Members of the Winona State track team begin the 1500m event at the Cardinal Open hosted at St. Mary’s University on Thursday, April 25. The Warriors took home 10 first place finishes and had multiple individual achievements.

W

inona State University’s track and field team competed at the annual Cardinal Open hosted by Saint Mary’s University on Thursday, April 25. The meet was moved up by two days due to inclement weather, but that did not stop the Warrior athletes from putting on one of their best performances as a team this season.

Winona State saw 10 first place event finishes, while also sweeping the top-three spots in events multiple times. This may come as no surprise to those who have followed the team, as the Warriors have been excelling as both a team and as individuals in recent meets.

Two outdoor Winona State program records were broken in California at the high-profile Long Beach invite on April 21. Sophomore Kristi Springer broke the old record for the triple jump with a distance of 11.98m, while the Warriors’ 4x400m relay team finished with a time of 3:41.97, beating the previous record by nearly five seconds.

The success at the Long Beach invite came shortly after a Winona State University first place finish at the Ashton May Invite where the Warrior women’s track team notched another 10 event wins.

The Cardinal open was another solid event for the team in what is shaping up to be a successful outdoor season for Winona State.

Not only did the Warriors control the placement at St. Mary’s, but multiple personal records also came out of the meet as senior Brittany Schyvinck won both the 100m and 200m dash while setting personal-bests. She finished the 100m with a time of 12.07 seconds, that was good enough for seventh in program history, while her time of 24.37 seconds in the 200m is now the fourth-fastest.

Her younger sister, first-year Brooklyn Schyvinck, finished second in both races to give Winona State preferred placements in the sprinting events.

The 200m dash was a highlight event for Winona State as they swept the top three spots with Brittany and Brooklyn Schyvinck finishing first and second, while first-year runner Maddy Pietz continued her successful rookie campaign placing third.

Continued on page 10, Track.
Student Senate held the second-to-last meeting of the semester on Wednesday, April 24. The meeting was Christina Melecio’s last meeting as president of senate.

For the last meeting of the semester on Wednesday, May 1, Ben Ellgen will preside over the meeting for the first time as student body president.

During the meeting on April 24, the new executive team presented their proposed budget for the next school year.

The proposed budget had a 50% increase in the president’s salary, from $5,000 to $7,500. The budget also included 20% increases of the vice president position from $3,750 to $4,500, and the treasurer position from $3,750 to $4,500.

The budget proposal featured several cuts for other programs.

One of the programs that had the largest cuts was Special Projects which showed a $4,640 decrease. Welcoming Week also received a proposed budget decrease of $700, and another notable decrease was administrative expenses with a $620 decrease.

Ellgen said he was not sure if this budget was likely to pass. This budget proposal was not confirmed and its debate is still ongoing.

When reflecting over the past year, Melecio talked about how Student Senate was more involved with the student population than in previous years.

“For things we did well, I would say we had more of a presence on campus this year, like showing up for Warrior Game Day Experience,” Melecio said.

When talking about Student Senate for next year, Melecio said she was looking forward to seeing new people take on the leadership roles for Winona State students.

“I’m excited to see the new leadership and see what they can do with their tasks and what they focus on,” Melecio said. “A lot of the time you get half returning people and half new people. To see some of those rising stars that we don’t know they are yet. And to some of those more experienced folks to come back for their second year around.”
Students recognized by peers

The third annual Student Leadership and Involvement awards were held Monday, April 29 in Kryzsko’s East Room.

Winona State University students, club advisers and clubs were recognized for their execution of Winona State’s ideals.

The awards stem from 10 different categories that recognize the different levels of impactful things clubs and organizations have going on at Winona State.

Senior Jiayue Gu was the recipient of the “A Leader Improving Our World” award, which recognizes someone who displayed excellent leadership abilities.

“I’m so excited,” Gu said. “I’m so thankful for the people who nominated me. I am just very appreciative.”

The “Warrior Spirit” award, which recognized a leader willing to take risks, was awarded to senior, Logan Wescott.

“This means to me that I was awarded and recognized for the hard work that I was able to put into the school and the Commission for Active and Freedom of Speech,” Wescott said.

Wescott said he was personally flattered by those who nominated him for the award.

“It means a lot to be recognized by those who I did not know were watching me,” Wescott said.

The “Rising Star” award, which recognizes a first-year Winona State student who has been actively involved in a campus activity, was presented to Adia Fuller.

For the club and organization awards, Zach Boudreau was recognized for his work with the Winona State Hockey Club with the “Outstanding Club/Organization Advisor” award and The Hmong American Student Association received the award for “Outstanding Club/Organization” award.

Event-wise, Bridges Health Winona was credited the “Community Engagement Program/Event” award, while the “Ala Mode Tournaments” at Nate & Ally’s hosted by Winona Super Smash Brothers Club received the Social Program/Event award. The Los Infantilis Project won the Educational Program/Event award.

The University Theme Program/Event award, which recognized a series that supported Winona State’s theme of resilience, was the final award announced. It was presented to junior Taylor Juresh and senior Kari Schneiss for their work with the Green Bandana Project.

With it being the third year that Winona State has hosted this event, the Associate Director of Student Activities & Leadership, Tracy Rahim, said the campus was impressed with the number of nominations the students had to offer for the variety of awards this year.

“As far as how winners were chosen, Rahim spoke on the process.

“We have a committee that is made up of folks from Student Senate, Alliance from Student Organizations, the Warriors Lead Series and Student Activities,” Rahim said. “We sit down and go through all the nominations and then make a collective decision on the award winners.”
A professor from Poland will be coming to Winona State University next semester.

Anna Nacher will be teaching Audio-Video Production and Experimental Visual Communication, two Mass Communication classes.

“I’m very much looking forward to the exchange of experience with the staff and to meeting the students of WSU,” Nacher said.

Davin Heckman, a mass communication professor, applied for the grant to hire Nacher.

Heckman had previously known Nacher from conferences the two had both attended.

“I’ve known Anna for a few years, but have recently gotten to know her better through going to conferences,” Heckman said. “She has been involved in electronic literature for a number of years.”

Heckman said there is a lot of work that goes into applying for a grant.

“You have to write up a pretty long report where you make the case for why Nacher would be a good fit for the department and what kinds of things she’d be able to do while she’s here,” Heckman said.

“We also needed to work out a budget for how much money Winona State can provide.”

Heckman said he thinks Nacher will bring interesting approaches to coursework, as well as reinforce connections with schools overseas.

Nacher believes there is much to learn from the beginning of Polish visual art, particularly a group of film workers and artists called Workshop of the Film Form.

“I think it is worthy to get back to their aesthetics and methods of work these days, when the experimental filmmaking became part of a mainstream, including content widely available on YouTube and through social media,” Nacher said.

There are many aspects of the Creative Digital Media program that Nacher said she is interested in.

“I know WSU’s Creative Digital Media as one of the most innovative educational programs in the field of digital media production. I’m thrilled to be able to work for a while alongside Talan Memmott and Davin Heckman,” Nacher said.

Nacher said she is also excited about Winona’s strong Kashubian Polish presence.

“The fact that there is a strong Kashubian presence in the city makes me even more excited, because I’m a great enthusiast of Kashuba region and culture in Poland,” Nacher said.

Nacher is also a part-time musician, and toured the U.S. in the early 2000s. She said she is curious to see how the country has changed since then.

“I’m really curious how the U.S. has changed since my last visit. To me it’s always been a country of enthusiastic, creative and dedicated people, with the beautiful energy in the air that makes one want to get up early, act and get involved in worthy causes.”

-Anna Nacher, future visiting Polish professor

SECURITY INCIDENTS:

Unknown: A fire extinguisher was stolen from the second floor of Lucas Hall. The incident is still open.

April 27
For the past several months, two scholars visiting from China have immersed themselves into the culture at Winona State University. Hong (Lily) Zhang from Xi’an Shiyou University and Yan Jin from Winona State’s partner university Hebei University of Technology, both in China, have spent the last seven to eight months living and working in Winona.

The two women are in Winona as part of a “visiting scholars” program. They came to Minnesota to research and gain experience and knowledge about the English language and American teaching methodologies.

“My research area is related to teachers’ development, and English for a Specific Purpose (ESP), and more specifically EPP, or English for Petroleum Purpose because my home University is featured with the major of chemical petroleum,” Zhang explained.

Zhang teaches college English to her students in China as a second language and many of the students major in fields revolving around petroleum and its trade.

At her home university, Jin is a professor teaching English to college first years.

In China, based on the region, students begin to learn English anywhere from kindergarten up to ninth grade.

Jin elaborated that the majority of her students are regarded as advanced English learners, and rather than focusing on grammar, the focus is on communicative skills.

“In a university that sees over 6000 incoming first years every year, Jin said there are different particular focuses among the 35 English teachers on campus, but they all follow the same general syllabus.

Professors, continued on page 6.
Professors, continued from page 5.

Jin explains she has used her scholarship from China to come to America to first become a better English learner, and then in turn, become a better English teacher, and has classified all of her experiences on the Winona State campus as learning experiences.

“My whole experience on campus here is regarded as learning, I know more about the American educational system, I know more about the relationships between professors and students here,” Jin said. “I am kind of emerged into the whole English environment, trying to get as many pieces as possible.”

The two scholars described different things they have learned from their time here at Winona State that they would like to bring back to their home Universities.

In China, teachers and professors are regarded as high authority figures. Jin said that it is her hope that with some of the American teaching techniques that she has picked up, she can continue to encourage her students to open up in class.

Jin said she hopes to bring back classroom readiness techniques to gauge the students’ knowledge upon entering her classroom.

“We can have [the students] answer two or three questions on a survey on their smartphone and then I can know where they are,” Jin said.

Zhang explains how much she has learned about American students and the educational system, explaining how impressed she was by the attitudes of American students.

 “[Winona State students] work very hard and are quiet when they are listening to lectures,” Zhang said. “Also, their attitude is very serious toward assignments. Inside and outside of class assignments.”

This impression of hardworking students is something that Zhang explained as something she had experienced of American culture, directly in person.

Chinese students learn about American culture from textbooks, but Zhang explained she wants to take the newfound knowledge she has of American culture after experiencing it, back to her students.

“When I go back to my university, at first I am going to share the American culture I learned here and then I will use American teaching styles that I learned here,” Zhang said.

KELLY JOHNSON
news reporter
keljohnson15@winona.edu

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Creative Digital Media Festival: Capstone Video Showing
Time: 6 - 7:30 p.m.
Location: Stark Hall - 103
Contact: Talan Memmott
tmemmott@winona.edu

Facilitating Discussions on Race and Multicultural Issues in the Classroom
Time: 10 - 11:30 a.m.
Location: Maxwell Hall - 158
Contact: Tammy Swenson Lepper
tswensonlepper@winona.edu

Paws to Destress
Time: 1 - 3 p.m.
Location: Gazebo
Contact: Debbie Dickenson
ddickenson@winona.edu

WSU Orchestra - Directed by Paul Vance
Time: 2 - 3 p.m.
Location: Performing Arts Center - Vivian Fusillo Main Stage
Contact: Marybeth Lenhardt
mlenhardt@gmail.com

Design, Art Studio and Art Teaching Senior Shows
Time: 9 a.m. - 4 p.m.
Location: Watkins Art Gallery
Contact: Roger Boulay
rboulay@winona.edu

First Day of Finals Week

Pizza from the President
Time: 6 - 8 p.m.
Location: Darrell Krueger Library
Contact: Darrell Krueger Library
507-457-5140

KELLY JOHNSON
news reporter
keljohnson15@winona.edu
On Wednesday, April 24, Professor Ruth Charles and her Child Welfare class hosted a Child Abuse Awareness Walk from 4:30-6:30 p.m.

The walk, which circled campus and the surrounding area, took about 35 minutes and consisted of just over two dozen blocks of walking. Snacks were offered to participants after the event.

Charles, who has served on the Child Abuse Prevention Council for Winona County for several years, took on the task of the walk three years ago. Her class organizes the event as a final project every year and are therefore responsible for planning it.

Kendra Swenson, a social work major, was a student in the class who helped plan the event this year.

"Very few people know that April is Child Abuse Awareness month, so right now is the perfect time to host this event."

- Kendra Swenson, social work major

Charles also pointed out how the focus is less on avoiding triggers and more on letting victims feel seen and heard.

"If people want support, they come with friends," Charles said. "Rarely do people come alone. Our goal is mostly to help people who experienced this feel heard."

Because April is Child Abuse Awareness month, the city of Winona has done a few things to honor those who have faced abuse as kids.

On Thursday, April 4, the Winona National Bank held a kickoff event where people filled in the blank for "Hands are for..."

As the walk is now completed and April approaches its end, Charles had a few words of advice to people in the community, including survivors of child abuse.

"Be educated," Charles said. "Some people don’t realize what happened to them is not them, it’s what happened to them. It’s not their fault if they experienced abuse and you’re not alone if it has happened to you."
Each year many dance performances are held on campus. The Senior Dance Show is a student lead show put on by seniors with a passion for dance.

This year, seniors Jenna Grochow and Hannah Ose lead the show by co-directing the production with the help of Winona State University theatre and dance professor Gretchen Cohenour.

Grochow, a creative digital media and films study double major and dance minor, explained the annual Senior Dance Show.

“It is all student lead and all the dances are choreographed by students and the crew is all volunteer students who just have a passion for dance,” Grochow said.

Grochow explained that the Senior Dance Show is different from all other dance performances on campus.

“A lot of other productions held on campus are led and directed by staff members so having the Senior Dance Show directed and led by all students makes it really unique,” Ose said.

The Senior Dance Show displays a variety of dances with tap, jazz, modern, hip-hop, musical theatre and many others. Ose described the show as a “passion project” and that is why there are so many different kinds of dances.

Each year the theme changes and the directors pick a name and theme that will best fit for the show. This year Grochow and Ose chose the title of “Off Beat.”

“We came up with the theme of 'Off Beat' because Jenna and I both did not come from a studio background,” Ose said. “When we started to Winona State, we declared our dance minors and we felt like we were kind of off the beaten path, but we're still just as passionate about dance.”

Jayde Grass, first-year elementary education major, shared her experience as a first-time dancer and choreographer for the Senior Dance Show.

Much like Grochow and Oso, Grass never did studio dance or had much experience with other styles of dance before coming to college.

“I really wanted to push myself and see what types of dance I could progress in,” Grass said. "Just within two months, I gained skills I most definitely did not have before. I also love the feeling of teaching someone a new skill or dance, such as swing, and seeing the progress that happens within the process.”

Grass choreographed and danced in a piece titled “Swing It” as well as one piece titled “800,000,” choreographed by Becca Braun and another titled “Not So Fresh When You Have Senioritis,” choreographed by Jenna Grochow.

Grass explained where her passion for dance and her excitement for Senior Dance Show started.

“I have always loved making up dances and performing them to my parents when I was younger, and I think that passion for “making up dances” has grown into a love for choreographing for more than just my family,” Grass said.

The Senior Dance Show had 14 choreographers, 15 pieces and 39 dancers from all different backgrounds and experiences, creating a supportive environment for all of the cast and crew.

“Nobody in the cast or crew is any more important than the next, no matter how long you have been dancing or whatever walk of life you come from,” Grass said. “Many others and I use dance as an outlet to let out our emotions and that in and of itself can build so many friendships and open so many opportunities.”

The Senior Dance Show is a place for all dancers, choreographers and viewers alike.

“It is a nice thing to have especially so close to finals, everyone is so stressed out and this show can bring so much light and life to everyone because it is so up-beat and fun. It’s really electric,” Grochow said.
We try to theme the Wellness Wednesdays around what’s going on around campus. I think students are becoming more aware of easy sustainability and earth friendly practices they can adopt.”

-Katie Jensen, Health and Wellness Promotions

Health Promotions was happy to present the theme and found that it also fit in with the university’s school year theme of Resilience. As environmental health is also on the Seven Dimensions of Wellness, it reflects the balance between interacting with the world and encouraging a healthy relationship with that world’s environment.

“We have a responsibility for caring for the quality of air, water and land so that we and others have a better world both today and in the future,” Jensen said.

Recently, Winona State has started making even more strides towards being increasingly environmentally conscious and aware of what their students are asking for in that regard.

Already in place is the SEED garden on campus and its many resources for sustainability as well as the annual event hosted by Winona State organization Dream Closet, where members collect clothing from the public to “sell” for free to the community twice a year.

Additionally, Caribou Coffee and Einstein Bagels, located in the Darrell W. Krueger library on campus, have thick paper straws instead of plastic straws, and Winona State has recently implemented stock of metal straws for sale on campus – which sold out almost immediately.

“The small things we do now affect the people around us – and people in the future,” Quednow-Bickler said.
“My favorite part of the whole meet was the 200m dash where Brittany Schyvinck, Johnna Patterson and I all set personal records,” Pietz said. “It was really cool that we all did it in the same race together. It is also just nice to race with the home crowd watching. Many of us have family that came to the meet to watch. The extra support is always appreciated.”

The home crowd at St. Mary’s saw Pietz also place first overall in the women’s 400m dash with a time of 58.27 seconds.

Meanwhile, another trio of Warriors finished first through third in the 800m run with seniors Ali Johnson and Hope Willenbrink, along with sophomore Julia Silloway showing strength throughout the competition.

The women’s 400m hurdles was also swept by Winona State, as sophomore Kalley Harris and seniors Kari Schneiss and Amanda Wanie took the top three spots.

When asked what her favorite moment of the meet was, senior hurdler Wanie did not mention her individual placement in any event, instead choosing to compliment her team instead.

“It’s tough to pick one favorite part, but I just love how supportive our team is of one another,” Wanie said. “So many people got personal records at this meet and the team is always just so happy and excited for each other. It makes my heart so full!”

Wanie did not just place well in the hurdles, she was also part of the 4x400m relay team that took home first place.

Wanie, along with Schneiss, Silloway and Johnson, finished with a time of 3:57.99 that blew out the competition with the runner up finishing almost 13 seconds behind the Warriors.

The best event for Winona State at St. Mary’s was the 5000m run, with places one through six all claimed by the Warrior runners.

Rogahn, Richtman and Hendrickson took the top three spots, as Staffen, Vandenheit and Quiring rounded out the top-six.

With all the success that Winona State had at the Cardinal Open, the Winonan caught up with some of the Warrior athletes to ask what they think of competing at a home event. Standout first-year runner Shereen Vallabouy mentioned how the support received during a home event.

“Participating at a home meet gives us more supporters as the whole team and coaches are there to cheer for you,” Vallabouy said. “Also, we don’t have to miss days of classes. At the same time, it’s good to travel to a competitive meet especially to get a good time in favorable weather as it helps to perform better.”

Wanie agreed, mentioning how the exhaustion suffered from traveling is something they did not have to worry about this week.
“There definitely is an advantage as a runner when we don’t have to sit on the bus for hours before competing, so competing at home makes a difference there,” Wanie said. “Also, it’s always nice to be competing in a familiar place.”

Some of those advantages may have helped Winona State have success in the field events as sophomore jumper Kristi Springer continued her recent success by winning the long jump with a distance of 5.57m.

Right behind her was junior Taylor Juresh who finished second in the event with a distance of 5.49m. Juresh’s success did not stop there though, as she went on to take home a first-place medal in the javelin throw, throwing a distance of 38.65m.

Rizner, 11.49m, would barely beat Griggs, 11.45m, in the triple jump as they were the only two warriors competing in the event and finished in the top two spots.

The Warrior track and field team has had a number of successful meets both indoor and outdoor, but the Cardinal Open might prove to be the highlight of the outdoor regular season with the NSIC Championship competition around the corner.

Winona State returns to action next weekend at the Mankato Twilight on Saturday, May 4. The meet will be the final tune-up before the NSIC Outdoor Championships.
The year 2019 is a year of finality. “Game of Thrones” is in its last season, the Skywalker saga to the Star Wars series is supposedly wrapping up with “The Rise of Skywalker,” the Marvel Cinematic Universe as we know it is coming to an end and this is my final review since I’m graduating in a few weeks.

I turned to the MCU a lot while dealing with numerous bouts of self-hatred and nihilism. They provided a comfort, even when their quality tended to vary. To see this series as it currently stands parallel to my conclusion of college, as I transition into a world I’m not even sure wants me, I can’t help but feel melancholic as I write this.

If there’s one thought I wish to impart upon you, I would have to resort to a simple exclamation/question in order to do so. Here we go: Disney… what are you doing to me?!

If you read my “Dumbo” review, then you may remember I made a plea to the House of Mouse that they need to have more faith in their audience and, in doing so, can become the greatest movie studio in history. Well, even though this is impossible since “Avengers: Endgame” has been locked for quite some time now, they seem to have listened to me.

What convinced me of that is how “Endgame” wastes no time in telling you what it’s all about. I don’t think I’ve ever seen a movie where I felt such an extreme wave of catharsis right at the get-go. I’m not going to be okay for some time, that’s for certain.

Love or hate the MCU we can’t deny it’s a type of serialized storytelling that hasn’t been seen outside of television before. Even its most forgetful film has a moment that bears some relevance here, and that’s no easy accomplishment. It’s a shame to think the series is going to continue in some way in just a few months with “Spider-Man: Far From Home,” but “Endgame” does a great job of setting up a new and strange world for us to dive back into. I wouldn’t go as far as to say everything following this will feel like an epilogue, but a ripple-effect will be felt in the series’ coming films.

If Marvel Studios has been accused of anything with this series, it’s that their films lack consequences. “Endgame” is not that kind of film. It grabs you by the collar, and just when you think it’s going to let up, it punches you in the face—and just when you think it’s going to let up for real, it kicks you in the groin. It’s an emotional surplus while also being what a fan—casual or super—would come to expect in a grand finale that’s been 11 years in the making.

While there are noteworthy moments of pure geeky joy to be had a great deal of time is spent on character moments where people just have a conversation. This is to be expected when something like “Infinity War” is the lead-in. Sorry, but I’m going to spoil that film; half of all life in the universe was wiped out and the Avengers—or what’s left of them—are reeling from the effects of Thanos’s life-evaporating snap. I can’t in good conscience blame a movie for addressing the kind of toll that would have on people, fictional or not. This may be considered a spoiler, but expect a good half of the film to be a slow build, dedicated to establishing just exactly where these characters are at since we last saw them. Some may hate that, some may be surprised this monster of a blockbuster is actually attempting to establish an emotional core.

Like all films, “Endgame” has its moments where the tension is given a break and some levity is brought in. A criticism I’ve developed toward the director is how he takes potentially powerful sequences of catharsis and punctuates them with a quip. It’s never funny and we feel insulted as viewers. To me, it seems he thinks we can’t stand a moment or two of sincerity. As a consequence, Marvel adopted that into several films, which lasted until 2017’s “Thor: Ragnarok,” a film I felt took a different and better route toward presenting humor and levity.

“Endgame,” while a very different experience than “Ragnarok,” stays consistent with Marvel’s evolution. The film doesn’t fall victim to Whedon-isms, I guess is what I’m trying to say, which is a maturation for the series. More so than ever before, the quips feel organic and as though they’re coming from a bout of improvisation rather than meticulous engineering by the screenwriter.

“Endgame” reflects the climate of an over-saturated genre and dares to be as refreshing as it is conclusive. I’m going to go out on a whim and assume all superhero films henceforth will be either referred to as “before ‘Endgame’” or “after ‘Endgame.’” That’s how impactful this movie, film, blockbuster is.

I took this job because talking about movies lets me escape from reality, albeit fleetingly. If you’ve read my reviews frequently, then I cannot thank you enough for listening to me ramble. But I have to be honest, I didn’t do this because I thought I would gather a following. (Funny enough, I doubt I did, so I’m likely talking to the void right now.) It also wasn’t to show off my distorted knowledge of film. And it especially wasn’t to prove to an ex-girlfriend I can actually do this kind of thing. I did this for me and I’m not ashamed to admit that.

I didn’t know I wanted “Endgame.”” Now that it’s here, I want it again, again and again. When the Harry Potter series wrapped in 2011, I was certain I would never again go on what felt like a cinematic journey of grand proportions. The MCU, and much later on, writing these reviews, came and did just that. I guess you can say this is my “endgame.” 5/5
Catherine Nosek, a nursing professor, was named as the 2018-19 recipient of Professor of the Year.

From a young age, Nosek said there were two games she loved to play with her younger sister: school and nurse. The fun and games evolved into a curiosity about the field and led her to becoming both a nurse and a professor.

Nosek went through many years of schooling and decided to pursue an associate's degree in critical care. Through many courses in critical care and with her clinical expertise, she found herself inspired by her own teacher's passion, knowledge and commitment and translated that into her own life. She later earned her bachelors and masters of Science in Nursing.

Nosek has been at Winona State since 1997. Before that, she spent time at University of Wisconsin-Madison and University of Wisconsin-Eau Claire.

Nosek said the best word to describe her teaching style is passionate. This became evident as she talked about her willingness and flexibility with students, both in and outside the classroom, as she prides herself on valuing her students' time and experiences.

Nosek said it is important for her to stay student-oriented by reading their energy and flexing with them throughout her classes.

She also takes the time to forge meaningful, personal connections with her students which she said is always appreciated.

“My teaching style also reflects being a risk-taker. I like to try new things, and I’m okay if they don’t always work out,” Nosek said. Katelyn Bracken, a term one nursing student, said Nosek helps ease the stress of being a new student to the nursing program through her kindness and determination to see her students succeed.

“She cares about her students and she cares about our future careers as nurses, which is a prime example of why she deserves Professor of the Year,” Bracken said.

Kelton Sundstrom, another first term nursing student, expressed that he enjoys having Nosek as a professor.

“She always puts her students’ concerns first and finds way to help every student succeed,” Sundstrom said.

Nosek’s colleague, administrative assistant Melissa Neitzel, said she enjoys working alongside her.

“Cathy goes the extra mile for her students. She challenges them to think outside the box and is a professor that students make a point to remember and keep in contact with after graduation,” Neitzel said.

When Nosek is not in the classroom, she enjoys participating in travel studies to Tanzania and working closely with Med-Life to both connect with students and help provide healthcare to impoverished countries.

Nosek, who had previously been a bed-side nurse, recounted that her decision to leave her role was not an easy one. However, she had two points on that matter.

First, teaching is not about knowing everything, second, even though she no longer works as a bed-side nurse, she still enjoys being able to influence patient outcomes through her students.

“When you’re able to make a difference, it makes a difference,” Nosek said.
Winonan Mission:
To inform and empower the campus and community of Winona State University. Inform: to report news and events that affect the campus and community. Empower: to provide students with an outlet for creativity and an opportunity to learn all aspects of newspaper operations.

Meet the editing staff...

Editor-In-Chief: Zach Bailey
zsbailey14@winona.edu

News Editor: Madelyn Swenson
mcswenson15@winona.edu

Features Editor: Sydney Mohr
smmohr15@winona.edu

Sports Editor: Mitchell Breuer
mbreuer17@winona.edu

Photo Editor: Nicole Girgen
ngirgen14@winona.edu

Copy Editor: Morgan Reddekopp
mreddekopp16@winona.edu

Business Manager: Samantha McDonald
skmcdonald15@winona.edu

Online Editor: Morgan Reddekopp
mreddekopp16@winona.edu
Graduating editor: a final goodbye

Erin Jones - Copy Editor

As my time as an editor for The Winonan comes to an end, there's one thing I want to say before anything else: Thank you. All of you. I have told all of the editors this about a million times since I started at The Winonan my junior year, but you have truly done so much for me. I was on the verge of transferring after a difficult first two years at Winona State University. I changed my major to journalism after a lot of consideration and figured I would tough it out at Winona State for one more semester. At the time, I didn't think anything could or would change my mind. That's when I met my future editor and one of my future best friends.

Maddie, you have changed my life in a way that no one else ever has. You believed in me when I was at one of the lowest points of my life and you have been there for me during my toughest times. Without your encouragement, I would have never had the confidence to join the Winonan or to share my gift of writing with the world. If I hadn't met you, I would not be the journalist I am today. At a time in my life when I was unsure of who I was and what my purpose was, you were the person who helped me discover those things. For this, I cannot thank you enough.

Zach, you are the only editor-in-chief I have had in my life so far, but I am over 100% certain that no one will ever beat you out as the best and as my favorite. On top of being a fantastic editor and writer, you are truly a fantastic person. You are a natural leader and you have a kindness about you that is unlike anyone I have ever met. You are understanding and compassionate, qualities that are so rare to find in people these days. I am so honored to have had the opportunity to know you as a person and to have worked with you on The Winonan.

Mitchell, I swear no one in the Winonan room has made me laugh like you do. Your quiet yet hilarious jokes never failed to surprise me and always brought a smile to my face! I am so grateful for your patience with me as I struggled to understand sports jargon. You and I both know I will never fully understand sports, but thanks to you, I won't be totally lost now! I have so enjoyed working with you as a writer and as an editor but feel most lucky to have known you as a person and to now call you my good friend.

Sydney, I have loved watching you grow and thrive in both writing and editing. Though you have only been features editor for one semester, you have done so well and I am so proud of how far you have come. As I have gotten to know you better during my final semester here, I have noticed an incredible spirit radiating from within you. Your positivity and silliness are so contagious and uplifting, and you always know just what to say when I'm feeling stressed. With these qualities, I know you will become an amazingly caring teacher who will make a difference in the lives of all your students.

Nikki, you are a spectacular photographer and photo editor. You have a brilliant mind and a brilliant eye, and your photography skills never cease to amaze me. I feel extremely lucky to have gotten the chance to learn more about photography from you because I know when you are taking photos for National Geographic someday, you will probably be too busy to give me advice! I am looking forward to watching you continue to grow as a photojournalist, and I will very soon be subscribing to National Geographic so I can keep an eye out for your stunning photography!

Morgan, I have watched you refine your writing, editing and photography skills since your start at The Winonan and it has been so fun spending my last few weeks helping you to become the best copy editor The Winonan has ever seen! Though it has been difficult for me to let go of my position and say goodbye to my Winonan family, I know you will exceed expectations as copy editor for The Winonan. You are a kind, clever and funny young woman and you are the perfect person to take over as copy editor.

And last but not least, to the writers and photographers of The Winonan. I am so honored and so fortunate to have had the opportunity to watch all of you grow over the past two years. You are all so, so talented and I know that each and every one of you will go on to write fantastic stories and take spectacular photos and be wonderful people. I am over-the-moon excited to watch you continue to accomplish great things.

It's time for one final goodbye to everyone. As I said, all of you have done so much for me. All of you have made such an impact on my life. Not only have you taught me valuable writing and editing skills, you have taught me the true meaning of friendship. I will forever be grateful for my experience at The Winonan and for this little, perfect family I have become a part of and that has helped me to find myself. Again, and I cannot emphasize this enough, thank you for everything. Goodbye, Winonan!

Meet the photography staff...

Shannon Galliart
Katelynn Holst
Mohammed Islam
Natalie Tyler
Winona State University’s softball team is an NSIC Conference Champions after finishing off their season with a perfect conference record of 30-0, and 45-5 for their overall season.

The Warriors wrapped up their regular season playing on Friday, April 26 at Maynard R. Johnson Field against University of Mary, and on Sunday, April 28 against Minot State University.

Two of the four games played this weekend were shutout games, lasting only through the fifth or sixth inning.

The first game against UMary brought in a 5-2 game, with runs being scored by junior Katie Kolb, first-year Kayla Kerkman, senior Lani Van Zyl and junior Alexis Kelsey. Runs were advanced by junior Ali Nowak with an RBI, and Kelsey with a second RBI, all happening within the fifth inning to bring up the score.

Junior Jordyn Kleman brought her winning streak up to 23-1 for the season with the win.

Kerkman mentioned how during these games, the pressure was on to make sure every move was perfect.

“It’s a nerve-racking time,” Kerkman said. “You realize how special it is to be a part of such a big part of history and you don’t want to mess that up, but you know you can always come back from it if you lose.”

Game two brought sophomore Liz Pautz onto the mound, not only to bring her pitching record up to 16-2, but also pitching another shut out.

Pautz struck out 12 batters during the second game.

Van Zyl was a lead scorer for the Warriors throughout this series, as the senior went four-for-four with hitting and managed two more home runs, three walks, four RBIs and five runs scored. Nowak and Kelsey also contributed seven RBIs throughout the games.

Sophomore Ann Smolenski hit a double that brought in two players at the end of the fourth, securing the victory for the Warriors through run-rule victory.

Sophomore Carly Kordich discussed how incredible this time of year can be for the athletes, but also how stressful it is.

“We’re super excited about where the Warriors are headed,” Kordich said. It’s a big time of the year, and we’re trying to keep things rolling and trying to keep the team’s energy up.”

Kerkman noted that it helps that the team gets along extremely well on and off the field, which is a key component to the Warriors’ success.

Sunday’s games sealed the deal for the Warriors, and NSIC history was made, as the Warriors set the record for most NSIC wins in a season.

The Warriors defeated Minot State University 8-0 and 12-1 on Sunday, finally finishing off their regular conference season and bringing Kleman’s record to 24-1 and Pautz’s to 16-2.

The Warriors celebrated their NSIC championship win and their undefeated conference season with cheers that echoed all the way to Lake Winona, and doused head coach Greg Jones in Gatorade.

The Warriors start into the NSIC tournament on Thursday, May 2 at 2 p.m., with opponent TBD.
Kleman reflects on time with Winona State

AUSTIN WALLERT
sports reporter
awallert15@winona.edu

The Winonan caught up with junior pitcher Jordyn Kleman and asked about her journey to becoming a pitcher here at Winona State, and how this softball team as a whole continues to have a strong year.

On her choice to go to Winona, it was the closeness to home that brought her in.

“I’m from La Crosse, so Winona was right up the river, it’s nice to be close to home,” Kleman said.

She was also aware of how good Winona State’s program was and said the coaches were “really awesome” and did a great job helping her feel welcomed.

Being a DII athlete and the softball team having a 45-5 record, Kleman obviously has had a lot of success as a player. The Winonan asked if she still got pregame butterflies?

“I still get butterflies before every game, it’s not so much when we are already there warming up and doing our thing, it’s on the bus right before we get there,” Kleman said.

With Sunday’s victories over Minot State the Winona State softball team has won 30 games in a row and secured another conference title.

The Winonan asked Kleman if she herself or the team as a whole had any pregame rituals or superstitions they did before every game during this run?

“As a team we are pretty superstitious, we all kind of do weird stuff, but personally it’s just doing the same routine every day,” Kleman said.

She talked about how the coach will come out and hand her the ball while telling her whose catching, which it’s been Rylee Stout this year, then the team will meet in the dugout before doing their normal warm ups.

“For me, one of my weird superstitions is each inning I’ll go out there, throw my warm up pitches, then the team will all come together into a huddle. When we break the huddle, I walk over to second base take a deep breath, then I’m ready to throw my pitches,” Kleman said.

Kleman’s pre-pitch routine must be working as she’s won NSIC Pitcher of the week five times this year. So, the Winonan had to ask when Kleman realized her arm was so lethal?

She laughed and credited a lot of her success to the all-around effort and skill of the team.

Going 30-0 in conference games, the softball team looks to continue their high level of play heading into the NSIC tournament which begins Thursday, May 2 in Rochester.

Junior softball pitcher Jordyn Kleman poses before her game on Friday, April 26. Kleman was recently named the NSIC Pitcher of the Week for the fifth time in 2019.

SHANNON GALLIART
photographer
shannongalliart@winona.edu

Sports staff starting lineup...

Barry Allen
sports reporter

Maurice Hudson
sports reporter

Chris Edwards
sports reporter

Austin Wallert
sports reporter
Winona State University maintained a position for a potential postseason berth, after gathering two wins in their weekend series with Sioux Falls at Loughrey Field.

The Warriors lost the opener of the three-game series to the Cougars, 7-4, and bounced back the following game with a walk-off by junior outfielder Chad Herbst in the bottom of the ninth to give Winona State the win 7-6.

In game one the Cougars got the best of the Warriors, losing 7-4. Sioux Falls came out of the gate putting up the first run of the game. In the bottom of the second, Winona State responded with four runs started off by junior outfielder Andrew Pliner three-run homer.

However, Sioux Falls would go on a tear for the rest of the game bringing in six unanswered runs to win the game.

In the bottom of the second, Winona State responded with four runs started off by junior outfielder Andrew Pliner three-run homer.

Junior catcher Nick Nalewanski made a sacrifice fly to center field, which brought sophomore first base Austin Savary home pushing the score to 4-1.

However, Sioux Falls would go on a tear for the rest of the game bringing in six unanswered runs to win the game.

In game two, the Cougars carried their momentum from the first game, as they came out and scored 3 runs to end the second inning.

In the third inning, Winona State evened up the score when sophomore infielder Zach Stange brought in first-year catcher Derek Baumgartner, and junior first baseman Sam Kohnle had an RBI single to center field bringing Stange home. This was all followed by a Herbst RBI that brought in sophomore infielder Tanner Williams.

The Cougars ran the score up to 6-3 within the fifth inning off of a couple of RBI singles but, Winona State would make a comeback.

The rally started with a two-run home by Williams run that helped Stange get his second run of the game. Then another home run that was blasted by first-year outfield Mitchell Seager to make the game 6-6.

In the ninth inning Herbst hit a sacrifice fly to center field to bring Stange home and give Winona State the walk off win.

Senior pitcher Parker Holmstrom struck out five batters and gave up zero runs over four innings played in relief.

In the last game of the weekend series, which celebrated the seniors of the team, the Warriors took the last game over the Cougars 6-4.

The game started very slow through the first five innings, but Sioux Falls got the ball rolling in the top of sixth, scoring four runs.

Eventually, Winona State got off of the ground, scoring three runs off of Seager’s double to left field, which sent Nalewanski home.

Junior shortstop Derek Martin singled to right field, advancing Stange and pushed Loomis and Seager home making it a 4-3 affair.

In the eighth inning, Stange brought Seager and Nalewanski in for the score and Martin singled through the left side bringing Loomis in for the score and ending the game at 6-4 Winona State.

The Warriors will look to carry the momentum of the series win against Concordia University, St. Paul, who they play Wednesday, May 1 at 1:30 p.m. and 3:30 p.m. at home.
Winona State University got their first taste of football this year, as the team held their annual spring football game on Friday, April 26.

While, the game itself was a scrimmage between the Warriors’ offensive and defensive units, there was still points to be earned.

The points were earned through the usual methods, as well as additional points being possible for the defense, as they could get rewarded for turnovers, holding the offense on third down and blocking field goals.

The Winona State defense would take advantage of these added possibility of points, ultimately winning the matchup, 81-44.

One of the men responsible for the win was first-year linebacker, Charlie Dennis, who not only assisted in a number of big stops for the defense, but also had one of the highlights of the night when he was able to take an interception back for a touchdown.

After the game, Dennis said that he was impressed with his overall performance.

“It was great I was out here with the team,” Dennis said. “Felt good coming out here to just play all together and get ready for the fall.”

When asked what he could do to carry his momentum from the night into next season, Dennis said it will be continuing effort to perfecting his play that will affect his success.

“I have to keep studying the playbook, make sure I know my technique, and keep the goals running,” Dennis said.

Another person who was pleased with Winona State’s performance was head coach Tom Sawyer, who will enter his 24th season with the Warriors next year.

“I thought it went really great,” Sawyer said. “First of all, nobody got hurt. That’s the number one goal. But I think what I was looking for is some of our freshmen and red shirt freshmen to step up and make plays, and that happened on both sides of the football, so our young talent really showed up tonight.”

Sawyer added that the end of the spring game marked the end of a successful spring in general for the team, who dealt with weather related hurdles throughout their first practices of 2019.

“We had a really good spring,” Sawyer said. “We survived some bad weather, and got it all in. But our team came really close. We have a lot of really young kids, and some really old guys, so we don’t have a lot in the middle. So, gelling that all together really came together this Spring, and you could see that tonight at the end, how tight these guys are.”

One thing Sawyer did say the team will be continuing to work on during the summer is their effort in the weight room, adding it could be critical to the team’s success during the season.

“We’ve come so far, especially in the weight room. That weight room this summer is going to be critical,” Sawyer said. “So the work that we put in is going to make a difference, make or break us, in the Fall, so we got about 90% of our players that are on their Varsity, basically on the roster, that’ll be here this Summer, and they’ll all be working together. That’s the most critical step.”

Sawyer’s Warriors will return to competition on Saturday, September 7, as they will open up their season at home against Wayne State College.

The next time the team sees action, they will also be joined by their incoming freshman, who were introduced to the crowd at Altra Federal Credit Union Stadium for the first time Friday night.
Dog of the week: Gizmo, the dog

Gizmo’s house in Rochester has very good feng shui. He likes to destroy baseballs and meet new friends. His owner, Doug Westerman, is the advisor for Society for Collegiate Journalists.

The Winonan ranks this doggo 5/5