

Empathy makes the world a better place

Ashley Allen
Opinion Columnist

As humans, we subconsciously crave known environments.

Even the most daring of thrill-seekers (myself included) can't help but feel disoriented in the first few moments of a new experience, regardless of the excitement that threatens to overtake us.

In these disorienting moments, the presence of something familiar can wash away the initial anxiety that surfaces in foreign environments.

The most apparent example is culture shock.

I have personally experienced culture shock many times.

However, the surprise wasn't the lack of my native language but rather the change in natural sounds.

Even in traveling to the east coast, the bird songs were different, and this cemented and highlighted the elements that made me feel out of place.

At the time, I believed I hid it well: I acted as if everything was perfectly fine and normal.

It became so bad that I started to miss out on enjoying the full experience of the events presented to me because I was so invested in my discomfort.

It wasn't until one of my classmates approached me that I started to come out of my head.

She simply asked "Are you doing okay?"

This statement was the catalyst: all my emotions rushed out.

She wasn't expecting a simple response and that assumption allowed me to fully unpack my emotions and start to deal and identify my issue.

Truly, someone investing the time to ask how I was doing changed the overall experience

of my trip.

I believe empathy is the key to changing the world, and it is a concept that has been sorely lacking in recent years.

Some people blame the decrease of empathy on the rise of technology, their reasoning being that a screen decreases the connection between two people, thereby distancing individuals from one another.

Others blame this phenomenon on changes in political systems.

Though I believe both sides

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present interesting theories, I think that blaming certain vague principles takes away focus from the main issue and delays actions of change from occurring.

Rather, we must focus on improving ourselves and our reactions to our surroundings (an easier task to accomplish than a grand, poorly defined idea).

We must become truly invested and engrossed in our world and the people who inhabit it, investing our time



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into the issues we passionately value.

Empathy, in short, is investing the time and energy into understanding and asking about people's lives and their unique experiences.

Only through empathy can any strong connections be formed and with these connections true social change can occur.

Yet, the question still re-

mains: how does one prompt this social change?

How can one realize these

We must become truly invested and engrossed in our world and the people who inhabit it, investing our time into the issues we passionately value.

ideas into one's own daily life?

We need to begin by actually investing time into getting to know others, even something as simple as taking a moment to check in with others.

Yet, there are a few things to keep in mind.

If you took the time to ask, make sure to listen to the response.

Invest yourself in the person's story: their feelings, emotions, thoughts.

Validate their experiences with your own response.

This method is the easiest way to increase empathy in the world and the concept applies not only to face-to-face interactions, but also in regards to how one views the world.

For example, when watching the news we have a tendency to tune out, we rationalize that these events have nothing to do with us.

Yet, as a global citizen and member of humanity, we have a duty to 'tune' in.

We have a duty to debate these issues even if we cannot take direct action, for our dialogues may prompt someone into action.

In taking an active role in molding our world, we can start to shape it into a place our generation can be proud to call home.

With Thanksgiving coming up, it is more apparent than ever that a spirit of empathy is present.

While it is important to keep this in mind, it is even more important to keep empathy at the forefront of our minds during the non-holiday season.

It is easy to be empathetic when one is continuously thinking about the 'holiday spirit' but it is harder to do so when one is caught up in the stresses of daily life.

In a world of turmoil, if you can change one person's day, that might lead them to change someone else's day, leading to a chain reaction to better the world.

This idea is why it is important that we don't distance ourselves from others.

Focus on making connections, solid, true connections, and both your life and the life of the other person you impact will be imbued with more positive energy.

When we distance ourselves, we lose sight of what it means to be human, leading to the overall degradation of humanity.

The Good, the Bad, and the Meh



Thanksgiving Break happens next week!
Get pumped for great food!



This week has been rough for many people,
but you're almost through!



When this break is over, the semester will
have less than a month remaining.

Dating dilemmas



Hannah Haas
Opinion Columnist

In case you didn't know, we are in the 21st century.

Things are not how they used to be, and in many ways, this can be a good thing: better technology, modern medicine, new jobs and much more.

However, for relationship and dating culture, things are not so great.

If I'm being honest, in most cases I don't even know if you could call it dating at this point.

People our age have a tremendous fear of commitment and trust issues beyond belief.

I believe that the way we develop good relationship skills is from growing up around them.

So maybe this is one of those things we just blame on our parents, and high divorce rates.

I believe it is much more than that.

Our parents and our upbringing definitely have a factor in the way that we develop, but we do this to ourselves and to other people.

I feel like there are so many rules when it comes to modern dating that the process becomes exhausting, and a big part of this is technology.

Say you like someone; instead of just going up to talk to them, these days you hope they'll add

you on Facebook, then direct message you to get your number, but just so they can add you on Snapchat, and from there follow you on Instagram and Twitter.

You can no longer just hope to talk to someone on the phone, or rarely even text them these days.

There are so many other ways to communicate, or not communicate but rather scroll, like, and retweet that it ruins the whole experience.

I would like to know why it is so much easier to have "a thing" with someone instead of just saying you really like their company, you want to be with them, and see where it goes.

Or maybe you don't want a relationship and don't see this going anywhere.

Don't get me wrong, I am not trying to be all high and mighty here, I've been there.

I would like to know why it is so much easier to have "a thing" with someone instead of just saying you really like their company, you want to be with them and see where it goes.

Or maybe you don't want a relationship and don't see this going anywhere.

I don't judge people on their relationship preferences, or how many one night stands they have or don't want to have.

What I have a problem with is stringing someone along, having one of them catch feelings and

the other person feeling nothing and thinking that's okay.

That is not okay. Men and women are equally guilty of this.

In the end it may all boil down to "treat others as you want to be treated."

So the next time that someone is interested in you, or you them, don't just hope that they add you on Snapchat and ask you to come over at one in the morning.

Talk to them, really get to know them, laugh with them, make plans with them.

If you really like this person, then please do something about it.

If you don't, then don't be afraid to tell them so!

Be nice about it, but be direct.

No one enjoys wasting their time or having hopes and ideas in their heads that will never happen or are not mutual.

You're not only being mean and rude in leading someone along, you're breaking hearts.

I've seen this happen to people I truly care about, and to myself.

This is not a fun circumstance to be in; it is awful and I wouldn't wish it on my worst enemy.

So prove me wrong please. Show me that relationships and modern dating can be an amazing experience and that true love does still exist.

Go out there and tell the person that you have been crushing on for months how you finally feel or tell that person that you have been only texting for booty calls that you really only like them for one reason.

I promise you, they might not thank you right away, but they will in the long run, saving you both some misery in the end.

Be who you are, be the relationship type, be the hit it and quit it type, good for you; just be honest and upfront about who you are and what you want.

Family matters



Emily Pratt
Opinion Columnist

I'm going to sound like a disgruntled old woman by saying this, but so many children and young adults these days don't appreciate their parents' presence in their lives.

Similarly, many parents don't appreciate their children in the same way.

I'm not going to claim there was ever a time in history where this relationship was properly valued, but having been raised in a loving family with very strong ties to one another, it can be immensely disheartening to see how few people recognize the importance of this connection until it's too late.

Most children are raised to view parental figures as people of authority, so it's understandable why many youths decide their time is best spent elsewhere.

When you're surrounded by the same people who stress rules every day of your childhood, the idea of ignoring and rebelling against them can appear attractive.

The kinds of TV shows and media aimed towards young adults certainly don't help curb this idea.

My personal childhood favorites were *Wizards of Waverly Place* and *The Suite Life on Deck*, both of which contained a host of mouthy teenagers who actively disobeyed the rules of their elders; most of whom were presented as ridiculous people who shouldn't be taken seriously.

Parents themselves no doubt become worn out by the time their kids reach the early teen stage, the thought of forming a particular connection with them appearing to only be more work.

Those who do put in the time to do so are often met with rebuttal and eyerolls, because how dare a middle aged person try to appear 'hip' when their kids refuse to acknowledge them unless money is involved.

The idea of a youth openly showing affection for their parents and family has been laughable in society for so long.

Of course, it's important to become your own person by experimenting and following your own path, but it's equally important to not forget the roots that guided you there.

No matter how much some may argue against it, a person's home atmosphere greatly influences what they believe in and the kind of person they become.

Not all home atmospheres are healthy, but the ones that are often don't recognize or appreciate what they have.

I don't spontaneously hug my mother while she's grading papers to gain something out of it, I do it because I cannot express in words how thankful I am for the person she has helped and encouraged me to become.

Moments where I'm curled up with my dad and sister for family movie night are now few and far between, but they are special because no matter what monumental decisions we face as adults, we will always be his little girls.

There's something so reassuring about achieving this comfort level with family members; it can become medicinal in times of great stress.

Friends may change and move over time, but family is always there, and it's unlikely anyone else will know you on such a deep level.

In general, it's a good idea to keep them on your good side because no one is better equipped to knock you down a peg.

More importantly, it allows a person to be more comfortable with who they are and the kind of people they should gravitate towards in society.

That firm support and warmth from home can go a long way when faced with the real world.

Most children are raised to view parental figures as people of authority, so it's understandable that many youths decide their time is best spent elsewhere.

Maybe I am a momma's girl, and maybe it is weird to receive several hugs from her within a half hour of arriving home for break.

But I know that many years from now I will be thankful for the warm memories I have gathered because, as much as we like to pretend otherwise, parents won't be around forever.

I want to be able to look back on our moments together and be satisfied with the relationship we built, and so should everyone else.

Whether growing up in a two-parent household, a one-parent household, or with some other parental figure arrangement, keeping your family close is not something that can be regretted later in life.

Walking in on your mom and sister busting out some Zumba moves in the kitchen may deserve an eyeroll, but it should definitely follow with you joining in.

I can almost guarantee it will be a memory you'll fondly look back on years in the future.



The weight of every bite



Jessica Hastings Erth
Opinion Columnist

It's that time of the year again: the holiday season.

This means colder weather, sweaters, and my personal favorite, comfort food.

Despite 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.

Having family food traditions is very important.

They can help you de-stress and get away from reality for a little bit, but that reality can turn into a disaster years later.

Putting on extra winter weight can be hazardous for 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, and how much, you are eating.

Thanksgiving is typically a time that is spent with family and friends and has been celebrated in November since 1621.

This was 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 what we eat at today's Thanksgiving; turkey, ham, sweet potatoes, mashed potatoes, green beans, corn, cranberries, stuffing, and various pies.

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

Even though the USDA recommends the average of between 2,000 and 2,800 calories, what we consume in one meal is almost twice what we should eat in one day.

Thanksgiving isn't the only day we give into gluttony.

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

Today, the average American consumes an average of 7,000 calories on Christmas day alone.

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

Outside of Thanksgiving and Christmas, New Years Eve is also another celebratory

time where extra calories are consumed.

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

During NYE 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 that single glass off.

Other commonly consumed drinks include White Russians, spiked cider, and hot buttered rum.

All of these drinks can vary in calories but will normally range around 300 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.

However, all alcohol contains a relatively high amount of calories, so keep watch of what, and how much, you are drinking.

To put the calories consumed in our favorite foods in perspective, here is how much physical activity it would take to burn off one serving of your the following foods.

Today the average American consumes an average of 7,000 calories on Christmas day alone.

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.

Mashed potatoes, (which I can easily eat two pounds of. Seriously, you can ask my



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mom.) alone have a whopping 238 calories for 1 cup without cream or butter.

To burn off these potatoes 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 ways to easily 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; taking less will be easier on 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 will consume more.

I was told that chewing a piece of food 20 times is the "proper" amount of chewing time.

If you chew this much your body will tell you when you are full at the correct time.

Also doing simple things like eating fresh cranberry sauce, choosing stuffing made from whole wheat bread, using less butter, and eating green beans instead of green bean hot dish, can easily cut down a large por-

tion of unneeded calories.

Many people have New Year's resolutions that commonly include "go to the gym more often", "lose weight", and "be healthier" (Although a better version would be to have a New Year's resolution to be happy and healthy with yourself).

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

Many 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!

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Musical Crossword

Across

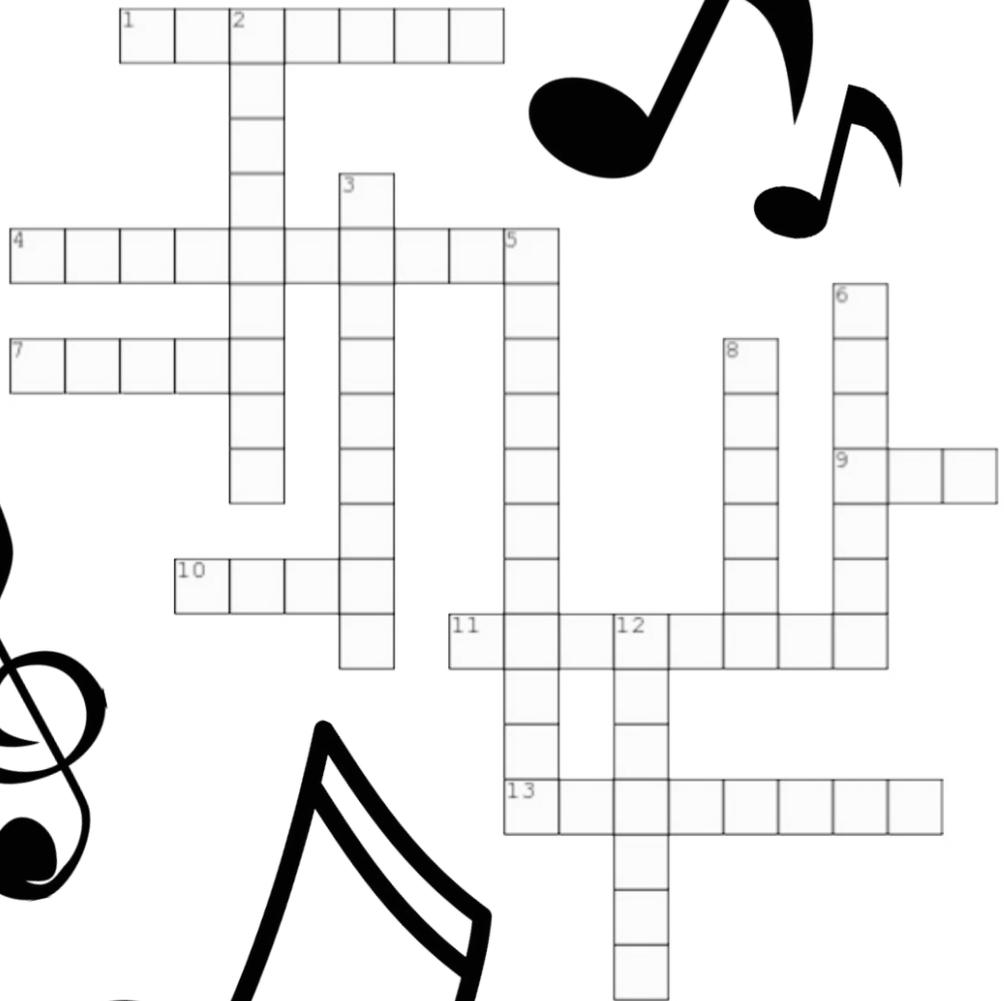
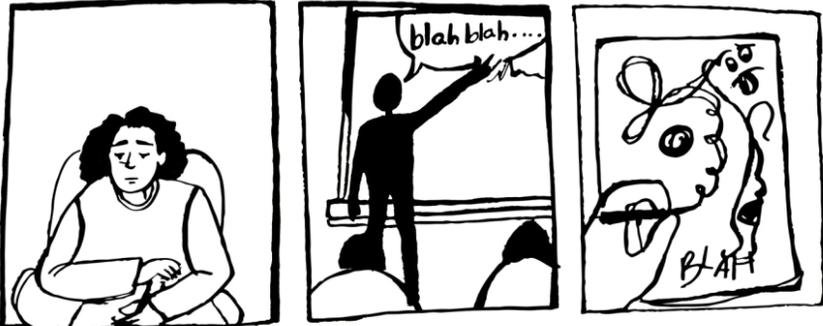
- 1. A vibration of the voice while singing
- 4. The first word in the acronym "EDM"
- 7. "Tickling the ivories" refers to this instrument
- 9. This Australian singer is known for always wearing a wig
- 10. Why can't the old Taylor come to the phone? Because she's _____.
- 11. This was the major physical form of music before CD's
- 13. Cher pioneered this tuning technique in her 1998 song "Believe"

Down

- 2. You can connect your phone to a speaker using this technology
- 3. Instruments such as flutes, clarinets, and saxophones
- 5. This British group's 1998 "Tubthumping" gave the one-hit wonder status
- 6. Ariana Grande and Mariah Carey can hit this type of note
- 8. Influential composer during the Classical period; from Austria
- 12. A music streaming app

"Lecture"

by Carly Maslowski



- ACROSS
- 1. Vibrato
- 4. Electronic
- 7. Piano
- 9. Sia
- 10. Dead
- 12. Spotify
- 13. AutoTune
- DOWN
- 2. Bluetooth
- 3. Woodwinds
- 5. Chumbawamba
- 6. Whistle
- 8. Mozart

Pun of the week

"I can't put this book about anti-gravity down!"

The zodiac signs as pop stars

 <p>Aquarius (Jan. 20-Feb. 18) Ed Sheeran</p>	 <p>Taurus (April 20-May 20) Adele</p>	 <p>Leo (July 23-August 22) Shawn Mendes</p>	 <p>Scorpio (October 23-Nov. 21) Katy Perry</p>
 <p>Pisces (Feb. 19-March 20) Kesha</p>	 <p>Gemini (May 21-June 20) Prince</p>	 <p>Virgo (August 23-Sep. 22) Jason Derulo</p>	 <p>Sagittarius (Nov. 22-Dec. 21) Taylor Swift</p>
 <p>Aries (March 21-April 19) Lady Gaga</p>	 <p>Cancer (June 21-July 22) Selena Gomez</p>	 <p>Libra (Sep. 23-October 22) Bruno Mars</p>	 <p>Capricorn (Dec. 22-Jan. 19) Zayn Malik</p>

Volleyball wins regional championship

Gusties advance to Elite Eight



Gustavus Sports Information

Juniors Nora Holtan and Sam Haugen prepare to block a spike during the NCAA Regional semifinal. The team won the match 3-1 and won the Regional Championship the following day 3-1.

Michael O'Neil Staff Writer

The Gustavus Volleyball team has taken full advantage of an at-large bid into the NCAA tournament by advancing through the regional rounds and reaching the Elite 8.

After losing two out of their last four regular season games and an unexpected loss in the quarterfinals of the MIAC playoffs, it looked as though the Gusties' season might have met its end. Fortunately, the Gusties strong results throughout the season (26-6 record, and a national ranking that peaked at No. 11) were enough to secure a No. 2 seed in the NCAA regional tournament.

Last Thursday, the Gusties traveled to Northwestern-St. Paul to take on Aurora College in the region quarterfinals. Despite losing the first set 23-25, the Gusties recovered in the second, and dominated the rest of the match. The final score was 3:1 Gustavus (23-25, 25-15, 27-25, 25-15), as the Gusties were led by 20 kills from First Year Kate Holtan, 17 kills from Junior Hanna Albers, 46 assist

and 11 digs from Junior Nora Holtan, and 26 digs from Junior Brittany Luethmers.

After besting Aurora College, the Gusties moved on to play Wartburg College. Gustavus had taken the previous three meetings between the two teams, including a 3-1 decision earlier this year, and a 3-0 decision in the first round of the NCAA regional tournament last year. The Gusties opened the game by capitalizing on a series of runs to take the opening set 25-21. After losing momentum in the second, and dropping the set 12-25, the Gusties came back strong and won the final two sets decidedly 25-16, 25-15.

The Gusties were led once again by a group of familiar faces. Albers led the attack with 20 kills, while adding 18 digs. The younger Holtan added 17 kills of her own with a .267 attack rate. Her older sister played a pivotal role in all aspects by recording 51 assists, eight digs, three kills, and two aces. Luethmers led the back line 33 digs. "I thought overall the match was a lot of tenacity on defense, both teams were aggressive going back and

forth the whole match. I was really proud of our girls, especially after the second set," Head Coach Rachelle Sherden commented in a press conference after the game.

After No.1 seed Northwestern-St. Paul cruised to a 25-11 victory in the first set, it looked as though the Gusties' run was at its end. However, the Gustavus women showed great resilience as they took the first five points of the second set. They maintained this lead to the end, and closed out the second set 25-16 to even the match at one set all. The third set was a battle with 12 ties and 6 lead changes in the early going, at which point the Gusties went on a 7-1 run and closed out the set 25-18. With a trip to the Elite 8 just one set away, the Gusties rallied off five straight points from 20-22 down to punch their ticket to Grand Rapids, MI.

Kate Holtan led the attack with 20 kills on a .333 attack percentage, and was aided by Albers who added 16 kills and 13 digs of her own. Nora Holtan led the team once again with 46 assists and 10 digs. On the back line, Luethmers and

Senior Abby Leitch recorded 18 digs each.

For their efforts, Kate Holtan and Hanna Albers were named to the All-Tournament team, and Nora Holtan was named the Central Region Most Outstanding Player. To add to the excitement of the team success, Nora Holtan was rewarded with her second consecutive

American Volleyball Coaches Association All-American First Team, while her younger sister was named an Honorable Mention.

This win represents Gustavus' first Region Championship in the program's illustrious 49-year history and the first appearance in the Elite 8 since 1984.



Gustavus Sports Information

First-year Kate Holtan spikes the ball in the regional semifinal. Holtan received All-Region honors and was named Central Region Freshman of the Year.

Men's and Women's Swimming defeats St. Olaf

Gusties show drive going into new season

Jacob Woodrich
Staff Writer

As the fall sports season starts to conclude, the excitement around winter sports begins to ramp up. The Gustavus men's and women's swimmers and divers have been hard at work in the pool for weeks preparing for the 2017-2018 season, and their preseason training has resulted in much earlier season success thus far.

"The team is off to a great start. The training has been outstanding so far. I love the progress we have made to this point in the season. We will work hard to keep building on the base we've established," Head Coach Jon Carlson said. Carlson is in his 28th season as head coach of both the men's and women's swimming and diving teams here at Gustavus. As the seasons accumulate and change, one thing does not, however. The goal for the team is always a MIAC Championship.

"Our goal is to always win the MIAC Championship. We are definitely the underdogs

going into this year, but we'll work hard to have everyone improve and compete hard at the end of the year at our championship," Carlson said. The current members of the team hold the same goal, as well.

"My goals for this season are to put a MIAC championship banner up and hopefully qualify for nationals," Senior Kennedy Holwerda said.

Holwerda, who is in her final season of swimming here at Gustavus, hopes to end her career on a high note.

"Being a senior does give different feel to the season. We all are trying to leave our mark on the team before we go. We are trying to help build the team for years to come. I just want to enjoy every moment I have left with this team because it is my last year," Holwerda said.

Holwerda also commented on how she is truly enjoying her last season here on the hill.

"I am very happy for how the season is going for the team. We are killing it at every practice and always trying to make ourselves better swimmers in and out of the water.

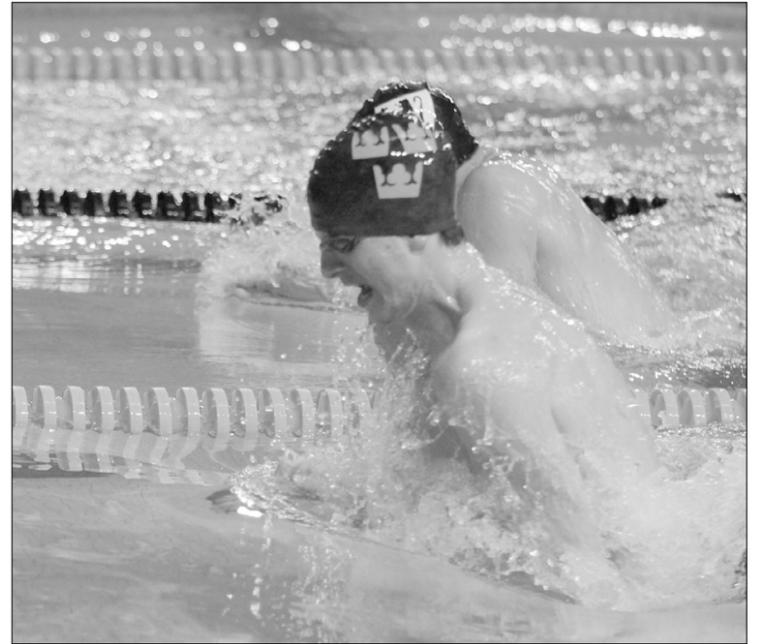
Me personally, I am swimming better than I ever have," Holwerda said.

The team's successful practice habits are translating into success in competitions.

Most recently, both the men's and women's team hosted and swept St. Olaf. The men's team won by a whopping margin of 215-77, and the women's team defeated the Oles in a nail biter by a score of 168-131.

"The wins over St. Olaf for the men and the women were good, positive marking points for the rest of the season," Carlson said. In the victory over St. Olaf, Junior Tanner Sonnek turned in a performance strong enough to earn him MIAC Men's Swimmer of the Week honors. While Head Coach Carlson is very impressed by the outstanding performances that Sonnek and other top swimmers on the team have provided so far this season, he is also happy to see the entirety of the team stepping up this year.

"I think the key to our success is the number of teammates that have stepped up



Gustavus Sports Information

Junior Tanner Sonnek competes in a meet against St. Olaf. Sonnek was named MIAC Athlete of the Week for his strong performances early in the season.

and stepped forward to perform at levels we didn't expect," Carlson said.

The Gustie swimmers compete next at the Grace Goblirsch Invitational right here at Gus-

tavus this Saturday, November 18th. The team hopes to continue their early season success as they strive to add another MIAC Championship banner to the walls of Lund Center.



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Women's Hockey off to strong start

Gusties open season with overtime win against Superior



Gustavus Sports Information

Senior Katy Fuller competes during a match against the UW-Eau Claire Blugolds Nov. 4. The team currently holds an undefeated record of 3-0-1 and are 2-0 in conference play.

Nathan Thompson
Staff Writer

The Gustavus Women's hockey team opened the new season with an exciting 4-3 overtime victory against UW-Superior Oct. 28th, pushing the game into overtime with seconds remaining in the third period.

Superior started the scoring in the second period with two goals. Gustavus responded with two goals of their own with Erica Power scoring shorthanded late in the second and an unassisted goal from Senior Kaitlyn Klein early into the third period.

UW-Superior would score later in the period and with the Gusties down 3-2 with 30 seconds remaining. Sophomore Amelia Vosen scored the equalizer pushing the game into overtime where Power would then score the game winner for her second goal of the game.

The Black and Gold then took on UW-Eau Claire at home on the 4th. The game ended in a 2-2 draw with goals coming from Seniors Klein and Diana Draayer.

The Gusties were down by a goal twice in the game but responded to both Blugold goals on the way to the draw.

Junior Goalie Amanda DiNella halted 25 Blugold shots, fending off 10 attempts in the third period to secure the 2-2 draw.

"It's nice to see our goal scorers come through. Again, there was a lot of good things that happened, but there is also a lot we need to work on. The pace was so much quicker than it was last weekend and we showed some signs of getting better," Head Coach Mike Carroll said.

Next, the Gusties went on to earn a series sweep this past week against St. Olaf with a 4-1 win at home on Friday and a 3-0 shutout victory in Northfield on Saturday.

The Gusties opened up MIAC play against the Oles at Don Roberts Ice Rink fueled by a two goal performance from Klein.

The scoring began with with five minutes left in the first period off a power play goal from Senior Laura Johnson for her first goal of the season off an assist from Klein and Freshman Sydney Henrichs.

Following the score by Johnson, Klein would record her first goal of the night off a pass from Power early into the second period. St. Olaf would respond minutes later with a power play

goal of their own.

Each team would have four power play opportunities throughout the game with the Oles successful converting once and the Gusties twice.

Gustavus would regain their two goal advantage 12 seconds later with an unassisted goal from Draayer, pushing the score to a 3-1 lead.

The scoring would cease until the 8:44 mark of the third period when Klein would register her second goal of the game, solidifying the final score at 4-1.

DiNella successfully stopped 20 of 21 shots while the Gusties dominated the offensive end, registering 41 shots to the Oles' 21. The Gusties would also hold the advantage in the faceoff circle, winning 40 of 50 faceoff opportunities. Power would lead the way in faceoff wins, winning 14 of her 17 opportunities.

Gustavus would then head to Northfield where they would leave with a 3-0 shutout victory over the Oles to finish the series.

The Gusties would be aided by a stout game from DiNella who successfully hindered 16 shots from the home team on her way to the victory.

Klein would start out the scoring for the Gusties midway

through the first period with her 5th goal of the season off assists from Power and Vosen.

Early into the second period, Gustavus would push their lead to a two goal advantage off of a score from Draayer.

The Gusties would close the scoring early in the third period from Power to solidify the score at 3-0. The goal would cap off a three point game for Power who also registered two assists

in the match.

The Gusties would control the game on the offensive end, registering 23 shots to the Oles' 16 while winning the faceoff battle with a 28-22 advantage.

The series sweep would move the Gusties record to 3-0-1 and 2-0 in conference play.

The Gusties will continue conference play next weekend with a series against the Pipers of Hamline University.



Gustavus Sports Information

Senior Kaitlyn Klein takes the puck up the ice for the Gusties in a game Nov. 4.