

Why studying abroad changed my life



Caroline Probst
Editor-in-Chief

If I met my First-year college self now, I wouldn't recognize her.

Who I was three years ago is not who I am now.

I credit this to my study abroad semester in Uppsala, Sweden.

Studying abroad has been my most formative experience to date.

It taught me how to be more independent, self-sufficient, more confident, and an extrovert.

You'll often hear people say that their biggest regret in college was not studying abroad or their greatest memories from their college days was from their time abroad.

I've heard people say both of these things for as long as I can remember.

Because of this, I wanted to make sure that I would never have that same regret post-grad.

You've probably heard the benefits before, but they're true.

These benefits have been proven over and over again.

The Institute for the Interna-

tional Education of Students (IES), a study away program provider, surveyed all of their students who have participated in their programs either for a full year, a semester, or a summer program.

Over 95 percent of all IES students reported that their levels of self-confidence improved significantly during their experiences as well as increased levels of maturity, and impacted their view of the world.

Over 71 percent acquired skills that influenced their intended career path and over 60 percent found a career path they followed after their abroad experience.

But these are just the statistics, so I want to tell you about my experience.

Immersing myself into an unknown culture helped me open up my mind in a way I wouldn't have been able to do had I not studied abroad.

Foods I used to hate, I now like.

I've traveled to a country I had never heard of, and many more I had previously only dreamed of going to.

There are even more personal benefits that I have gained from my experience.

I have made friends all over the world who have taught me lessons that will last a lifetime.

Now that I have these friends, I have a reason to visit these places (and crash on their couch).

I made friends from Australia, Austria, Canada, France, Sweden, and other parts of the United States and studied with students from Turkey, Greece, the UK, and many more.

When applying to study at



I spent a day walking along the Champs Elysees and stopped at the Arc de Triomphe.

Caroline Probst

Uppsala University in Sweden, I had no idea what I was signing myself up for.

It threw me into an unknown place where I didn't know the culture, the people, or what I had gotten into.

I was able to meet my Swedish relatives and visit my family's farm that has been passed down since 1865.

We've always stayed in touch since my great-grandfather immigrated to the United States, but now I have my own personal connection with them.

My eight-year-old cousin invited me to spend a day with him at his Swedish elementary school as a guest in his English class, which made me feel like a celebrity surrounded by awestruck kids who were shocked that I had come all the way from the U.S. to be with them.

This past January, I interned at The American Chamber of Commerce in Sweden (AmCham).

Not only did this job help me figure out a dream career path but I had the opportunity to work with people of all backgrounds, nationalities, and industries.

During my first week working there, AmCham was invited to a celebration for the French-Swedish Chamber of Commerce's 100th Anniversary at the French Ambassador to Sweden's residence.

Where else would I get the chance to go to something like that?

At the end of my internship,

I did something I've always wanted to do and something I didn't do while I was gone for a semester.

I took a solo trip to Paris.

I encourage everyone who studies abroad in the future to take a solo trip.

This supplemented my abroad experience as it threw new obstacles my way that I didn't have to deal with in Sweden.

I got lost in an unknown city where I didn't know the language, had to deal with the buses shutting down because of snow, which Paris rarely gets, no cell service, and had to become comfortable eating alone in public and so much more.

Having to think on my feet made me grow because I had to think fast to figure out how to get back to my hostel, without WiFi, not being able to read the metro's maps, or ask someone.

A lot of people were shocked when I said I took a solo trip because they said they couldn't imagine traveling to an unknown place by themselves.

I did this as a challenge to myself by forcing myself out of my comfort zone, just to prove to myself that I could do it.

Now, I can confidently say that I have no regrets from my abroad experience.

I may have less money in the bank, but I can't deny I was living my best life and that is something I'll never forget.



The main square in Stockholm, Sweden's Old Town, Gamla Stan.

Caroline Probst

Teachers should be armed



Jessica Hastings-Ereth
Staff Writer

Today there are many controversies, but one of the hottest topics today is about arming teachers with guns.

The second amendment states, "a well regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed."

This means that everyone has a right to a gun.

I am personally pro-firearm.

I think that every American should have the opportunity to own a gun, but with proper training.

These guns, when used properly, are a wonderful part of American culture, and not a mere object of violence.

Of course many people don't believe this to be true.

A study in 2013 found that assault weapon bans did not affect murder rates significantly, and states with greater gun control laws had higher murder rates.

Also, states with the least gun control laws happen to have the least amount of murders and violence.

These are facts, not opinions. People can't argue with numbers.



An unarmed teacher and her class

Creative Commons

John Stossel stated "Criminals don't obey the law, without fear of retaliation from victims who might be packing heat, criminals in possession of these weapons now have a Much easier job, as the saying goes "if guns are outlawed, only outlaws will have guns".

Okay, now back to the topic of teachers and firearms.

I believe that if we value children's lives, we will act to protect them from those who are harmful.

But this does not necessarily mean that all teachers should

have guns.

Our schools are meant to be places of nurture and growth, and should be used to promote grace and peace.

There are both pros and cons to guns in school.

But personally, the only con I see is that of students taking the firearms from the teachers in an act of rage.

Which would cause havoc and chaos.

In addition to those who dislike the idea of having armed teachers, many people also argue that the only way to ensure

a large shooting won't happen again is to arm teachers.

These people also believe that teachers should be allowed to carry guns at school in order to protect students, because it is their duty as educators to protect their students.

As of 2013, 18 states across the country already allow adults to carry firearms on school property.

Those who are armed claim that there have been no incidents involving guns that have been reported.

Wayne LaPierre, the executive vice-president of the NRA, says students stay at risk of danger by having gun-free school zones.

I personally believe that arming teachers would bring a stronger sense of safety for students.

The people who students look up to can also be looked up to as a protector, and a role model.

A teacher or administrator with a gun could easily protect the campus and its students, especially when there is proper training involved.

Currently, in case of a brake in, the only way school districts can react is by shelter drills, in which students and administrators lock their doors and stay out of sight from the hallways.

Quite frankly, if the person who is breaking in has a firearm, the only thing stopping them is a locked door, a door that can only withstand so much.

This door could easily be taken down, and have students be taken down along with it.

Some parents and administrators argue that by allowing weapons in the schools, students could gain access to the weapons and use them as they

want, especially in instances of violence.

As well as teachers and students having access to the weapons, a person who broke in could also gain access allowing them to use the weapon as they please.

But, what people don't always understand, is that concealed handguns in the school would be kept in secure locations and teachers and administrators would have strict procedures in carrying the gun on school grounds, as well as proper training and safety precautions.

There would be more responsibility for the teachers and administrators, but in order to protect student's teachers, and families, would be more than welcome to new regulations.

Numerous school districts, cities, and even states remain opposed to arming teachers because of all the things possible to go wrong with having guns within a school.

In any circumstance, I think that it's better to be safe than sorry, and in this case teachers should rather carry a concealed handgun and never use the gun than not have a gun but need one.

Teachers and administrators should be allowed to carry guns on school grounds to help protect their students.

The National Association of School Resource Officers favors hiring more trained law enforcement officers, in part to ensure a teacher's gun won't mistakenly wind up in a student's hands.

For this reason I encourage you to do some research, and not only think about the future of educated children, but also their safety.

The Good, the Bad, and the Meh



It's finally starting to look like Spring...



There are too many puddles on this campus.



Not enough Americans know what Eurovision is.

Is society headed uphill?



Oakley Clark
Staff Writer

"Things can only go up from here, right?"

When something goes wrong in our society—or even when things are going right—this question is often our response.

As millennials, we grew up in an age composed of extreme technological advancement and an ever-changing globalized world.

How could someone say society isn't getting better when an iPhone X has ten times more power than a bulky PC from 2000?

Global poverty levels are get-

ting lower each year, and the same is true regarding violent crime.

Overall, it seems that the world is chugging along quite nicely.

But we millennials also have faced tremendous setbacks in our lifetime.

We lived through the worst economic downturn since the 30s when we were growing up.

I'm sure some of you remember your family budgets tightening and your parents stressing out over money.

Or, I'm sure some of you have heard stories from older millennials who faced the challenge of graduating at the peak of the Great Recession.

And no one can forget the election of Donald Trump, which has smashed the narrative of a civil United States that values morality on the public stage.

So, if anything, we're resilient—not out of want, but necessity.

Still, with these horrible events in mind, why then do we still naively believe that history has some positive slope that will cause us to progress and progress?

We, of all people, should know that the engines of history can both come to a screeching halt and, in some cases, even shut off completely, sliding backwards down the hill.

This progress-orientated idealism neglects the fundamental reality that people do stupid, horrid things.

In a democracy, that can often translate into the selection of bad politicians and the later creation of bad policy.

One of my religion professors recently told me that when she was a kid, they were told that the future would consist of 20-hour work weeks due to the raging increases in productivity and technology—seemingly an idealist dream.

The prediction was right in the sense that per-worker productivity has massively improved.

However, the reason why we still work the same hours that were established in the 30s is because her generation failed to act—they failed to formulate a society in which this was possible.

Now, as we continue to look at the failures of our society and the limits of progress, we cannot

fall into the same pit.

We have some decisions to make at this turning point in history, and we need to be informed about those decisions.

Society is not some external entity that moves without us—we directly control and direct our future.

If we want it to move in a positive direction, that's on us.

Today, we're approaching a point of technological advancement that completely eliminates the need for workers.

Automated, globalized capitalism is not an "if" but a "when."

The question, then, is: how should we mold this system to make it work for everyone?

The answer to this question requires a pragmatic understanding of human nature alongside a compassionate perspective that all of humanity deserves dignity and a shot at life.

When the economy largely no longer requires workers but still provides goods for consumption, the best solution would be eliminating all government welfare programs and instead establishing a universal basic income (UBI).

Such a system would essen-

tially provide every citizen with a monthly check with which people could choose to spend as they wish.

For the working class, this would provide a much-needed income boost to afford necessities.

For the middle-class, this would enable families to have more disposable income on consumer goods which acts as economic stimulus in itself.

The rich would be included as well—just logistically—but they constitute such a small part of the population that the actual cost would be negligible.

Obviously, there is much more nuance to economics than simply what was written above, but we should be discussing pragmatic, big ideas like UBI.

Our economy, and society, is undergoing a huge change, and this change will not go anywhere positive if we are not at the forefront of deciding in what direction this change should go.

In the end, hopefully we come together to ensure the train moves forward rather than backward.

Enjoy the outdoors!



Emily Pratt
Staff Writer

I may be jumping the gun a bit here, but the moment Minnesota weather reaches above 30 degrees, I can't help but want to spend as much of my day outside as possible.

Those who aren't native to this frigid state may raise their eyebrows with skepticism, but after knowing what cold really feels like, there is something so refreshing about walking to class with the sun brightly shining, reflecting off snow that isn't quite ready to disappear.

In my eyes, this is the perfect time of year.

Even though we felt these same temperatures back in October, it feels so much nicer after dealing with those blizzard filled winter days.

The sun is present without the insufferable summer heat and snow still remains without the the sub-zero temperatures to accompany it.

Constantly dealing with school, work, and personal life

leaves people little time to appreciate the outdoors, particularly when it's still considered to be winter.

Something that should become an everyday habit is making time to enjoy this change in weather.

This can be as simple as leaving a bit earlier for class so you don't have to hurry so much.

Take an alternate route for something a bit more scenic and notice the small signs of life that are starting to appear amidst all the white.

It may not be quite warm enough to study outside but there are other ways to get your daily dose of nature appreciation.

Fresh air does a person wonders, especially when they're under stress.

Spending time out in the snow and chilly weather has been shown to be incredibly beneficial to people's health.

The body produces depression-like symptoms as a result to decreased exposure to sunlight and low levels of vitamin D, which occur most often during the chilly months when wrapping oneself in a blanket inside seems like a much more appealing thing to do.

While sunbathing is certainly not an option, the amount of light you can get even on-cold, cloudy days is enough to counteract the most extreme symptoms.

Observing beautiful snowy scenery and focusing on the vastness of your natural surroundings can improve your mood in general.

Enjoying the outdoors can also revive your ability to direct your attention, making it easier to ignore your roommate's annoying habits or the weekly parties thrown by a room down the hall.

Homework is often the last thing a college student wants to do, making it far too easy to get distracted.

Spending time outdoors in a pre-Minnesota spring is admittedly difficult for those who hail from warmer places, and I understand that staying inside just seems much more appealing.

But in many ways, that's even more of a reason to take longer walks on campus.

There are so many more things to notice compared to lounging on the grass in the summer or looking outside your window during the chilly months.

There's a fresh, cool scent to the air during this time of year, which can be pleasant to one who gives themselves time to notice it.

The dirtying snow certainly isn't pretty by any means, but there's something enjoyable about stepping on the bits of ice that form at the edge of the sidewalk - the ones that are just barely raised off of the ground until they satisfyingly crunch under your feet.

Not too long ago, I was completely in awe of the snow that lined nearly every tree, following a snowstorm the night before.

It really did look like a winter wonderland and I didn't have to freeze my face off to appreciate it.

There's a lot to notice when outdoors, it's not just snow trees and dirt.

This can apply to any time of the year too - aside from terrible storms of course.

Unless that's your kind of thing.

You don't have to be an artist or a writer to interest yourself in such detail.

Take time to appreciate the little things in nature instead of constantly feeding society's vision of "bigger is better."

We surround ourselves with so much that is artificial that we forget where we originated from as humans.

Progress is important, but so is taking time to remember our roots.

Set down your phones, turn off your laptops, and bring yourself back into the world of the living.

It really does change your view of the world, even just a little.



Enjoy spring at Gustavus by studying outside.

Caroline Probst

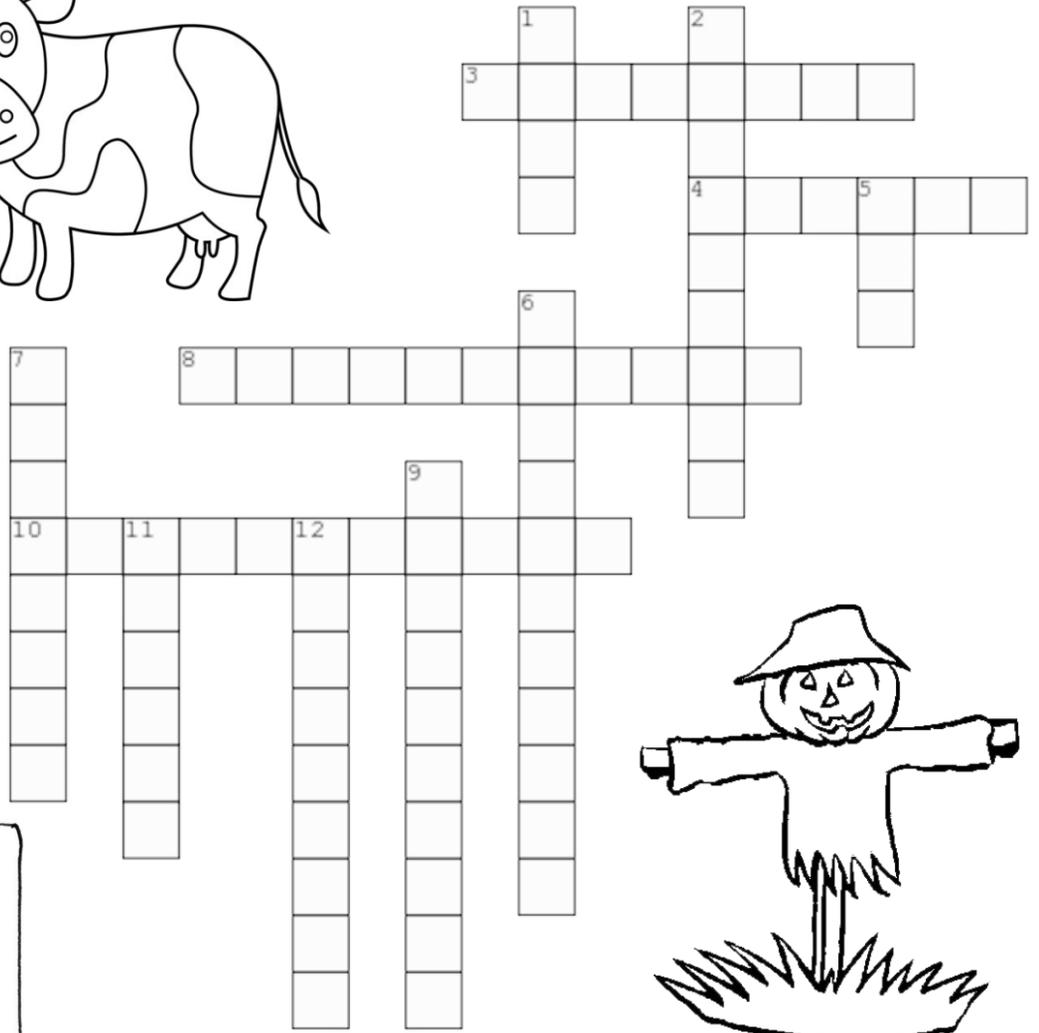
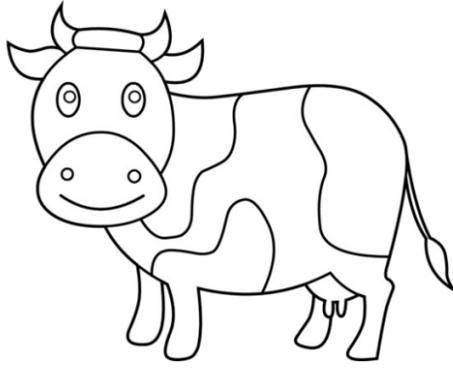
Farm Crossword

Across

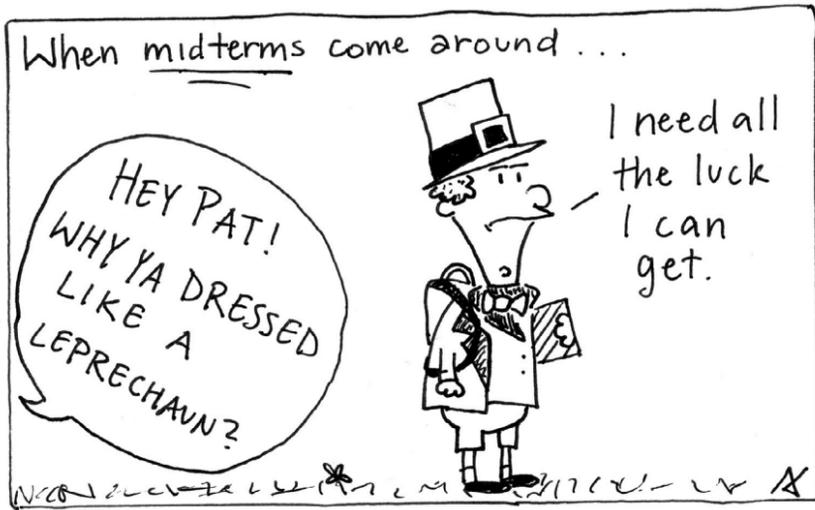
- 3. Tobacco, cotton, coffee, etc.
- 4. An adult bunny
- 8. Fancy nam for farming
- 10. Farming only enough for you and your family

Down

- 1. A bundle of hay
- 2. Dummy used to keep birds and other animals away from crops
- 5. Save them! These insects are dying!
- 6. '_____ had a farm.'
- 7. It's hard to find a needle in a _____.
- 9. A substance used to make crops grow better
- 11. Term used when speaking about cows
- 12. You put baby bird eggs in this to keep them warm!



Cartoon by Trevon Sladek



- ACROSS
- 3. CashCrop
- 4. Rabbit
- 8. Agriculture
- 10. Substinence
- DOWN
- 1. Bale
- 2. Scarecrow
- 5. Bee
- 6. OldMcDonald
- 7. Haystack
- 9. Fertilizer
- 11. Bovine
- 12. Incubator

Pun of the week

"Jokes about German sausage are the wurst."

The zodiac signs as Scooby Doo characters

<p>Aquarius (Jan. 20-Feb. 18)</p> <p>Shaggy Rogers</p>	<p>Taurus (April 20-May 20)</p> <p>Fred Jones</p>	<p>Leo (July 23-August 22)</p> <p>Scooby Doo</p>	<p>Scorpio (October 23-Nov. 21)</p> <p>Scrappy Doo</p>
<p>Pisces (Feb. 19-March 20)</p> <p>Captain Cutler</p>	<p>Gemini (May 21-June 20)</p> <p>Daphne Blake</p>	<p>Virgo (August 23-Sep. 22)</p> <p>Velma Dinkley</p>	<p>Sagittarius (Nov. 22-Dec. 21)</p> <p>Tar Monster</p>
<p>Aries (March 21-April 19)</p> <p>The Hex Girls</p>	<p>Cancer (June 21-July 22)</p> <p>10,000 Volt Ghost</p>	<p>Libra (Sep. 23-October 22)</p> <p>The Creeper</p>	<p>Capricorn (Dec. 22-Jan. 19)</p> <p>Black Night Ghost</p>

Gusties compete at Indoor Championships

Hensch and Rooney named All-Americans



Gustavus Sports Information

First-year Taylor Rooney and Junior Michael Hensch are awarded their All-American medals for the 60-meter hurdles and the shot put, respectively, at the NCAA Division III Indoor Championships.

Michael O'Neil Staff Writer

After outstanding team and individual performances at the Indoor MIAC Track and Field Meet, three Gusties moved on to represent the team at the National Indoor Championships.

On Feb 23-24, the Men's and Women's Track and Field Teams traveled to Macalester College in St. Paul to compete in the MIAC Indoor Championships.

While there were many successes throughout the meet, four Gusties have been recognized and received awards for their performances.

Sophomore Alex Anderson and Junior McKayla Stowell both earned USTFCCCA All-Central Region honors.

Anderson was honored for her efforts in the high jump.

She placed second at the MIAC Championships with a jump of 5-4.24 and was named MIAC All-Conference.

Stowell finished in third place in the 60-meter hurdles, turning in a time of 7.80, just shy of her career best, which ranks in the top-20 in Division

III.

For her efforts, Stowell punched her ticket to the NCAA Division III Indoor Track and Field Championships.

"Taylor is young and has some great talent. Now we want to see what he can do with some great instruction and continue to get better."

—Coach Bahr

"Overall, they competed hard and I have no doubt they gave us their best performance," Head Coach Dale Bahr said of the Gustie Women at the MIAC meet.

On the men's side, First Year Taylor Rooney and Junior Michael Hensch led the scoring for Gustavus with stellar outcomes in their respective events.

Rooney headlined day one of the meet by breaking the MIAC Indoor record time in

the 60-meter hurdles.

He ran the event in a time of 8.15 seconds, which broke the previous record of 8.40 set in 2012.

His time also earned him "Outstanding Performance of the Meet".

Rooney also placed first in the high jump with a leap of 6-8 that set a new Gustavus record.

"Rooney winning the hurdles was huge and he continues to tear it up as a freshman, which is exciting to see," Bahr said.

Hensch also dominated his event, finishing first in the shot put.

His throw of 56 feet was more than two feet beyond the second place finisher and proved to be a new PR for Hensch.

For their efforts, both Hensch and Rooney earned USTFCCCA All-Central Region awards, and both earned spots to compete at the National Indoor Meet.

Stowell, Hensch, and Rooney then traveled to Birmingham Southern College in Alabama to compete at the national meet.

On the women's side, Stowell was seeded 17th in the 60-meter dash, and finished two spots higher in 15th with an admirable time of 7.79.

Her time was just shy of her career best, but didn't qualify her for the finals of the event.

Hensch was seeded fourth in the shot put based on his throw of 56 feet from the MIAC Indoor meet.

In Birmingham, he finished in sixth place with a throw of 53-05.50. His sixth place finish earned him All-American honors.

"Mike is 100 percent a product of hard work. He has dedicated himself by eating right and sleeping right. He is very scheduled and particular with the things he does with his body and it is paying off. We'll look forward to see what he can do outdoors and his continuation up the ladder," Bahr said.

On the first day of the meet, Rooney qualified for the 60-meter hurdle final with a time of 8.20.

The next day, the First-year ran a time of 8.21 and finished in seventh place, also earning All-American honors.

"Taylor is young and has some great talent. Now we want to see what he can do with some great instruction and continue to get better. Seventh place in his first indoor season is pretty impressive. He is definitely looking to improve and is learning. Anytime you have a talented individual who is willing to listen and learn, I only see his future going up," Bahr said.

The Gusties have some time off from competition before they return to the track for the beginning of the outdoor season on March 29 at St. John's.

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Women's Basketball makes it to Sweet Sixteen

Miller becomes program's all-time point leader



Gustavus Sports Information

Senior Mikayla Miller drives at some Thomas More opponents. The Gusties lost this Sweet Sixteen game against their No. 3 ranked competition by a score of 75-67.

Nathan Thompson Staff Writer

Gustavus advanced to the NCAA Division III Sweet Sixteen on March 3, taking down UW-Whitewater 74-60.

They were led by a 26 point game from Senior Miranda Rice and a record-setting performance from Senior Mikayla Miller, who became Gustavus' all-time point leader at 1,792, passing Jess Vadnais who played from 2004-2008.

While Gustavus started the

scoring with an early three, the Warhawks responded with a 10-0 run to which the Gusties promptly answered, eventually evening the score at 12 apiece with two minutes left in the quarter. Whitewater eventually took a 16-14 lead into the second quarter.

The second quarter started with five straight points from UW-Whitewater and ended with a 37-30 Warhawk lead heading into halftime.

Rice accounted for nearly two thirds of the Gustie's points, dropping ten in the sec-

ond quarter.

Gustavus took over in the second half, scoring 20 points in the third quarter while holding the Warhawks to seven.

Rice and Miller combined for 14 points and the Gusties forced five turnovers.

"Down seven heading into the third quarter, defense made the difference for us," Head Coach Laurie Kelly said.

Gustavus rode the hot hand into the final quarter, adding another 24 points, mostly from the trio of Rice, Miller and Junior Kendall Thompson who combined for 23 points.

The game eventually ended with a 74-60 win, and a trip to the Sweet Sixteen.

Rice finished the game with a double-double, adding 10 rebounds to go along with her 26 points while Miller ended her record day with 21 points.

"When they play well our team plays well. We've struggled at times when other teams have focused on our seniors. It was their teammates, the ball-reversal, the waiting one extra second to make the pass. It's one of the best team games we've played this season," Kelly said.

In the Sweet Sixteen the Gusties dropped a 75-67 decision against No. 3 ranked Thomas More at Hope College

this past Friday.

The loss would end the Gusties stellar 24-7 season.

The Gusties began with a strong first quarter where they shot at a 50 percent clip from the floor to take a 21-17 lead into the second quarter. Gustavus held an early advantage on the boards, out rebounding the Saints 9-5 while also recording six assists through the first ten minutes.

Thomas More was quick to answer, holding the Gusties to eight points in the second frame while going on a 6-0 run midway through the second twenty minutes to take a 32-29 lead into the intermission.

Gustavus held an 18-11 advantage on the glass heading into halftime while Thomas More concerted on 10-12 free throw attempts in comparison to the Gusties 2-3.

The Saints continued to roll heading into the third quarter, shooting 58 percent from the floor while taking advantage of nine Gustie fouls. Miranda Rice led the Gustie in the third with five points and two boards.

Trailing 57-44 in the final quarter the Gusties began with a 7-0 run, reducing the Saints' lead to six.

Gustavus would continue to threaten Thomas More's lead, eventually pulling within

three points of the lead. The Saints however, would lean on a strong finish to take the 75-67 win.

Gustavus were led by Miller, who dropped 20 points on 7-16 shooting while also grabbing six rebounds and a steal. Rice recorded seven rebounds to lead the Gusties while Freshman Ava Gonsorowski led all players with five assists.

Gustavus shot 43 percent from the field and 35 percent from deep while holding the advantage on the glass 34-30.

On top of their dominant Senior seasons, both Rice and Miller were named to 2018 Women's All-Region Teams this past Tuesday with Miller being named to the All-West Region Second Team for the second year in a row and Rice named to the Third Team.

Miller finishes her Gustavus career leading the program in total points (1812), field goals made (636), and steals (310) while also ranking second in school history with 383 assists, 204 three-pointers and 336 free throws.

Rice leaves Gustavus having played more games than any other player in school history with 112 games while also ranking fourth in career points with 1416 and third in field goals made with 571.



Gustavus Sports Information

Senior Miranda Rice looks for a pass in a game earlier this season.

Hockey season ends in historic fashion

Gusties lose 3OT heartbreaker to UW-Eau Claire



Gustavus Sports Information

Senior Kaitlyn Klein skates up the ice with the puck in the team's NCAA tournament game. After 3 regular periods and 3 overtime periods UW-Eau Claire won with a score of 3-2.

Jacob Woodrich
Staff Writer

The Gustavus Women's Hockey team's season concluded last week in the first round of the NCAA Division III National Tournament.

After being defeated in the MIAC Playoff Championship game, the Gusties were granted an at-large bid into the NCAA Tournament.

The Gusties, who finished their season with a record of 20-4-4, were upset in the opening round of the tournament by UW-Eau Claire by a score of 3-2 at the Don Roberts Ice Rink here at Gustavus.

The game was unable to be settled in regulation, so the Gusties and Blugolds headed to overtime deadlocked at a score of 2-2.

The score remained the same

after two full periods of overtime.

Unfortunately for the Gusties, the game was over shortly after the third overtime period began when UW-Eau Claire netted the game winning goal over four hours after the game began, making it the longest game ever played in tournament history.

"It was definitely a game I will never forget. It was such a long game, and in between the overtimes, we would just come into our locker room and try to drink lots of water and stretch out so we were ready to keep going," Junior Amanda Di Nella said. "It wasn't the outcome we wanted, but we fought hard and we can't hang our heads on it."

The game with UW-Eau Claire was the second time the Gusties met the Blugolds this season.

"Earlier in the season, we played Eau Claire and tied in overtime, so going into the game, we knew it would be a battle, but little did we know it would last for almost two whole games," Senior Captain Diana Draayer said. "I think games like Eau Claire really show how deep a team can dig for one

another and how players are willing to sell out for each other. Waking up on Saturday morning, everything hurt. Although still upset from the night before, I felt satisfied knowing we left it all out there."

The Gusties definitely left everything on the rink, as they fought for a chance to meet up with Hamline, the same team that defeated the Gusties in the MIAC Playoff Championship game, in the next round of the NCAA tournament.

"Postseason hockey is what you play for. It's what you think about when skating on Monday in November till Monday in March, and it's the most exciting hockey. I know we were all gunning for another shot against Hamline, so we were very focused on beating Eau Claire," Senior Captain Erica Power said. "Ultimately, it was not the outcome any of us wanted, but we fought until the very end and left it all on the ice."

Despite an early exit from the NCAA tournament, the Gusties had a highly successful season on the ice, including a MIAC regular season title.

"Our season, overall, was very successful. We were MIAC

regular season champs. We only lost two regular season games and had an overall record of 20-4-4. We played hard day in and day out and we were all on board," Di Nella said.

Many key players, including Di Nella, Draayer, and Power, returned from last year's team.

"We had a lot of returning players that helped us settle in right away and find our groove early. Like every team we had our ups and downs, but this year was a lot of fun with a great group of hard-working teammates," Power said.

Through the successful regular season and hard-fought postseason, the women who were a part of the team had a wonderful experience this winter.

"Being a senior, you hope your last year is your best one yet. Of course I would have loved to make it farther than we did, but I couldn't be more proud of our team and everything we accomplished this year," Draayer said.

The Gustavus women's hockey team hopes to build on the special season that was had this winter and learn from the playoff experiences in this past month for seasons to come.



Gustavus Sports Information

Senior Erica Power lines up for a face-off against a Blugold opponent.