**CULTURE**

Cooking with love: How 3 generations have been able to bond over baking

A grandmother, mother and daughter bond over a shared love of baking family recipes

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**SPORTS**

Munn and marriage: Hockey staff members navigate life as spouses and colleagues at alma mater

Brad and Lindsay Fast reflect on how MSU Hockey has shaped their life and their marriage

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**CULTURE**

Experts say more expansive sex education is needed to destigmatize STIs

Experts and advocates are pushing for more expansive and inclusive sex education in Michigan

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Junior guard AJ Hoggard and sophomore guard Jaden Akins rally during the Sweet Sixteen match-up against Kentucky State University at Madison Square Garden on March 23, 2023. The Spartans fell to the Wildcats with a score of 98-93. Photo by Audrey Richardson.
Food has always been something that brings people together. The act of sharing a meal or providing for someone else is not only seen as an essential part of life, but an act of love. For human biology sophomore Jackie Good, the kitchen has been a staple in her relationship with both her mother and grandmother.

“My whole life, we started with making sugar cookies for all the different holidays,” Jackie said. “We’d make sugar cookies at Easter time, and summer sugar cookies and Halloween and Christmas sugar cookies. And so that kind of developed my interest in baking.”

Some of Jackie’s earliest memories include her and her mom gathering in the kitchen to make cookies. Her mom would make the dough and roll it out, Jackie would place the cookie cutter into it and her mom would then help her pick it up and put it on the pan. After the cookies were baked, the two would frost them together.

Kim Good, Jackie’s mother, also baked cookies with her mom growing up. Kim was a part of the 4H club, a youth development and mentorship club, where she baked cookies and submitted them to the fair for judging.

“We would practice together and then my mom would give me pointers, because if you make cookies, you wanted them to be about the same size, and about the same texture and about the same color,” Kim said. “It was practicing over and over so you get that perfect cookie.”

Kim said her interest in baking came from watching everything her mom, Everly Post, would bake. Everything Post made was homemade — from breads to cookies. Post started baking at a very young age after watching her mom in the kitchen. Before she was really allowed to do much baking, she liked to get into the flour and mix things in her own little baking dishes and pans.

“My mother was really quite permissive in allowing me to bake and to cook and experiment, so that was fun,” Post said.

As each of them — Post, Kim and Jackie — got older, they have started branching out and trying more challenging recipes. Post said it’s especially fun to see Jackie’s interests and abilities grow as she branches out and experiments with new things.

Before the three get together, Post and Jackie exchange ideas about the different things they will bake together. They recently made almond croissants and will be attempting vanilla scones made from real vanilla beans this summer.

Last Christmas, Post and Jackie had a baking list longer than the days they were visiting, so they’ll carry it over to the summer. While they are frequently experimenting with new ideas, Kim said much of what they make comes from family recipes. One of these is for saucijzenbroodjes — Dutch sausage rolls which are a nod to their Dutch heritage and one of their favorite things to make.

“Most recipes came probably from my grandma and then my mom would make, and then pass on and then now that Jackie’s making,” Kim said.

While it’s fun to cook from old and new recipes, the three agree baking is much more than the food that comes out of it.

“I think it’s just like the traditions and the memories and the things the food is associated with, (there’s) a certain familiarity with them,” Kim said.

When Kim recently thought about making chili and cinnamon rolls, she said her first thought wasn’t of how they would taste, but of her memories making them with her mom and then later with her own kids.

“I think it’s just having that common bond, that thing that we all enjoy doing, and it’s being able to share what one another are doing,” Kim said. “Just remembering how much we enjoyed that as kids growing up and now something that I can do with my family, and then just pass those sorts of traditions and memories along.”

Post said the joys of baking include being able to pass along values, too. The value of being self-sufficient and doing things yourself rather than purchasing the ready-made or finished product is something she said is especially important to pass along to her daughter and granddaughter.

“I think it’s just time spent together,” Jackie said. “The activity of spending time with my grandma is something I look forward to and I’m thinking about it a few weeks in advance. … We’re always talking about what we’re going to make and just getting to spend that time together one-on-one.”
Munn and marriage: Hockey staff members navigate life as spouses and colleagues at alma mater

By Maddy Warren
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Upon entering the front office of Munn Ice Arena, you’ll find the hockey team’s executive secretary, Lindsay Fast, behind the desk, greeting you with a friendly smile.

Just down the hallway are the offices of the coaches and support staff, including Director of Player Engagement Brad Fast, who also happens to be Lindsay’s husband.

While some people might hesitate at the thought of having their significant other or spouse as a coworker, Brad and Lindsay make it work — in fact, they love it.

“My office is down here and he’s at the other end of the hall — which kind of sounds funny, but we really don’t run into each other a ton during the day,” Lindsay Fast said. “But it is nice when he walks out, I’m like, ‘Hey, how’s it going?’”

The couple met during their senior year at Michigan State University on a blind date set up by friends. Brad was a defense man and captain of the hockey team while Lindsay was married at the Alumni Memorial Chapel on campus. “The list of things they had done was so long; I said, ‘You’ve got to be kidding me,'” Lindsay said.

MSU Men’s Hockey Director of Player Development Brad Fast with his wife and Men’s Hockey Executive Secretary Lindsay Fast on March 22, 2023. Photo by Jonah Brown

“Now, nearly two decades later,” Lindsay said, “we just kind of stuck, so, Lindsay.’ And so, no question about the role. The only question was if we could come to work together,” Brad said. “We made it last for a whole month, and then I got a different job, only by coincidence and timing in our lives.”

The couple reunited in the workplace last year when the hockey head coach Adam Nightingale was hired and Brad was asked to rejoin the staff.

“Three years later, we’re right back to kind of where we wanted to be,” Brad said.

MSU Hockey Executive Secretary

“MSU has just been, luckily, the heart of everything for us. That’s where we met and grew our family here... It’s been a good journey.”

Lindsay Fast

Brad and Lindsay Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.

Brad was director of hockey operations at MSU from 2015 to 2019 before leaving the school to take another position for a year and a half.

Lindsay assumed her current role with the team prior to the start of the 2019 season when the former executive secretary retired after 49 years.

Previous coaches and staff members put together a list of requirements they were looking for in the next candidate. They told Brad they thought Lindsay was a good fit for the role and asked if she would be interested. Lindsay was interviewed and got the job.

“The list of things they had rattled off, in my head I was like, ‘Holy smokes, like that is so, so Lindsay.’ And so, no question about the role. The only question was if we could come to work together,” Brad said.

MSU has just been, luckily, the heart of everything for us.”

Brad and Lindsay Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.

“What Michigan State means to the Fast family

Through all the traveling and moves over the years, one constant in the couple’s story has been MSU.

“While hockey took us all over the place, this was always our rock or a place that we could come to,” Brad said.

“We bought a place here... we’d come stay here in the off-seasons and we did that enough where it started to feel more and more like, ‘You know what? This is where we’re going to be when everything settles down.’ And we haven’t moved from that.”

One of Lindsay’s duties as executive secretary is getting alumni to come back for visits and games, which allows the couple to reconnect with old friends.

“It’s like a lot of the people that Brad played with or that we’ve met through the years,” Lindsay said. “It’s been a good journey.”

Brad and Lindsay Fast on their wedding day in 2005. Photo courtesy of Lindsay Fast.

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Lindsay has a really good demeanor,” Brad said. “She can leave work at work and at home at home and make sure that it’s professional here, and when you walk in at home, you’re at home.”

WHAT MICHIGAN STATE MEANS TO THE FAST FAMILY

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Brad and Lindsay Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.

“In part of managing a hectic schedule consumed with hockey, their roles allow them to work together as a unit. Brad travels for road games with MSU, while Lindsay stays in East Lansing with their sons to help them juggle their own commitments.

“I joke that I won the ‘Where in the world do we live?’ When he retired,” Lindsay said. “We moved all over the world ... but we had a house here because he would ... come back and travel with all the other pros. So, we came back every year and then we just kind of stuck, which was nice to be back in East Lansing.”

Brad and Lindsay Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.

“As much as we both want to work here, our family decisions actually became a factor,” Brad said. “We’re very thankful that the coaches here have been fantastic with us. And it allows Lindsay to be at home on the weekends with our boys going in a million different directions and looking after them.”

The couple emphasized the importance of keeping professional and personal life separate.

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BALANCING LIFE AS COLLEAGUES AND SPOUSES

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Lindsay and Brad Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.
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Experts say more expansive sex education is needed to destigmatize STIs

By Maggie George
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Michigan schools are not required to teach sex education outside of HIV and AIDS, and if a school chooses to teach sex education, abstinence must be promoted as a healthy lifestyle. However, many sexual education policy experts are advocating for a more expansive minimum to be taught, one that includes not only discussion of sexually transmitted infections, or STIs, but also the concept of “sexual citizenship.”

Sarah Prior, an assistant professor of sociology at Michigan State University, defines sexual citizenship as destigmatizing the ways sexuality is looked at, particularly for marginalized communities, and having the right to engage in sex that feels comfortable to an individual.

According to Prior, education about one’s sexual citizenship is crucial to maintaining boundaries around autonomy. Prior said sexual citizenship can be disrespected when boundaries of consent are crossed, such as coercing someone to have unprotected sex. In Michigan’s current sex education policy, schools are not required to teach about consent, but are required to teach refusal skills.

“If you are impeding someone from exercising their own bodily autonomy, that is violence … you are taking someone’s ability to be a fully free sexual citizen away from them,” Prior said.

The same goes for non-consensually removing a sexual barrier, such as a condom, before or during intercourse. This is known as “stealthing,” and is a form of reproductive coercion.

Reproductive coercion is defined as threats or acts of violence against a partner’s reproductive health or decision-making, according to Kara Zeiter, the educational program coordinator at MSU’s Health Promotion Department.

Besides helping to curb reproductive coercion, one of Zeiter’s main goals is to destigmatize ‘STI diagnosis’. She said those diagnosed with an STI, even after treatment, tend to be shamed, feel shamed or both.

“The individual who has the STI is the one who feels the stigma the most, but it’s a treatable, manageable thing,” Zeiter said. “You can have a normal sex life following an STI diagnosis,” Zeiter said.

Some communities, like queer communities, are often inequitably shamed for their expression of their sexual citizenship, Prior said. Evidence shows the stigmatization of STIs in queer communities is often associated with HIV and AIDS, especially regarding gay men. But today’s data shows that rates of HIV and AIDS are much more common amongst heterosexual men, Prior said.

“Still have stigma about the queer community, but that’s not actually who is contracting it and spreading it at higher rates now,” Prior said.

Prior advocates for comprehensive and inclusive sex education, including discussions outside the typical hetero-normative ideas about penile and vaginal sex. She said this narrow education on sex furthers the stigma.

Michelle Slaybaugh, director of social impact and strategic communications at the Sexuality Information and Education Council of the United States, or SIECUS, said a comprehensive sex education curriculum goes beyond pregnancy and STI prevention.

“It looks at the child or young person holistically and gives them foundational tools to be able to protect themselves throughout the rest of their lives, so they don’t grow up thinking there’s a stigma attached to an STI, as well as provides them with the information they need to reduce the risk of (contracting) an STI,” Slaybaugh said.

Prior said universities can be a helpful place for sexually active students to go when they’re curious and looking to know more about their sexual citizenship and sexual health.

“The more education you give a person, the better equipped they are to make decisions about their body,” Prior said.

MSU’s Health Promotion Department reported that 98.1% of students said they have never contracted an STI and 60.7% of students said they used a condom last time they had vaginal intercourse.

MSU’s Health Services physician Dr. Tim Spedoske said that the risks posed by contracting an STI can range from being asymptomatic, especially when detected and treated rapidly, all the way to fertility issues.

“For people who have a uterus it can cause pelvic inflammatory disease which can be extremely dangerous,” Spedoske said.

Spedoske said for these reasons, pressuring someone into sex without protection is troubling and the desire to practice safe sex using a condom needs to be affirmed and honored by each sexual partner.

“It definitely should be destigmatized, and people should feel comfortable coming and seeing either our providers or a provider somewhere else that they’re comfortable with,” Spedoske said.
Long-lasting couples share keys to lasting relationships

By Thomas Cobb
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As an eighth-grader on the Novi Middle School swim team, electrical engineering senior Kyle Heslop forged a bond with Elizabeth Pall, oblivious to what this would blossom into a long-term love story. After all, who finds a bond with Elizabeth Pall, senior Kyle Heslop forged in 2020, and a fair amount of “Sex And The City” episodes. And while I am no Carrie Bradshaw, I have spent the last four years in East Lansing attempting to navigate the dating scene. Over that time, I have learned a few things. When I first started at Michigan State University, I was still dating my high school boyfriend. Let’s just say it ended poorly, with him driving out of my parent’s driveway blasting “Cold as Ice” by Foreigner.

So, not great.

I was fresh out of a yearlong relationship and ready to see what dating at MSU had to offer. I had a pretty good attitude about it. I figured with a population of 50,000 people, it shouldn’t be hard to find someone I was compatible with. But I had no idea what I wanted or what expectations to set for myself, which leads to my first lesson.

BE CLEAR ABOUT YOUR EXPECTATIONS

Make it known what you are looking for. If you are looking for something long term, then say so. If you are looking for something casual and just for fun, then say so. This can surprisingly solve a lot of problems and save you a lot of time. If Chad from Sigma-Whatever seems like he only wants something casual and you are looking for a serious partner, he might not be the guy for you.

This is why it’s important to ask the other person what they are looking for as well. You shouldn’t waste your time on someone who clearly has different expectations than you, and this goes both ways.

If someone tells you they are looking for something serious and you are not, then don’t waste their time if you know you don’t want a serious relationship with them. This is definitely easier said than done, but it really does help in the long run.

ALWAYS BE HONEST, BUT DON’T EXPECT OTHERS TO TELL YOU THE TRUTH

Honesty is always the best policy, even with small things. Lies tend to come forward in the long run, it’s all about finding the right person. If someone tells you they are looking for a serious relationship, be honest and have some boundaries. If someone’s boundaries seem sketchy, like refusing to let you meet their friends or go out with them in public, it could be a red flag.

Boundaries are important because you don’t want to cross a line, but that shouldn’t involve cutting out seemingly normal steps in a relationship. And if someone’s boundaries are not aligned with your own, it’s OK to ask why but also respect their feelings.

DON’T TAKE THINGS SCORPIUS

Sometimes you just have to go with the flow, and that’s when I’ve personally had the most fun dating. You are probably not going to meet your soulmate on Tinder, so don’t put a lot of pressure on finding someone. Having short-term relationships that don’t go anywhere is okay; it’s perfectly fine to just have fun.

Be spontaneous and even a little reckless. Sometimes these moments make for the best memories. At the same time, don’t waste your energy on people who don’t seem interested. If someone isn’t texting you back right away, they are probably busy. But if you only hear from them after 1 a.m., it might be time to rethink things.

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