The Winonan

Winona State University
Winona State looks for sustainability

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Winona State University’s women’s track and field team burst out the gates and never looked back as they resumed their season at the Saint Mary’s Early Bird Invitational.

The Saturday afternoon indoor meet saw ten勇士 finish in first place.

Among those place in first was senior Aimée Holland, who competed in the 800m dash.

Holland said the meet Saturday really served as a reflection of the team’s progress during the early weeks of the season.

“This meet allowed us to see where we are as a team now, and how much growth we can accomplish as our indoor season starts to pick up,” Holland said.

“All in all, it was a great day to be a Warrior and I can’t wait to see what’s in store for us.”

When asked about the team goals for the season, Holland immediately went to team chemistry.

“We support each other by really getting to know each other’s events,” Holland said. “Another goal we have is to continue to keep that positive energy on and off the track. When you are with a group of people who love what they do, it makes you be a better athlete.”

Holland stressed that being a track athlete tests runners both mentally and physically.

Continued on page 7, Track.

Winona State reacts to football departures

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Three days after playing their final game of the season, Winona State University’s football team appeared to be heading into a nice break from the long season.

However, an announcement would be in store that would not only affect the team but, the entire Northern Sun Intercollegiate Conference (NSIC).

On Dec. 10, both St. Cloud State University and the University of Minnesota-Crookston announced that they would be cutting their football programs.

While St. Cloud had previous discussions of moving the make, the news still came as a surprise for representatives at Winona State.

Eric Schol, Winona State University’s athletic director, was particularly shocked.

“I think like everyone else we were surprised,” Schol said. “And actually, I felt bad that those schools were in a position that they needed to make that move.”

Schol said “St Cloud looked at dropping football about 10 years ago, but I didn’t know they were again considering it.”

Schol also noted that prior to the announcement, the NSIC had changed their bylaws for requiring a football team.

With the change, he suspected there would be teams dropping.

Head coach of Winona State’s football team, Tom Sawyer, expressed sadness about the schools’ decisions and how it would affect the entire conference.

“Anytime that you’re in sports you make friends,” Sawyer said. “But generally speaking, we’re putting our heads down and going about our business.”

Continued on page 3, Sustain.

How does Winona State celebrate MLK day?

The Winona State University Music Department featured the the Joyce jazz ensemble and a few student vocalists for their musical tribute to Dr. King on Tuesday, Jan. 21 at 7:30 p.m.

The event began with Dr. Denise McDowell, Winona State University’s vice president for Enrollment Management and Student Life, reciting Dr. King’s address to the 1964 Berlin Jazz Festival: Recitation: On the Importance of Jazz.

After that, the group played seven songs that they claimed had significance to Dr. King or the civil rights movement.

Continued on page 5, MLK.

Winona State looks for sustainability

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A s Winona County made strides to better its existing sustainability efforts in 2019, Winona State University has added the most well-known event on the university’s calendar.

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“We are a group of people who love what they do, it makes you be a better athlete.”

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Continued on page 5, MLK.
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Archived Photo

“When you look at that, then it really becomes a problem, because now you’re trying to say, ‘Well, the teams that had six home games last year probably only have five or vice versa.’ Well, we only had five games last year at home, so the preliminary schedule we have is that we do have a sixth home game, so that was huge,” Sawyer said. “Then you try to look at who’s home and away and when you play, like last year we played Mankato at Mankato. It’s a disadvantage to have to go back and have to play again over there.”

Shoch confirmed to the Winonan that there will be a meeting in the next week between athletic directors and senior woman administrators to determine the 2020 schedule. He is hopeful that the team will keep it’s promised sixth home game, as losing it would have a significant financial impact on the university.

Another impact this event will have on that this will have the Warriors is on their roster, as Sawyer confirmed that players will be joining the team from those universities.

However, there is still a big question that still has to be asked. Is this something that Winona State should be worried about? Is football or, any other sport at risk of being cut?

“Winona State University has been experiencing difficult budget times for the past few years, and eliminating sports programs is something that has been looked at,” Schoh said. “President (Scott) Olson and I agree that this is a drastic measure and that we should do everything we can to keep the programs we have. As things stand today, we are not looking at eliminating any sports.”

As far as football is concerned, Sawyer believes that the program has the support from President Olson, but seeing what has happened with St. Cloud and Crookston it does make him nervous.

With all of this mind, Sawyer believes the best thing he can do is stay focused on improving the team, who finished this past regular season with an 8-3 regular season record.

The Warriors fell short of the playoffs but earned a bowl game appearance in the Mineral Water Bowl where they later lost to the University of Nebraska-Kearney, 50-33.

“You know, you can only take care of what’s right in front of you, and I’ve been in this program for a lot of years, so we just keep our foot on the throttle and try to keep building the program as big as we can here,” Sawyer said. “I think that our program is a significant member of this university. I think that we create a great atmosphere around our game days, around the energy around the school, and provide great entertainment for our community, so I think we’re in a real stable place, and that’s what we focus on.”

on the road against Concordia University. St. Paul. Kickoff will be at noon.
Sustain
Continued from page 1

Rachel Mergen, a reporter for the Winona Daily News, found that many speakers during several public hearings on the ordinance spoke on their desire to expand clean energy sources in the area.

Mergen said that she did not hear of the university being involved with the county’s improvement on solar power at the hearings.

While the county has improved ordinances on solar energy systems like solar panels and zoning areas, Winona State University has not had any discussions on financing numerous sustainable-based projects.

Perhaps the largest project in the works for Winona State is the Center for interdisciplinary collaboration—Engstrom and Learning—the CICEL building.

The CICEL building is a building plan that was created to meet the ever-changing needs of students and faculty, which are lacking support from Gildemeister and Watkins Halls.

The building is entirely based around sustainability and would be the first net-zero energy and carbon neutral building in the Minnesota State system.

Engstrom explained that net-zero energy means the building will produce as much renewable energy on its own that the building would regularly consume over the course of one year.

This would be possible due to several factors, including the planned 40,000 solar panels that would cover the roof as well as environmentally-preferable products in the paints, flooring, etc. that would go into its construction.

“lt would be a very comprehensive, integrated green building,” Engstrom said. “With the big focus being solar energy pieces.

Currently, these projects are not going to cost the university any extra spending outside of its set budget.

Engstrom said that facilities services’ funding for its sustainability plans are going to be done on a paid-from-savings basis.

“We get better facilities, deferred maintenance, the environmental benefits, the educational benefits,” Engstrom said. “And we do that for no additional cost.”

These updates would be good news for students like Chloe Bieda and Jennifer Doyle, who both want to see further improvements to the school’s sustainability endeavors.

Bieda, a senior majoring in environmental chemistry and minoring in sustainability, noted that the school has made noticeable improvements.

“They [Winona State] have taken lots of steps towards being more environmentally friendly, like with forms of transportation,” Bieda said.

Bieda said that by 2020 spring graduation, the school will be creating two new parking spaces on campus for electric vehicle charging.

Doyle, a senior majoring in psychology and minoring in sustainability, felt there was more room for improvement.

“Doyle is a sustainability intern for Chartwells, Winona State’s food service provider, and said that although the university is making efforts to be more environmentally conscious, she does not think it is at its fullest potential.

“I think there are a lot of barriers that we are dealing with Winona State to be as sustainable as it can,” Doyle said. “It all starts with the students and faculty.”

Engstrom too encouraged students to play a larger part in the school’s sustainable efforts, while acknowledging the efforts that are already in place, including the student Green Fee and the SEED Garden.

Engstrom said that there are “significant opportunities” for solar energy to bloom on campus, including in Haake and Kirkland Halls, the Integrated Wellness Complex and the Education Village, among others.

“These proposals and projects are something that have been in the works for two years,” Engstrom said.

Engstrom said the university is currently seeking funding from the state.

Minnesota governor Tim Walz has announced that the CICEL project is a part of his proposal for the state senate.

The state senate, in its current legislative session, will decide whether or not to fund this project among the numerous others in the state.

Engstrom will be presenting to student senate this week to share updates on sustainability projects.

Winona State addresses counselor shortage

Continued from page 1

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During the 2019 fall semester, Winona State University faced a shortage in counselors, resulting in students not being able to meet with a counselor, forcing them being put on a waiting list.

This issue has been addressed; at the beginning of this spring, Winona State University will have two new counselors starting to meet with students.

Sarena Bohn, one of the new counselors, started Jan. 27. She is a graduate of University of Wisconsin-Shout, and did her internship through University of St. Mary’s, familiarizing her with the Winona area.

Kateri Johnson, interim director of counseling, is looking forward to Bohn starting at Winona State University."She’s very energetic and passionate and she has so much respect for Winona State and has been wanting to work here for a while, so I think she’s going to be a really good addition to our team,” Johnson said.

Winona State is also bringing in an emergency hire for spring semester. Nancy Molly starts on Feb. 3, and has previously worked as an intern at Winona State. She now has her own private practice in La Crosse, Wisconsin, and will be helping out at Winona State for just a short amount of time.

According to Johnson, the goal for these two new hires is to provide relief for the rest of the counseling staff, as well as to help take care of the waiting list.

“They will provide some relief, but our schedules are still going to be full. I think we’re going to have a full and it’s very unpredictable,” Johnson said.

The lack of counselors put a strain on the entire counseling staff, causing longer workdays, missed breaks and lunches and an absolutely packed schedule for all of those on the counseling team as they struggle to meet the needs of all Winona State students.

In lieu of the waiting list, a new limit of six sessions per student per semester is going to be put into action starting this semester. The counseling team finds it important to get the students in, attack problems and issues head on and if further attention is needed after those six sessions, off-campus help is recommended.

More details of this plan include the student being able to choose how they would like to split up their six sessions throughout the semester, such as if they would prefer to do two sessions in six weeks to get it done, or if they would like to space them out a bit more.

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The state senate, in its current legislative session, will decide whether or not to fund this project among the numerous others in the state.

Engstrom will be presenting to student senate this week to share updates on sustainability projects.
Thursday Jan. 16, the Winona Public Library hosted a presentation on World War I. The presentation was called “The War to End All Wars... or Not: A Brief Overview of the First World War.”

Scott Simpson, volunteer at Winona County Historical Society, gave the presentation. He discussed life in the trenches for the soldiers, which included the conditions of the trenches, as well as explanations of the different illnesses that were rampant within them. He also talked about how warfare was conducted in World War I, and the different types of weapons that were used.

Simpson discussed how in World War I, there were three citizens of Winona who served in different aspects of the war and returned home. Simpson ended the presentation with a poem written by a British soldier entitled “Last Laugh.” Simpson said it is vital to know and learn about history. “As the old saying goes, those who can’t remember the past are condemned to repeat it. We can learn how we get to where we are, and all the indications of where we’re going by looking to the past. To find that out, you study where you’ve been, to know where you are and where you’re going,” Simpson said.

In addition to the presentation, there was a poster exhibit, “WWI: Lessons and Legacies”, detailing different aspects of the war. The exhibit was given to the library from the Smithsonian Institution.

Samantha TerBeest Berhow, adult services librarian, said that the exhibit is something the library had never done. “It kind of came across my desk randomly. The Smithsonian Institution put out a callout for World War I exhibits, poster exhibits that were free. And I thought, ‘that’s cool, we’ve never done a poster exhibit in here before’,” Terbeest Berhow said.

The posters consisted of topics such as: how German-Americans were treated, medical and technological advances, how Americans helped in the war from home and how the war changed attitudes of the American people. “I hope they learn something about World War I and its significance, and some of the things that happened. I hope people go away with a better understanding of what it was like back then during World War I, both at home and across the seas during the war,” Terbeest Berhow said. The exhibit will be in the library until Jan. 31.
Dancescape has been a part of Winona State University’s creative history for 30 years, yet many students still have no idea just how much work goes into the behind-the-scenes portion of the performance.

“Student choreographers worked over the summer and as artistic director, I also worked to arrange guest artists to come and work with our students,” Cohenour said. “We have a final student choreography audition in November, which determines who’s finally in the show. From there, blooms all the rest of the production collaboration in terms of assigning lighting designers to each piece.”

Sophomore Tatum Reitter, a senior elementary education major and a dance minor, is a dancer, choreographer and costume shop manager at Winona State University. She brings up the process of working with Dancescape.

“The show that you see is the choreographers’ perspective and the shops, the various places that actually create the things that we’re wearing and holding,” Van Voort said. “It’s all the little things, Grass said. “What colors would go good together, what would look good fifty feet away in a dark room. I had to tweak my entire piece sitting in Caribou in Somsen the other day because I had lost a dancer and had to rework things.”

Tacy Van Voort, costume designer and costume shop manager at Winona State University, discussed the process and it’s ever changing right up to when that curtain opens.”

There is no unifying theme for Dancescape, so it opens up a massive playing field for all interested dancers and choreographers.

“There’s something for everyone from modern dance to more lyrical movement to hip hop to dances that really explore challenging social issues and issues that are relevant to our students now,” Cohenour said. “They’re incredible creative agents, these student choreographers.”

Grass talked about her piece and how different it is from many other choreographers.

“There’s a very big contrast between the two pieces. One is super upbeat and funky and then there’s my piece, which is a spoken word poem, and it talks a lot about mental health, and some struggles that we all go through pertaining to body image, self-esteem and self-love,” Grass said.

Tatum Reitter, a senior psychology major and dance and child advocacy minor, is a dancer, choreographer and the Dancescape publicity assistant.

“My piece is not what I thought it was going to be, but I love it,” Reitter said. “I picked out a piece of music that had a really zesty beat that I could groove to and I really loved it and so my piece is essentially its own planet, and my dancers are creatures, or inhabitants of that planet. Reitter choreographed a dance far different from Grass’.

“I want this piece to be fun and upbeat and for you to just feel like you can groove and connect with the music that flows throughout your body,” Reitter said. “So, it’s been a really fun process with all my dancers, they’re also open minded which has really helped. Dancing is the main component of Dancescape, but what the audience does not see is the time and commitment of the costume designers as well. To bring the entire show together, the dance has to have lights and costumes to match the theme.”

“I think a lot of people forget about the other elements like the lighting design and the costumes because those are the two things that really interact the most with the choreography and the dancers,” Van Voort said.

“Costumes can be made, found, bought, or altered, so the job of many student employees in the costume shop is to make or alter costumes for Dancescape. Becca Braun is a sophomore I-design major, dancer, choreographer and costume shop assistant.

“We kind of honestly just do a little bit of everything,” Braun said. “But when it comes time for the actual show, we will do the laundry that people need cleaned, fix anything that was ripped during the show, just pretty much whatever the dancer needs to feel comfortable on stage and whatever we need to make sure they all look polished and clean.”

According to Van Voort, Dancescape is constantly moving, evolving, and changing along with how the dancers and choreographers feel throughout the process.

“The student pieces have a lot of different feels to it, so each world of dance just has its own existence and I try really hard to work with them and figure out what that world is,” Van Voort said. “Every show, every play, every dance, everything that we do sort of has its own universe so Dancescape is sort of like 14 little plays and 14 little directors.”

Reitter said she usually just tells the costume designers and light technicians that she fully trusts them and tells them to do what they feel is right. Many choreographers will leave the designing up to the costume shop and lighting technicians to let the piece come together with a little bit of help from everyone.

“It’s a multi-faceted team that really is interdisciplinary in terms of the whole university, Cohenour said. “Our College of Liberal Arts dean’s office has been so supportive in terms of the guest artist residences and yeah, we’ve got an amazing campus here.”

Dancescape celebrates 30th anniversary at WSU

Resolutions cause new traffic patterns on campus

The Integrated Wellness Complex (IWC), counseling services and library of Winona State University surged with activity during the first week back on campus as people began their resolution-fueled journey to self-improvement.

For library student manager Stephena Parrett, she sees the ebb and flow of activity as a natural event at the beginning of each new semester. “In the fall, students use the library more so as a place to hang out. As we get into activity for the library in the spring is more focused on academics and studying rather than socializing.”

With this Parrett mentioned that students, new and old, have felt the change in the hang of their schedules after the first semester and are now ready to get back to business, which includes utilizing the library more so as a place to work on projects, studying and taking advantage of other resources. When asked about students and their resolutions to focus more on schooling, Parrett mentioned that the library isn’t always a natural fit for everyone. “For some people, the library is not the best environment to study and be successful,” Parrett said. “Ultimately, students have to acclimate to where their classes are and find the best spots for them to focus.”

Another key part of students’ planning includes sweating it up and getting healthier. As a new fitness class instructor, Kellen Adams shares her thoughts about resolutions associated with the gym. “I believe change has to come because someone wants it to and not solely because the calendar flipped,” Adams said. “She said she retried her thought process on ‘new year, new me’ in terms of getting active by changes. By doing this, she set herself up for more success, as she was able to recognize long-term benefits of the goal. Adams teaches Tabata Tone, which she described as “20-second exercises followed by 10 seconds of rest” that engages arms, legs, full body and the core to upbeat music. As a freshman at Winona State, Adams set a goal for herself to become a fitness instructor so she could positively impact others’ fitness journeys like a former instructor did for her. While Adams is very goal-oriented, she sees the idea of resolutions in a less positive light, partly because people are too quick to make drastic changes. “When we uproot all our constants, we’re thrown into confusion,” Adams said. “We try to maintain the goals but soon enough, old habits trickle back into our daily lives.”

Her year-round goal, which became heightened during the new semester, is to help people establish their foundation level of fitness with her class’s motto being you can do anything for 20 seconds. “I want everyone in my class to recognize that their goal isn’t the same as the next person because we’re all different.”

But between committing to academics and athletics, students also are making their mental health a priority. Kateri Johnson, the interim director for counseling services, mentioned that the new year is a great time for students to reevaluate prior goals. The idea of strengthening mental health can be challenging though, because there isn’t always a direct way to measure progress. Along with that, Johnson stressed that it is okay and normal to struggle for goals because ones associated with mental health are less cut and dried than fitness or studying-related goals. “I believe the new year should be about making attainable goals and assessing all areas of the goal,” Johnson said.

This can include looking at the timeline for completing the goal, available support systems, potential obstacles and ways to reward yourself for the accomplishment. Johnson also mentioned that the increase in counseling services predicted more so by the semester but less by the coming of the new year.

“Awareness,” Johnson said, “is the ideal way to go about making resolutions or goals.”

The best person to know about you is you. “Track moods and understand what reaching out for help looks like on an individual level.” Johnson said. Johnson brought up a piece of advice for the year 2020 and suggested using 20 minutes a day to make mental health a priority. As a final word about the connotations that new year’s has with resolution-making, Johnson poignantly said that “achieving goals, especially with mental health, is not about finding time but making time to be successful.”

Key part of students’ new year’s plans includes getting healthier making the Fitness center in the Integrated Wellness Complex, a popular place for students throughout the year to work out and take fitness classes.
Women’s basketball dominate Crookston, Bemidji State

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Winona State’s women’s basketball team went undefeated during the home game stretch over Minnesota Crookston and Bemidji State. The Warriors completed their first weekend sweep since Dec. 6 and 7 against Augustana and Wayne State.

In the first game of the weekend against Minn.-Crookston, the Warriors extended their lead by double-digits by halftime. The Warriors outscored Bemidji State 76-67 to take a 55-point lead at halftime. The Warriors ended the lead by collecting a 20-point win.

Junior guard Allie Pickrain put up 21 points with five field goals from downtown while sophomore forward Sydney Lodermeier put up 19 points with five field goals from downtown. The Warriors offense then exploded in the second quarter, outscoring Bemidji State 28-16, to take a dominating 43-26 lead going into the half.

In the fourth quarter, the Warriors started to utilize the shot clock as they tried to maintain the lead. Crookston came as close as 14 with four minutes left in the game, but three straight field goals from downtown by Pickrain and Bruss squared Crookston’s chances at a comeback. The Warriors held Crookston to just 5-24 from beyond the arc while shooting 10-24 themselves. In the second game of the weekend, the Warriors kept the energy the same, beating Bemidji State 76-67.

Pickrain dropped a season-high 27 points and junior guard Emily Kieck finished with a game-high 20 points. The Warriors offense then exploded in the second quarter, outscoring Bemidji State 28-16, to take a dominating 43-26 lead going into the half. The Beavers worked on a comeback but lost the game 60 to 45.

Pickrain’s sharpness combined with junior guard Kieck’s three-point shooting ability helped the team maintain a double-digit lead throughout the game. The Warriors’ defense was also a key factor in their victory, holding Minn.-Crookston to 33% shooting. The comeback was not enough as the Warriors emerged victorious scoring 76-67.

The first-place finishers from the NSIC (8-4 Northern Sun Intercollegiate Conference [NSIC]) and they will resume NSIC South competition next weekend as they travel to Southwest Minnesota State University and University of Sioux Falls.

NO EVENTS THIS DAY

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Bayliss was able to register a double-double with 10 points and 10 rebounds, but the Cobbers were ultimately unable to overcome the Ihrig-led Bulldogs, falling 94-68.

The Cobbers will look to bounce back on Saturday as they host St. Thomas in a key NSIC matchup.

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SPORTS

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Mens Basketball win before playing rivals
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“Being a track athlete goes beyond the two plus hours we spend with our coaches each day; being an athlete accounts for what we do outside those hours, meaning, properly treating our bodies with enough sleep and eating right, while also being a successful college student,” Holland said. “With that being said, our practices tend to be scattered throughout the day as our coaches try to find times that will work for all us. It’s quite the balancing act to say the least, however with communication, we are able to make it work.”

Holland wants non-athletes to know just how much outside practice and training it takes to be successful. “Along with classes and practices that fill up our week, some of us go to the athletic training room where we are taken care of by our trainer the athletic training students,” Holland said. “Being a track athlete is a commitment that’s not taken lightly and yes, there are days where it can be a lot. However, the people that makes this team make the crazy days all worth it.”

Based on their recent wins, the practice each athlete completes seems to be worth the effort. The first-place finishers from Saturday include sophomore Maddy Pietz, 55m dash; sophomore Brooklyn Schivyich, 200m; first-year Kalley Harris, 400m; senior Aimee Holland, 880m; senior Anna Rogahn, mile; junior Becka Richtman, 1,000m; first-year Xana Leum, 55m hurdles; first-year Kaylee Patsone, triple jump; and sophomore Katrina Thoe, weight throw.

The Warriors will hit the races again this Saturday, January 25 at the UW-Stout Open.

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In the fourth quarter, the Warriors expanded their lead and held on to win by 20 points. The Warriors emerged victorious scoring 76-67.

Winona State sophomore, Allie Pickrain makes a single shot at the home game on Saturday, Nov. 16 against Bemidji State. The Warriors emerged victorious scoring 76-67.

Women’s basketball dominate Crookston, Bemidji State

Natalie Tyler
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The Warriors offense then exploded in the second quarter, outscoring Bemidji State University, 28-16, to take a dominating 43-26 lead going into the half. The Beavers worked on a comeback in the third quarter, outscoring the Warriors by 10 and holding Winona State to 33% shooting. A fast break three-pointer by sophomore forward Sydney Lodermeier gave the Warriors a 17-point lead three minutes into the quarter, before an 8-0 run by Bemidji State cut the lead to single digits. The comeback was not enough as the Warriors emerged victorious scoring 76-67.

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Going into the weekend home stand, the Winona State University men’s basketball team were 8-8 with a 5-5 against the Northern Sun Intercollegiate Conference (NSIC) with two upcoming matchups against conference rivals.

Before the game against University of Minnesota-Crookston, senior guard Caleb Wagner said it would be tough, especially since he had the task of guarding “Harrison Clearly, who can go for 40 on any given night,” Wagner said.

The Golden Eagles would begin the game with a 6-0 run before Wagner would get the Warriors on the board. Winona State would take a 7-6 lead and then it would be a back and forth battle with both teams trading the lead.

The Warriors would finally hold a significant lead with 6:40 left in the first half when they got up 31-21, following a pair of free throws by junior Kevion Taylor.

Winona State would go on a 19-10 run to end the half up 50-31. The Warriors were able to get the lead because of their efficiency on offense and shooting 8/16 from behind the arc. Defensively, the Warriors held the Golden Eagles to under 35% shooting from the field and under 25% from 3-point range.

In the second half it would be more of the same for the Warriors as the lead remained in double digits as they cruised to the 80-66 victory.

Wagner and Taylor led the way, combining for 52 points. Taylor also led the team in rebounds with eight.

The team kept the same game plan as the day before by taking good shots and shooting over 40% from the arc.

The Beavers cut the lead to six early in the second half. The Beavers did not get closer as the Warriors ended up getting the 82-74 victory.

The Warriors were once again led by Taylor and Wagner who both went over 20 points.

To keep this run going, Wagner said the team needs to play longer stretches of defense. Wagner also said the Warriors need to be shooting over 50% from the field because “we get into stretches where we shoot 40% or 30% for a whole game, which isn’t good enough.”

The Warriors will continue their season next week in games against Southwest Minnesota State University and the University of Sioux Falls.