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April 1:

Pandemic changes way of living for Winona State students



[Hannah Hippensteel](#), Features Reporter

April 1, 2020

In a world consumed by the COVID-19 pandemic, people's everyday routines, including college students', have been thrown into flux.

Winona State University's spring break, which was originally set for Mar. 9-13, was extended an additional two weeks until Mar. 30.

Shortly after the extension announcement, students were notified via a university email that all classes would be finished in "alternative methods". In most cases, this means completing and submitting work through email and D2L Brightspace, which is the online hub for courses at Winona State, and partaking in pseudo face-to-face classes on Zoom, a conference call interface.

As people try to gain a sense of normalcy, college students reflect on how the coronavirus quarantines have shifted their used-to-be routines into something different.

One of the biggest parts of quarantine for students has been an extended pause from their academics.

Amanda Caudle, a vocal music education major, said her Monday, Wednesday, Friday classes kept her on campus from 9 a.m. to 3 p.m. with minimal breaks to eat.

“Now, there’s absolutely no structure to my life. I have not a single restriction on anything I do,” Caudle said.

For nursing major Megan LaVigne, she described college life before quarantine as “structured and perfect.”

But now, LaVigne has said to struggle with a home-school life balance.

LaVigne lived in the residence halls but moved out, as per Housing and Residence Life’s request to have all students in residence halls out by Mar. 31.

“It’s hard to study at home without the opportunity to go to the library. Classes are 100% different now and clinicals are online,” LaVigne said.

She also said this transition has been very stressful and that she cannot imagine doing this updated routine forever.

Beyond a shift in academics, there has also been changes to how students participate in clubs and extracurricular activities.

Her Campus members Cheyenne Halberg, Meg Chaffee and Harmony Angellar, among the 20 other girls, will have strictly online brainstorming and content editing for their on-campus blog.

Emily Buss mentioned that in her busy schedule, she looked forward to study groups and Chi Alpha; but she can no longer attend those either.

Another part of college students' routine that has been impacted is their ability to work on or off-campus jobs.

Sophomore Asha Grebin was a Lourdes Fitness Center Assistant for the 2019-20 school year.

She worked between 10-15 hours a week as a student-help employee and managed the check-ins, check-outs and general upkeep, including sanitizing equipment and laundry of the West Campus Fitness Center.

With the spread of the virus, the campus facilities, including the Fitness Center and Lourdes Pool, were shut down for the rest of the school year, which was Grebin's only job.

She is currently not working while quarantined at home.

Grebin expressed concerns about living and working at home during school.

"I'm okay living with my parents over the summer because I don't have anything else to do besides work. But, putting school on top of also living at home might send my stress levels through the roof."

Social work majors Allie Westphal and Maddi Peart carry jobs outside of campus grounds.

Westphal describes the past few weeks working at Walmart as "insane."

"Working there is always busy but now people are going crazy and buying so many things in bulk. Our shelves are emptied as soon as we put things out," Westphal said.

Maddi Peart was also deemed an essential employee with her group homes and Independent Living Skills (ILS) clients.

Peart works at Legacies in Winona and talked about how her employers have encouraged her to make the most of the quarantine.

“Our services are even more important now in the stressful times of coronavirus,” Peart said.

For the most part, Peart has had consistent hours but has faced changes in work protocols during that time.

“We’ve been observing the 6ft social distancing rule. We also clean more when sitting in the program space, wash our hands before and after touching things and limit the number of people in communal spaces,” Peart said.

Peart said the most rewarding part of her work experiences during this time was a large food donation to help her and other workers make lunches for themselves and clients.

People like Julia Feld, who were working and living in other states, also faced major schedule upheavals.

Feld, a Recreation, Tourism and Therapeutic Recreation (RTTR) major, held an out-of-state internship in Hawaii this semester.

During the internship, Feld worked 8 a.m. to 3 p.m. and was given the rest of her time to study and explore.

Because COVID-19 brought Feld home earlier than anticipated, she described the experience as being “thrown out of her loop”.

Feld described the biggest shift to be “going back to Minnesota weather after spending two months in Hawaii and not getting to see friends immediately after returning.”

While many students have said they enjoyed a reprieve from school, they looked forward to a return to academic routine in the form of online class on Mar. 30.

Emily Buss mentioned the biggest change she anticipated was adopting a “go-at-your-own-pace” mentality.

Other people shared Buss’s sentiments about this change in habits and reflected on how long it might be until students reach a “new normal.”

“I have asthma, so even when they give the all clear that infections are dying down... will I actually be safe anymore?” LaVigne said.

Other students gave estimates of when they thought this virus would slow down with most saying 1-2 months, when the fall 2020 school year begins and the most common answer: “hopefully very soon”.

While nobody knows how COVID-19 will end, Harmony Angellar summarized her experience in this ever-changing time.

“For the first week of quarantine, all I did was not care. However, at this point I am very eager to get back to a normal routine,” Angellar said. “I’ve definitely learned to appreciate the structure in the schedule I once had, and I’m not going to take any opportunities to get outside, spend time with friends or even going to work, for granted anymore.”

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Letter to the editor: Student Senate President address COVID-19



April 1, 2020

As the students, faculty, and staff of Winona State University all work to make the best of COVID-19 pandemic, significant steps have been made to ensure that the needs of students are being met to the best of our ability. Student Senate has been continuing our advocacy over the extended spring break. I have been in constant conversation with President Olson, Director of Housing & Residence Life Paula Scheevel, and other key administrators about how all university action should be positively affecting students.

Our key focus has been the effectiveness of remote class instruction, food and housing security, commencement ceremony alternatives, and potential financial reimbursement for lost services. A lot of work is being done on these, and many other issues, but I assure you that Student Senate is standing up to make sure that the voice of students is being heard when these conversations are behind held and decisions made. Please continue reaching out to Student Senate and your elected representatives with your questions and concerns. Our voice as students is now more important than ever.

Ben Ellgen
President | Winona State University Student Senate

Sawyer talks loss of spring football season



ARCHIVED PHOTO

Sophomore running back Sam Santiago-Lloyd attempts to move the play down field during the spring game on Friday, April 26 in the Altra Credit Federal Union Stadium. Santiago-Lloyd played for the offensive team, losing to the defensive team 81-44.

[Mitchell Breuer](#), Editor-In-Chief

April 1, 2020

Spring sports have not been the only ones affected by the COVID-19 pandemic. At the same time it was announced spring seasons would be cut short, Winona State University announced the football team would lose their spring practices.

This cancellation means that Warriors will not be able to practice until the summer months at the earliest.

However, according to Tom Sawyer, the team's head coach, there is more being lost than the just practice time.

"It is a tremendous impact," Sawyer said. "It's one thing not being with your teammates and not being in school. It's very, very tough for kids to train physically. Mentally it takes a complete toll on them. Some kids handle it better than others. Some coaches handle it better than others. So, we're all trying to find ways to deal with it the best we can."

Despite the team having to maintain distance from one another, Sawyer said that they have implemented new ways of communication to keep the constant contact going.

"One thing is we have Zoom meetings, full team meetings," Sawyer said. "So, we've got everybody on the page at one time. We have staff meetings every single day through Zoom. So, that's been going really well, and then of course the players are enjoying it. We also have something that we call Microsoft Team. We use that as well for our instruction. So, we have a lot of different ways to try to stay in contact with our kids at least once a day."

The biggest impact of this new routine though is how well the players have seemed to respond to it. So far, Sawyer said it has helped bring a sense of normalcy back in time that has been filled with a lot of unknowns.

"[These meetings are] just a chance for them to think about their buddies, think about college and think about football, which is very important to our guys, of course," Sawyer said. "You could see them laughing with each other and joking a little bit. When times are tough, laughter and a smile can go a long way. So, that's a big part of our healing."

However, one thing the team cannot make up through Zoom meetings is the practice time. Therefore,

during this time of isolation and social distancing, it is up to the players to keep themselves ready for the upcoming season.

“We just hope the kids are diligent about being in shape because if we don’t get a chance to see them until the summer months, that’s a long time,” Sawyer said. “The sixth of March was the last time we saw them. That’s a long time. So, we hate to get kids hurt because they’re not prepared physically or mentally. We come back into team practice and have a game in three weeks.”

Currently, the Warriors are scheduled to return to action on Sept. 3.

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IT ready for Winona State needs



Mitchell Breuer, Editor-In-Chief

April 1, 2020

The decision to move classes to online and alternative learning methods in the wake of the COVID-19 pandemic has been one that everyone at Winona State University has had to adjust to.

This includes Winona State's information technology services department (IT), who was made aware of the decision at the same time as the rest of campus according to Robin Honken, director for user services.

"We understood the need to do this and feel that because we have the eWarrior program we had a great advantage over other universities facing the same situation," Honken said.

Honken said that IT has had three distinct areas that have been working around the clock to ensure the university is ready for these changes.

Teaching, Learning and Technology Services (TLT) has been working with faculty to make sure they are prepared with D2L Brightspace, Zoom, and Respondus Monitor.

TLT has also had a Zoom room open daily, including weekends, from 8 a.m. to 11 p.m. to assist with faculty needs, according to Ken Graetz, the director of TLT.

"Since then, we have worked with over 200 instructors directly and that work will continue this week and on into next week," Graetz said.

Infrastructure services and data security have installed a new employee virtual private network (VPN).

"We have spent days now tweaking settings and testing and it is working amazingly well," Honken said. "This new network greatly increases the number of concurrent users allowed on the network, as well as enhances performance when attached to the VPN. Many of the staff are now working from home and need to connect to this new VPN due to access to elevated resources. Infrastructure Services also manages our phone system and has worked hard to set up a call center for the

Warrior Hub and instruct employees how to forward their work phones to their cell phones.”

The third area, the technical support center, has been busy as well. According to Honken, the center has provided 60 laptops to university staff who are now working from home and previously did not have one.

“In addition, we are setting up VPN on each of these laptops and instructing staff how to use VPN,” Honken said. “We are also facilitating providing monitors when needed, as well as ordering such items as headsets, keyboards, and mice for those working from home. Tech Support staff spent much of last week walking around to various administrative offices to ensure those staff who had VPN set up knew how to log in. It was also an extremely busy week for phone, email, and chat support, and walk-in. Walk-in support is now officially closed, but we did add a zoom room for support as well, and spent the week getting that set up and us all trained in the use of zoom.”

Honken believes Winona State is very well prepared in part due to the availability and use of technology on campus.

“Our full-time Winona students all have laptops, access to software, and most use D2L for classes,” Honken said. “Because of the availability of laptops, we were able to get laptops to the staff who needed them in short order. We also have the ability to get one in the hands of a student who may not have access to a computer.”

Honken also noted that because of this, Winona State was able to loan 40 laptops to Rochester Community and Technical College for their staff usage.

As the campus begins this transition, Honken also said that there are multiple ways to reach any of the previously stated department for any potential questions or concerns that students and staff may have during this time.

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Former Warrior inducted into Small College Basketball Hall of Fame



[Jenna Statz](#), Sports Reporter

April 1, 2020

Winona State University alumnus John Smith was recently inducted into the Small College Basketball Hall of Fame, and is currently the only Warrior basketball player to earn this award.

Some notable honors Smith received during his time at Winona State includes three Northern Sun Intercollegiate Conference (NSIC) and Regional Championships, '06 and '08 NCAA Division II National Champions, 2007 NCAA Division II Finals (2nd place), '06-'08 1st team all-NSIC, NSIC Most Valuable Player in '07 and '08 and '07 and '08 1st Team all-American honors.

Smith also holds the title of Winona State University's all-time leading scorer with 2,265 career points, along with holding a title as second all-time in rebounds with 1,334.

More achievements for Smith include being second in the nation in blocked shots having reordereed 423 and second all-time field goal percentage at 56%.

When talking to Smith about what memories stick out most to him about his career at Winona State, he said there were just too many to talk about.

“The obvious ‘on court’ memories at WSU were winning two national championships,” Smith said. “Though, to be honest, when I think back about my college basketball experience, the things I think about most are the good times and funny stories with my teammates. It was a great group to be around.”

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What to expect in crisis counseling: Part II



Ren Gennerman, Copy Editor

April 1, 2020

As the conversation around college campus sexual assault grows across the country, Winona State University counseling services has made changes to better serve the immediate needs of those recently assaulted.

When students come into the Integrated Wellness Center for counseling, they are put into the computer system, along with information like age, gender and an emergency contact. However, counseling services also asks students two questions: “Would you be at risk to hurt yourself or others if not seen today?” and “Have you been sexually assaulted within the past two weeks?”

Kateri Johnson, interim director for counseling services, explained why the two-week limitation exists for the crisis counseling option.

“We recently added the ‘within two weeks’ because some people are coming in and saying, ‘Well, I was sexually assaulted two years ago or a year ago. So, people would mark that, but they wouldn’t necessarily need to be seen right away,” Johnson

said. "That's maybe what they're coming to counseling for, but it wasn't an immediate need. So, we did specify the two weeks because that is more of a crisis."

Johnson said that even with the two-week limitation to immediate help, the counseling office sees a consistent number of students per week who have experienced sexual assault. However, the needs of each student seem to vary based on their situation, so a student's path through the counseling system can look very different depending on what they require. While some come directly to counseling services of their own volition, others are referred from professors, RAs, friends or health services. Regardless of how the person got to counseling services, Johnson says the questions they ask are generally the same to establish if they are in a safe situation.

"[We first ask] are they safe wherever they are living, whether it's in the residence halls or off campus," Johnson said. "Do we need to talk about a plan to get you moved out of your room or your house? And then, do they want to report? We talk about that with them and what that would look like to report here on campus or to a police officer."

If a student is interested in reporting the assault to Winona State, Johnson says the counselor will get them in contact with Title IX director, Lori Mikl, who will then walk them through the process as a neutral reporter to the university. If they wish to report to the police, the counselor will again walk them through the process. In the event a student wishes to file charges, the counselor would connect the student to the Advocacy Center of Winona, previously the Women's Resource Center.

According to the Advocacy Center of Winona website, the center offers many services to those suffering from domestic violence or sexual assault, such as legal referrals, emergency housing, help filling out Orders for Protection and Harassment Restraining Orders and assistance to survivors through trial. According to Johnson, the Advocacy Center is most able to assist survivors in court proceedings.

"What they can do is they can actually send an advocate over to meet with them and talk more in depth about that process and then be with them through the whole process," Johnson said.

Regardless of what they want to do within the legal system, survivors have access to a Sexual Assault Nurse Examiner, or SANE nurse. Students are offered sexual assault evidentiary exams, or rape kits, by this nurse, who is trained in the medical, psychological, and forensic examination of a rape survivor. These nurses are just down the hall from the counseling services center.

There are many survivors who may not want to press charges or interact with law enforcement. Students still has access to a range of services and assistance. If the student has missed a lot of class, has a hard time concentrating, is in classes with their assailant or is in need of other academic assistance, the counselor will help get the student in contact with people who can ensure that student can pass their classes and continue their education at Winona State University.

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Noah's Netflix recommendations



[Noah Mruz](#), Film Reviewer

April 1, 2020

With the world in an unprecedented time of fear and isolation, the need to stay connected online means becomes imperative to both the world and our own sanity. Sometimes taking a breath alone with a good TV show or movie can do wonders for the mind. You can paint, write, draw or sing, but nothing is easier than streaming a good show to get your mind off the world around you. With isolation becoming more and more impressed upon us, I'm here to offer some of my own suggestions of what to stream on Netflix in while quarantine.

First things first, a best way to get your mind off of stressful things is a good comedy. Classic shows like "The Office", "Parks and Recreation", and "New Girl" are all available to stream on Netflix and are easy to watch. You can sit on your phone and play a game with that in the background and suddenly you've spent 7 hours watching "Shameless" and suddenly your worries of what to do with the day is gone. It would be easy for me to tell you watching a good comedy show will help the day disappear, which is why I put it first on this list. Sometimes there just isn't anything to do in the day and staring at homework nonstop is enough to drive anyone crazy. These comedies can help fill the empty gaps in the day.

Next up are a few Netflix Originals that I recommend. Looking to stay inside and have a fun Facetime date night with your significant other? Maybe you're looking to watch and talk about some of the more absurd aspects of the human race with your homies and pals. Netflix is king when it comes to these, and their most recent royal entry is "Tiger King: Murder, Mayhem and Madness". This docuseries follows the private ownership of tigers, and the one-of-a-kind man, Joe Exotic. If you're looking for something a little less crazy and a shorter series, "Don't F**k with Cats: Hunting an Internet Killer" follows a chilling story of internet sleuths trying to bring down an internet killer. Both of these series will have you on the edge of your seat, and maybe a little thankful to be inside for a little bit. My last suggestion here is "Stranger Things". I know everyone has probably seen it, but there's a new season on the horizon, and now is a great time to re-watch one of the most talked-about shows in recent years.

Finally, some films I'd recommend for an easy watch. First, *The Other Guys*. This comedy film brings Mark Walberg and Will Farrell in a great comedy duo that is sure to make any viewers who enjoyed *Step Brothers* or *Talladega Nights* have a great watch. Similarly, 2010's *Dinner for Schmucks* pairs Paul Rudd and Steve Carell together in a weird but hilarious spin on the Comedy-of-Manners style.

Finally, *Spenser Confidential* is an easy yet fun action film, pairing Walberg with Winston Duke, featuring heavy Boston accents and cliché action.

These films, well as the other entries mentioned above, make for an easy watch, and a brief release from the reality we are paired with dealing with today. Stay safe out there, stay inside, and wash your dang hands. As long as we work together we can eventually return to watching a movie with friends in the real world, and rather than through a Facetime, Skype, or Snapchat call.

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