

winonapost

sports

Winona 8th grader wins state championship race



The Minnesota High School Cycling League held its state championship race event on Saturday, October 27, and on Sunday, October 28, 2018. For the fourth consecutive year, the Minnesota League headed back to Mt. Kato for the championship race, a favorite course for many racers and a venue that could accommodate the 3,500-plus people in attendance for the event.

For two days, over 1,200 racers from 64 teams across the state of Minnesota, Western Wisconsin, North Dakota, South Dakota and Iowa came together to compete in the seventh and final race of the season.

Winona racer, Natalie Horeck, out-paced 36 other competitors on the steep climbs and technical single track of Mt. Kato and took home a 2018 State Championship win in the eighth-grade girls division with a time of 19:29.3. Horeck was on a roll at previous races, each finishing higher than the last. Her coaches credit the win to her determination, bike handling skills, and never-quit attitude. "She is as talented on a bike as she is kind and can always be found cheering for her teammates and high fiving her competitors."

Complete results for Winona racers

Winona Composite Middle School racers placed fourth

out of 40 teams.

1. Natalie Horeck, eighth-grade girls, first place, 550 team points

2. Lucas Wooden, seventh-grade boys, ninth place, 476 team points

3. Will Hardy, seventh-grade boys, 15th place, 432 team points

4. Avri Menthon seventh-grade girls, 29th place, 354 team points

5. Kyle Coudron, eighth-grade boys, 34th place, 334 team points

6. Colin White, eighth-grade boys, 38th place, 319 team points

7. Carver Heiring, eighth-grade boys, 58th place, 279 team points

Winona Composite High School racers placed 19th out of 47 teams

• Nathan Wooden, JV2 boys, ninth place, 476 team points

• Tony Coudron, JV3 boys, 30th place, 390 team points

• Nalani Bausman, freshman girls, 23rd place, 384 team points

• Kole Koehler, varsity boys, 43rd place, 379 team points

• Nicole Miller, JV2 girls, 26th place, 369 team points

• Brayden Coudron, freshman D2 boys, 43rd place, 304 team points

• William Wisniewski, JV2 boys, 98th place, 239 team points

Henningson nabs 3rd at preseason national tourney

■ Ryan Henningson recently competed in the USA Wrestling Preseason Nationals Wrestling Tournament in Des Moines, Iowa. Henningson, a junior at Winona Senior High School, wrestled in the 113-pound division and en route to his third-place finish he defeated state champions from Illinois and New Mexico and runners-up from Oklahoma and Montana with his only loss coming from the Kansas state champ.



Local Winonan leads Warriors on the field

by CHRIS EDWARDS
From The Winonan, WSU's student newspaper

College for most people means a lot of new things, especially new surroundings, but for Winona State University senior Eric Birth, his surroundings have stayed the same.

Being from Winona, he made a choice to stay in his hometown for college.

With his final game as a Warrior complete, Birth said that he was "very excited" though it would be an emotional moment for him.

"I'm sure at the game I'll be crying," he laughed beforehand.

Birth has been playing football since seventh grade, and after his last game for the Warriors, he turns his attention on

additional schooling.

When he first started playing running back, Birth said his idol was former Super Bowl champion Reggie Bush, a player he has modeled in his own playing style, admiring his ability to use his speed to get past defenders.

Birth noted that his style has changed because he's slowed down and uses his strength to run over opponents, something that was displayed on his 33-yard touchdown run that closed the win against Augustana.

"I still don't understand to this day how I even got into the end zone," Birth said when describing the moment.

Being the veteran of the backfield, Birth plays a big role; even between plays he does his part to help the team.

"I'll explain what happened so the next play they can go in

and do better. So that's kind of like where I feel like my role fits in it," Birth said.

Football has not always been a positive experience for Birth, as injuries have impacted him a lot throughout his career. In total, he said he has had seven surgeries, one of which was on his shoulder. It has made things difficult, and he even had thoughts that it might stop him from playing this year.

With his playing career coming to an end, Birth looks to become a football coach (noting a particular interest in coaching fellow running backs) or a gym teacher, and currently double majors in physical education and health, as well as double minoring in coaching and developmental/adaptive physical education.

Looking back on his four

years as a Warrior, Birth sees the improvement he's made. In his first year, he had a lot of fun, but the team didn't win as much. Then, in his second-year, weight was a problem. It was in his third year that a big change occurred.

"I completely switched up my whole mentality. I started working out more and started eating healthier then started running more. I started watching a lot more film trying to be the best running back I could be," Birth said. This helped him stay a key part of the Warriors' offense, and ultimately helped him to end his career as a Warrior with 39 yards rushing on seven attempts during Saturday's season-finale against Concordia University.

WSU athletes honored on 2018 NSIC All-conference Football Team

by DAVID ALBRECHT

Eight members of the Winona State University (WSU) football team received recognition on Thursday, November 15, with the release of the 2018 Northern Sun Intercollegiate Conference (NSIC) All-conference teams.

Carter Berlin (offense) and Isaiah Hall (defense and special teams) were both named to the All-NSIC First Team. Isaiah Frandsen (offense), Michael Ferrante (defense), Romario Gayle (defense) and Devon Moore (defense) were each named to the Second Team, while Cole LaLiberty (defense) and Sam Santiago-Lloyd (offense) earned Honorable Mention recognition.

Berlin, a sophomore, earns All-conference honors for the first time in his career. The offensive lineman started all 11 games for the Warriors this season.

Hall receives First Team honors for both his defensive and special team efforts. It marks the sophomore's first career All-conference nod. Hall tied for the team lead in interceptions (five) after picking off a pair of passes in each of WSU's final two games. The defensive back also recorded two forced fumbles, 1.5 sacks and 57 total tackles on the year. Hall ranked second in the NSIC in kick returns (28.3 yards/attempt) and was the Warriors' leader in punt returns (17.78 yards/attempt).

Frandsen garners Second Team honors for the second straight season. The senior wide out had a career year in receptions (43), yards (740) and touchdown catches (nine). Frandsen ranked fifth in the NSIC in touchdowns, eighth in yards/catch (17.2) and 10th in receiving yards. He concludes his two-year Warrior career ranked 15th in program history in touchdown catches (16) and

18th in receiving yards (1,360).

Ferrante earns Second Team honors for the third consecutive season in his final year on the gridiron. The defensive captain led the Warriors in sacks (6.5), quarterback hurries (nine) and tackles-for-loss (13.0) this season and set a career high in tackles (51). A four-year starter at defensive end, Ferrante concludes his career ranked ninth all time in career sacks (17.5).

Gayle, another Winona State first-time All-conference recipient, tied for the team lead with a career-best five interceptions in 2018. The junior safety was fifth on the team with 54 tackles.

Moore, who played primarily on the offensive side of the ball as a freshman in 2017, earns his first All-NSIC nod after a stand-out sophomore campaign at linebacker in 2018. He ranked second on the team in total tackles (61), tackles-for-loss (11.0) and sacks (3.5). Moore

also added a safety to his stat line.

LaLiberty, who missed most of last season due to an injury, also battled through injuries this season but managed to appear in 10 games and make six starts on the defensive line. The redshirt sophomore recorded a pair of fumble recoveries, 3.5 sacks, 4.5 tackles-for-loss and 34 total tackles.

Santiago-Lloyd played in all 11 games this season while making six starts. The sophomore running back posted career highs in every offensive category. Santiago-Lloyd led the Warrior backfield in carries (121), rushing yards (586) and rushing touchdowns (five). He added 15 catches for 148 yards.

Winona State finished the 2018 season with an 8-3 record to finish, second in the NSIC South. It marked its 14th year with at least eight wins in head coach Tom Sawyer's 23-year Warrior tenure.

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the Football Predictions **PAY-OFF!**

vikingview

by Patrick P. Marek

Not ready for prime time Vikings lose to Chicago 25-20

Did anyone get the license-plate number of that Mack truck that totaled the Vikings' chances for an NFC North championship on Sunday night? Although Soldiers Field has been a house of horrors over the years for talented Minnesota teams, the Vikings went into the clash with the first-place Bears with every reason to feel confident. They were coming off their bye week, giving key players a chance to rest and heal from their injuries. The offensive line was intact, and the defense seemed to be finally clicking on all cylinders after sacking Matthew Stafford into oblivion in their dominating victory over the Lions. Most media pundits and Vegas oddsmakers favored the veteran Vikings to win over the inexperienced Bears, despite Chicago's home-turf advantage. A win against the Bears combined with losses by Carolina and Washington earlier in the day would put Minnesota in the driver's seat for a top playoff seeding. It was a perfect time for the Vikings' players and coaches to step up their games and declare to the world that they were Super Bowl contenders.

There was only one problem. The Vikings forgot to show up. Like so many times in the past Minnesota wilted under the bright lights of a national television audience and delivered a sloppy, uninspired, mistake-riddled performance. You can say what you want about the late Dennis Green and his diabolical plans for world domination, but he always had the Vikings ready for their first game after their bye. Mike Zimmer? Not so much. With Sunday's loss, Zimmer's post-bye record is a woe-ful 2-4. Even Brad Childress



managed to put up a 4-1 record after the bye ... and you know what happened to him. Zimmer had an entire week to prepare a scheme for the two game changers in the Bear's line-up: Khalil Mack and Mitch Trubisky. If Sunday's game was a test for his coaching and motivational skills, Zimmer should get an incomplete. In Zimmer's post-game interview he said: "Either they're not listening ... or they don't really care." That's the kind of statement that gets coaches fired.

The defense seemed surprised that Chicago would rely on the legs and short passing game of Trubinski (who plays like a giant-sized version of Fran Tarkenton), and Khalil Mack was a one-man wrecking crew against the porous offensive line and vanilla play calling. To be fair the defense actually made some half-time adjustments and effectively shut down the Bears' offense, delivering three turnovers to a defense that didn't have a clue what to do with the ball.

John DeFilippo is supposed to see **VIKINGS** page 6b

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PLEASE NOTE: You must use the original entry blank for your predictions. No facsimile or copies will be accepted.

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the Football Predictions **PAY-OFF!**

packerperspective by Mark Metzler

Frozen tundra brain

After 13 years in Green Bay parts of Mike McCarthy's brain have iced over because they clearly don't work. It's time for him to find a new home after the 27-24 loss to the Seahawks in Seattle.

Why he didn't challenge the 34-yard pass from Russell Wilson to Tyler Lockett, I don't know. I would guess it is because they didn't want to use a timeout if the call wasn't overturned, and they only had one timeout left because they had blown two earlier in the half. Anyhow, that play led to Seattle's winning touchdown. McCarthy said after the game that there wasn't a clear view of the play at the time. OK. Doesn't the team have someone who looks at plays like that?

Then, with the game on the line, 4:20 left, and a fourth and two, McCarthy decides to punt instead of going for it. That's right after the defense showed no ability to stop the Seahawks on the previous drive. That is with one timeout left and the two-minute warning. So, he was betting on a three and out from the defense instead of letting Aaron Rodgers try the fourth and two — which bet would you take?

Probably not the one that Frozen Tundra Brain Mike McCarthy took. But, that's why he's the head coach, and we sit in our nice warm homes frustrated at his decisions. After the game, McCarthy said it was a game-management decision, and there was at least an indication that he would have made a different choice, if given the opportunity again. Let's hope he's not.

Anyhow, he's going to be Cleveland's problem next year. So, because the Packers played on Thursday, I was able to read some of the other buzz after the game, and I have to say that I agree with a good deal of it. People aren't happy in Pack-



erland. Comparatively, my calls for the end of the McCarthy era are relatively tame.

Certainly, injuries play a big part in what is going on with the Packers. It was tough to lose Mike Daniels and Jimmy Graham during the game. Perhaps McCarthy would have went for the fourth and two if Graham were available. Maybe. But injuries are part of the game. What's concerning to me is how tired the team seems at the end of games. I don't know if it is a lack of aerobic conditioning, a defeatist attitude or my imagination, but they don't have that spark they need to win at critical times. Then again, it could be something more simple: the team just isn't that good.

As far as the players are concerned, Aaron Jones continues to look good. Kyler Fackrell had three sacks to make eight for the season. This was a pleasant surprise. At the beginning of the year, people were wondering if he was worth the third-round pick the Packers used on him three seasons ago. Also, it was nice to see that free-agent tight end Robert Tonyan caught a long touchdown from Rodgers.

Next week the Packers travel to Minnesota to take on the Vi-

see **PACKERS** page 6b



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Governor Dayton announces Free Park Friday in MN

Entrance fees to all 75 Minnesota state parks and recreation areas will be waived on Friday, November 23, 2018

Governor Mark Dayton announced "Free Park Friday" in Minnesota, highlighting that entrance fees to all Minnesota state parks and recreation areas will be waived on Friday, November 23, 2018. Governor Dayton encouraged all Minnesotans to enjoy the outdoors with family and friends on the day after Thanksgiving. "I wish everyone in Minnesota a very happy Thanksgiving, and recommend visiting one of Minnesota's beautiful state parks — for free — on Friday," said Dayton. "Like sharing a

meal, going for a walk can be a great way to spend quality time with family and friends." Research shows that spending time outdoors benefits children and adults, including improving mood, enhancing creative thinking and problem solving, promoting a conservation ethic, and improving physical fitness. On Thanksgiving Day, the average American consumes around 4,500 calories. A brisk walk can burn about 300 calories in one hour. "Holidays can be stressful, but Minnesota state parks and recreation areas are open year-round to provide places to unwind and relax, surrounded by natural beauty," said Erika Rivers, director of Minnesota State Parks and Trails. "We hope that visitors who go to a state park for the first time on Free

Park Friday will have fun, feel refreshed, and want to come back." Although most state park offices and visitor centers will be unstaffed or minimally staffed on Free Park Friday, a variety of on-site and online resources are available for visitors. Find directions to the parks on the individual park web pages at www.mndnr.gov. Look for the self-orientation signs near the park entrance for suggestions on what to see and do during your visit. Additional hike recommendations can be found online at <https://www.dnr.state.mn.us/freeparkfriday/index.html>. Pick up a hard-copy map at the park office or, better yet, download one of the new GeoPDF maps that show you where you are based on your mobile device's

built-in GPS receiver. Internet access is needed to install the app and map files, but once they are installed, they do not need Internet access or cell phone service to function. A few Minnesota state parks will offer special programs. Whitewater State Park near Winona will be offering a turkey hike from 1-2 p.m., where you can learn the fascinating history of the wild turkey in the White-water Valley! Meet at the visitor center for a brief introduction, then take a hike to look for signs of wild turkeys. For additional resources on things to do and places to stay across the state, visit explore-minnesota.com, and share your sights this season on social media using #OnlyInMN.

Vikings

continued from page 4b

be an offensive genius, but he was outcoached and outplayed by the Chicago rookie brain-trust. DeFilippo obviously borrowed the Three Stooges' famous "Hey diddle diddle ... let's run down the middle" play for his run game, turning his offensive linemen into sacrificial lambs and giving his running backs no chance against Mack and the rest of the Bears' voracious defense. Then there's our \$84-million quarterback Kirk Cousins. Cousins is putting up impressive numbers. Unfortunately, they don't play the games on paper. He had several chances to run for first downs, and instead chose to throw into double or triple coverage. Cousins obviously is a gifted passer of the football, but seems to miss open receivers or freeze up in

crucial situations. He missed a wide-open Stefon Diggs for what should have been a touchdown on the game's first drive, and threw two horrible interceptions, including a back-breaking pick six when the Vikings were down 14-6. Cousins supposedly learned to tackle from Mike Singletary, his youth football coach. If he continues to be this careless with the ball, he is going to get plenty of practice trying to run down defensive backs returning gift interceptions. With the next two games being nationally televised contests against the Packers at home and the Patriots in Foxboro, the Vikings have a chance to extinguish the dumpster fire they are currently engulfed in, and limp into the playoffs as a fifth- or sixth-seed wild card. If they don't make the playoffs or lose in the first round of the wild card ... the Mike Zimmer death watch will begin.

Winter manure applications: Steps to take to prevent runoff, nutrient loss and water contamination

Snow-covered and frozen soils make land application of manure a challenge. Producers run the risk of runoff, leading to loss of soil nutrients and potential contamination of water resources. The Minnesota Pollution Control Agency (MPCA) advises the following:

- Watch weather and field conditions closely for a safe window to apply manure.
- State and local requirements vary, depending on feedlot size, federal or state permit status, and local laws.
- Refer to your state or local permit for specific details on land application restrictions.

- When in doubt about restrictions, contact your MPCA or county feedlot official with questions. Get contact information at <https://www.pca.state.mn.us/quick-links/mpca-feedlot-staff-contacts>.

The agency recommends these steps to prevent manure runoff:

- Farmers who apply manure during winter should review their manure management plan now to determine which fields are the most suitable to receive winter applications.

- Fields for winter application should be level, distant from sensitive features, and have crop residue.
- Consider lowering application rates.
- Monitor field edges to verify that manure runoff is not occurring. If runoff is occurring, report it to the Minnesota Duty Officer at 800-422-0798.
- If frozen soil prevents incorporating manure, a 300-foot setback from sensitive features such as streams is required.
- Avoid spreading when furrows contain ice or snow.
- Avoid surface applications:
 - When there is two inch-

- es of snow or more and the weather forecast predicts temperatures to exceed 40-degrees Fahrenheit within the next 24 hours.
- When the ground is frozen and/or snow covered and the weather forecast predicts a 50-percent chance of a 0.25 inch or more of rain in the next 24 hours.
- During February and March when most runoff events occur.

For more information, visit <https://www.pca.state.mn.us/quick-links/land-application-manure>.

Packers

continued from page 5b

kings. The Vikings were defeated pretty soundly by the Chicago Bears to go 5-4-1.

If the Packers can beat the Vikings on Sunday, the two teams would be tied, and there would still be an outside chance for the playoffs. But for that to happen, the Packers need to win out the rest of the season.

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Snowmobile safety classroom training

On Thursdays, November 29, and on December 6 and 13, youth ages 11-15 may join snowmobile training to get their certification (valid for age 12

and older) from 6:30-8:30 p.m. Classes will be held in the community room of Wilson Fire Hall. There will be a field day after

the classroom sessions on Saturday, December 15, from 9-11 a.m. unless there is no snow, in which case January 6, 2019, will be the field day.

Please contact Kim Bartelson at 507-459-1556 or kibartelson@hotmail.com for more information.

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Trout Unlimited Wild Game Feed Fundraiser Nov. 27

The WinCres Chapter of Trout Unlimited will hold its annual Wild Game Feed Fundraiser at Holzinger Lodge on Wednesday, November 27, at 6 p.m. The evening will start with a

social hour followed by a meal featuring wild game and other dishes. There will be raffles and a silent auction. The public is invited.

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