

James Rabe ([00:00](#)):

Y-105 FM's early morning show. Happy Wednesday. Happy would you rather Wednesday? My name is James Rabe and this morning, Danielle Luise like him is hanging out with me this morning. She's my my co-host this morning because it is sexual assault awareness month and she has a lot of stuff to say about that. Good morning.

Danielle Leukam ([00:16](#)):

Good morning. Are you ready to happy to

James Rabe ([00:17](#)):

Be here? I'm glad you're here. You're here actually early. Most people have to drag themselves out of bed and get here.

Danielle Leukam ([00:23](#)):

My day starts in the four o'clock hour. So this is just fine.

James Rabe ([00:26](#)):

Nothing.

Danielle Leukam ([00:27](#)):

It's nothing. Exactly.

James Rabe ([00:29](#)):

Alright, so would you rather, would you rather never be stuck in traffic again or never get another cold

Danielle Leukam ([00:35](#)):

James? I am far too busy to get a cold, so I would have to say I'd rather never get a cold, right?

James Rabe ([00:41](#)):

Yeah. You're a mom and you're a writer and you're a speaker. Exactly.

Danielle Leukam ([00:45](#)):

And

James Rabe ([00:45](#)):

You're still working for the big, big blue, right?

Danielle Leukam ([00:48](#)):

Sure am. Yep. And

James Rabe ([00:48](#)):

By the big blue, I don't mean the one that used to be big in town. I mean the other one, right? I would, I would prefer to never, never, ever get stuck in traffic again. I just hate lines.

Danielle Leukam ([00:59](#)):

You must have road rage.

James Rabe ([01:02](#)):

I do have, I do have issues with that. I, my, my attempt to deal with it is to sing. <Laugh> when I'm upset, sing my insults. There you go. Which makes it a little lighter. Right? would you rather only be able to buy all your chicken from a farm and Plainview or from Rochester? Second street, KOC,

Danielle Leukam ([01:17](#)):

A farm in Plainview support our local farms.

James Rabe ([01:21](#)):

Oh, I'll look at you. Are you a, do you like to cook too? Cause you, cause you had to fry at all.

Danielle Leukam ([01:25](#)):

Ooh. I would say my boyfriend cooks far more than I do. Oh

James Rabe ([01:28](#)):

Yeah. Awesome. Mm-hmm <affirmative> most cooking dudes gotta stick together. That's good. I would, I, I like to cook, so I would definitely, but I don't wanna pluck chickens.

Danielle Leukam ([01:38](#)):

Right. I mean, I wouldn't wanna do that either.

James Rabe ([01:39](#)):

I'd have to learn it though. If I made one or the other mm-hmm <affirmative> so no offense playing for you, but I'm going to the KFC. Oh, would you? Cause then you can like, you can, oh you can you buy a whole chicken there? I don't know. Ooh,

Danielle Leukam ([01:50](#)):

Da

James Rabe ([01:50](#)):

Da. Cause if you can even like if it's roasted or something mm-hmm <affirmative> that makes great chicken stock.

Danielle Leukam ([01:56](#)):

Okay.

James Rabe ([01:56](#)):

And the chicken then is ready to go for chicken. Would you rather have super sensitive taste buds or super of hearing?

Danielle Leukam ([02:05](#)):

Ooh, I would say super sensitive taste buds only because I don't taste and smell very well as it is. So I'd love to get that back. Is

James Rabe ([02:12](#)):

That a COVID

Danielle Leukam ([02:12](#)):

Thing? It's not, I've never had COVID. I get, I think I get it from my mom. Hi mom.

James Rabe ([02:17](#)):

Hey mom. Hey, thanks for listening mom. What's her name?

Danielle Leukam ([02:21](#)):

Jody tell, Hey Jody,

James Rabe ([02:22](#)):

How are you doing? <Laugh>

Danielle Leukam ([02:24](#)):

She told me she remembers listening to you way back in the day, like 20 years ago.

James Rabe ([02:27](#)):

Well, it was possible, absolutely possible.

Danielle Leukam ([02:30](#)):

Late night show or something.

James Rabe ([02:30](#)):

Yep. I worked nights on K CFM. Mm-Hmm <affirmative> I was the Lord of the night.

Danielle Leukam ([02:34](#)):

That's what she said. Mm-Hmm <affirmative>

James Rabe ([02:37](#)):

And I did that because whenever I'd go someplace and get introduced, they'd say here's James Rav. Oh no. So I just switched to the, this coming Lord of the night. Do,

do, do, do, do, do I, I, I would like to take my super sensitive taste buds that I have and give them to my brother-in-law cuz he's he had COVID very lightly, but it has messed up his taste buds and he loves to cook. Oh. And so, so, you know, it's, that's Hasling him. But because I wear hearing aids, I would like to get to super sensitive hearing again. Sure.

Danielle Leukam ([03:05](#)):

Okay, great. That's

James Rabe ([03:06](#)):

Fair. Thank you. Amy Swain hearing centers. Would you rather be able to relax whenever you want, but you have to have an episode of friends performed by sixth grade kids, always playing in the background or be able to fall asleep super easy, but only if you sleep on the floor and that means motel six and everything.

Danielle Leukam ([03:26](#)):

Ugh. All right. All right. So I already fall asleep very easy, but I don't have time to relax because then I wouldn't be able to accomplish all the things that I accomplish. So I'm so gonna say I'd rather fall asleep, super easy, but only on the floor. All right.

James Rabe ([03:40](#)):

I, I, I, I will take the other one. Because sixth grade kids, at least I could write reviews of their performance. So

Danielle Leukam ([03:46](#)):

That's true.

James Rabe ([03:47](#)):

Other behavior of Johnny in sixth grade

Danielle Leukam ([03:50](#)):

<Laugh> and I'm sure they're so cute.

James Rabe ([03:52](#)):

They would be. And finally, would you rather sum up your purpose in life in one sentence or two?

Danielle Leukam ([03:57](#)):

Two? So my first purpose is to be a mom to my little boy. And my second purpose is my professional life.

James Rabe ([04:04](#)):

That's good. Mm-Hmm <affirmative> that's very good. I, I guess I had to do two also. My first purpose is to keep myself healthy mentally and physically cuz I had a kidney

transplant and I, I deal with not type two diabetes had mental health issues. So I have to be me. I have to do that. Yep. And then the other thing is to serve humanity, do something that makes a difference for other people. That's

Danielle Leukam ([04:26](#)):

Exactly right. Well done.

James Rabe ([04:27](#)):

And so that's two, I think, I think I got two sentences in coming up in sexual assault awareness month and we're gonna get to know Danielle more in just about 15 minutes here. Hang on to Y 1 0 5 of HIMS early morning show. It's why 1 0 5 of HIMS early morning. Good morning. I'm James Rebe, just sitting here, chit chatting with Danielle Leham. She is a sexual assault survivor and it's sexual assault awareness month. And that's why I asked her to join us on the show because you have so much to offer other people and you've, you've kind of taken it on yourself to be that person haven't you?

Danielle Leukam ([04:58](#)):

I have, yes.

James Rabe ([04:59](#)):

So I don't mean to be fun, but aren't we already aware of sexual assault and rape

Danielle Leukam ([05:05](#)):

We are, but we're not aware enough. We're not aware of the resources like rain.org. We're not aware of the women's shelters, the county victim services, the county victim advocates that can help victims that feel like they're alone.

James Rabe ([05:19](#)):

Okay. What do you wanna make sure or people know as they're listening to the show, whether it's women or men, what do you need them to know about sexual assault?

Danielle Leukam ([05:27](#)):

So first and foremost, I just want other victims and survivors to be aware that they're not alone and there are resources that can help them. You're stronger than you think you are. And I would always encourage people to get the medical help network with other survivors. And then just for the general public, we need to make, we need to stop making this a women's issue or a victim's issue. We need to actually focus on the cause of sexual assault, which is the perpetrator,

James Rabe ([05:52](#)):

Right? Because people often say, okay, well you're out there doing good, but what we really need to do is work on the people that were raised and weren't at all, given any sort of, I don't know what it is. I don't know what it is. It causes people to become

mm-hmm <affirmative> violent and demanding and so lost inside themselves that they do this. Yep. But what, how do we start doing that?

Danielle Leukam ([06:15](#)):

So I in therapy for a while and my therapist had said you know, children that are abused are more often to grow up, to be abusers themselves. So we just need to make sure that our kids are treated well and, you know, learn consent at a young age and learn that they're in charge of their body. And if somebody else is trying to take over their body, that's what we're wrong and they should talk to an adult about it.

James Rabe ([06:39](#)):

And is that as simple as something like, Hey, if I don't know, Andrea doesn't wanna hug from grandpa. Yep. That's okay. That's exactly. And grandpa should respect that. Or grandma or cousins or whatever.

Danielle Leukam ([06:49](#)):

Yep. That's exactly right.

James Rabe ([06:50](#)):

All right. Well, we're gonna continue this conversation with more about what's happened in the last year since Danielle and I first spoke and wrote a story to other about her experience. That's coming up. This is Y 1 0 5 FM's early morning show at James Ray and today being guest hosted by Daniel Leham. We first met when I did a story about her way back. Gosh, it was like February of last year and the headline was Minnesota rape survivor Daniel Leham tells her story and you have a, you have, you've been speaking and stuff. So you have a very succinct way of describing what happened in your life.

Danielle Leukam ([07:25](#)):

Yes, I do.

James Rabe ([07:26](#)):

Oh, by the way, I should say that we should offer a trigger warning cuz we will be talking about sexual assault. It is sexual assault awareness month.

Danielle Leukam ([07:32](#)):

Yep. So back in 2018 an armed masked man broke into my home and I woke up at, with a gun pointed at my head. I was then tied up and raped three times over the course of five hours. And so now I'm just in the journey of healing and advocating and you know, doing all the things I do now outside of being a nurse.

James Rabe ([07:52](#)):

And when we when we first spoke, it had the, the, the adjudication had just finally completed a its process. Right?

Danielle Leukam ([08:00](#)):

Yep, exactly. So he was sentenced to almost 21 years in prison in on February 10th, 2021.

James Rabe ([08:07](#)):

Okay. And since then, I, you know, I I've been seeing you all over the place. And so you, you, you do talks, you do readings, you've written not just one book. You have your second one ready to go.

Danielle Leukam ([08:19](#)):

Yep. So I, I actually have four published books. 4, 4, 2 of them are children's books. One is my memoir. A second one is a thriller Nova and then two children's books and then public speaking I've been doing a lot of that. I love it. I love raising awareness telling my story. But the biggest thing we have coming up is the investigators, the prosecutor, and I are speaking at the national conference on crimes against women in Dallas, Texas may.

James Rabe ([08:48](#)):

Wow. Yeah. That's a, that's that's huge.

Danielle Leukam ([08:51](#)):

Yeah. We we're really looking forward to it

James Rabe ([08:54](#)):

And what's, what's the main thrust of what you're gonna say. What's it gonna be?

Danielle Leukam ([08:57](#)):

So it'll be like a case study. So it'll be telling my story and what happened back in 2018

James Rabe ([09:02](#)):

And is that so to help other law enforcement understand the victim's perspective better,

Danielle Leukam ([09:07](#)):

You got it. Yeah. Well partially that, and it'll be going over specific specifics of the case. So what went well for the investigators? What didn't go well for the investigators, what they would do different next time, things like

James Rabe ([09:18](#)):

That. All right. Well that's and you expect that to be a little bit hard to go through.

Danielle Leukam ([09:22](#)):

I've been speaking so much over the last year that it gets a little bit easier each time and having the investigators speak with me makes it easier too.

James Rabe ([09:32](#)):

Right? Well, that's good. Yeah. Well, sure. Literal, whenever you are in a group, speaking the people around you give you energy.

Danielle Leukam ([09:40](#)):

Exactly. It

James Rabe ([09:41](#)):

Is. I, I did an experiment once with a bunch of high school kids when I was in charge of key club and there was one kid that was super nervous to speak, but they all had to take a speaking role. And so I had her best friend to stand behind her. Mm-Hmm <affirmative> and it was the courage she needed. Yep. It was amazing. And

Danielle Leukam ([09:55](#)):

I get like a high after speaking. Oh yeah. Being with the pretty much the people that saved my life, I just have so much energy afterwards. It fills my cup.

James Rabe ([10:04](#)):

I, I totally get that. I, I, until the pandemic spoke regularly about my mental health experience, which includes a brush with suicide and it's hard to talk about mm-hmm <affirmative> but it's also an incredible rush to know that you have done something positive that could help other people yep. With that pain. And, and to that end, you are doing something that is even more long lasting. You've started a nonprofit.

Danielle Leukam ([10:27](#)):

I did. Yep. So over about a year of planning, just last month, I started a nonprofit organization called wish and that stands for, we inspire survivor healing. And so we have a website it's www dot. We inspire survivor healing.com and we are about \$370 short of our goal for April. So, and if you guys wanna check that out online, that would be awesome.

James Rabe ([10:50](#)):

Paid it up. We'll we'll put a story together about this and I'll include that in there. So you can, you can hit your goal monthly goal. That's good. Yeah, absolutely good. And what, what, like with this nonprofit, what's it do?

Danielle Leukam ([11:02](#)):

So for example, the man that raped me left behind six kids without support, without child support, without support for his two ex-wives. So I'm at first and foremost started the nonprofit to help other survivors and victims filled the, of what county resources and other nonprofits can't provide, but also to help families of

incarcerated perpetrators as well. Okay. So I wanna help the six kids and you know, all the other kids that are left without a dad or, you know,

James Rabe ([11:31](#)):

And I never thought about that. Mm-Hmm <affirmative> of course I didn't. Cause I'm I, I focused on the victim, but there's so many different levels of victim in this situ

Danielle Leukam ([11:38](#)):

Yep. They're secondary victims, right?

James Rabe ([11:39](#)):

Absolutely. Cause the kids didn't ask for that.

Danielle Leukam ([11:41](#)):

Exactly.

James Rabe ([11:42](#)):

Wow. Well, that's excellent. Good for you. That is a deep part that you have.

Danielle Leukam ([11:46](#)):

Thank you. That's

James Rabe ([11:47](#)):

Really good.

Danielle Leukam ([11:47](#)):

I got it from my mom. <Laugh> Hey mom. Hey mom. Still listening.

James Rabe ([11:50](#)):

Love you. We are gonna, we, we gotta go. But if you would like to get a hold of, of Danielle and her nonprofit, what's the website again,

Danielle Leukam ([12:00](#)):

It's www dot. We inspire survivor healing.com. And

James Rabe ([12:04](#)):

Before we go, one more time. What do you want people that have experienced rape? I know it's called sexual assault awareness month, but I can't help, but say it to me. That's too weak a phrase. So what do you want people to know?

Danielle Leukam ([12:16](#)):

I just want everyone to know you are not alone. There are resources. You are stronger than you think you are and you can do this.

James Rabe ([12:23](#)):

All right. Excellent. Danielle like him. Thanks for hanging out with me this morning.
Thank you.