

10-22-2008

# The Winonan

Winona State University

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News for a campus community

# WINONAN

Wednesday, Oct. 22, 2008

Volume 87 Issue 8

## Stomp Out Hate brings down discrimination at WSU

By Courtney Zinter  
Winonan

Chants echoed across campus Thursday as Winona State University's Recreational Leadership class kicked off Stomp Out Hate Day.

The annual event is meant to "abolish ignorance and spread happiness at WSU" according

to the official website, [www.stompdance.org](http://www.stompdance.org).

Nearly 300 students, faculty and community members attended the social awareness event, said Brianna Timm, co-activity group leader for the event.

The event was aimed at creating social awareness

within the community.

"Stomp Out Hate can benefit the community by showing that WSU students care and we are trying to make a difference and bring awareness," Timm said. "It can benefit WSU if there are students that feel like they have been victims of hate. There are people on campus that care

about them and their stories."

For Timm, the event promotes tolerance and helps end discrimination by showing students' efforts toward creating and maintaining a tolerant campus environment.

"We did it because we wanted to bring awareness to the campus that there is a

problem on campus regarding discrimination against gender, race and sexual preference," Timm said.

The audience reacted positively to the event, with many saying they were pleased to see students addressing the issue of hate.

*See STOMP, page 5*



Photo by Nick Furlong/Winonan

Ruth Werner stocks shelves Wednesday at the Winona Volunteer Services Food Shelf. The Food Shelf has had an increase in use over the past year because of the sagging economy.

## Local non-profit groups take a hit by economic downfall

By Stephanie Trask  
Winonan

The country's economical downfall has hit many non-profit volunteer organizations in Winona.

Marie Plaskett, director of the Winona chapter of the American Red Cross, said the organization is experiencing a decrease in donations from individuals and businesses, whether they be monetary, household or other items.

"Without a doubt, it's been not so strong," she said.

In an average year, there are about two local fire-related situations the Winona Red Cross assists with.

The Red Cross provides food, clothing and shelter for families displaced by these fires.

This year, however, there were seven, which took a toll on funds.

"Even on a personal level, I've been more careful where spending money is going," Plaskette said. "I have to learn to get the most out of each penny."

Students can help out the Red Cross without donating money by volunteering their time, and help with projects at the office.

"We love the energy of students," Plasket said. "Even if they can come every Monday for an hour, that's one hour that we didn't have. The volunteer hours are just precious."

The Winona County Food Shelf is also being hit by the weak economy.

Director Sandra Burke said there hasn't been an eight percent increase in the number of families using the food shelf. Currently, 722 shop there.

This means that families are experiencing difficulties in their workplace, such as declines in

*See DONATE, page 5*

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# Coming Out Day addresses equal rights

By Kaarina Alfors  
Winonan

For the third consecutive year, Winona State University celebrated National Coming Out Day.

The event, which was held on Oct. 15, was created by the Gay, Lesbian, Bisexual and Transgender organization on campus. Its purpose is to address issues like equal rights for gays. The day also raised awareness about the GLBT club.

This year, Magdalen Hsu Li spoke to Winona residents about what it is like to be Asian and bisexual in the music industry.

On Wednesday, Hsu Li spoke to students about what it was like to grow up as a bisexual, the struggles she had with parents who did not believe in bisexuality and how they accepted her regardless of their beliefs.

Alex Hines, Winona State's director of Inclusion and Diversity, said National Coming Out Day is not only for gay pride.

Hines said that too many students use words such as "gay" too freely. He hopes that by raising awareness about sexuality, students will understand the harm that comes from using derogatory words to

describe gay students.

In addition to the GLBT club's efforts to educate students, other Winona State faculty and staff have been doing their part in making students feel safe about talking about their sexuality.

Safe Space stickers have been placed on faculty doors to let students know that there are places to speak about their personal matters without being judged.


"People shouldn't be afraid of who they are. Everyone changes and deals with things differently," Hines said.

Contact Kaarina at  
KOAlfors0628@winona.edu

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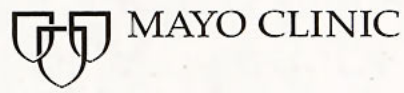
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# Healthy Monday's

## Oct. 20: Voices About Alcohol

This panel discussion will include campus and community leaders, including elected officials, students, parents, staff and faculty who are concerned about high-risk drinking in the college population. More information to come!

*Coordinated by: Kelli McClintick, Health Educator*

## Nov. 3: Nutrition for the College Student

Learning how to eat healthy at college can be tough... particularly when there may be so many foods you can choose from in the cafeteria or your budgets seems to limit you to Ramen noodles. This workshop will focus on principles of healthy eating and provide you with tips, strategies and recipes to put you on the track to creating your own healthy eating plan while on a college budget.

*Presented by: Jill Henscheid, Dietitian*

## Nov. 17: Grief and the Holidays

The approaching holidays don't always feel so joyous after the loss of a loved one. This presentation will look at ways to cope with feelings of grief and loss during the season of abundance and joy.

*Presented by: Eunie Alsaker, Counselor*

WSU Healthy Monday's is cosponsored by Health Promotion, Student Health and Counseling Services. The national Healthy Monday's campaign is a project of Columbia University Mailman School of Public Health. For more information, please contact Kelli McClintick at 507.457.5619 or kmclintick@winona.edu

**Healthy Monday**   
**The Day All Health Breaks Loose**

## Phi Theta Chi hosts memorial walk for Beth Kunce

**By Tim Brennan  
Winonan**

About two dozen people gathered at Jaycee's Pavilion in Winona to participate in the second annual Beth Kunce Memorial Walk, hosted by Winona State University's Phi Theta Chi sorority.

The two hour event, held last Saturday, raised money

for the Special Olympics of Minnesota.

Beth Kunce held the position of historian in the Phi Theta Chi sorority, as well as an alumna of the society. The Winona State senior was active in several extracurricular activities.

In the fall of 2003, she was found in a state of cardiac arrest. After spending four days in the hospital, Kunce died of

heart failure at the age of 22.

To honor her life and beliefs, the Phi Theta Chi sisters created the Beth Kunce Memorial walk in 2007.

In the past, Phi Theta Chi held events at Beth's favorite bar to celebrate her life.

Donations from the walk will be used to help fund one of the sorority's two main philanthropies: the Special

Olympics.

The sisters chose to donate funds for the Special Olympics because Kunce had spent much time volunteering with the organization.

"Beth was very involved with the Special Olympics; she was also active in the Therapeutic Recreation and Recreation Club," Phi Theta

*See WALK, page 6*

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# STOMP

Continued from page 1

Samantha Kolbo, a senior elementary education major, said Stomp Out Hate strengthens community.

"As a future educator, events such as Stomp Out Hate are important because they bring everyone together," Kolbo said. "The messages of unity and moving forward that Stomp Out Hate promotes are essential to a strong sense of community which is necessary for our society to solve the problems our past has created."

Stomp Out Hate day included a speech by Daryl Davis, author of "Klan-Destine Relationships"; an open microphone for students to share their stories of hate

crimes; a candle walk; and dance performances by the dance team and members of Dance Society.

Jordan Fieber, another Stomp Out Hate leader, said the event was a promotion of safety for everyone on campus.

"This is home to so many people and we want them to feel safe being here every day," Fieber said. "It also benefits our community because we can only hope that stomping out hate can spread through the city and possibly become a citywide event someday."

Contact Courtney at [CLZinter8738@winona.edu](mailto:CLZinter8738@winona.edu)

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## DONATIONS

hours or salaries and need to use additional resources to make ends meet.

With the big jump in clientele at the Food Shelf, additional aid would be "extremely helpful," she said.

"There are a number of things students can do to help us out," Burke said. "It could be stocking shelves, sorting food items, helping in the clothing store, or checking in for volunteer projects and holiday tasks."

Winona State University's community liaison Vicki English said one way students can help out is with the community-wide food drive effort, the "10 Days of Giving," which begins Dec. 1 and continues through Dec. 10.

Groups and individuals are encouraged to donate food items or money to the Food Shelf as part of a 20-year

tradition, which helps families in need for the holiday season.

"We can all contribute to a sense of well-being and good citizenship," English said. "Just having the universities in this town and spending money here keeps the local economy strong. The presence is a good one."

Sophomore Kyla Benson volunteers at the Winona Red Cross and said she admires the men and women who come in every day without having made previous obligations to spend time helping the organization out.

"People need to look at the bigger picture," she said. "Just getting out there in any possible way and be willing to do some boring stuff, but to remember what that organization does."

Contact Stephanie at [SMTrask8045@winona.edu](mailto:SMTrask8045@winona.edu)

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Photo by Rory O'Driscoll/Winona

Supporters of the Beth Kunce Memorial Walk play Phase 10, a card game, on Saturday at Lake Winona to raise money for the Special Olympics. Participants paid a dollar for each game.

## WALK

Continued from page 4

and event coordinator Jenna Dabler said. "Everyone says she was the kind of person you could call at three in the morning and she would be there for you."

The sisters also honored another member of the sorority who recently passed away. Krista Lea Meyer, a 2005 Winona Statue graduate and former president of Phi Theta Chi, died after sustaining injuries from an automobile accident on Sunday, Oct. 5, 2008.

"It is good to take the time to remember them and to do something good in their

names," Dabler said.

The events began with a short statement by Dabler, followed by food, games and music.

After playing the games and socializing, the participants began the ceremonial walk around the lakes.

The sisters raised over \$600 within the sorority alone, and more than \$800 total.

This year, members of Winona State's Pi Lamda Phi fraternity also participated in the events.

Contact Tim at [TJJBrennan07@winona.edu](mailto:TJJBrennan07@winona.edu)

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# What's happening at WSU...

## Wednesday

### WSU Hosts Election Coverage Panel Discussion

PLACE: Student Activity Center, Kryzsko Commons  
TIME: 7 to 8:30 p.m.  
CONTACT: e-mail Tom Grier at TGrier@winona.edu

### WSU Welcomes Author Dr. Robert D. Morris

PLACE: Performing Arts Center Auditorium  
TIME: 7 p.m.  
CONTACT: e-mail Paul Johnson at PJohnson@winona.edu or visit www.winona.edu/commonbook

## Thursday

### International Music Series Hosts Gao Hong

PLACE: Tau Center Rotunda  
TIME: 5:30 p.m.  
CONTACT: e-mail Cathy Schmidt at CSchmidt@winona.edu

### Career Services Hosts IBM

PLACE: Career Services, 314 Maxwell  
TIME: 9 to 4 p.m.  
CONTACT: Career Services at 507-457-5878, e-mail career@winona.edu or visit www.winona.edu/career

## Friday

### WSU Hosts "In the Heart of the Beast Puppet and Mask Theatre"

PLACE: Performing Arts Center Main Stage  
TIME: Noon-12:50 p.m.  
CONTACT: e-mail Gretchen Cohenour at GCohenour@winona.edu or visit <http://water.southeastmn.edu>

### Rock-a-Thon for Cystic Fibrosis Foundation

PLACE: WSU Courtyard  
TIME: 7 a.m. to 7 p.m.  
CONTACT: e-mail Jaime Johnson at JBJohnson4626@winona.edu

## Saturday

### Winona Symphony Orchestra

PLACE: Performing Arts Center Main Stage  
TIME: 7:30 p.m.  
CONTACT: call Marybeth Lenhardt at 507-457-5250

## Monday

### Faculty Exhibition: ChunLok Mah and Mary Roettger

PLACE: Watkins Hall  
TIME: 8 a.m. to 4 p.m.  
CONTACT: e-mail Anne Plummer at APlummer@winona.edu

### Exhibition: Art of Recovery

PLACE: Darrell W. Krueger Library  
TIME: All day  
CONTACT: call Kathy Peterson at 507-457-2913 or email KPeterson@winona.edu

## Tuesday

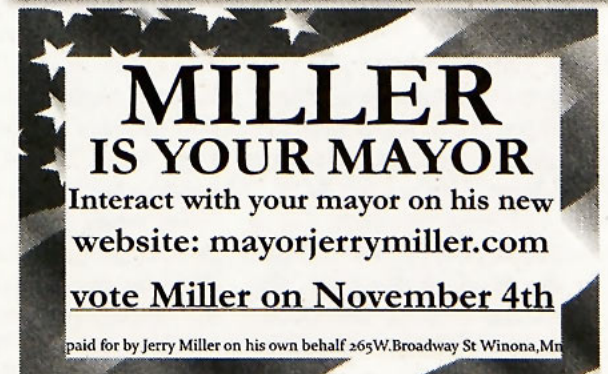
### Guest Artist Recital: Artaria String Quartet

PLACE: Stark Auditorium  
TIME: 7:30 p.m.  
CONTACT: call Marybeth Lenhardt at 507-457-5250

## Sunday

### Student Recital

PLACE: Performing Arts Center Main Stage  
TIME: 2 p.m.  
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## Political momentum must carry into communities to cause change



By Brian Sanders  
Winonan

Like many other politically-conscious Winonans, I made a pilgrimage to La Crosse on Oct. 1 to see Barack Obama deliver an oratory to the anxious masses.

My attitude toward the political system is an inconsistent mix of optimism and pessimism.

On one hand, I think that the Obama campaign is great with its focus on "Yes we can", emphasizing grassroots involvement rather than a single personality.

On the other hand, it's still a political campaign that is almost completely outside of my sphere of influence.

Everyone realizes that their individual vote in a presidential race is ultimately meaningless.

That realization discourages many from voting at all, and often reduces their civic engagement to a minimal level.

I propose that despair is not the best reaction to one's relative insignificance on the national scale.

Rather, when faced with a scale too large to drastically affect, the appropriate reaction would be to reduce the scale.

I love using environmentalist clichés, so I won't resist another one: Think globally, act locally.

While following the Obama/McCain race may be beneficial in terms of gauging the political climate in America, learning where people are at, and having a common denominator I can

discuss with someone thousands of miles away, my single vote for either candidate on Nov. 4 is not going to make the world a better place whatsoever.

My vote makes a much larger difference at the state and local levels, but even there, I am just a small drop in the bucket.

Last week after "Materialistic Economy Day" and watching "The Story of Stuff," we had a discussion about how we can change the enormous problem of resource exploitation and unnecessary waste.

There are a lot of levels to this problem; the simplest to address is people throwing reusable/recyclable things in the garbage.

Just stop.

That solution is pretty simple. In terms of "Acting locally", sorting your trash is about as basic as it gets.

Decreasing pollution and helping sustain your community by buying from local farmers is

another basic thing to do.

That local action can branch into many arenas: minimizing car use, educating oneself on more issues, participating in awareness activities, joining organizations, avoiding harmful products, helping at local farms, direct action to prevent destruction, community organizing, saving wasted food, voting for politicians that you think will help, sharing goods, or doing anything else to promote the furthering of your community.

This leads to my interest in the Obama campaign.

I don't care about many of his proposed policies — it's a political agenda.

What I am interested in is his ability to inspire people. The way positive change happens is on the community level. If people are excited by Obama's national campaign rhetoric — change, the value of helping each other, making sacrifices,

being environmental stewards, and unity—and that translates to positive community engagement outside the realm of national politics, that is exciting.

The things that matter in our individual lives aren't solved at the national political level. I surely encourage voting as a fun activity.

What really matters, though, is creating local communities where we are.

It's important to foster a culture of sustainability and compassion in Winona and wherever we go after college.

If you believe that a vote for a presidential candidate will help change the framework and make it easier to improve your community for the long-term, do it.

But don't let community engagement end there.

Contact Brian at  
BPSanders06@winona.edu

## Help me get a fashion sense: Reform my shopping ways



By Sarah Burgen  
Editor-in-Chief

I have to give props to my friend Ashley.

She took advantage of many loopholes in the retail industry and got a bajillion clothing items from Express for \$150... with \$198 store credit for a returned coat. Yes, that's right. For the price of one coat, she got all the clothes she needs for her advertising campaigns capstone.

Many people don't have Ashley's shopping savvy.

My best friend, Molly, called me from Oak Park Mall in Overland Park, Kan., and said she needed some retail therapy.

After passing a few stores, she didn't see anything she liked, but went into Forever 21.

We lost our cell phone connection, and when I finally got back in touch with her, she had spent \$200 on three things.

I've never been able to do this. The clothes I wear date back to high school. My main pair of jeans is from Target and I get made fun of for wearing band t-shirts quite often.

So, when the time comes to go shopping, I usually wind up dressing my friends, including the aforementioned.

I love picking out clothes I feel like I'd look like a fool in.

Example: This weekend, at Urban Outfitters, I saw a really cute blue sweater dress. I grabbed it off the rack and thrust it into Ashley's arms. She tried it on, loved it, and bought it in purple. She then wore it the next day.

Another example: I got Molly into vests. Yeah, vests are trendy now but I jumped the gun - I gave her a vest in March. (Sidenote: Literally every employee at the Mall of America Express store was wearing a vest Saturday).

The point is, I feel like I have really good fashion taste. I know what looks good. I know what colors look nice together. I feel like I can put together a great outfit.

I just can't translate these incredible skills into my own wardrobe. I'm a t-shirt, hoodie

and jeans kind of girl. And I don't want to be.

I look at clothes online but never buy them. I go shopping with my mom and see these adorable clothes but refuse to buy them.

I need some direction. I need motivation to dress well. I need input on what would look good, what colors work, how to spend money in a store wisely.

I'd rather pull an Ashley than a Molly.

Contact Sarah at  
SCBurgen5575@winona.edu

### A note about Letters to the Editor

We invite all letter submissions  
but will print at our discretion.  
Please submit letters to:

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Kryzsko Commons  
Winona State University  
Winona, MN 55987

or via e-mail to  
winonan@winona.edu.

If sent via e-mail, please put  
**LETTER TO THE EDITOR**  
in the subject line.  
All letters must be signed,  
either by hand or digitally.

# Chillin' at the Darrell Krueger Library

## Perfect study placement gives students an edge



By Lauren Vincenti Winonan

As midterms come and go, I realize that more and more people have staked out their favorite study spots.

Personally I prefer, but do not limit myself to, the Darrell W. Krueger Library.

I spend approximately one day out of the business week, if not more in the library each week now that the semester is up and rolling.

Ironically, I am writing this article while sitting in one of the many cubicles offered at the D.K. Library.

I wish I were the type of person who just had to show up for class or sleep on their

textbook in order to gain knowledge via osmosis.

Unfortunately, I have to work for my grades, which is why I have made the D.K. Library my second home and I am happy with it.

The D.K. Library has three fantastic floors.

The first is where I can enjoy the company of my peers; we can sit at large tables or on beanbags and talk about our new found knowledge that we gained that day.

If I want to contemplate my studies by myself or with my schoolmates, I would most likely be found on the second floor where I can hear my thoughts as well as whisper rhetorical statements to my fellow learners.

My feet have less treaded the third floor this semester.

I only go to those heights if I need to better understand, contemplate or reflect upon the subject at hand.

I feel that if even a sound is muttered from my mouth while

on the third floor, I will be attacked by miniature figurines "Night at the Museum" style.

Because of the seating arrangements I, more often than not, find myself scrounging for a wall-side cubicle on the second floor.

Once there, I try to organize my thoughts and my belongings.

Then, I Facebook until I am content with the world before I begin my studies.

There have been multiple times when I could not find my preferred seating and have been regretfully forced to sit in the cubicle rows placed in the middle of the two side wings.

I say regretfully because my Facebook time is limited when I sit there.

I always get the feeling that I am not the only one looking at my computer screen that is likely plastered with someone's recently posted pictures.

What if the other pair of eyes staring through my back belongs to the person who just

posted that whole album?

Better yet, what if it was the person who was just tagged in the picture on my screen!

That wouldn't be an awkward exchange:

"Is that me...?"

"Yea, uh, you have some interesting facial expressions." Smooth.

Pretty soon though, I think I will bring in a futon and some room dividers, maybe even a mini fridge.

This way, I can spend more than my 24 hours a week here which might possibly mean more quality Facebook time and better grades.

Possibly.

Contact Lauren at  
LPVincen6822@winona.edu

## Letters to the Editor

### Ramblings of a ponderer

Once upon a time there was a summer camp. For those of you who are not familiar, a summer camp is a peculiarly American invention by means of which children of means form brief yet intense relationships with similarly advantaged children while participating in some variety of adrenaline-inducing fun based around a common interest picked for them by their parents, who, depending on exact placement in the middle to upper class, enjoy the absence of their children for anywhere from all day to the entire summer. To attempt to name all the types of camps the public annually demands

for its children would be akin to compiling a complete list of cheeses eaten by the French (one for every day of the year, I'm told) or dry cereals by Americans.

However, we shall sally forth with at least Cheerios, Lucky Charms, and Wheaties, because a partial list is better than no list at all. There are boys camps, girls camps, sports camps, church camps, drama camps, math camps, hiking camps, camping camps, sailing camps, flying camps, writing camps, fitness camps, research camps, college prep camps, business camps, band camps, choir camps, language camps, horse camps, travel camps, and then just plain camp camps. The academic or skill (athletic, music, drama) camps are particularly popular with those

students and parents who treat school and/or its accompanying accoutrements with such solemn regard that they are willing to sacrifice everything else—be it happiness, wealth, health, or familial harmony—on the altar of excellence in the chosen vocation. And yes, it is a vocation. You may think, naïve reader, that a twelve-year-old does not yet have a vocation. Perhaps that is so for the twelve-year-olds you know; the twelve-year-olds who attend tennis camp, violin camp, calculus camp, and architect camp every summer on the other hand, do.

-Anne E. Flaherty  
WSU English major  
AEFlaher4959@winona.edu

### Pancakes

I love pancakes. What could be greater than warm, fluffy, buttermilk pancakes with butter and delicious maple syrup? And you know who makes great pancakes? Perkins.

Perkins is probably the greatest place for students who have nothing better to do. What other place in Winona is open 24 hours, serves delicious pancakes and won't frown upon you if you stay for two hours and only order a side of mac and cheese?

And the pie. Don't even get me started on the pie. Delicious caramel apple, luscious French silk, and my favorite- pumpkin. Served à la mode? Yes please!

I find myself at Perkins at least once every few weeks.

## Winonan Staff

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It's the perfect ending to a very long, stressful day, especially those that end at 1 a.m. Who needs sleep when you can get a strawberry milkshake?

The waiters and waitresses at Perkins are generally very nice and engaging, which makes the pancake experience all the better. They understand the needs of a college student at 2 a.m. on a Thursday.

But one of my favorite times to head to Perkins is not late at night- I love going for brunch on Sunday.

So I recommend that if you haven't supported the Winona Perkins lately, head over for a splendid meal.

And might I suggest pancakes...

-Anonymous pancake lover

# Depression screening at Winona State

By Courtney Cosgriff  
Winonan

Counselors from Winona State University presented National Depression Screening Day last week.

Counselors discussed signs of depression and how to manage stress to students struggling with negative feelings.

There was a screening period after the presentation where students could pose questions and answer some to determine if they should seek treatment, medication or another outlet.

Eunie Alsaker, a counselor at Winona State, said depression is the most common mental health condition, and people aged 18 to 24 are the most vulnerable to it.

Alsaker also added that two thirds of people with depression don't seek help.

"Depression is an illness that affects the mind, body and spirit," Alsaker said. "People affected by it are usually often tired, have a loss of an

appetite and have difficulty concentrating."

She said she could best describe depression as feeling like you are "living in a fog."

The three types of depression are clinical depression, bi-polar disorder and seasonal affective disorder.

"Depression affects many people ever year," Alsaker said. "It affects one in four women and one in 10 men, so it is definitely a disorder that people should be aware of."

1.5 million people are diagnosed every year with depression or anxiety.

Another counselor, Lynda Brzezinski, discussed stress and anxiety and how they may lead to depression.

"Stress can be really good for us, because it gives us motivation to do well, but when stress goes unmanaged, it can lead to heart disease, ulcers and a weakened immune system," Brzezinski said.

She said, that failure to deal with stress can cause feelings

of being overwhelmed, and possibly lead to depression and anxiety.

"Anxiety is excessive worry and panic for really no reason at all," Brzezinski said. "Anxiety can come in forms of phobias, panic attacks, Post-Traumatic Stress Disorder or Obsessive Compulsive Disorder."

Brzezinski emphasized the best way to deal with stress and anxiety is a combination of balanced diet, exercise, sleep and time management.

Another counselor, Wayne Theye, discussed possible treatment options and how to know if you need treatment.

"Depression usually occurs out of conflict, social isolation, transitions in life, or a loss whether that be concrete or abstract," Theye said. "If any of these things happen to a person, depression symptoms usually stay for two weeks or longer



Photo by Rory O'Driscoll/Winonan  
Lynda Brzezinski, a counselor at Winona State University, speaks to a group of students about the effects of depression on daily life Wednesday at Kryzsko Commons.

See SCREEN, page 14

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## Minnesota Family Planning at WSU

By Rebecca Erdmann  
Winonan

College life is full of hidden costs: books, food, bills and extra cash necessary for a social life.

Birth control adds another dent in the wallet for the students using it.

Fortunately, the Minnesota Family Planning program, a relatively new state program, is available.

The program covers services like birth control, family planning office visits, and sexually transmitted disease testing.

Winona State's Health Services and Semcac are the only organizations in the area

that offer Minnesota Family Planning services.

"It is part of Health Services protocol to offer Minnesota Family Planning if students call or come in for birth control consultation," Grace Rasmussen, a liaison between Winona State Health Services and the Minnesota Department of Human Services, said.

This is the third year of a five-year trial period for Minnesota Family Planning. After the trial period, the state government will decide whether or not to approve the program.

Rasmussen describes the program as something provided by the state to assist girls and reduce the pregnancy rate.

One of the benefits of the

program is that it is entirely confidential.

Confidentiality makes it ideal for students who are reluctant to let their parents know that they're using birth control.

St. Cloud State University and Bemidji State University also offer the program.

"They were a lot of help when we were starting the program," Rasmussen said.

According to information on the Minnesota state web site, Minnesota residents between the ages of 15 and 50 at or below 200 percent of federal poverty guideline are eligible for the program.

For a single person, an

See PLAN, page 13



# The Ruckus

a review that loves music almost as much as you do

## Peachy Keane and their fresh third

By Jack Chandler  
Winonan

With its bloated bass lines and moody synthesizer hooks, Keane's third studio album "Perfect Symmetry" attempts to bring 80's style piano-rock to the forefront of present pop music.

The English triplet of singer Tom Champlin, drummer Richard Hughes and everything-man Tim Rice-Oxley stray from the conventional dual-guitar setup of most rock groups, instead making room for quirky, yet sometimes magical, key and synthesizer arrangements.

On "Symmetry," the novel instrumentation helps shine out some of the group's best songs to date, including a couple of singles that put the group up on their own pedestal of bomb.

The opening track pumps the synthesizer to overkill, just in case you thought Keane would



© Google

be pulling punches.

"Spiralling" is the marquee dance track, using key effects

and Bobby Brown electro bass to get you to shake it, like Members Only jackets and Jheri curls are still rad. They're not, but by the sound of it these guys want you to pretend for four minutes.

The angelic "The Lovers Are Losing" is a cynical take on self observation, with Champlin singing "You take the pieces of the dreams that you have/ Because you don't like the way things seem to be going/ You cut them up and spread them out on the floor/ You're full of hope as you begin rearranging." A lyric that suggests "Put it all back together/ But any way you look at things/ The lovers are losing" is something you'd expect to hear while watching The Corey's pedaling around a rainy Silicon Valley neighborhood in a 1980s coming-of-age film.

"You Haven't Told Me

Anything" is one of the only cuts driven by way of guitar riff, and a catchy one at that. This is a reluctant version of a Strokes song, but they don't care.

There is plenty of guitar support that enhances the records best efforts, but with the synthesizer reigning supreme, there really is no need for crunchy mid.

Keane sticks to the "third album" rule of English rock, incorporating full orchestra arrangement to balance some of the heavier moods that would normally bog down guitar rock, though it works as more of an enhancer for the boys when coupled with their spacey synths.

Keane's sound finds a lush balance between anthemic and cool, especially on "Playing Along," which is a lax Freddie Mercury moment of sorts for Tom Champlin.

A wartime rebuttal that says more by not saying anything (the final minute gets an inverted mix of guitar and white noise overpowering the repeating "Gonna turn up the volume till I can't even think"), these guys aren't afraid to call bullshit over their cute brand of rock.

"Perfect Symmetry" unfortunately takes the moody emo route near the end, but the presence of rocker burnout isn't enough to ruin an otherwise fresh effort. After debuting with certified classic "Hopes and Fears," Keane is standing firm as a supremely relevant rock group, even as new ingredients bring similarly great results.

Contact Jack at  
JCChandl3168@winona.edu

## The Fire Five

1

"The Lovers Are Losing"  
Keane

Take great 80's synth-pop minus the ridiculous fashions, and you get Keane on their new album "Perfect Symmetry." Minimal guitars on a rock record shouldn't sound this fresh.

2

"If Wishes Were Horses"  
Lucinda Williams

The unique blues ballad is that much more coming from a 50-something who's seen her fair share of ups and downs. Williams earnestly sings out on many of the tracks off her new release "Little Honey," making for some of the rockers best songwriting efforts in recent memory.

3

"Freeze"

T-Pain feat. Chris Brown

Anyone else sick of the vocoder yet? After this single from T-Pain, it would be a good idea to bury the voice effect in a huge closet for a couple months. Yeah, you might as well just close the door on T-Pain after he walks in there, too.

4

"Hey Me, Hey Mama"  
Ray LaMontagne

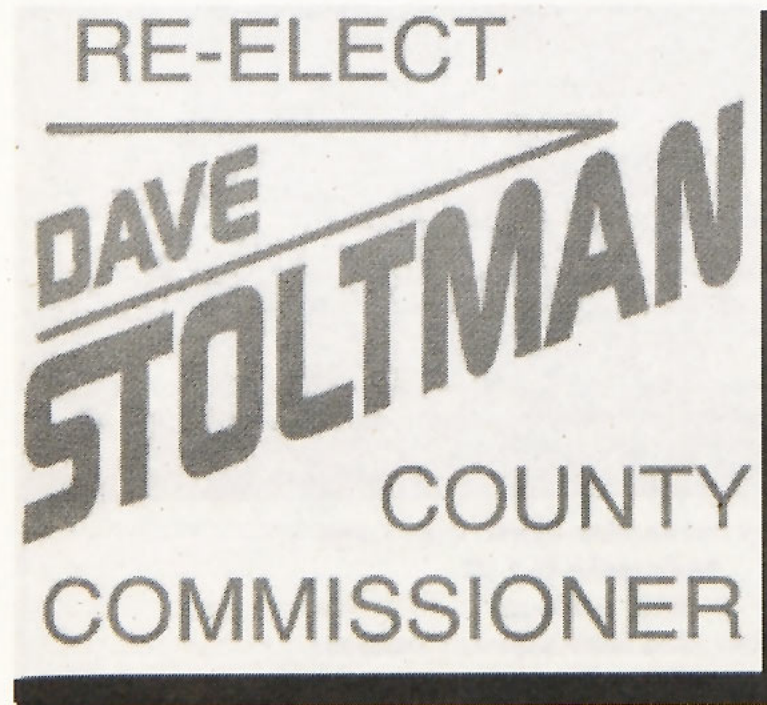
LaMontagne is quietly becoming one of the better voices in folk rock, and on easy rambler "Maine Man" drops down a new take on an old fan favorite.

5

"Escape"

The Mighty Underdogs

This rap supergroup brings to mind The Gorillas with harder bars. Veteran rhyme-smiths Gift of Gab and Lateef the Truth Speaker come way out of right field with this hypnotic flow-till-you-know groove.



# The glass is half full until it's knocked over

**Film**  
*Happy-Go-Lucky*

**Genre**  
Drama

**Director**  
Mike Leigh

**Cast**  
Sally Hawkins,  
Eddie Marsan, Alexis  
Zegerman, Sinead  
Matthews, Kate  
O'Flynn

**MPAA Rating**  
R

**Run Time**  
118 minutes

**Joe's Judgement**  
C+

**By Joe Underbakke**  
**Winonan**

This week I had absolutely no interest in seeing any of the movies that were around the Winona area, so I decided to take a new route and review one that is in limited release: the British film "Happy-Go-Lucky."

The film is about the everyday life of a woman named Poppy, played by Sally Hawkins.

A key tidbit about her personality is that she is, indeed, happy-go-lucky, a characteristic that I find in very few people and, after watching this movie, realized is was a positive characteristic.

Although the idea of the movie seemed to be to convey the idea that people take things too seriously in life, and all that really matters are our friends, I think the message fell short.

There were so many times that I wanted to jump through my screen and tell her to shut

up that my face actually hurts a bit because the screen was fairly resilient.

There are several supporting characters along the way that either tolerate or have minor disdain for the way Poppy acts.

My favorite of these characters is a stone-faced driving instructor named Scott. Fun fact I learned while I watched him give Poppy driving instructions: they drive on the opposite side of the road in England. Sweet stuff.

Scott doesn't take any crap; he doesn't enjoy jokes and he kind of seems like he walked his way out of a Mr. Bean sketch (points if you get the reference).

Overall, I think the bubbly attitude of the movie was a little too much for me, since instead of feeling overjoyed at the prospect of life, I felt sorrow that this movie had received such glowing reviews.

That's not to say it doesn't have its place.



© Google

Sally Hawkins stars as Poppy in the movie "Happy-Go-Lucky." Her free-spirit and unsinkable optimism are tested throughout the movie by the people in her life, causing her to question if the glass is really half full.

We all have that friend who wakes up at six in the morning and is drinking coffee when they see you get up to go to the bathroom. They look at you and say "morning sleepyhead," and at that moment, you temporarily suspend the friendship for an undetermined amount of time.

Have that friend go see this "Happy-Go-Lucky." Sure, they may not enjoy it, but you'll be able to wake up at noon like a normal human being and not walk into a wall of criticism.

I think a better spin

See REVIEW, page 14


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# Hiroshima survivor at WSU

By Rachel Smith  
Winonan

Students prepared to clean the city streets near their school on one beautiful, sun-shining day in August 1945. No one expected the bomb was soon to drop.

So began Shigeko Sasamori's survivor's story Thursday night, when she spoke to Winona State University students and faculty of the bombing of Hiroshima.

Sasamori was 13 years old when it happened.

After the bomb dropped, a powerful force pushed her to the ground, knocking her unconscious.

She first awoke to silence, in a world of blackness, unaware of what had happened and stricken by so much pain she could not feel anything.

"If there was a hell, probably that was hell," she said.

The first sound Sasamori remembers hearing was that of a screaming baby.

She struggled her way to a tree by the school courtyard where she sat, begging for water.

She ended up at the school dormitory, along with other survivors of the blast, where she drifted in and out of consciousness for five days and four nights.

"It was five days, no food, no treatment, hot weather," Sasamori said. "I can't believe I survived."

The first time she went outside, Sasamori was shocked by the destruction.

"It was for miles and miles flat, without houses," she said. "The air was rotten from

the smell of dead bodies charred from the blast and flies were everywhere."

The damage from the bomb had caused severe damage to Sasamori's face and she remembers her father and mother cutting her hair and peeling away the layer of burned skin.

See BOMB,  
page 15



Shigeko Sasamori poses in front of the Hiroshima Peace Exhibit on Thursday evening at Winona State University. Sasamori, a survivor of the atomic bombing of Hiroshima, spoke to students, faculty and community members about her experiences during and after the bombing.

Photo by Rory O'Driscoll/Winonan

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## PLAN

income less than \$1,734 per month meets this guideline.

Non-Minnesota students and residents can apply for the program, using their Winona address.

Rasmussen estimates that 50 percent of the students on birth control through Winona State Health Services the Minnesota Family Planning program.

"Since mid-August, we've had between 55 and 60 people sign up."

Mackenzie Moy has been using Minnesota Family Planning services for almost a year,

because she is no longer covered by her parents' insurance.

"It's really easy. I probably wouldn't be on the ring without it."

Moy also said that her roommate uses the same birth control method but pays \$80 each month.

Birth control methods offered through the Winona State Health Services include an oral contraceptive, the Nuva ring, Ocella, a generic form of the oral contraceptive Yaz, which contains less estrogen and the Depo-Provera shot.

These methods range in price from \$10-\$15 a month.

Kelly Palik also enjoys the convenience of the Minnesota Family Planning program.

"Being in college, not having much money, it's nice to have around," she said.

The only thing about the program that Palik doesn't like is the annual check up, required for reapplication each year.

"That part's not so much fun," she said.

Another negative aspect of the program is that after someone

applies, the state of Minnesota will not accept an application for other forms of state aid for that person.

Rasmussen said that this policy often creates problems for non-traditional students, including single mothers.

Another problem with the program is that the state is several months behind in processing paperwork.

Winona State's Health Services resolved this issue by having new applicants fill out the paperwork after their first visit to inquire about birth control.

Health Services holds the application for five days, allowing students to get all the necessary documents, including proof of citizenship. This can be a copy of a U.S. passport, or copies of the student's birth certificate and driver's license. Then the application moves to the next step in the process.

Contact Rebecca at  
RErdmann06@winona.edu

## REVIEW

Continued from page 12

on this movie would have been placed the character of Poppy in the middle of an empty room, and for an hour and a half, we get to see if she drives herself insane.

It would be poetic justice, since that seems to be what happened to me.

Though I don't recommend

seeing this, if you think anything like I do, I also don't suggest dropping by the movie theater to see something else, either.

Save your money for next week. That's when the magic is going to be happening.

In fact, for the first time ever, I'll endorse a movie before I

see it. Please, this week, use the resources you have to find a way to see "Synecdoche, New York."

That's all. Thanks for reading.

Contact Joe at [JJUnderb9309@winona.edu](mailto:JJUnderb9309@winona.edu)

## SCREEN

Continued from page 10

and that is when you might want to consider treatment."

When students go to counselors with depression issues, we don't automatically turn to medication, said Theye.

"There are several types of

of the time people just need someone to talk to," Theye said. "Whatever the student brings into therapy is also important. You have to be ready to confront issues and discuss them."

Sometimes even with therapy

efforts, there just isn't enough serotonin in the person, said Theye.

"There are obviously cases that require medication and there is nothing harmful about that," Theye said. "Anti-

depressants are not addictive and if one drug is not working for that person the situation can be easily tweaked."

Along with the presentation, there was also a panel of three students who discussed their experiences with depression.

Kelsey Pawlak, a sophomore at Winona State, said that students shouldn't feel bad about wanting help or feel weird about being depressed.

"There is a stigma that getting help isn't okay," Pawlak said. "I was angry at myself at first for being depressed, but now I am so glad I got help. I just don't want others to feel bad about getting help either."

The WSU Counseling Center is open at 8 a.m. to 4:30 p.m. Monday through Friday and is located in Wabasha Hall, Room 220.

Contact Courtney at [CJCosgfi4506@winona.edu](mailto:CJCosgfi4506@winona.edu)

# Evening with Wank

## Beeeeew. Boop.

By Alex Wank  
Winonan

People say that nothing in this world is random.

You've all heard it; life is predetermined and everything happens for a reason. But is this true?

I have spent my entire life mocking this theory, mainly because I am the most random person that I have ever met.

And if you don't think so, then you have yet to meet me, which causes me to wonder as I sit on my chair and type, staring at the cursor with an intense fury reserved only for hatred coated with betrayal and revenge. Revenge, I say! Have at thee!

Why have you not tried to meet me?

The least that you could do is look me up on Facebook.

I mean, come on. You're reading this article, I'm assuming not by chance, and you're not even going to support the column by being a fan?

Yes, there is an "Evening With Wank" page on Facebook, and no, I am not being paid by the glorious creators of the best web site ever to plug their product.

Alex Wank is not a sellout to Facebook.

The last thing that I would ever do is relentlessly plug the "Evening With Wank" page on Facebook.

Just because having fans helps my ego doesn't mean that I should ramble on and on about the "Evening With Wank" page on Facebook.

What kind of guy would I be if I talked about the fan page on Facebook?

I won't even bring up Facebook. I'm not tacky.

I would never say anything resembling the sentence that "Facebook is much better than MySpace."

Sorry Facebook, but I would never mention you in my

articles, even if I wanted to talk about the "Evening With Wank" fan page.

For this week's column, I would like to tell you, dear reader, about a special event taking place on the "Evening With Wank" fan page on Facebook.

As you may have discovered, I always end each article with a random joke or phrase. To open this column to my fans, I am asking that you submit an original quote with which I can either end future articles with, or compile them into a single, random article.

Either way, dear reader, you will get credit for your submission and see your name in the Winonan, Winona State University's best-selling free paper.

The entries must be sent to Facebook, as I do not want my e-mail filling up. Also, please keep it school appropriate. No purchase necessary. Hardly any will enter; if you enter you should win.

Also, just to win an argument, the game is called "Duck, Duck, Goose," not "Duck, Duck, Grey Duck."

For those of you who know the game as the latter, for shame. I respected you once, but then you have to go and call it something different... Why hast thou forsaken me?

To end this article, I would like to tell you that I have decided to boycott the following: ring bologna, summer sausage, brats and salami. The reasoning behind this is that they all bring out the wurst in me.

Contact Alex at [AWank07@winona.edu](mailto:AWank07@winona.edu)

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Continued from page 13

## BOMB

Along with a group of other Hiroshima victims, Sasamori came to the U.S. for plastic surgery and for other treatments.

Sasamori decided to become a nurse's aide and stayed in the profession for about 10 years.

Sasamori's overall message Thursday was a political one: end the war and learn to live in peace with one another. The 76-year-old has traveled to several states, such as New York, Montana and South Carolina, spreading her message and sharing her story.

"No more war. Peoples' love makes people survive. The more I hear, the more I see what's going on in this world, the more I feel God gave me a mission."

Sasamori addressed listeners' questions about Japan's feelings toward the U. S. for the events of that day.

"Don't feel guilty, guilty doesn't do anything. Use that feeling to do something," she said.

Global studies professor Matthew Strecher, who introduced Sasamori, also saw the presentation address political conflict in the world.

"I'd like to see this as a prayer for peace," he told students and faculty.

Sasamori's visit at Winona State is joined with the Hiroshima Peace Exhibition.

The display, a collection of posters from the Peace Museum in Hiroshima, includes images of the damage from the bomb, wounds endured by Japanese citizens, and a brief history of what happened the day the bomb fell.

The exhibit, which is displayed in the university library and in Kryzsko Commons, is running until Oct. 30.

Contact Rachel at  
RDSmith5697@winona.edu





Winona State sophomore Kenzie Schleicher (14) attempts a shot during the Warriors' 10-0 win over Wayne State on Oct. 11 at Maxwell Field in Winona.

Photo by Fred Schulze/Winonan

## Construction of new softball field slated for fall completion

By Chandler MacLean Winonan

The new home of the Winona State University softball team could be finished within a month.

Renovation of Bambenek Field, located at the intersection of Sarnia and Franklin Ave., at Winona's Lale Park, has reached the final stages of construction.

Finishing touches to the backstop and press box, as well as installation of the grandstand behind home plate and scoreboard, are on schedule for a late November completion.

"Hopefully, everything will be done by the time the snow flies," Warriors coach Greg Jones said.

Jones has worked closely on the aesthetic elements of the project. The dimensions of the field – financed 50-50 by the city of Winona and the university – will be 215 feet to center field and 190 feet down each line for fastpitch. The field will also be used by the city for rec softball and will include permanent 275-foot fences for those slow pitch leagues.

"I'll never be able to build a house because of how long I've worked on this project," Jones said jokingly.

The biggest change will be the surface. The Warriors have been playing home games at Maxwell Field at Alltel Stadium's field turf.

The natural grass surface, while it may be the surface the Warriors play on most throughout the course of a season, is a big change. Still, for recruiting and competing as one of the top teams in NCAA its a change Jones and the Warriors are excited to make.

Contact Chandler at CLMacLea9357@winona.edu

## No. 3 Warriors extend win streak to 13

By Chandler MacLean Winonan

The remarkable run continued for the third-ranked Winona State University women's soccer team.

The Warriors extended their winning streak to 13 games over the weekend, matching a program record with a 3-0 win Sunday at St. Cloud State after a 1-0 win Saturday at Concordia-St. Paul.

With the road sweep in the Northern Sun Intercollegiate Conference, the Warriors (14-1-0, 9-0-0) completed their regular-season road schedule 8-0. The Warriors, who have shut out eight

### Up Next...

**No. 3 Winona State (14-1-0, 9-0-0)**

**Saturday, Oct. 25, 1 p.m. vs. Southwest Minn. State**

**Sunday, Oct. 26, 1 p.m. vs. Minnesota State Mankato**

consecutive opponents, will play their final four regular season matches at Maxwell Field at Alltel Wireless Stadium.

"I probably the most important weekend we've had," Winona State coach Ali Omar said. "I don't think we've ever won all the away games in the 14 years I've been here."

The conference-leading Warriors will face three of the top five teams in the NSIC in their final four regular-season matches. The Sunday match against No. 15 Minnesota State

See SOCCER, pg. 18

# Road woes continue for Warriors in lopsided loss

By Adam Stanek  
Winonan

Rebuilding might be an understatement for this year's Winona State University football team.

The Warriors lost 55-18 to Wayne State College this last Saturday, dropping Winona State to 4-4 on the season and 4-3 in Northern Sun Intercollegiate Conference play.

It is the first time the Warriors have had a .500 record eight games into a season since the 1954 team coached by Bob Keister.

That team started off the year 1-4 but won their last four

## Up Next...

**Winona State (4-4, 4-3)**

**Saturday, Oct. 25 @  
UM-Crookston**

games of the season.

The Warriors defense looked stumped against Wildcats quarterback Silas Fluellen.

Fluellen went 30-for-43, threw for 469 yards, five touchdowns, and two interceptions.

On top of this, Wayne State had three 100-yard receivers on the game and a 100-yard rusher in Travis Rhone.

In total, the Warriors' defense gave up 627 total yards and gave up seven touchdowns: a season high in both categories.

The Wildcats were the first to get on the scoreboard.

Rhone capped off a seven-play 78-yard drive with a two-yard touchdown run to put Wayne State up 7-0 with 9:43 to go in the first quarter.

However, Winona State would not back down early.

Andrew Verbancouer has a nose for the end zone, whether it's on offense or special teams.

Verbancouer returned the kickoff 80 yards for a score, cutting the Wayne State lead to

a single point.

Warrior kicker Cullen Fahey couldn't convert on the extra point, leaving the score at 7-6.

Wayne State added a field goal on their next drive to increase their lead to 10-6.

Later in the first quarter, the Wildcats put together a six-play 71-yard drive to increase their lead to 17-6 in the first quarter.

Fluellen hit Brian Chapman on an 8-yard pass to the end zone to end the drive.

In the second quarter, the game only continued to get away from Winona State.

In the second quarter, Fluellen again found

Logan Masters in the end zone to increase the Wildcats lead to 24-6.

With just over 10 minutes left in the second quarter, it looked like Winona State might turn the game back in their favor.

Ken Damron picked off a Fluellen pass and ran it back to the Wildcat 25-yard line, putting the Winona State offense in business.

However, the Warrior offense sputtered and had to settle for a Fahey 37-yard field goal, putting the score at 24-9.

With 1:24 to go in the half, Wayne State regained their 18-point lead on a Nick Hope 23-yard field goal, 27-9 Wildcats.

With how much the Warriors



Photo by Fred Schulze/Winonan

Winona State junior quarterback Greg Preston finds an opening during the Warriors' 49-14 victory over Upper Iowa on Oct. 11 at Maxwell Field at Alltel Wireless Stadium. The Warriors have gone 0-2 since the win over the Peacocks in their most recent home game and have lost three of their past four overall.

struggled in the first half, they were determined to go in at the half on a high note.

With 45 seconds left and the Warriors giving the ball back to Wayne State on a punt, the defense came up with another big interception.

Tyler Lackas stepped in front of another pass and ran it back to the Wildcat 18-yard line to put the Warrior offense in good field position with 35 seconds left.

The Winona State offense sputtered yet again, leaving another golden opportunity at a touchdown on the field.

The Warriors had to settle for another 23-yard Fahey field goal to make it 27-12 at halftime.

Winona State did not fare any better in the second half.

Wayne State could not have started off the third quarter any better.

They went on an 8-play 66-yard drive that was finished off by yet another Fluellen touchdown pass.

This time, he found receiver Robert Perry open for a 13-yard touchdown pass, making it a 34-12 game.

With Winona State struggling offensively and defensively, they needed to find an answer.

They got it late in the third quarter on a Verbancouer two-yard touchdown plunge to cut the Wildcats lead to 34-18.

With Winona State trailing by 16 going into the fourth quarter, they needed to come together offensively and defensively if they wanted any chance to come back in this game.

Fortune was not on the Warriors side in the fourth quarter.

They gave up three touchdowns in the first eight minutes of the fourth quarter.

The first was a short 2-yard touchdown pass from Fluellen to receiver Andre McIntyre to put Wayne State up 41-18 with 14:32 to go in the game.

Then next came on a long 60-yard touchdown sprint by Rhone to increase that lead to 48-18 with 10:32 to go.

The icing on the cake came with 7:06 to go in the fourth on Fluellen's fifth touchdown pass of the game, a 21-yard strike to Perry.

This cemented what would be the 55-18 final score in the Warriors' worst loss of the season.

What seemed like great progress for Warrior quarterback Greg Preston the week before against Upper Iowa, seemingly took a complete 180° in the Wayne State game.

See FOOTBALL, pg. 18

# Warriors' rallies come up short in difficult NSIC

By Johnny Podominick  
Winonan

It was a tough weekend for the Winona State University volleyball team.

The Warriors hit the road against two nationally-ranked opponents, and came home without a win for the second weekend in a row. This week, they fell prey to 25th-ranked Wayne State College and 22nd-ranked Augustana College.

On Friday against Wayne State, the Warriors lost in three sets, 25-18, 25-7, 25-17. WSU struggled with its hitting again, finishing the night with a .045 hitting percentage compared to .287 for Wayne State.

After a competitive first set, Winona State fell apart in the second set, scoring only seven points. It rebounded in the third set to mount a challenge, but came up short. Carmen Stankowski had nine kills and Jenna Padley added eight. Rudi Balich had 16 assists. The Warriors could not overcome Wayne State's 42-26 advantage

in kills.

In their next game at Augustana, the Warriors avoided a second game collapse like in their first game but were still not able to muster up the

## Up Next...

Winona State (7-14, 5-7)

Friday, Oct. 24, 7 p.m. vs.  
Minn. State Moorhead

Saturday, Oct. 25, 3 p.m. vs.  
Minnesota-Crookston

upset, falling 25-21, 25-19, 25-20.

The Vikings were a stronger team at the end of each match. In the opening set, it went on a 4-1 run to expand a 21-20 lead and win. In the second set, it led 19-16 before using a 6-3 run to close the set. The third set was the most competitive, with seven ties, the last coming at 17-17. The Vikings went on an 8-1 run to close out the set

and win the match.

Both teams had 15 errors, but Augustana had a .274 hitting percentage and 47 kills as opposed to .195 hitting percentage and 37 kills for the Warriors.

Stankowski continued her solid play, collecting 11 kills, but was the only Warrior in double figure kills.

With the loss, Winona State falls to 7-14 overall and 5-7 in the NSIC. The Warriors are now in eighth place.

For Winona State coach Connie Mettelle, this weekend will serve as a chance to regroup after two tough weekends in a row.

"This conference is so tough," Mettelle said. "We have to let the whole thing shape out and focus on the opponent in front of us."

Contact Johnny at  
JPodominick06@winona.edu

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## SOCCER

Continued from page 16

Mankato could be the marquee matchup in the NSIC this season.

True to the pattern of success for the Warriors this season, this past weekend was another showcase for the fusion of experience and young talent that has lifted Winona State to the highest national ranking in program history.

Freshman goalkeeper Anna Belpedio stepped in for injured senior Amanda Diehm and posted a pair of impressive shutouts over the weekend.

Belpedio hasn't allowed a goal in six games, including four starts, for the Warriors.

Belpedio came up with eight saves in the Warriors win against Concordia-St. Paul.

Freshman forward Sarah Collieran netted the winning goal for the Warriors against the Golden Bears on an assist from sophomore Cori Beard. It was the Warriors' second 1-0 win against the Golden Bears this season in what is becoming

a fierce NSIC rivalry.

"It's phenomenal," Omar said "We put Anna in there and she looks great. We put Sarah in there and she scores the winning goal. Melissa (Sellier) and Jordyn (Strege) have been something special for us. Not to forget Jena McDermott, who's been nothing but phenomenal for us from day one. It's big to have (the freshmen) play in the big games, and the close games, and still have them delivering for us."

Senior captain Amelia Kasten scored twice for the Warriors against St. Cloud State.

Kasten had the Warriors up 2-0 before sophomore Michelle Shannon tacked on the final goal midway through the second half.

Martha Curtiss and Sellier picked up assists, while Belpedio made four saves for her second shutout in as many days.

Contact Chandler at  
CLMacLea9357@winona.edu

## FOOTBALL

Continued from page 17

Preston went 10-for-24 with 69 yards passing, an average of only 6.9 yards per completion.

Amir Ross didn't fare much better for the Warriors.

Ross went 9-for-17 and 87 yards, but threw two interceptions.

The Winona State rushing attack, for the most part, was kept in-check.

Randy Spring led the Warrior rushing attack with 42 yards rushing with Darren Davis adding, 41 and Verbancoer adding 40.

Tight end Todd Burkoth was one of the few bright spots in the Warrior offense.

Burkoth caught five passes for 53 yards.

With a defense that struggled the entire day, the only bright spot there was sophomore

linebacker Cody Dummer.

Dummer recorded 10 tackles, one for a loss, and a sack.

Winona State's road woes continued, now dropping to 0-4 on the road this season.

However, Winona State will have a good opportunity to snap that road-losing streak next weekend.

The Warriors will head to Crookston, Minn. to take on Minnesota-Crookston. The Golden Eagles are 2-6 on the year and 1-4 in NSIC conference play. The game will kick off at 1:00 p.m. at Ed Widseth Field this Saturday.

Contact Adam at  
AJStanek7497@winona.edu

RE-ELECT

DAVE  
STOLTSMAN

COUNTY  
COMMISSIONER

## Warriors cross country teams have strong showings at Carleton Invite

By Winonan staff

The Winona State University men's and women's cross country teams posted several strong individual performances in their final regular season meet last Saturday.

The men's team had two runners place in the top 20 at the Running of the Cows Invitational at Carleton College.



Slack

The women's team placed four runners in the top 20, led by freshman phenom Jenna Southworth's second-place finish.



Glasbrenner

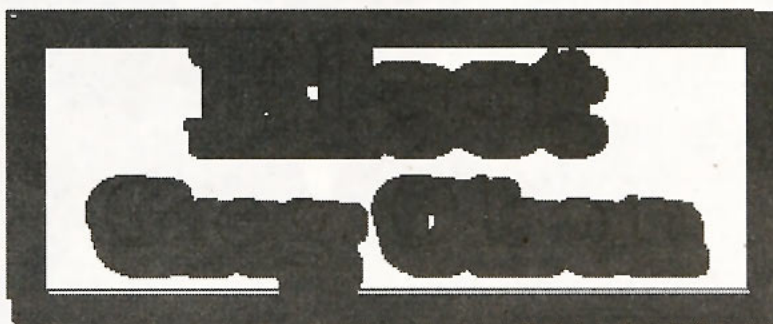
Junior captain Ryan Slack led the men's team, placing 14th in 27 minutes, 38 seconds at the 8-kilometer race.

Freshman Bryan Lindquist, fresh off being named Northern Sun Intercollegiate Conference runner of the week, placed 17th at 27:39.

Southworth placed in the top five for the sixth time in sixtraces for the Warriors,



GREG OLSON  
FOR  
COUNTY COMMISSIONER



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- \*\*\*Bring a Student I.D. and Utility Bill with your name to register\*\*\*
- Greg Olson, born and raised in Winona, volunteer firefighter, and father of two children

WINONA COUNTY STATE OF MINNESOTA

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<b>COUNTY COMMISSIONER DISTRICT 4 VOTE FOR ONE</b>		
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<input checked="" type="radio"/>	GREG OLSON	
<input type="radio"/>	write-in, Easy	
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- His opponent proposed a 6% levy increase
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**GREG OLSON**

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[olson4winona.org](http://olson4winona.org)

placing second in 22:28.15.

Southworth was followed by Steph Smith's 13th-place finish in 23:46.25, Madeline

Heinrich's 15th-place finish in 23:52.95, and Allie Glasbrenner's 17th-place finish in 24:08.75.

The women's team finished third out of five teams, while the men's side finished fifth out of five.

Next up for both teams is the NSIC Championships on Friday in Aberdeen, S.D.



# ROAD RESISTANCE

Warriors still perfect at home, but drop to 0-4 on the road

## WOMEN'S SOCCER

No. 3 Warriors match school record with 13th straight win

## VOLLEYBALL

Warriors slip below .500 in stacked Northern Sun

- New softball field nearly finished
- Southworth 2nd for women's CC, men's Slack and Lindquist top 20

Photo by Fred Schulte/Winonan