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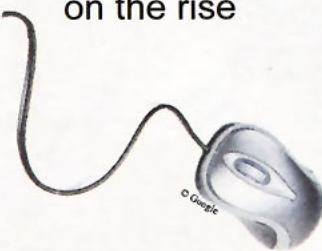
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Inside:

News

Cyberbullying
on the rise



Arts

Dancescape's
20th
anniversary



Sports

Which former
basketball player
started off as a
swimmer?



A country in need, students help indeed

Campus groups raise money for Haiti relief



Ari Hoy, left, and Ian Smith, center, speak with Lyon Smith on Thursday at Smith's downtown art studio. A Thursday night auction at the studio raised money for Haiti. Jake Rajewsky/Winonan

Brendan Moore
Winonan

On Jan. 12, the Republic of Haiti was struck by a 7.0 earthquake.

Hitting just outside the capital of Haiti, the Red Cross has estimated that more than 100,000 lives have been lost as a result of the disaster. The day after the Earthquake struck the American Red Cross made an initial pledge of \$1 million to assist in the Haiti relief.

Here at Winona State University, student Andrew Neumann has begun his own

campaign to contribute to the Haiti relief.

"I first heard about it on the radio," said Neumann. "Then I heard how it was so disastrous that it took out the whole country."

This past Wednesday Neumann formally addressed Student Senate about getting something setup in Kryzsko Commons for students and faculty to make donations.

"I think it's really good to see WSU jumping on the band wagon for this," said Student Senate Vice President Ian Galchutt.

One of the places Neumann would like to see the donations go to is the Doctors

Without Borders foundation.

While nothing definite has been put in place at this time, Neumann hopes to have something set up within the next couple of week.

"I just wanna get awareness about this out there. Its just one of those things people need to know about," aid Neumann.

On Jan.19, Neumann also posted a comment on the "Making a Difference at Winona State" Facebook page set up by Vikki English in response to a comment

See HAITI, page 6

Program offers rewards for game attendance

Alyssa Homan
Winonan

Winona State University has decided to introduce the Warrior Student Rewards Program as a way to reward students who attend athletic games regularly.

"The main idea of the program is to reward loyal fans, it's not necessarily in response to attendance," mentioned Travis Whipple, the assistant director of athletics.

This new program allows students to get points by attending home sporting events.

In order to earn these points, students must present their ID cards at the door of the event where it will be swiped and one point will be added to their tally.

Students don't need to worry about signing up for the program; they are automatically enrolled in it simply by being registered at Winona State.

"It's an easy process," Whipple said. "Students just swipe their cards like they would in the cafeteria."

There are a wide range of

prizes and raffle opportunities available to students who earn points; all of which were donated from local businesses as well as the Winona State bookstore.

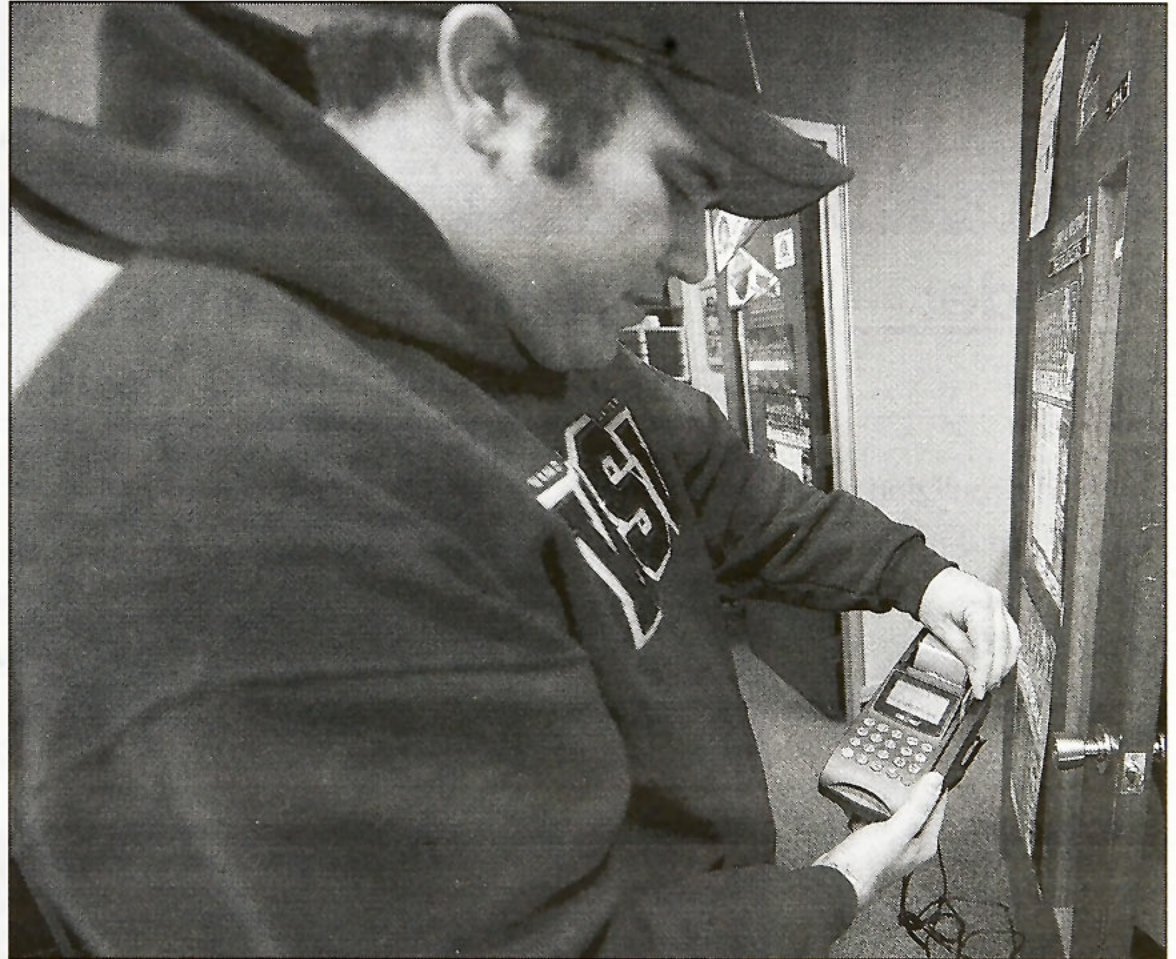
Some of the smaller prizes offered are free movie rentals from Videoland or a complimentary sub from Jimmy John's, whereas more enticing rewards include winning opportunities such as a 20 minute water massage from GQ or a free pass to the YMCA.

"When students have earned enough points for a particular prize, they will receive an email and will be able to pick their prize(s) up at the next Winona State event," said Whipple.

The full list of prizes can be viewed by going to the Winona State Athletics Web site www.winonastatewarriors.com and clicking on "Student Rewards." Students can view their current point total on this page as well.

According to Whipple, there will be plenty of chances to increase the number of points earned this semester.

See AWARDS page 6



Don Vieth, a Winona State University Graduate and employee at the Athletic Department, demonstrates the use of the new student rewards scanners, which will reward students for attending home games at

Rory O'Driscoll/Winonan

Bush Foundation offers more opportunity

Jenn Holt
Winonan

The Bush Foundation, founded by Archibald Bush in 1953, has since provided nearly \$800 million in grants to improve the well being of people. Last year, Winona State University was a proud recipient of a \$4 million grant to enhance teacher preparation.

Over the next ten years, Winona State along with 14 other schools in South Dakota, North Dakota, and Minnesota, will use the grant money to transform how they recruit, prepare, place, and support education majors.

The new program will begin in fall 2010 and focus primarily on elementary education majors and take place on Winona

State's main campus, as well at the Rochester campus.

"We are not aiming to grow," said Sally Standiford, dean of Education, "we are focusing on our redesign and supporting our graduates beyond graduation, into the first few years of their careers."

The new program will try and group education majors together throughout all their classes as well as integrate them into a clinical approach to get students into an educational setting outside of the classroom early on.

Usually, students begin their student teaching requirement their junior or senior years.

"We're aiming to put our students into an educational setting much throughout their four years at WSU," said

Professor Ferstl, associate professor of Physics.

The Bush Foundation emphasized four main points to which the universities will excel.

Recruiting, going to high schools to encourage or find qualities in students who would make good teachers. Preparation, group college students together in their classes throughout their years at Winona State.

Placement, Winona State remaining active in helping students to be placed in a school setting outside of the classroom. Support, following up with the students after he or she graduates and help where needed.

"If graduates need help with lesson plans or science kits,

Winona State will be there to help them in the first few years in the field," said Ferstl.

By 2018, the Bush Foundation aims to have 25,000 new teachers in the next 10 years, according to the Foundation. That number stems from virtually all of the new teachers South Dakota, North Dakota, and Minnesota will need in the next decade.

"These are not new jobs," said Ferstl, "they are replacement jobs accounting for people who may retire to leave the teaching field."

Plans are still being sorted out as faculty met last Saturday to discuss the plan further into detail.

The Foundation aims to guarantee the effectiveness of teachers who graduate from the

these 14 institutions.

"The Bush Foundation has given Winona State the potential to make WSU a premier educational institution, and we will be able to guarantee the potential of our graduates," said Standiford.

Winona State will also be in synergy with the other fourteen institutions.

"We are not in competition for the money," said Standiford. "We will work with other schools such as Mankato or St. Cloud to place our graduates in a school setting if we have a graduate from around other areas, and we will help their students as well."

The teacher preparation program will initially be geared

See BUSH, page 5

Student receives EPA internship

Alyssa Pederson
Winonan

Winona State University student Laura Senefeld became interested in chemistry in her sophomore year in high school, and now she has been awarded a nationwide opportunity to take her environmental chemistry major to the next level.

Senefeld received a fellowship through the Environmental Protection Agency Undergraduate Research Program, including an internship at their research laboratory worth close to \$42,000.

Senefeld is the first Winona State student to be selected for this nationwide fellowship, and only 14 students were chosen last year.

"I was pretty excited and really thankful," she said. "I wasn't sure the whole time if I was going to get it because it's nationwide. It's providing me with a lot of things so it's really exciting. It's a kind of opportunity that other people aren't getting."

Senefeld was not the only one excited about the news. Dr. Jeanne Franz, Senefeld's advisor and Winona State professor of chemistry, said that she was ecstatic when she heard that Laura had won the fellowship for which she competed with college students from all around the country.

According to Senefeld, Franz was the one who brought the internship to her attention in the first place.

"I wouldn't have known about this if it wasn't for her telling me, 'Hey, you should look into this,'" said Senefeld. "Now that I have the grant, I want to try harder because I am so lucky to have this opportunity."

Franz described Senefeld's award as a real testament to her hard work thus far in her college career, and her clear focus on helping the environment.



Lauren Robertson/Winonan

Winona State University student Laura Senefeld received a fellowship through the Environmental Protection Agency Undergraduate Research Program, including an internship at their research laboratory worth about \$42,000.

Senefeld will leave in May for the 12-week internship.

The internship has different areas of study, and Senefeld's top pick is in Massachusetts where she will be studying water chemistry by testing for pollutants and doing field work outdoors.

Senefeld is also interested in studying greener alternative energy.

Franz said as long as she has known Senefeld, she has been very interested in working to help save the environment, and especially in doing field work.

Field work is something a lot of people are interested in doing, but it is hard to find that work, particularly as an undergraduate, unless one makes the right connections, said Franz.

Senefeld receiving this

opportunity with the EPA will give her these connections that she will be able to use throughout her career.

"It will be nice working at a government building," said Senefeld. "Having instruments and methods that we don't have here will be nice. I look forward to getting outside and seeing what I have to look forward to."

In the mean time, Senefeld will continue to put in hard work and effort here at Winona State under the guidance of Franz.

Senefeld has done studies on penicillin in eggs after learning and doing a lot of background research, and this year, she will continue more on her own.

Senefeld is also pursuing a geoscience minor in addition to her major and chemistry.

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She wants to be outside for a majority of the year, picking up samples and analyzing them, and she would like to clean up water pollution to see what people have destroyed.

Until then, Senefeld is on the right track toward reaching her dream, and it will start with her internship this summer.

Franz hopes the internship

will be everything Senefeld imagined it would be when she chose to major in Environmental Chemistry and that it will solidify her desire to pursue a career in helping the environment.

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Utilizing technology in the classroom

Amanda Rehauer
Winonan

For the past four years, professors at Saint Mary's University have utilized a program called Tegrity, allowing them to record lectures and post them online for students to view.

This semester, several professors at Winona State University are testing out the technology, and Director of Learning Spaces Tom Hill said the system could become campus-wide as early as next fall.

"We've spent the last two years preparing and working closely with SMU," Hill said.

Since some students and faculty commute to SMU, he said, "It just makes sense to collaborate with them."

He said SMU has served as a useful resource in training, previewing how the technology is used, and previewing how it affects students.

Hill said one feature of the program includes the ability to create modules for students to watch before they come to class. Professors can also share their desktop to,

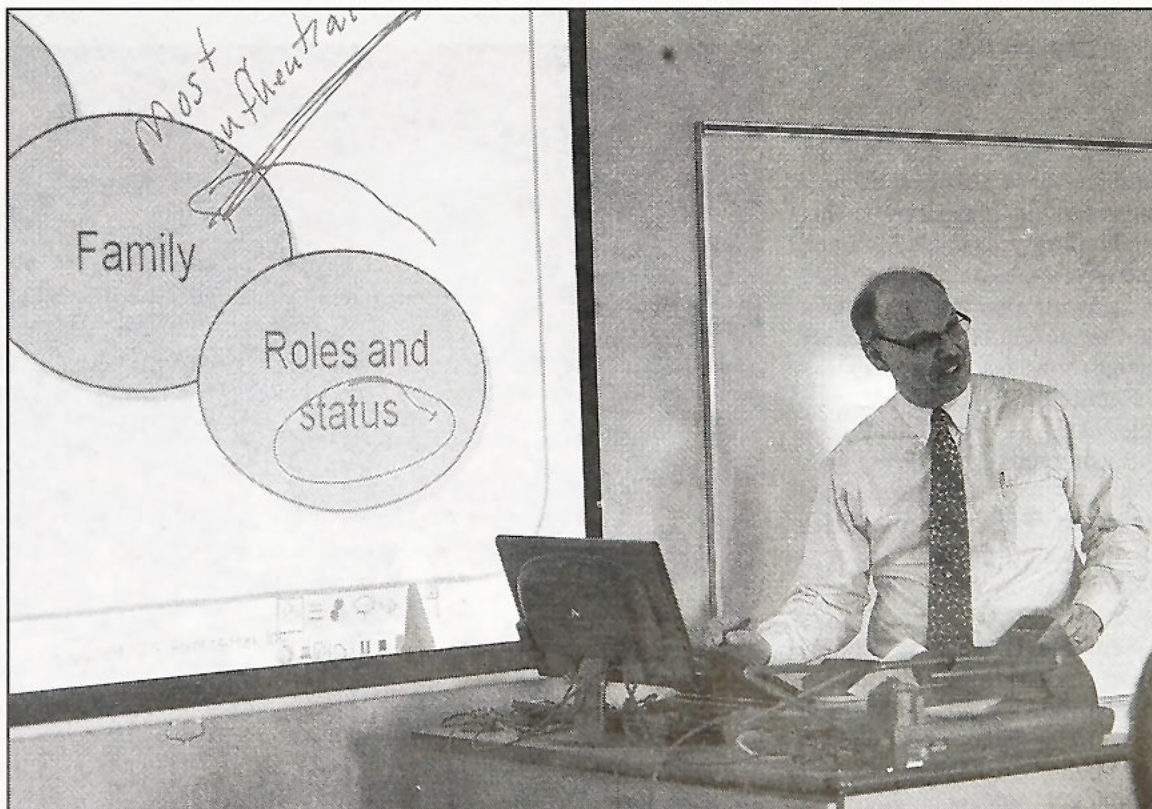
example, demonstrate how to use computer software, and can also use Tegrity to bring in guest lectures.

Pat Paulson, professor of management information systems, has played an important role in testing out the technology and getting the program rolling. He said that in the two weeks he has been using the technology, he can already see the potential it holds.

"I have one student who is doing an internship in Rochester during the day," he said, "so she is relying on the Tegrity recordings so that she can keep up with the class material. So far she says it is going well."

Paulson said he has another student who commutes from Rochester with other commitments besides school. "The flexibility of watching Tegrity recordings has helped her out," he said.

Paulson said he also suspects international students benefit greatly from the system. "If they have trouble keeping up with class material because I am speaking too fast, they now have the option to go back and



Rory O'Driscoll/Winonan
Dr. Tom Marpe teaches a course Jan. 20 at Saint Mary's University. Marpe uses a program called Tegrity, allowing him to record lectures and post them online for students to view.

review whatever sections they want," he said.

Hill said as more professors learn the system, it's possible there might be integration with D2L, and lectures might

also be available for download as podcasts so students can watch lectures on their iPods or iPhones.

He said he expects the new technology to enhance the

laptop program, since faculty and students are required to participate in it anyway.

He also said students will take surveys midway through

See TECH page 5

Cyberbully growing problem in town

Stefani Schmidt
Winonan

Bullying has moved from the playground to the computer. And officials are trying to find a way to prevent the growing trend.

On Saturday, Jan. 23, parents and community members met up at the Winona Middle School to discuss cyberbullying, led by community liaison officer for the Winona Police Department Kevin Kearney.

Officer Kearney believes the three main problems that can occur with children using certain technologies are "cyber bullying, revealing too much information and online predators."

According to Kearney, "Cyber Bullying is technology and bullying combined and it is a big issue."

While Kearney thinks there are some positives to children using these resources, such as socializing on Facebook and researching for schoolwork, he believes that the "more kids online, the more issues."

When it comes to revealing too much information on the Web, Kearney stresses that "parents can make sure that their children utilize the privacy settings on social networking sites and be careful of what is posted about them."

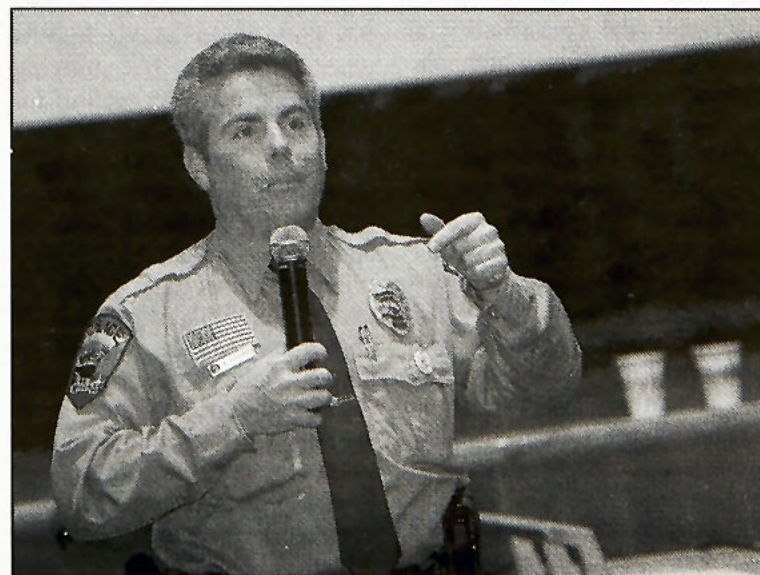
Kearney acknowledges that "predators are always there and it's scary" and he wants

children to know that they should "block, delete, and ban" anyone who makes them remotely uncomfortable.

Gale Goetzman, who attended the program with her three grandchildren, believes having Kearney speak about this topic was good because he is from the Winona community.

Goetzman's grandchildren are "on the internet all the time" and even though she's "taught school for 36 years," she is "amazed at how many people [the internet] reaches."

Children of all ages are becoming a part of the technology generation that is used so frequently among



Rory O'Driscoll/Winonan
Kevin Kearney, the Community Liaison for the Winona Police Department, discusses the best methods of protecting a child's privacy online during a presentation on cyber bullying Saturday at Winona Middle School.

See CYBER, page 5

TECH

Continued from page 4

the semester to help evaluate the effectiveness of Tegrity. He said that within a few years, we should be able to see the effects it has on enrollment and students' grades.

A major concern of skeptics of the new technology is the danger of a decrease in class attendance; however, Hill maintains that Saint Mary's has not experienced that.

"SMU hasn't seen a decrease in attendance; in fact, it's been just the opposite," Hill said.

Paulson agreed, "I have not noticed a change in attendance. I know a few students have not showed up for class, but they usually tell me about it ahead of time."

Paulson said he has been using Tegrity in conjunction with Adobe Connect Professional (ACP) to allow the class to be broadcast in real time over the

internet.

"If students cannot make it to class for any reason (so far some have been sick, some don't like getting up early all the time) they can either participate via ACP or watch the recording later," he said.

In fact, Paulson said he doesn't mind when students don't show up to class because he asks students for feedback, which helps improve the delivery.

"I need the feedback because I am getting ready to teach some classes fully online next summer for the first time," he said. "Students are the driving force," he said.

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CYBER

Cont. pg. 4

college students and as Kearney mentions, "They look up to those that are older," and copy them.

As college students, we might think we're above all of this because of our age and street savvy but Kearney thinks these topics are "definitely a problem for college students because what we think may be appropriate for us isn't appropriate for younger kids."

Contact Stefani at
SMSschmidt08@winona.edu

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OCED holds Festival of Owls program

Winona State University's Outreach and Continuing Education Department (OCED) will present the Exploritas program "The Festival of Owls," March 4-8 in Houston, Minn.

It will feature field trips to

various bird habitats, and will provide photo and viewing opportunities.

The program includes 11 meals and four nights of lodging.

To learn more, visit www.exploritas.org.

BUSH

Cont. pg. 4

towards elementary education majors in the first cohort, and gradually expand to higher education majors.

Program costs will be used to make changes however the changes will be integrated in such a way that money will not be needed to sustain the changes once the ten years has passed.

Standiford said she could not be more thrilled to be apart of this experience.

"I'm so proud of all the relationships that exist here, from faculty to the institutions, to the community."

Contact Jenn at
JHolt6253@winona.edu

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AWARDS

Continued from page 2

“There are somewhere around 8 tennis games, 7 softball games, a handful of baseball games as well as many other events that will take place at home this semester, so there won’t be any shortage of events to attend.”

As of right now, the program is only available for home games but Whipple explained, “If the program gains enough positive feedback, hopefully we’ll be able to figure out a way to expand it to away games too.”

Though the Warrior Rewards

is currently limited to athletic events, there has already been a spark of interest toward including other Winona State sponsored activities.

“We’re looking at partnering with more of campus life as well; it will all depend on the success of the program and the feedback we get.”

Contact Alyssa at AHoman08@winona.edu

HAITI

Continued from page 1

asking whether anyone was collecting money for the Haiti relief.

“Yes, I am organizing a collection for Haiti. We’re currently in the planning process; you should expect to hear more sometime this week,” stated Neumann’s comment. According to Neumann, he has already been contacted by a few individuals asking how they can help.

“I applaud his efforts. I like the idea of a Student taking the initiative,” said Eniglich.

In addition, Neumann also hopes to have a kickoff event in a few months. Neumann’s reasoning for the support is because donations wane once media stops covering it.

“The long term is what we need to be looking at. This isn’t going to fix it self over night,” said English.

A silent auction was also held this past weekend at Lyon Smith Gallery and Studio located in Winona. The auction used 100 pieces of art from two different artists, with a portion

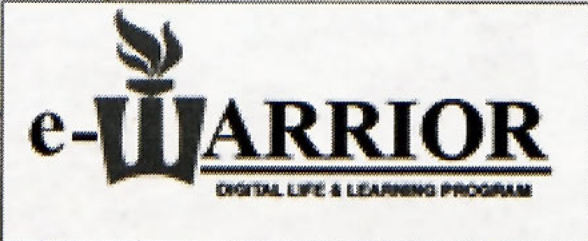
of the proceeds going to the Haiti relief effort. A kick-off event was held for the auctions Thursday.

“I think relief in Haiti is badly needed,” said Lyon Smith.

In addition, anyone willing to contribute to the Haiti relief can text the word “Haiti” to 90999 and make a \$10 dollar donation to the American Red Crosses relief effort. The charge will be added to your cell phone bill.

Contact Brendan at BMoore08@winona.edu

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What's Happening Around Winona State...

Wednesday	Thursday	Friday
<p align="center">Frozen River Film Festival Movie Choice</p> <p>9-10:30 p.m. "Revolution One" Lourdes Hall at Winona State "Look to the Ground" Salvi Lecture Hall at St. Marys Univ. "Samsara" Salvi Lecture Hall at St. Mary's Univ. "Green Tunnel" Salvi Lecture Hall at St. Mary's Univ. "Bridal Veil Falls: Back to Public" Salvi Lecture Hall at St. Mary's Univ. "Deep/Shinsetsu" Salvi Lecture Hall at St. Mary's Univ. "Kashmir (Castel)" Salvi Lecture Hall at St. Mary's Univ.</p>	<p align="center">Frozen River Film Festival Movie Choice</p> <p>6:30-8 p.m. "Tableland" Somsen Auditorium at Winona State "Jean Feraca" Somsen Hall at St. Marys Univ.</p> <p>9:30-11 p.m. "Revolution One" Lourdes Hall at Winona State "Look to the Ground" Lourdes Hall at Winona State "Samsara" Lourdes Hall at Winona State "Green Tunnel" Lourdes Hall at Winona State "Kashmir (Castel)"</p>	<p align="center">Frozen River Film Festival Movie Choice</p> <p>10-11:30 a.m. "Food Miles" Somsen Hall at St. Marys Univ.</p> <p>10-11:30 a.m. "Big River Man" Lourdes Hall at Winona State</p> <p>1-2:30 p.m. "Orphans of Tsavo" Lourdes Hall at Winona State "Samsara" Lourdes Hall at Winona State</p>
Saturday	Monday	Tuesday
<p align="center">Frozen River Film Festival</p> <p>10-11:30 a.m. "Food Miles" Miller Auditorium at Winona State "History Making Farmer Author on the Move" Miller Auditorium at Winona State</p>	<p align="center">Art Muse: Student Juried Exhibition</p> <p>Time: All Day Date: Feb. 1 Place: Watkins Hall Paul Watkins Gallery Contact: Kathleen Peterson KPeterson@winona.org</p>	<p align="center">Art Muse: Student Juried Exhibition</p> <p>Time: All Day Date: Feb. 2 Place: Watkins Hall Paul Watkins Gallery Contact: Kathleen Peterson KPeterson@winona.org</p>
Sunday		<p align="center">Precinct Caucus Day</p> <p>Time: All Day Date: Feb. 2 More information: http://www.ogc.mnscu.edu</p>
<p align="center">Frozen River Film Festival</p> <p>10-11:30 p.m. "Inside Cop15" Science Lab. Center at Winona State "High Plains Winter" Miller Auditorium at Winona State</p>		

Frozen River Film Festival is free, so let's go!

Brian Sanders
Winonan

When I came here in January 2007, the FRFF was one of the first events to catch my attention and convince me that I belonged in Winona. Every year, it is full of some really great films, between entertaining shorts and full-length educational documentaries. There are also a bunch of excellent speakers and quality discussions.

The main speaker I am particularly excited about this year is Derrick Jensen, who is among my favorite writers. His book "Endgame: The Problem of Civilization" was a brilliant indictment of all things wrong and how our culture has built up this destructive industrial civilization.

When I read it three years ago, I found something profound on almost every page; it definitely was a perspective-shifter. I saw him speak a year later and thought him nothing short of spectacular.

The primary theme his work addresses is the question of whether or not industrial civilization can ever be sustainable. His argument is that our culture cannot and will not ever undergo a voluntary transformation to sustainability.

His idea is contentious but he is highly convincing. Given the recent lack of success to pass even a global agreement regarding global warming, which could have potentially been one of the easier environmental problems to solve, it is difficult to imagine

us coming together to solve deforestation, ocean dead zones, species extinction, the looming water crisis, and the other host of environmental catastrophes we are creating.

From there he asks the question, if civilization is not going to voluntarily shift to sustainability, what ought we to be doing in the meantime? At what level are we justified in giving to and taking from this culture? What is the best way to ease suffering? What type of relationships should we be forming with each other and our landbase?

He is worth seeing regardless of your position on these issues. In fact, if you find his lack of hope to be unconvincing, perhaps he is even more worth seeing. His themes run much

deeper than trying to stop our culture from "destroying the planet," as it were. He writes a lot about our mindsets and how they relate to our destruction of the earth's natural systems.

Why are we so destructive? What areas of our lives cause oppression that we were unaware of? Is our current system inherently violent? How does the way we treat each other relate with how we treat our environment?

He takes a serious, deep look at the way we think about the world around us, and asks questions about how we ought to act when taking that into consideration. I am confident that everyone who goes will get something out of the talk and the discussion afterward.

Derrick Jensen speaks at 6

p.m. Saturday in Somsen, and I highly encourage everyone to go!

While I love Derrick Jensen, he is certainly not the only attraction worth seeing at the festival this year. This year's primary topic is food, which is certainly an important topic, as it is completely central to the human experience and the question of what we are going to do in the future to feed ourselves in a sustainable way.

Can we have healthy bodies and a healthy environment by eating diets full of five-layer burritos from Taco Bell? My hope is that the conclusion of the films and speakers this weekend will tell me that that's exactly what we should all be eating, all the time...

The Frozen River Film Festival is free for students; just stop at the table in the Lower Hyphen of Kryszsko on between 11 a.m. and 1 p.m. Wednesday or Thursday to get a pass. If they're unavailable then, you should still be able to get them prior to the event you wish to attend. In either case, make sure you bring your student ID to verify that you are, indeed, a student.

The festival is costly to put on and we are very fortunate as students to be able to go for free. Free!

The full schedule of events and descriptions of films and speakers are on the Frozen River Web site at www.frff.org. I'm sure everyone can find at least a film or two that would strike them as interesting.

After all, subjects range from swimming adventures down the Amazon to mountain biking blind to elephants in Africa, with lots of great content in between. If you have no one to go with, I'm sure Breezy and I could save you a spot by us. See you there!

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LETTERS TO THE EDITOR, ETC.

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Recycling's not difficult

Alyx Minor
Winonan

Just this Sunday, I stepped out into the North Silver Kryzsko Lot (between Sheehan Hall and Kryzsko) and came upon a sad, smashed water bottle.

I picked it up with a sigh, disappointed that some college student felt compelled to dispose of the bottle in a parking lot instead of simply tossing it in a recycling bin, available in Kryzsko or Sheehan (where he or she may likely have been headed).

Not 10 steps further, I caught up with an unaccompanied Mt. Dew bottle, rolling along in the breeze.

What possible reason is there for discarding one's garbage outdoors? With all the sorted recycling receptacles on campus, isn't difficult to dispose of any recyclable item anywhere else.

But that would be expecting too much of my generation. The rallying of "reduce, reuse, recycle" has been repeated

long enough for each and every one of us to be familiar with it. The act of littering has been denounced just as much.

So why are some still so adamant about not committing to such simple mantras?

Apparently, some are still "too cool" to actually separate their recyclables from his or her garbage. Others still are just too lazy.

Even Winona State University's recycling has been inadequate.

A former student employee of maintenance once confessed that recycling was actually thrown away.

Therefore, I'm happy to see the university finally taking initiative with the second year of Recyclemania, which kicked off Monday.

The competition, which is among colleges nationwide, runs through Mar. 27 and ranks colleges by their recycling numbers.

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GRAMMATICALLY CORRECT "So It Begins."



Kim Sisson



The importance of music education as a literacy tool



David Ranzenberger/Winonan

Joanna Cortright speaks about the importance of music in children's education Saturday morning at Winona State University.

Courtney Kowalke
Winonan

Saturday, Jan. 23.

A workshop dedicated to teaching how to make connections between reading and music was held on Saturday morning at Winona State University. The workshop was led by Joanna Cortright, a music and arts education consultant from the Twin Cities, the program

"Exploring the Connections Between Literacy and Music" was led by clinician Joanna Cortright, a music and arts education consultant from the Twin Cities, the program

was attended by about thirty teachers, students, and other professionals looking to earn Continuing Education Units.

Both Cortright and Dr. Catherine Schmidt, emphasized the idea that "every teacher teaches reading."

Schmidt, the current chair of the Department of Music at Winona State, was coordinator of the workshop.

Cortright presented her first music education workshop at Winona State nearly 37 years ago and works with an array of Minnesota-based programs to promote the practice of combining academic fields to

teach more effectively.

"The skills of reading and comprehending literature do not stand alone; they are interlocking threads that create a whole," explained Cortright, who also emphasized "making sure language is present in its reading form" even in the music classroom by taking key words and making them visible to students.

In order to practice comprehension, which she concluded is "the reason for reading," Cortright had the audience read a passage from the novel "Inkheart" and have individuals draw conclusions

based on prior knowledge, readings, or experience.

Ruth Baker, a substitute teacher in the Twin Cities area, said that there is "no end to the opportunities" to teach and that a teacher's patience is necessary to produce a moment of understanding and comprehension for the pupil.

Along with the reading and listening exercises, Cortright used many activities and exercises to keep the audience engaged.

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See MUSIC page 13

What This Sounds Like

Alt-country album for the masses

Stephanie Alar
Winonan

Sweet hearted, folk-voiced, and an occasional member of Hem, Dawn Landes released her fourth (third if we aren't counting her self released) album, *Sweet Heart Rodeo*, Jan. 19.

Born in Louisville, Kentucky but based in New York, Landes combines alternative and country to create a "sweet heart rodeo."

If asked to compare her voice to another musician, I'd say a new age Sheryl Crow.

If asked to compare her music to another musicians, I'd be speechless.

Remember that song a few summers ago, "Young Folks" (Peter, Bjorn & John)?

Landes is known for covering it with the WST Band, while putting a bluegrass spin on it.

The album starts off alternative with "Young Girl."

With lyrics that start off a little dirty, Landes expresses why she doesn't like this young girl.

"Young girl I don't like you, everybody wants to stand beside you."

While the lyrics make subtle references to the title of the album, the percussion and guitar are what make this song danceable.

Everyone knows what it's like to be let down or waiting all day to hear from the man you're so interested in.

"Romeo" is a song about a girl persistently trying to be with this guy, but after being

let down for so long she had to let go with the mindset, "What goes around comes around."

"Money In The Bank" is a song that introduces the horns to the album while slowing down the pace.

The most country we find on the album is found in "Sweetheart of the Rodeo."

It's an upbeat song that puts you in the wild, wild West.

Landes took the typical Johnny Cash beat and spiced it up with intense harmonica and pick guitar.

With the baritone male vocals used as an instrument in the background, this is a complete old-fashioned country song.

I don't know why, but to me, it somewhat resembles the Highway Men ("Ghost Riders in the Sky").

I had this Yamaha Portasound Keyboard when I was in elementary school, and "Clown" starts off with one of those demo rhythms that come with the keyboard.

"You know how to shake that thang, run around around again, you-hoo chase anything."

A lot is going on, but with the clapping, kazooing, laughter and lyrics, the song is entertaining and fun.

With a quick guitar tempo while being a chill song, Landes starts to sing about a relationship between two girls who work together. "Little Miss Holiday..."

"They put you in a film that you couldn't play the part of yourself, okay, show your face. No one knows your name."

Acoustic instruments always

grab my attention and I think that's why I enjoy this folk album.

"Dance Area" expresses Landes' beautiful vocals and musical advice.

She says that money isn't that important but if you're broke, why not dance since dancing's free?

"If you're going to be a broke little bunny, you better get on the floor and dance with me."

In "Brighton," Landes starts singing an octave higher and pulls it off so well.

The combination of her voice and the slow violins in the background, make this a positive, peaceful song to listen to.

Although it's less than two minutes long, "All Dressed in White" has to be one of the catchiest songs on the album.

No, there aren't any words. There are vocals, but just doo doo's and dum da da's.

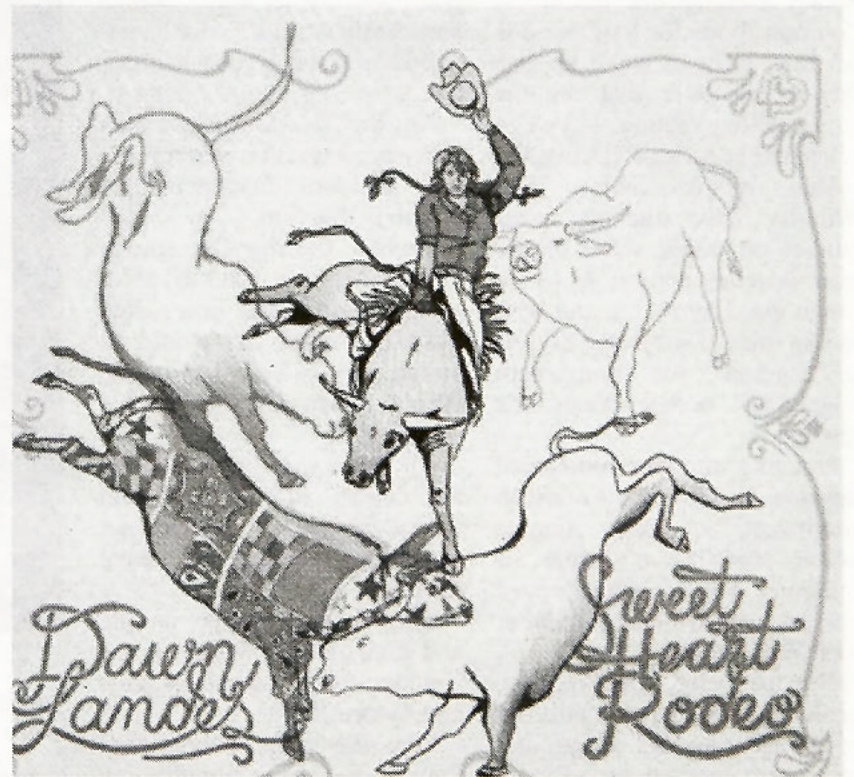
It starts off mixing beats and melodies and then she comes in with her vocal instrumental.

The song practically moves directly into, "Tous les garçons et les filles."

I don't speak French. I don't really enjoy the French language, but this song is beautiful.

Percussion picks up heavy at the chorus and keeps it interesting.

I wish I knew what she was talking about.



©Google

Dawn Landes' newest album, "Sweet Heart Rodeo," samples a variety of musical influences, to offer something for anyone, even listeners that aren't fans of country.

Someone listen to it, translate it, and get back to me.

With the help of Dartmoor Music, Landes kind of chant/sings the final track on the album, "Love."

It's kind of cluttered and my least favorite song to listen to on the album.

Safe to say, if I ever put the CD in I would not go to track 12 willingly.

Pretty much the album ends with obnoxious screaming and then a little chuckle from Landes.

Meh, maybe some find it creative and fun.

Although this alternative

artist has a country vibe to her, I'd consider it folk.

Overall, this Sweet Heart Rodeo was almost perfect.

All different emotions are expressed throughout the album and it's easy to listen to. I'm definitely not upset with my purchase.

Contact Stephanie at STAlar5102@winona.edu

Corrigan says 'Legion' is a waste of time and money

Jordan Corrigan
Winonan

Ugh. This is the time of year I hate the most. Terrible weather, school, and the return of the movies no one wants to see.

After the many excellent films released in December, the release slate for January/February looked pretty grim – The cinematic equivalent of eating nothing but the finest gourmet foods for long periods of time, only to wake up one day to discover that for the foreseeable future, you're relegated to eating Chartwell's.

But, movie critics, like Winona State students, must soldier on under some of the most grueling conditions (it's a tough gig, I know...), and with that in mind, I subjected myself to "Legion", the film where angels kill people. Yeah. It's terrible.

Opening on stock footage of desolate desert in the American southwest, a husky female voice provides a frame of reference with some hackneyed narration regarding her mother and God. Snooze.

Cut to a city (Los Angeles, probably) where a man falls out of the sky, sprouts wings, and proceeds to slice them off.

At this point, a massive collar around his neck releases and falls off. Yes, apparently angels wear collars.

This angel had the good fortune to land next to some shady Chinese business that has enough guns and explosives

to take over a third world country, and promptly finds the equipment to stitch himself up and arm himself to the teeth.

After blowing an unnecessarily crucifix shaped hole in the front of the building, he's stopped by two police, one of whom spends the scene prior ranting about a cleansing fire, and judgment and so forth.

Said officer quickly becomes possessed by an angel, which apparently turns your eyes solid black and gives you shark teeth.

Anyway, we're then introduced to the rest of the bog standard characters that populate this film.

There's Charlie the smoky voiced narrator, who lives in an airstream trailer in a rusted out playground, her would be suitor, Jeep, (Yes. Jeep.) and Jeep's father, Chrysler-Dodge (kidding).

All three work at a diner in the desert, and they're soon joined by people who are not important enough to have names.

There's the power couple and their jailbait daughter, the Vietnam vet cook/relig-y guy, and Tyrese.

Yep, the same people that figured cramming bloodthirsty angels into an action movie thought it'd be a good idea to toss in a few of the colored folk for good measure.

Cynicism aside, that's exactly how they're written.

Tyrese's character is about as stereotypical as they come,



© Google

'Legion' attempts to be a deep movie on the relationship between man and God, but is little more than a collection of one-dimensional characters.

starting conversations with gems like "When I was a shorty...".

The writers also gave him one of the best lines of dialogue in the film (more on that later).

Once all our characters are assembled in the diner, a foulmouthed granny arrives, and all hell promptly breaks loose.

At this point, 20 minutes in, the movie is essentially the trailer.

One of the characters is wounded by granny, and so Tyrese piles him and most of the cast into his Escalade and drives off, promptly encountering an unexplained cloud of flies.

This forces them to return to the diner, and

Tyrese delivers his soon to be award nominated line when asked where the flies came from: "You axin me to explain the behavior of a mothaf--kin' pestilence?"

Fortunately, Good British Angel (Paul Bettany) arrives to save the day.

What follows is an hour and change of the most contrived, laughable idiotic attempts to say something about the nature of man and God.

"Legion" wants to be about three different films, disparate in tone and scope, none good.

However, if one was to pay attention, there's a lot to be learned from Legion.

For example, accents skip a generation – Jeep has a thick southern accent, his father, oddly, does not.

Also, good angels are British. Evil angels only have a British accent now and then.

Also, angels' wings are bulletproof and razor sharp.

Finally, angels are proficient wire-fighters.

Anyway, avoid this film like the plagues it attempts to mimic.

You'd be better served reading the bible for about an hour and a half.

Actually, don't do that.

Just bash your head against a desk for a while, and look forward to your career as a film executive.

Contact Jordan at
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MUSIC

Continued from page 10

She typically employs physical movement when working with students to link motion to sounds and words, explaining,

"Whoever works more learns more," Cortright said and added that the teacher should ideally be the classroom's facilitator and that responsive classrooms are the best learning environment.

Participants were asked to act out the nursery rhyme of "Humpty Dumpty" in a series of still poses called "freeze frames" in order to illustrate the physical aspect of a written

story.

Attendees also turned animal sounds into shapes and repeated rhythmic chants to demonstrate the abilities of creativity and responsiveness.

Cortright also reminded participants to "mak[e] sure language is present in its reading form," even in the music classroom.

Cortright suggested reading picture books, ideally with one phrase per page, aloud to model the text and help young students grasp the concept of the story by seeing it first, and then returning to the story with

the students providing rhythm and sound effects.

She also suggests using timelines and world maps to show students the origin of songs and styles and taking key words in the music and making them visible using cards.

Cortright explained, "When you make that practice [of teaching a variety of texts] more visible, you become friends with other teachers" who also support interdisciplinary learning.

The use of books in the music field is also important because it "provide[s] models for kids

and it really shows them that books can be used anywhere."

Cortright also said that a book is "a great, engaging tool" no matter the classroom and that using even one "really stretches you as a teacher."

Of the workshop, Cortright felt the response was overwhelmingly positive.

"Nobody got sleepy-looking," she laughs, "nobody dozed off after 4 hours!"

Dr. Schmidt noted that the music education workshop series has been ongoing for at least the past fifteen years and it is important because it

attracts teachers and students in the area and helps professors continue to develop their teaching methods.

Schmidt also stated that it is important that "colleges should provide these opportunities" for community members and that variety is key to maintaining public interest and awareness.

Winona State will present its final music education workshop in April.

Contact Courtney at CKowalke08@winona.edu

Accounts from Academicians

(noun) ac·a·de·mi·cian\ a-kə-də-'mi-shən

An academic; intellectual

By Christina McDaniel

Photos by Fred Schulze/Winonan

If you could choose any destination for a travel abroad trip, where would you go?

Rachel Johnson
Sophomore
Burnsville, Minn.



New Zealand or India. My cousin went to India and learned a lot and I think the weather in New Zealand would be great.

Alex Edlund
Sophomore
Savage, Minn.



London. My cousin studied abroad there and liked it.

Megan Larson
Sophomore
Lakeville, Minn.



Switzerland, because I've never been there and I think it would be really cool.

Ahmed Jimale
Senior
Rochester, Minn.



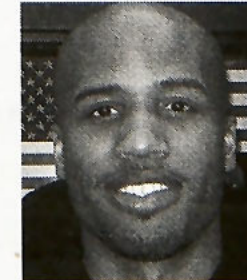
The Middle East. Egypt, most likely. I want to learn the historical background and learn my third language, Arabic.

Tim Kruger
Senior
Winona, Minn.



The Caribbean, for the weather and all the things you can do there like, scuba diving.

Rob Jewett
Senior
Milwaukee, Wis.



Haiti, to go help them out with the crisis.

S.A.D: More than just the winter blues

Gabby Keegan
Winonan

The days are shorter, it's cold, and the walk to campus can be pretty rough during the winter months.

Now that the holidays are over, students may feel as though their next break is an eternity away.

Because of these things and many others, some people are affected by Seasonal Affective Disorder (S.A.D.).

This type of depression usually has an effect on people during winter, although one out of ten people feel the same symptoms during the summer.

This Monday, as a part of the Healthy Monday's program at Winona State University, Eunie Alsaker, from the Counseling Center gave a presentation called "Beating Winter Blues" about S.A.D. and how to deal with it's effects.

This program is brought to campus by health services, health promotion, and the counseling center.

"We, to a large extent, have adapted to our environment," said Alsaker. "But we are always going to be affected by the environment."

Alsaker began by explaining it is normal for people to go

through different rhythms during the day and the year.

She gave the example that during the summer, more light-hearted movies tend to be released, whereas political and darker movies often come out during winter.

Alsaker said a large part of why we feel differently during winter is because we are generally not exposed to as much light.

This can change our energy levels, mood and appetite.

"For some people, it becomes totally debilitating," said Alsaker.

This disorder occurs because the lack of light affects the production of two vital hormones: Serotonin and Melatonin. Serotonin is the "feel good" hormone which makes us happy, although there is a lack of or it is not being absorbed in the winter.

Melatonin is the hormone that makes you tired, which the body produces more of when it is dark.

More specifically, people with S.A.D. experience a decrease in energy, sleep an average of two and half more hours daily, have a hard time concentrating and staying motivated, lack social contact, gain weight (during winter),

experience fatigue, and have an increased appetite (especially for carbohydrates).

Alsaker said women are more likely than men to experience S.A.D, and it is most common among people in their early 20s.

Alsaker gave many suggestions to decrease the crippling effects of S.A.D.

For example, make an effort to do outdoor activities, take vitamin supplements and give yourself things to look forward to in upcoming months.

She also warned against alcohol intake, because alcohol is a depressant.

Studies show exercise, which increases Serotonin, works as well as an antidepressant, according to Alsaker.

If none of these things work, Alsaker said medication may be needed to deal with S.A.D.

Free counseling is also available for students at Winona State, where a counselor can help work through negative thought patterns.

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When Cultures Collide: Misconceptions can arise

Sung Hee Choi
Winonan

A couple days ago, I read some articles stating there are about 100,000 Korean students in the U.S. at any given time.

It's quite a large number, though there are still a few Americans who know about South Korea.

When I arrived in the U.S. for the first time last year, some Americans I met even asked me, "Are you North Korean? South Korean?"

But the question that I didn't want to answer was, "Do Koreans enjoy eating pet dogs?"

They asked and tried to make fun of Korean culture. Sometimes the question makes some Koreans uncomfortable and upset.

That's why I tried to explain how dog meat was an integral part of Korean culture.

The Republic of Korea has a history of 5,000 years through several dynasties.

In the late Joseon dynasty around 200 years ago, people tried to make foods with dog meat, instead of cow.

The Korean culture has been based on agriculture, especially rice.

The cow was one of the most precious belongings in the Joseon dynasty era because it plowed, making it valuable to people in Korea at the time.

During summers in Korea, people wanted to get stamina; they had to replenish their bodies in the hottest season.

People selected the dog as food because dogs didn't help with any agriculture jobs during that time, they also provided many nutrients.

In addition, it was easy to get them.

Because of this, eating dog meat was part of the culture in Korea.

Of course, they weren't pets like Beagle, Siberian huskies, or Poodles, but just a dogs that

were raised for eating during the hot seasons.

After the Korean economy developed, there were a lot of other foods that could be eaten for stamina in the summer for health, instead of dog meat.

The custom has been controversial in Korea.

The controversy is separated into two parts; one side believes eating dogs should be maintained as part of the culture in Korea while the other one claims dog meat is abhorrent food.

Some people insist it should be banned, especially because of an increase in the number of people who love dogs; they oppose eating dog meat due to the cruel way dogs are killed.

In the 1980s, a law was passed which stated dog meat couldn't be sold.

But the conflict still has been debated.

It's not true that every Korean enjoys dog meat in summer, although some still eat it.

I don't agree with eating dog meat, but I don't think the culture should be ignored or made fun of.

There were substantial reasons for the country's decisions. It's not an uncivilized culture, and its history should be respected as well.

The United States is a melting pot where different races and cultures are mixed; it has a lot of potential energy.

In fact, the mixed culture is one of the reasons the U.S. is so developed.

Unless Americans become more culturally aware and sensitive, they will continue to have misconceptions about cultures other than their own, and this will ultimately lead to future tension between cultures.

Contact Sung Hee at
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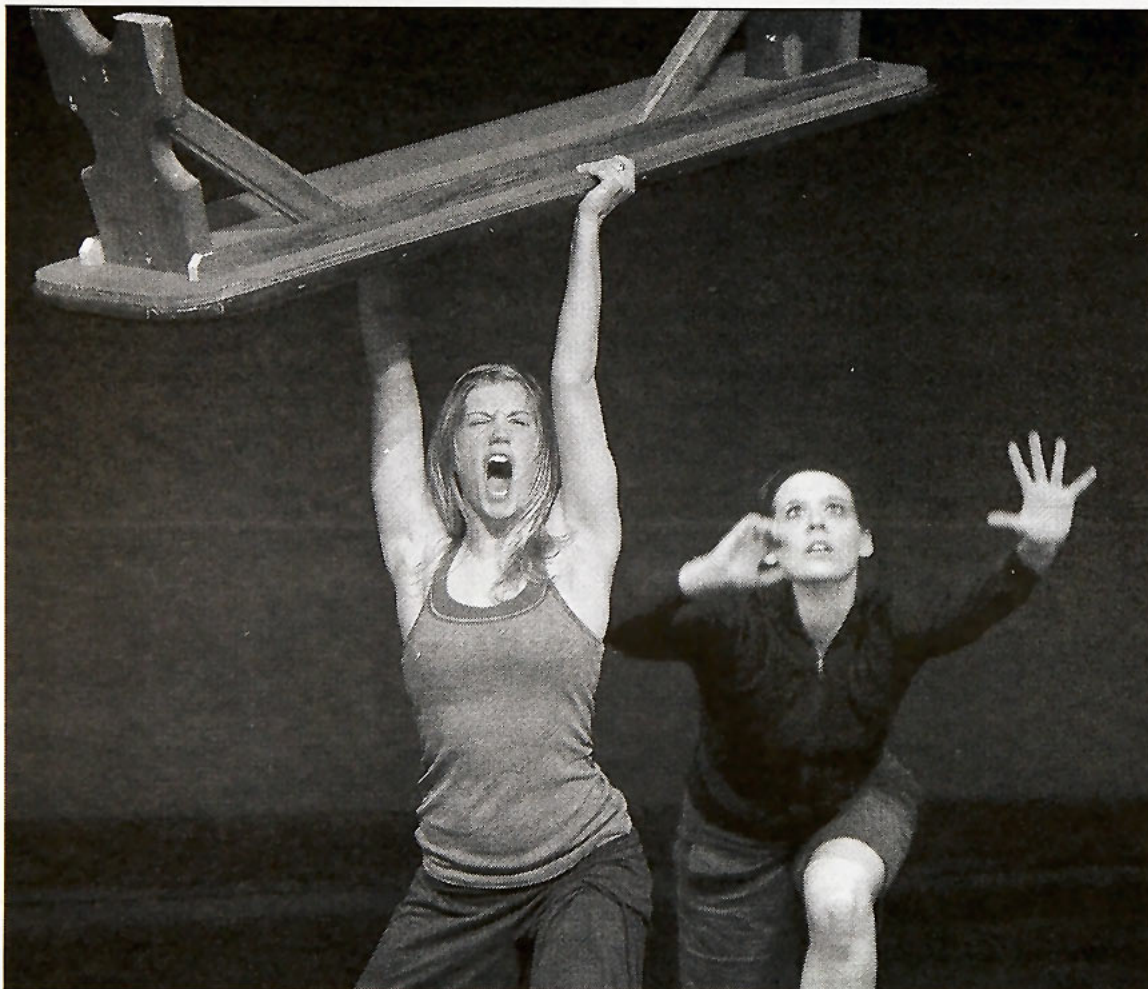
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Dancescape's 20th anniversary to include alumni and guest choreographer



Rory O'Driscoll/Winonan

Shannon Lippke, left, and Heidi Delaney, rehearse their roles in "Deja Trois" Sunday during a rehearsal for Dancescape 2010. Winona State University professor Gretchen Cohenour choreographed "Deja Trois."

David Ranzenberger
Winonan

2010 is the 20th anniversary of Dancescape and performers have been busy preparing since last fall.

Dancescape features original choreography and performances by students, faculty, and guest artist Wynn Fricke. More than 60 dancers will perform 13 original pieces.

"My work is actually quite personal, so for me, my inspiration came from events that took place in my life," said Heidi Delaney, one of the student choreographers.

Student choreographer Silviano Mayorga Jr.'s piece is entitled "Adumbration"; Mayorga said it is about "coming to a fork in the road

and not knowing where to go."

Student choreographer Lauren Mikula's work, "Gumption!" is about "the guts to stand up."

Mikula said her piece has a darker mood to it, using music from Muse and the White Stripes.

Other student choreographers include Shannon Lippke, Kerri Golombecki, Alex Meier and Jennifer Lazarevic.

Dance Program Director, Gretchen Cohenour choreographed "Deja Trois," a reconstruction of a segment of "Hicks Suite."

Guest artist Wynn Fricke will present her piece "Calm Rising."

Fricke's work has been produced nationally and internationally. She taught

in the Winona State dance program from 2002 to 2005, as well as being active in the Twin Cities dance community for almost 20 years.

As part of the twentieth anniversary of Dancescape, Winona State will hold Dancescape Alumni Day.

Alumni that have been involved with Dancescape since its conception in 1990 are invited back to on Feb. 13 for a day of activities including a meet and greet, and a luncheon.

Performances will take place Feb. 11 through 13, at 7:30 on the Main Stage in the Performing Arts Center.

Contact David at DRanzenberger08@winona.edu

John Rush, the 'human iPod,' visits Winona State

Molly Schelper
Winonan

John Rush, a one man show and "human iPod," performed on the Smaug stage in Kryzsko Commons at Winona State University on Jan. 21.

Rush acquired the nickname "human iPod" because of his ability to play more than 60 hours of music from more than 175 different artists.

"The guitar parts are all pretty easy to remember

because I hear the melody in my head, but the lyrics are the hard part," said Rush.

"I picture them as a story and if I can see the story, I can sing the song."

Rush's credits not only include musician, but songwriter as well.

Rush has released three CDs to date, "They Don't Know My Name," "Songs from the Road," and "Always Touring."

Contact Molly at MSchelper07@winona.edu

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Women's basketball battles it out in overtime loss

Ali Carlson
Winonan

The women's basketball team, at Winona State University came back from their weekend trip with a victory against Minnesota State University Moorhead, 68-65, but were not able to claim a victory against University of Minnesota Crookston, 83-89 in overtime.

On Friday night, Winona State and MSUM had eight ties and 18 lead changes.

The Warriors were able to hold onto their lead to defeat the Moorhead Dragons in the Northern Sun Intercollegiate Conference.

The last time the Dragons were able to take the lead for the game was at seven minutes when the game was tied for the final time 54-54.

Katie Wolff, for the Warriors, was able to put Winona State ahead after scoring a 2-point shot.

The Warriors were able to go on a 8-2 run for the 64-56 lead.

The Warriors defense was able to keep MSUM scoreless for a two-minute stretch.

The Dragons were able to score a three-point basket in the last 1:38 of the second period.

Wolff finished the night with a, single-game, career-high 20 points.

Natalie Gigler scored 19 points coming off the bench and Ana Wurtz put 11 points on the board.

Winona State had a 33-31-rebound lead over MSUM. Bonnie BJORKE had a team-high nine rebounds for the night.

"Friday night was a good game for us. We had a lot of positives," said Head Coach Scott Ballard.

The women were not able to keep their victories going as they battled against UMC into overtime but lost 89-83 in the NSIC game.

With less than six minutes left to play the Warriors trailed 71-54 but were able to tie UMC 76-76, when Michelle McDonald scored a layup with seconds left in the game.

In the five extra minutes of overtime, the Warriors were able to take a four point lead, 81-77.

UMC was able to take control and tie the game at 81-all after taking advantage of turnovers by WSU.

The Golden Eagles made their last four free throws to cap the game.

"Saturday we were a little short-handed. Claire was gone but Samantha Barber really stepped up for us," said Ballard.

Leading Winona State with a double-double, McDonald scored a game-high 15 rebounds and a team-high 22 points for the night.

"Michelle McDonald has been a tremendous asset for our team. From last year until now I have noticed her improvement on offense and strength on defense," said Natalie Gigler.

Ana Wurtz followed with 18 points and Gigler added 17 points for Winona State while Samantha Barber contributed 12 points.

The Warriors ended the night with 41 rebounds compared to the Golden Eagle's 25 rebounds for the night.

Contact Ali Carlson at
ACCarlson09@winona.edu



Nick Furlong/Winonan

Winona State University's Marieanna Dulas tries to get past an Augustana defender during a game Jan. 16 in Winona.

Winona State track team continues to shine

Bobby Mausolf
Winonan

Winona State University came home with five individual victories at the Wisconsin Open on Saturday, making it another successful meet for Winona State this year.

The victories at the Wisconsin Open in Madison included several Division I athletes, making the wins by the Winona State Women's Track and Field team even more impressive.

One of the wins came from Rebecca Stier who set a Winona State University school record in shot put with a throw of 48-feet, 10-inches which landed her the second best Division II shot put throw this year. The Winona State record which had been previously set at 46 feet, three and .25 inches, by Mary Theisen the week before at the Blugold Indoor Open in Eau Claire, Wisconsin.

The throw also qualified Stier for her third straight

year in the NCAA Division II Indoor Track and Field Championships in Badger Track Classic competition held at the Camp Randall Memorial Sports Center.

Coach Rebarchek commented in an all access interview that aired on Jan. 20 about the outstanding individual performances this year, "We had a few throwers qualified already, Rebecca Stier, changes every week but

See TRACK, page 19

Winning streak over weekend for men's basketball

Ali Carlson
Winonan

The Winona State University men's basketball team ended the weekend with two wins for the record books after defeating Minnesota State University Moorhead Friday and the University of Minnesota Crookston.

Last Friday night, the Warriors were able to put 46 points up on the board in the first period of the Northern Sun Intercollegiate Conference game. They finished the game with a score of 93-72.

The Warriors were able to outscore the MSUM 15-6 in the final four minutes and 20 seconds. They were also able to keep the scoring streak going in the second period by outscoring Dragons 47-36.

Winona State was able to keep alive from shots behind the arch. They recorded 39 points (13 of 23 shots) from three-point shots. The Warriors also kept points coming from the free throw line, scoring 20 of 23 attempts.

Jon Walburg paced the Warriors with 20 points, Brad

Meyer scored 11 points, while CJ Erickson and Bryce Welch posted 10 points for the night. Joel Armstrong grabbed a game-high 11 points.

"The goals for the rest of the season are to become the best team we can be and also the best teammate we can be," said Erickson. "I think we are really coming together as a team to play a full 40 minutes of basketball."

The Warriors were able to keep their winning streak going on Saturday defeating the University of Minnesota Crookston in the NSIC game, 89-43.

Taking control of the points for the Warriors were top scorers, David Johnson with 15 points, Erickson and Zander Culver with 14 points each, while Meyer added 12 points.

The next home game for the men's basketball team is at 8 p.m. on Feb. 5 against Northern State, S.D.

Contact Ali Carlson at
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Nick Furlong/Winonan

Winona State University's Ben Fischer gets past an Augustana defender during a game Jan. 16 in Winona.

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Warrior basketball graduate still showing team spirit



Ali Carlson/Winonan

Kelsey Homewood is enjoying her position off the court almost as much on it, while at Winona State.

Ali Carlson Winonan

After playing for the Winona State University women's basketball team from 2007-2009, Kelsey Homewood has returned to the court in McCown gym, but she's no longer wearing the Warrior jersey. She currently holds the title of the Athletics Graduate Assistant: Games Management Supervisor.

Homewood joined the Warrior coaching staff in 2009 as a Graduate Assistant. She is currently involved with working for the softball, women's basketball, soccer, tennis and football teams.

Homewood grew up in Iowa City, Iowa, where she graduated from Regina High School in 2004 before starting her college career at Northwest Missouri State University from 2004-2006, Kirkwood Community College from

2006-2007 and finished her college career graduating from Winona State University in the spring of 2009.

Homewood studied Therapeutic Recreation for two years before receiving her Associate of Science degree in 2007 and then her Bachelor's degree from Winona State in Exercise Science in 2009.

After Homewood decided to leave Northwest Missouri State, she decided Kirkwood was her next college, only the day after she moved into her Kirkwood apartment she received a phone call from Winona State basketball coach Scott Ballard.

Homewood stayed at Kirkwood for a year before making her minute, "whether it was on the floor or on

See GRAD, page 19

Winona State gymnastics claims its third win of the season

David Baertschi Winonan

The Winona State University gymnastics team notched their third win of the year at Gustavus Adolphus Jan. 21.

The team recorded their highest total of the year with a score of 175.200, compared to the 170.625 scored by Gustavus.

Head Coach Beckie Rolbiecki said her team has a lot of youth and is working to get them all on the same page at the same time. She also said if this does happen they could put up very high scores during the remainder of the season.

Rolbiecki said, "We have had some inconsistencies throughout the year, but I'm very happy how if one person happens to have a down night

someone else is there with a high score to pick them up."

The Warriors struggled on the bars in their previous meet and Rolbiecki said she was happy to see improvement at Gustavus.

"We picked up an extra three points on the bars." These three extra points proved to be very helpful seeing as how close the final scores were."

Rolbiecki also said she was heavily impressed by the vaulting the team did during the meet, saying it was "fantastic."

Junior Heather Rummelein led the way in vaulting posting a meet high score of 9.300.

According to Rolbiecki, not everything was perfect at the meet. There were a few exercises on the floor that could have been crisper and

cleaner than they were done.

Rummelein said she expects it to be done in this "crisp and clean" way because she knows her team has the potential, talent, and determination, but it just all needs to come together at one time.

She said she feels as the season goes on and the youth develop to work with upper classmen, the team will greatly improve even upon the success they have already had.

Melissa Baudhuin, junior, led the Warriors all around group, with a score of 34.600. Rummelein was close behind with a score of 34.125.

Rolbiecki knows the junior class has been heavily depended on since their freshman year, and now as juniors, they still are, and are showing how great their

original potential was. Also now as juniors she likes the way they are helping out their younger teammates.

Another junior, Amanda Cotter, along with the freshman class has really done well as a specialty group according to Rolbiecki.

The specialty group helped the Warriors to get to this most recent victory, the uneven bars and balance beam performance.

These team members helped pick up some slack that may have happened on the floor like Rolbiecki said.

Anna Gleason put up the highest score for the Warriors on the bars, with an 8.625.

This performance on the bars is something the Winona State gymnastics team will need to see more of as they

continue throughout the year and as they are moving toward the regional meet.

The Warriors are working on new routines and trying to perfect them as much as possible, and working on implementing them into meets.

The youth on the team helps with implementing the new routines because they are willing to do anything that is asked of them and have a great drive and determination.

The Warriors gymnastics team is back in action Jan. 26 in Talbot Gym in Winona against UW Oshkosh.

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TRACK

Continued from page 16

at this point I think she's sitting at about third in the country in the weight throw and second in the shot [put] I believe."

Coach Rebarchek went on to name the other athletes who hit provisional marks such as freshman Mary Theisen in shot put, senior Chelsey Brown, and sophomore Caitlen Dhein in the 60 meter dash.

Other victories for Winona State came from Alyssa McCarthy who took first in both the pole vault and the high jump. Brittany Rynda, triple-jump, and Kelly Shaw, 400-meter dash, added the final two individual victories for Winona State University.

Second place finishes for Winona State came from Rynda in the 400-meter dash, Alyssa Lammers in long jump, and Caitlen Dhein in the 60-meter dash.

The Warrior athletes who managed to snatch up third place victories were Stier in the weight throw, Mary Theisen with shot put, Kale Johnson in the high jump, Jennifer Bradford in the 400-meter dash, and Steph Smith in the 3,000-meter run.

Winona State University women's track and field proved

to be successful at not only the Wisconsin Open, but also the Blugold Indoor Open in Eau Claire the previous week on Friday, Jan. 15.

Winona State has won seven events and totaled 228 team points to win the team title.

Theisen grabbed first in shot put and third in the weight throw, meanwhile Stier snagged first place in the weight throw and second in shot put.

Aside from throwers, Winona State claimed the top three spots in the 400 meter dash as Kelly Shaw came in first, Nicole Drangstveit in second, and Lily Golbach in third.

Other highlights include Lindsey Derby and Dhein taking first and second in the 55-meter dash, Jenna Southworth and Smith taking first and second in the 5,000-meter run, Steph Sjostrom in first for the mile run, and Rynda in first for the triple jump.

A proud Coach Rebarchek stated, "We've got a great team this year; probably the best I've coached since I've been at Winona State."

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GRAD

the bench," Assistant Coach Joe Hruska said.

"Whatever she does in life she will be successful and she will make people around her better individuals," said coach Scott Ballard.

Homewood stayed at Kirkwood for a year, before making her big move to Winona State.

"You never had to explain to her what we needed on the court. She absorbed every minute whether it was on the floor or on the bench," said Kirkwood Assistant Coach Joe Hruska. "Whatever she does in life she will be successful and she will make people around her better individuals."

Homewood mentioned one

thing people might not know about her is the long 14-year swimming career. Homewood was not able to keep her competitive swimming career going due to her high school not having the program.

While playing at Winona State some of the accomplishments Homewood received were being player of the week and receiving all conference honors her senior year.

"I think I may have even had the most fouls during both seasons at Winona," said Homewood.

While also working as a Graduate Assistant, Homewood is working to pursue her master's degree in Educational Leadership and

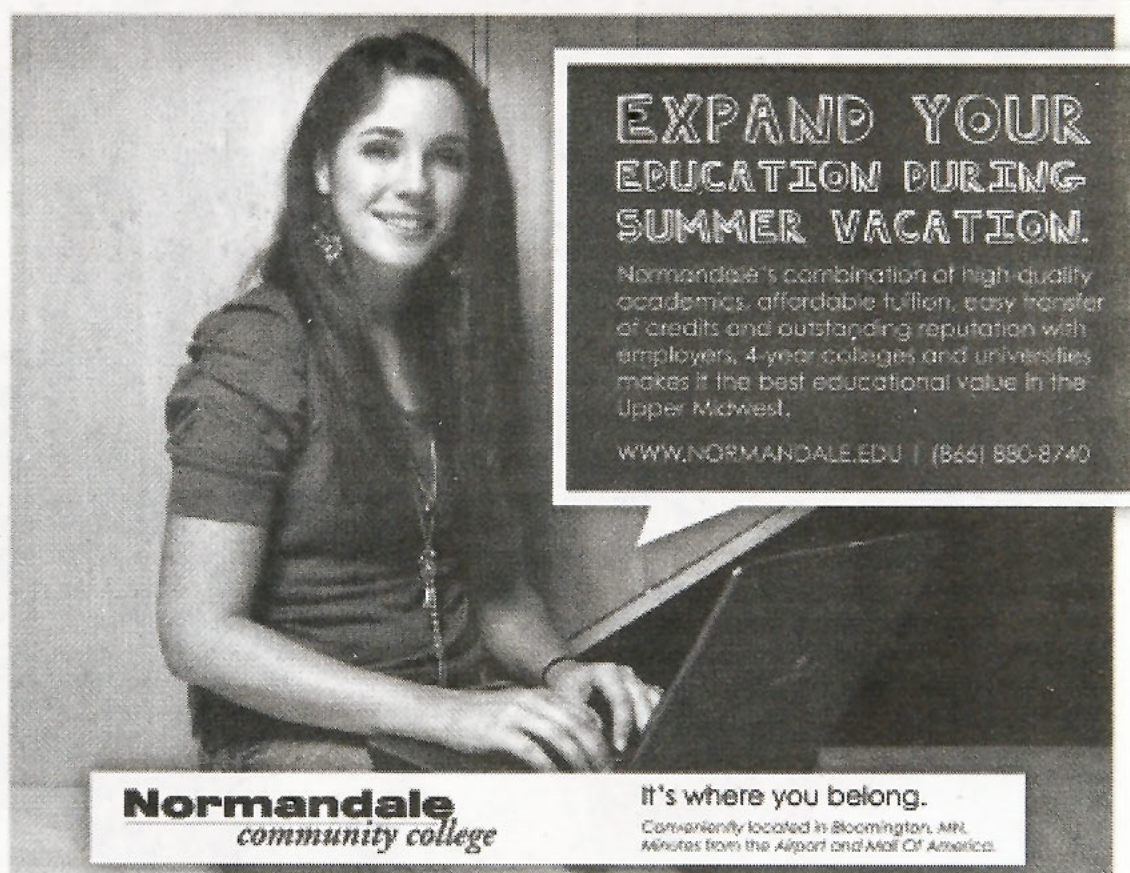
Sports Management.

"Time has flown by while being here at Winona State University," said Homewood. "It is my third year and it has been so fun and enjoyable."

When Homewood has time off, she says she enjoys working out, cooking, reading, traveling, going to Winona State events and attending Iowa Hawkeye Football games in the fall.

"It is great to be part of a great tradition at Winona State," said Homewood.

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Cont'd. from pg. 18

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