

Streaming services are taking over



Cyan Spicer
Opinion Columnist

Over the past few years, streaming services have taken over the entertainment industry. Whether it be Netflix, Hulu, or various other streaming services, these companies have gotten more and more popular, basically taking over cable and satellite television.

There are various reasons this is happening, but it mainly comes down to convenience and affordability. With cost, streaming services are far cheaper than cable companies could offer for their channels. Cable on average costs \$68 a month, whereas a combined Netflix and Hulu—with no advertisements—costs around \$25 a month.

“There are ways in which you can have some form of control, but that’s only with what channels you can view, and those options are only after the basic ones.”

If you look at cable television, it’s important to note that there are commercials, advertisements mainly, around every five minutes. There are also set times on when things air on different channels, and no way to choose these times or shows that come on. There are ways in which you can have some form of control, but that’s only with what channels you can view, and those options are only after the basic ones in which everyone gets regardless of whether they want those channels or not.

Netflix has no commercials, and Hulu has an option of no advertisements if you pay a bit more—which is still less than cable. All the shows and movies are available at any time of the day, making it so there’s freedom for you to choose when and what to watch. This is true for most, if not all, streaming services, providing for a more convenient viewing option.

Here at Gustavus, students are offered a way to get the basic cable networks for free. Yet, students generally prefer to use their own streaming services if they are to watch any television or movies. It still all comes down to convenience. “Netflix

has more movies and more TV shows that I actually want to watch. I like how you can use Netflix at any point to watch what you want. With cable, the shows you want to watch only come on at specific times and that can get inconvenient,” First-year Callie Coleman said.

Unless you want to watch the news or other broadcasted television, streaming accounts are where it’s at. Even if you do want to watch broadcasted TV, you can find things through the internet, making it so you don’t need cable television to access such stations.

For these reasons, less and less people are getting cable, and not just the students here on campus but all over the United States. A recent study on Forbes has found that cable providers in the United States have around 48.61 million subscribers. Netflix, on its own, has over 50 million subscribers. This is the first time that Netflix has surpassed cable providers in the number of subscribers they have, and it’s highly likely that the numbers won’t be reversing themselves anytime soon, if at all. The convenience and overall price gap is too significant for most people to ignore.

And yes, of course there are a few channels or programs that may have shows that you can’t find on any of the streaming services, which is why many people who may prefer their streaming services over cable still have cable. “Streaming services provide people with an inexpensive alternative to large cable packages. Hulu is the most effective replacement for cable since it has more of the shows you’d find on average cable networks, whereas Netflix is more of an HBO. It’s got loads of original content and some classic movies. I do have DirecTV though, which I use for a lot of specific channels,” Gabriel Berg said.

“What I’m trying to get at is that cable is becoming less convenient, and if cable companies want to stick around, they should find new ways to appeal to the coming generation.”

Many people still love their cable, or are offered better deals for internet if they get cable as well. It isn’t as if everyone is simultaneously saying that we should get rid of cable for good, or anything like that. What I’m trying to get at is that cable is becoming less convenient, and if cable companies want to stick around, they should find new ways to appeal to the coming generation.

All in all, streaming services are taking over how we enjoy entertainment as we know it, and no one outside the major cable companies seem to be complaining.

Advice for the floundering first-year



Dear First-years,

If you’re anything like me, you haven’t been getting enough sleep. Especially now that the end of the semester (and the finals that come along with it) is rushing towards us, I have been getting less and less sleep and doing more and more homework.

But did you know, dear first-years, that college students who are sleep deprived are more likely to get sick? And that lack of sleep directly correlates to the amount of stress that you are able to handle? A lack of sleep doesn’t just make you a little tired during class, it can negatively affect every aspect of your life including your grades, health, extracurricular performance, and even your relationships.

You’re probably wondering, how can I possibly get more sleep when I’m so busy? Here are some of my best tips.

First, and most importantly, limit your caffeine consumption after 3:00 p.m. We all have been known to chug a coffee before a studying marathon, but when it comes time for bed that caffeine is going to keep you awake, so think before you order at the Courtyard Cafe.

Next, create a bedtime routine. For me, this includes putting on my warmest pajamas, getting ready for bed, and then reading a chapter or two of a non-school related book every night.

Find the routine that works for you, but try to avoid screen time if you can. Studies have shown that looking at screens keeps us awake.

Finally, know how much sleep you need and make it a priority. If you spend all afternoon with your friends and don’t start on your homework until 11:00p.m. or later, of course you aren’t going to get any sleep. Get things done earlier in the day then spend time with friends before bed. If you take the time to analyze your schedule, you’ll likely find you’re wasting time on your phone or watching netflix, and you can limit those activities for maximum productivity.

I hope these tips help you to get a few extra hours of sleep.

Take care,
Marie



Marie Osuna
Copy Editor

Trigger warnings in academics



Sarah Knutson
Opinion Columnist

The debate about trigger warnings use in academics should not be disregarded as another way of coddling students or being politically correct. Trigger warnings serve to foster dialogue, teach coping skills, and expose students to topics they might otherwise avoid. Content warnings are verbal or written notices given before potentially sensitive content which are designed to be generally applicable to any issue. Trigger warnings are a more specific subcategory of content warnings that are used to warn audiences of content that could cause intense psychological or physiological symptoms, especially for those with Post Traumatic Stress Disorder (PTSD) and other anxiety disorders.

The U.S. Department of Education has issued statements of support for trigger warnings as a method to provide a protective learning environment that fosters dialogue and mutual respect between the instructor and student. By inserting warnings before possibly sensitive material it provides a psychologically safe way for students to process the information and handle discussions regarding the topic. This is not limiting freedom of speech or academic speech, rather it is consistent with the desire for freedom in that it allows students who might otherwise not want to engage in sensitive topics to feel comfortable enough to do so. Anti-trigger warning advocates argue content and trigger warnings will censure instructors or allow students to avoid learning material that will challenge them, however, by giving students a heads up it demonstrates respect for the students mental health and gives the students more control in how they react to such material. The University of Michigan gives an anecdotal example, explaining how warnings will allow for more student engagement, "When presented with a scene that depicts sexual violence, a student who was assaulted might shut down, disassociate, panic, become angry, or otherwise disengage from the class as they put all their attention into managing the emo-

tional and physical symptoms the triggering material brings up for them. However, if the student is forewarned that the material includes a depiction of sexual violence, they might prepare for it by meditating, seeing their therapist, or simply give themselves more time to work through the material so they can process it under controlled conditions." Recognizing a student's mental wellbeing is more important than the "shock-factor" of hard material is something professors should cognizant of when designing lectures and class plans.

A trigger warning does not have to be an act of censorship but can be the foundation of a discussion with students that incorporates their background, experiences, and respects student comfort levels. Including warnings can foster trust with the professor and establish the opportunity for students to feel comfortable talking about their past trauma and seeking additional help from campus resources or mental health professionals. No matter how exposed and accustomed to challenging material professors are, students are people too with real histories and concerns. Professors should expose students to uncomfortable topics but they also need to help students navigate the discussion.

Individuals with PTSD or mental health accommodations often do not have control over what factors trigger emotional responses but many may have strategies they use to cope with triggers. The University of Michigan's Inclusive Teaching Guide' explains that individual trigger coping strategies, "work best when the trigger is expected and can be prepared for in advance of the encounter. Hence the importance of content or trigger warnings: they give people the forewarning necessary for them to make use of the strategies that will decrease the harmfulness of encountering triggering material."

The Good, the Bad, and the Meh



The Christmas trees went up in the Caf, providing a great distraction to the 12 dollars left in your meal plan.



The sidewalk sand has started to form a colony in your dorm room.



You gained five pounds from Thanksgiving break, but all the trudging through the snow has (hopefully) helped burn it off.

Pushback against trigger warnings include faculty groups such as the American Association of University Professors, which see warnings as "interfering with core goals of education and infringing on free speech and academic freedom," and as a means for oversensitive people to avoid topics or to manufacture a problem for personal attention or political gain. There is worry that if warnings become mandatory, they can become grounds for students to complain or potentially sue if the syllabus fails to warn students about particular wording that one student found offensive. One commentator on Inside Higher Ed argued, "Once trigger warnings are established, it is easy to put more and more topics in the restricted category, and then an easy step to say that these topics cannot be addressed at all."

No one expects professors to anticipate every need or sensi-

tivity of every student in their class, and with most courses students know what topics will be discussed and presented. Students can expect to understand the course before they enroll and skim the syllabus readings within the first week.

Stephen J. Ceci, Scott O. Lilienfeld and Wendy M. Williams from Inside Higher Ed propose students be given the One-Time-Only Trigger Warning on their first day of colleges, "Over the course of the next four years you will be encountering a number of topics that you may find emotionally challenging, even difficult. If some of this stuff makes you feel uncomfortable, that's perfectly normal, and we encourage you to talk to us and your friends about it. But bear in mind that a liberal arts education is designed to confront you with things that challenge and at times even threaten your worldviews. So if you feel intellectually or

emotionally disturbed by what you learn in class, don't assume that you should be concerned. It may only mean that you are engaging with novel perspectives, which is what college is all about."

I do not think trigger warnings can realistically become mandatory because there is no way of detecting all triggers that could upset students, however, I do think we need to take them seriously and use trigger warnings as much as possible. Creating an environment where students are able to completely engage with the discussion is what college is about and professors have an important role in developing safe spaces. Life has enough triggers, and by using warnings in academics, professors can create opportunities for students to learn how to cope and address hard topics which will prepare students for the world after college.

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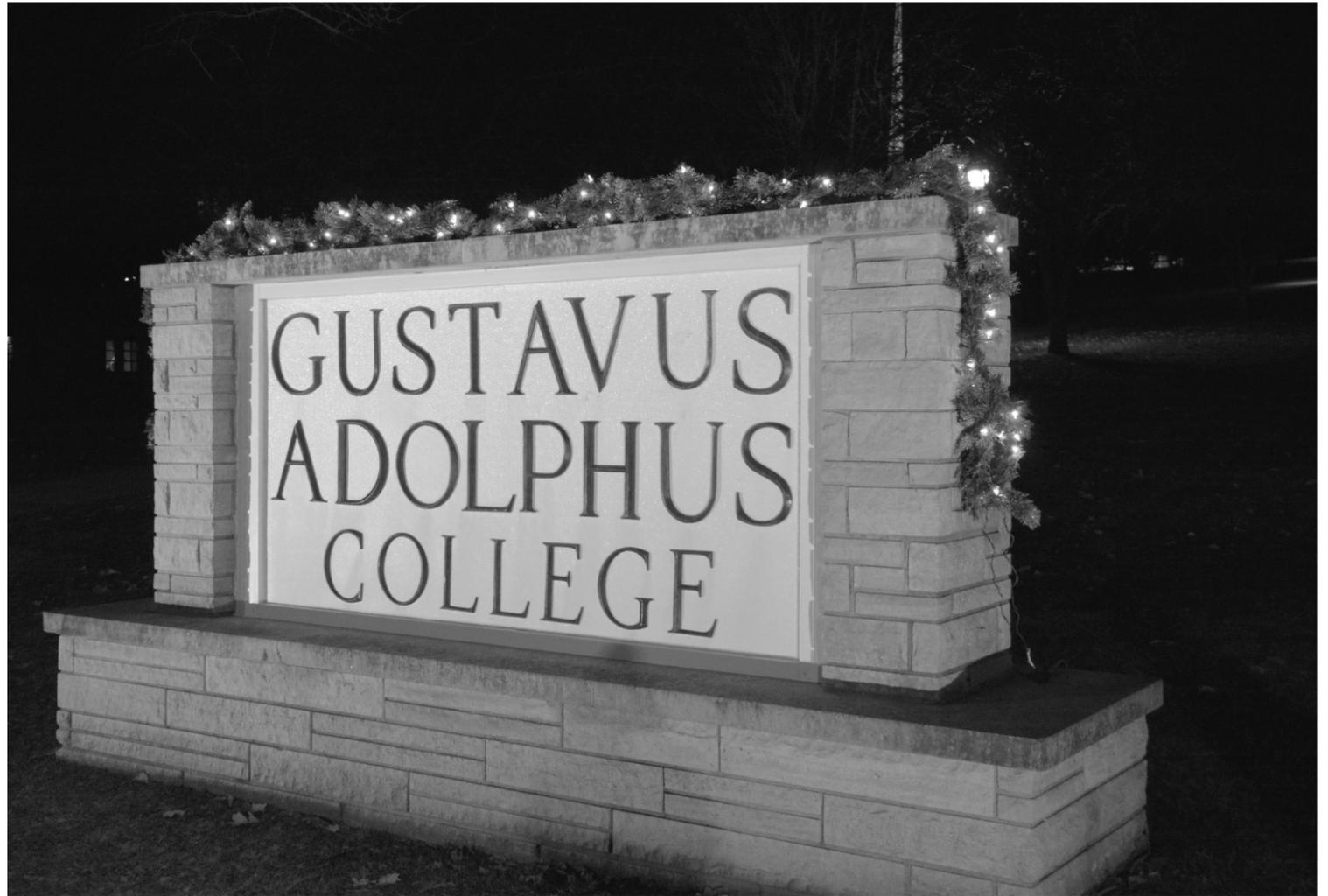
Don't be a Gustavus Grinch



Emily Seppelt
Opinion Columnist

With the holidays right around the corner, Christmas spirit can be found everywhere around campus. While the sight of lights, trees, and ornaments may fill some people with joy, others dread every note of the Christmas music that seems to be unavoidable anywhere you go. Although not everyone loves the Christmas spirit, there are few people who choose to ruin it for everyone else.

You know the one. Season after season they return, cursing the spirit of the holidays. These are those people who unknowingly embody the spirit



The holiday decorations brings joy to many people as they walk up the Hill.

Abby Anderson

of the Grinch and Ebenezer Scrooge combined every year. The minute they step into a room filled with Christmas décor and general holiday spirit, they bring down everyone's mood with their negativity and

disdain for the "frivolous". While everyone has the right to their own opinion concerning the holidays, and by no means does everyone need to deck the

"The habit of putting others down for something that they enjoy doing, listening to, making, etc. is one that needs to be done away with."

halls every year, they shouldn't make everyone else feel bad for doing so.

This holds to any holiday, time of year, or honestly anything that makes someone else happy. Take for example someone who is being ridiculed for listening to Christmas music before someone else deems it appropriate. Shaming them for their actions will get you nowhere. All it does is make the accuser look mean, and the listener feel dejected. Who knows? Maybe listening to Christmas music is the one thing that makes somebody feel better. Now, they may feel like they aren't allowed to do the one thing that helps them to get through their day.

Hearing holiday music and seeing décor really doesn't affect or hurt you in any way at all unless you let it. But complaining about it and making fun of other people who enjoy it only

drags everybody down. I'm by no means arguing that everyone should be overjoyed about the Christmas season, or enjoy everything that somebody else does. However, we should respect what brings other people joy and happiness, withholding judgement and cruelty.

This brings me to a larger point. The habit of putting others down for something that they enjoy doing, listening to, making, etc. is one that needs to be done away with. You never know what somebody else is going through and/or how much one tiny thing can mean to a person. Just one comment on how their favorite TV show is dumb, or that their art is a waste of time can not only ruin someone's day but destroy their self-worth and self-confidence. For all you know, they may have just started making art, or whatever else you made a rude comment about. Plus, no one enjoys the company of a Grinch. Creating negative energy is toxic to everyone. Playing Devil's advocate will get you nowhere.

Even if your complaining or advice may seem innocent, you never know what else someone is going through in their life at that moment. I have seen first hand how one, simple, tiny comment made to a friend can spur on their depression and/or anxiety to run amok. While

it may not seem like the person is struggling or very much affected by what you say, it's quite possible that they are. You might be surprised on how well the seemingly successful and happy person may be hiding their true stress from others.

Overall, this is just a message to keep kindness and thoughtfulness in mind this Christmas season. Why choose to rain on someone else's parade? Just like your mom said when you were little- "Treat others how you want to be treated." No one wants to be made to feel ashamed for something that they enjoy doing or participate in, so why do it to other people? The whole message of this season is to give other people joy and happiness and ruining other people's mood is not a part of that. Instead of dragging someone else's passion down, compliment them on whatever they like, such as the Christmas season. Even simple toleration and silence are better than negativity. This habit can be practiced all year long. Embrace the positive attitude and lift other people up not only during the holiday season but every day of your life.



Christmas spirit can be found all over campus.

Abby Anderson

Down

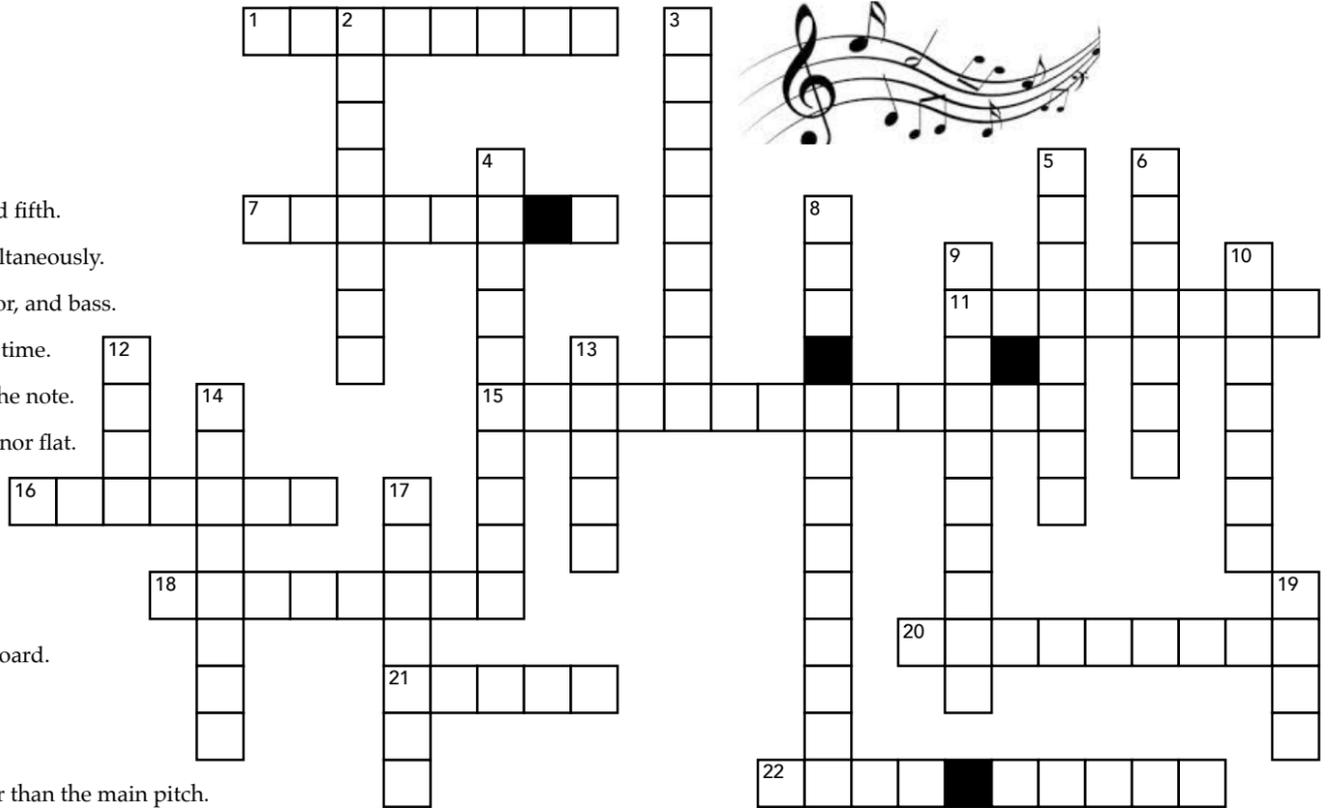
- 2. A song that remains popular through generations.
- 3. The notes that embellish a melody.
- 4. A scale having five tones to the octave.
- 5. The notes found within a major or minor scale.
- 6. A note half the length of a half note.
- 8. The group of sharps or flats which indicate the key.
- 9. A triad consisting of a root, minor third, and lowered fifth.
- 10. The result produced when tones are sounded simultaneously.
- 12. Abbreviation in choral music for soprano, alto, tenor, and bass.
- 13. A joyous song of praise, usually sung at Christmas time.
- 14. Short, detached. Indicated by a dot over or under the note.
- 17. The symbol n that indicates a note is neither sharp nor flat.
- 19. A unit of measurement of rhythmic time.

Across

- 1. A group of musicians performing together.
- 7. The note C that is near the middle of the piano keyboard.
- 11. The distance in pitch between two notes.
- 15. To change a composition from one key to another.
- 16. A rapid fluctuation of pitch slightly higher or lower than the main pitch.
- 18. A non-amplified or non-electric instrument.
- 20. An adjustable device that indicates the exact tempo of a piece.
- 21. The notes than an instrument or voice is capable of creating, from the lowest to highest.
- 22. A score to a song including only the melody line, chords, and lyrics.

Crossword

Music



"After Break Blues" by Bryanna Filip



Jokes of the week

How do you fix a broken brass instrument?

With a tuba glue.

What do you get when you drop a piano down a mine shaft?

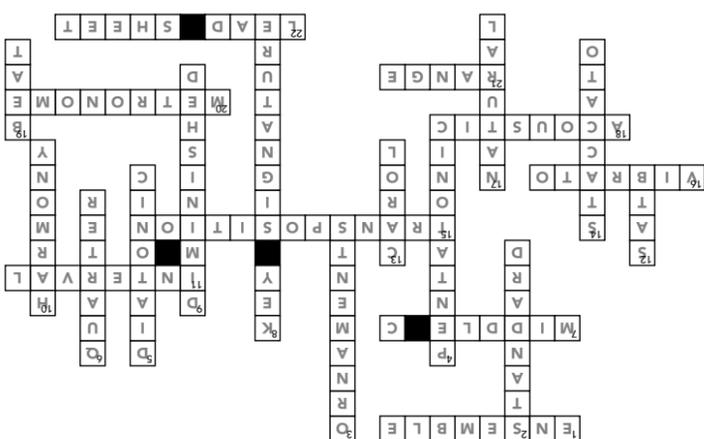
A flat minor.

Word search

Musical instruments

M S X Q D D Z D S G U I T A R D S W F A
 X J V U T Z P G P T E E V B H S O S X O
 E P C W G O Y V E V A U Y U C E L A J S
 C U P Q O S D N I W D O O W G Q M T H F
 M Q H E L U I L I R K Q B T Z U Y T Y Z
 E N L A D R I Z Q C L O L L E C H M W M
 V T C I A Z P K X P E R C U S S I O N Y
 A O R L M M P Z X O Z F W L V W U B R I
 V S C T B L M P F H M S A Q Q U B Q B E
 N O U M X I X R Q L H E B V C P D S O A
 N N K U W Y I A M L U G H J L X A B N K
 N I L O I V N H X Z P T U B A X O C V Z
 C T H T V F N I Y T L J E J O S Q N S I
 M H H B R A S S L T R U M P E T J M L J
 I P Y D P O X U O O X L H B G R Q P O Q
 E L P Y U V M M P L B O I X O I B F B R
 O I G W B C C B H H N J Y D O N D Y M X
 Z Z R Z S E J X O E G P H B N G R V Y O
 Q Y V R B V M K N N S J K O A N U G C R
 J T R I A N G L E S E Y V A I Y M E Z L
 T H X W C Z V P J P Y M J U P L S M R D
 Y B A S S L V E Y N M C X B S M F G Z D

BASS
 BRASS
 CELLO
 CLARINET
 CYMBALS
 DRUMS
 FLUTE
 GUITAR
 HARP
 OBOE
 PERCUSSION
 PIANO
 SAXOPHONE
 STRING
 TRIANGLE
 TROMBONE
 TRUMPET
 TUBA
 VIOLIN
 VOCALS
 WOODWIND
 XYLOPHONE



Swimming and diving hosts invitational

Men's and women's teams place first in last two meets

Joe Brandel
Sports & Fitness Editor

The men's and women's swimming and diving teams have been off to a strong start this season, tallying two first place finishes each in their last two meets.

On Nov. 10, a team of Gusties traveled to St. Olaf college to take on the Oles in a head-to-head meet.

The men's team had an impressive showing, commanding the meet and finishing with a score of 210 points compared to St. Olaf's 88.

The Gusties showed a lot of depth in their squad, with seven athletes winning 13 of the 17 events.

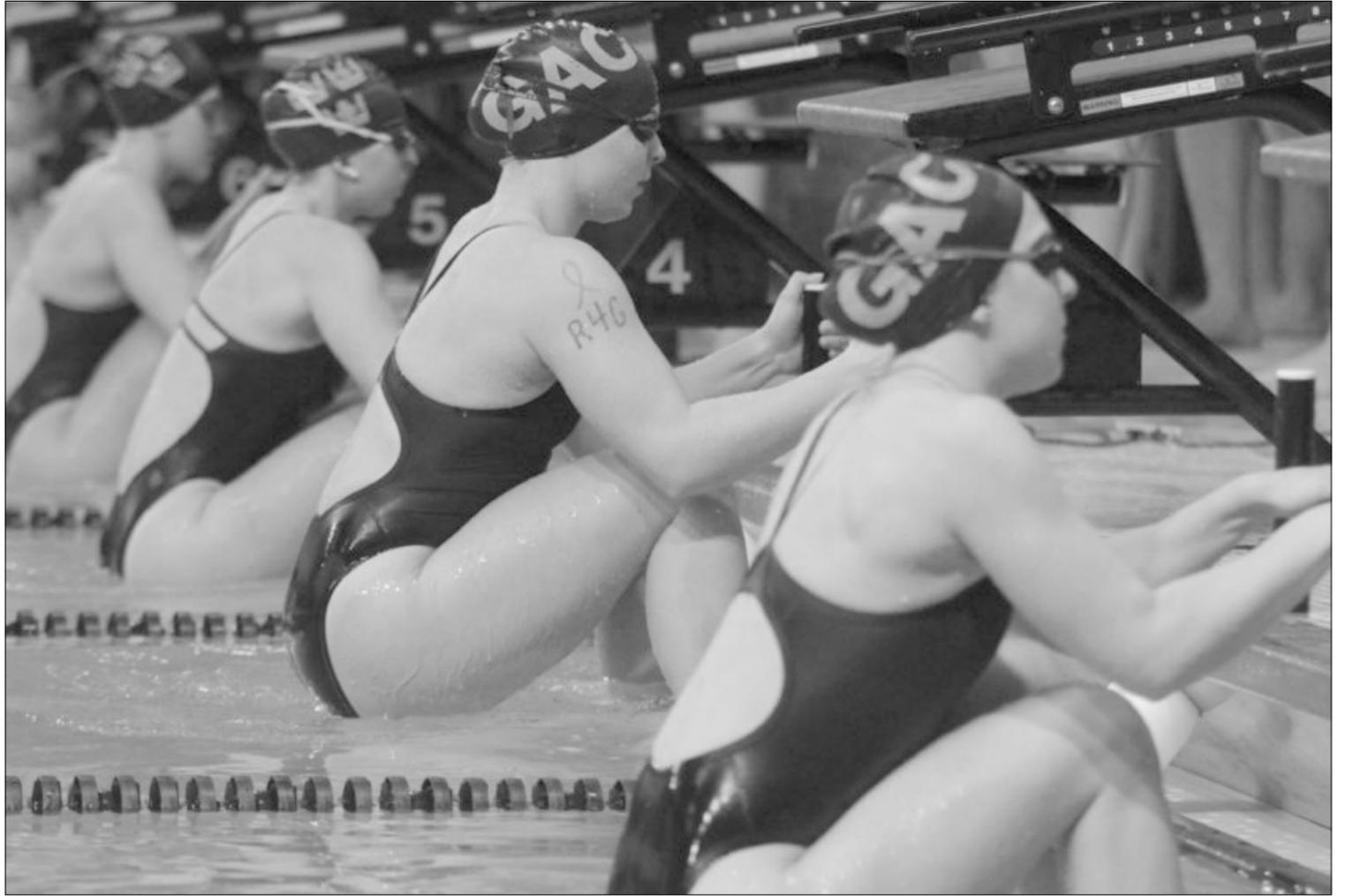
Senior veteran Tanner Sonnek lead the way for the team, winning the 100 and 200 yard breaststroke and placing in other events.

Juniors Matt Allison and Zach Dawson also had notable performances that day. Allison brought home first in the 50 and 100 yard freestyle for the Gusties and Dawson won the 500 and 1,000 yard freestyle.

Juniors Logan Bican and Ryan Sklar along with Sophomores Josh Muntifering and Nolan Larson rounded out the rest of the Gusties individual wins.

On the women's side, the team found themselves in a much closer battle but also came out on top, winning the meet by a score of 158-140.

Senior Maggie Webster was the standout with wins in the 50 and 100 yard freestyle events. Webster also anchored the



Gustavus Sports Information

Members of the Gustavus Women's Swimming and Diving team prepare to start a backstroke event during a meet earlier this season.

team's 200 yard freestyle relay team that finished in first.

Webster will be an important asset to the team this season as she heads into her senior year. Last season, Webster earned

All-Conference honors in seven events.

Both teams kept this momentum going at the Grace Goblirsch Invitational that they hosted the following week.

Teams from Augsburg College, Macalester College, and Morningside College attended the event Nov. 17.

The men's team placed first, finishing with an impressive 1,093 points, while Morningside came in second with 688.5 points.

The women's team responded from their close competition with St. Olaf, blowing the competition out of the water in this meet. The Gusties finished with 1,197 points on the day. Macalester College came in second with 532.

"We've been training hard for the past few weeks and for the swimmers to find a way to step up was impressive."

—Coach Moe

The women's team saw many impressive performances that day from athletes of all ages. In the meet, the women's team boasted 14 individual event wins, along with three first place finishes in relays.

Senior Haley Pesik and Webster were the top performers for the team, winning four individual events collectively. Webster also anchored winning relay teams in the 200 yard medley and the 200 yard freestyle while Pesik anchored the winning 400 yard freestyle relay.

The men's team won 10 individual events in the meet and two relays.

This time, it was Larson who left the biggest impact, winning the 200 yard butterfly, 200 yard IM, and 500 yard freestyle events. Larson was also part of the winning 200 yard medley relay team.

Sonnek and Muntifering also won two individual events a piece.

All three of these athletes have put up impressive times and many individual wins this season. Sonnek and Larson left a big impact on the team last season, earning All-Conference honors in seven events each and will look to improve on that astonishing feat this season.

With multiple returning leaders, both the men's and women's swimming and diving teams are set to have impressive seasons and it has shown in the first few meets they have been a part of.

Head Coach Jon Carlson is excited about both team's recent success and is looking forward to what the rest of the year has in store for the program.

"I was very pleased with how we swam today. We've been training hard for the past few weeks and for the swimmers to find a way to step up was impressive," Carlson said.

The Gusties hope to maintain their winning ways when they travel to Iowa this upcoming weekend to compete in the Grinnell Invitational.



Gustavus Sports Information

A member of the men's team competes in a butterfly event during the Grace Goblirsch Invitational.

Women's Basketball starts with 3-2 record

Gusties hope to adjust before entering conference play

Eli Dotson
Staff Writer

The Gustavus Women's basketball team went 1-1 over Thanksgiving break, first clobbering Buena Vista 78-49 Nov. 20 and then falling to Luther 71-64 four days later.

In the first game, the Gusties' two veteran stalwarts led the onslaught.

Senior forward Kendall Thompson produced a double-double with 14 points on 6-8 shooting and 10 rebounds, and Senior Justine Lee led all scorers with 21 points.

"Our players' roles are changing, [Thompson] and [Lee] have really emerged as strong leaders," Head Coach Laurie Kelly said.

Sophomores Ava Gonsorowski and Paige Richert also chipped in with 11 and 10 points, respectively.

A lackluster start and initial five-point deficit led to a Gustie timeout, which seemed to light the fire on a cold November night and produced a 19-7 run to close out the first quarter.

For the rest of the game, the smothering defense of the Gusties slowly suffocated Buena Vista and resulted in the nearly 30-point final margin victory.

The steady defensive pressure resulted in 33 Buena Vista turnovers, garnering the Gusties 40 points off those mistakes.

The beavers were also held to 32.7% from the field. Kelly was excited about the defensive effort.

"This was a good teaching point because when we're not shooting the ball well, we can still extend a lead by playing great defense," Kelly said.

After the holiday, Gustavus rode their three-game winning streak to Decorah, Iowa to face the Luther Norse.

Once again, the Gusties



Gustavus Sports Information

Sophomore Marnie Wagner attempts to steal the ball from an opponent during a game earlier this season against Martin Luther.

came out of the gates slow, perhaps this time a residual of all the feasting from the day before.

The squad fell into 18-3 hole in the first quarter and a faced a 12-point deficit at halftime.

Gustavus rallied back near the end of the third quarter as Gonsorowski scored 6 points in the span of 30 seconds. She would finish with 11 points on the game.

With three minutes left in the game the Gusties nearly evened the score at 62-61, but Luther was able to resist this final onslaught and finished the game with a 7 point victory.

Thompson had another solid outing with 15 points, and Lee also reached double figures with 10 points.

Offense was a struggle at times for the Gusties against Luther, as they shot just 32.8%

(20-61) from the floor.

"These games felt similar because we started out slow and had to battle back. By the time we got things clicking against Luther, it was just too late," Kelly said. "We've got great senior leadership, but the roles this year are quite different so it's taking us some time to adjust and see who can replace the scoring we lost from last year. We're looking for-

ward to getting into conference games soon."

If the Gusties can figure out how to light that spark early and keep the energy flowing all game, they'll be a force to be reckoned with in the MIAC this year.

The Gusties are back in action on Thursday against UW-La Crosse and open up conference play at Saint Benedict on Dec. 1.



Gustavus Sports Information

Sophomore Ava Gonsorowski passes the ball during a game. The team currently holds a 3-2 record.



Gustavus Sports Information

Senior Kendall Thompson tries to dribble past a defender and get to the basket for two points.

Women's Hockey improves to 5-1-1

Amanda DiNella breaks All-Time Saves Record



Gustavus Sports Information

Senior goaltender Amanda DiNella saves a shot during a game against UW-Superior Nov. 20. The No. 8 ranked Gusties have had a strong start to their season, boasting a record of 5-1-1.

Tanner Sparrow Staff Writer

The D3Hockey.com ranked No. 8 Gustavus Women's Hockey team headed into the Thanksgiving break with an overall record of 5-1-1 (3-1 conference), separated from an undefeated start by only a 2-3 loss in Overtime to then D3Hockey.com No. 4 ranked Hamline on Nov. 16.

Regardless, things are looking good for the defending MIAC regular season champion Gusties, who bounced back from their only loss in their second game against Hamline, winning against the Pipers in OT the following day.

"We had a gut-check in the locker room and could have gone one way or the other. I was really proud of the girls for battling and we played great in the second and third and made up the shot advantage and found a way to win in overtime and returned the favor," Head Coach Mike Carroll said.

Senior Amanda DiNella played in the entirety of the two overtime games with a total save percentage of .942. Her 35 save effort in the victory saw her break the Gustavus all-time save record previously set by Danielle Justice in 2012. DiNella also earned her second MIAC Athlete of the Week nod for her performance in the win.

"It's an amazing feeling having the title of the all-time

saves leader. I have worked extremely hard throughout the years, but definitely couldn't have done it without my teammates and coaches pushing me each and everyday," DiNella said.

As for the win itself, DiNella, in her fourth season, knows how special it was.

"It was a big win for our team. It really shows that we have potential and even though we are young team we still can go all the way and play against the best. It was one of the best feelings I've had in college hockey so far because it was a team effort," DiNella said. "It wasn't just one person that did the job, we fought till the end and just wanted it more. If we have this drive and attitude for the rest of the season I think great things will happen."

Fast forward to the Gusties' most recent contest against St. Scholastica on the Tuesday before Thanksgiving break, the Gusties were thankful to earn a 4-1 win, outshooting the Saints 24-13 in the Nov. 20 victory. DiNella allowed goal and registered 12 saves.

"We had some really nice plays offensively, but I didn't think we played very consistent with our defensive zone. They did a good job in the first period with a different kind of forecheck we haven't seen much before. After the first period we adjusted to it and did much better. Anytime you get a

win at home it's good...so that was a good way to go home for Thanksgiving," said Carroll.

First-year Kristina Press had a strong performance, finding the net twice in the victory, earning her own MIAC Athlete of the Week honors. She has three goals so far on the year.

Gustavus has a tough schedule of ranked opponents to play, after time of print on Thursday, the Gusties will have played MIAC rival Bethel on Friday, Nov. 30 at home, and will finish the series against the Royals on Saturday, Dec. 1 away. Following that, the No. 8 Gusties will face No. 5 UW-River Falls in a two game series, followed by a home match against No. 10 UW-Eau Claire on Jan. 5, before reopening MIAC play against No. 9 St. Thomas on Jan. 11.

"Our team goals for the rest of the season are to make sure we are getting better each and everyday in practice and making sure it carries over into our games! We have done a really nice job so far and we just need to keep doing what we're doing, not only on the ice but in the weight room too. Although it may be a challenging schedule, it is much easier when working with such a supportive team," DiNella said.

It's a safe guess that if strong team play continues, and DiNella stays hot in net, the Gusties should be set up for success down the stretch.



Gustavus Sports Information

Captain Allie Stanger battles for the puck in a faceoff against an opponent.



Gustavus Sports Information

Sophomore Sydney Henrichs takes the puck up the ice in a game Nov. 20.