2-3-2016

The Winonan

Winona State University

Students present "Thriving in College"

The idea of getting through at least 120 credits in just four years can be enough to leave a student feeling overwhelmed, discouraged and swamped. With students spending an average of around 15 hours per week in class and also trying to accomplish around 45 hours of homework per week, it is easy to see why the word "stressed" is an adjective that most college students would use to describe themselves.

Winona State University senior Cortnie Schierman, junior Mariah Olson and sophomore Carissa Balow came together to give a presentation called "Thriving in College." Their mission was to give students advice on how to succeed and graduate in four years, along with acquiring the skills to develop and function as an adult in the real world. They gave students different tips, tools and ideas they thought would help confused students succeed.

"Sometimes I feel like people lose focus on what they should be doing during their summers," Olson said.

The group emphasized how the summer after a student's first year is a great time to begin looking for internships and opportunities to connect with the job world. Networking events allow students to build connections and getting in touch with potential future employers.

Much of the presentation focused on informing students about the existence of the resources they have available to them. Some students may have nervous feelings about entering the professional world. This is where these services come into play.

The Warrior Success Center is a resource for students who are looking for advising when it comes to the professional world. It offers mock interviews and is staffed by faculty who are available to look over resumes and offer advice on careers.

Students sitting in on the presentation also discussed how difficult their transition from high school to college was. Some students found the change to be relatively easy and others believed it was very difficult for them to make the adjustments required for living in a collegiate atmosphere.

"It was terrible," senior Tessa Rud said. "I was homesick. What made it easier was making friends."

The speakers shared what they thought the purpose of their college career was.

"To…develop as a person. For me, who I want to be as an adult, I want to be a teacher," Balow said.

When discussing the most important part of college, it seemed the life experiences were something that greatly impacted students.

"Embracing the responsibility that it can result in and embracing the experiences," Schierman said.

The presenters all appeared to have a sense of confidence that they were traveling down the right path towards the perfect careers for themselves. Some of them had to search a little bit harder than others to find their niche, but all agreed in how gaining experience in specific job fields before graduation is a great way to find out if you are a good fit for a certain career.

"I came in with a completely different degree than what I have now and I finally found something that I really love to do, so gaining experiences that I can put forth in to what I can do after graduation," Schierman said.

Students interested in learning more about living healthy lives and becoming successful students should visit room 138 in the Integrated Wellness Center on either Monday or Wednesday nights at 7 p.m.

BY MADISON BOWE
features reporter
mbowe14@winona.edu

RE Initiative discusses gender-based violence

As a part of their efforts to combat gender-based violence, the RE Initiative, a Winona State University club created to help support survivors and end gender–based violence (GBV), host panels to discuss the effects of this violence on certain communities. The panel discussion on Tuesday, Jan. 26 was about how GBV effects members of the LGBT community.

The RE Initiative sponsored the event with the help of Minnesota State University Student's Association (MSUSA).

President of the RE Initiative, Kathreen Smith, believes the panel has helped create room for a respectful discussion on these issues.

"We're trying to create an environment for discussing intersectional issues," Smith said. "This will also help us provide support and help for the survivors and help prevent these issues as well."

During the panel, moderator Bekah Bailey discussed GBV with members of the LGBT community.

GBV is a general term used to describe cases of domestic violence, sexual assault and sexual harassment, but due to the complexity of the LGBT community, some cases need to be handled differently.

The first part of the discussion focused on how members of the LGBT community face higher risks of being subjected to GBV.

Panel member Kate Jenkins discussed how members of the LGBT community are impacted by this violence, and how elements such as race influence this type of violence.

"Gender -based violence effects multiple groups within the LGBT community," Jenkins said. "Bisexual individuals of both genders are more likely to experience sexual violence in relationships, and transgender women of color are at the highest risk for anti-LGBT gender-based violence."

These events are also made more difficult by the lack of trust between law enforcement and members of the LGBT community.

Continued on page 13, see RE Initiative.

RE Initiative, continued from page 12.

Jenkins mentioned how this distrust is created by the re-victimization some victims face after an assault when police officers enter the crime scene.

"There have been cases where an officer may harass a victim and not include the incident as a hate crime in the police report," Jenkins said.

According to a report filed by the Williams Institute in 2014, 73 percent of people in the LGBT community had face-to-face contact with the police. Out of these people, 21 percent reported hostile police behavior, 14 percent reported verbal assault and 3 percent reported sexual harassment.

Due to the risk of police harassment and misconduct with their cases, individuals may not even file a police report.

The students featured on the panel discussed issues of GBV in the local LGBT community, as well as outside.

Cases of sexual assaults have been looming over college campuses across the United States, and due to the stigmatization of these assaults many victims have not been filing reports. Universities have also been reporting false numbers of assaults on security data.

Although the RE Initiative provides support and services for survivors, there is still a lack of knowledge about filing sexual assault reports. The documents detailing the reporting of sexual assaults and sexual harassment at Winona State are also outdated.

"These documents haven't been updated since 1988, and they do not include anything about sexual identity, gender identity or gender expression," Jenkins said.

As for the actions of universities, MSUSA organizing intern Aly Hagglund believes there needs to be a greater sense of transparency.

"Universities don't want to report the full number of sexual assaults, but schools need to realize that this is something they need to do in order to protect the safety of their students," Hagglund said.

Although some improvements need to be made, Winona State provides many resources for students in and outside the LGBT community who are survivors of GBV.

"We have a 24/7 gender-based violence hotline on campus and members of the RE Initiative are PACT trained and work with counseling services," Smith said. "For those who would like to report an assault and make accommodations, they can contact our Title IX Coordinator Lori Mikl. There is also a support group for gender-based violence survivors."

In order to continue the education and awareness about GBV and its effects on certain communities, more panels will be taking place during the semester.

The next upcoming panel about GBV and its effect on the male community will take place Feb. 15 at 7 p.m. in the Science Laboratory Center. The 24/7 GBV hotline number is (507)-457-5610.

BY ELIZABETH PULANCO
features reporter / copy editor
epulanco12@winona.edu

Historical Society displays Winona County quilts

A vast exhibit of 140 quilts showcases Winona's heritage in the Winona County Historical Society display "Warm Memories: Winona County Quilts."

Civil War era quilt blocks, 17 quilts and two quilted pillows are currently on display. Eight quilts hang from the ceiling, two are in a showcase and the rest hang from the walls. Many of these quilts were made from people in the early pioneer days, and some were only crafted a few years ago.

Assistant director of the Winona County Historical Society, Jennifer Weaver, said the quilts have been donated over the years.

"The Winona County Historical Society has been around for 81 years, slowly collecting things," Weaver said.

One of the oldest quilts on display, "Crazy Quilt," sewn in 1883, is her favorite. The quilt was made by Louise Bunnell Page and according to Weaver, a piece of the fabric sewed into the quilt is said to be from her mother's wedding dress.

There was also a quilt made of ribbons on display, featuring events from the Civil War, county fairs and a Taft button from his visit to Winona. One quilt on display was even made from scraps of neckties.

In the fall of 1983, the Winona County Historical Society hosted its first annual "Harvest of Quilts" show. The second year, director Mark Peterson traveled to southeastern Minnesota and collected 100 quilts. Historical societies around the area then contributed their quilts, and together they created a large quilt exhibit.

Participants from 22 counties and 1,500 people attended the show. These shows went on through the 1990s, and the last was in 2007. "Warm Memories: Winona County Quilts" is a product of these past shows. Rather than doing a show, they decided to do an exhibit of the best of their own quilt collection instead.

This exhibit goes through June 15, and some quilts will be switched out every few months to keep public interest and due to limited space.

"It is fun to see the new quilts people bring in," Weaver said.

BY MICHAELA GAFFKE
features reporter
mgaffke12@winona.edu

Jennifer Weaver leads a tour around "Warm Memories: Winona County Quilts."

TAYLOR NYMAN
photographer
tnyman12@winona.edu