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Hindu Philosopher to discuss peace, meditation and harmony

Swami Sarvapriyananda presents “Vedanta: The Way of Knowledge,” all community members from different religions are welcome

Anne Kesler
Head News Editor

NDSU will host guest speaker Swami Sarvapriyananda to present “Vedanta: The Way of Knowledge,” followed by a guided meditation session. The event will take place on April 23 at 4:30 p.m. in the Memorial Union’s Oceti Sakowin Ballroom. The Vedanta Study Circle of North Dakota, the Association of Students from India

(ASI) and the Indo-American Association of Great Plains (IAAGP) organized this event to bring community members together from all different religions and spread the word of peace and harmony.

Sarpapriyananda, the Minister of the Vedanta Society of New York’s Minister and a monk of the Ramakrishna Mission, is one of the most influential speakers in current time. He was

the Nagral Fellow at the Harvard Divinity School in 2019-2020.

His speaking background includes several prestigious platforms, such as the United Nations, World Parliament of Religion and TEDX. He has also delivered lectures at Harvard University, University of Queensland, University of Sydney, University of Adelaide, Victoria University, and University of North Texas etc.

Sarpapriyananda has spread the idea of Vedanta philosophy in premier Indian institutes, such as the Indian Institute of Technology, Kanpur and the Indian Institute of Science, Bangalore. According to vedanta.org, Vedanta is one of the “world’s most ancient spiritual philosophies and one of its broadest, based on the Vedas, the sacred scriptures of India.”

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Belur Math, Howrah | Flickr | Photo Courtesy

Five Guys must trys

Kyle Stenberg
Web Master

I have been a dedicated believer in Five Guys being the greatest fast-food cheeseburger in the nation. Now, before I get hunted down for my beliefs, yes, I’ve been to In-N-Out, yes, I’ve been to Shake Shack and I don’t believe Whataburger has what it takes to keep up with Five Guys.

Everybody has the right to their own opinions, and I know my words won’t be enough to change those of others so I am going to provide a list of items that I believe will be able to change the minds of all the Five Guys doubters. So, without further ado let’s get to the list.

Little Cheeseburger

It all starts off with the cheeseburger. It may be named “little” but at Five Guys that simply means there is only one burger patty instead of two. Every burger has a flat price with every topping being free allowing the customer to have full control over what goes on his or her burger. Everyone has their preferred toppings but for those who don’t I will provide my recommendation: lettuce, tomato, pickles, grilled onions, mayo and ketchup. Note: The burgers can be messy so grab extra napkins.

Regular fries

Five Guys has some of my absolute favorite fast-food fries. Unlike some of the more basic



Hayden Austin | The Spectrum

fast-food chains Five Guys has fresh cut fries that are almost fried to order creating a crispy outside with a hot pillowy inside for the fries. What makes them even better though is the sheer quantity they give each customer.

They have the basic sizes: small, regular and large but no matter what size you get they always make sure to throw in an extra scoop straight into the bag.

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Bison baseball beats Omaha, wins fifth straight series

Bennett Johnson
Contributing Writer

The North Dakota State baseball team (22-11, 9-3 Summit) picked up a key series win against the Omaha

Mavericks (16-17, 7-5 Summit) this past weekend. On Friday night, pitchers Max Loven and Tristen Roehrich guided the Bison to a 1-0 win. In Saturday’s

doubleheader, Omaha took the first game 10-2, but the Bison responded in the second contest with another shutout, winning 2-0.

NDSU and UNO came into the series sitting first and third, respectively, in the Summit League standings. In the first game, NDSU’s Max Loven and Omaha’s Caleb Riedel gave the 303 assembled fans a pitcher’s duel as they combined for 18 strikeouts over the first six innings. That all changed when NDSU’s Logan Williams ripped an RBI double into the gap in left-centerfield to score Cadyn Schwabe and give the Bison the 1-0 lead in the sixth. Despite threatening in the eighth inning, Omaha was unable

to score, as reliever Tristen Roehrich picked up where Max Loven left off, tossing four strikeouts over the last 2 1/3 frames while securing the first shutout win for the Bison this year.

At the plate, five different Bison tallied one hit, and Logan Williams drove in the lone RBI on the evening.

Max Loven (5-2), who has proven to be a solid starter for series openers, tossed a season-high nine strikeouts on Friday night. In the relief effort, Tristen Roehrich’s four KOs contributed to the team’s season-best 13 strikeouts.

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Bison pitcher Max Loven NDSU Athletics | Photo Courtesy

The Two Faced Coverage of the War in Ukraine

Ukraine versus Afganistan

Abigail Faulkner
Opinion Editor

I don’t know exactly what people would guess my major is, but it’s not journalism or communication. I stumbled upon working on the paper by accident. I went to a club fair, and when I saw the spectrum table thought to myself, “well, I have a lot to say; maybe I will give writing a try,” and now here we are, a year and a half later.

I am actually in the double major progress for HDFS, human development, family sciences, and a social work major, and I am four classes away from a psychology minor, so I am trying to get that under my belt.

Essentially, that means I study a lot of sociology, psychology, and human behavior. In practice, that means I am specifically studying social change theory, family system theory, and how to work with all kinds of people to make them feel comfortable enough to tell you what is going on with them and how to meet their needs.

To work with all kinds of people, we social workers study diversity and strive for cultural competency. No matter your race, ethnicity, gender, sexual orientation, or age, a good social worker should be able to consider those things and provide you with the best resources.

This is an incredibly long-winded way to say I view the news through these lenses. When I watch a presidential debate, I am

sometimes more focused on the behavior of the speaker than the words. I can’t help but observe how we cover different news stories, and the micro injustices often said without prior thought.

Even so, when one of my professors brought up the weird way we have talked about the war in Ukraine versus the way we talked about the wars in the Middle East, it had never even crossed my mind how differently we talk about these events.

I am not a fan of war. I believe in human rights, and Russia has shown us that they are willing to commit genocide. Their acts are heinous and disgusting, and the world over, we as seen as humans are not ready to turn a blind eye to the suffering of these people.

But where was all this energy for the people in Afghanistan and Iraq? Where was all this uproar when we dropped bombs on civilians in the Middle East? How Russia excuses the violence by telling their people that it’s okay to commit these acts because Ukrainians harbor terrorists and matzos in their midst sounds uncomfortably similar to what the United has been telling us for years about the Middle East.

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Counseling Center Why do students have to wait to get into the Counseling Center?

Alissa Knudson
Co-News Editor

North Dakota State University’s Counseling Center has previously had a waiting list for students to access the resources. During certain times of the year, and after the pandemic, more students have been accessing this resource. The Counseling Center is a free mental health resource on campus for students to utilize throughout the year. The Counseling Center is relocating to the Stop and Go Center while their location in Ceres Hall will be renovated. These renovations will take approximately one year to complete, as they will first move out on May 16, 2022 and plan to return in May of 2023.

Director of the Counseling Center Bill Burns said the space is due for an update. “Every office will have a window,” said Burns. The renovations will also include updating the break rooms and new group rooms. They will also be adding a relaxation room, which will include message chairs. Burns also expects to gain an office or two.

During the NDSU student body president elections, all three candidates had mental health resources as part of their platform. They mentioned increasing funding to the Counseling Center and adding mental health days for students.

The funding for the Counseling Center is primarily funded by the State Legislature. North Dakota University Systems appropriated money to specifically be used towards student mental health. Katie Fitzsimmons is the director of student affairs for the North Dakota University Systems which encompasses 11 North

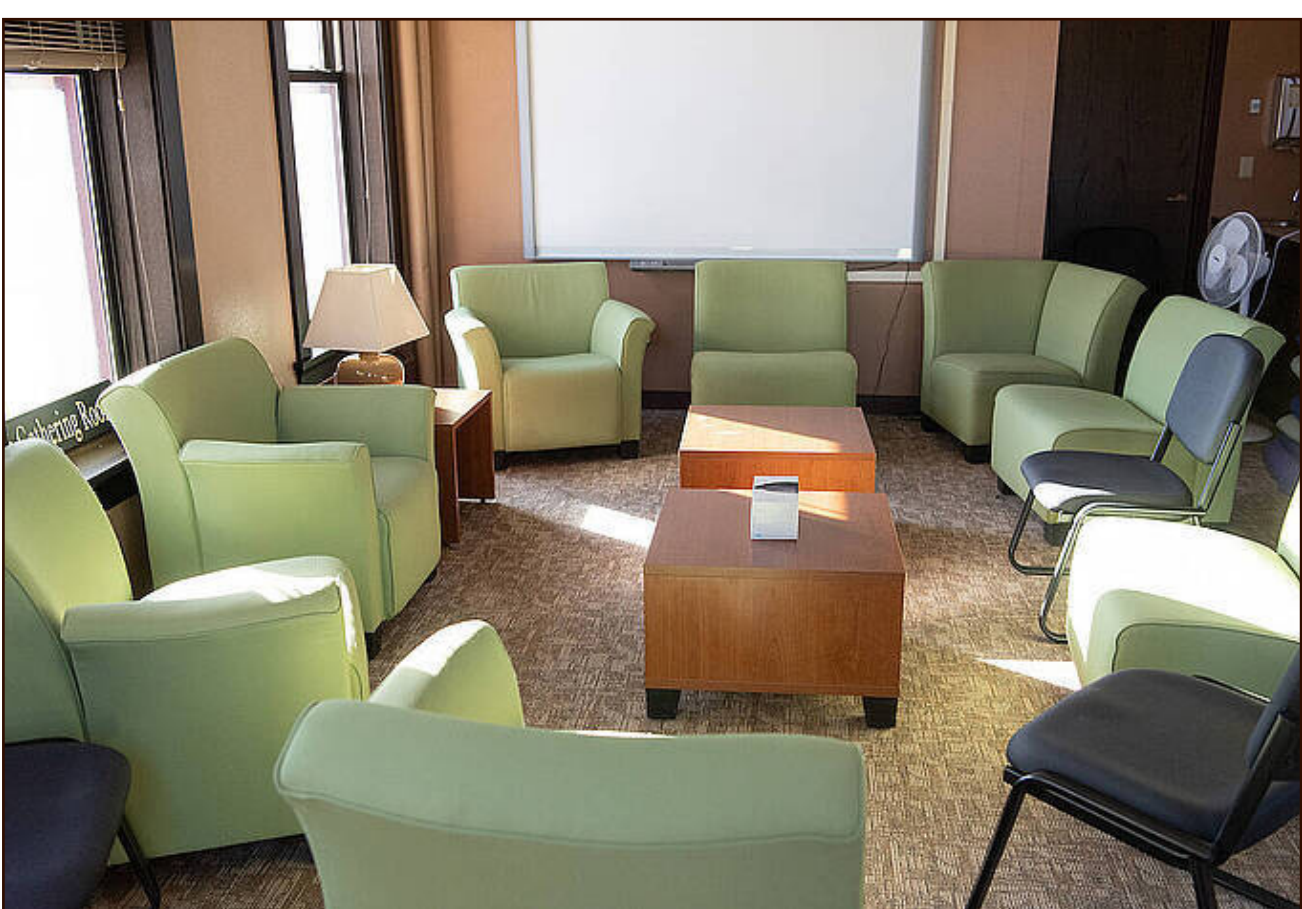
Dakota campuses. During the last legislative session in 2021, appropriated a p p r o x i m a t e l y \$280,000 towards the student mental health resources. This money goes into behavior health, sexual assault training, behavior intervention teams, counseling center resources, or other resources that encompass student mental health. Each of the 11 campuses are given funds based on the population of that campus. “Not all campuses are going to be able to use this funding in the same way,” said Fitzsimmons.

NDUS also provides fixed resources that are available to every school system. One of these resources is First Link. First Link is a service which provides services to anyone for support, referrals to resources and crisis intervention. NDUS started focusing on what we can provide that helps everyone.

Most of the Counseling Center funding that comes from the state goes towards the salaries of the counselors and employees. The counseling center includes eight full time employers along with around 10-12 graduate school students who work and train as counselors.

In the 2015 legislative session they started to make larger strides for mental health services following the Schulte Report as a road map. Since this session, the state has increased funding for mental health resources in higher education.

NDSU also receives some funding from the Student Government along with various resources. “The last couple years, student government has helped out with some



NDSU Counseling Center | Photo Courtesy

funding,” said Burns. Student government has appropriated funds to create the relaxation room.

At times throughout the year, the Counseling Center gets overbooked and students who are seeking help are put on a waiting list until space is available. “We are staffed fine for ⅔ of the year,” said Burns. If it got too busy, the most students would have to be on the waiting list for two or three weeks at the most; however, if there is “somebody in crisis, they get in right away,” said Burns.

Students who came into the counseling center are all given an assessment to determine the severity of their mental health. “Everybody who wants to be seen gets an initial assessment,” said Burns, “then we decided what to do with them.”

When the Counseling Center is full, they will send students to the Stop and Go Center if they choose. “Their students are just not as advanced, so we send the easier ones up there,” said Burns. They are able to be seen more quickly rather than waiting for an opening at the

Counseling Center.

Many students also have trouble getting into the Counseling Center because of conflicting schedules throughout the year. The counseling center will get students who are only available for a couple of hours a week which can limit the amount of help they can see a professional, especially from certain counselors.

Abigail Faulkner is a human development and family science and social work major who has received services at the Counseling Center for anxiety. “I think ultimately they put me with a counselor that was available for that time block, not the counselor that would be the best fit for me,” she said.

Faulkner did not feel like her specific needs were being addressed at the NDSU Counseling Center and eventually found help through a different resource. “Religion is a very big part of my life and I don’t feel that influenced my therapist’s practice at all,” she said. “It was very much a general practice that is supposed to apply

to a general amount of people, but not to specific students.”

Other students have had great experiences at the Counseling Center, it is all about finding the right fit for each student. Faulkner stated that students should be able to advocate for themselves if the counselor isn’t the right fit for them.

Faulkner also said she felt as though they were saying “you don’t have enough problems for us to do something about that,” said Faulkner, “I think that they need more counselors, especially experienced c o u n s e l o r s .”

Since the start of the pandemic, the demand for counselors has risen significantly. This is contributing to a shortage of counselors in the region and across the nation. “If you go into the community there is a waiting list to get into anywhere,” said Burns.

North Dakota University Systems could be allowed more funding, but the shortage of counselors would still be an issue, particularly with the smaller universities in the state. Some

universities seek a counselor for their campus, “but some campuses couldn’t find anyone to contract,” said Fitzsimmons. “We know what it is that we need, it’s just sometimes those don’t exist,” she said.

“We have equity and access issues across the state,” said Fitzsimmons.

“College and universities our size see somewhere between 8-10% of the student body in a given year and we usually fall right into that, this year we are going to get closer to the 10%,” said Burns.

The Counseling Center is also open during the summer months to students to use. “We are here all the time,” said Burns.

“All of these people that are providing direct services to students, they are some of the most dedicated professionals you are going to find anywhere,” said Fitzsimmons, “they just want students to reach out when they need help.”

Hindu Philosopher to discuss peace, meditation and harmony

Continued from Front Cover

It is based on the Upanishads, philosophical books that form the concluding portion of ancient Indo-Aryan scriptures. The word Vedanta means “the end (anta) of the Vedas; it also means the culmination of spiritual knowledge (Veda).”

Sarvapriyananda says “Vedanta declares that one can realize the Truth in whatever aspect one wishes, and, further, that one can realize it directly and vividly in this life, in this world. Such realization constitutes spiritual freedom and contains in an infinite measure the fulfillment of humankind’s ideals and aspirations; it

is indeed the true purpose of human life.” Event organizer Indranil SenGupta, associate professor of mathematics and graduate recruitment chair, says it is becoming increasingly necessary to spread the true message of universal harmony through Vedanta philosophy because of today’s violence, intolerance and bigotry. Hardships during the pandemic have had a major impact on people’s mental health. According to the Centers for Disease Control and Prevention (CDC), about 40.9% of 5,470 respondents who completed

surveys during June reported an adverse mental or behavioral health condition, including those who reported symptoms of anxiety disorder or depressive disorder.

“At this time, especially after the pandemic, we are seeing various mental health issues with people,” said SenGupta. “Those are primarily caused by insecurity, instability, and anxiousness during an uncertain time.”

This widespread health issue has created an even greater need for Sarvapriyananda’s practices of peace, meditation and harmony. “We suffer from a



Swami Sarvapriyananda giving teaching. Belur Math, Howrah | Flickr | Photo Courtesy

number of problems - those may be of the form of heath (physical or mental), academic, relationship problems etc.,” said SenGupta. “Swami Sarvapriyananda, the speaker of the

event, will demonstrate in his lecture a way of handling all these things. His method is based on classical Hindu philosophy- the ‘Vedanta philosophy’ - that depends on logic,

rationality, and our daily experiences.” For more information on Swami Sarvapriyananda’s lectures and Vedanta teachings, visit YouTube.

Survivor’s Support Group provides safe space for NDSU students

Two graduate students hold SSG for NDSU students who have experienced sexual assault or abuse

Anne Kesler
Head News Editor

Andrea Doyon and Dana Conzemius, Counseling Psychology Doctoral students from the University of North Dakota, started the Survivor’s Support Group for students at North Dakota State University. SSG is a safe space for NDSU students who have experienced sexual assault or abuse to speak with peers who may share similar experiences. “With the help of Megan Talcott and the counseling center, we started the Survivor’s Support Group because we noticed a need through working with student survivors,” Doyon said. According to the students, sexual assault and domestic violence affects approximately one in four women throughout their life time. Women who experience sexual assault are also at increased risk for experiencing mental health concerns like PTSD, anxiety and depression. The Rape, Abuse & Incest National Network finds that 13% of all students (among all graduate and undergraduate

students) experience rape or sexual assault through physical force, violence or incapacitation. “These startling statistics were pivotal in our drive to create a safe space for students to receive support and discuss sexual assault,” said Doyon. “Support groups can be extremely beneficial in forming relationships with other survivors while processing the aftereffects of unwanted sexual experiences.” The goals of the SSG program are to provide a safe space and guided peer support, to share coping strategies and means of processing with one another and for survivors who have experienced unwanted sexual experineces to know they are not alone. Currently, the group consists of only female-identifying members, but they strive to run a group for male-identified survivors as well as trans, non-binary or gender nonconforming students. “We hope this program has the opportunity to grow and reach more survivors on NDSU’s campus who might not realize there are support networks available to them,” said Conzemius. “We also hope to

expand the group and create additional support groups for LGBTQ+ identified students who have experienced sexual assault, as individuals within the LGBTQ+ community experience sexual violence at increased rates.” For students interested in joining the SSG, contact Andrea Doyon (andrea.doyon@und.edu) Dana Conzemius (dana.conzemius@und.edu) to schedule a 30 minute pre-screening. “It has been fantastic seeing SSG members support one another and heal through building these relationships with one another,” said Doyon. “Co-facilitating this group with Dana has been incredibly rewarding and has allowed me to feel confident in the work we’re doing to address sexual assault of college campuses.” “I second Andie and the sense of camaraderie that has been established within this group,” said Conzemius. “This group has continued to reiterate for me the prevalence of sexual assault in college students. If you have experienced or are experiencing sexual assault or violence, you are not alone.”

Updates on Climate Change

Earth Day gives others the opportunity to learn about the environment

Alissa Knudson
Co-News Editor

Earth Day has been a tradition around the world and is celebrated in more than 190 countries. The tradition first started in America in 1970 and has since spread to celebrate it all over the world. According to Earth Day, this event “would come to provide a voice to this emerging environmental consciousness, and putting environmental concerns on the front page.” Wisconsin Senator Gaylord Nelson first proposed the idea of Earth Day after he had seen a massive oil spill in Santa Barbara, California. “Inspired by the student anti-war movement, Senator Nelson wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution,” according to Earth Day. This year, Earth Day and other environmental groups are fighting climate change and working to eliminate the spread of pollution, and fossil fuels across the world. This year reports have stated that due to climate change, the pollen season is lasting longer than previous years. More

air pollution causes carbon dioxide levels to increase, according to the Asthma and Allergy Foundation of America. “Higher levels of carbon dioxide can stimulate plant growth, causing the allergy season to become more severe for many,” according to WGAL. This is causing peoples allergies to last longer throughout the spring season. World leaders are working to combat climate change and making decisions that will affect the future of the world. In the fall of 2021, world leaders gathered to attend the 2021 United Nations Climate Change Conference, also called the COP26. The goal of this conference was to bring parties together to “accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change,” according to the UN Climate Change Conference. During this conference, “some countries committed to more ambitious cuts to heat-trapping pollution, many nations did not agree to rein in emissions fast enough for the world to avoid the worst damage from climate-driven storms, heat

waves and droughts,” according to NPR. Other committees are looking ahead to the future UN conference, which will take place in November, 2022 in Sharm El-Sheikh, Egypt. In March 2022, the Paris Agreement Implementation and Compliance Committee met to help facilitate individual and collective progress towards the Paris Agreement goals. According to the United Nations, “the Committee can take different measures to facilitate implementation and promote compliance, such as helping countries engage with relevant bodies or arrangements on finance, technology and capacity building or assist in the development of an action plan.” According to Earth Day, “now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.” Earth Day is a great opportunity for students to learn more about the environmental impacts and how to combat climate change around the world.



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Five Guys must trys *Continued from Front Cover*

They do provide the choice of a Cajun seasoning, but I would recommend sticking with plain salt for the fries.

Milkshake
Last but certainly not least, this meal is perfectly rounded off with a simple milkshake. Five Guys has a variety of flavors ranging from the basic vanilla, chocolate or strawberry to some crazier flavors like bacon or coffee. Once again, it's strictly personal preference, but I usually stick to my favorite

flavor: strawberry. S u b s t i t u t e s Five Guys also has a couple items on its menu that can be great substitutes for people that don't like any of the above items. The first item being the bacon cheese dog. This menu item is extremely underrated and is my go-to if I don't feel like having a burger. They also have a grilled cheese sandwich that is a delicious option for those that don't eat meat.

Summary
Five Guys is one of the greatest and most underrated fast-food

restaurants in the nation. They have delicious burgers and allow you to freely customize them however you like. They have fresh cut fries that fill half the bag and they have one of the best shakes which are made to order. At this point if you are still a doubter of the Five Guys supremacy, I implore you to go out and give them a try. However, beware if you're afraid of getting your mind blown you may want to stay away.



Hayden Austin | The Spectrum

Let's talk joe *A review of 20 Below coffee*

Courtney Entzi
Variety Editor

Since coming to college my caffeine intake has skyrocketed. I practically run off of various coffee drinks and since becoming a barista I have also become quite the coffee snob. Gone are the days of me going through the starbucks drive thru, in place of a much more sophisticated taste. If you are anything

like me, or hopefully are willing to change your ways, you have realized that the big coffee corporations just do not cut it when it comes to quality. In a quest to find quality coffee shops I have decided to take to the streets of Fargo. Over the next few weeks I will be examining local coffee shops and reviewing them based on taste, quality and atmosphere.

Drinks
The espresso was the most drinkable I have had thus far in terms of its sweetness. The barista also gave me sparkling water with the espresso which was a unique experience. I loved the taste of the chai and, off taste alone, it has probably been my favorite so far, but I would have preferred a better foam on the milk itself. The chai was



Pictured above is a hot chai with steamed milk.

Courtney Entzi | The Spectrum



Hayden Austin | The Spectrum

rather flat in terms of the steamed milk. I would rate the espresso a 4/5 and the chai a 4/5 as well. 20 Below has been the most pleasant drink experience thus far.

Food
I ordered the fancy ham and cheese and it was one of the best breakfasts I have ever had. The sourdough toast is thick cut and buttered, which I honestly would have enjoyed alone. The fancy ham and cheese was topped with mozzarella cheese, prosciutto and sliced

basil leaf. I rate this toast a 5/5 and will definitely be back to try more of their options. They have a wide variety of pastries and the lemon cake was highly recommended, although they were unfortunately out when I went in.

Overall/ Atmosphere
The atmosphere was very pleasant and friendly. There is soft music playing and gentle chatter amongst the other guests. The shop had both couches with tables to work on which were mostly

occupied by, what I assume to be, fellow students on their laptops and your typical chair and table for friends meeting for coffee. The decor is minimal but they use the bar as an element of design showcasing products, cups and coffee. Overall I would give 20 Below a 4/5 only because it takes a lot for me to give something a perfect score, although I could see with time I would reevaluate this rating.



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‘Citizen Kane’ Revisited

How does the greatest film of all time stand today?

Patrick Ullmer
Staff Writer

It seems nobody likes movies today, and even I am losing my taste for such. I knew long before tackling this monolith that it would be my last film review because like the rest of the world, my passions for stories caught by a camera and recorded for projection upon the silver screen have fizzled.

Widely considered, “the greatest film” of all time by the American Film Institute and many other sources while being honored and disputed by many more across the years, this film remains a cut above the rest as even those who have no intention of ever watching it have heard the name and are familiar with its legacy.

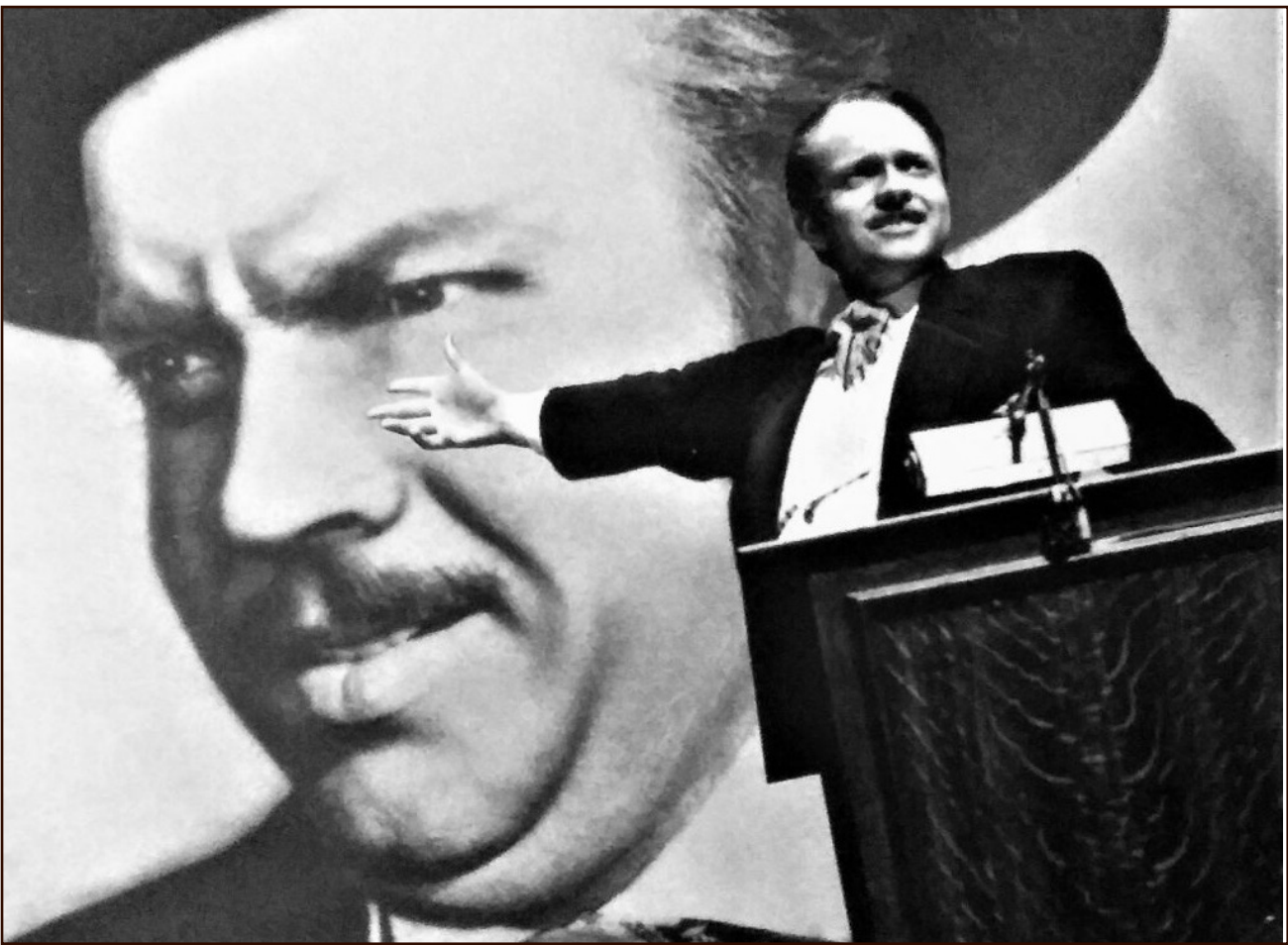
But what is it about, and what makes it worthy of such praise and disdain? Having finally revisited it after half a decade, I can honestly assert that it predicted the faults and problems with society in general by telling a tragedy of a person who stood up for someone who he believed to be downtrodden only to find himself become everything he once hated.

The film begins in a lonely, gothic estate, swirling with fog and darkness where a man lies dying alone stating, “Rosebud,”

before dropping a snow-globe holding a winter landscape which shatters. News footage tells of his — Charles Foster Kane’s — life, rise to power as a powerful newspaper publisher, failed relationships and eventual closing himself off from the world in his last years, which leaves the reporters unsatisfied that they will never have the full story of this man, baffled by the meaning of his last word.

One reporter, Thompson, goes about interviewing the closest people in Kane’s life. There is Kane’s business manager and lifelong supporter, Bernstein, who believed Kane did no wrong and established a strong force of journalists at his newspaper “The Inquirer” and married the president’s niece. Then there is Leland, Kane’s former best friend who sacrificed his friendship and journalism career because of Kane’s second wife, Susan Alexander. Kane left his first wife for Susan and his obsession for making Susan a star in opera led to false journalism to glorify Susan which Leland could not abide.

Finally, there is Susan, now a burned-out nightclub owner whose marriage to Kane



Pictured here is box art from the DVD of “Citizen Kane.” RKO Radio Pictures | Photo Courtesy

left her a broken but wiser woman. Being a singer was a dream she had but not one she actively pursued, which Kane forced her into, believing he was helping her. The stress led to her attempting suicide and after being controlled for years by Kane, she left him. Instead of the meaning of “Rosebud” being answered, more questions plague Thompson who accepts the fact he could never fully understand the meaning unless he himself were Kane.

“I don’t think any word can explain any man’s life,” Thompson muses, accepting his investigation is a

fruitless one for the papers but a fruitful one for his own understanding. The final scene explores all the treasures Kane amassed for himself through his rabid spending hobby which are now carelessly cast into a furnace. Among all the literal stuff, is his childhood sled upon which is written “Rosebud,” the only thing of his childhood he was allowed to take with him.

It was established earlier that Kane was once a happy child living among poor parents who had just discovered gold in a deed and had sent their son to be raised

by a wealthy banker named Thatcher, who Kane hated all his life.

Thatcher had meant no harm and had in fact believed he was helping Kane establish himself, like how Kane later attempted to help Susan establish herself, only to destroy her. The only difference here, is that Susan wanted to escape the gilded cage specifically molded for her, Kane did not want to escape his.

Throughout his life, Kane sought to stand up for the downtrodden by manipulating public opinion in his newspaper, only to make matters worse for those around him through dishonesty

and false generosity. Earlier, in a rampant fit over losing Susan, he tears apart her room, breaking everything that is breakable and trying his best at articles his strength cannot break.

Only upon seeing the snow globe referenced at the beginning, he remembers his childhood — the home he left and the innocence he lost and goes calm. Love him or hate him, nobody can fully know Kane unless they were him, just like they couldn’t fully know you unless they were you.

Review: 5/5

Whipped Protein Peanut Butter

Azalea Benjamin
Contributing writer

If you saw my Instagram feed, you would either be delighted or immensely terrified by the sheer quantity of food, recipes, and cooking equipment. Did you know that food has genres?

I am not a vegan, but

I could not began to tell you how many vegan ‘cheese’ cakes I have saved. I’m also not a keto diet subscriber, but I’ll make you a homemade low-carb spinach ‘tortilla’ anytime. Or how does paleo fudge sound to you? Bring me some dates and cocoa powder, and I’ll show you a grand ‘ol time.

That said, in the unchanging, yet somehow diverse, land of my Instagram feed, I stumbled across something truly life-changing and utterly delicious: Whipped Vanilla Protein Peanut Butter.

The title of the recipe has all of my food trigger words all bundle nicely together.

Whipped anything, please. Always add vanilla to anything sweet. Peanut butter is my ultimate weakness.

When I tell you this stuff is beyond delicious, I mean it. And the vanilla protein adds just enough sweetness without adding a bunch of extra sugar. It uses powdered peanut butter and almond milk, as

well, that helps to stretch out the dense butter to be something lighter and not as fatty.

I highly recommend giving this a try and even experimenting with the flavors of protein powder that you add. I imagine chocolate would be decadent. I eat it on toast, apples, or sometimes just straight up on a spoon!

The actual quantity of your ingredients will vary based on the amount of peanut butter you are trying to make. I will be giving the ingredients in terms of parts to one another. For example, 2 parts peanut butter to 1 part protein powder would mean that for ½ cup of peanut butter, you would use ¼ cup of protein powder.

INGREDIENTS:

- 1 part vanilla protein powder** (or other flavor of choice)
- 1 part peanut butter powder** I use PB2, and you can find this brand at Walmart in both a regular and a chocolate flavor.
- 2 parts peanut butter** The recipe I base this article off of calls for creamy peanut butter, but I like to use chunky peanut butter just because I like chunky peanut butter anyway. Feel free to pick whichever you want!

Almond Milk

The amount for this isn’t fixed. Add the almond milk to the other ingredients, stir, and add to desired consistency.

INSTRUCTIONS

Combine all the ingredients except for the almond milk and stir. I like to use a fork because it helps with the whipped texture.

Add in almond milk a bit at a time, stirring until you have a smooth and light colored mixture. It’s important to add the almond milk slowly so that you don’t end up with a mixture that is too runny. You should be able to turn the mixture upside down without it pouring out. If you do add too much, you can even it out with a bit more of the peanut butter powder.

Optional Ingredients:

- A dash of cinnamon**
- Coconut flakes**
- A different nut butter of your choice**
- You can use normal milk or another milk of your choice**
- You can use vegan protein powder or any flavor of your choice**

“I’m not a chef. But I’m passionate about food – the tradition of it, cooking it, and sharing it.”
— Zac Posen

The Two Faced Coverage of the War in Ukraine

Continued from Front Cover

And I am ashamed to say, when my professor brought up this connection, my gut reaction was to say these wars were different because we, the United States, didn’t start the war in the Middle East. But if you have read my other article about the war in Afghanistan here, you know that’s not strictly true. America has a long and sordid history involving itself in the affairs of other countries, whether they desire it or not. Our meddling in the Middle East ended up causing al Qaeda to form. It is often our being in places we don’t belong that causes a lot of anti-American sentiment in countries we shouldn’t be in. That doesn’t mean we should sit idle when our countries are attacked, but it also means that we suffer the consequences of our government’s poor foreign affairs. And even if we were, does that indeed excuse all the people we have hurt in the Middle East? Is that enough to explain and accept all we have done over there? The intercept reports that we have done

“extrajudicial killings, drone strikes that killed an untold number of civilians, and torture.” So why are we so quick to point to Russia and suddenly be horrified. We have been killing women, children, and an untold number of innocent people for ages; why all the outcry now? When refugees needed to come from the Middle East in 2016, they were called terrorists and denied entry. Now that white people need help, though, there has been no talk that they could be suspected Russian agents. Charlie D’Agata proves how correct my perception of these events is. He said, “This isn’t a place, with all due respect, like Iraq or Afghanistan, that has seen conflict raging for decades. This is a relatively civilized, relatively European — I have to choose those words carefully, too — city, one where you wouldn’t expect that or hope that it will happen.” In short, things like this don’t happen to white people. And as if the prevalence of racism couldn’t be more blatantly obvious,

there are reports that black people are being turned away at the border in favor of white Ukrainians. The message is loud in clear; we only report on the sufferings of white people. We are willing to go to war to protect white people over their human rights, but there has been little to no reporting on the other human rights violations happening all over the globe. Where was this outcry when Muslims were put in concentration camps in China? Don’t mishear me. I am not saying that Russia’s horrific things in Ukraine don’t matter. I am saying that we need to care about all the injustices happening to all people. The news doesn’t report on the racial inequities around the globe. There was no mobilization for the people in the Middle East or China. But suddenly, when white folk is in danger, even Grammarly has changed its logo to the colors of the Ukrainian flag. Stand up for what’s right. Be willing to fight for the people in Ukraine, the right of women in the middle

east, and the freeing of people in China. All of these are worthy of fighting for. If one of these crimes seems greater than another, you should re-examine your heart. I would argue that America could be doing far more to aid president Zelensky in Ukraine. We should ally with Ukraine and give them all the support they need to secure the Donbas region and protect it from the Russian invaders. Russia should be made to answer for all the civilians that have been brutally killed and the bombs dropped on humanitarian roads away from the conflict. This article is not

intended to discredit or gloss over the atrocities happening in Ukraine. I only mean to point out that we should also be supporting the human rights efforts globally and standing up for the people who need it, even when they aren’t white. Even the idea that the United States will only help people that “look like us” is steeped in racist ideology. The United States’ census projects are becoming more diverse faster than predicted, and “whites” will be a minority by 2045. The idea that America is white is a false one. We are a diverse country with people of all different

backgrounds here. If it’s our policy only to be helping people that look like us, that should mean helping people of every country as we Americans are secretly a people of many nations. We need to push our legislatures to be more active in providing humanitarian efforts globally and standing up for what is right. So, be loud for the people in Ukraine, and be just as loud for the countries outside of Europe that need help.



A building in Ukraine Destroyed by Russian Bombs. Pexel | Photo Courtesy

Do Away with Parking Fees

College is already expensive enough.

Winnie Weninger
Contributing Writer

Making the choice to further one’s education at a university is a huge commitment, both time wise and financially. The expenses that pile up in one year at North Dakota State University can vary anywhere from \$9,309 to \$16,289 depending on where you’re coming from and what your major is. If you are a freshman living on campus, that amount essentially doubles due to housing, a meal plan, student fees, and other books and supplies. While it makes sense to pay a lot of these substantial costs, the one extra purchase I cannot wrap my head around is the parking here. It is nothing more than an unnecessary financial burden. Having to pay \$185 for a resident or commuter permit is already pricey, considering that purchasing a parking permit does not guarantee the holder a parking space in the lot they bought it for.

The same can be said for campus faculty, who have to pay \$65 for their permits. Should they have to pay to be working at their own jobs? Should

others if they live too far away for a quick walk. If they choose to haul a bike and a lock to campus, they run the high risk of it being stolen.

As if this predicament isn’t already frustrating enough, the parking enforcement is the true pain in the ass.

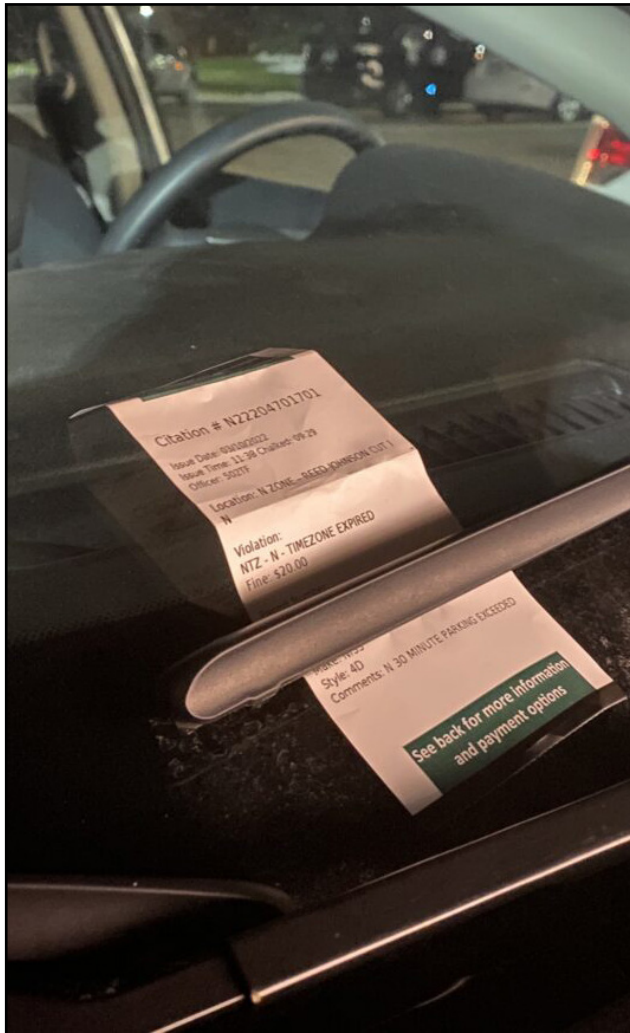
we, as students, have to pay even more to go to classes? It all just seems so counterintuitive. While students can use the MAT bus transportation system around the Fargo-Moorhead area, one has to work around its schedule. Missed the bus? Too bad, wait for the next one (assuming that they are up and running that day). I am all for public transit, but in North Dakota it is difficult to execute. I have had a lot of friends that live off campus struggle to figure out the timing for it, and instead turn to bumming rides off

As if making students pay tens of thousands of dollars for their degree isn’t enough, why is campus making students pay another couple hundred so they can get drive themselves home during breaks? The parking on campus is treated as nothing more than a business opportunity when it should be a courtesy. As if this predicament isn’t already frustrating enough, the parking enforcement is the true pain in the ass. I can overlook paying for parking and having to walk the three blocks to

my dorm, but nothing makes me angrier than seeing the “ticket boys” (as students on YikYak like to call them) prowl the lines of cars. I don’t know if they need to meet a quota or what, but they try way too hard to be good at their jobs. Most parking tickets are for being in the wrong lot or for being in overtime in the 30-minute spots. The painful experience of getting a ticket for something or another is a common experience across campus. This often deters students from even wanting to attend class, as sometimes it’s just an extra fee to park for the duration of that class. Another issue with the parking tickets is that they can be detrimental to students that do not have spare money to be throwing around. One miniscule mistake can result in hefty fines. I know that for some low-income students, paying the fees actually ended up being cheaper in the long run than paying the flat rate for

their parking permit would have been. Overall, I think the university will be just fine without the parking revenue coming in. Not only that, but it may boost

interest in coming to class if someone isn’t too busy worrying if they’ll come back to a white sheet of paper fluttering against their windshield wiper.



Parking ticked on a car windshield. Winnie Weninger | Photo Courtesy

Of Religions and Cults Christianity is not a cult

Patrick Ullmer
Staff Writer

Nobody joins a cult hoping to be led astray and knowing what it is, but they do join a religion with at least some idea of what it is. Since I can remember, I have been interested in people’s beliefs, whether they consider themselves religious or not. As I grew older, I learned about cults and the horrifying acts and atrocities within, whether inflicted upon its members or by its members. I was baffled by the thought process of those who join cults and why they do what they become persuaded or coerced to do. Piqued by my interest in this topic, and having done some research, I have come to realize that Religion usually helps its members find some purpose in life through the understanding of their importance and the roles they play within this spiritual or human faction, whereas a cult extorts its members by stripping their individuality to serve the whims of its leaders.

Similarities between Cults and religions have been drawn from having devoted followers, charismatic leaders, and segmented teachings, which the participants live by. Cults are disguised as something else before being revealed as what they are, whereas religions are not. In my class “Religions of Humanities,” I was taught that the characteristics of Religion include being ancient, flourishing after the passing of its founders, and having set traditions. Cults are temporary, fizzle with the passing of their founders, and usually lead to the destruction of life and/or dignity. I will discuss the vast differences between Christianity and the religion I am most familiar with. A cult I am still grasping the enigmatic evil of, NXIVM (pronounced Nex-ee-um), a name curiously derived from the word “Nexium” which is a proton pump inhibitor used to reduce stomach acid, as founded

by its leader Keith Raniere (pronounced R u h - n e a r - r a y) .

According to “The Program,” a memoir by Raniere’s former girlfriend and business partner, Toni Natalie, Raniere was considered “one of the smartest men in the world with an IQ over 200.” Raniere cunningly convinced Natalie to leave her husband and slowly took control of her life, wearing her out with his insatiable sexual appetite even before forming the cult. While NXIVM was established, Natalie recognized Raniere’s obsessions being expressed to ensnare more women and fought against him only after much time personally trying to break from his hold.

In my experience, three defining steps of Religion a member undergoes include the imprint, teachings, and traditions. In Christianity, the imprint, stamp of belonging, is baptism. The teachings of Christianity are focused upon the Bible, God’s creation and sustaining of humankind in the Gospels. A certain emphasis on the personal development path is acknowledging weakness to selfishness and the strength to overcome while surrendering oneself to the spiritual powers that guide them to understanding and purpose. The traditions are of specific steps of sacraments revolving around self-care, care for others, and the next step of life with others in baptism, marriage, and funerals, which most religions also tend to have laws about these large life events.

Cults are similar in defining steps but are more manipulative by deceiving others into joining the machinations of a leader who has ulterior motives. For this example, I will explain the “Traditions, teachings, and imprints” backward as they were executed in that way. Since Cults are quite temporary, the “traditions” will be replaced with “established

customs.” In her book, “Captive,” Catherine Oxenberg describes being expected to be barefoot with others in a seminar, follow the same welcome actions upon Raniere’s arrival, and eat very little under the guise of learning to limit fortify their bodies differently. These were the “established customs” of NXIVM its members followed, barefoot and abstaining from food so as to subtly break down their defenses of personal need by taking away comfort first.

NXIVM teachings made the members realize their weaknesses and immerse themselves in personal shame, a veiled form of b r a i n w a s h i n g participants to see Raniere as a stable figure, with sexual favors to him stepping they would accomplish to ascend to the next levels of their “personal development classes” in this disguised “marketing enterprise” of “business ethics.” The final aspect of this process was the “imprint” within the branding of Raniere’s initials on his followers with a cauterizing pen, leading to a firestorm of media coverage on NXIVM and Raniere’s eventual incarceration.

Religions are more expressive in leading followers to separate themselves from a certain pleasure to realize a deeper meaning, whether human or spiritual. In “Humanities,” I learned Buddhism’s founder Buddha was a prince who had every worldly power yet felt unsatisfied. In accepting his own mortality, he found peace. He actively sought to help people realize their frailty while discovering their purpose and strength. His goal was to liberate, not dominate.

S i m i l a r l y , Christianity was designed by Jesus Christ. He sought to renew morality and redefine a spiritual understanding between humans and God. The Ten Commandments, God’s rules of life and morality bestowed to humankind,



Hands in prayer.

Patrick Ullmer | Photo Courtesy

a c k n o w l e d g e d by Judaism and Christian teachings, have influenced our society’s laws to ensure order against chaos, violence, and theft. The endorsement of selflessness, whether it be used to further devote oneself to one’s God or others within this acknowledged temporary life (Judaism, Islam, Christianity) and most often respect to other forms of life (Hinduism, Sikhism) of attaining personal e n l i g h t e n m e n t (Buddhism) are various teachings within various religions.

One argument for Christ’s divinity being real to Christians is found in author C.S. Lewis’s statement in his book, Mere Christianity; “A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher... Either this man was, and is, the Son of God: or else a madman or something worse...” Someone whose teachings have caused a spiritual wave of followers led to the deaths of millions and by this cause could not be of anything good if it were a simple human design. Only a vast spiritual power beyond anything in this world could have

created a religion that has lasted so long and faced hundreds of crushing persecutions throughout history, only to remain to spread throughout this world. It would have died out centuries ago if it had been of any human design.

Christianity is the only religion whose founder’s birth was foretold centuries earlier and who came with the express purpose to die for his followers, which is not what Buddha, Confucious, or any other religious leader came to do. Christianity is the answer, the one true religion in which people are not forced to join but must choose to. Eventually, many do by realizing this life is temporary, and their service to their fellow man and woman is more personally sustaining than to themselves.

If you do not follow a religion, does that mean you cannot be a good and honorable person? Heavens, no. Do what you know is right and help those around you to the best of your ability. You can attain morality without Religion. I wrote this article to help myself get a more refined view of where I stand and what my religion means to me.

This unusual topic and article were born when I reevaluated all of my college classes. The class of “Religions and Humanities” was one of my “generals” during my earliest years. At that time, the sex cult that was NXIVM was being dismantled for what it was. I was hoping to learn through each “Humanity” class why anyone would join a cult, especially one as evil as that, but it was never discussed or explained. In doing my research presently, I realize I am quite lucky not to have fallen in with a cult. I don’t seek to change anyone’s mind wherever they stand, but only wish to explain religions usually seek to bring out the best within a human stemming from its founder. In contrast, a cult seeks to exploit it. A following began from a selfless act of love such as Christ’s torturous death on a cross cannot be evil as its religious leader was scarred for the benefit of others. In contrast, a cult leader scarred others for his benefit. Religion is not a cult, nor does it exploit its members in the ways a cult does.

Ten things I hate about due (dates)

Kyle Stenberg
Web Master

There I was one weekend hopelessly attempting to come up with a catchy title for an article to write for the Spectrum. Inspiration hit me like Will Smith hitting Chris Rock, out of nowhere and way past due. “10 Things I Hate About Due (Dates)” is

a parody of the 1999 romantic comedy, “10 Things I Hate About You,” where I could write about, as the title suggests, the ten things I absolutely hate about due dates!

However, almost as quickly as the title came to me, I realized that there isn’t a single thing I hate about due dates. I mean, they keep you organized, they keep you on

track and they allow you to schedule times in advance to ensure you can complete it on time. As a student, a due date is basically my best friend; without it, I wouldn’t get anything done.

Eventually, I had to resort to Google to see what other people hate about due dates to see if I agreed with any of them. I was soon disappointed to

find that every article that came up was about why people hate pregnancy due dates. Not something I necessarily relate with.

However, after some thinking, I realized how ironic my situation really was. For those of you who have never seen “10 Things I Hate About You,” one of the plotlines in the movie is about a girl who tries her best to hate

this guy. She looks for anything she can grasp to hate him, but in the end, she ends up falling in love with him.

Towards the end of the movie, she reads a poem she wrote with the very last line being, “But mostly I hate the way I don’t hate you, not even close, not even a little bit, not even at all.” This is exactly what I had come to realize about due dates.

No matter how much I may try, I don’t hate due dates, not even close, not even a little bit, not even at all.

In the end, after this whole experience, I realized something about myself. My life is literally a movie.

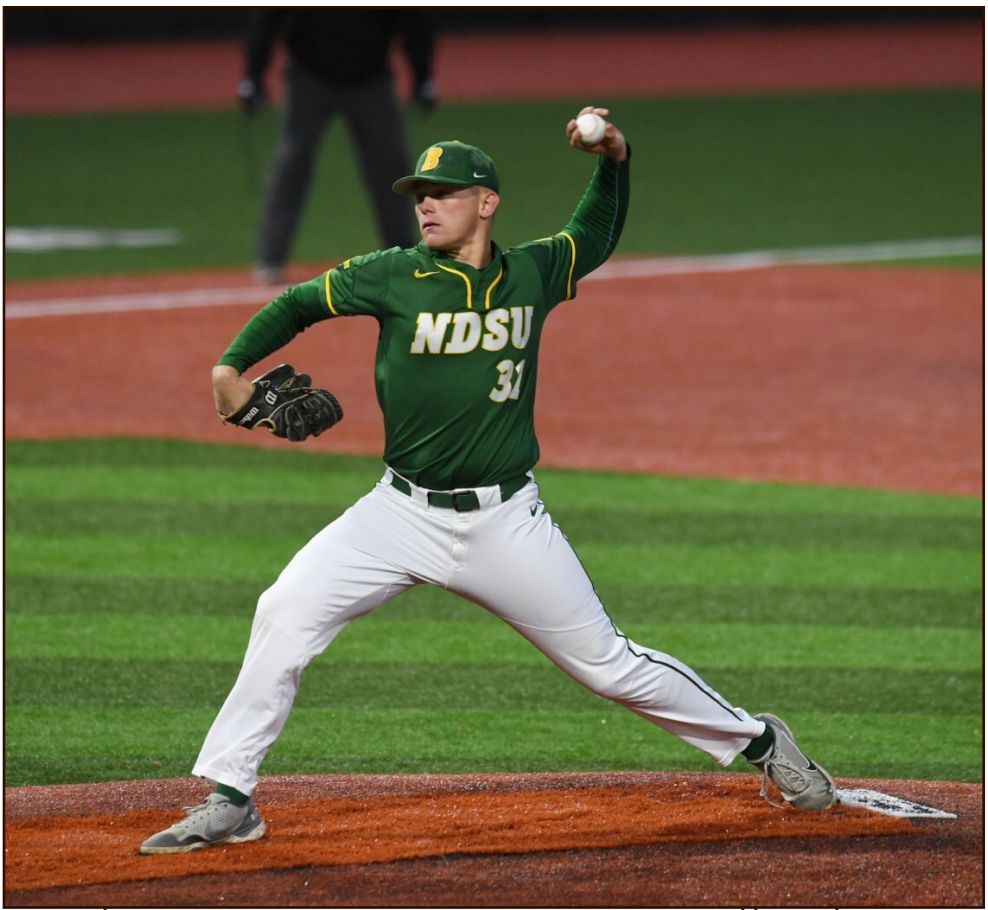
Bison baseball beats Omaha, wins fifth straight series

Continued from Front Cover

In the first game of Saturday's doubleheader, the Bison suffered a rare blowout loss. Omaha collected 16 hits from seven different batters en route to their 10-2 win. Despite taking the 1-0 lead in the first off Logan William's sacrifice fly, the Bison were kept mostly quiet the rest of the way against Maverick pitchers Charlie Bell and Joey Machado. For Omaha, catcher Eduardo Rosario and Summit League batting average leader Mike Boeve headlined the scoring for the Mavs, collecting a combined five hits and four RBIs. At the plate, the Bison totaled eight hits but were unable to capitalize with runners in scoring position. Cadyn Schwabe was the lone bright spot in the offense, going 3-4 and hitting an RBI single in the ninth. On the mound, Cade Feeney (4-2) tossed five strikeouts over five

innings of work, and relievers Wyatt Nelson and Caden Edwards finished the game. In game two of the doubleheader, both sides fought it out once again, as NDSU's Evan Sankey and UNO's Mark Timmins kept the game scoreless through six frames. In the seventh, however, freshman Will Busch drilled a pitch into right field, scoring Cadyn Schwabe and giving the Bison the 1-0 lead. In the following inning, NDSU gained an insurance run off of Brock Anderson's fourth home run of the season. With the score 2-0 heading into the top of the ninth, closer Jake Drew held his ground, striking out two batters back-to-back to end the game. In an article posted to omavs.com, Maverick Head Coach Evan Porter summed up the tight 2-0 loss. "Until we can get our offense rolling a little bit or until we can get

some timely hitting, our margin for error is zero," Porter said. "We made a few mistakes in the second game today, and it ended up being one run and that's all they needed." With his four-strikeout effort over the last 2 1/3 frames, Jake Drew earned his second win of the year and continues to show he can close out opponents in late-game situations. Starter Evan Sankey set the table for Drew by keeping the Omaha bats quiet with four strikeouts and no walks over 6 2/3 innings of work. "We've got to credit their pitchers, too," Porter said. "They did a great job, just like ours did." Thanks to the dominant pitching performance, the Bison hitters only needed two runs to get the job done on Saturday afternoon. Brock Anderson (2-4) who homered in the eighth, and Cadyn Schwabe (2-3, 1 run) led



Bison pitcher Max Loven

NDSU Athletics | Photo Courtesy

the way for the Bison. With their 2-0 win over the Mavericks, the Bison won their fifth series in a row. Despite having played all road games, the Bison are sitting 10 games over .500 and sit in second place in the Summit League.

Following that, the Herd will take on Summit League foe Oral Roberts (21-12, 7-2 Summit) in an important league series. The Golden Eagles lead the Summit League, and the Bison, by mere percentage points (.778 vs .750) and this will

be the two programs' only regular-season meeting this year. First pitches are scheduled for 6 p.m. on Friday, 2 p.m. on Saturday and 1 p.m. on Sunday from J.L. Johnson Stadium in Tulsa, Okla.

Bison softball sweeps Western Illinois

Mason Urban
Staff Writer

The North Dakota State softball team (25-17, 7-4 Summit) swept Western Illinois (7-28, 3-9 Summit) this past weekend. While the Bison were technically the home team, the series was moved to Omaha, Nebraska due to the forecasted weather and temperatures in Fargo. The Herd won game one of their doubleheader on Friday 7-0.

Avery Wysong had a big day at the dish, hitting two home runs in the game. NDSU got their scoring started in the bottom of the second inning when Wysong hit a two-run home run to center field to give the Bison a 2-0 lead. The Herd scored three runs in the fifth inning as Reanna Rudd hit an RBI double. Then, Carley Goetschius drove in two runs with a single. Rudd would add two

more RBIs in the sixth after a double down the right-field line. Paige Vargas got the start for the Herd, pitching six shutout innings while striking out five batters. Mac Schulz came in to pitch a scoreless seventh inning as well. The Bison won game two of Saturday's doubleheader 12-1, highlighted by a Goetschius grand slam in the fourth inning. Western Illinois got the scoring started in

the top of the second to give the Bulldogs a 1-0 lead. The Herd answered in the third, however, capitalizing on a Western Illinois error to score three runs. Cameryn Maykut reached on an error and a run scored to tie the game. Then, Rudd hit a two-run double to give the Bison a 3-1 lead. NDSU opened the game up in the fourth inning as they scored nine runs in the frame. Emilee Buringa worked a bases-loaded walk to bring in the first run of the inning. Dez Cardenas then hit a two-run single, followed by an RBI single from Maykut. Two batters later, Goetschius launched a grand slam to left-center field. Wysong added another insurance run in the inning, following up Goetschius's grand slam with a home run of her own. Lainey Lyle got the start for NDSU, pitching a five-inning complete game. She allowed one earned run while striking out six batters. Lyle im-

proved to 4-0 in Summit League play with the win. The Bison completed the sweep of Western Illinois on Saturday, winning 10-1. The Bulldogs would strike first, scoring their only run in the top of the first inning. However, the Bison responded with two of their own in the bottom of the inning. Maykut brought in a run after a sacrifice fly and then a Rudd RBI single gave the Herd a 2-1 lead. NDSU scored six runs in the third inning. Two runs were scored when Cardenas reached on an error. Goetschius then hit an RBI single to put NDSU ahead 5-1. Wysong picked up an RBI after reaching on an error, while Nicole Licea followed that up with an RBI groundout. Finally, Skylar Padgett capped off the inning with a sac-fly to give the Bison an 8-1 lead. The Bison finished off their scoring in the fourth inning with a Maykut RBI single and a Rudd RBI ground-rule double. Vargas started for

the Herd, pitching four innings while giving up one run and striking out four batters. Her record improved to 13-8 on the season with the win. The Bison hit a milestone with their performance this past weekend, reaching 200 league wins in the Summit League. NDSU is 200-61 all-time in league play in the Summit League era. With the sweep, NDSU's Summit League record of 7-4 places them fourth in the conference. They are a few percentage points behind South Dakota and Omaha, who are tied for second. Up next, the Bison have a three-game homestand against the current Summit League leaders, the South Dakota State Jackrabbits (29-10, 10-2 Summit) starting on Saturday. First pitch times are scheduled for 12 p.m. and 2 p.m. for Saturday's doubleheader and 11 a.m. for Sunday's lone game.



Bison pitcher Lainey Lyle

NDSU Athletics | Photo Courtesy

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Women’s golf looks to finish strong at Summit League Tourney

Geolat, Skaar lead the Bison

Craig Schwinden
Sports Editor

The North Dakota State University women’s golf team heads to Newton, Kan., this weekend to participate in the Summit League Championship tournament which will wrap up their 2021-22 campaign. The Bison will take on the 6,000-yard, par 72, Sand Creek Station golf course where they finished 6th in last year’s edition of the league’s championship tournament. This year’s team will look to improve upon last year’s performance. The team’s lone senior, Lexi Geolat, feels really good heading into the weekend. “I’ve had probably the most consistent spring of play,” said Geolat. “And the good play of the team has pushed me to work harder and be even better this spring.” A small change in her swing over the holiday break has made all the difference for Geolat. “One little swing change I made over Christmas break actually,” said Geolat.

“Something super small and I focus on that every swing and it’s meant everything.” Matt Johnson, in his 13th year as head coach of the women’s team, thinks Lexi has been one of the team’s top performers. “Lexi has probably been our most consistent player throughout the season and certainly the spring,” said Johnson. “Lexi has never been our low player for the season, but for this spring, she is our low player overall in terms of the best or lowest stroke average.” Indeed, since the spring season started, Geolat has been very consistent shooting rounds between 74 and 79 the entire spring season, until she posted a final round 82 at the Oral Roberts Invitational on April 12th. Including the 82, she is averaging 76.6 strokes per round since the spring season started back on February 28th. Meanwhile, the hottest golfer for the women heading into this weekend’s league tournament has been sophomore Leah Skaar, who

will be playing in her first Summit League Tournament this weekend, is coming off of back-to-back Top 10 finishes. In the same ORU Invitational on April 11th & 12th, the Gold Canyon, Ariz., native had rounds of 73, 76 and 76 for a three-round total of 225 (+9), good for a ninth-place finish. Two weeks prior to the ORU Invitational, Skaar shot rounds of 75, 70 and 76 for a total of 221 (+5), good for fifth place in the Golfweek/Any Given Tuesday Invitational. Skaar averaged 74.3 strokes per round for her last two tournaments. To win the league tournament, Johnson says the team will need those two players and something else that they have been close to all spring but has remained just out of the team’s grasp. “We need those two [Geolat and Skaar] to put up three good numbers. Not one, not two, but three good numbers,” said Johnson. “Then it’s going to take the rest of our line-up to come through. Again, they don’t have to break



Bison golfer Lexi Geolat

NDSU Athletics | Photo Courtesy

records, they don’t have to do anything they have never done, they just have to go out and play, at least, at the level they have been capable of playing. It’s something they’ve done probably seven or eight rounds this spring,” explained Johnson. “If we can do that, then we can be a factor at the tournament.” Elaborating further, Johnson said it’s been a good spring but there have been some opportunities missed from a team perspective. “It’s been a good spring, but at the same time I feel like it has been a spring where we had some opportunities to do a little better than we did,” said Johnson. “It was a spring where we beat the teams you’d expect us to beat, we didn’t necessarily beat the teams we knew it would take a real strong effort to beat them.” The plan heading into the league tournament has been to change the thinking. “You know

golf...every sport, is about doing things consistently,” said Johnson. “In golf, you need four good scores, you don’t need four amazing scores and we have had just enough days where we didn’t get those four good scores. So, the plan for this weekend is to fight, play hard, make good decisions, and see if we can’t get them to all play well on the same day.” Skaar concurred with Coach Johnson. “I feel like we have had some good rounds and we have had some bad rounds,” said Skaar. “We haven’t really had a time where we all played good, or all played bad, so it hasn’t varied much. We don’t really work our way up the leaderboard or down it. We are saving it for the conference where we are all going to play well. We can all go pretty low, so if we can do it at the same time, I think we have a great chance.” Meanwhile, Geolat, from Lake City, Minn.,

while looking forward to competing again at Sand Creek reflected on her years as a student-athlete at North Dakota State. “Personally, I love this school. I love the teachers. They are so accommodating to student-athletes. It’s just a really good place and I’ve been able to continue my education so effortlessly,” said Geolat. “One thing I have learned about myself is I am much more of a leader than I thought I was. Coming here in my first year and starting at the bottom, I didn’t think I would ever be looked to for advice or as a role model. But now in my fifth year, I see I am and actually made an impact.” Geolat, Skaar, and the rest of the Bison women will tee off Sunday morning at Sand Creek Station in their quest to bring a Summit League Championship home to NDSU.



Bison golfer Leah Skaar

NDSU Athletics | Photo Courtesy



Kelby Anderson

NDSU Athletics | Photo Courtesy



Trevor Otterdahl

NDSU Athletics | Photo Courtesy

Anderson and Otterdahl named Summit Athletes of the Week

Craig Schwinden
Sports Editor

North Dakota State field athletes Trevor Otterdahl and Kelby Anderson were named Summit

League Athletes of the week on Tuesday. It is Otterdahl’s second outdoor award (and second this season) and Anderson’s first. Anderson, a senior from Bismarck, N.D., clocked a new lifetime-

best of 15:58.19 in the 5,000m to finish second in her section at the Mt. SAC Relays in Long Beach, Calif. Anderson’s time also moves her into 29th place on the NCAA’s list for the season and

she is the third Bison woman to run the event in a time of under 16 minutes. This is Anderson’s first athlete of the week award from the Summit League. Otterdahl continues to impress this outdoor

season. In the Pacific Coast Invitational, Otterdahl’s throw of 216-3 (65.91m) was a personal best and good for a second-place finish in that event. He also moves into fifth place on the Bison

records list. The senior from Rosemount, Minn., was also the Summit Athlete of the Week for the week of March 24th.

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