

Know what you eat before you do



Jessica Hastings-Ereth
Opinion Columnist

It's time for the holidays, which means colder weather, sweaters, and my personal favorite, comfort food.

With all the fun activities that are associated with this time of the year there is a downside.

The average person gains 4 pounds between October and January.

Putting on extra winter weight may help you keep warmer, but gaining weight can be hazardous to your health.

Obesity is one of the leading causes of death that could easily be prevented.

During these next few months keep in mind what you are consuming.

Thanksgiving is a time spent with family and friends and has been celebrated in November since 1621, when the Pilgrims celebrated their first harvest in the New World.

This celebration lasted three days and consisted of duck, venison, lobster, pumpkin,

berries, and squash.

This is a huge difference to the turkey, ham, sweet potatoes, mashed potatoes, green beans, corn, cranberries, stuffing, and various pies we eat at today's Thanksgiving.

Today the average American consumes 4,500 calories on thanksgiving alone.

While the USDA recommends an average of 2400 calories, we consume in one meal is almost twice of what we should eat in one day.

Christmas is another holiday that is commonly associated with feasting or celebrating with large amounts of food.

The average American consumes an average of 7,000 calories on Christmas day.

It would take more than 10 hours of running, cycling at more than 20mph for seven hours, climbing stairs for eight hours and skipping for 12 hours to burn off the 7,000 calories consumed on Christmas Day.

In addition to these holidays, New Years is another celebratory time where extra calories are consumed.

Unlike Thanksgiving and Christmas, a majority of the caloric consumption on New Years is from alcohol.

During New Years celebrations, it is very common to see bottles of champagne being poured.

The average glass of champagne contains 90 calories, which may not seem like a lot but it would take you 20 minutes of jogging in order to burn off that single glass. Other commonly consumed drinks include White Russians, spiked cider, and hot buttered rum.

All of these drinks can vary in caloric amounts but will normally range around 300



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Hastings-Ereth suggests that you should research what you're filling your body with before you eat it.

calories.

Keep in mind that many of these drinks you can ask to substitute heavy cream for skim or low-fat milk, which will cut the calories substantially.

We typically do not think of how long it would take to burn something off, in my opinion it is much easier just to omit a food than to run for 45 minutes after eating a cookie.

To put the calories consumed in our favorite foods in perspective, here are some examples of time that it would take to burn off your foods.

If you eat one slice of pumpkin pie, without whipped topping, you would need to run for 32 minutes to burn off the estimated 280 calories.

If you eat one cup of stuffing, which is worth 878 calories, you would need to swim at a high intensity for 80 minutes.

Lastly, I will mention mashed potatoes, which have 238 calories for 1 cup.

For these potatoes, without butter or cream, you would need to cycle at high intensity for 36 minutes.

Keep in mind that every

individual serving may vary on caloric value and these are estimated values for exercise time.

There are many easy ways to easy cut down your caloric intake during these holidays.

The best way is to eat in moderation.

Do not have seconds, and take a reasonable portion size.

Many people feel obligated to eat everything that is on their plate, so taking less will not ease your obligation to eat what is on your plate, but will ease your stomach.

Another easy way to help cut calories is to take your time eating.

It takes about 20 minutes for your brain to send signals saying that your stomach is full.

The faster you eat the less you will feel this signal and therefore you will consume more.

Making simple things like fresh cranberry sauce, stuffing with whole wheat bread, using less butter, and eating green beans instead of green bean hot dish, can easily cut down a large portion of unneeded calories.

Many people have New Years resolutions that commonly include go to the gym more often, lose weight, and be healthier.

Although the best New Year resolution is to be happy and healthy with yourself.

Hopefully after reading this article you have an idea of what you consume, and how many excess calories you eat on your favorite holidays.

Many of the substitutions are very simple and the Internet has endless options if you are looking for a healthier version of one of your favorite foods.

Happy holidays!

The Good, the Good, and the Good



Rebecca Bergman and her husband, Thomas, recently donated \$4 million the Gustavus ACTS Strategic Plan. It is said that big leaders are defined by their actions, rather than their words. Way to go, Becky!



Legendary men's hockey coach, Don Roberts, passed away in July at age 83. The campus community will join together in a celebration of life on Saturday, 1 p.m. in Christ Chapel.



Despite what people may say about overeating during the holidays, remember that when you come back from break you're still 400 bucks in the hole on your caf account. Happy Thanksgiving!

It's time to stop fighting and start discussing



Cameron MacDonald
Entertainment Editor

The American people have become too proud as individuals.

We have gotten too headstrong.

We are at the point where we will try to tear someone's reputation to shreds based on even an inkling of an idea of something that maybe could be a fact, just because we so desperately disagree with what they're saying.

We will latch onto anything that may be a counterargument to theirs, and we won't even stop to consider or research their side of the issue or why they argue the way they do.

This needs to stop.

This is not a simple issue so it is not something that can be answered quickly.

I am going to put forward my ideas and theories on why this phenomenon is happening.

I do not claim that mine are correct, I only claim that I think my arguments are valid, which is very different.

I believe that my arguments present ideas that have potential to be true, but I would be happy to have someone respectfully disagree and present their view.

Let's discuss what's going on.

People seem to have lost the ability to discuss things in any sort of civil manner, over the internet.

The culture we have created in America is a dangerous one, not in that we are individuals whose viewpoints must be respected, but in that people interpret that as "my viewpoint cannot be questioned as that infringes on my rights."

This completely shuts down discussion and leads to arguments and fights that should be easily avoided.

In real life, people will have opposing views, and you will have to argue as to why you believe your view is right.

However, the best and worst part of humanity is that there's no guarantee that that person will believe your argument nor are they obligated to.

Social media is a huge factor.



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MacDonald argues that in order to get things done, we must come together and unite over our differences.

No matter whatever side they're on, many people have said that they use social media to get their news nowadays.

However, there's a huge issue with this: your social media feed is going to be heavily biased.

There are algorithms written to specifically cater to your views based on what you like and share, and you are most likely only going to be friends with others who share your views, so you'll only see what they share and they'll probably only share things that you can agree on.

This is a vicious cycle that polarizes viewpoints to extreme levels.

The biggest and most common offense committed by people on all sides of arguments is ad hominem, also known as attacking someone or their character rather than the issue.

This only grew with our recent election.

There are supporters on both sides, Democrat and Republican, who did this and did it to a disgusting extent.

No matter how strongly you feel about an issue, how do you think you will convince someone by attacking them?

Just think about it.

How do you think someone will feel and respond if their

intelligence is being insulted, or someone is calling them derogatory terms for supporting something?

People often forget that the person they're opposing is also a human being with feelings, fears, hopes, dreams and their own beliefs that they truly believe are correct.

Think about how you feel about your own personal beliefs.

You probably think it would be nigh impossible to be convinced that your closest personal values were incorrect.

The person you're arguing with probably feels the same way.

However, people are much more open to discussion and reason if you don't demean them or make them feel bad for thinking the way they think.

People often dismiss someone's views without ever trying to figure out why someone may feel that way.

They're probably not bad people, they often have reasons that, if you take their circumstances and their life experiences into consideration, have a relatively valid explanation.

Of course, an explanation is not equivalent to an excuse, but understanding where someone is coming from makes it much

easier for you to sympathize with them as well as possibly be able to reword your argument so that they can better understand your point of view.

The culture we have created in America is a dangerous one, not in that we are individuals whose viewpoints must be respected, but in that people interpret that as "my viewpoint cannot be questioned as that infringes on my rights."

Emotions are definitely running high after this election, and it makes sense: a lot of people believe they did the right thing, while a lot of people think those people did the wrong thing.

Yes, anyone could probably find an example of someone who made a decision or said something out of pure malice, but those are a minority, not the majority.

Most of the decisions made in

this election were made based a very big emotion: fear.

Both sides feared the opposing party and their candidate.

My personal viewpoints aside, if you sat down and talked to someone who voted for the opposing candidate, you might be surprised to find out that they are also a human being.

Instead of getting angry at someone for voting for someone (or being complicit in something), ask them why they voted for that person.

Ask them what they think of those bad things (in a non-condescending fashion) that their candidate did.

You may be surprised to find that you can probably relate to their reasoning in one way or another.

Progress, unity, and equality are not made by generalizing, dismissing and tearing down the opposition.

They are made by meeting them in the middle and having a debate.

The sooner we start giving everyone a basic level of mutual respect and stop belittling those who don't share our views, the sooner we can finally start moving forward together.

Gustavus needs to join quest for zero waste



Priscilla Otero
Opinion Columnist

Gustavus Adolphus College should become a zero waste campus.

Zero waste is a way of maximizing recycling by ensuring that products used are made to be reused, repaired, or recycled back into nature or into the marketplace.

This reduces consumption and minimizes waste.

A zero waste campus is a college campus that adheres to those principles.

Each year, nations all over the world produce about 1.3 billion tons of waste.

The United States alone produces nearly 254 million tons of this, with a large portion being toxic waste.

Overall, the amount of waste that the world produces is larger than its entire population. However, the majority of countries struggle to regulate this problem.

The United Nations Environment Program predicts that at this pace, public waste systems in cities will not be able to keep up with current urban expansion.

The rapid industrialization occurring across the world presents a huge problem because



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Otero argues the importance of recycling to reuse, repair, and reduce the amount of waste in the environment.

many developing nations have yet to construct the appropriate systems necessary for dealing with hazardous products.

This pollution endangers many of the Earth's natural resources.

From our air quality to the quality of our drinking water, inadequate regulation of waste releases toxins into our environment.

This declines our quality of life and endangers the future of mankind.

Waste produced from humans, that is then inflicted onto our ecosystems, is arguably a direct cause of climate change.

Climate change is arguably a direct cause of the increase in natural disasters.

Waste is produced from humans, that is then inflicted onto our ecosystems, is arguably a direct cause of climate change.

Colleges around the country, from the University of Denver to our neighboring Macalester College, are striving to become

zero waste.

It is more impendent than ever to follow suit.

Our oceans are warming and acidifying, our glaciers retreating, and sea levels are rising at alarming rates.

Gustavus Adolphus College has already taken appropriate steps toward environmental sustainability.

The college composts, recycles, and offers students opportunities for environmental awareness.

According to the United States Environmental Protection Agency, reduction and reuse are the most effective ways society

can save our natural resources, protect the environment, and save money.

Colleges like Gustavus Adolphus College are locations for progressive and educative societal reform.

Students travel from all over the world to attend Gustavus.

The protection of the environment is, and should be, an issue we should all care for.

Regardless of where one comes from, environmental changes will eventually affect us all.

Progress stagnates when creativity is neglected



Daniel McCrackin
Opinion Columnist

Many students has spent long hours in the library or in their

dorm room writing papers and analysis for their various topics and classes.

The unfortunate side effect of this is that it takes away from a student's time to explore other venues of writing usually.

It also causes students to burn out, to not want to write anymore because they're sick of it.

So what happens to creativity? What happens to stories of fantasy, adventure, and high stakes risk?

Who writes the next Harry Potter or creates the next Alagaësia?

At this juncture in a student's life they are often so inundated with applications, papers, and school work that they don't even bother to think about writing creatively.

This is wildly unfortunate, as creative writing can help improve not only cognitive function, but can also be an excellent outlet for stress.

Yet students will not usually engage in it because they simply think "eww, more writing?"

And the modern school system no longer does enough to cultivate creative writing in its students.

With the further push and concentration on STEM in the pre-collegiate levels of schooling, fewer students are even interested in writing creatively anymore.

So what will happen to our creativity?

What will happen to the fundamentals of our creativity?

As a species humanity is built on the transmission of

knowledge and ideas, as well as its creativity.

Humanities progress is fueled by its creativity, and its creatibity is fueled by the works of fiction, fantasy, and adventure written by famous authors. So what happens when creativity dies?

Creative thinking has to be taken into all aspects, not just writing, but even sciences.

Famous scientist Albert

Einstein once said that "creativity is intelligence having fun".

Without creativity humanity would never have made the progress that it has.

For every Einstein there needs to be a Charles Dickens.

For every Tesla there needs to be a Bronte Sister.

Humanities progress is fueled by its creativity, and its creativity is fueled by the works of fiction, fantasy, and adventure written by famous authors.

So what happens when creativity dies?

Progress stagnates.

BENEATH THE CROWN



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

"I would say my greatest challenge came through figure skating. I'm still a figure skater, but I didn't start skating until I was about ten years old. I feel like a lot of people thought 'Who is this girl?' because I was often the ten-year-old skating with the five-year-olds who had also just started to learn, so being twice their age was a little awkward. I felt really far behind and I felt like a lot of people doubted me for that, so it was something tough to overcome and I just had to keep it from getting to me."

What is an accomplishment you're proud of?

"This one's not related to skating at all, but I'm still proud of it. I would say my passion for being a teacher is something I'm really proud of. I'm an Elementary Education major, and I absolutely love working with kids. I've worked at a church camp for about three summers now and I'm just passionate about kids and educating them. Along with that, I'm actually look-



Mae Grigsby

Cameron MacDonald

ing into the field of Psychology, and I would love to be a clinical psychologist or school counselor so I can impact people that way and help people through their struggles."

What is your advice to someone who is struggling through a challenge?

"First of all, I would say that you shouldn't be afraid to ask for help. I found that that was something that I wasn't very good at and I've come to realize how important it is. My other piece of advice is to persist. Don't give up! All of us have those ups and downs and challenges, but we can come out stronger with the right attitude."

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

3	7					6		
			3	1				2
			6	2	4	5		
	5			8			7	9
8								2
	3	1		6				8
		3	8	4	9			
	9			7	6			
		6					4	8

				1				
	4				8	9	1	
	7		2	9			4	6
9		5	8		2			4
				4				
4			6		9	1		7
7	8			6	3			5
	2	4	1					6
				2				

5	7	8			3			6
2				5				
	3	1			2			4
		5				1	7	
	4							9
	8	6				4		
3			4			7	6	
				9				3
4			5			2	8	1

5				6				
4				2		1		
8			7	5	2		4	
9	4		8				7	2
2	6			1		3	9	
6		3	5	7				1
	2		6					5
			3					7

L	Z	9	8	6	E	F	S	I
S	8	E	F	I	9	6	Z	L
I	F	6	L	Z	S	E	8	9
6	E	8	I	S	F	L	9	Z
9	S	F	6	Z	8	I	E	
Z	L	I	E	9	8	S	F	6
F	9	Z	S	E	L	I	6	8
E	I	S	Z	8	6	9	L	F
8	6	L	9	F	I	Z	E	S

I	8	Z	L	E	S	6	9	F
E	F	S	9	6	Z	L	I	8
6	9	L	I	8	F	Z	S	E
S	E	F	6	Z	L	9	8	I
Z	6	9	S	I	8	E	F	L
8	L	I	F	9	E	S	Z	6
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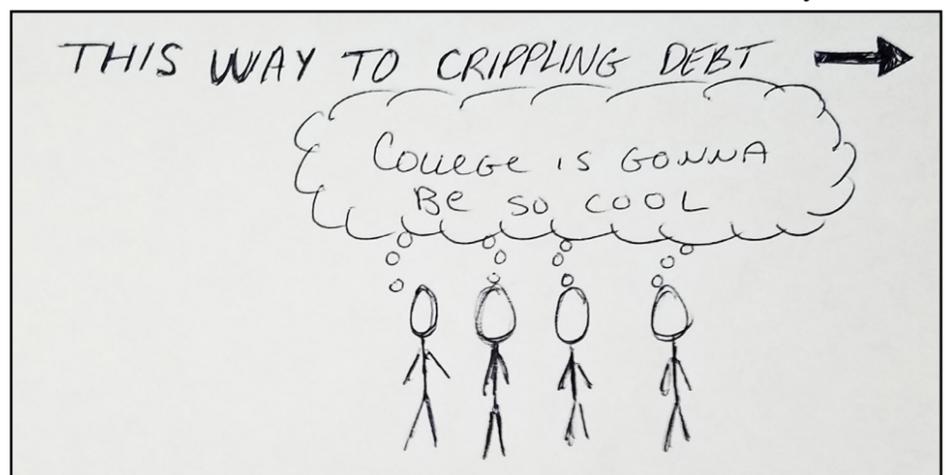
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8	6	S	I	F	E	L	9	Z
F	E	9	Z	L	8	S	I	6
9	F	8	S	6	Z	E	L	I
S	I	6	8	E	L	Z	F	9
E	L	Z	9	I	F	6	S	8

8	F	6	I	E	S	9	Z	L
I	S	E	9	L	Z	8	6	F
L	9	Z	6	F	8	E	I	S
S	8	F	Z	9	L	I	E	6
Z	E	I	S	6	F	L	9	8
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F	I	9	8	S	6	Z	L	E

Comic



Katelyn Holman



Cameron MacDonald

Football ends the season on a high note

A 38-21 victory over Carleton brings the Gusties to 5-5



Gustavus Sports Information

Sophomore Dutch Claybaugh lays a hit on a UW-River Falls receiver in a game earlier this season while Senior Tanner Jensen (20) and Sophomores Brady Miller (43) and Jordan Kahlow (42) watch. Both Miller and Kahlow recorded interceptions in the Gusties victory over Carleton.

Michael O'Neil
Staff Writer

The Gustie Football team ended its 2016 campaign last weekend in Northfield, Minnesota with a 38-21 win over Carleton College. The game remained close until midway through the fourth quarter when two interceptions returned for touchdowns on consecutive drives sealed the deal for a Gustavus victory. Overall, Gustavus had 378 total yards on the day to Carleton's 361, and the Gusties made big plays when it counted.

On the first drive of the game, the Gustie defense came up with its first of three interceptions in the game when Junior Defensive Lineman Alex McHugh snagged a deflected pass.

Their first offensive play was a 39-yard connection between freshman Quarterback Christian Haffner and junior Ellis Hirman that put the Gusties on Carleton's 1-yard line. Senior Running Back Luke Martinez then scored on a touchdown run that put the Gusties up 7-0 after a Brendan Boche extra point.

The Knights were unable to make any progress on their next offensive possession, and punted after three plays. The Gustie

offense began another march down the field that ended in the end zone after a 29-yard rushing touchdown from junior Karim Ortiz. This play marked a milestone for Ortiz, as he eclipsed the 1,000 career rushing yards mark. The Knights responded on their third drive with a nine-play drive that ended with a touchdown, and the score was 14-7 after the first quarter.

Boche kicked a 29-yard field goal on the Gusties' first drive of the second quarter, which was the only scoring opportunity for either team until 16 seconds before halftime, when the Knights blocked a 30-yard field goal attempt from Boche. Gustavus went into halftime with a commanding 17-7 lead and the ball to start the second half.

Carleton stole back the momentum early in the third quarter when they intercepted Haffner's pass and scored a touchdown 3 plays later, bringing the score to 17-13. However, the Gustie offense calmly and efficiently drove 75 yards down the field on the following possession and Haffner ran the ball into the endzone with 1:33 left in the third quarter. The Knights weren't done yet, however, and trailed only 24-21 early in the final quarter.

They looked to have all the momentum as they forced the Gustie offense to punt on the following possession and got the ball back near midfield. The tides turned back in Gustavus' favor when Sophomore Jordan Kahlow intercepted a pass and returned it 50 yards for a Gustavus touchdown. Kahlow added 4 tackles and was awarded MIAC Football Defensive Player of the Week for his efforts.

On Carleton's very next drive, just four plays later, Junior Leeland Lauti intercepted a pass and returned it 35 yards for another defensive touchdown. After an extra point from Boche, the score was 38-21, where it would remain for the rest of the game.

"Our defense really made a few key plays in key moments today in the fourth quarter. Those two interceptions were huge boosts for us," Head Coach Peter Haugen said.

Senior Running Back Luke Martinez had a huge day in his last collegiate game, rushing for 161 yards and a touchdown on 29 carries.

"He's such a physical runner and he's really gotten back to full health," Haugen said. "He was very good today and was

running downhill for the most part."

With this win, the Gusties end their season at 5-5, and 3-5 in conference play. Despite dealing with injuries all season long, they finished fifth in the MIAC. After a 3-0 start, they had a four-game skid in which they lost to four of the MIAC's top six teams. They then added two more victories over St. Olaf and Carleton, with a loss to DIII powerhouse St. Thomas in between.

Freshman Quarterback Christian Haffner led the charge after starter Michael Veldman suffered a broken wrist. Haffner threw for 1012 yards on the season-- sixth in the MIAC-- and 8 touchdowns. He also was a threat on the ground, rushing for 172 yards and 3 touchdowns on the year.

Karim Ortiz led the versatile rushing attack for the Gusties with 567 yards and 6 touchdowns on the year. He was joined in the backfield by Luke Martinez who rushed for 518 yards and four touchdowns in just eight games due to injuries throughout the season. Hunter Johnson led Gustie receivers with 544 yards and 3 touchdowns.

On the other side of the ball,

Zack Martinez led the Gustie defense with 58 tackles on the year, while Leeland Lauti and Jordan Kahlow followed close behind with 50 a piece. Everyone on the defense got involved throughout the year, as 49 different Gusties registered a tackle at some point this season. That number shows just how deep the Gusties are, and how many guys stepped up for a team that was plagued by injuries.

For a team with 16 seniors, a huge number of younger guys were called upon to get real meaningful snaps in games. Coach Haugen was proud of his team and the entire Gustie community will look forward to seeing how these young players develop in the coming years.

"We've faced adversity this season and I couldn't be more proud of how the guys handled it," Haugen said. "That speaks to their character and their fight. It was tough. We played a lot of players this year and faced a lot of injuries, but that really turned into a lot of opportunities and I couldn't be more proud of our players and coaches for how we hung in there."

The seniors provided more than just talent this year however, and their leadership will surely be missed next season.

Volleyball's season rolls to a close



Gustavus Sports Information

The Gusties celebrate a first-set point against Cal Lutheran on Friday, Nov. 11. The Gusties battled through adversity, but lost in three sets to the defending national champion Reglas in the second round of regional playoffs.

Tanner Sparrow Sports & Fitness Editor

The Gustavus Volleyball teams season came to a close when they fell to defending national champion Cal Lutheran in the second round of the regional playoffs on Friday Nov. 11. The Gusties were behind 16-14 in the first set when they lost star setter Nora Holtan to an injury. Holtan didn't return and the Gusties struggled to overcome the adversity as Cal Lutheran scored seven straight to win the set.

The Regals rolled over the struggling Gusties 25-12 in the second set, but the Gusties battled back. With their season on the line, they fought tooth and nail but ultimately fell 25-23.

"I'm incredibly proud of how hard our team fought today," Head Coach Rachelle Sherden

said. "We came in hungry and ready to go. In the beginning we were a little bit on our heels and not totally us, and we faced some adversity, but coming back in the third set, we stuck together and left everything on the floor. That was a really proud moment for me as a coach. The chemistry on this team is unlike any I've ever coached before."

Despite the disappointing end, the Gusties have a lot to be proud of. The Gusties posted a 24-8 record, were MIAC Playoff Champions for the second year in a row, and won their first NCAA tournament game since 1986 when they defeated Wartburg in three sets.

The Gusties were a predominantly young squad, and will graduate only one regular contributor, but the leadership of both Seniors Taylor Trautman and Janessa Jahnke will be

missed.

"I can't imagine a day not going into the gym and not seeing those bright smiling faces, ready to be super gritty every single day. Everybody on this team is ready to accept any sort of challenge we face, that's what I admire so much about this team," Jahnke said.

Although their playing days are over, their legacy and love of the game will live on.

"Volleyball has been so important to me. This culture and the way Ro [Coach Sherden] shapes this program is like nothing else. The reason it works is because every single player on this team buys into that and we 100 percent commit to it. It changes you as a person and makes you a better person. I couldn't ask for more and I wouldn't want to be anywhere else," Trautman said.

The season also proved to be

an individually strong one for the Gusties. Sophomore Setter Nora Holtan had a phenomenal year, culminating in her being named First Team All-American.

Holtan recorded 1,255 assists this season, the highest mark in the MIAC by over 300. Holtan has only two years under her belt, but already sits at sixth in Gustavus history with 2,199 career assists. Additionally, Holtan emerged as an all-around player this season, recording 184 kills, 292 digs, 33 blocks and 29 aces.

"This is a well deserved and great honor for Nora to be named to the All-America First Team," Head Coach Sherden said. "I'm very proud of her but not because she was named an All-American. I'm proud of the extraordinary drive and determination that she brings to the gym every day and her unre-

lenting commitment to this program and to her teammates. I'm proud that she represents this program and Gustavus humbly and to the utmost degree as student-athlete who competes fiercely with grit and integrity, who works exceptionally hard in and out of the gym, and who has a heart the size of Texas for the people around her."

Sophomore Lauren Hanson also received commendation from the American Volleyball Coaches Association, receiving an All-American Honorable Mention for her work on the court this season. Hanson led the Gusties with 419 kills, which was second in the MIAC and the second most by any Gustavus player since 1992.

Holtan and Hanson can't spend too much time reflecting on their season, as they look to lead a strong class of returners next year.

Women's Basketball open strong

Gusties dominate Martin Luther 82-50 in home opener



Gustavus Sports Information

Sophomore Brooke Lemke drives down the court Tuesday. The Gusties defeated the Martin Luther Knights handily, but still have a lot to work on to achieve all their goals this season. The team will rely on younger players such as Lemke as well as experienced leaders as they march to win the MIAC.

Tanner Sparrow
Sports & Fitness Editor

The Women's basketball team opened up their season in strong fashion on Tuesday night as they rolled over Martin Luther 82-50.

"There are some things we definitely need to focus on to improve. Early in the season it's a great opportunity to try and get some people some experience."

—Coach Kelly

The Gusties jumped out to a 14-3 lead after only six minutes and never trailed. Despite the

Knight's resurgence towards the end of the first quarter, the Gusties still lead 17-12.

The second quarter was all Black and Gold as the Gusties jumped out to a 30-point lead 44-14. They held the Knights to only four points in the quarter, ending the first half ahead 44-16. Junior Miranda Rice led the Gusties with 11 points, and Sophomore Justine Lee hit two of three 3-point tries to solidify her 10 points.

The Gusties brought forth another strong shooting performance in the second half, going 16-36.

Junior Forward Miranda Rice was dominant in the post, recording 8 rebounds and a team and career-high 26 points.

"I thought Miranda had a great game. It was great to see her have such a great inside presence," Head Coach Laurie Kelly said.

Despite their dominance, the Gusties still are focused on improving.

"This is two and a half months in the making before you finally tip off and it means something in the record book. Every opportunity you have to be on the floor and get better and work on things is really good."

—Coach Kelly

"I think we did some really good things," Kelly said. "There are some things we definitely need to focus on to improve. Early in the season,

it's a great opportunity to try to get some people some experience. I thought the start of the game was very strong for us, defensively in particular. I thought we kind of went into a lull to end the first quarter, and then we came out really strong in the second quarter."

The win was a long time in the making, and the Gusties are looking to do big things this season.

"This is two and a half months in the making before you finally tip off and it means something in the record book," Kelly said. "Every opportunity you have to be on the floor and get better and work on things is really good. I'm proud of the win and some things that we did. We have something now to start with and we have a chance to see where we're at again getting ready for Friday's game."

The Gusties were picked to

finish second behind St. Thomas in the MIAC preseason poll, but have their sights set higher.

"We have the bulk of our team back and we have high goals set for the season," Head Coach Laurie Kelly said. "We return Junior Mikayla Miller, I think one of the best guards in the league and Junior Miranda Rice, who had a breakout season last year as a sophomore. Our freshman played a ton of minutes last year so we will look for (Sophomores) Justine Lee, Taylor Anderson, Brooke Lemke and Kendall Thompson. We played with a lot of youth last year and now they have a little more experience, so we are hoping to be farther ahead as we start the season."

The Gusties return to action in the Gustavus Classic this weekend, hosting St. Sholastica Friday at 6 p.m. and hosting Buena Vista at 7 p.m. on Saturday.