team that is 2-3 overall and 0-1 in the MIAC.

Looking ahead to the weekend, they will take on St. Mary's in Winona, MN at 3 pm on Saturday, Dec. 10. The Gusties will then return to Lund Center on Dec. 13 to play North Central

at 7 pm.



Junior Jason Faul dribbles up the court against Concordia Nov. 30. Faul notched 10 points in the win.

8-0

Women's Basketball off to their best start in 14 years



Gustavus Sports Information

The Gustie Bench celebrates a three pointer in their win over Concordia. The Gustie offense has been very impressive this season, and is a big reason the Women are off to their best start since the 2002-'03 season. The Gusties are hoping they can carry their momentum all the way to the NCAA tournament.

Tanner Sparrow Sports & Fitness Editor

The Women's Basketball team is helping out with Gustavus' electric bill this year by heating up the Lund Center. The Gusties are undefeated through eight games this year, marking their hottest start since the '02-'03 season. Although the Gusties are playing well on both sides of the floor, offense is definitely their biggest strength.

"You don't really shoot 71 percent from the three-point line too often, so we were really strong offensively."

—Coach Laurie Kelly

On Nov. 30 Gustavus opened up MIAC play with a dominant 82-55 win over Concordia-

Moorhead. The Gusties went 30-57 from the field and 9-19 from three-point range. The Gusties were in the holiday spirit, sharing scoring as four players reached double-digit points in the victory. Junior Miranda Rice had 18, Senior Hannah Howard had 13, and both Senior Kelsey Carpenter and Sophomore Kendall Thompson went for 11.

"I think it was a great starting point to conference play. Starting today, it is really 0-0 in your mind and it is really the season that matters. Our goal is to try to get to the NCAA tournament, that is what this team wants. You can't afford to drop games at home and Concordia is a good team and they battled hard so it is a credit to our team to show up on both ends of the floor," Head Coach Laurie Kelly said.

In their 81-60 win over Macalester again showcased the Gusties shooting abilities. They

shot 15-29 from the field in the first half, and 15-27 in the second half to earn a season-best 53.6 field goal percentage. The Gusties were an impressive 10-14 from behind the arc, good for a 71.4 percentage from three point range Junior Mikayla was a large part of this, going a perfect 5-5 on her threes. Her 19 points on the game leave her just 20 points shy of the 1,000 career points mark. Rice again led the Gusties with 22 points after shooting 9-12.

"I definitely think it was an outstanding offensive performance based on how well we shot the ball," Kelly said. "You don't really shoot 71 percent from the three-point line too often, so we were really strong offensively."

Despite the Gusties hot shooting, some defensive miscues left Macalester only 9 points back after a half. The second half was all Black and Gold though,

giving the Gusties a more comfortable 20-point lead.

"Our goal is to try and make it to the NCAA tournament, that is what this team wants. You can't afford to drop games at home and Concordia is a good team and they battled hard so it is a credit to our team to show up on both sides of the floor."

—Coach Laurie Kelly

"I thought defensively, we had some breakdowns and gave up too many points, more than we anticipated," Kelly said. "It was nice to see that we did a good job on the glass. That was

a focus going in to make sure we rebounded the ball well. We limited our turnovers which was a goal of ours going into the game. Macalester played hard and they're not going to go away and I give them credit, they kept battling back and shot the ball very well."

The Gusties led the Scots in both rebounds (33-21) and second chance points (22-7).

"It feels good to be 7-0. It's our first road win in conference play, which is a hard thing to do no matter who you play. Our team continues to try to build from where we are and get ready for the next game ahead," Kelly said.

At time of print, the Gusties had just defeated St. Olaf College to remain undefeated. The team will next travel to Winona to take on Saint Mary's University on Dec. 10. then will face UW-Stout in Menomonie, WI on Dec. 13 before the holiday break.