

Resolutions versus reality

NEW YEARS RESOLUTIONS FOR ~~2014~~ 2015

- ~~NOTE~~ ~~2016~~ ~~2017~~ 2018
1. Lose Weight Again
 2. Get fit next Year
 3. ~~Give Up Bad habits~~
 4. Study after class every day
 5. Sort out junk in desk ~~Life~~
 6. Stop Buying ~~useless junk~~ Textbooks
 7. Take The Stairs More than once a Week
 8. Call Safe rides ~~less~~

Life isn't a sprint, it's a marathon.

Cole Trebelhorn



Jessica Hastings-Ereth
Opinion Columnist

Most people have heard the saying "new year, new me" that generally goes hand in hand with the concept of New Years resolutions.

Yes, this is a concept because out of the estimated 80 percent of Americans that make new years resolutions approximately only 8 percent of people actually follow through with them.

Although we are already halfway through February, I believe that people have either kept up with their resolutions or have given up on them altogether.

I am in the given up all together category because I'm incredibly lazy (as many college students are).

Hopefully after reading this you can find ways to keep up your resolutions, or at least find a way to better your lifestyle.

So why do resolutions fail? First of all, they are incredibly unhelpful.

Probably one of the most common resolutions I have heard is "I want to get healthy this year" but when faced with reality, healthy never happens.

Also, how a person defines healthy can be completely different between individuals, which makes resolution support difficult.

If you don't know what you want, how can other people help you achieve what you want?

Second, the goals are unrealistic.

Another common resolution is "I want to go the gym (insert number here) times a week." Seriously?

You might have gone to the gym once a month last year, and that could be an exaggeration.

If you are setting unrealistic goals this will only lead to failure and the guilt that comes with it.

This doesn't benefit anyone. Third, they are based on willpower, which (once again) varies from person to person.

People say, "I want to walk more" which has people thinking "oh, I will park my car 10 minutes away and walk" but we all know that during winters in Minnesota this will not happen, ever.

Now the hardest part about resolutions is failure.

Failing at our resolutions has negative implications and after enough fails we start to distrust ourselves.

If you've set the same resolutions for 5 years, and you never follow through, what makes you think you'll be different this year?

Just a few points to ponder. Now, after all the negativity, we will focus on the positives and how to keep up (or finally start) your New Years resolutions.

Start to think about your intentions or reasons for your resolutions.

Is the resolution you are setting rational and meaningful?

Or is it coming from a place of insecurity or other negativities?

You are more likely to continue your resolution if the meaning of it is positive.

Because of this you should be choosing your goals based on your own happiness and wellbeing.

Please keep in mind that not all of your goals can be achieved at once, you need to pace yourself.

Life isn't a sprint, it's a marathon.

Save yourself the guilt and disappointment by making a plan to achieve your resolution.

You should break it down into different pieces and focus on a part or two that is more manageable.

You should choose a goal that will have the greatest influence on your happiness, well-being, and sense of fulfillment.

After you do that you should decide when and how often to look at your progress.

When you experience short-term success, and meet your daily/weekly goals, you will be more motivated to keep going.

Sometimes it is helpful to keep a journal.

Writing notes on paper or on your phone can help track your progress.

By keeping track and taking notes as you go, you will have the ability to reflect and improve (if needed) on your resolutions.

If you find yourself in a sticky spot or a bad situation then you can take a look at your comments, and from there go back to see what you did previously.

As stated previously, support is incredibly important when maintaining resolutions.

Friends and family can hold

you accountable and encourage you when you are having a tough time.

So, you should surround yourself with positive people close to you that want to see you succeed.

You should even consider joining a club or a group of people that have similar goals as you.

Another key point is patience. As tough as life is, you need to remain patient.

You may not see or feel progress right away, which means you will have your ups and downs.

As much as this sucks, maintaining patience is a key component to the success of your resolution.

If at a point you feel discour-

aged or upset with yourself, look and evaluate the problems and see what you can do to fix them.

You need to think of this experience as a journey, and not a chore.

When you finally experience success, enjoy it.

Give yourself a reward and keep the hard work coming.

As childish as this sounds, self-rewarding is an amazing technique to maintain healthy and positive life choices.

So, the moral of the story (although this wasn't really a story) is not to be afraid to start over; it's a new year and therefore a brand-new opportunity to rebuild your life.

Just remember that the best is yet to come.



Have something to say?
Write a letter to the editor.
email lettertotheeditor@gac.edu

Has NBC ruined the Olympics?



Oakley Clark
Opinion Columnist

On February 9, the Olympic torch was set aflame once again; this time in Pyeongchang, South Korea.

The flames were met with extravagant fanfare; an Opening Ceremony that told the story of South Korea's history, identity, and global contributions.

For us in the states, however, we had to deal with the National Broadcasting Company's horrid commentary and coverage.

During the Opening Ceremony, NBC commentators spoke over music performances and gave shallow, Wikipedia summary-like discussions of Korean culture and history.

At one point, the commentary was so bad that they were attributing aspects of Shintoism—a religious tradition that originated in Japan—to Korea.

Much worse, NBC mentioned Japan's contributions to Korean society.

Japan, just so everyone is on the same page that NBC certainly isn't on, "colonized" and brutally occupied the Korean Peninsula from 1910-1945.

Clearly, both countries have changed significantly since the



Team U.S.A. walking into the Opening Ceremonies of the 2018 Winter Games in Pyeongchang, South Korea.

Flickr

40s, but attributing Korean accomplishments to a historically evil regime wasn't the best idea, NBC.

Beyond the Wikipedic ignorance, NBC subjects its viewers to hours of commercials and poorly made biography videos to make you "feel connected" to American athletes—especially when other countries are competing.

Look, I get it, we're in the

United States and want to focus on those representing us.

But, I don't want to miss the other athletes' performances, especially when those performances lead to a medal.

Also, I'm an average US college student.

There's no way I'm going to connect to the strength, determination, and overall impressive nature of Olympic athletes.

NBC, finishing 10 pages of our

60-page reading assignments and making our bed after waking up is basically the pinnacle of achievement for us college students.

More importantly, I would rather see these impressive athletes perform rather than missing some of the action for a 20 minute clip about how someone became an Olympic athlete.

Continuing with the coverage, NBC really couldn't stop talking about politics.

Trust me, I love me some good political commentary, but there's a time and a place.

They really did not need to interrupt the Opening Ceremony's music to say "Did you know that North and South Korea are not best friends? Isn't that weird? I mean, the Dakotas get along just fine and march under the same Olympic flag, too."

Seriously, leave it to CNN.

But, since I'm not speaking over a cool performance, I might as well swing into the political realm.

Notably, Vice President Mike Pence who—just a couple feet away from Kim Yo-jong, the North Korean dictator's powerful sister—refused to clap when the unified Korea team marched in the Parade of Nations.

Pence sent a message to South Korea that the administration won't support the Korean team—a courtesy to an ally and host—due to their attempts at talking to their northern neighbors—an extremely petty move on his part.

Ms. Kim, who is a brutal accessory to mass murder of the

North Korean people, managed to receive more public praise than Mike Pence for her appearance and actions at the Olympics—how charming.

For instance, she shook Moon Jae-in's, the South Korean president, hand several times and invited him to Pyongyang for negotiations—an incredible offer considering the recent tensions with North Korea over its nuclear program.

In politics, appearance is everything—hence why Mike Pence looked like some ungrateful and bored dude and a North Korean tyrant received positive reception.

However, Kim Yo-jong did play her cards right, and the North's almost eerily peppy cheerleaders were one of those cards.

The large group of smiling and identically dressed women attended a variety of events and have made a splash on social networks for their precise, almost robotic, chants and cheers.

Leave it to North Korea to surprise the West with a bizarre cheer squad.

Politics and horrible coverage aside, the US, at the time of writing, has five golds and a total of 10 medals—placing fifth at the moment.

I hope we improve from this fairly disappointing standing before the games conclude.

If we don't, we should all blame NBC—it's a corporation, it doesn't have feelings—instead of the athletes who worked so hard to get there.

The Good, the Bad, and the Meh



The Weekly is back! We know you missed us.



J-term is over so you had to cut your travels short and come back to the tundra.



Why isn't it spring yet?

The problem with millennials' obsession with travel

Frances Wetherall
Opinion Columnist

Just after returning from my backpacking gap year trip in Central America, I got coffee with one of my best friends.

We caught up, swapping stories from the past five months, and I was just beginning to tell her about a free beach campsite in Costa Rica where I slept in a hammock by the ocean when she said the words I had begun to dread since being home.

"Wow, that's amazing. There's no way I'll ever do that."

I stopped with the story and immediately launched into my "You can do it" speech, first telling her about how cheap food and accommodation is in some places in Central America, going on to wax poetic about the importance of travel in our youth, and finishing with a shrug and "If you can save up a thousand dollars, you can travel for a month in Nicaragua."

But that was just it. She couldn't save that up, not with helping her parents with bills and certainly not now, struggling with two jobs and growing student loan debt.

Sure, travel is more accessible than it's been in the past and budget backpacking millennials are on the rise.

There's a veritable movement within our generation that rejects our capitalist society's insistence on productivity above all and values the growth and learning that comes from wandering.

This value shift, from some angles, is pretty cool.

But who gets left out of that narrative?

Spoiler: A lot of people.

Sure, a middle class girl like

me can save up while she's living at home and eating her parent's food, but duh Frances, not everyone can.

Was I determined to go on this trip? Yeah.

Did I work to make it happen? Yep.

Was the trip a result of nothing but my fiery tenacity and, dare I say, bravery? Hell no.

My ability to travel begins and ends with my privilege. Period. And it's not just about money.

Certain disabilities, some of which might not be immediately obvious, can restrict people's travel options or erase them altogether.

LGBTQA+ people also face a certain set of travel restrictions that cisgender heterosexual people never have to consider.

Just check out the hashtag #travellingwhiletrans on twitter and you'll see what I'm talking about.

Or try #Airbnbwhileblack. Travelling as a person of color can be stressful or downright dangerous in some places.

One thing I know more about from experience is travelling as a woman.

Right before I left, in fact, I had dinner with a group of friends and joked about how many pretty people I was going to get to flirt with in my travels.

One of my male friends laughed and said "Yeah, you're probably going to get raped."

Needless to say that boy is not my friend anymore, but he was touching on a serious anxiety of mine, one shared by many non male people who travel.

Ah, how lovely it would be to out for a night of dancing and stargazing in a new country, not once worrying about the possibility of getting assaulted.



Backpackers on a hike.

Pixabay

Travelling as a man is just plain easier and safer.

That being said, I hate to discourage any women, low income, disabled, LGBTQA+, or people of color from travelling.

If you have the opportunity and you want to, go for it.

You deserve to live your life the way you want to.

As our generation shifts into a slightly different value system, one that values wandering as learning experience, it is important to recognize that not every-

one can go "find themselves" in a foreign country.

It is possible to learn and grow and open one's mind without getting on a plane.

If you're running around telling people they "have" to travel or refusing to believe them when they say they can't (cough cough at my past self), now is the time to cut that out.

I'm all for encouraging people to get out there when they can, but that's because I believe that everyone deserves the oppor-

tunity to travel, not because I blindly assume they already have that opportunity.

Sure, if you've just been somewhere new, talk about your travels.

I'm sure you want to and your friends probably want to hear it.

Just remember: your experience is not the norm.

You are lucky to have had the privilege to wander.

Not everyone does.

Are society's expectations of students too high?



Hannah Haas
Opinion Columnist

Growing up we are told to "dream big" and "work as hard as we can".

Well, what are we supposed to do when that is exactly what we do all of our life and our dreams still don't come true?

From a young age we were taught, and are still teaching our children, that you must keep up with your classmates, and that

if you work hard you will get where you want to be.

Well, I can tell you from my own personal experience and my friends, that is not always the case.

Even if you maintain a 4.0 GPA all through high school and college, as well as consistently having a part time job, that still won't guarantee you a place in graduate school or a well paying job out in the real world.

The real world can be a dark and scary place, and us undergrads have no clue what we are in for until it hits us smack in the face.

Don't get me wrong, I look forward to graduation as much as the next Gustie, but I believe that we need to appreciate our undergraduate years as much as we can, because the chances of you getting into that graduate school or dream job you've been hoping for right after senior year are slim to none, my friend.

Almost any job worth having after graduation requires at least two years of experience in the field you are applying for.

Well, here's a newsflash for those companies, and for us as students as well.

We have been in class all day everyday for the past four years.

Even though it may be hard to accept, there are some jobs or graduate schools that we are just not ready for yet.

I think we could all benefit from students lowering their immediate expectations of life immediately after college.

But, we could also benefit from graduate schools and companies lowering some of their standards for a truly qualified applicant who is motivated, and eager to learn.

It may be time for us as students to just take a beat after graduation.

As Gusties we are always on the go, and as busy as ever.

After graduation, you may find that you have all this time on your hands and you have no idea what to do with it, and maybe that's okay.

Take some time for yourself, for once.

Enjoy your family, friends

and the little things. Accept that not getting into the graduate school you have been hoping for, or you didn't get that job that you thought you nailed the interview for.

Chances are, you are still extremely young.

You have your entire life ahead of you to study and to work.

The average age of people applying to graduate school right now is about 33, and chances are that is about the same for that dream job of yours.

I'm sorry darling, but you cannot compete with that right now and you shouldn't have to.

Get some experience under your belt, and live a little while you can.

Enjoy every moment of your free time, before you have to start going to work all day everyday and paying for daycare and paying bills.

Even if it is your dream job, I'm sure there will be times you wish you could just take a break.

Well, that time is now.

This is the time you should

be the most proud of yourself, you just accomplished something that is truly great, you have a bachelor's degree and you worked your butt off to get there.

Take some time and travel, or lay on the couch and binge watch that show your friends keep talking about but you haven't had time for.

You earned it. Don't let any school, or job make you feel less than you are.

So dream big my fellow Gusties and anyone else who is reading this.

If you work hard you can get everything you want, just maybe not right away.

Be patient and make time for yourself, and the ones you love and everything else will work out eventually.

So keep your head up kids, things will work out in the end.

Even if they don't, make the best of it and enjoy the ride.

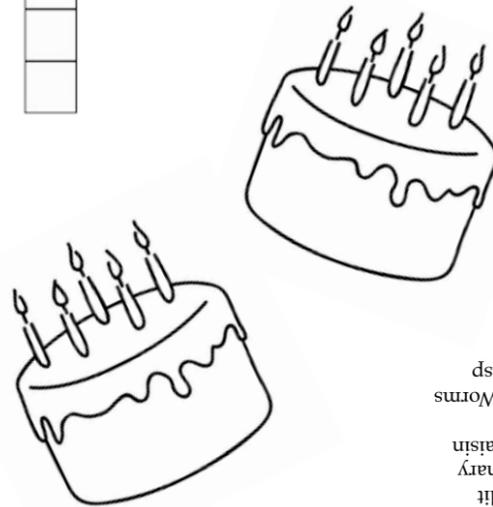
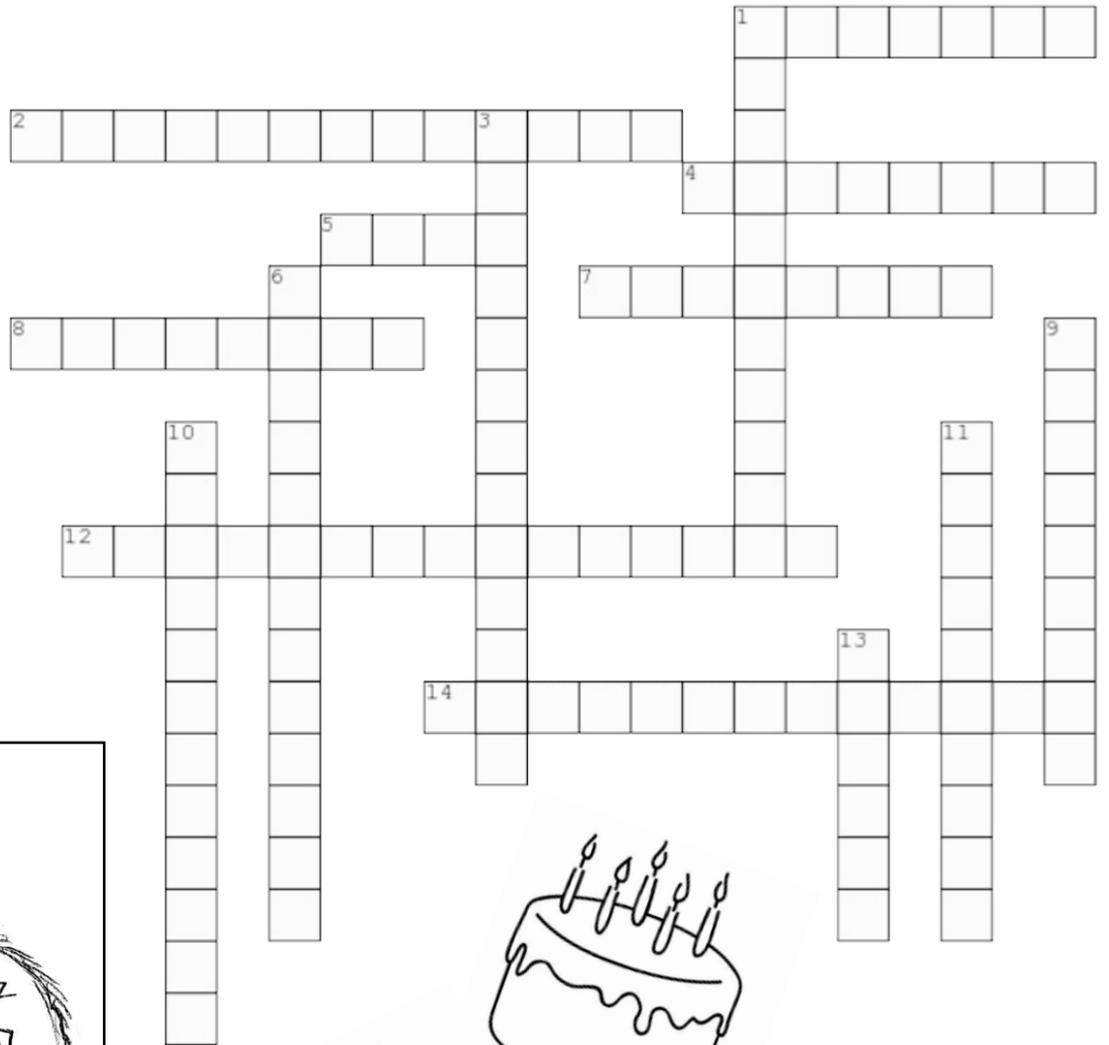
Dessert Crossword

Across

- 1. Vanilla brownie
- 2. Even the most inept grandma can bake this flavor of cookie
- 4. Little colored sandwich cookie
- 5. Jiggly caramel custard
- 7. Chocolate cake with hot fudge in the center
- 8. Cone-shaped Scandinavian waffle cookie
- 12. This chocolate is topped with a coconut-pecan frosting
- 14. Tower of pastry balls with caramel

Down

- 1. Elongated fruit + painful stretch
- 3. Fancy word for candy
- 6. "_____ cookies are the reason I have trust issues"
- 9. Maroon colored cake
- 10. Gummy worms, chocolate pudding, oreos
- 11. Like apple pie but crisper
- 13. Cheese or chocolate to dip snacks in



- ACROSS
- 1. Blondie
- 2. Chocolate chip
- 4. Macaroon
- 5. Flan
- 7. Lava cake
- 8. Krumkake
- 12. German chocolate
- 14. Croquembouche
- DOWN
- 1. Bananasplit
- 3. Confectionary
- 6. Oatmeal Raisin
- 9. Red Velvet
- 10. Dirt and Worms
- 11. Apple Crisp
- 13. Fondue

Pun of the week

"A vampire's favorite fruit is the necktarine."



The zodiac signs as iconic karaoke songs

Aquarius (Jan. 20-Feb. 18)  "I Will Always Love You"	Taurus (April 20-May 20)  "Since U Been Gone"	Leo (July 23-August 22)  "Hot and Cold"	Scorpio (October 23-Nov. 21)  "The Real Slim Shady"
Pisces (Feb. 19-March 20)  "Baby Got Back"	Gemini (May 21-June 20)  "Super Bass"	Virgo (August 23-Sep. 22)  "Purple Rain"	Sagittarius (Nov. 22-Dec. 21)  "Respect"
Aries (March 21-April 19)  "Sweet Caroline"	Cancer (June 21-July 22)  "Don't Stop Believing"	Libra (Sep. 23-October 22)  "Bring Me to Life"	Capricorn (Dec. 22-Jan. 19)  "Take On Me"

Men's Basketball season comes to a close

Gusties perform well against No. 3 ranked St. John's



Gustavus Sports Information

Sophomore Vannis Smith puts up a shot against St. John's defenders. The Gusties had a strong performance against the No. 3 ranked Johnnies, ending the hard-fought game with a 78-73 loss.

Michael O'Neil
Staff Writer

Atough loss against Bethel University knocked the Gustavus Men's Basketball team out of the MIAC Playoffs, however the Gusties rallied to finish their season on a high note.

The Gusties fell in a tight contest to conference rival Bethel on February 10 after holding a three point lead at halftime. In the second half, the Gusties came out strong and extended their lead to 10 points before the Royals came surging back. After 11 lead changes in the final 10 minutes of the game, the Gusties ended up falling just short by a score of 69-70. Sharbono led the way for the Gusties with 25 points on 9-12 shooting with a season-high five three-pointers.

"Second half I thought we played much better offensively. We didn't turn it over as much and were reasonably efficient, but it hurts to lose that one," Head Coach Mark Hanson said.

Despite the loss to Bethel that put an end to the Gusties playoff hopes, they came out strong in their final game against No. 3-ranked St. John's

University. The game was close from the start, with seven lead changes in the first six minutes. The Johnnies are considered the nation's top shooting team, and proved why in the first half, going 9-17 from beyond the arc for a 53 percent three-point percentage. The Gusties kept the game close, however, by scoring 16 points off of seven forced turnovers. At halftime, they trailed 42-35.

The Johnnies controlled the pace of play out of the gate in the second half, and extended their lead to 11 points after the first five minutes of play. Over the next seven minutes, the Gusties put together a 16-5 run that was sparked by a number of big shots from different players and all around lockdown defense. With 8:23 left in the game, the score was knotted at 55-55.

Although the Gusties played hard for the remainder of the game and had a number of chances to retake the lead, the Johnnies proved too steady at the freethrow line, and secured a 78-73 win.

"It really shows that we can play with anybody in the country. It's awesome to see how we've improved throughout the season," Senior Austin

Goetz said.

The last time these teams met it resulted in a 22-point loss for the Gusties.

"I've been proud of our energy throughout the season. Not every choice we made, but our intent and our energy has been as much as I could expect and sometimes more," Hanson said.

Junior Riley Sharbono led the way for the Gusties with 17 points, while junior Brandon Snoberger added a career-high 15, and junior Spencer Tollefson contributed 11 more. The Gusties were strong defensively, holding the Johnnies to just 34.6 percent shooting in the second half.

Hanson said he was very impressed with the team's resilience and hard work this season.

"We were a better defensive team, from the beginning of the year to the end," Hanson said.

With the loss, the Gustie Men finish their season with a 12-13 record and an even 10-10 in the MIAC. This is more than twice as many wins as last season, and the Gusties will look to build on their returning talent in the offseason. "Everyone plays for each other here. We all move the ball really well

and I think we all play for the next guy up and that dedication for each other really makes everything run better," Senior Kelsey Thomas said.

Thomas and Goetz were among the six seniors honored before the game for their commitment to the program. Joining them were seniors Jason Faul, Kelsey Thomas, Schuyler Thompson, and Coleman

Sweeney. This senior class is known for its grit and rapid development into crucial components of the Gustie Basketball family.

This offseason, the team will look to improve with strength and conditioning, skill work, and maturity, according to Hansen. They'll hope to continue their upward trajectory into the 2018-2019 campaign.



Gustavus Sports Information

Senior Austin Goetz dribbles the ball up the court during the Gusties' senior night game against St. John's University Feb. 14.

Gymnastics team struggles continue

Strong individual performances boost team spirit



Gustavus Sports Information

First-year Kaytlyn Brenneman performs on beam in a competition earlier this season. The team is preparing for its upcoming meet at 6 p.m. Feb. 23 at home against Winona State.

Nathan Thompson
Staff Writer

The Gustavus gymnastics team lost at home on November 10th, falling to UW Oshkosh 183.425-179.875 at Sponberg Gymnastics Studio. The Gusties did, however, tally a season's best 46.575 on the vault while also registering scores of 44.000 on the bars, 43.625 on beam and 45.675 on

the floor.

Sophomore Leah Heilig and Junior Amanda Malo led Gustavus on the vault, sharing second place with scores of 9.400. Malo held the best score on the floor with a score of 9.400, putting her in second place overall in the event. Heilig also scored a season best of 9.325 on the floor, good enough for third place.

Junior Veronica Vasina

scored 9.000 on the bars to lead the Gusties while Junior Samantha Ardy led the way on beam for the Black and Gold with a score of 8.875, placing six overall.

"We are hoping to make important adjustments this week and have momentum going into our meet in Baltimore."

—Coach DeGroot

Leading the way in all around was Malo, who finished with a score of 36.15 to place third. She was followed by Ardy who scored a cumulative 36.050 overall.

"There were bright spots throughout the day but also things that need to be improved upon. We are hoping to make important adjustments this week and have momentum going into our meet in Baltimore," Coach Aryn DeGroot said.

The following week, the Gusties finished third behind Southern Connecticut State and Townson this past Sunday at Townson University.

Although the Gusties are not getting the team results they were hoping for in many competitions this season, some

individuals are having some standout performances in recent meets. The team also saw itself set multiple season bests in recently.

The Gusties accumulated 184.925 points in the competition, good for the fourth highest point total in the program's history while putting them behind SC State's 190.825 and Townson's 195.450. Malo and Ardy finished second and third, respectively, in all around competition.

The Gusties set season-high point totals in three of their four events, scoring 47.425 on vault, 47.475 on floor and 45.400 on beam. The Gusties also compiled a score of 44.625 on bars.

"The team did exactly what we needed and turned in the best beam performance of the year and it continued from there into floor and vault. I was very proud of the fight and determination in them today on those last three events," DeGroot said.

Malo led the way on vault and the floor routine with scores of 9.550 and 9.650, respectively. She also finished with a career-high all around score of 37.950, good for second best at the meet.

"It's been such a fun, and busy, trip for us. We were able to cap it off with a season-high score which was a huge accomplishment. But we certainly

have lots of room for improvement," DeGroot said.

Malo led the Gusties on bars along with Vasina as they both scored 9.500 in a tie for tenth place in the event. Townson's Kyla Gamble obtained the highest score in bars with a total score of 9.800. Junior Katy Trunk produced the best beam performance for Gustavus with a score of 9.450, placing ninth. Townson's Gabriella Yarusi led the event with a score of 9.950.

"Individually, we had so many personal bests. It was really fun to see their hard work rewarded and see so many personal records set."

—Coach DeGroot

"Individually, we had so many personal bests. It was really fun to see their hard work rewarded and see so many personal records set," DeGroot said.

Next up for the Gusties is a home event against Winona State University on Friday at Sponberg Gymnastics Studio followed by a trip to Hamline University for a dual meet on Sunday.



Gustavus Sports Information

Sophomore Leah Heilig performs a floor routine during a competition earlier this season against UW-Eau Claire.

Men's Hockey enters postseason action

Gusties prepare for first tournament appearance since 2014



Gustavus Sports Information

First-year defender Mason Etter keeps the puck from a Johnnies defender during a game at home Feb. 16. The team played hard during this senior night game defeating No. 14 ranked St. John's 2-1.

Jacob Woodrich
Staff Writer

The Gustavus men's hockey team concluded their regular season last weekend when the squad took on St. John's on consecutive nights. The team split the MIAC matchups, ending their regular season with an overall record of 10-12-3 and a MIAC conference record of 9-7. The 9-7 conference record earned the team the four-seed heading into the MIAC Playoffs, something the team has not accomplished since 2014.

"In regard to our regular season as a whole, I can acknowledge that we had our ups and downs just like every other collegiate team, but we were able to produce a winning record in conference play, giving us a look into playoffs, something we haven't been able to accomplish the last few years," Senior Colin Herson said. The Gusties are set to play five-seed Concordia this Thursday, February 22 right here at Gustavus at 7:05 p.m.

When it comes to the MIAC men's hockey playoffs, all five of the participating teams, which also includes St. Thomas, Saint John's, and Augsburg, have a fighting chance at the title.

"I feel as a group, we are

ready for some playoff hockey, and I think the guys could not care less if we were first or fifth seed. One thing I've learned over the last three years is that there is so much parity in MIAC hockey. Any team can win on any given night, and I am confident in the personnel we have this season," Herson said. This theory is believed throughout the team's locker room.

"We are confident heading into playoffs. We know all five teams in the playoffs this year can beat each other, but we are confident that if we are able to put together a full 60 minutes of hockey that we can be MIAC champions," Senior Assistant Captain Jake Bushey said. This confidence leads right into one of the team's goals established this season: to win a MIAC Championship.

"Our team has a goal of winning a MIAC championship this season. We know this starts with our game Thursday night," Bushey said. The team expects great things for this postseason, but must take things one game at a time.

"We believe we are just as good, if not better than any team in the MIAC. If we stick to our game, play our way, and take it one game at a time, then we

expect nothing short of winning the MIAC," Senior Nick Sheak said. Therefore, all of the team's focus right now is on Thursday's matchup with Concordia.

"I feel as a group we are ready for some playoff hockey, and I think the guys could not care less if we were first or fifth seed."

—Colin Herson

The team has already taken the ice with Concordia three times this season, winning one game in a shootout at a tournament early in the season, and splitting the two conference games earlier this month.

"The (Concordia) regular season series is relatively recent, so it will have a big impact for both teams as video from that weekend will be used by both sides to be ready for the quarter-final game Thursday," Bushey said. The Gusties are definitely doing everything in their power to prepare for the big game.

"We know that Concordia always shows up ready to compete. I think the three most

important factors for us will be coming out in the first period with more energy, playing extremely physical, but also staying disciplined throughout the entire game," Herson said. While the two teams can study film and past experiences all that they want to prepare for Thursday, one thing will be unique about the meeting between the Gusties and the Cobbers this time around: the

playoff atmosphere.

"We know what to expect from Concordia, but the playoffs demand another level from the group that I believe we can reach. Let's get the Don rockin'!" Sheak said.

While this may be the first college playoff game for nearly every member of the team, the Golden Gusties of Gustavus are ready to take their first step toward a MIAC Championship.



Gustavus Sports Information

Members of the hockey team line up with a Johnnies defender for a faceoff.