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The Cost of Either Ruining or Refining Winona: \$1



This hotel, along with room for a parking lot, will encompass the area of Levee Park. The property value of the parking lot is said to be \$545,000, but was sold for \$1 to Mike Rivers, the owner of many of the hotels located in Winona.

LILIA BARRETT
News Reporter and Photographer
lilia.barrett@go.winona.edu

A new hotel is being brought to the City of Winona. The design plan for this hotel is a five-story hotel and apartment complex in downtown Winona with a built-in restaurant and event space. This hotel, along with room for a parking lot, will encompass the area of Levee Park.

The property value of the parking lot is said to be \$545,000, but was sold for \$1 to Mike Rivers, the owner of many of the hotels located in Winona including some that are home to River City grill as well as Brewski's. This hotel is being brought to Winona in hopes of bringing more visitors to local businesses.

A fourth-year student at Winona State University, who prefers to remain anonymous, has fallen in love with the Winona community and wants to embrace the hotel's potential, but is upset with some of the unfortunate possibilities for the future.

"I'm worried this plan for a hotel will turn into a concrete monstrosity that could potentially take away the charm of Levee Park along with the rest of the downtown area. I fear that this project will bankrupt our town. Also, it is taking money from taxpayers as well, since this hotel is projected to cost around \$5 million dollars" Source A said. "Instead of spending money on a hotel, I feel like it would be more important to put money toward a rehabilitation center or affordable housing."

This entire hotel project questions whether it will add or take away from the charm and community of Winona. Town hall meetings have been taking place

for months now, gathering members of the community together to discuss this huge project.

According to Gabriel Hathaway, a well-known reporter for the Winona Post, this project will have around 75 hotel rooms and around 30 apartments.

"As part of this project, the former Jefferson's Pub and Grill building across Center Street will be renovated for use as a restaurant and event space," Hathaway said.

Hathaway has covered the topic for the Winona Post and has described that the city of Winona has already approved another subsidy in the form of tax increment financing, or TIF. According to his article, he describes that to pay for a new development, TIF takes advantage of new property value that the developments bring within the TIF district.

"The city approved a \$4.9 million TIF agreement over 26 years for 60 Main. City officials noted that some of the TIF proceeds would be used to reimburse the city's \$700,000 contribution and the sale of the land," Hathaway said.

"Further, the city is seeking state funding to remove all but one active rail line from the rail yard abutting the 60 Main site. This reclaimed land will be used primarily for parking as part of the project."

It is important to understand the possible setbacks of this huge project which includes using taxpayer money to construct a site in the middle of downtown.

Mike Rivers, the owner of many hotels in Winona, bought this land for \$1. The question is why.

Elizabeth and Ronald Johnson, a married couple who have been living in Winona for over fifty years, share their perspective on the new hotel being brought into town.

"It is hard to be hopeful of the future of this city when the \$5 million dollars being put toward this project could have gone to better things like cleaning up the streets or affordable housing," Elizabeth Johnson said. "We are anxious to see how this hotel turns out, and I am worried there will not be enough space for parking."

They too, keep wondering why the project is occurring in the first place. Parking is another valid concern for this project. Allegedly, there will not be enough space for parking as there is already a huge struggle to find parking in the downtown area. Citizens often find themselves parking on the streets, and often it is blocks away from their destination.

There is hope that this project will bring in money for businesses as well as allowing for a better and closer place to stay for Winona residents, rather than staying in the hotel on the outskirts of town. But a huge question for this hotel is will there ever be full occupancy?

Members of the town, like the Johnsons, fear there are not enough times in the year when citizens come together in order to fill occupancy in the hotel. Of course, citizens of Winona do come together to celebrate the community with events like the Mid-West Music Fest, Steamboat Days, and Parents Weekend for the University. Gabriel Hathaway, from the Winona Post, speaks more about the worry about parking regarding

this hotel project.

"With the new developments, 126 public parking stalls will be lost downtown. In preparation for 60 Main, the Winona Port Authority acquired HBC properties abutting Main Street and created a paved public parking lot with 29 stalls at 58 Johnson Street," Hathaway said.

"Additionally, while most of the parking developed as part of the 60 Main project will be private, there will be a row of roughly 30 public parking stalls created outside the Jefferson's building and Island City Brewing Company from Center to Lafayette streets in the reclaimed rail yard area.

These developments total roughly 59 new public parking stalls. Compared to the 126 stalls the city is losing, it is a net loss of 67 stalls."

This project for a new hotel is hoping to bring more residents to Winona, ultimately bringing more business to local small businesses working to thrive in the downtown area. Some residents are hopeful that this project will bring the community together, while some are distraught, saying this hotel will be a disaster for the city of Winona.

Residents of Winona are welcome to learn more about this project by attending the city council meeting on February 12th at 4:30 in the afternoon. Still, questions revolving around parking, occupancy in the hotel, as well as the loss of money are up in the air for debate.

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VALENTINE'S DAY TRIVIA

How do you say:

"Would you like to go out with me?" in Italian?

Ti piacerebbe uscire con me

(Tee pee-ah-char-eh-beh oo-she-deh cone me)

Say this to your Valentine!

THE POLL

What is the best gift to get on Valentine's Day



Elysia
Chocolate



Ryan
Quality Time



Bill
Puppy



Tyler
Quality Time



Erin
Kind words



John
Pokémon Cards



Thomas
A nice letter



Joseph
Chocolate



Payden
Flowers and Chocolate

Real Voice. Real Impact. Real Students.

SOPHIA SAILER
editor-in-chief
sophia.sailer@go.winona.edu

ELLY HERRICK
photographer
elly.herrick@go.winona.edu

Somsen Hall Celebrates 100 Years

ALAYNA MAJKRZAK

News Reporter
alayna.majkrzak@go.winona.edu

A student taking their first walk on campus is struck by awe with the way the brick building looms up in front of them. Upon walking up, students grace the steps that now 100 years' worth of students have walked upon. The impact of each foot falling where thousands of students have walked. When both students and staff alike push open the heavy wooden doors of Somsen Hall, they're entering a century of history.

According to Winona State University News, Somsen Hall was designed by the State Board of Control's chief architect, Clarence H. Johnston, who also designed Phelps Hall. Somsen Hall was built in 1924 and is a "Collegiate Gothic style" building. 2024 marks the 100th year of this building recognized as historic by Winona State University and the State of Minnesota.

Somsen Hall held its first ever classes in the fall of 1924 and its historical presence is always felt at Winona State. When Winona State first opened as a University, Phelps Hall and Somsen Hall were the only two buildings. This makes the historic halls of Somsen the building blocks of the Winona State students see today.

Kenneth Janz, the Interim President at Winona State has been a professor and working doing various jobs at Winona State for 16 years.

"As we come to 2024, this building is now 100 years old and that's worth celebrating," Janz said. "We're going to be doing an event in May, which is historical preservation month, I believe. So, the National Preservation Commission is going to be coming here to celebrate the 100th birthday of Somsen Hall."

This celebration is important because of the amount of history that Somsen Hall holds. Between the gothic architecture, high ceilings, and the generations of students who have walked its halls, the history is palpable and undeniable.



Somsen Hall still stands tall after hosting students, faculty and staff for 100 years now.

"I do love the history of this building. I mean, this president's office, I mean like, wow... you sit in this office and there's just history here," Janz said.

Not only is the importance of this building felt by faculty, but students can also feel just how important Somsen Hall is. The architecture makes Somsen Hall's age apparent, but that doesn't mean that the hall itself is stuck in 1924, with additions such as a multi-monitor classroom and the business engagement center that allows students to practice for upcoming interviews and more. Somsen Hall houses the Winona State College of Business, which is an important branch for learning here at Winona State.

First year marketing student, Hannah Jerabek understands the importance of both the modern and historical pieces of Somsen Hall.

"My favorite part of Somsen definitely has to be the café. It's a great place to study and has a Caribou [Coffee] which is a huge plus," Jerabek said. "I feel like it's important for WSU to keep this building not only because of the

beauty of it but business majors make up so much of WSU students and that's the business building."

The new parts of the building are extremely important to student life; however, many students still love the older parts of Somsen Hall. The older architecture style provides much of the character that the building is known for.

"Sing+Tonic" is the Winona State acapella group that holds their rehearsals in the auditorium of the historic Somsen Hall. Co-President, a music liberal art's third year student, Katie Eilers has fond memories of the group in the old auditorium.

"I loved when we [Sing+Tonic members] were smiling crazily at each other while singing 'The Most Wonderful Time of The Year.' We tried to sing the whole song while smiling and we would stop if anybody stopped smiling. The breaths of relief and laughter that we all let out once we got through it were great," Eilers said.

The Somsen Auditorium is known for its beauty and the attention that was paid to every detail within it. Students of Wino-

KARALYN KOLSTAD

Photographer
karalyn.kolstad@go.winona.edu

na State are making memories in the same places that people were making memories 100 years ago. The mixture of modern details and historic ones are all a part of the experience of Somsen Hall.

"I think the older parts of the building are so cool! Obviously, it is nice to have a building with updated places, but the detail and architecture of the old buildings are so fun to look at," Eilers said.

Even in a building that is a part of the National Registry of Historic Places, memories are still being made. 100 years of memories have been made so far within the building's existence and Winona State is looking forward to many more students and faculty having the opportunity to create memories in this building. Somsen Hall is a monument to many years of forward movement and memories within Winona State University.

CRIME & SAFETY

Sun

NO CRIMES TO REPORT.

Mon

NO CRIMES TO REPORT.

Tue

NO CRIMES TO REPORT.

Wed

CHRISTOPHER JAMES OZMUN CHARGED FOR DRUGS, 5TH DEGREE

Thu

NO CRIMES TO REPORT.

Fri

NO CRIMES TO REPORT.

Sat

TYLER BRANDON MAUSKEMO CHARGED FOR TRAFFIC, DWI, SECOND

Dr. Zeller - Dean of College of Nursing & Health Sciences

KARLEIGH JOHNSON

News Editor
karleigh.johnson@go.winona.edu

Looking ahead into 2024, Winona State University is receiving many fresh faces within the roles of leadership. Among them, Dr. Brian Zeller has been chosen as the new Dean of the College of Nursing and Health Sciences. After his many years at Winona State, and with a supportive community beside him, he feels prepared for the transition and next steps ahead.

Dr. Gary Castello worked alongside Dr. Zeller beginning in 1999 and has remained a colleague and friend ever since. Castello describes that Zeller has always been a motivated, transparent, and ethical problem solver. Castello has confidence that Zeller will tackle issues when they first arise, and that he will not shy away from any larger concerns, such as budgetary decisions.

When the opening for the role came up, Zeller applied and went through several days' worth of interviews, some held in Roches-



Dr. Zeller poses for a photo in his current office in Maxwell Hall.

KARALYN KOLSTAD

Photographer
karalyn.kolstad@go.winona.edu

ter due to the number of nursing students located there.

"All the candidates for the position were very good, but I assume the confidence, experience and vision for the college are the reasons the committee chose Brian," Castello said. "He will be a hands-on leader who will visit every department, faculty member,

listen to student needs, and offer creative and pragmatic answers to the academic challenges we face."

Zeller has many things to look forward to, but he is eager for a chance to branch out on a larger scale, developing new and meaningful connections with more students and faculty.

Dr. Zeller Continued

KARLEIGH JOHNSON

News Editor

karleigh.johnson@go.winona.edu

Now, I get to be a member and collaborator with an entire college. And that's exciting to be able to learn from some really amazing faculty, to be able to see our students succeed in some amazing programs," Zeller said. Kristie Stevens currently works for Dr. Zeller within the HERS (Health, Exercise and Rehabilitative Sciences) department and has been working with him for several years now. She explains that Dr. Zeller is wise, trustworthy, and knowledgeable, among many things.

"Dr. Zeller has a high level of emotional intelligence. He is transparent, fair and dignified. He is highly respected by his peers, students and all who know him," Stevens said.

Stevens continues to describe that Zeller is easily approachable to students, and with his years of experience, he is a born leader.

Zeller began at Winona State in 2000, beginning as the co-head athletic trainer. From there he moved on to work as a clinical education coordinator, before becoming a full-time faculty member. He has been the clinical coordinator, the program director for the athletic training, and he even assisted in the development of a new master's program.

"I want to see our academic programs continue to grow. I want to look at opportunities for our students to gain more success. I want to enhance some of our collaborations that we already have when you think about our college," Zeller said.

Zeller mentions that the College of Nursing and Health Sciences is

a clinical-based college partnering and working with hospitals, clinics, sports, social work, rehabilitation, strength, conditioning as well as education.

Zeller still serves as program director and has been the department chair for nine years within the Health and Exercise Rehabilitative Sciences Department. Zeller mentions that Winona State has had amazing Deans and faculty that have paved the way for him in his new role.

"Dr. Shelly Nelson, who was our program director for the athletic training program for a number of years, was our department chair," Zeller said. "She was a huge mentor for me, because when I came in we were the two faculty in the athletic training program and so learning underneath her was tremendous."

Zeller feels supported and con-

fidant stepping into this new role, and one thing he appreciates is the fact that he has time for the transition. He is eager to learn about the needs of faculty and students in each department so that he is ready for the role by July 1st.

"I did not ever want to leave Winona State. I've been here for 24 years. I can't imagine being at another institution. And so, I was never going to look for a dean position somewhere else," Zeller said. "This was my chance to take on that leadership role, and to hopefully do a good job at it."

"This Has Never Happened Before" Power Outage in East Lake Building C

SOPHIA SAILER

Editor-in-Chief

sophia.sailer@go.winona.edu

East Lake Building C, located four blocks from the Winona State University main campus, recently had a major power outage.

Elly Herrick, a second-year student who lives in East Lake Building C and also works for The Winonan as a reporter and Online Editor, speaks about their experience.

"Over the weekend [Jan. 27-28] the power shut off on Saturday during between the hours of eight to ten PM," Herrick explained.

Herrick detailed that first the lights turned off, then the Wi-Fi turned off as well. The next morning [Sunday] the lights and Wi-Fi would periodically turn

off and on as well.

Sarah Olcott, the Director of Housing, explains what specifically happened to cause the power outage.

"On the outside of the building, there are main breaker boxes. The sealant on the main breaker box failed because of how old it is. Moisture got into that box, and that cut power to the whole building," Olcott explained.

Olcott continued, saying that the first night of the power outage they had identified the problem, dried the whole box out, and got the power to work again. But when it happened again on Sunday, they tried to fix the problem with the same solution and it did not work.

Eventually, the electricians replaced the sealant on the breaker

box and added a preventative covering on the box

Herrick stated that during that period, students were not able to do their homework so many went to Main Campus to study.

"Because of what happened, Ann Durley (The East Lake Hall Director) communicated with us via email about what was going on and gave us two free meals in the dining hall. I thought that was really great because I think a lot of people were having issues with their fridges," Herrick said.

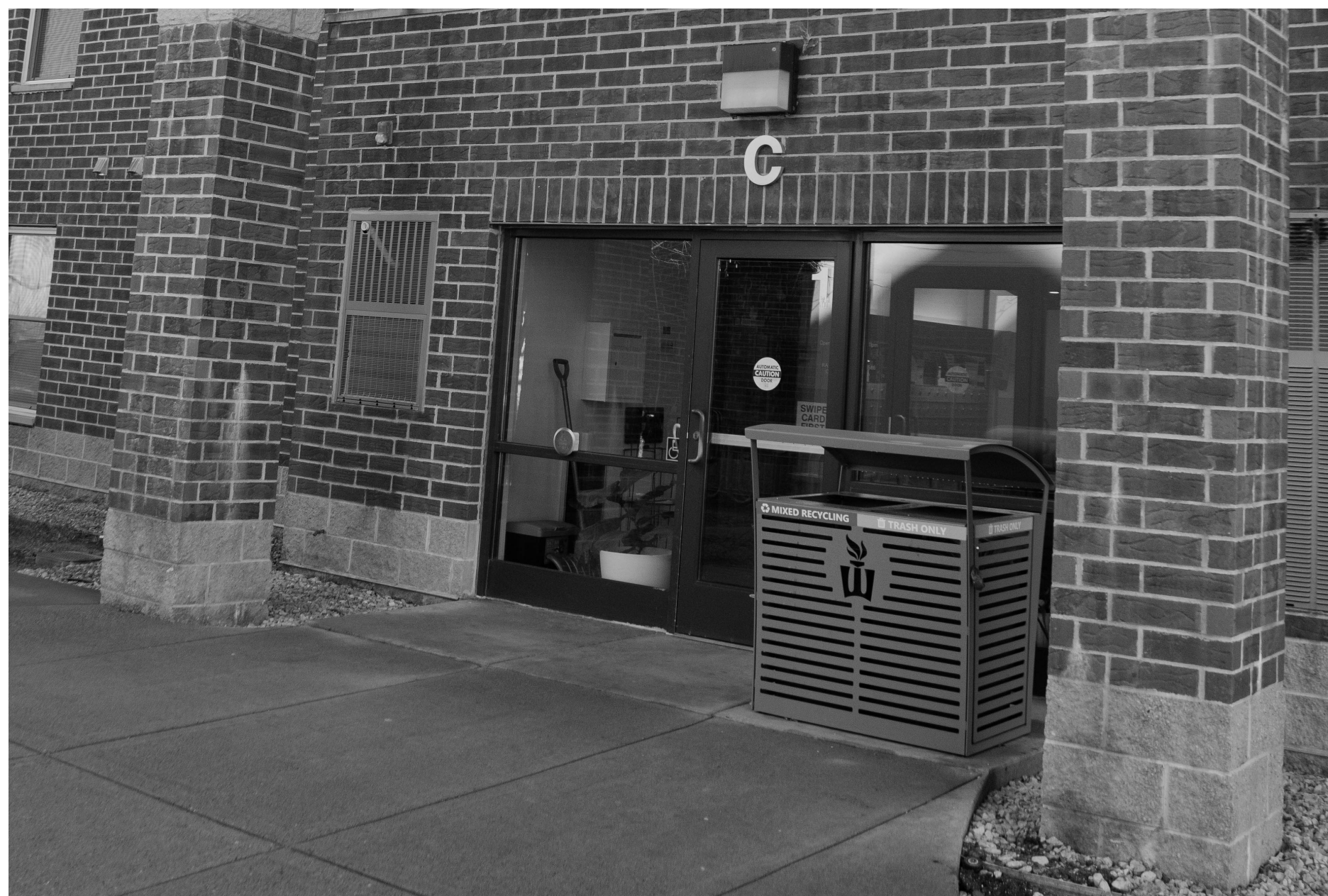
Olcott expressed that aside from the emails, RA's (Resident Assistants) would go door-to-door to explain the situation to the residents of the apartment building. With Wi-Fi not available to students, they still wanted to the information to get out

to students.

Herrick stated that her biggest worry regarding the power outage was security.

Normally on campus, you need a specific card to electronically get you into the buildings, but their worry was that anyone could get into the building because of the lack of power.

Olcott explained that this has not happened before at Winona State, and that the team involved is working to fix the problem efficiently for the future.



The entrance to Building C within the East Lake Apartment complex, where the power outage affected the routines of many student residents both inside and outside.

CHRIS REED

Photographer

chris.reed@go.winona.edu

Satori - Student Literary Magazine Open Now

HEIDI HANSON

Features Editor

heidi.hanson.2@go.winona.edu

After 54 years, Winona State University's campus literary arts journal is once again accepting submissions of student artwork, stories, essays and poems. Submissions this year are due on Feb. 16. "Satori," meaning "enlightenment, awakening, comprehension and understanding" in Japanese, is the overall value that the journal hopes to reflect in WSU's campus community.

The annual journal of the arts is a compilation of short stories, essays, pieces of poetry, artwork, photography and other art pieces all submitted by students to be officially published in a bound book at the end of Spring semester. Not only are all the pieces submitted by students, but the journal also itself is edited by students as well.

Satori staff take the ENG 324 Projects in Writing: Satori Literary Magazine course to structure the submission and production process of creating the journal over a semester period. The class is divided into specific committees, including poetry, fiction, nonfiction and art committees. These committees of about two to four people (depending on the class size) are responsible for going through student submissions and organizing the selections for the final product.

Elizabeth Benfield, an English Literature and Language major and a part of the fiction committee commented on the skills that are gained through the creation of Satori through the Projects in Writing course.

"I like the behind the scenes of learning how to create a literary journal, but also like what publishing means... because we [don't] really get a lot of knowledge about going out and doing a career in literature," Benfield stated. "And so, learning about this is not only helpful now but in the future as well."

Alex Peachey, a Communication Arts and Literature Teaching major and a part of the poetry committee echoed this sentiment while discussing the fulfillment provided by the editing process of Satori.

"My favorite part about Satori is the invaluable experience that I'm getting [from] being part of a publishing process," Peachey stated. "I also love the creative aspects of designing marketing materials and working collaboratively with classmates to build something we can all be proud of."

Satori staff are responsible for almost everything Satori; creating the initial press release, sifting through student submissions,



Satori staff takes an English course called "Projects in Writing" to work on the creation of the annual literary journal. Most of the staff is pictured above, holding previous editions of "Satori." The staff gets the entirety of Spring semester to put together the journal and all of its moving parts and facets.

HEIDI HANSON

Features Editor

heidi.hanson.2@go.winona.edu

opens the writing field up to all majors at Winona State," Peachey said. "Most of the writing stays in the English department, but because of Satori, a Nursing or Computer Science major could get their creative works published; it's important to allow every sect to experiment with things that traditionally 'belong' to other majors."

College is a time where many students from many different backgrounds come together to form a new community. Xander Auman, an English writing major in the poetry committee, explained that Satori is a great opportunity to materialize this collection of perspectives and world views.

"I think that Satori is a way to be connected with those other people and understand things through the way that other people look at them," Auman said.

Overall, Satori is a wonderful opportunity to showcase the talents of many students in many different majors and programs; much love and effort goes into the individual submissions created by students as well as the compilation of all these selections into a collection of vulnerability, creativity and artful insight.

Submissions to "Satori" this year are due on Feb. 16, and the Satori staff encourages any and all students to submit pieces of writing or art that personally mean something to them. Submissions can be submitted to SatoriEditors@Winona.edu or by scanning the QR code on any of the Satori posters around campus.



Pictured above is the 2024 Satori submissions poster. Satori staff encourages any and all students from WSU to consider submitting their personal art pieces, whether they are written, photographed or created in any way.

choosing a theme, organizing the pieces accordingly and creating the final product that allows any student through WSU to become officially published. Truly a lot of work goes into the journal over a semester period, and student creativity and talent is uplifted and shared through the final product.

Even a 23-page manual was created in 2023 to assist future Satori staff in creating the promotional material for the journal and pro-

ducing the magazine itself; many moving pieces take part in this process, from choosing a cover photo to tabling to the release party in April.

Peachey stated that one of the main goals they personally have for the journal this year is that non-English majors at Winona State know about Satori and get involved in whatever way they can and want to.

"Satori is important because it

WHAT'S HAPPENING IN WINONA

Fri 9 PHOTO FRIDAY
9:00-11:00 A.M.
PHELPS HALL B-7

Wed 7 BAG FOR YOUR BUDDY
12:00-3:00 P.M.
KRYZSKO COMMONS OAK ROOMS

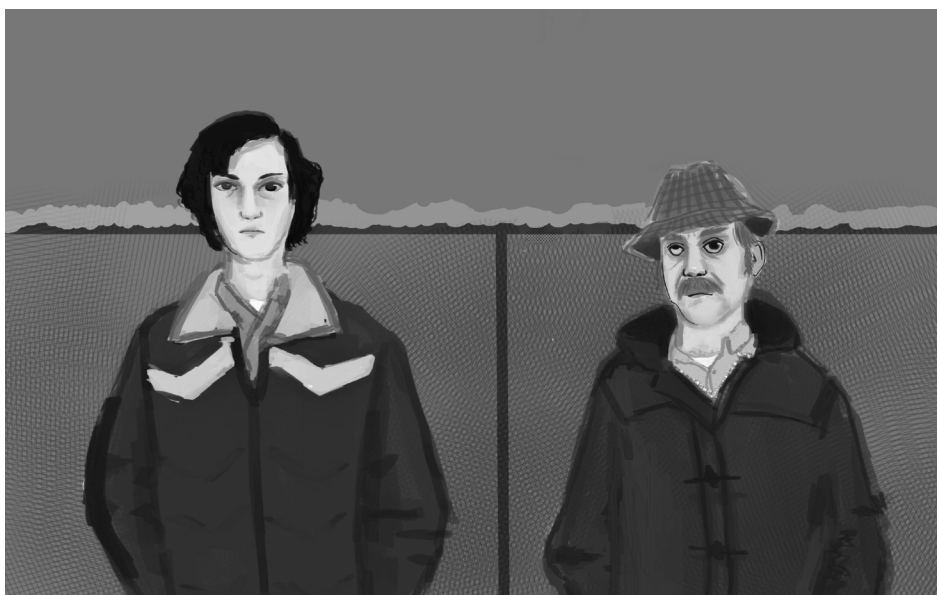
Mon 12 TWO-OF-HEARTS
7:00 -11:00 P.M.
KRYZSKO COMMONS BALLROOM

Thu 8 ICE CLIMBING
12:00-5:00 P.M.
WINONA ICE PARK

Tue 13 UNIVERSITY ASSESSMENT DAY
ALL DAY

The Holdovers - Loneliness and Found Family

LARISSA LOPEZ
Features Reporter
larissa.lopez.n@go.winona.edu



“The Holdovers,” directed by Alexander Payne, is set during Christmas time but stands as a valid watch during any time of the year.

LARISSA LOPEZ
Features Reporter
larissa.lopez.n@go.winona.edu

my life but what’s most shocking is how the character can be extremely silly and playful. The movie sprinkles scenes more and more throughout it where he lets himself go and discovers the importance of letting him connect with others.

The movie nails this 70s vibe, reminding me of other movies such as Dead Poets Society, which if you are a fan of, “The Holdovers” is for you.

As well as being an exceptional story on relations and allowing ourselves to be open to others, the movie works as an amazing comedy. The bickering between our two main characters works

as both actors immerse in their characters and allow them to be as silly as they are allowed to, even with a persecution scene where the professor is running after the student trying to catch him, which is a highlight of the movie for me.

Another highlight of the movie is the other side of the coin which is not as showed in trailers or reviews, with it being Mary Lamb or the lunch lady. Her character adds so much more to the emotional side of the movie, with her dealing with the recent loss of her son and how grief can appear at the most random moments in life. Da’Vine Joy Randolph does

such a subtle but at times explosive reaction to grief and the loss of a loved one, and I believe it to be incredibly touching.

An aspect I love as well from this movie, is that families are not always perfect but that does not mean that our family is who we are. Our main character, Angus Tully had his mom and stepfather leave him at this school and never picked up the calls from the professor, as well as Tully’s real dad being in a tough situation where he could not see him. One of my favorite conversations between Tully and Paul happens as Tully fears being like his dad, and Paul tells him and the audience that we are never going to be our parents, and we are always our own person, which I find it to be an incredible dialogue from Giamatti.

Finally, this movie is also set during Christmas, and even though I watched it in January, I believe it to be a new classic for me. It reminded me of the true feeling of Christmas with the theme being that physical things do not matter, but the people you are with and how much you cherish them are most important.

I would recommend it to anyone reading.

The Freshman 15 - Factual or Fatphobia?

ELLY HERRICK
Features Reporter
elly.herrick@go.winona.edu

Many people are aware of something scary that happens during the first year of college--something horrible and completely unimaginable. During the first year of college, you might gain 15 pounds. World-ending stuff.

The Freshman 15 is a phenomenon that is seen as something scary and as a warning. What some people don’t know is that it was a made-up term in a 1989 Seventeen magazine article called “Fighting The Freshman 15.”

“I would define it as the weight someone might gain as they enter college,” a first-year commented.

While it was first in a teen magazine, it is a piece of documentation of this phenomenon that typically happens to first and second-year college students. This trend has been inherited by the next generations and is used almost as a warning to seniors in high school.

Is this phenomenon something in the back of students’ minds? Does it make them hesitate to do certain things?

College students figure that they may gain weight from a change in diet, exercise and a change in drinking habits. What is one of the more prominent reasons is that 18-year-olds are typically still growing.

In an academic journal studying this phenomenon in 2023, Eva VanWyck commented that 18-year-olds are “still growing physically” and that this growth is “completely normal adolescent growth.” They also point out that in earlier studies done in the 90’s and 2000’s, heights were never measured and didn’t take into account that weight gain and height

affect each other.

“Freshman 15 is a natural thing that can happen when we really start to live independently, especially with the cafeteria food. I don’t think it applies to everyone, but I think it is just a normal trend as we get older,” a third-year commented.



The “Freshman 15” is often used as a scare tactic for incoming college freshmen because of the normal bodily shifts and changes that occur during this time. How much is this affecting students?

KARLEIGH JOHNSON
Photographer
Karleigh.Johnson@go.winona.edu

This phenomenon has practically haunted people for generations which creates an unhealthy relationship with food and body image. During this transition period, students typically face heightened stress, worse sleep, and gradually making independent decisions on what they eat.

“[First-year students] are moving to a new unfamiliar environment, their support network of friends and family may be farther away and they establish new relationships, they have access to different food and transportation, and so on and so on,” VanWyck commented in her academic journal. “This makes this period of time a particularly difficult one.”

These changes contribute to the overall physical and mental wellness of a student in the beginning of their college career. It can be hard to let go, but other college students like Grace Visco, the Opinion Editor in Verement say that “Freshman 15 should be left in the 90s” and advises that “college kids are so much more interesting than their weight.”

In other studies, most notably a popular study done in 2008 called “Freshman 15: Is it Real?”, done over the past 20 years many reports that students typically don’t gain an average of three to eight pounds. Myths and phenomena are spread through word of mouth which can be dangerous to continue this verbiage to others. The Freshman 15 is commonly used as a joke or a light conversation but can feed into a darker cycle of insecurity.

“My advice to freshmen is to not worry too much about it. So many people get to have these heavy perceptions of women that makes it unfair to live comfortably,” a fourth-year commented. “Nourish your body with what is good and take in all the experiences college has to offer in your own comfort zone. It’s difficult in an environment like this to not wonder why you don’t look like everyone else, but it’s our differences that make us so unique.”

Women's Track and Field: A Weekend at the Flyer Invitational

RILEY BECKMAN

Sports Reporter & Photographer
riley.beckman@go.winona.edu

Over the weekend, the Winona State University Women's track and field team travelled to Ill. and landed in the windy city where they competed in the Lewis University Invitational hosted by the Flyers on Feb. 2.

Winona State had already competed in four meets to kick off their season. Previously, they competed at Mankato University where they placed seventh out of 16 teams. Their last meet was led by distance runners Kaylee Beyer, Lindsey Cunningham and Mckenna Taylor.

The Warriors arrived at the Dr. Conrad Worrill Track & Field Center where they would prepare to compete against several universities across the Midwest and California.

Friday's meet was dominated by Winona State's distance runners. Taking the lead in the unseeded one-mile race was second-year Madeline Palmer with a time of 5:24.57 followed by Taylor Renkes from Lewis University. First-year Warrior Hannah Miller also competed in the event and placed seventh with a time of 5:40.00.

Each individual event requires a lot of time spent training in preparation for meets, they each require unique focus and determination. Fifth-year Kaylee Beyer and

fourth-year Lindsey Cunningham discussed their goals for the meet and the rest of the season that will hopefully be met as a result of their practice

"I just hope to grind out the mile and improve the time, that's usually the goal," Beyer said.

And that is exactly what she did, taking first place in the seeded one-mile race with a time of 4:43.24. Beyer's set a new Warrior record for that event.

Third-year Hanna Reichenberger came in first for the 60-meter hurdles with a time of 8.92 in prelims and 8.78 in the final. Reichenberger didn't stop there, she also came in first for the triple jump with a mark of 11.57 m.

Competing in the 400-meter race was third-year Regan Feit. Feit came in second place with a time of 56.96 which awarded her the seventh fastest 400-meter time in Winona State history.

In the long jump, third-year Kaylee Olson placed fourth at 5.26 m. Second-year Mari Mohling competed in the high jump and came in fifth place with a score of 1.52 m.

Many acknowledgments have been made so far this season. Last week, Cunningham, a distance runner from Wisconsin Dells, was named



Winona State practice hurdles in the Integrated Wellness Center

RILEY BECKMAN
Photographer
riley.beckman@go.winona.edu

the 2023 NCAA Division II Cross Country Scholar-Athlete of the Year by the U.S Track & Field and Cross-Country Association.

With several excellent performances from the Warriors in their first few meets, Winona State is sending a couple of competitors to Boston, MA for the Eagle Elite Invitational. Cunningham is among those competitors, and taking last week off to train, she is excited for the upcoming meet where she will be competing in the 5k, accompanied by

Beyer who will be competing in the 3k.

"I'm really excited to go there and compete and see what we can do," Cunningham said. "Everybody breaks records there" Beyer added.

Stay tuned to Winona State's track and field team as they compete at Minnesota State University - Mankato and in Boston for the Eagle Elite Invitational on both Feb. 9 and Feb. 10.

Olumide Adelodun: The Foundation of a Defensive Wall

PRONOB KUMAR

Sports Reporter & Photographer
pronob.kumar@go.winona.edu

The Winona State University men's basketball team is known for its intense defense, but one Warrior in particular, who plays as a guard, ensures that there is little opportunity for an opposing team to score if he gets a chance to attack. Olumide Adelodun is such player who acts as a wall for his team and seizes all opportunities for attack.

Adelodun is from Calgary, Canada. He began his journey in the United States at Ohio University with the intention of majoring in sports management. He transferred to Winona State with a business administration major and continued with a CGPA above 3.0.

His connection with basketball began at Bishop O'Byrne High School and his older brother was his inspiration to play and pursue the game. Adelodun is a natural athlete with a high physique standing at 6'5" and weighing 215 pounds. Still, he is one of the most agile players on the team.

"Olumide is versatile offensively. He can shoot the ball from the perimeter. He does a really good job of attacking the paint with the dribble and finishing in the paint," Head coach Todd Eisner said. "And he is a really good passer. So, he just brings

a lot of versatility to our team."

In his first and second years at Ohio University, he was mostly on the bench which was not ideal when combined with his desire to enhance his skills and pursue his passion. He decided a shift was necessary and began looking for new universities during the summer. He gravitated towards the approach and friendliness of Winona State and is now under two scholarship programs here and reps the number 0 as a Warrior.

One larger fact about him is his belief in God: "Lou is a follower of Christ," Teammate Jordan Wilkins said. "He keeps God first in his life."

As Olumide is from Canada, his parents are not always here to cheer him on at his games but his father tries to visit for most of them. He mentioned that the best moment of his career was the moment when his mother saw him playing in the U.S. for the first time.

Besides playing basketball, Adelodun likes to go fishing and hiking as he is a nature lover. He mentioned that biking in Winona is one of his favorite things to do. He also likes the hills here and often goes there when he feels as if needs to be alone.

Despite his hobbies, he still maintains a tight schedule. He wakes up

at 6:30 A.M., practices till 8:30 A.M. and once his classes are done, he goes to the gymnasium for an hour. He is always ahead in terms of academics so he does not have added stress when in a game. He even mentioned that he never leaves homework unfinished before heading onto the court.

Along with exercise, he also emphasizes a healthy diet of primarily fruits and meat to maintain his health and metabolism.

Interestingly, Adelodun is also

loyal with his shoe brands. He scored a good amount of points this season in his Harden 7 shoes.

He does not have any future plans right now, but he hopes to play basketball and grow within it. His main goal is to join the NBA or another league in any country. Overall, he always hopes to be impactful both academically and on the court.

SPORTS EVENTS

TH

WOMEN'S GYMNASTICS

6:00 P.M.

VS. HAMLIN UNIVERSITY & UW-STOUT

F

WOMEN'S TRACK AND FIELD

TBD

AT BOSTON COLLEGE & MINNESOTA STATE UNIVERSITY - MANKATO

WOMEN'S BASKETBALL

5:30 P.M.

VS. AUGUSTANA UNIVERSITY (SD)

MEN'S BASKETBALL

7:30 P.M.

VS. AUGUSTANA UNIVERSITY (SD)

WOMEN'S TENNIS

6:00 P.M.

VS. ST. CLOUD STATE UNIVERSITY

S

WOMEN'S TRACK AND FIELD

TBD

AT BOSTON COLLEGE MINNESOTA STATE UNIVERSITY - MANKATO

WOMEN'S BASKETBALL

3:30 P.M.

VS. WAYNE STATE COLLEGE

MEN'S BASKETBALL

5:30 P.M.

VS. WAYNE STATE COLLEGE

WOMEN'S TENNIS

5:30 P.M.

VS. IOWA CENTRAL COMMUNITY COLLEGE



The 6'5" giant, Olumide Adelodun, plays as a guard for the team.

PRONOB KUMAR

Sports Reporter & Photographer
pronob.kumar@go.winona.edu

A Tough Loss for the Winona State Gymnastics Team on “Smile On” Alumnae Night

LYLA MEYER

Sports Reporter & Photographer
pronob.kumar@go.winona.edu

The Winona State gymnastics team took on the University of Wisconsin-Whitewater in the McCown Gymnasium on Feb. 2. It was a devastatingly close meet with the score ending at 187.950 for the Warriors and 190.550 for the Warhawks. The Warriors began their night on the vault as the UW-Whitewater made their way to the bars. The Warhawks made up the highest scorers of bars during this meet. However, at the vault, we saw Winona States' Bryce Stoltz earn a high score, coming in third with a 9.550.



The night continued on with loads of energy as the performers cheered each other on, clearly excited about each other's success. Through hard work and dedication, Jessica Miley and Taylor Magierka finished within the top two Winona State performances of the abrs event. Jessica Miley placed sixth with a 9.375 and Taylor Magierka followed with a 9.075.

Before the meet had begun, a special welcoming to gymnastics alumni was held who stuck around to watch the rest of the meet. This was a special event as it showed their unconditional support to not only the gymnastics team but to Winona State as a whole.



The mat went particularly well for the Warriors as they show off their fluid athleticism and all the amazing tricks they have spent years perfecting. The mat is where the warriors excelled and held the top two positions with the third ending up as a tie. The Winona State Gymnastics team will compete against Hamline University & UW-Stout on Feb. 8 in the McCown Gymnasium.