



Attention The Spectrum readers.

The following includes content that may not be suitable for all audiences. This issue discusses sexual assault, sexual violence and other similar themes and language. Please proceed with caution. We understand that these issues may make some uncomfortable.

The staff members did research and gathered information from various sources. However, we are not experts. We understand that we don't know and understand everyone's story and situation.

For free 24/7 support from trained personnel contact the
National Sexual Assault Hotline at 1-800-656-4673.

Sure, 'not all men' *But yes, every woman*

Winnie Weninger
Contributing Writer

I will start by saying that women know that not all men are bad. There are a few reasons why it is called "All Men." It is a mix of not knowing which men are actually bad and taking the safer route of approaching them all with caution, as well as getting the men that consider themselves to be "good guys" to stop and listen instead of tuning out

a conversation that is not about them. The truth is, the conversation still involves you too. If women simply trying their best to stay safe bothers you, then you are part of the problem. And most importantly, all women have a similar, gut-wrenching story. While not every man is bad, every woman either has experience with a bad one or knows someone who has. Yes, every woman.

Women have been taught their entire lives that it is all men; they are just starting to say it out loud. Every single woman I know has been made to feel uncomfortable by the presence of a man. The list of rape prevention tips is heartbreaking and long. Women are taught to keep an eye on each other's drinks, taught to go places in groups (like the bathroom), taught to carry hidden weapons

when they go on runs, taught to text each other when they go on dates to make sure that they have not been killed, taught to have keys between knuckles when walking to their car and checking the backseat and taught to dress a certain way in public (if your hair is up then someone can grab it, don't show too much skin, etc.).

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How campus police handles sexual assault cases

Police Officer Gennifer Baker talks about resources on campus

Alissa Knudson
Co-News Editor

North Dakota State University Police work with students to report crimes of sexual assault. By understanding the laws and process around sexual assault, survivors are able to understand their rights and options for resources. According to NDSU, "Sexual assault" is an offense that meets the definition of rape,

fondling, incest or statutory rape as used in the FBI's Uniform Crime Reporting system. A sex offense is any act directed against another person, without the consent of the victim, including instances where the victim is incapable of giving consent. Gennifer Baker is a North Dakota State University Campus Police officer. She explained the process of how campus police handles sexual assault

cases. "The victim is the one that has to report it to us," said Baker. To first report the case, survivors can come into the campus police office, hospitals often help connect survivors to the police as well. NDSU faculty and staff will help connect those who have faced sexual assault with the campus police or other resources as well. By reporting a sexual assault case, the police first connect a survivor to medical

help if needed. After the assault is reported to the police, they will ask some clarifying questions to understand the situation. "It's up to them how much they want to disclose to us," said Baker. Some of the questions they will ask will be about the perpetrator and if the survivor knows who they are.

Continued on Page 3

A mother's fight to save her daughter

Patrick Ullmer
Staff Writer

This is not a celebrity's autobiography, but rather a true account of a mother who lost her daughter to a sex cult and sacrificed much to save her. Catherine Oxenberg is an established television actress who fought back when her daughter, India, was seduced into NXIVM. In 2017, India Oxenberg was visiting

her on a five-day visit from New York when Oxenberg noticed India was unhealthy and had Keith Raniere's initials branded in her pelvic region; something discovered while her daughter was examined by a doctor for not having had her period in over a year. Catherine Oxenberg made a fateful, heroic decision. "I was going to do whatever it took to save my daughter from this vicious cult... Not just for my daughter's

sake, but also for the countless other sons and daughters in this country who get lured into these exploitative, abusive traps every day." Raniere wasn't just some creepy guy with long hair and a dreamlike influence, he was a devious manipulator. In "The Program" a book by Toni Natalie, Raniere's former girlfriend (who he convinced into leaving her third husband for him), he

managed to "cure" her nicotine addiction by pushing pressure points on her palm, sending her into a trance which she awoke from several hours later. Keith Raniere didn't act alone and was aided by NXIVM president and co-founder Nancy Salzman, a dedicated disciple who treated Raniere like a god.

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NDSU Athletics | Photo Courtesy

Athletes, coaches, and staff work together with Campus Resources and the Athletic Department to be advocates

Savannah Lussier
Staff Writer

Colleen Heimstead, Senior Associate Athletic Director - Senior Woman Administrator, and Deputy Title IX Coordinator for NDSU Athletics spoke on the significance of educating staff, athletes, and coaches during Sexual Assault Awareness Month. At NDSU, Heimstead oversees all aspects of NCAA, conference, and institutional compliance. She collaborates with school departments including Student Financial Services, Admissions, Registration & Records, and Athletic Academic Advising to guarantee NCAA compliance for 16 sports and 400 student-athletes. The United States Congress enacted Title IX of the Education Amendments on June 23, 1972, and it was signed into law on July 1, 1972. It was just revised, and it went into effect on August 14, 2020. The federal civil rights statute Title IX outlaws sex discrimination in educational programs and activities. This June will mark the 50th anniversary of the law. According to a new

policy set in 2017 by the NCAA, the school president or chancellor, sports director, and Title IX coordinator on each NCAA college must certify yearly that coaches, athletics administrators, and student-athletes have received sexual violence prevention training. When it comes to athletics, Title IX has shifted its focus from scholarship money to treatment quality and safety from sexual abuse. With this shift in focus, a complete examination of university leadership has never been more important. "We try our best to do the right things here in athletics," said Heimstead. "We offer training and resources for our staff, student-athletes, and coaches." The Athletic Department works with NDSU services to prevent sexual violence on campus, and they encourage their student-athletes to participate and be advocates in activities or any organizations that they may be a part of throughout campus.

Continued on Page 9

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How campus police handles sexual assault cases

Continued from Front Cover

Some of the process is figuring out who the perpetrator is, explained Baker. “Just interviewing as many people as we can that may or may not have known something about it,” said Baker. Finding witnesses or people that may have been told about the assault is important for evidence in a future legal trial. The report then goes to the state attorney’s office, where it would be decided if it would be charged. Depending on assault, the report could be charged as a misdemeanor or a federal crime. Gennifer Baker also holds a self defense class to help people become more confident in their skills. She helps people run through the “what if” scenarios so people can prepare for these situations. She hopes that the people who take the class feel more empowered at the end of the class. “So hopefully, if it was to ever happen, it wouldn’t be such a shock,” said Baker. At NDSU, 4 rape cases and 3 fondeling cases were reported in 2020. In North Dakota at least 50% of the adult assaults were rape, 7% attempted rape, and 43% were sexual contact other than rape or attempted rape. The 51% of the crimes were reported to law enforcement in North Dakota, according to CAWS.

Taking a look at Take Back The Night

A recap of the TBTN annual event at NDSU and a reminder to mark it in the 2023 calendar

Anne Kesler
Head News Editor

Sexual Assault Prevention and Advocacy at NDSU held their Take Back The Night event last week on Wednesday, April 6. Due to poor weather conditions, participants were unable to march throughout campus to protest sexual violence, but that did not stop their outreach to those who are in need of help and/or support. Different organizations and groups on campus set up booths to share resources and give away some goodies to individuals who arrived. Keynote speaker, Errience Fawcett, an Assistant Director of Women and Gender Studies at NDSU, who plans to continue her work at MSUM, presented her take on how the university

faculty can help students more than they already are. “As a person who grew up in a small town in Minnesota, we don’t talk about this,” said Fawcett. “The biggest advice I could give to myself as a 22-year-old is that it is not about the listener, it is about them.” Fawcett encourages her students to give honest feedback on how well the university takes care of individuals who seek help and support. “Here is where I am disheartened,” said Fawcett. “I asked them ‘what’s going well?’ but I also said ‘what’s not going well?’ And I would like to say that I wasn’t shocked by what’s not going well, but I was. One of the biggest things that I am shocked by is that when people choose who to tell their story to, including NDSU

faculty, they are not believed or sort of put to the side, and that makes me a very unhappy person.” Students made this point in all three classes of hers. Fawcett says it is now the administration’s job to fix this problem. “We as administrators have work to do,” said Fawcett. “I really hope that students will continue to be listened to because that’s why we are here. Their stories are really important.” The event concluded with an open mic session for students and faculty. **Mark this annual event in the 2023 calendar** “Oftentimes when I talk with survivors, they talk about feeling alone or that they feel like they’re going through something by themselves,” said

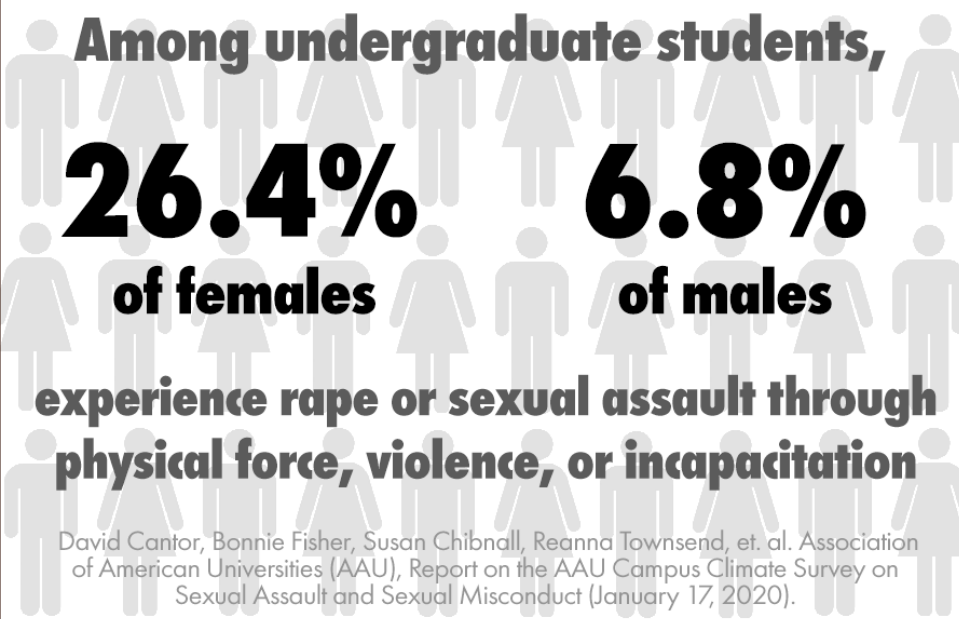


Errience Fawcett speaking at the TBTN event at NDSU on April 6. Hayden Austin | The Spectrum

Talcott. “Standing in a room of hundreds of people who are there to support you and care about you, people who have taken time out of their busy schedules to come to an event when they could have stayed at home and watched Netflix hopefully lets those survivors feel less alone, and that there is a community out there for them, a community of survivors, but also people who are really passionate about keeping people safe.” Talcott encourages students to attend this annual event. Educating on how to end violence once and for all is an important subject that affects all people.

Every
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Department of Justice, Bureau of Justice Statistics, National Crime Victimization Survey, 2018



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Rape and Abuse Crisis Center, a listening ear free of judgment

RACC is a local organization helping those in the community seeking help, support

Anne Kesler
Head News Editor
In honor of Sexual Assault Awareness Month, Elizabeth Samuelson, a Licensed Baccalaureate Social Worker in the state of ND, gives insight as to why she works at the Rape and Abuse Crisis Center and how the program helps individuals

graduated from North Dakota State University after completing the university’s dual degree program for Social Work and Human Development & Family Science. She is the Safe Harbor & Family Advocate, serving both the RACC and Red River Children’s Advocacy Center. “I work at RACC to

we believe them,” said Samuelson. “I get to see children in control of themselves and in safe spaces. I get to build relationships with people who need a positive connection. I get to be that person who will listen, be there, whenever my clients are ready for whatever comes next for them.” RACC provides

dating violence, sexual assault, elder abuse, trafficking/sexual exploitation and child sexual abuse in eastern North Dakota and west central Minnesota. They focus on creating a community free of violence, transforming the community response to violence, as well as providing services to survivors that will aid in their own healing. Individuals/students can access services by calling their 24-hour confidential crisis line (800-344-7273) or (701-293-7273), or attending an appointment at their agency. The community education team provides education on personal safety, domestic violence awareness and healthy relationship curricula to all Fargo, West Fargo and Moorhead public schools. They also provide training and education presentations to community businesses, agencies and groups interested. “I firmly stand behind our focus in creating a safe community for all people,” said Samuelson. “We do this by working directly with adults, children, families and

community partners.” Samuelson works primarily with MN based clients, youths up to age 24 who have experienced or are experiencing sexual exploitation or human trafficking. She also works with the children at the Red River Children’s Advocacy Center in Fargo who have experienced various forms of child abuse, and with adult clients experiencing sexual assault, domestic violence and human trafficking. “Every day I am working with clients who need our services and community members who share in our goal of creating a community free of violence,” Samuelson said. RACC seeks feedback from individuals who visit their office to receive services. According to the RACC website, the program served 2,608 people in 2021, with a projected 96% of participants saying they felt understood and that they received helpful services. “I think my day-to-day helps our clients because I get to literally meet them where they are at. Our youth, especially,

don’t always have the means to get out to our office. When I can go to them, I get to build those relationships and provide connections with one of the most vulnerable populations,” said Samuelson. “This I believe will allow them to be safer as they become more independent and show them that they can lean on RACC when they need to without judgment.” Members of the NDSU and Fargo/Moorhead community who seek help and/or support can visit the RACC website or social media for more information. “RACC is here for you. We know that sometimes we are the first point of contact for clients and how hard it is to take that first step,” said Samuelson. “We also know that in working through various community systems in regards to DV and SA, we are not always the first contact. We are here for you wherever you are in your journey, judgment free, with a listening ear.”



Sign at the RACC building in Fargo/Moorhead. Hayden Austin | The Spectrum

in the community. Samuelson make an impact. Every day, I get to see clients lighting up, knowing advocacy and counseling services to victims of domestic/

Rape and Abuse Crisis Center, a listening ear free of judgment

RACC is a local organization helping those in the community seeking help, support

Anne Kesler
Head News Editor
Sexual Assault Awareness Month is an annual campaign to educate others and raise awareness about sexual assault and how to prevent sexual violence. This month can also open the opportunity to more openly discuss the act of sexual intercourse and sexual health. North Dakota

State University will be hosting multiple event throughout the remainder of April to discuss STI testing, safe sex materials, and further education on sexual health. S E X T I V A L North Dakota State University’s Student Health Service is partnering with the North Dakota Department of Health to host their SEXTIVAL event on campus. The

event will take place on April 21 from 10 am to 4 pm at Student Health Service located in the Wellness Center. There will be free STI testing for participants. Urine testing for Chlamydia and Gonorrhea as well as fingerstick HIV will be available. “We will also have giveaways, trivia games and other fun interactive activities for students to check

out when they stop by. We will even have cookies decorated like condoms!” Emily Hegg, the Assistant Director of Health Promotion at NDSU’s Student Health Service said. S E X P O On April 21 from 6:00 to 9:00 pm in the Oceti Sakowin Ballroom located in NDSU’s Memorial Union, the Women’s Activist Organization (WAO) will host their SEXPO. WAO’s purpose for this event is to “spread awareness about sexual health and positivity through knowledge building and community connections.” There will be raffle prizes, community organization tables and speakers at the event. Junk Mail Program Student Health Service offers a Junk Mail Program, a grant funded program that offers safer sex materials and education to students living on-and-off campus. Students can choose their preferred Junk Mail package that is delivered in a discrete envelope. Safer sex materials provided the package include condoms, lube, dental dams, and educational information about

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SEXTIVAL poster. Student Health Service | Photo Courtesy

SEXPO poster Women’s Activist Organization (WAO) | Photo Courtesy

consent, safe of protest against sex, and more. the misconceptions that surround sexual violence. The Sexual Assault and Prevention Advocacy will have a Denim Day display in the Memorial Union display cases beginning April 19. For more information on Denim Day and its history, visit the Denim Day website.

A mother's fight to save her daughter

Review of "Captive" by Catherine Oxenberg

Patrick Ullmer
Staff Writer

Raniere was credited for organizing the Executive Success Programs which Oxenberg and India attended five years prior to the branding discovery. However, Oxenberg noticed a silent rift driven between mother and daughter when India later came to visit on leave from the program. Oxenberg asked India if she was well and India replied, trying to hide her sorrow, "...I don't want to show that I'm happy here because I'm afraid then that I'll never leave."

Oxenberg confronted Salzman about India's behavior to which Salzman replied, "She's just individualizing." Oxenberg wasn't fooled. "Instead of trying to find her individuality, India was in the process of losing it." The cult had attempted to branch out globally. Though its strongholds failed in Europe, it gained traction in Mexico.

Oxenberg attended a class and spoke up when she heard something she fundamentally disagreed with in a "class" teaching "at-cause" (blame-free) shame, which is not the same thing as remorse. "I don't believe there's such thing as healthy shame..." to which she was screamed at by the coach. "The coach's name was Raton, which translates to English as a kind of rodent, appropriately enough. He was a total jerk."

It was the moment in which the coach taught that in rape, "we believe the victims are the abusers," which made Oxenberg leave in disgust. Soon after, she discovered the branding upon India and effectively fought NXIVM, fruitlessly reaching out to the FBI. She successfully helped rescue several members by aiding the investigative journalism of Frank Parlato and through helping "cult-buster" Rick Alan Ross and his Cult Education Institute, which specializes in rescuing numerous



Oxenberg (right) fought against the NXIVM sex cult to save her daughter India (left). | Photo Courtesy

trafficked women. She also discovered many of Raniere's rape victims had vanished or killed themselves in places he had sent them to. Horrified at the news of India becoming an NXIVM recruiter, Oxenberg once considered chartering a plane to whisk away India and forcibly deprogram her but decided against it due to its illegality. However, with Oxenberg's help and

that of many others speaking out, Raniere's empire was destroyed less than a few years later and Raniere was captured hiding in a closet during a police raid on his villa in Mexico. He currently is serving a 120-year-sentence in prison. India was slowly and painfully rehabilitated. Though at the memoir's publication, India was still breaking free of Raniere's hold.

In a recent interview video with People magazine, which can be found online, she seems to have been making a strong recovery, accepting the past and (at the time of video) was engaged with a caring fiancée. Catherine Oxenberg has finally succeeded in rescuing her daughter along with countless others.

The medical process following sexual assault

A look into Student Health Resources and medical process off of campus

Courtney Entzi
Variety Editor

After a sexual assault the university recommends going to an emergency care center to seek medical help. The university says that it is important to get checked for health issues that may not be readily obvious after an assault.

incident. NDSU does offer STD testing but an emergency center is a much faster resource for testing or emergency contraception after an assault. Sanford and Essentia Health both provide these services. Megan Tallcott, the Sexual Assault Prevention and Advocacy Coordinator, discussed her role on campus.

responses to violence or trauma, their options relating to reporting or accommodations. I also help students access resources on campus and in town and generally try to make a difficult time a bit easier," Tallcott said. Ellen Johnson a sexual assault nurse examiner recently explored what the process

minutes. Sexual assault is a priority and patients are given a room quickly," Ellen Johnson, RN, SANE-A, CEN said in a recent blog post. Although victims are not required to have forensic exams, it is encouraged if the patient plans on completing a police report, which can be done days after the assault. Reporting to the police is not required by victims who seek emergency health care after an assault, which is important for checking on the physical and emotional well-being of the patient. "Then, a nurse or doctor will examine the patient to see if they have medical needs that require immediate attention. After the exam, a trained expert in sexual assault is called in with the patient's permission," said Johnson. "If a patient is OK with it, a sexual assault nurse examiner — which is what I am — is paged. We are nurses who are trained specifically for these situations."

The job of a SANE is to conduct a physical examination, collect evidence and provide support and resources for victims, Johnson states. An array of resources can be found

on the NDSU Student health website regarding sexual assaults as well as information on advocates provided by Title IX investigations. No contact orders can also be issued on campus through both Student Affairs and Residence Life. "The reporting path looks different for each survivor. One of my roles on campus is to sit with students to discuss their options including Title IX, police, supportive measures, etc. to determine which are the best for them. Because each survivor is so different it can be hard to sum up all of the options," Tallcott said. Johnson also addressed victims who have spent a large amount of time, possibly years, before seeking medical help and recommends making appointments with a care provider and therapist as the first step for those people. Student Health Services is open Monday through Friday from 8 a.m. to 5 p.m. during regular academic sessions and can be reached over the phone at (701) 231-7331 or email at ndsu.studenthealthservice@ndsu.edu. "One of the hardest things for someone to

do is open up. Starting a conversation about sexual assault or other mental health conditions can be tough — in large part due to shame or stigma. But talking is the first step to getting better," Johnson said. NDSU also offers information on STDs and testing on campus which can be found on the Student Health website as well as access to emotional support both on and off campus. The Student Health Service website also contains information on supporting survivors of sexual assault as well as 'We take a Stand Training.' "If you have questions or you have experienced violence and would like to talk, the Sexual Assault Prevention and Advocacy Coordinator is available to the NDSU community," said Tallcott. "SAPA can assist with understanding reporting options, help survivors access accommodations on campus, and refer to campus and community resources. All services are free and confidential. For more information visit ndsu.edu/studenthealthservice/sapa or email megan.talcott@ndsu.edu."



The NDSU Student Health Service Center is located in the Wallman Wellness Center. Hayden Austin | The Spectrum

Students who want a forensic exam are encouraged to get checked within 96 hours after the assault and it is recommended not to shower or wash clothing worn during the

"As the Sexual Assault Prevention and Advocacy Coordinator one of my roles on campus is that of victim or survivor advocate. I help students understand common

is like when helping sexual assault victims. "A person who comes to the hospital after a sexual assault has a brief assessment and is placed in a private room within a few

Recovering from sexual trauma

Courtney Entzi
Variety Editor

One out of six women have been victims of sexual assault according to RAINN.org, a sexual assault crisis and awareness organization. Many women continue to experience trauma and trauma responses after these encounters. In an Interview with Goop, Dr. Lori Botto, a psychologist, professor in the University of British Columbia’s Department of Obstetrics and Gynecology and director of the UBC Sexual Health Laboratory, talks about sexual trauma and its affects on sex for her female patients going forward. “In the case of

sex-related PTSD (or trauma), it is an unwanted sexual encounter that is the trigger for these symptoms. In the clients I see, many of them have experienced sexual trauma in the form of a non-consensual encounter with someone they know (e.g., date rape), and childhood sexual abuse (often by a known family member, babysitter, or neighbor),” Dr. Lori Botto said. Dr. Botto said that it is common for women to experience anxiety symptoms during sex after experiencing assault. These anxiety symptoms can manifest in panic attacks, dissociation and more. This trauma can even lead some women from

abstaining from sexual encounters all together. It can be difficult for women to feel pleasure in sexual situations even before sexual assaults so the impact of trauma can be a large problem for women. “Although the effects of a sexual trauma can be lasting for some women, it is important to remember that many women heal from the effects of an unwanted sexual encounter. Women are incredibly resilient, and many are able to recover from the trauma completely with no long-term or ongoing difficulties,” Dr. Botto said. In an interview with CAASE, a sexual exploitation awareness and education resource, LeChae

Mottley, a trauma therapist, talks about the changes in sexual libido after assault. “It really depends on the survivor. Sexual challenges are generally on a spectrum. On one end, folks may find themselves increasing sexual activity and on the other end some may have a deep aversion to sex,” Mottley said in her interview. “And of course, most will likely be somewhere in between.” Many face the inability to become sexually aroused after experiencing trauma while others often experience hypersexuality. Mottley stressed the importance of understanding triggers and needs of victims of sexual assault

and having an open communication where survivors can disclose these concerns. There are many different resources for those experiencing issues with sex after trauma and specifically, seeking therapy, is a good resource for working through these issues according to Mottley. Outside of therapy, working with sexual partners after trauma is important for many individuals’ healing journey. Modern Intimacy, a sexual education resource stresses knowledge as an important power after facing trauma. Having information on the effects that intercourse and sexual activities have on your body and how your mind reacts

to that can be incredibly important for survivors. Women specifically experience a pleasure gap when it comes to sex in today’s patriarchal society, so striving for pleasure over perfection is something Modern Intimacy recommends. By prioritizing pleasure and intimacy between partners, sexual safety is at the fore front, even if the encounter does not end with an orgasm. Sexual trauma can be devastating for future sexual encounters but there are many resources for survivors. Understanding sex and how it affects the body and mind is a key skill in aiding healing after sexual assault, along with open communication between partners.

Cookies and consent

Just because I baked you cookies, doesn’t mean I gave you consent

Azalea Benjamin
Contributing writer

Just to be clear, I have not been severely and explicitly sexually assaulted, but I am sure that many of us can relate to the discomfort of someone making some sort of attempt to or comment about touching us in an unwelcome and inappropriate way. Or perhaps, someone has mistakenly conflated your friendliness for interest. If you have been keeping up with the Variety section, you would know that I typically write light-hearted recipe articles. However, this issue of this paper is more serious, and the latter problem is the one I most often encounter

myself. Therefore, I have decided to integrate the two because: just because I baked you cookies, does not mean I gave you consent. The world I see today is so devoid of kindness and love. Those of us with softened hearts can often feel overcome with compassion for others in light of it all, and this is a beautiful thing that should never be discarded. However, because of the rarity, it can often not be seen for the plain friendliness that it is. I have often felt the desire to do nice things or bake goodies for people I have met to show an appreciation for the friendship that they have given me. These gestures have sometimes been interpreted differently

than what was intended. This has resulted in experiences that have been uncomfortable and disheartening to say the least.

The fact that super soft-hearted gestures can lead to harassment and assault is bananas.

Social media and instant messaging has not been of much help, either. This extremely impersonal form of communication gives people this strange sense of detachment from responsibility when it

comes to their actions and words. They take liberties they otherwise wouldn’t when speaking to you in person and maybe even go as far as sending distasteful images that you definitely did not ask for. Does this mean that you should stop baking cookies for people? Absolutely not. Cooking is a joy to be shared with the world and the people in your life. Also, I want to be clear that you are certainly not at fault for someone developing the wrong idea. These unwarranted gestures are forms of harassment toward you from another person. If you did not explicitly ask for them or consent to them, they should not have been enacted. However, for my own

sake, I have learned that I have to have the strength to counter these inappropriate gestures with clear and defined boundaries. Maybe I shouldn’t be as forgiving as I am, but I used to be much worse, simply ignoring these uncomfortable issues and hoping that they dissipate. Sometimes, I even went so far as to blame myself, thinking, “Surely they are only thinking I want this because of the gesture I gave them.” This was, looking back in retrospect, clearly the wrong way to handle the situation as it then typically escalated to incite even greater discomfort. So, please do not be afraid to put your foot down, because you made a

friendly gesture, yes, but that was not your consent. And I urge you all to be cautious when you interpret the intentions of someone else, for it is possible both to send and receive cookies. As with most things in life, communication is key. If you feel like you are being sent some kind of love signal, ask and do not assume. Because I am who I am, I would not be able to leave you without a recipe, especially since I spent this whole time bringing up cookies over and over again. I chose a super soft banana cookie recipe because the fact that super soft-hearted gestures can lead to harassment and assault is bananas.

Share these and any other cookies you have made with each other, but remember that they are not an invitation to anything more than simply eating them.


“Making someone feel obligated, pressured or forced into doing something of a sexual nature that they don’t want to is sexual coercion. This includes persistent attempts at sexual contact when the person has already refused you. Nobody owes you sex, ever; and no means no, always.”
- Miya Yamanouchi

INGREDIENTS

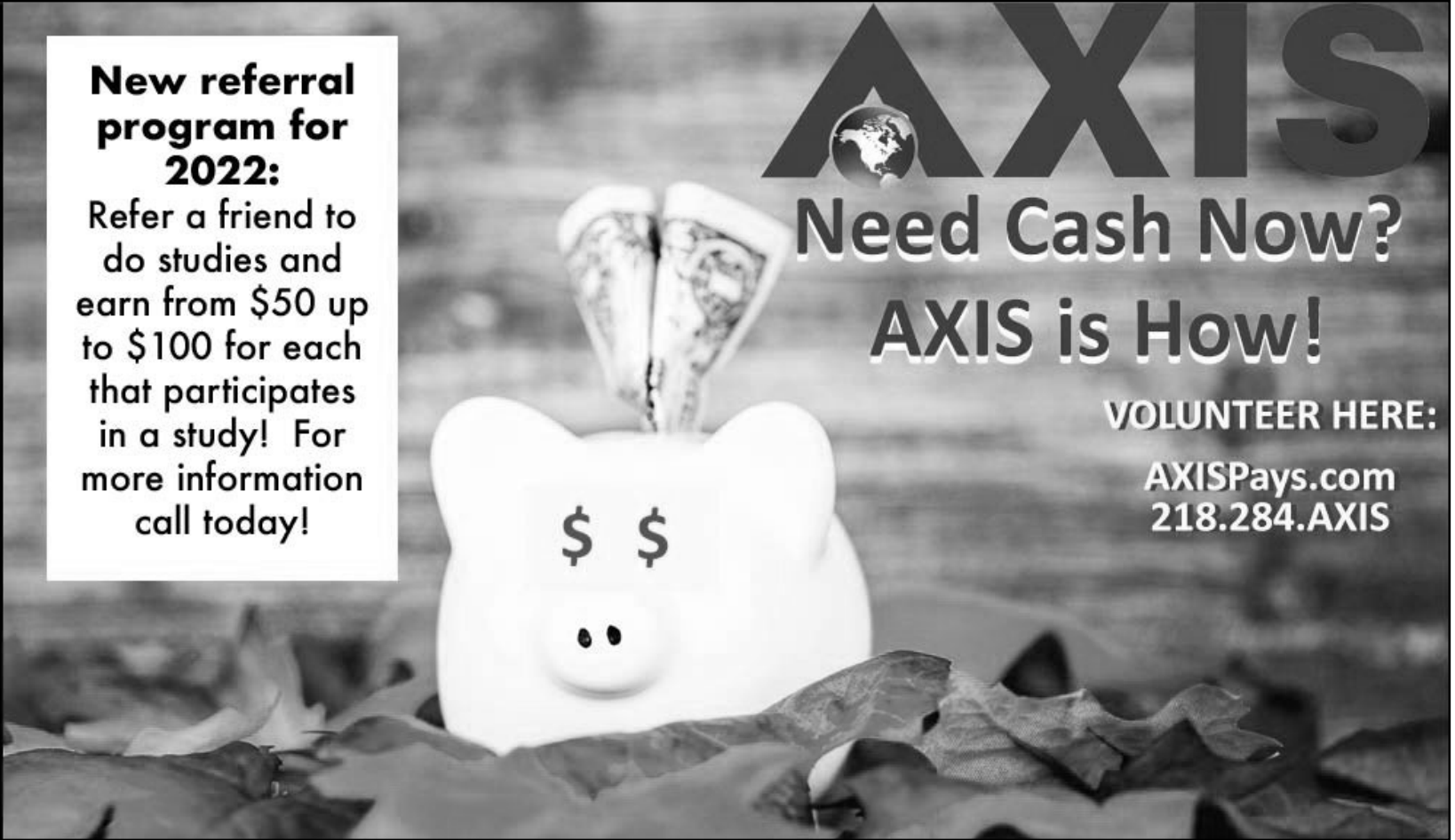
- 2 medium sized very ripe bananas, smash ‘em; should yield ~1 cup
- ¾ c. softened butter
- ¼ c. white sugar
- ½ c. brown sugar
- 1 egg
- 1 tsp. vanilla
- ½ tsp. baking soda
- ½ tsp. salt
- 2 c. flour

INSTRUCTIONS

- Cream together your butter and both sugars until well blended. Then, mix in your egg and vanilla.
- Add all of the dry ingredients, and finally the mashed banana. Mix well until you have a fairly sticky dough.
- Scoop onto the pan in desired size and bake for 8-10 minutes. They will still be pale when they are fully cooked. Browning indicates that they have been overcooked.



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Sure, ‘not all men’ *Continued from Front Cover*

Women are sexualized from an extremely young age (considering how “schoolgirl” is a popular porn category), they are subjected to painful sex, they are ridiculed for demanding clear consent, they are denied their reproductive rights and marital rape was not even defined in the U.S. until the 1970s. Not to mention the countless times women are groped or slapped by a passerby or pursued or followed home, asked out repeatedly and given unwanted attention by a man that makes them feel threatened because of all the above.

How about how women just do not report things because they will not be taken seriously, or because they initially gave consent and then things escalated or changed, and they were worried that they would be blamed or that they would be put in more danger because they are rejecting a man. Victims are never at fault. The only cause for rape is a rapist.

For the men that tell women to just say “no” when they are being hit on, it is often not a good enough reason as women are not taken seriously. “No” is a complete sentence. However, boys are taught from a young age that persistence is key, that it is romantic. In practice, it is often scary and

inconsiderate. This is why girls will often say that they have a boyfriend to get out of those situations, even if they do not. They could have a girlfriend, or be single, but there is a real fear that the man hitting on them is not going to respect another woman or her decision to say no. The authority of an invisible man is more impactful than the presence of a real-life woman.

Gender-based violence is still alive and thriving in society today. Pretending like it isn’t will never solve anything. It avoids the root of the problem: misogyny. Instead of complaining about how the movement is targeting men as

If the only time you speak up about male suffering is when you are trying to silence women, then you do not really care about the issue.

a whole, engage in the subject matter.

Take a minute to think about the statistic that one in three women will experience physical or sexual violence in their lifetime. Engage in thought or conversation about the fact that more women have been killed by their male partners since 9/11 than all the Americans killed

in Iraq, Afghanistan and the 9/11 attacks combined. Talk about how this gender issue is perpetuated by the power dynamic of the patriarchy.

Sexual assault happens to men too, and no one is trying to minimize the trauma that male victims have experienced. However, if the only time you speak up about male suffering is when you are trying to silence women, then you do not really care about the issue. This issue is so much larger than any one of us.

I remember men in my life telling me from a young age that if I ever brought a boy home, they would talk to him while polishing their rifles because, “Boys only have one thing on their minds.” They would also say that not all men are bad but then sent me to college with a pink can of mace on my keyring. They also talked about how men have biological urges, so it would be the fault of the woman since the man cannot control it. This is completely false, as my dogs will not even look at the food that is at eye level with them if I tell them, “no”. You are men, not animals. This is just an excuse for men to not take accountability.

Now, in college, more women have been coming forward to share their stories. I have had friends come

to me to share what had

Women need all men to care about how they have privilege. Equality feels like oppression if you have the privilege.

happened in a dorm under the influence, and I sat with her while we filled out a report. Others have reported on campus but were met with an uncaring authority figure who did not believe them. My heart aches for these brave women, and I stand in admiration of their strength. There is so much more that we can do for them.

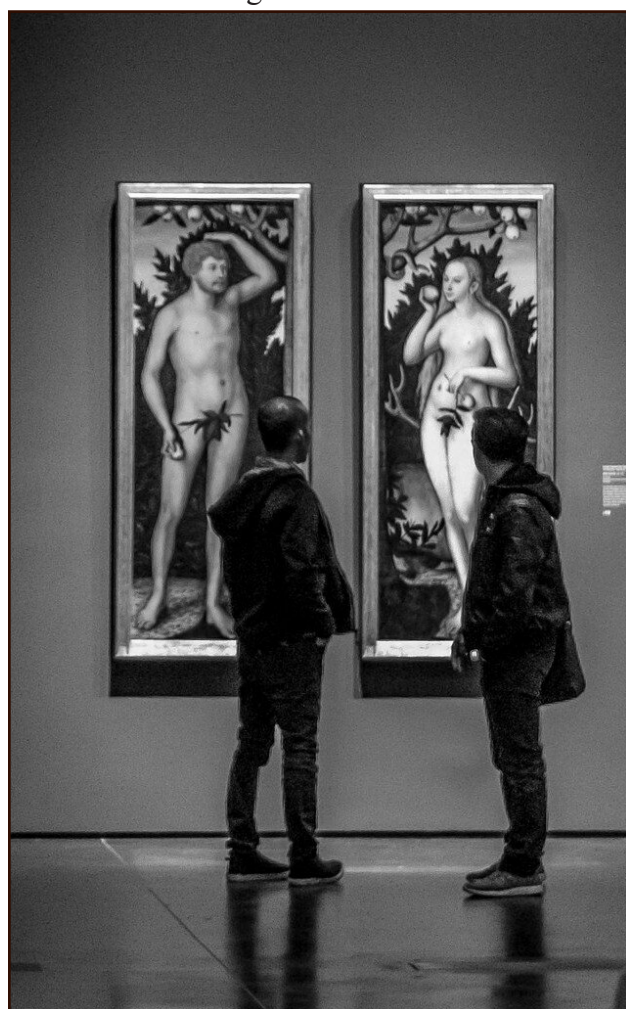
Do not laugh and defend your buddies if they make a “locker room talk” joke. This just lets them know that you would be on their side if they ever went through with the real thing because you’re making it seem like the actual thought of it is funny and does not bother you.

Brushing sexual harassment under the rug, especially if it is someone you know, is not acceptable. Stopping the small things, like jokes, can prevent someone from raping another person in the first place. If you know it is wrong, make sure they know too. They may think it is harmless, but that attitude downplays

everything else that can come after it.

Shut down your toxic friends; they are more likely to listen to you than they would a woman, especially one they don’t know. Hold men accountable, even the ones that were raised right. Even if you are not a part of the problem, you do not get to opt-out of being part of the solution. Start caring about women now. You do not need to wait until you have a daughter; pay attention to the women already in your life: your mother, your sisters, your friends, your classmates and even strangers.

Yes, all men must start taking accountability and responsibility for their actions, as well as the actions of other men. They need to think about what the hell is going on in our society, why it is happening and how they can help to make it better. Women need all men to care about how they have privilege. Equality feels like oppression if you have the privilege. You might feel like you are being put at risk, but women are at risk every single day. If you talk to some of the women in your life, you might find that out.



Men confront nudity.

Kevin Dooley | Photo Courtesy

Sexual abuse ‘behind closed doors’ *Relationships do not protect you from sexual assault*

Courtney Entzi
Variety Editor

You said no, but they kept insisting. You did not want to make them upset but you knew you did not want to go through with it. They keep trying and after a few ‘not nows’ and ‘maybe later’, it’s just easier to not say anything. You do not want them to be upset with you after all. You want them to be happy. It’s just easier this way. You are not really giving up anything that important. It’s just sex.

That’s what I used to tell myself.

I never understood why I felt bad giving in and why I felt even worse after because I did not know what it was. I got tired of fighting about it, and it just became easier to give in, and then everything would be good. They would be happy and I could pretend it did not happen and I would be happy too.

It worked for a while until it did not.

I look back now and realize I was not even present in that rela-

tionship. I dissociated through everything. I blocked out all the feelings, and once I did not have to give in and pretend anymore, everything came out.

For months after, I was confused and blamed myself for what happened. “I should not have let them do that,” and “I should have ended it sooner,” plagued me. How could I let that happen to myself?

I let it happen because nobody told me you could be assaulted by your partner. Nobody told me what a healthy sexual relationship was supposed to look like. I learned about abstinence and how terrible STI’s were, but nobody said I could have sex and still say no when I did not want to.

I was born and raised in North Dakota — a Christian, conservative and Republican state. Nobody talks about sex, and if they do, it’s not about sexual abuse, assault or rape. I blamed myself for a long time for what I allowed to happen to my body and took the consequences

that had been on my mind as punishment, but it was not my fault. Nobody talks about what happens ‘behind closed doors’ so how were we supposed to know it was not okay?

I could not have known it was wrong because nobody talks about sex. I was alone in that relationship because I was not given the tools to understand what a healthy sexual relationship looks like.

It was not your fault and it was not mine.

I realized all of this when I got to college after a lot of healing and work. I was diagnosed with depression my freshman year and I attribute a lot of that to my trauma. It took me a long time to seek help but once I did I felt so empowered by the realization that I am most certainly not alone in my experiences.

It was very beneficial for my healing to find other women who had been through what I had been through and specifically other women who were making efforts to educate others. I now find peace in

sharing my experience with others, because I know that listening to others helped heal me.

For a long time, I always felt it would just be a stain in my past, something dark that I would look back on and be reminded of how traumatic that time was for me. I look back now and I will not lie, it’s not a happy feeling that runs through my body but here’s what I learned

from my trauma:

You can say no to anyone no matter the circumstances, including your partner. Consent can be withdrawn at any time. You do not owe anyone any part of your body ever. You do not owe anyone anything. You are worth more than the relationship and you should never have to give up any part of yourself for it.

If they loved you,

they would not force you to do something without consent. Saying ‘sorry’ after does not mean they will not do it again. You are not broken because it happened to you. You can have healthy relationships after. You do not need to be ashamed. Sharing your trauma helps others talk about theirs and normalizes what a healthy relationship should look like ‘behind closed doors.’

Christian Concerns

Sexual Violence and the Church

Abigail Faulkner
Opinion Editor

“If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea.” Woe to the world because of the things that cause people to stumble! Such things must come, but woe to the person through whom they come!... And if your eye causes you to stumble, gouge it out and throw it away. It is better for you to enter life with one eye than to have two eyes and be thrown into the fire of hell.” Matthew 18: 6-9

The church is not what immediately comes to mind when you hear of sexual assault. I know it’s not what comes to mind for me. And, to be honest with you all, I don’t provide you with an unbiased perspective on Christians and the church. I would describe myself as pretty pro-Jesus. I would go so far as to say Jesus is perfect, flawless, and so is his word. However, the church is another beast altogether.

I would say most churches are actually pretty flawed because they have an inherent systematic problem that cannot be fixed. The problem is people. The church is not a place, it is a people, and the church often falls short because it is composed of sinful, imperfect people. However, that does not excuse the church from my criticisms. There have been times in articles past where I have implied the Christians get it wrong. This is one of those articles. The church

doesn’t do nearly a good enough job protecting the men and women in their community from sexual violence. Worse still, when these crimes come to light, they disappoint further still by sweeping it under the rug instead of addressing it. Instead of being proactive, the church is often reactive. And when I say proactive, I don’t mean having stupid canned answers about how “our church is a safe and welcoming place for all” or “our church takes these instances of violence very seriously.” I am talking about equipping churches with the resources and training to make the church a safe place for those who have been a victim of sexual violence—a place of healing.

Instead, people are so unwilling to admit that this is a thing that can happen anywhere to anyone that they often blame the victim because the reality that someone in their community that they may know is a predator is too bitter a truth to swallow.

It can be easy to point the finger and say, “Well, that’s only something that happens in other churches, other denominations, and other areas. But the data supports that this is something that happens everywhere.

A big part of the problem is the purity culture in churches. Even I, a professed churchgoer and lover of Jesus, have been vocal about how harmful this is, especially when I attended a private Christian school.

By age 14, purity culture was heavy in my preteen mind. I was already being told that I couldn’t wear skirts too tight because the men and boys would look at

me; I would lead them astray when I did. I was told that I couldn’t wear jeans with holes because if I did, then boys would look at my legs and stare at my skin. I shouldn’t hang out with boys, or I will be seen as easy.

From a young age, I was already being conditioned to believe that if a man touched me inappropriately and thought terrible things about me, it wasn’t his fault. I was the one to blame. The responsibility lies on my shoulders. If I were just good enough, faithful enough, Christian enough, then I would be fine.

And by the grace of God, I have made it this far without being a victim of sexual violence. But that wasn’t because I dressed modestly; it is because I am lucky. God has helped me dodge bullets I would have probably never seen coming. Because frankly, that I have made it this far is a miracle.

Then there is the way churches talk about sexual impurity. We are so quick to point out that having sex outside of marriage is a sin, and we loudly proclaim that cheating is wrong. But that lack of conversation, the silence about sexual assault being a sin, is deafening. Churches and church leaders drastically underestimate that this is a problem in their churches. And yet, there are no statistics that suggest that the church is any safer than the outside world. Conservative statistics estimate that 1 in 6 women are victims of sexual violence. How many women sit in your pews who would benefit from the church speaking out? How many men



Barnyz | Creative Common | Photo Courtesy

do you have sitting in your congregation need the same?

I was never really taught what consent was. After all, why would good Christian girls need to know about that? I’ll tell you, church, because young women need to know that their voices matter. That they are allowed to say no; it doesn’t matter who is asking them to do anything. It doesn’t matter if it’s a family member, a pastor, a church elder, a friend, or a husband.

And because of purity culture, forgiveness is weaponized when a girl does come forward. Instead of practicing biblical Justice, we are quick to dismiss their claims, and even if we do believe them, we tell them that if they were really a good Christian, they would forgive their abuser. Churches be a refuge, a sanctuary, and a place where people can go to seek help. Instead, churches are part of the problem.

I would say I am sorry, but I don’t actually feel sorry, so I am just going to go out and say it if you are not trained in helping victims of sexual assault. Then biblical church counseling is probably not the solution. It takes humility for church leaders to recognize that they may not be equipped to tackle this problem. A lot of times, pastors can be seen as the ultimate authority on all things religious. Pastors, deacons, and church leaders are no more God-like than I am. But that does not change the fact that leaders hold important influence over the body they serve. So if your leader tells you that it’s not that big of a deal to forgive and forget, that does a lot of damage.

Purity culture is often built on broken theology and misinterpreted verses that understand the language of the verse but not the spirit. Modesty is ubiquitous with what women are wearing when the Bible tells us modestly is far more about the state of your heart.

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Sexual Assault and Men

Abigail Faulkner
Opinion Editor

Toxic masculinity is one of those words that makes people, men especially, really upset rather quickly. However, I have also found that it’s rare for someone who doesn’t like it to be able to tell me what it means. Toxic Masculinity doesn’t mean that being a man is wrong. It’s not meant to emasculate men either. It means that certain expectations are pushed on to men that don’t benefit them.

Dictionary.com defines it as “a cultural concept of manliness that glorifies stoicism, strength, virility, and dominance, and that is socially maladaptive or harmful to mental health”

What’s wrong with being strong? Nothing, but we as humans cannot be strong all the time. In practice, toxic masculinity looks like having no empathy, being overly sexual, practicing sexism, hyper-competitiveness, and other undesirable male traits.

To be toxic in this context means to take good characteristics like strength and warp them into something harmful.

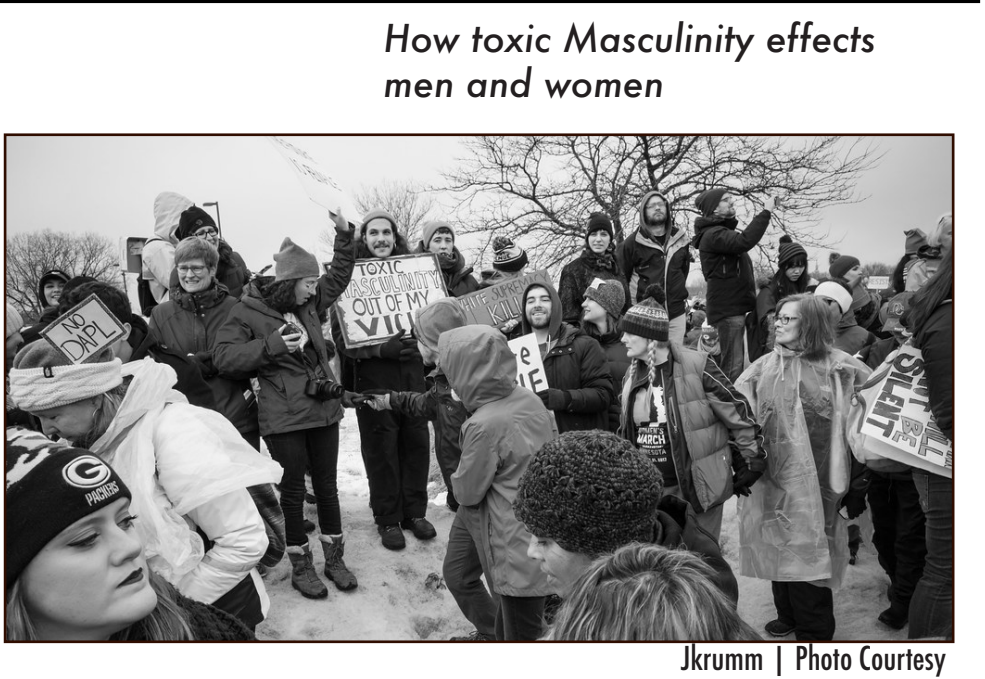
It’s easy to see how behavior like this feeds into rape culture. The objectification of women combined with the desperate need of men who exhibits these traits to prove themselves; doesn’t take a rocket scientist to make the connection.

But what happens when you are a man who’s a victim of

sexual assault? If we condition men they have to be strong and that they are protectors, what happens when they too experience the unthinkable.

The statistics around sexual assault and women are talked about frequently. But men are also at risk. Similar to women, male college students are 5x more likely to be victimized than there none college-going counterparts. And according to the Rape, Abuse, and Incest National Network (RAINN), 1 in every ten victims of sexual assault is male. You can click here to go to RAINN’s official website for more statistics on male sexual assault.

There are many negative consequences for both sexes, including increased probab-



Jkrumm | Photo Courtesy

ity of drug use and increased risk for STDS. But men are also at risk because of toxic masculinity to face extra social stigma because we, as a society, believe that men should be strong enough to protect themselves.

I am here, writing this, to dispel the myth. Sexual assault can happen to anyone. You are not a weaker person or less of a man if you have been affected by this crime. You can get help; you deserve to access the available resources, and your voices and experiences matter too.

As we talk about this issue this week, don’t feel forgotten. You are not just a minor statistic. The available resources can help. Don’t let anyone tell you that you are less.

Don’t let toxic masculinity define your identity. You are more than a few words can describe. You are seen, and you can stand with women against sexual violence. This is not an issue that’s men versus women; it’s everyone versus sexual violence.

Athletes, coaches, and staff work together with Campus Resources and the Athletic Department to be advocates

Continued from Front Cover

Staff, student-athletes, and coaches all get yearly training from the sports department. They receive training in the fall that covers a wide range of topics. They work with Campus and the resources that they offer, such as bystander training, alcohol, and drug misuse, safety awareness, and more. They continue to educate the players and keep the dialogue going throughout the year

by holding presentations on various topics.

“We give them as much information and resources they can and educate them on what they need to know,” said Heimstead. “Even on the flip side, God forbid, but if something were to happen to them, that they know where to go and contact and encouraging them if they aren’t being treated right,” continued Heimstead. “So, at the

same time, we are trying to educate them on being advocates but are also making sure they are safe. We are constantly reminding them to do the right thing and being supportive, with not just our athletes but everyone on campus,” she said. “Our student-athletes being recognizable, but we try and encourage them to be a positive impact and be a part of the growth.”



Colleen Heimstead - Senior Associate Athletic Director - Senior Woman Administrator

NDSU Athletics | Photo Courtesy

Bison pitchers lead sweep of Kansas City in softball

Herd wins two in rain-shortened series

Craig Schwinden
Sports Editor

The North Dakota State University softball team (22-17, 4-4 Summit) swept a double-header from the Kansas City Roos (8-25, 4-4 Summit) on Saturday at Tharaldson Park in Fargo. Led by pitching performances from Paige Vargas in game one and Lainey Lyle in game two, the Bison swept the Roos by scores of 1-0 and 4-1, respectively. The third game of the series, scheduled for Sunday, was canceled due to rain.

Game 1

Vargas was never truly threatened in her complete-game shutout win in Game 1. Scattering three hits and a walk over seven innings, Vargas moved to 11-8 on the season, while striking out seven Roos.

The Herd scored their lone run in the bottom of the second. With two out, designated player Reanna Rudd walked. Avery Wysong, the catcher, then singled to centerfield. Kansas City centerfielder Kloe Hilbrenner misplayed the ball, allowing it to roll all the way to the centerfield fence. Rudd, advancing from first, continued on past second on the error and eventually all the way home.

The relay throw to home was late, the Bison were up 1-0 and Vargas had all the run support she would need. “We worked a lot on our running in the fall,” said Bison Head Coach Darren Mueller. “And I think it has paid off. I told them my job is to stop them. I mean really...so, we’re running until I stop them. Especially in this wind, one run might be all we get or all we need.”

It was Vargas’ third shutout of the season and the fifth for the Bison pitching staff. After the Bison gave her the run she did not get last week in the second inning, Vargas had three 1-2-3 innings and allowed only two baserunners the rest of the way on a walk and a single. “Paige did really well,” said Mueller. “She pitched well last week in Omaha but didn’t get the run she got today, and we lost 1-0. She’s kind of been our No. 1 pitcher so far and she really set the tone today.”

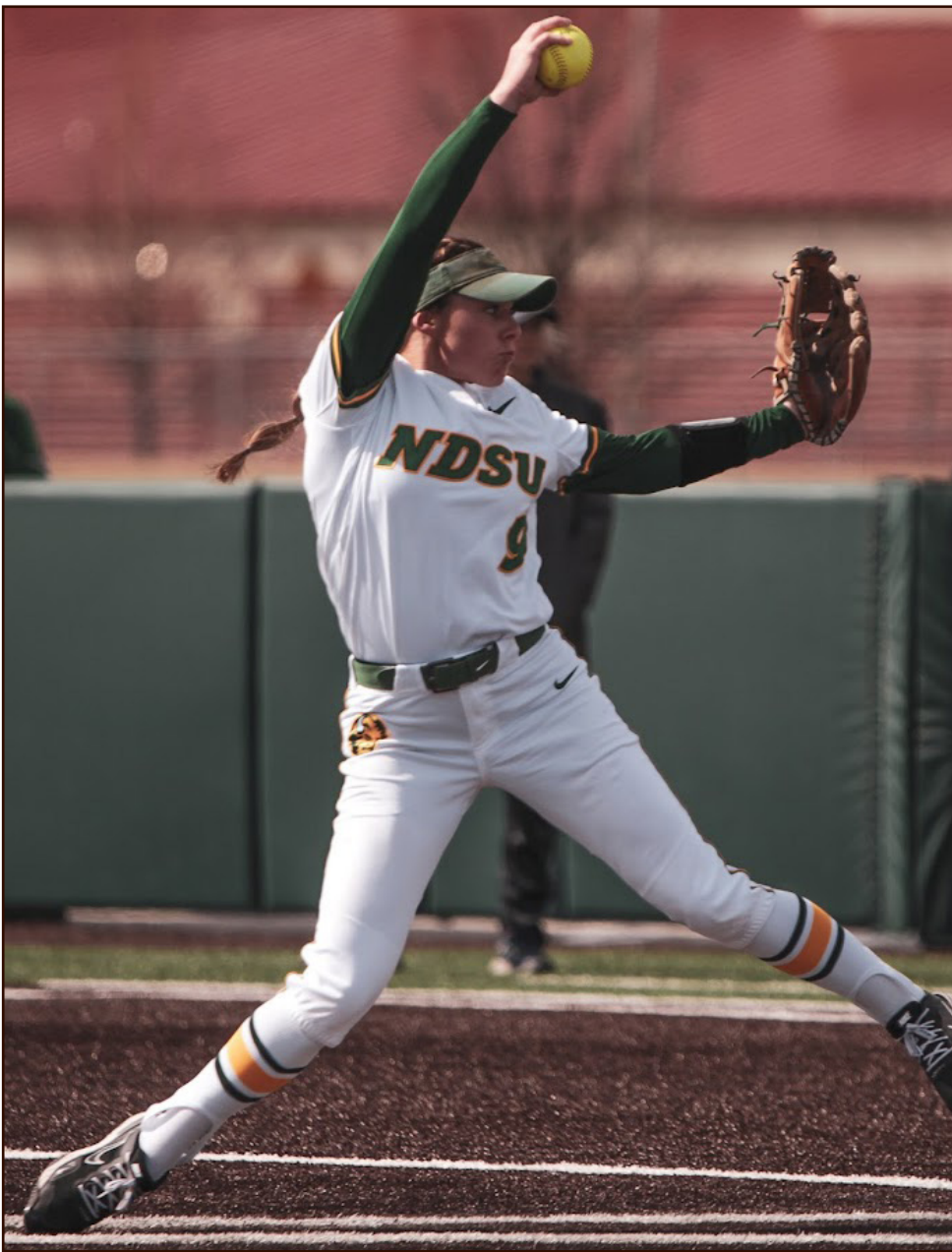
On the losing side, all Kansas City starting pitcher Mia Hoveland had to show for her two-hit, three strikeout performance against the Bison, was her 12th loss of the season to go against four wins.

Game 2

In game two of the doubleheader, it was Lainey Lyle’s turn. Lyle, making her third Summit League start of the season, was only slightly less impressive, turning in her third consecutive complete-game win in a 4-1 victory. Lyle moved to 4-3 on the season.

The Bison opened the scoring in the bottom of the third when Emily Buringa and Molly Gates singled to put runners on first and second. Right-fielder Dez Cardenas then drove a ball deep to left-center, a ball that on any other day would have left the yard, but the wind pushed it down and towards the left-field line. Roos left fielder Katie Slauson was unable to adjust to the effects of the wind and the ball fell in and rolled to the fence. Cardenas would stop at third for a bases-clearing triple and the Bison had a 2-0 lead.

Kansas City an-



NDSU's Paige Vargas throws a pitch against Kansas City on Saturday at Tharaldson Park. The Bison would sweep the Roos in Saturday's doubleheader.

Hayden Austin | The Spectrum

swered in the fourth when third baseman Lexi Smith drove a Lyle pitch down the right-field line to score shortstop Allie Vontfeldt to bring the Roos within one at 2-1. However, that is all the closer Kansas City would get as the Bison scored a run of their own in the bottom half of the inning when Nicole Lycea’s two-out double scored Wysong, who had reached via a base on balls, to make the score 3-1.

The Herd would score their final run of the game in the fifth when Molly Gates followed Emily Buringa’s lead-off single with her tenth double of the season, NDSU’s third extra-base hit of the day, scoring Bur-

inga from first base to make the final score 4-1 and chased Kansas City starter, Casey Stout, from the game.

Cardenas and Gates went 2-3 at the plate for NDSU, while Cardenas collected two RBIs. Buringa scored two of the four Bison runs. Meanwhile, Lyle spread out the five hits she gave up over her seven innings of work while striking out one and walking none.

Lyle was helped by a couple of great defensive plays by the Bison defense. In the fourth, with Kansas City already having scored one and threatening to score more, Lyle enticed Kansas City’s Marina Karnes into a tailor-made 5-3 double play when Bi-

son third baseman Carley Goetschius fielded Karnes’ sharp grounder cleanly, stepped on third to force an out and threw over to first for the inning-ending third out.

In the fifth, with Kansas City threatening, Bison center fielder Emily Buringa doubled a Roos runner off of first to end what was starting to look like a rally for Kansas City. Buringa charged the line drive to center then, after making the catch, fired a strike to Cameryn Maykut at first to end the Kansas City threat. Stout (4-6) took the loss for the Roos while Camryn Stickel shut the Bison down after entering the game with one out in the fifth.

Lyle recognized the great defense in a post-game interview. “The team really hit the ball hard and really defended well,” said Lyle. “They made some great plays and made me look better than I did.”

Lyle is now 3-0 in the Summit League with an ERA of 1.29, winning all three games in a complete-game fashion. She appears to be returning to top form coming off of her off-season back surgery. “It’s exciting because I had to put a lot of work in, a lot of rehab in to get back on the field,” said Lyle. “I had surgery, after all, so definitely, it was hard work to get back, and it’s great to see that the hard work is paying off.”

Mueller is happy to see her back on the mound. “She’s close to being a hundred percent, but not quite there yet,” said Mueller. “But it is great to see her back out there and she is close. Even today, she did not have her best outing, but threw well enough for us to win.”

The Bison continue the home portion of Summit League play when they host Western Illinois (7-24, 3-5 Summit) for three games at Tharaldson Park this weekend. First pitches are scheduled for 12 p.m. and 2 p.m. for Friday’s doubleheader and 11 a.m. on Saturday.

Bison / Leath-ernecks series moved to Omaha, Neb.

Due to forecasted weather in Fargo, this weekend’s North Dakota State series versus Western Illinois has been moved to Omaha, Neb. Game times are still to be determined.

Bison men win Stampede at the Creek golf tournament

Brock Winter wins medalist title at seven-under

Andrew Haugland
Staff Writer

The Bison men dominated the Stampede at the Creek Golf Tournament this week finishing in first place with a 19 under par with 845 strokes. Three Bison players stood atop the leaderboard with Brock Winter winning the individual tournament shooting a seven-under 209.

In one of the best performances as a team this season, the Bison outplayed their opponents in all but one of the rounds. The team had its best round of the tournament in the second after shooting a 14 under par 274. The team outshot its opponents by 31 strokes.

Winter won the individual tournament after his seven-under performance. He found a way to come back after first round 74. Winter blew the competition out of the water in the second round with a 65, the best round by anyone in the tournament. He finished the

event with a two-under 70 in the final round.

Jack Johnson finished in second place four under par with 212 strokes. Johnson's best round came in the second after shooting a five-under 67. He shot one-over-par in the other two rounds.

Nate Adams finished tied for third place after shooting a three-under 213 over the tournament, the best tournament performance this season for Nate Adams thus far. Adams went three-under-par after his first two rounds and shot par in his final round.

Josh Galvin earned eighth after a one-over-par 217 showing. Galvin had his best round in the second after shooting a one-under 71. He shot a pair of 73s in the first and final rounds.

Nate Deziel tied for 13th with 220 strokes. Deziel started off strong with a 71, although couldn't stay under par after a 74 and 75.

Ian Simonich got 20th place, after a six-over performance in

the tournament. Simonich was one under par after two rounds, shooting a 70 in the first. He entered a little bit of trouble in the final round but was still retained a top-20 finish.

The Bison will look to take this tournament win into the Summit League Championship, which is set to start on May 1 at Sand Creek Station Golf Club in Newton, Kan.

Bison women finish seventh at Spring Invite

The NDSU women's golf team took home seventh place in the Oral Roberts Spring Invite at the Club at Indian Springs.

The team finished with 927 strokes in the tournament. The Bison shot their best round in the first with a 304 but struggled in the final round shooting a 317. The team was only one stroke behind the sixth-place Wichita State.

Leah Skaar led the Bison and tied for ninth place after she shot a nine-over 225 in the event. She



NDSU Golfer Brock Winter. Winter won the individual title at the Stampede at the Creek golf tournament leading the Bison to the team title
NDSU Athletics | Photo Courtesy

started off the tournament strong, posting a one-over-par 73. In the final two rounds, Skaar had a pair of 76s to end the tournament.

Catherine Monty and Jo Baranczyk both tied for 38th with 236 strokes. Monty, who participated as an individual in the event, started off slow but found her rhythm in the final round shooting a one-over 73, which was the best third round of the team. Baranczyk had 73 strokes in the first round, but couldn't

remain consistent, shooting an 80 and 83 in the last two rounds.

A trio from the Herd tied for 40th with 237's. Elise Hoven, Lexi Geolat and Maddie Herzog were the three amigos. Hoven shot 17 over par in the first two rounds, and cleaned up her game in the last round, posting a 76 to finish the tournament. Geolat shot a 77 and 78 in the first two rounds but struggled in the final round with an 82. Herzog had an electrifying second round of

the tournament hitting a team-best even 72, her first and last round would keep her away from a higher finish.

Ava Wallerich who also played as an individual finished tied for 57th with a 246. Wallerich found some success after a painful 89 in the first round, finishing the event with a 79 and 78.

The Bison women's team will play its final tournament of the season on April 24-26 at the Summit League Championship in Newton, Kan.

North Dakota State baseball takes two of three from St. Thomas

The series win is fourth-in-a-row for Bison

Bennett Johnson
Contributing Writer

The NDSU baseball team split a doubleheader and won a single game versus the St. Thomas Tommies in St. Paul, Minn., this weekend. After being shut out 6-0 in Saturday's first contest, the Bison won 4-1 in the latter game to earn the split. On Sunday, the Bison won a back-and-forth battle, 8-7, thanks to a solid relief effort by Tristen Roehrich. The game was moved to Koch Diamond in St. Paul as the field at Newman Outdoor Field was unplayable.

In game one, it was all Tommies, as they scored six runs on 11 hits while NDSU managed just two hits. Ear-

ly on, Kyle Halvorsen propelled UST to a two-run lead after he went the distance against Bison pitcher Max Loven. In the sixth inning, the Tommie's Avery Lehman extended the lead with a sacrifice fly to make the score 3-0. In the bottom half of the inning, the Herd's Calen Schwabe reached on a single, but the Bison could not muster anything else and left him stranded. St. Thomas would go on to add three more insurance runs in the last two innings, which was enough, as Bison bats were stifled by UST pitcher Graham Laubscher, who collected an impressive 15 strikeouts over 8.1 innings of work. For the Tom-

mies, the 6-0 victory gave them their second Summit League victory and fifth of the year.

On the mound for NDSU, Max Loven (4-2) picked up the loss, tossing three strikeouts over seven innings of work. Reliever Joey Danielson made his sixth appearance of the year, striking out two batters over the final two frames.

In Saturday's second game, the Bison bounced back as four runs fueled by six hits and a solid performance from pitcher Cade Feeney gave them the win on Saturday afternoon.

Sophomore Brock Anderson started the scoring in the third inning with an RBI single into centerfield that scored teammate Carson Hake. With the score at 1-0 heading into the sixth inning, St. Thomas knotted the contest up thanks to Brigs Richartz, who connected on an RBI double.

In the bottom half of the inning, Logan Williams, the Summit League Athlete of the Month for March, gave the Bison the lead back with an RBI single that scored Cadyn Schwabe. Following that, Jack Simonsen hit an RBI single of his own to score Peter Brookshaw and push the score to 3-1. Finally, in the eighth, Druw Sackett hit into a fielder's choice, scoring Logan Williams from third base. In the top of the ninth, Bison Head Coach Tyler Oakes called on closer Jake Drew to put the

Tommies away. Drew Herd down 6-2, Charley Hesse launched a Calen Schwabe (2-4, 1 RBI) paced the Bison



Bison pitcher Cade Feeney
NDSU Athletics | Photo Courtesy

ning one batter while securing the 4-1 win.

At the plate, Simonsen led the way, going 2-3 with one RBI. Williams, Sackett, and Anderson also totaled 1 RBI each. On the rubber, Cade Feeney went eight innings, tossing five strikeouts and no walks in the outing. Feeney (4-1) is tied with Max Loven (4-2) for the team lead in wins. Closer Drew picked up his fifth save of the season, which also leads the team.

On Sunday, at Koch Diamond in St. Paul, Minn., the Toms jumped out to a 2-0 lead in the first inning thanks to a home run from Brigs Richartz. However, Peter Brookshaw quickly responded in NDSU's half of the inning with a two-run shot of his own to even the score at 2-2.

With the score now 3-2, St. Thomas tacked on three more runs off Bison pitcher Evan Sankey.

Entering the bottom of the fourth with the

three-run home run off pitcher Devon Schewe to give the Bison a spark and bring them within one run. In the very next at-bat, Calen Schwabe connected and hit his first home run of the season, tying the contest at 6-6. Druw Sackett gave the Bison an insurance run in the sixth with a homer of his own and NDSU's third of the day. In the same inning, Calen Schwabe collected his second RBI and hit of the day when he singled to score Charley Hesse.

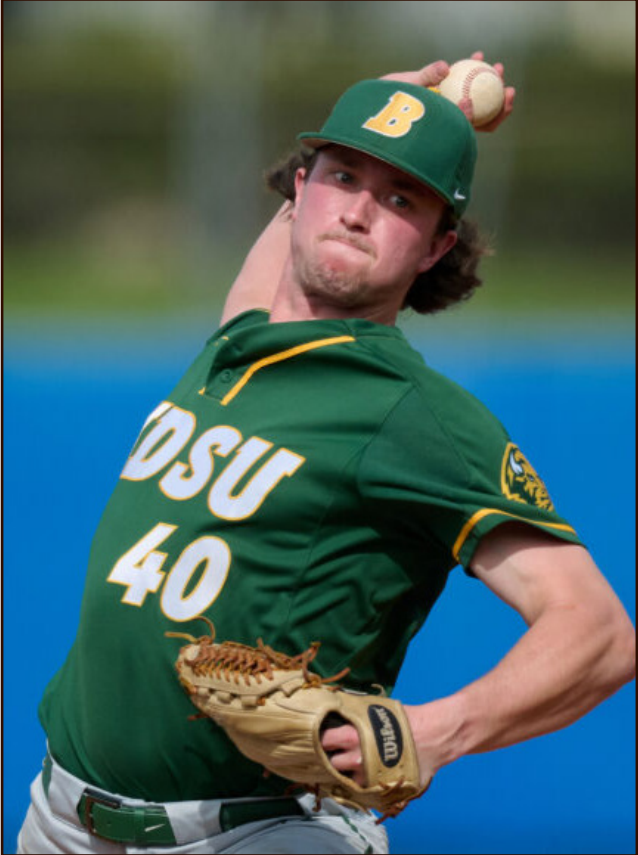
St. Thomas was able to get one more run in the outing thanks to Kyle Halvorsen's second home run of the day, but reliever Tristen Roehrich had his way, shutting down the Toms in the eighth and ninth innings en route to his fourth victory of the season. Over six innings of work, Roehrich (4-1) collected a career-best eight KOs and zero walks.

Totaling nine hits in the outing, Charley Hesse (2-3, 2 RBIs) and

in a game that featured several lead changes.

By winning the series finale 8-7 against the Tommies, the Bison have now won all three series to start Summit League play and sit with a one-game lead atop the Summit League standings.

The Bison (19-10, 7-2 Summit) are currently scheduled to square off against the Omaha Mavericks (14-15, 6-3 Summit) this upcoming weekend at Newman Outdoor Stadium. Sitting first and second, respectively, atop the Summit League standings, this series between the Bison and Mavs will be critical for seeding later in the season, as this is the only regular-season series scheduled between the two teams this year. First pitch is set for 6:30 p.m. on Friday evening, 2 p.m. on Saturday and 1 p.m. on Sunday.



North Dakota State Bison pitcher Tristen Roehrich (40) during an NCAA baseball game against the Maine Black Bears on March 11, 2022, at Chain of Lakes Stadium in Winter Haven, Florida.

Mike Janes | Four Seam Images | Photo Courtesy

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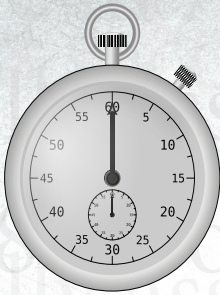
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