

# S!G NAL



## Self Care and You

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## Our Mission

**Signal news strives with its reporting to empower fellow Stan State students and our community by advocating for truth and equality while celebrating our diversity.**



**Making Unity a Reality**

In the March edition of the Signal, readers were prompted to contact 911 or the campus Emergency Hotline (877)-782-6411 in the "How Safe do you Feel on Campus?" article. Stan State's University Police Department (UPD) would like the public to know that the campus Emergency Hotline is a recorded information line for campus-wide updates and does not put individuals in contact with a live operator. We apologize for the miscommunication.



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The *Signal*, in line with the best practices of journalism, has a policy of not publishing anonymous letters or quotes. However, under extraordinary circumstances, such as this letter to the editor, we believe we best serve the campus community by publishing the work. The *Signal* vetted the author and agreed to leave her name off. While this is undoubtedly a controversial decision, we hope that the good done by such shared experience will outweigh any discomfort felt by those in the offices here named.

## Letter to the Editor

I walked into the psychology center at Stan State in the spring of 2014. I was 19. At the time, it was tucked away in the MSR building. Now it's hidden in the hallways of the Vasche Library. I entered the room tentatively; it was my first time there. I was handed a form to fill out describing what kind of treatment I needed. There were lots of checkboxes: depression, anxiety, insomnia, stress, things of that sort. There were extra lines at the bottom to fill in other options. I knew I couldn't write, "I've just been raped," in those lines let alone say it in my head. It had just been a few days ago, and I was still coming to terms with what had happened to me. So I checked off whatever seemed close enough.

I come from a very traditional Christian family - one that has taught me to believe that I shouldn't have sex until marriage. That probably seems a bit normal for many other Christians, but what made premarital sex just flat-out frightening for me were the beliefs of others who share my ethnic culture. For a typical Christian family, if someone slips up and has sex before marriage, people will probably be disappointed. However, there is also help to be found in repentance and prayer. The church body serves as a pillar of support. In my culture, the opposite is true. Back in the "home country," if a daughter has sex before marriage, it is the job of the father and brothers to sever her head in order to restore honor to the family. Other alternatives are being stoned to death by those in the village or having your head shaved to show everyone that you have horribly sinned. These were the stories I was told while growing up to try to prevent me from ever even thinking about having intercourse before marriage. Of course, in America, you can't just chop your daughter's head off and get away with it. Instead, you are disowned from your family. Then the community not only shuns you, but also shuns your entire family as well.

I explained all of this to the therapist. I told her that this was the reason I was coming to her, a stranger, rather than going to anybody in my family for help. In my mind, it didn't matter if it was rape or not; it was still premarital sex, and I thought that I'd be severely punished for it. My boyfriend had had enough of waiting. He wanted sex, and he forced me to let him have it. Somehow I still felt like I'd be the one who would be blamed. "What should I do? I just want your unbiased advice," I told the therapist. She never gave me a solid answer. She told me that I'd feel much better now that I'd told someone, rang up the Health Center to order me some birth control pills, and gave me some colorful strips of paper that had kind sayings like, "It'll all be okay," written on them. Then she told me that more therapy wouldn't be necessary and sent me on my way.

At first I was elated. This dark cloud was finally off my chest. But it didn't take me long to realize that absolutely none of my problems had been solved. She didn't address the unsupportive nature of my culture and how I could deal with that, she didn't mention the Ha-

ven Women's Center or Title IX Coordinator or police who could help me with the fact that I had just been raped, and she didn't even tell me that I should probably stop seeing my abusive boyfriend. At the time, none of these things even crossed my mind. Instead, I just thought, "Well my situation must be pretty normal then. There is no real answer. Maybe I'm just overreacting." Suddenly, all the guilt and fear and anxiety vanished and was replaced with numbness. I felt absolutely nothing and no longer cared about what my boyfriend did to me. I thought that even if I tried to leave no one else would want me. "I guess I'll just have to marry him," was my solution. There seemed to be no other way out. For the next two years, I lived my life feeling empty, like a ghost.

Then during the week of Take Back the Night in 2016, I saw decorated boxes throughout the school with little stacks of index cards and pencils sitting neatly beside them. After a while, I finally realized what they were for. Anyone could write an anonymous note about an experience or feeling they had, and the notes would then be turned into an art piece. I hesitated, and then I sat down and wrote: I FEEL TRAPPED. I stared at the note for a moment and put it in the box.

Then, almost as though the message had somehow been transmitted throughout the student body, I met a group of Christians at school who quickly became some of my closest friends. They told me how valuable I was and how no real Christian would turn someone down just because they've already had sex. I had finally found a supportive community, one that would serve as a substitute for the shame-based culture I came from. I have left my abuser since then and am currently in my first healthy relationship, but I can't imagine what would have happened to me had I not found this support group, which is why I'm writing this letter.

I know that the psychology center has probably vastly changed since 2014. The school has been putting a heavy emphasis on sexual violence awareness and prevention, and the world seems to be changing with the #MeToo movement. However, it's still possible for therapists, advisors, family members, and friends to give out bad advice or none at all. If you're in a situation in which you've been sexually harassed or abused in any way, it's so easy to feel trapped, but just know that you aren't. There are many resources to help you. Also, telling your story is the first step, but it's not the only step. When I told my story, things didn't suddenly get solved for me. Issues that are this complicated will take time to be unravelled, and there won't always be clear-cut solutions. If you haven't received the full help you need, I encourage you to keep searching. As for finding the right therapist, look for someone with a similar background as you so that they can best understand your situation and what you're going through. No matter what, just know that you're not trapped. It's not your fault. And you're not alone. ■

# Lending a Helping Paw



by Adino Byrd

As the years go by, pets have become more of an essential part of people's lives.

Today, pets are more than just domesticated animals. They are faithful companions, friends, family and much more.

Many people do not realize the potential pets have in our lives and the health benefits that come with them.

In her article, "It's official: Pets benefit our mental health," Ana Sandoiu stated, "A new meta-analysis of 17 academic papers finds evidence that having a pet benefits people with mental health problems. The research also reviews the pet owners' testimonials, laying out the various ways that pets offer them much-needed solace."

While reviewing the results of Dr. Helen Louise Brooks and her team's analysis, Sandoiu found that pets have a positive effect on the mental health of their owners.

"The pets were perceived as providing unconditional love and support and helping to ease feelings of worry, distress, and loneliness," Sandoiu said.

McKenzie Martin (junior, Social Sciences) said that her dog, Murr, and her beta fish, Dora, are very important to her because of the cheer that they provide.

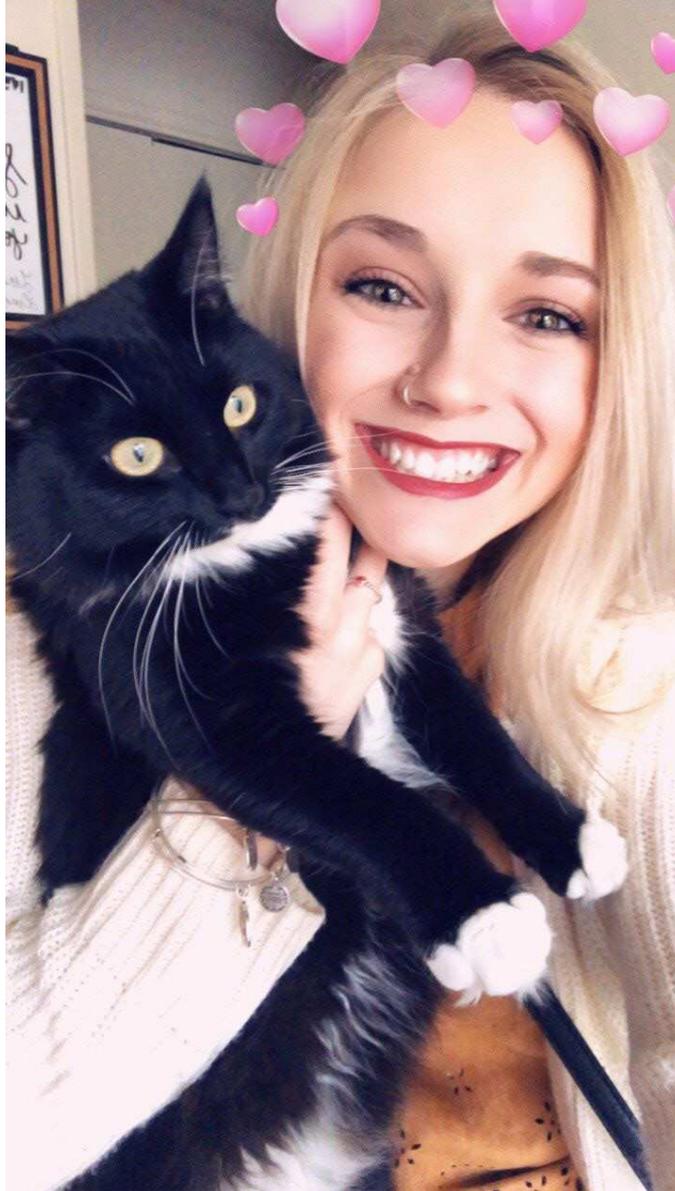
"My dog, not so much my fish, because he just sits in his bowl, but my dog gives me love and affection," Martin said. "He loves without condition or judgement and he is always there for me as a companion. He legit loves me on my worst days and doesn't care what I look like or anything, loves without any judgement. Pets have no conditions when it comes to love. That is all they were put on this earth to do. To love and be loved."

It is because of this that more pets are being used for those who have special needs; specifically, service dogs.

According to the Americans with Disabilities Act (ADA), "Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Examples of such work or tasks include guiding people who are blind, alerting people

who are deaf, pulling a wheelchair, alerting and protecting a person who is having a seizure, reminding a person with mental illness to take prescribed medications, calming a person with Post Traumatic Stress Disorder (PTSD) during an anxiety attack, or performing other duties."

The ADA stated that service animals are not pets, instead they are working animals. Even so, various reports show that even service animals are much more than that to their owners.



Lindsay Welles taking a selfie with her cat, Coconut. (Photo Courtesy of Lindsey Welles)

According to Holloway Marston and Alicia Kopicki, in their article, "The impact of service dogs on posttraumatic stress disorder in the veteran population," service animals do not just provide treatment for those with PTSD, but they literally change their whole quality of life.

While research is still being done to verify this, Marston and Kopicki stated, "These findings are particularly important for veterans who may experience social isolation because of a disabling mental health diagnosis, because service dogs appear to promote positive interactions with others (Eddy et al., 1988). This idea is supported by one study's findings that 75 percent of disabled individuals surveyed reported making new friends after being paired with their service dogs (Sachs-Ericson et al., 2002; Winkle et al., 2012). This is significant because increasing social support for veterans affected by PTSD as a result of their combat experiences has been shown to positively influence recovery from PTSD and improve their quality of life (Bailey, Eng, Frisch, & Snyder, 2007; Escolas et al., 2012)."

Likewise, in their research study titled, "The Impact of Service Dogs on Engagement in Occupation among Females with Mobility Impairments: A Qualitative Descriptive Study," Ra-

chel Csatari, Alyssa Kolanowski, Amy Londry, and Rachel Dawson found that service dogs encourage more activity in the home and in the community because of their security and support.

They stated, "After completing interviews with four female participants and analyzing the data, it was found that the participants' service dogs substantially impact their everyday lives. Service dog partnerships influence the participants' abilities to independently

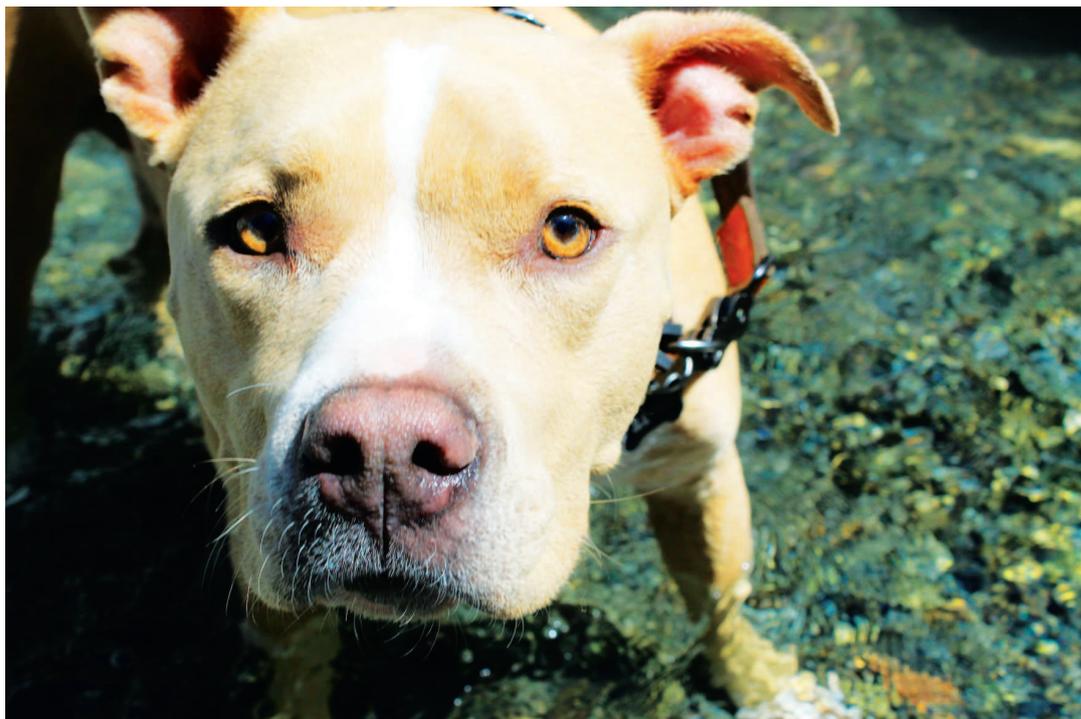


Photo of Luna (Courtesy of Rudie Byrd)

perform everyday occupations.”

It is very evident that pets significantly influence a person’s daily life and provide them with the support and services that they may need. Yet, pets and/or service animals may not be for everyone.

Lindsay Welles (Behavior Technician, Therapeutic Pathways/The Kendall Center) stated, “I think that some pets can be very beneficial to those with special needs, but I do know that every person with a special need is different. So if a pet works for one, it might not work for another. But I know that when a person with special needs, especially kids, see a dog or a cat they get super excited and just want to play with it.”

It is clear from these findings that pets have the ability to be so much more within people’s lives. Whether they have a disability or not, it has been found that animals provide people with the support and comfort that we may need.

From a fish that a person can look at, to a dog that they can hug, animals have the potential to be the key to society’s health. ■



Photo of Zebra Finches (Courtesy of Rudie Byrd)

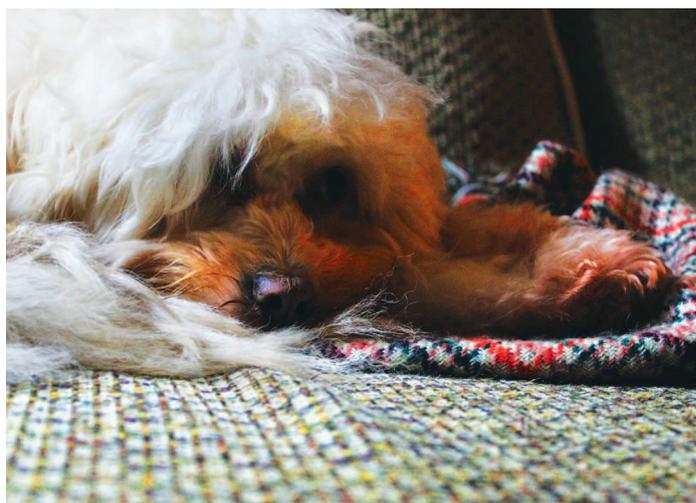


Photo of Molly (Courtesy of Rudie Byrd)

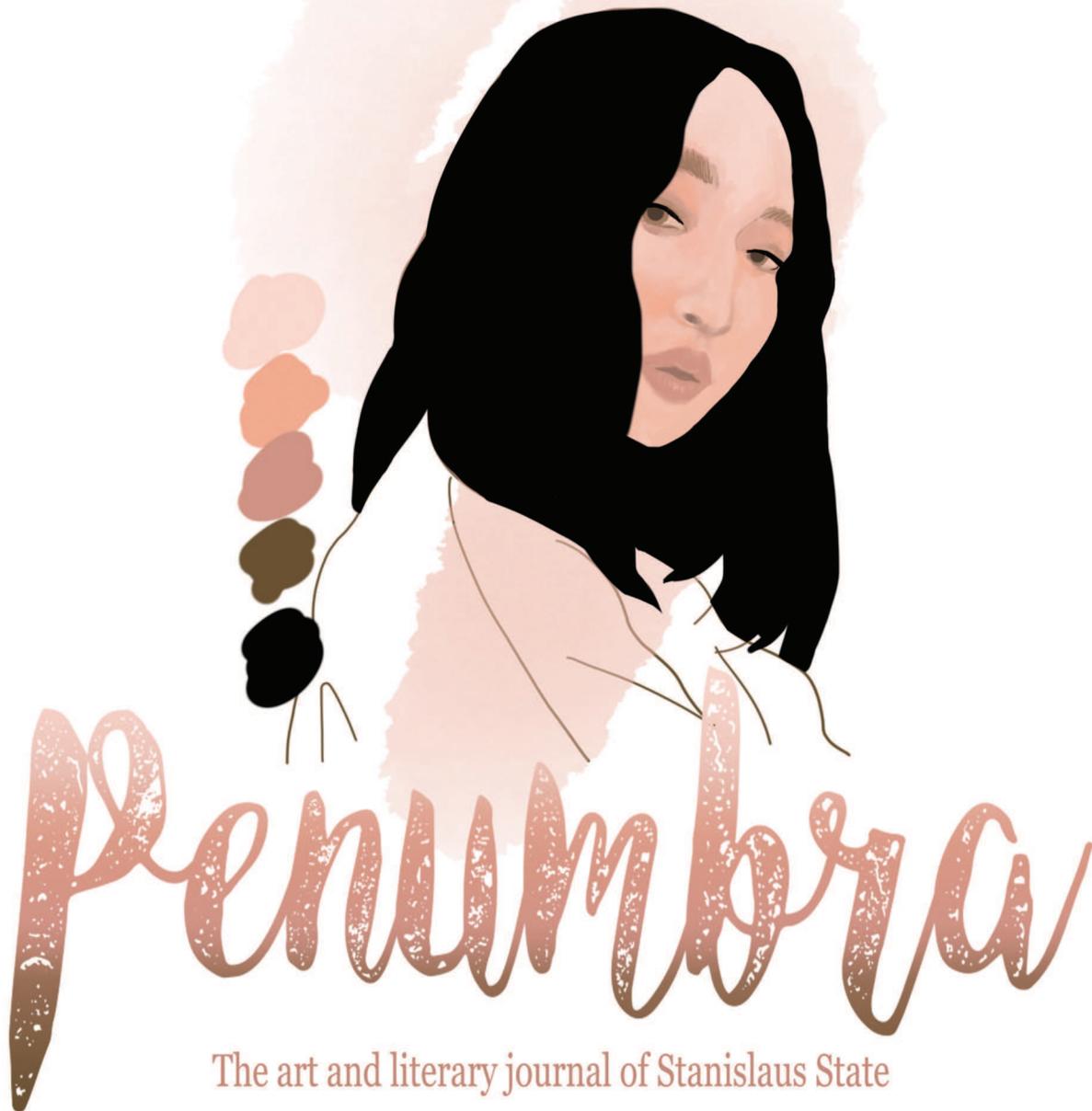


McKenzie and her dog Murr. (Photo courtesy of McKenzie Martin)



Photo of Benson (Courtesy of Rudie Byrd.)

Please join us at our  
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The art and literary journal of Stanislaus State

Thursday, April 26th in the University Art Gallery

Reception at 5:30 PM

Reading and awards at 6:00 PM

# KCSS Takes On the National College Media Convention

by Contributing Writer Bridget Martinez

The National College Media Convention hosted its spring meeting in New York City (NYC) and members of Stan State's KCSS radio were able to attend.

Specifically, those who attended were: Nicolette Chingofor (junior, Communication Studies), KCSS Station Manager, Kathleen Ochoa (senior, Communication Studies), KCSS Promotions Director, Bridget Martinez (junior, Communication Studies), KCSS Music Director, Austin Mantarro Moore (senior, Communication Studies), KCSS Production Director and General Manager/Supervisor and professor of Communication Studies Dr. Greg Jacquay.

The National College Media Convention is a convention that many media or journalism-oriented students attend from all around the country. The convention held important sessions that ranged from learning how to work with different personality types to learning about different jobs in the media profession.

The convention also included media tours with Patch Media, a hyperlocal news media outlet, as well as keynote speaker sessions with Stephen Totilo, a reporter in New York who is the editor-in-chief for the video gaming site Kotaku, who spoke about video game journalism and Lauren Duca, an award-winning journalist at Teen Vogue, who spoke about establishing a unique voice in today's media landscape.

Chingofor felt as though the conference provided each attendee the opportunity to seek out information that will have the most impact on them.

"The most interesting thing that I learned at the conference was how to deal with your dysfunctional staff. Although KCSS is nowhere close to dysfunctional, it opened up my perspective on different personalities and management styles. As the station manager for KCSS, I was able to see what ways people learned best. The information that I retained will surely help me in my professional career and future," Chingofor said.

One of the main reasons KCSS attended this media convention was to bring back some important and skillful information to apply in their own environment.

Ochoa felt that she gained a lot of useful



NYC skyscrapers. (Photo courtesy of Bridget Martinez)



(From left to right) Nicolette Chingofor (junior, Communication Studies), KCSS Promotions Director, Bridget Martinez (junior, Communication Studies), KCSS Music Director, Austin Mantarro Moore (senior, Communication Studies), KCSS Station Manager, Kathleen Ochoa (senior, Communication Studies.) (Courtesy of Nicolette Chingofor)

information that she could bring back to the office in order to make KCSS even better.

“I learned a lot of creative ways I can promote KCSS, especially from the radio session. From some of the other sessions I attended, I was able to learn a lot about myself and how to manage in a professional environment. So, some of the things I learned will not only apply to my work at KCSS but also in my future career,” Ochoa said.



(From left to right) KCSS Music Director, Austin Mantarro Moore (senior, Communication Studies), KCSS Promotions Director, Bridget Martinez (junior, Communication Studies), KCSS Station Manager, Kathleen Ochoa (senior, Communication Studies) in front of the Patch logo. (Photo courtesy of a National Convention member from New Jersey)

As for Chingofor, what she grasped from the convention were many things that she feels she can incorporate into KCSS while she is the station manager.

“Moreover, I learned how to build a dream team, which is something that I will bring back to the station since I learned recruitment, retention and training strategies. The last bit of information that I will be bringing back to the station is information on graduate schools and our options,” Chingofor said.

Chingofor added that personality types were the prominent feature of the sessions she attended. “Therefore, I think it is important for us to keep that in mind at KCSS and remain open-minded,” Chingofor said.

Although the spring convention is done, there will be another convention held by the



College Media Association coming in the fall.

The KCSS staff members had reasons as to why they would come back for another opportunity to go to National College Media Convention with their heads held high, ready to learn more.

“I would love to come back just to learn more. There were so many sessions going on, and I hated that I couldn’t make them all. If I were able to attend again I would really like to see how some of the content of the conference changes and see all of the new cool things people are exploring in college media,” Ochoa added.

Apart from the convention itself, New York had a lot of things to offer for KCSS



Courtesy by Bridget Martinez, KCSS Music Director

members, such as the towering buildings, the constant flow of people walking through Times Square and the delicious food. Each staff member that attended this convention had one thing from the whole trip that stood out to them as their favorite.

“My favorite thing about NYC is that it is on the East Coast. Since I was born in Boston, whenever I go anywhere in the east coast, especially NY, it reminds me of home. Also I love the art, fashion, and food,” Chingofor said.



Joe's Pizza's pizza. ( Photo courtesy of Bridget Martinez)

For Ochoa, it was a mix of the food and the magical city of New York itself.

“One of my favorite things about NYC (aside from the food, which was amazing) was how active it is. There was so much going on and a ton of things to sightsee,” Ochoa said.

New York City is a place where people go to dream and as for KCSS, it was a place to learn more about college media as a whole and to bring back useful information that, not only the staff can benefit from but Stan State and its community as well.

For more information about KCSS, the Valley's true alternative radio station, visit their website or follow them on social media.

# Protecting Net Neutrality For Education



by Noor Miqbel

In Dec. 2017, net neutrality was voted to be dismantled by the Federal Communications Commission (FCC). This means that the free and open internet is in danger of becoming restricted. However, California in the last year has passed two Senate Bills (SB), SB 822 and SB 460, to save net neutrality.

California State Senator Scott Wiener (D-San Francisco) introduced SB 822 at the beginning of March and hopes to integrate the ideas of the bill with the SB 490 authored by Senator Kevin De Leon (D-Los Angeles) about protecting net neutrality in California. Some states have already barred state agencies from using broadband providers that do not practice the net neutrality principles.

De Leon, President, Pro Tempore of the California State Senate, authored SB 460 back in Feb. 2017 to protect the freedom and rights of American people.

“It doesn’t matter what political party you come from, you deserve unfeathered access to the internet. I believe it’s a right for all Americans,” De Leon said “I don’t believe that a service provider should be able to throttle or speed up or slow down the content of information that’s available on the internet. I believe that increasingly Americans rely on the internet for work, for education, for academic resources and for knowledge.”

College students rely on the internet for research, online classes and other school-related work. The repeal of net neutrality can change the way the internet is used nationwide. There is expected to be changing costs of internet connections, controlling the speed of traffic for consumers and charging Internet Service Providers (ISPs) more if they are streaming services like Netflix, Hulu, Amazon.

Zachary Dishman (sophomore, Communication Studies) relies on the internet for almost everything, and with the accessibility of modern technology being on the internet is constant.

“Technically, I’m always using the internet for something. Not to mention every chance at downtime I get I look at my phone. It’s constant,” Dishman said.

While culture influences the use of the internet, there is no denying that the internet is critical to many aspects of people’s lives. The internet is used for business, education, health and other aspects. As we advance in these fields the internet plays a critical role in maintaining the function of these entities.

Alyson Skardoutos (senior, Liberal Studies) uses the internet to seek answers for school work. She expects the internet to be something she will use heavily when she becomes a teacher.

“I rely on the Internet a lot for school. Sometimes I have to use YouTube and websites to teach me something,” Skardoutos said.

Trevor Duarte (senior, Sociology) feels like having access to the

internet is now an expectation in school, without it, a student can’t really be part of the class.

“With most homework being online I feel like relying on the internet is a big part of academics now,” Duarte said.

While the internet is important for education, many different industries use the internet to maintain businesses and provide services to consumers.

Araceli Torres, an Estimating Coordinator at Collins Electrical Company in Stockton, Calif., emphasizes how the Internet is crucial to the construction industry.

“We use the internet for everything. We send out bids for projects, download building designs, and specs, we connect with other companies throughout California with the internet,” Torres said.

If net neutrality ceases to exist, the systems that rely on free and equal access to the internet will face many obstacles.

Dr. John Sarraille, a professor of Computer Science, expects that cost will be a major factor for publicly-funded colleges. He described some of the current struggles that Stan State is going through and

how the same issues could occur if the telecommunications companies start to raise prices for better quality or priority on websites.

“There are certain materials our library doesn’t get for us because they are too expensive and they can’t afford to make those things available even though we would like to have them. If net neutrality goes away I think we can find similar things would start happening with education, there would be certain educational loads, materials and ways of using networks that would become prohibited by the expenses and would probably have to substitute other methods that aren’t as effective,” Dr. Sarraille said

Dishman expressed his concerns over the rising prices and also why these companies take advantage of their consumers.

“If you pay \$80 a month on a phone plan for data that expires after two days of use and you’re left with some bullshit connection that can’t even load an Instagram picture, what good is that? That’s not a system that’s designed for the people at all,” Dishman said.

Samantha Duarte (freshman, Psychology) says that if these telecommunications companies offered prices that are affordable and similar then there would be more equality for consumers.

“I feel like all internet companies are in competition, so if we had equal prices they wouldn’t be in competition and all companies would be at the same rates,” Duarte said.

Many states are trying to keep net neutrality by passing Senate bills and executive orders, but they risk the chance of legal issues with the FCC. So far, Washington State, California, Hawaii, Montana and New York have made efforts in legislation to continue using the internet under net neutrality principles. ■

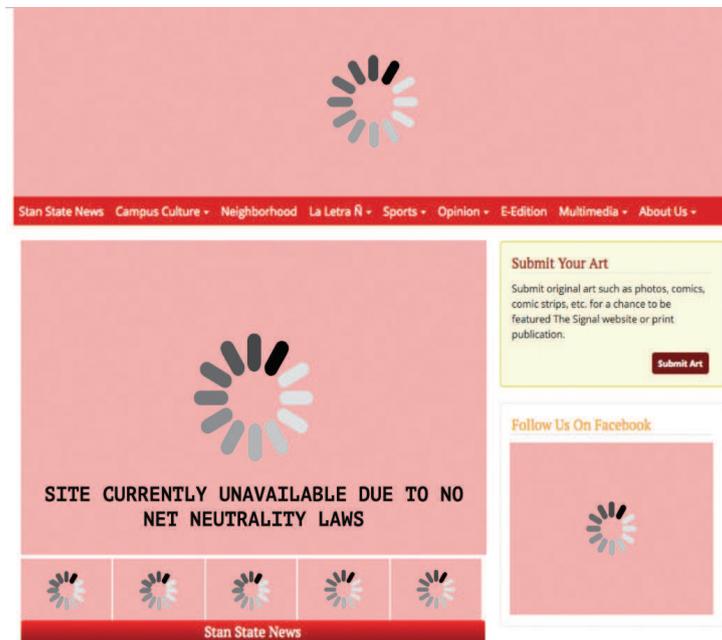


Illustration by Maggie Lunt

# Self-Care and You



by Juan Ruiz-Olguin

Life as a college student is never an easy task when one has to balance school, social life, work, family issues and any other miscellaneous situation that could pop up.

Too often, however, college students forget to take care of themselves, whether it be mental or physical health, due to the mayhem in their lives.

## Mental Health

According to the Student Health 101 Magazine, social support helps people feel less stressed, boosts physical health and “helps protect us from depression and anxiety.”

Dr. Daniel Berkow, Director of Psychological Counseling Services at Stan State, recommended one thing students could do would be to “prioritize what the most important things are to get done, have a schedule and know when it’s okay to say no.”

“Sometimes it’s okay to say no to something because you need to make time for the things that are the most important,” Dr. Berkow added.

Dr. Berkow then said that balancing work and time for yourself is also important. Find “some kind of balance where you get to let down, you get to destress and you get to sleep. Those are all important things and when those start to go, people’s performances aren’t their best.”

Harman Kaur (junior, Psychology) also thinks that time for yourself is important.

“I try to have at least one day just to myself to relax and not really do much because throughout the week I’m always doing something,” Kaur said, adding that making time for oneself, sleeping, eating enough and spending time with friends can be good for mental health.

Liz Parchen (senior, Kinesiology) tries her best to focus on a structured schedule for her daily routine.

“Not necessarily a strict routine everyday, but I try to keep myself busy everyday in order to not let my anxiety take control of me or let those thoughts bleed in,” Parchen said.

One thing that Georgina Salgado (junior, Psychology) did to take care of herself was ask for help.

“I know mental health issues are still so stigmatized that people refuse to acknowledge that they need help or even that something is wrong. I go to the doctor when my anxiety is really high and they’ve always found ways to take care of me,” Salgado said.

Salgado added that another thing that really helped her in the process of self-care was being taught organizational skills from her mentor.

“She taught me how to organize myself, and so I procrastinate less. I set up a weekly schedule and I follow it exactly as it’s written,

and in that schedule I included time for myself, whether it’s getting my nails done, going shopping, working on a hobby, etc. I also find hobbies that are therapeutic because life’s not perfect and we need an outlet. I started painting and writing poetry,” she added.

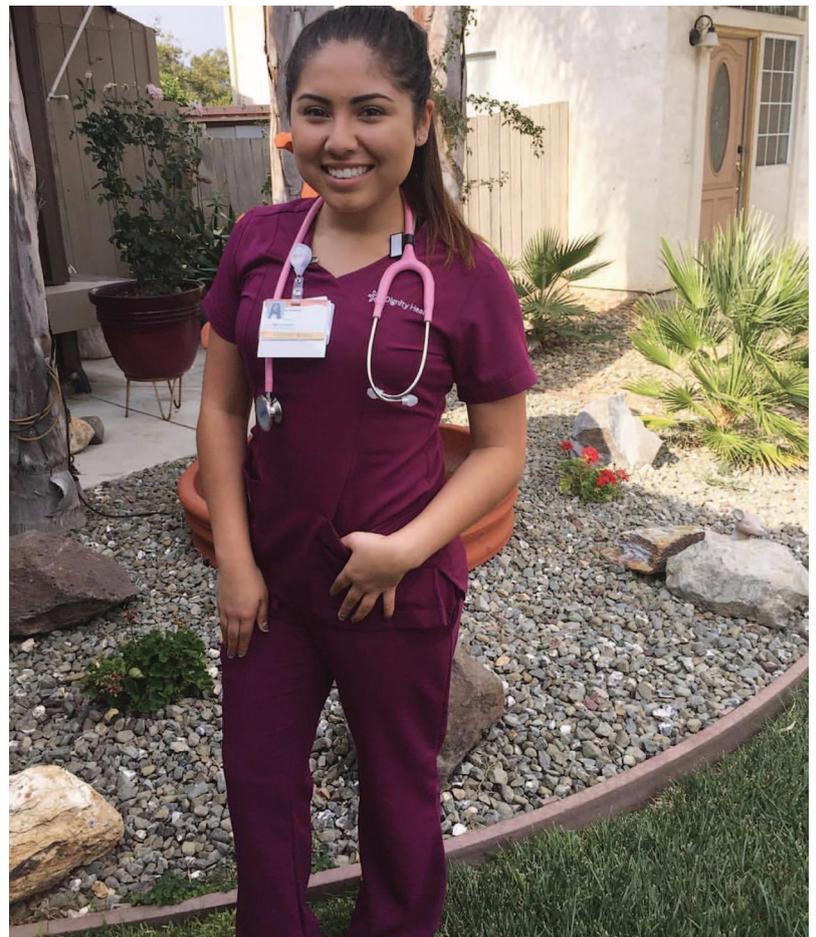
## Mental Healthcare Tips for Students

Although students can do as many face masks as they want, sometimes asking for help is the best option.

“If you’re getting too stressed out or too depressed or too anxious, those are signs to talk to a counselor. Counseling is free to students who are enrolled, so that’s another tip too. We’re here for you, we want to help you do well. We want to help you find a balance and keep your mood positive, your outlook positive, your feeling about yourself positive,” Dr. Berkow said.

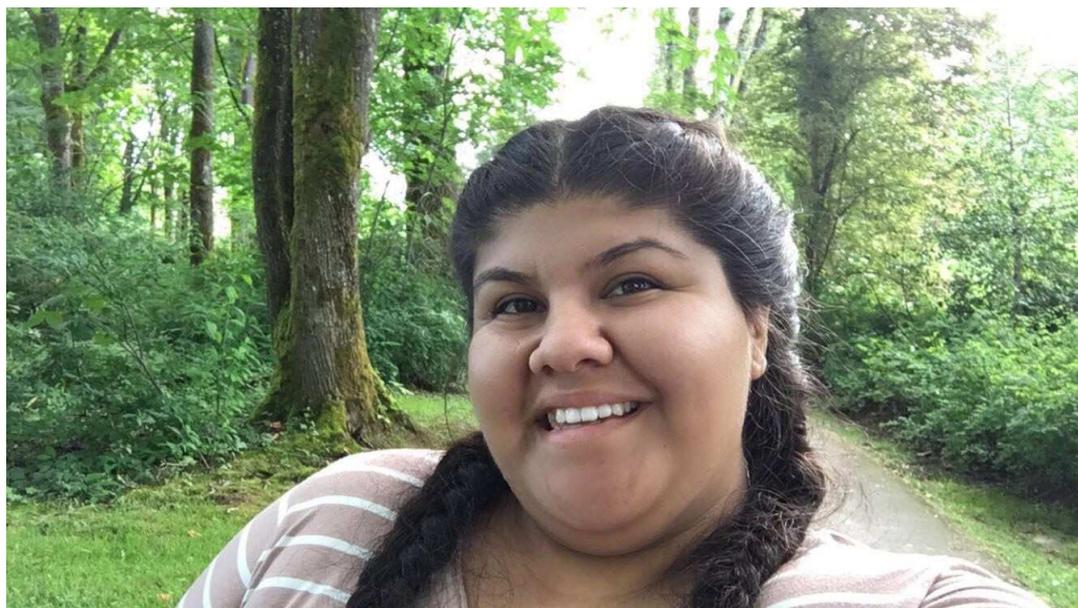
Speaking from experience, Parchen also thought that asking for help is something that is an important option for students.

“Don’t be afraid to speak out if you need help. I can’t stress that enough. It took me over three years to speak out because I was afraid



Lucero Ambriz (senior, Nursing), a student-nurse extern. (Photo courtesy of Lucero Ambriz)

people would think of me as weak or judge me, but I found out how many people struggle with the same things, and it helps build friendships and community. Get a coloring book, go on a drive and just live,” Parchen said.



Georgina Salgado (junior, Psychology) going on a walk to destress. (Photo Courtesy of Georgina Salgado)

Along with the thought that asking for help was important, Salgado also thought that alone time for yourself is important.

“I would definitely tell students to muster up the courage to ask for help. I know it’s easier said than done, trust me, but it’s rewarding. I would also say to save time for yourself at least once a week, and I don’t mean grabbing food with a friend or anything like that. I mean time just for yourself by yourself,” Salgado said.

She added that standing up for yourself while trying to attain mental health can be important enough to either tell them how you feel or

ing healthy there are many factors that come into play, such as socio-economic statuses.

When it comes to taking care of herself, Roberts said, “Luckily I have other things in my life that have enabled me to be healthy. I try to eat healthy, I try not to eat too much, I try to be moderate. I get enough rest.”

Selene Millan (senior, Kinesiology), a Peer Health Educator at Stan State, said that she likes to do things that help her forget about school for a while.

“I do so by exercising and turning up my favorite songs, going out with my family and having some alone time to meditate. This allows me to center myself, feel balanced and rejuvenated,” Millan said.

### Physical Healthcare Tips for Students

When it comes to being sick, Ambriz advises that students “Get rest, drink a lot of water and fluids that have electrolytes like Gatorade or Pedialyte. Try not to expose yourself too much to others who are sick, don’t share anything with anyone else like drinks, a lot of people do that and eat foods that are healthy for you and that are really dense in nutrients and calories in order to make up for them not

**“Don’t be afraid to speak out if you need help. I can’t stress that enough. It took me over three years to speak out because I was afraid people would think of me as weak or judge me, but I found out how many people struggle with the same things, and it helps build friendships and community. Get a coloring book, go on a drive and just live,” Parchen said.**

eventually “remove them from the equation.”

“You’re far too important to let people affect you in that way,” Salgado said.

### Physical Health

Along with mental health, taking care of yourself physically is just as important for a college student.

Lucero Ambriz (senior, Nursing), a student-nurse extern, has experience in the medical field and knows how to best care for her physical health.

“Get rest, but as a college student, you can only do so much, so I time manage in order to get my rest in and I eat foods that are not too high in sugar and fat in order to help me feel good in general,” Ambriz said.

Laura Roberts, a Registered Nurse, said that when it comes to liv-

ing all day.”

Ambriz said that illnesses spread because people “don’t wash their hands, they don’t drink enough fluids, water specifically, and they cough into their hands instead of coughing into their elbows.”

Millan said using the resources on campus, like the Student Recreation Complex (SRC), or Psychological Counseling Services is a good tip for trying to take care of yourself.

“Some other tips are to write out your thoughts/stresses, try to get a good night’s sleep every night or even take simple steps like drinking plenty of water every day. Water helps you feel less fatigued and more energized,” Millan said.

In terms of self-care overall, Roberts said that for more tips and advice, students can go to the Student Health101 online magazine.

“It talks about things that you could do to exercise, to feel empowered, emotional wellness, your nutrition, a lot of resources on the specifics,” Roberts said. ■



Illustration by Margaret Lunt.

# Stanislaus Sheriff's Mounted Unit



by Kimberly Fischer

*In 1972, the Stanislaus Sheriff's Department became one in 14 departments in California to have a mounted unit.*

## The Stanislaus Sheriff's Mounted Unit

Mounted units are a specialty assignment, like the dive team, K-9 unit or bomb squad. Some of the duties of a mounted unit include crowd control, demonstrations such as parades and, in some cases, patrol.

Mounted unit Sergeant Hector Longoria has been riding with the Mounted Unit since 1994. Throughout his time on the Mounted Unit, Sergeant Longoria has found that mounted officers are ideal in crowd control situations.

"FBI statistics say that one officer on horseback in a crowd control situation replaces about 12 men, so they are ideal for crowd control situations," Sergeant Longoria said.

In addition to public relation events, the Stanislaus Mounted Unit is a working unit. "We will ride in parades, but we are also a working mounted unit, so we do law enforcement on horseback," he said.

He also said that "Our primary role is law enforcement on horseback, there is a variety of different details. We work our fair, there was a local event called X-Fest in Modesto, it was a big music festival where 25,000 to 30,000 people would come in to a 10-square



Mounted Unit truck and trailer. (Signal Photo/Andrew Cabrera)

block in downtown Modesto. We worked that event for many years.”

Currently, there are 16 qualified horse and rider teams serving on the Mounted Unit in addition to their regular work-week jobs.

“Everyone of us has a full-time job, so this is a collateral assignment for us. We have our regular 40-hour-a-week job. I am currently a patrol shift supervisor,” Sergeant Longoria said. “Anytime we work on horseback we are working on our days off or overtime.”

The Stanislaus Sheriff’s Mounted Unit is very proud to be one of the 14 units in California. “We have a long-standing reputation for being one of the best mounted units in the state,” Sergeant Longoria added.

### The Stanislaus Sheriff’s Posse

In 1972, when the idea of the Mounted Unit was presented to the sheriff, the idea was greenlit; however, due to a strict budget, the deputies that were interested in participating had to find a different way to fund the unit.

This led to the creation of the Stanislaus Sheriff’s Posse, a 501c3

not-for-profit group, that fundraised to gain funds to support the Mounted Unit as well as do outreach programs.

The Posse has not only raised money to fund the Mounted Unit, but it has also helped local groups when they are in need of funds.

“Since 1973 the sheriff’s posse has given over \$1 million to other organizations like 4-H, FFA and youth athletic teams,” Sergeant Longoria said.

However, thanks to current Stanislaus Sheriff Adam Christianson this is the first year that the Mounted Unit hasn’t had to rely on the funds from the Posse.

“He was the first sheriff to actually give us a working budget out of his general funds, he allocated money to the Mounted Unit to fund our operations,” Sergeant Longoria added. “The next sheriff might revert back to the old way, and we will have to fall back to the Posse for funding for the Mounted Unit.”

### Becoming a Mounted Unit Member

The movements of the Mounted Unit fall in line with the mili



Desensitizing the horses to Silly String at a training day. (Signal Photo/Andrew Cabrera)



Sergeant Hannula's partner, Apollo. (Signal Photo/Andrew Cabrera)

tary calvary style movements, marching is key.

"When we move, we move in teams of two or a column of troopers. How we train here is how we work on the street," Sergeant Longoria said.

Qualifications depend on the skill of the rider and the behavior of the horse. Sergeant Longoria explained that the team had a saying, "You can put a seasoned rider on a green horse and they will do okay, you can put a green rider on a seasoned horse and they will do okay, but when you match green on green you get black and blue."

He added that riders without any experience have been able



Desensitizing the horses to a colorful tarp. (Signal Photo/Andrew Cabrera)





by Sarah George

# Farmers from the Valley and Their Stories

Central Valley, California, is a food lovers' dream. For people who have grown up here, it's easy to take for granted the access that individuals may have to food in the Central Valley. Taking a moment to get to know your farmer is an easy way to say thank you to the people who grew your food.

According to the United States Department of Agriculture (USDA), more consumers want to know exactly where

their food comes from. Local farmers markets, like the one in Modesto, is a good place to find out.

The vendors at the Modesto Farmers Market not only play a role in growing and producing food, but they have some unique stories to tell as well.

Arijaan Bulk is representing Oakdale Cheese at the Farmers Market in Modesto, and her story involves how her family started the company.



Arijaan Bulk representing Oakdale Cheese at the Modesto Farmers Market. (Signal Photo/Sarah George)



Kassandra Mercado from Montebello Farms at the Modesto Farmers Market. (Signal Photo/Sarah George)



Rainbow carrots at the Modesto Farmers market. (Signal Photo/Sarah George)



Farm fresh flowers at the Modesto Farmers Market. (Signal Photo/Sarah George)

“My parents immigrated from the Netherlands, and they really missed that good Dutch cheese, so they started making it here in California. It’s the American Dream,” Bulk said.

Kassandra Mercado is running the vegetable stand for her family’s farm, Montebello Farms, and talked about what is so unique about their farm.

“It’s called Montebello Farms because that means beautiful mountain in spanish, and near where we farm there are lots of beautiful hills. The whole opera-

tion is run entirely by family, all the way down to the workers,” Mercado said.

Mercado also talked about the rainbow chard that her family grows, saying that “It’s the most versatile green, you can sauté it or even put it in your smoothies.”

She likes hers sautéed in the basil olive oil that she buys from the Farmers Market.

Andrew Kelly, owner and founder of Wanderoast, a local coffee roasting company, talked about what makes their coffee so unique.



Andrew Kelly, owner and founder of Wanderoast, a local coffee roasting company, at the Modesto Farmers Market. (Signal Photo/Sarah George)



Kristi Miller representing the Kelly Flower Farm stand at the Modesto Farmers Market. (Signal Photo/Sarah George)

“We don’t over roast your beans like most other coffee roasters. I like to compare it to steak, most other places will roast beans until they’re well done, but we roast our coffee to about a medium rare,” Kelly said.

Kelly also explained how Wanderoast is helping the environment. “We use electric roasting technology which produces 90 percent less emissions than

traditional roasting,” he said.

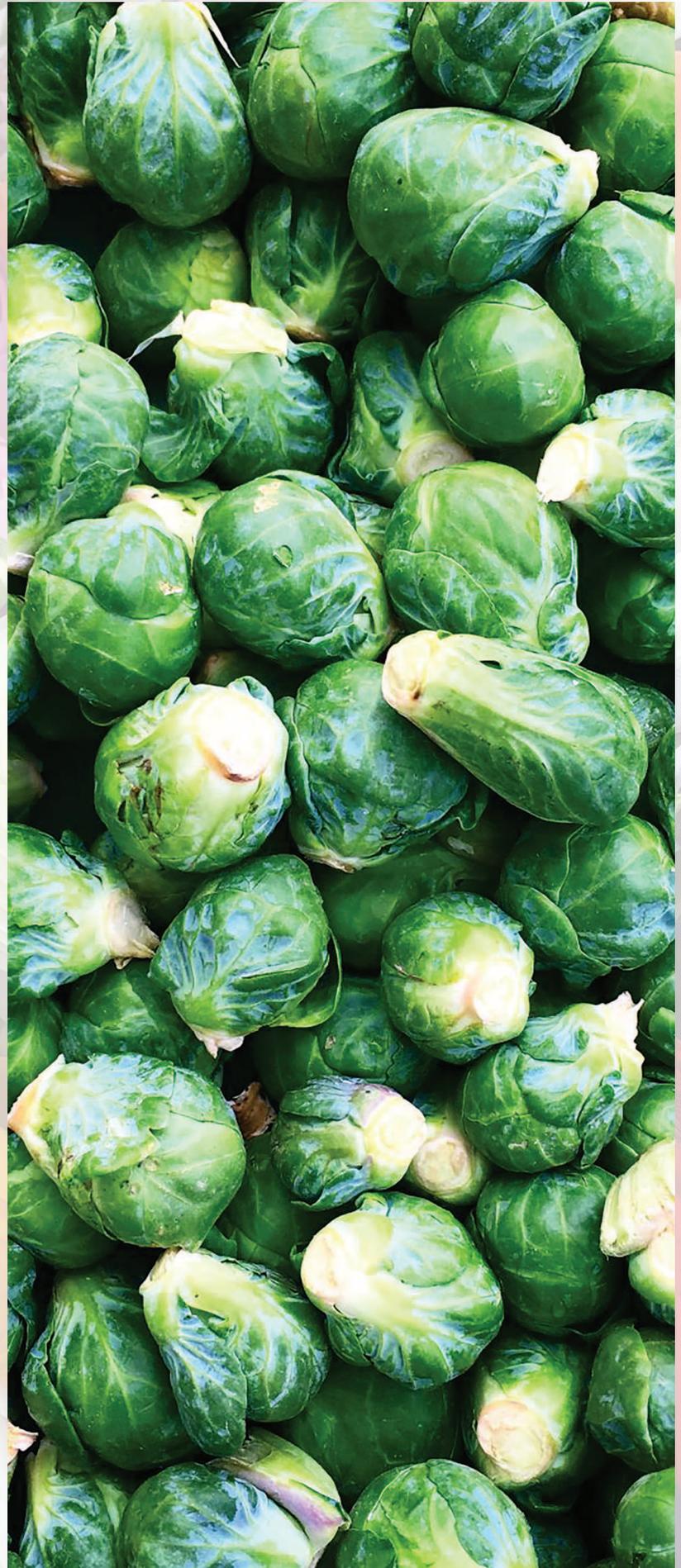
Kim Lee works at the Lemon Up juice bar at the Farmers Market and shared what makes their lemonade so special.

“All of our products are fresh squeezed, made to order, and you can tell the difference,” Lee said.

She added that some of the ways that Lemon Up is giving back to the community is by partnering with Haven Women’s



Kim Lee from the Lemon Up juice bar stand at the Modesto Farmers Market. (Signal Photo/Sarah George)



Farm fresh brussels sprouts found at the Modesto Farmers Market. (Signal Photo/Sarah George)



Enjoying freshly made cucumber mint lemonade. (Signal Photo/Sarah George.)



Fresh oranges found at the Modesto Farmers Market. (Signal Photo/Sarah George)

Center as their local charity of choice. When a customer purchases a strawberry lemonade this season, Lemon Up will donate \$2 to Haven Women's Center.

"They are really great at helping kids and women, and most of their income goes to those in need," Lee said.

Renee Valentine is representing Murphy's Mustard, who has had a booth at the Farmers Market for over six years.

"My favorite mustard is the Miner's, its sweet with a little

heat at the end," Valentine said.

Kristi Miller is running the Kelly Flower Farm stand for her sister. She talked about her favorite types of flowers saying that "My favorite flower is the hot-pink Ranunculus."

The next Modesto Farmers Market is on Apr. 12 from 8 a.m. to 1 p.m., according to the Modesto Certified Farmers' Market webpage. The market will be located on 16th Street between H Street and I Street, near the Stanislaus County Library in downtown Modesto. ■



Renee Valentine representing Murphy's Mustard at the Modesto Farmers Market. (Signal Photo/Sarah George)



Homemade Murphys Mustard from the Modesto Farmers Market. (Signal Photo/Sarah George)

# A Journey to Graduation

by Contributing Writer Melanie Sargony

With graduation around the corner, students are learning firsthand the lengthy and difficult process of graduation. With the help from Stan State students and faculty who provide advice and guidance to help make the process of graduation smoother for our next set of graduates.

Graduating from high school was as simple as passing required classes and purchasing a cap and gown. Coming into the collegiate life has left some lower division students unaware of the steps it takes in order to graduate on time.

Sarah Younen (sophomore, Liberal Studies), who is an example of lower division students and their knowledge for graduating.



Joslyn Hillberg graduating from Stan State during the May 2017 Commencement Ceremony.

“How can I start preparing for the steps I need to reach for graduation at the stage I currently am at today in school?” Younen said. The concerns of Stan State’s future graduates is the lack of information presented earlier in their education for the cost and requirements for graduation and the commencement ceremony.

Stan State has the pricing of graduation set up within the school’s website. Despite the available information, not everyone is aware of the true cost of graduation “I believed that our cost for the graduation application would range within twenty dollars,” Younen said.

Tania J. Gonzalez-Castro (senior, Business) revealed that her application was in fact \$60, which is the fee only for the diploma. However, as stated on the back of the form, the commencement ceremony, which is a volunteer act, which has a separate cost of \$49.98 for your cap, gown, and tassel.

The procedure for graduation has a few steps that “starts by coming into the Admissions Office in the MSR

building and ask the front desk for a graduation application. When you get your application ask the front desk question about the process and the next step which can take up to ten weeks to go through the entire evaluation process” said Jeanine Lucas, an evaluator of our graduation applications.

This is a lengthy process that students should be aware of, and be prepared to stay on top of.

“I had to obtain five signatures from my academic advisor, then the chair of the department of my major(s), my own signature, and finally from the evaluator,” says Gonzalez-Castro. Knowing the lengthy evaluation process and the different signatures needed, the next set of Stan State graduates are set up to glide through this process. Which, should be started once a student has reached ninety units and is starting their (intended) second to last semester of school.

Like Gonzalez-Castro and Lucas the application evaluator said, the process takes time and you do not want to be stressed in your last few weeks of school trying obtain all the evaluations required to receive your diploma.

“Networking is key. Make all the connections you can while you’re still in college, that person sitting next to you might become a recruiter some day and get you a job. A big one is that after you graduate nobody is there to hold your hand. Deadlines and projects become a matter of you losing your job or getting a raise so you must take your career seriously” said Veronica Seryani, a graduate student of the CSU system from CSUSJ, has an advice for the final step of graduation, which is entering the real world after college.

With years spent studying and fine tuning your education graduation is going to be a milestone, and one worth ensuring that you keep up with deadlines, always ask the admissions office questions, and utilize your major advisors who are there to guide you through the process of graduating on time.

“The feeling I got when I walked off that stage was like a burden was being lifted off of me, it felt nice. If you can afford it I would definitely do it.” According to Seryani, the commencement ceremony is a moment worth every cost, it is a celebration of our hard work and dedication to our education. ■

## Graduation special ad deal

Celebrate your accomplishments and say thank you to all those who helped you make it to graduation day!



### What to submit

- A high resolution photo
- 140 character message

Contact Isabel Tardif at [itardif@csustan.edu](mailto:itardif@csustan.edu) for more information

### Submit to

[itardif@csustan.edu](mailto:itardif@csustan.edu) by

5/1/18

1/4 page

Cost: \$30



# Ending the Abuse for Victims of Domestic and Dating Violence



by Nicole Dunlap

Many students have never imagined being victims of domestic violence. For some students though domestic and dating abuse is their reality. Stan State and the local community have resources to provide support for victims of these situations.

## Stopping and Preventing the Violence

Domestic violence is abusive behavior enacted to gain power and control over an intimate partner. According to the Stan State security report, there was a total of one incident of dating violence, two incidents of domestic violence and three stalking incidents reported in 2015, as well as 2016. Zero cases of dating violence, domestic violence and stalking were reported in 2014. However, this number may not reflect the actual number of cases that have occurred in the instance where a case was not reported to the authorities at all.

Abuse can take many forms. Some forms of abuse may include, but are not limited to, physical abuse, verbal abuse, mental abuse, emotional abuse, sexual abuse, economic abuse and isolation.

At Stan State, Julie Johnson, the Title IX Coordinator and Discrimination, Harassment and Retaliation Administrator, has been tasked with handling domestic violence situations among students and is passionate about ending the cycle of violence.

“Domestic Violence can take many forms from threats and emotional harm. Usually, there’s a power and control component. It

can also include economic control and family isolation. There’s usually a graduation of domestic violence up to and including homicide,” Johnson said.

Although violence in a relationship can seem unpredictable, especially in the honeymoon stage, there are some signs to be aware ahead of time.

Stan State also has a victim’s advocate, Miriam Moreno, who helps students deal with trauma and identify characteristics of domestic violence.

“Some signs of a relationship that will potentially have domestic violence is if you are moving too fast, or if your partner is judgmental of who you hang out with. The biggest red flag is isolation,” Moreno said.

## Signs to Look for in Friends

Students who are concerned that someone they know may be dealing with domestic

violence, there are some warning signs to keep an eye out for.

“Some signs to look for are if they have bruises with different excuses of where they got them from, or if you see they are intimidated by their partner,” Moreno said. “Another sign is if they are very fearful of their partner. For example, you may ask your friend to stay late and study and they say they can’t because their partner is waiting for them, and they seem fearful.”

Dr. Daniel Berkow, Director of Psychological Counseling Services at Stan State, said there are behavioral signs to notice if someone is being abused.

“There are obvious physical signs such as black eyes and bruises. The person may seem more nervous, shaky, depressed, not enjoying life, apprehensive, worried about what their partner would say or has withdrawn from friends,” Dr. Berkow said.



A sign found within the Valley Crisis Center. (Signal Photo/Nicole Dunlap)

## Reporting the Abuse

When a student is in a domestic violence situation, they have the option to contact the University Police Department (UPD). Sometimes UPD is called while the violence is taking place. UPD Sergeant Cheri Silveira described how to handle this situation as an officer.

First, according to Silveira, you have to stop the situation and make it safe (check for weapons, etc.), then detain the parties, and then interview the people and determine what was happening. If a crime was committed, an arrest will be made. If injuries are found, American Medical Response (AMR) will be called.

The student has a right to get an Emergency Protective Order (EPO) if a crime has been committed or if they feel unsafe.

“After interviews, we determine if a crime has been committed. If so, we are required to make an arrest. We ask the victim if they would like an Emergency Protective Order (five day restraining order). If so, we have to call the on-call judge and get approval. This EPO is designed to give the person time to go apply for a temporary restraining order that lasts longer. A report is then written and it is sent to the DA’s office for review of prosecution,” Silveira said.

Domestic violence cases on campus are referred to the Title IX Office. This office helps in providing assistance to those who are involved with domestic violence on or off campus when it relates to a Stan State student.

“We provide students the Notice of Rights and Options, which provides on and off campus resources including their right to accommodations,” Johnson said. “Our complaint process is open to third parties. I have had community members bring forward complaints about a student’s conduct. We will remind the student about the Student Code of Conduct.”

As Stan State’s lead victim’s advocate, Moreno assists students through the process

of obtaining resources if they have experienced abuse of any form. These resources may include the Title IX Office, the Health Center, UPD or resources located off campus. Meeting with Moreno is completely confidential.

“I don’t want to push the client to do something that is not safe for them. I’m here to empower them and let them know they’re not alone,” Moreno said.

In addition to having a victim’s advocate on campus, Stan State also has Yajaira Ojeda, an educator at Haven Women’s Center and ally of the Stand Together Club on campus.

“My role is to bring awareness on sexual and domestic violence and implement prevention strategies,” Ojeda said.

Part of Ojeda’s work with Stand Together is to assess the needs of the campus and work to provide those needs. For example, Stand Together has been influential in the push to provide better lighting on campus to increase the safety and security of students at Stan State.

## Psychological Healing Through Counseling

Psychological Counseling Services at Stan State helps students in these situations regardless if they choose to report the violence or not. Some of their services include counseling for students, crisis assistance, couples counseling, (if both parties are students,) and workshops.

“We see a lot of students dealing with emotional violence. It’s important that we listen. The counselor is there to help them,” Dr. Berkow said. “The student has control of how much they want to say. We want to clarify how urgent it is and how safe they are., we need to know them as an individual to know how safe they are and what type of violence they are experiencing.”

He added that domestic violence can also be harmful to a victim’s self-esteem. “Feeling of their own self-worth gets torn down. It’s important in counseling to help them find their strength,” Dr. Berkow said.

Psychological counseling can help student victims navigate through the healing



Haven Women’s Center Educator Yajaira Ojeda working. (Signal Photo/ Nicole Dunlap)

process when a tough decision has to be made regarding the procession of the relationship.

“[Students] have to make difficult decisions, and that’s where counseling comes in to help make them. That’s our primary role,” Dr. Berkow said.

Student safety is a number one priority at Stan State. All resources available are strictly confidential until the victim chooses to take action. Dr. Berkow said he would be required to gain a release that the person wishes to contact the authorities to report the abuse.

“If I call, I am violating confidentiality and trust if they didn’t want me to. I’m possibly creating a situation where they won’t return for counseling,” Dr. Berkow said.

### Local Resources

Haven Women’s Center of Stanislaus County has locations in Turlock and Modesto. As of July 2016, the center has helped 2,591 domestic violence and sexual assault survivors. Joshua Palmer is the lead at the Turlock Haven Women’s Center and handles the supervision of services.

The center offers support groups on Tuesdays from 9 a.m. to 11 a.m. They also offer one-on-one peer counseling and assistance with restraining orders. Haven is planning to provide more resources to reach the community.

“We want to reach communities that we haven’t been able to reach. We want to branch out and reach those communities to provide a safe place. We want to reach people that don’t have transportation and homeless communities. We want to share that we are here,” Palmer said.

Though their name is Haven Women’s Center, Palmer said their services are available to women and men in need of assistance.

The Valley Crisis Center (VCC) in Merced also provides resources for local women dealing with domestic violence. Some of their services include peer counseling, le-



More artwork found within the Stanislaus Family Justice Center. (Signal Photo/ Nicole Dunlap)

gal services and support groups. They also have a 24-hour hotline that is answered by a trained advocate. Chee Yang is the Program Director at the Valley Crisis Center. She explained how the crisis center handles emergency situations.

“In a crisis call we would advise them not to go to a restroom or a kitchen. In the restroom they are stuck, and in a kitchen there are things that can be used as weapons. We ask them how safe they are, and depending on that, we may call 9-1-1. It depends on what the individual wants,” Yang said.

If the victim needs a place to stay, the Valley Crisis Center will provide temporary housing in their safehouse.

“Our safe houses are for emergency purposes. If they’re in an emergency situation where they need to get out, we would make a safety plan with them,” Yang said. “We meet them in a public place ideally and place them in a safe house.”

The safe houses are not limited to the victims only. The victim’s children are also allowed to stay with the victim at the safehouse.

“We house men and women as well as their kids or their mother-in-law. They could also be a victim of secondary trauma,” Yang said.

The Valley Crisis Center accepts donations from community members, which helps provide their clients with whatever they are in need of. “We also work with a lot of community partners. Every other week we get pizza from Little Caesars that we can give out,” Yang said.

The Valley Crisis Center also helps victims of sexual assault. They accept donations for items for Sexual Assault Response Team (SART) kits.

“We are collecting donations for SART kits: deodorant, mouthwash, toothbrush, toothpaste, change of clothes, shampoos, socks, flip flops,” Yang said. Sexual assault examination may last five to six hours, she added. “It’s really difficult for the victims.”

Victims of sexual assault in the Merced area now have a place to get examinations locally. “Sutter memorial in Los Banos has created a space for us to support victims to get sexual assault examinations. Merced



Staff at the Valley Crisis Center in front of their sign in Merced. (Signal Photo/ Nicole Dunlap)

County does not have a center for examinations. We had to go to Modesto, so now we have somewhere to go,” Yang said.

### **The Valley Crisis Center is Also Fighting Against Sex Trafficking.**

“VCC belongs to a coalition that covers Merced County to Kern County. Merced makes up thirty percent of the coalition’s numbers for sex and labor trafficking,” Yang said. “This area is very agricultural, so things can be happening where law enforcement is not capturing it.”

The Stanislaus County Family Justice Center in Modesto provides several resources to community members. Some of the resources they provide include legal services, mental health services, safety planning, counseling, support groups and more. The Family Justice Center’s goal is to provide as many services as possible all under one roof.

Through December 2017, the Family Justice Center has served 1,999 adults and 5,681 children. Some of the partners on site

include Haven Women’s Center, Behavioral Health and Recovery Services, Community Services Agency, District Attorney, Sheriff’s Office, Without Permission and other programs. Carol Shipley is the Executive Director of the Family Justice Center.

“We help all areas of life. It doesn’t matter, we want to establish long term relationships with clients. Clients choose what service they want,” Shipley said. Family Justice Center helps victims of child abuse from the past and present through the healing process.

Shipley is passionate about helping victims and wants people to pay attention to the signs of abuse. “We have strangulation training, protocol and standardized police forms,” Shipley said.

Some of the signs of strangulation include bruising, scratch marks, abrasions, blood-red eyes, bumps on the head and bleeding in the ear(s). Strangulation is common in domestic violence victims.

### **Helping to Make a Change**

Some perpetrators of domestic violence are aware that what they are doing is wrong. There are ways for them to seek help too.

“We get some people who want support for the perpetrator. We are here to support families as a whole. We don’t do batterer treatment here, but we provide referrals. We can’t force you to seek services,” Yang said.

Counseling is available for students who perpetrate violence and seek help. “Once in a while we have perpetrators of violence. They are questioning themselves, we want to help them also,” Dr. Berkow said. “We want to help them find other ways to deal with anger and the desire to control someone.”

Domestic violence affects both men and women, but the majority are women, According to Johnson. “Title IX tries to remedy those things that disproportionately hurt women, so that women have an equal opportunity to compete for good jobs and eco



Artwork found within the Stanislaus Family Justice Center. (Signal Photo/ Nicole Dunlap)

**Resources Near You**

The following list of resources can be found on Stan State’s website under the “Sexual Violence Prevention and Education” tab:

Campus Title IX Coordinator  
Julie Johnson, Associate Vice President for Human Resources, Equal Opportunity, Compliance  
Mary Stuart Rogers Building, Suite 320  
Email: [jjohnson34@csustan.edu](mailto:jjohnson34@csustan.edu)  
Phone: 209-667-3351  
Monday – Friday, 8 am – 5 pm

Campus Victim & Survivor Advocate  
Miriam Moreno  
Science Bldg, Room 234  
Phone: 209-667-3993

Law Enforcement  
University Police Department  
[www.csustan.edu/UPD](http://www.csustan.edu/UPD)  
(209) 667-3114  
University Police Dispatch and Officers are available 24 hours per day, 365 days per year

**More at Stan State:**

Psychological Counseling Services to schedule an appointment  
Vasche Library Building, Room 185  
(209) 667-3381

**Stanislaus County**

From the Haven Women’s Center Turlock Office’s website

301 Starr Ave.  
Turlock, CA, 95380  
Operation Hours:  
Monday - Thursday  
8:30 am to 4:30 pm  
\*Closed 12 pm to 1 pm  
Friday - Sunday Office Closed  
Main Phone:  
209.664.9131  
24-Hour Crisis Line:  
209-577-5980

“...economic security and stability,” Johnson said.

Sometimes victims choose to confide in their friends when they are in domestic violence situations. Moreno provided insight on how to help a loved one dealing with this.

“Never leave them alone. Always be by their side whether they leave their partner and go back to them over and over. Always be there for them no matter how frustrating it may be. Let them know about the resources on campus,” Moreno said.

People who are involved in



Stanislaus Family Justice Center employees pictured in front of donor tree (left to right) Arlene Hernandez, Eva Ruiz, Jared Carrillo and Carol Shipley. (Signal Photo/ Nicole Dunlap)

domestic violence situations may have learned to minimize the abuse. Friends can be supportive of victims by empowering them to desire better.

“Be understanding. Don’t be blaming or negative towards the person. Be patient. Make them feel you are there for them. Be honest with them. They may have learned to minimize the abuse. It is important for a friend to say you don’t deserve this. You’re worth a relationship

that is not hurtful and not damaging to you. Help them find support,” Dr. Berkow said.

Culture can often play a role in domestic violence as well. Domestic violence is still considered “taboo to be talked about in some communities,” Yang said.

“What we talk about is individual rights. Whatever your friend is telling you, believe them. Don’t victim blame, friends often victim blame,” Yang said, “Support them. Domestic violence is still not very talked about.”

Domestic violence is never the victim’s fault. If you or someone you know is in this type of situation, do not hesitate to contact your local resources.

They are here to help. ■

**From the Haven Women’s Center Modesto Office’s website:**

618 13th Street  
Modesto, CA, 95354  
Operation Hours:  
Monday - Friday  
8:30 am to 4:30 pm  
Saturday & Sunday  
OFFICE CLOSED  
Main Phone:  
209.524.4331  
24-Hour Crisis Line:  
(209) 577-5980

**Stanislaus Family Justice Center**

1625 I St  
Modesto, CA, 95354  
Operation Hours:  
Monday – Friday  
8:30 am to 5:00 pm  
Main Phone:  
(209) 525-5130

**The Valley Crisis Center**

Merced Office:  
1960 P St.  
Merced, CA 95340  
Merced Office Line:  
(209) 725-7900

Los Banos Office:  
545 J St.  
Los Banos, CA 93635

24-Hour Hotline:  
(209) 722-4357



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Here at The Hotline we frequently speak with people who identify as abusive, or who are concerned about behaviors that may be unhealthy.

We treat all callers with dignity and respect, and talk to people with these concerns because we support anyone who wants to take responsibility for his or her actions. Every call from someone who is becoming more aware of their unhealthy behavior is an opportunity to plant a seed for change.

No matter what the situation, our advocates are supportive and remain empathetic.

If you're looking for someone to lend a confidential, impartial ear, our advocates at The Hotline are a great option. They'll listen, withhold judgment and help you begin to address what's going on in your relationship.

If you're questioning your own behavior at all, or if someone else has brought it to your attention, acknowledging it is a step in the right direction. Give us a call today at 1-800-799-SAFE (7233) or chat online with us to start the conversation.

**STAN STATE SPORTS**

**April**

<b>12th</b>	MTRACK vs Stanislaus State Multi Turlock TBD WTRACK vs Stanislaus State Multi Turlock TBD	<b>20th</b>	MTRACK at Mt. SAC Relays Cerritos TBD  WTRACK at Mt. SAC Relays Cerritos TBD  WTN vs TBD PacWest Tournament Surprise, Ariz. TBD  MTRACK at Mt. SAC Relays Cerritos TBD  WTRACK at Mt. SAC Relays Cerritos TBD  BB vs Cal Poly Pomona Turlock 6 p.m.	<b>22nd</b>	WTN vs TBD PacWest Tournament Surprise, Ariz. TBD  BB vs Cal Poly Pomona Turlock Noon	<b>29th</b>	WTRACK at Brutus Hamilton Invite Berkeley TBD  SBALL at Cal State Monterey Bay Seaside Noon
<b>13th</b>	MTRACK vs Stanislaus State Multi Turlock TBD WTRACK vs Stanislaus State Multi Turlock TBD BB at UC San Diego La Jolla 6 p.m. WTRACK at Woody Wilson Invite Davis TBD MTRACK at Woody Wilson Invite Davis TBD SBALL at UC San Diego La Jolla 1 p.m. SBALL at UC San Diego	<b>21st</b>	MTRACK at Bryan Clay Invitational Azusa TBD WTRACK at Beach Invitational Long Beach TBD  WTRACK at Bryan Clay Invitational Azusa TB  MTRACK at Bryan Clay Invitational Azusa TBD WTRACK at Beach Invitational Long Beach TBD  SBALL vs Cal State Dominguez Hills Turlock 6:30 p.m.	<b>23rd</b>	MGOLF at CCAA Championships CCAA Championships Chico 8:00 a.m.	<b>30th</b>	BB at Cal State Dominguez Hills Carson Noon
<b>14th</b>	WTRACK at Woody Wilson Invite Davis TBD MTRACK at Woody Wilson Invite Davis TBD SBALL at UC San Diego La Jolla 11 a.m. BB at UC San Diego La Jolla 1 p.m. SBALL at UC San Diego La Jolla 1:30 p.m. BB at UC San Diego La Jolla 4 p.m.	<b>28th</b>	WTN vs TBD PacWest Tournament Surprise, Ariz. TBD MTRACK at Cal State L.A. Twilight Los Angeles TBD WTRACK at Cal State L.A. Twilight Los Angeles TBD	<b>24th</b>	MGOLF at CCAA Championships CCAA Championships Chico 8:00 a.m.	<b>1st</b>	SBALL at Cal State Monterey Bay Seaside 2:30 p.m.
<b>15th</b>	WTN vs TBD Surprise, Ariz. TBD	<b>27th</b>	BB at Cal State Dominguez Hills Carson 3 p.m. MTRACK at Brutus Hamilton Invite Berkeley TBD	<b>25th</b>	MGOLF at CCAA Championships CCAA Championships Chico 8:00 a.m.	<b>2nd</b>	SBALL at Cal State Dominguez Hills Carson 3 p.m.
<b>18th</b>	WTN vs TBD PacWest Tournament Surprise, Ariz. TBD MTRACK at Cal State L.A. Twilight Los Angeles TBD WTRACK at Cal State L.A. Twilight Los Angeles TBD	<b>26th</b>	WTRACK at Brutus Hamilton Invite Berkeley TBD  SBALL at Cal State Monterey Bay Seaside 1 p.m.  SBALL at Cal State Monterey Bay Seaside 3:30 p.m.	<b>28th</b>	MTRACK at Brutus Hamilton Invite Berkeley TBD	<b>3rd</b>	BB at Cal State Dominguez Hills Carson Noon
<b>19th</b>		<b>29th</b>		<b>1st</b>		<b>4th</b>	

# Married to a Brand



by Andrew Cabrera

Married to a brand can be a dangerous thing, not just for a person's personal well being but also for their wallet. Either making up for lost time or just trying

to stay in fashion, the life of a Hypebeast or sneakerhead is not for everyone. For those that were successful in this hustle, these are their stories.

The common scene in Los Angeles' sneakerhead central is a line that stretches all the way down Fairfax Avenue, filled with people camping in tents for days at a time. For a "Hypebeast" this is a weekly pilgrimage to stay up with the year's hottest trends.

To clarify, a "Hypebeast" according to Han Wang (junior, Business) is a person that "understands how hyped a certain item is, even if they don't enjoy the item, and will get it."

There are two very different groups of people, one is the 'OG sneakerhead.' All they care about is having the shoes that they love and the meaning behind the shoe. The second are the 'hypebeast', most are hypebeast resellers who understand how hyped an item, understand the market, and just get it to sell," Wang said.

For Wang, he considered himself a hybrid of both. A sneakerhead since high school and he is now entering the new age of the hypebeast lifestyle. His story, like many other sneakerheads, started off with him being a younger kid who admired other

people's shoes at school.

Wang has always been into shoes. As a result of his family's income, these shoes were not in reach for him at that time, but after a lot of hints and wishing, his parents surprised him with two pairs of Jordan's. The two pairs cost a total of \$500 "which, at that time, was a lot of money for us. They were the Jordan 4 Fire Red and the Jordan 4 Cements," Wang said. Even though they're a little beat up, Wang still has them because of their meaning.

"I used to wear them every single day to a point where both pair were super beat up. Those are a pair that I'll always keep because those really mean a lot to me," Wang said.

For the average sneakerhead, this mindset of "getting now what they couldn't get back



This is the first pair of Jordan's that my parent had bought me back in 2012, the right shoe is the one that my parent bought me and the left shoe is the re-release that I bought for myself in 2016. They are the Jordan 4 "Cement," Wang said. (Photo Courtesy of Justin Prasad)



This is a collaboration between Supreme & Nike on the Air More Uptempo, aka "Suptempo", released on April 27, 2017, retail for \$190, resell is around \$450 now. (Photo Courtesy of Han Wang)



Original Jordan 18's, part of Christopher Chu's private collection. Considered OG and are highly sought after in the Sneakerhead world. (Photo Courtesy of Christopher Chu)



The hoodie is a collaboration between Supreme & Commes Des Garçons, released on April 13, 2017. Retail for \$168, resell is around \$700 now. The hat is from Supreme Spring/Summer 2016, retail for \$48, resell is around \$80 now. (Photo courtesy of Han Wang)

then” is commonly seen in their stories. Like Wang, Christopher Chu, a pharmacist in Castro Valley, CA, grew up with an eye for fashion but didn’t have the funds to feed his lifestyle.

Similar to other OG sneakerheads, Chu grew up watching Michael Jordan, which was who sparked his desire to buy Jordan’s. “I remember being about 10 when I would watch him play and win his games on TV,” Chu said. A handful of his friends were into shoes but none were fully invested into them as he was. Unlike the online generation of today, Chu would stand in line for just the chance to claim a pair of Jordan’s.

“When it first started, ‘back in the day’ we all had it in store. There was no online back then. I would have to go wait in line really early and sometimes overnight,” Chu said. For a time, he did do a lot of online shopping but “lately I have been winning a lot of raffles. So I’ve been more in store buying,” Chu said

The raffle system for these shoe stores are like any other raffle but for most, if chosen they’ll receive a call on Thursday or Friday stating that they’ve won a pair, and then on Saturday they can pick them up. Winning them means being able to buy them, not given them for free. Chu explained that “your chances of winning increases as a result of the level of customer you are. The higher you spend the easier it is to win a raffle.”

Chu has spent about \$36,000 for how much he has in both his collection and to resell. “Right now, if I were to sell my personal collection I could get at least \$25,000. Just being the shoes in my room,” Chu said.

These raffles and long lines were seen mainly at high-end sneaker stores. People would camp in line, many wearing outfits costing hundreds to thousands of dollars.

After some deadly encounters with sore losers, many shops started to hold their raffles online and through apps such as GOAT, Foot Locker, and Foot Action. As a result, the age of the OG sneakerheads slowly died out and the Hypebeast was created. Having the ability to be in multiple places and raffles at once, this let the Hypebeast enthusiast to collect merchandise in quantities never seen before.

Tony Meza, a Stanislaus State alumnus, visited campus in an outfit that could have easily been on a magazine. He was wearing

the “Human Race by Pharrell (\$1,200) from Flight Club, Supreme Louis Vuitton hoodie (\$3,000) with the matching Supreme LV backpack (\$11,000) because I got it when it first came out. Pricy huh?” Meza said.

For those that shy away from a \$80 text book, these items could pay for a whole semester, possibly even more. If someone is low on cash, but still want to be part of the Hypebeast culture, there are alternative ways. “Obviously not everybody can afford these shoes; I mean replicas are still pretty cool. They’re practically the same just not made by the official makers. They look exactly the same and for a lower price, might as well,” Meza said.

As the result of massive technological advances, these replica shoe makers have mastered their competitor’s product. This was not the case for the early shoe game; one had a trained eye to spot the differences.

Before Wang’s parents surprised him with his deeply cherished Jordan’s, his dad tried to work with the money they had. “My dad

would take me to flea markets to buy shoes or he’ll find shoes on Craigslist. He’d take me to their house and if I liked them then he would get them for me. I remember telling him how much I loved Jordan’s, so this one time he took me to this house that sold Jordan’s. They were fake and I knew that they were fake but because my dad was so passionate about wanting to get me Jordan’s I wore them for a few months,” Wang said.



Adrian Randal is holding his Jordan Black Infared 6’s that were released on Black Friday in 2014. The rest is his current collection of Jordan’s, Vans, and Adidas. (Photo courtesy of Adrian Randal)



A picture is usually worth a thousand words but this picture is worth about 23 thousand dollars. (Photo courtesy of Christopher Chu)

In these communities, fake shoes are either accepted or rejected “Certain people know they’re cheaper and they’re okay with it, while others buy shoes thinking they’re real but shoes aren’t,” Wang said. To me, if you’re okay with it then nobody should ever tell you shouldn’t wear them. Certain families can’t afford these shoes, Jordan and Yeezy cost a lot of money. If you’re okay with fake than that’s okay with me” Wang said.

Adrian Randal (junior, Nursing) sees replicas as not that big of a deal as long as the wearer don’t lie about it.

“If you’re going to be wearing something fake, don’t be finessing it and say it’s real when people know it’s fake. Don’t put yourself into a hole like that. You don’t have to admit it but be low-key about it and don’t try to stunt with it,” Randal said.

“If you’re going to walk around with fake Yeezy’s that cool,



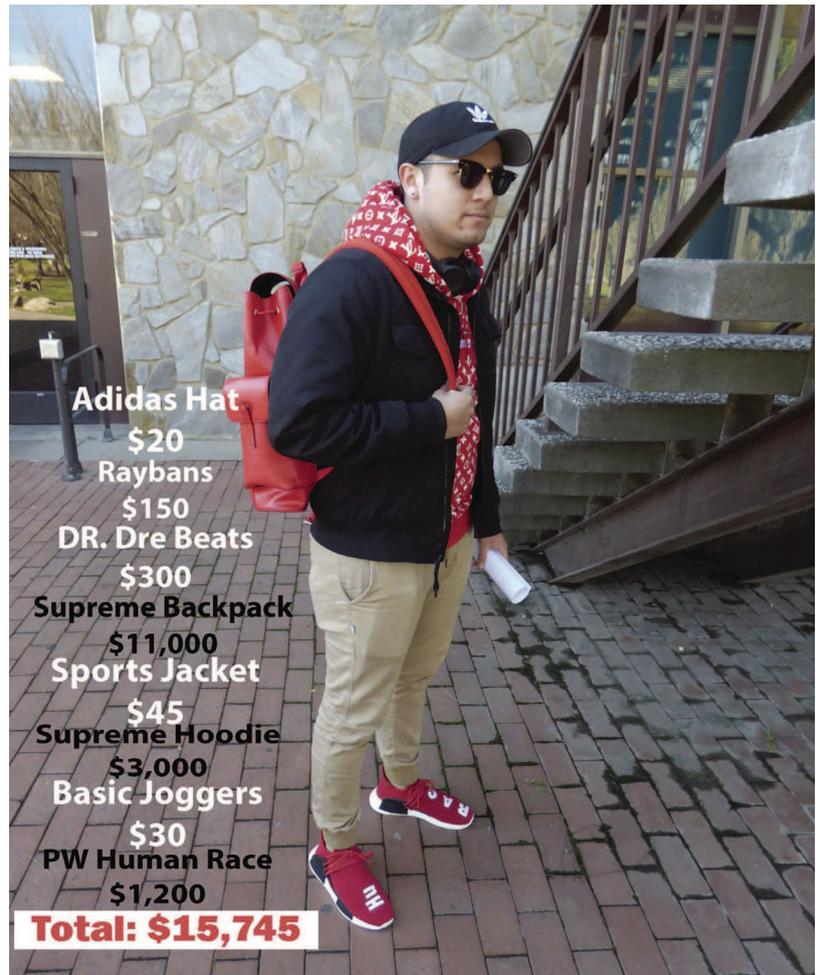
“Jordans displayed range from 1 to 18. the 16s, 17s and 18s are all the original releases. 16s are from 2001 I believe,” Chu said (Photo courtesy of Christopher Chu)

that’s on you but as long as you don’t say they’re real then I have nothing against it. Honestly, I lose respect to those that say their shoes are real when in fact they’re fake. It makes me question what else you’ve told me that wasn’t true,” Randall said.

At the end of the day, when the stores all close or the apps clock run out, both of these groups have something in common; an authentic passion for style. If you consider yourself either a sneakerhead, Hypebeast, or a hybrid of both, make sure to get this from the article: Authenticity is everything if everything and like the stock market, trends will always have its ups and downs. ■

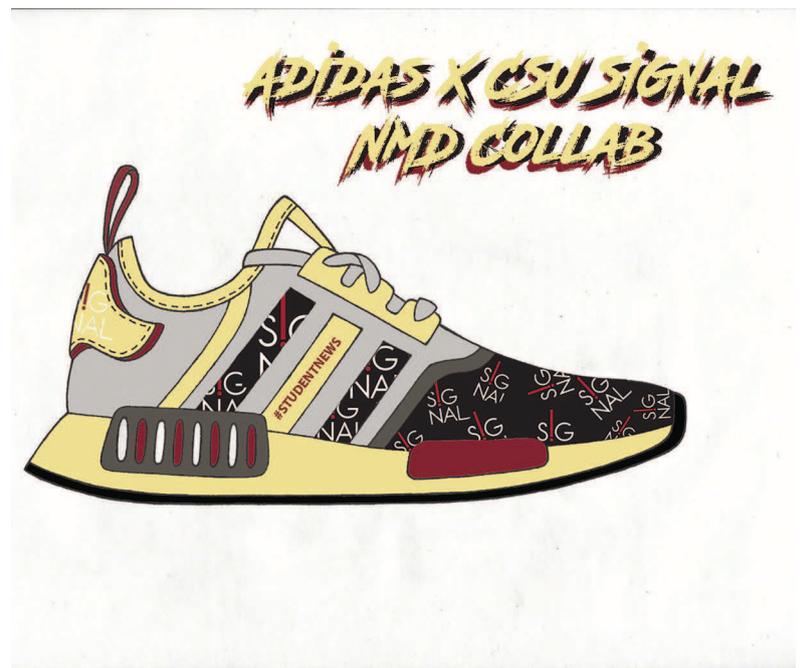


Lines for Supreme filled the streets of Fairfax, Avenue, Los Angeles, CA. (Signal Photo/ Andrew Cabrera)



- Adidas Hat \$20
- Raybans \$150
- DR. Dre Beats \$300
- Supreme Backpack \$11,000
- Sports Jacket \$45
- Supreme Hoodie \$3,000
- Basic Joggers \$30
- PW Human Race \$1,200
- Total: \$15,745**

Tony Meza’s outfit was priced out and the total came out to be more than expected. (Signal Photo/ Andrew Cabrera)



If CSU Signal ever collaborated with Adidas for some rare NMDs. (Illustration by Andrew Cabrera)



by Emiliann Parga and Jesús Valdez

In the past, body modifications, such as having unnatural colored hair, visible tattoos or piercings, were considered a taboo both in the business environment and in society. Times are changing and so are the views about body modifications in the workplace.

Jesús Alvarado (senior, Spanish) Resident Assistant (RA) and Editor for *The Signal* said, “I think that the more we approach modernity, the more people are accepting body modifications, such as tattoos and piercings. For example, I have met directors of a few departments who are nothing but leaders to the campus and who have higher positions on campus. Some of these directors have visible tattoos on them and that has never stopped them from being hired due to their professionalism and work ethics.”

Some businesses are starting to hire more employees with body modifications to attract younger customers. On the other hand, there are many that stick to a more traditional dress code where any body modification

will need to be covered up and can determine whether or not you will be considered for the position.

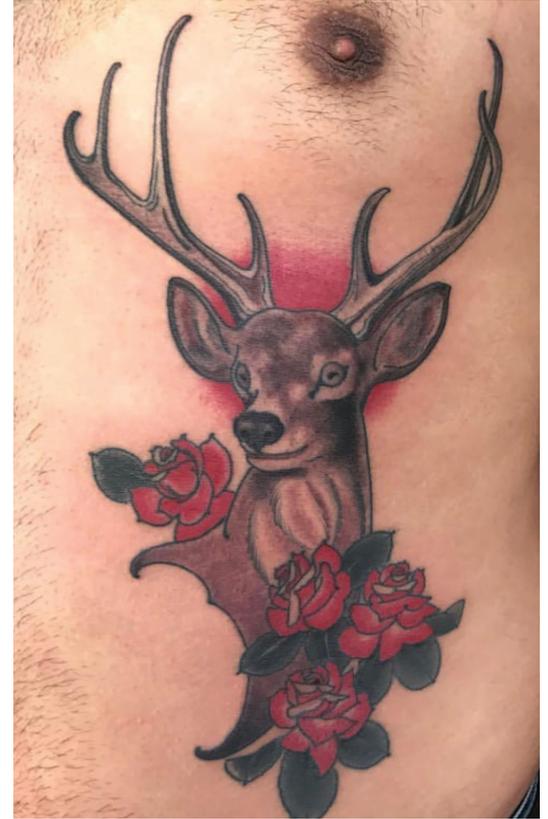
The effect that body modifications have on the chances of you getting hired revolves around how they are viewed by the other individual.

Kimberly Stephan, an Accounting Technician said, “[The stigma] has changed a little as the more modest generations have been retiring and the younger generations have moved into supervisor positions in the workforce. Supervisors with body modifications are more likely to consider a wider range of employment candidates because they are aware that there is so much more to an individual’s ability to perform a job than the ink in their skin or the color of their hair.”

Dr. Edward Hernandez, Professor of Management and Human Resource Management, said, “It’s less of a stigma and more art. It’s quickly turned into something interesting [rather] than weird.”

When entering the workforce, it is suggested that the person should know who the employer is and what kind of environment they are going to be working in, as well as the region that the company or business is located.

# Modifying the Rules



Alvarado also has a deer tattooed on his rib and stomach area, which represents who he is as a person himself: quiet but intelligent. (Signal Photo/Jesús Alvarado)



Jesús Alvarado (senior, Spanish) has the equality sign tattooed on his forearm, which represents when he came out in 2015. He also has “courage” on his bicep, which he got in honor of the LGBT members killed in the mass shooting in Orlando, Florida, in 2016. (Signal Photo/Jesús Alvarado)

“ [The stigma] has changed a little as the more modest generations have been retiring and the younger generations have moved into supervisor positions in the workforce,” Stephan said.

Stephan suggested to do research about the employer’s policies regarding body modifications before applying.

“Ensure it is an environment that fits your personality. You should be both proud of who you are and where you work but be aware that you will always encounter people who have different perspectives about the appropriateness of body modifications in the workplace,” Stephan said.

According to a Harris Poll conducted in 2015, 29 percent of adults have at least one tattoo. A Pew Research Center study stated

that 40 percent adults ages 18-24 have tattoos. The stigma around having modifications is changing but hasn’t made a complete switch, so placement may be everything when getting tattoos or piercings.

“Think before you do because removing it is apparently far worse than putting it on. It’s definitely permanent, and something to think about and painful to get rid of and very expensive as well,” Hernandez said. ■

# Comeback Season for the Women Warriors' Soccer Team

by Contributing Writer Megan Stavish

The fall 2017 season ended a seven-year postseason streak for the women's soccer program, but they have already set their sights on the 2018 postseason. The Warriors are working hard during the spring 2018 season to get there.

From 2009 to 2016, Stan State Women's Soccer has successfully made the postseason, where the top finishing teams in the CCAA conference compete for a chance to become national champions and set a team record for most consecutive years in postseason as noted in the record book.

One point made the difference in the standings this year though, meaning the Warriors would not get to play in the postseason. Despite breaking the seven-year streak of appearing in the postseason, the Warriors are making the best of their spring season to prepare for fall 2018.

"Well, I think overall it was a pretty good season, it was disappointing not to make the postseason, which hasn't happened in a long time," Head coach Gabriel Bolton said. "We finished with a pretty

good record and basically a point out of the playoffs, so sometimes it just doesn't go your way."

The Women Warriors finished the fall 2017 season with an overall record of 11-5-2, seventh place in the conference, and only one-point shy of making the conference tournament according to the CCAA website.



The Women Warriors practicing. (Photo contributed by Head Coach Gabriel Bolton)

site.

Every team in the CCAA felt the heat of the Santa Rosa fires, which postponed the season for Sonoma State. The pause required the cancellation of two games and may have had an effect on the Warriors' chances of making the postseason.

Interim Athletic Director Kim Duyst commented on how the fires might have changed the Warriors' road to the postseason.

"If it hadn't been for the fires, I think we would have, unfortunately, [made postseason]. It is unfortunate that not every team played every game due to unforeseen circumstances with the Santa Rosa fires," Duyst said.

The team is using the spring season, a shorter season when non-conference teams are played, to strengthen weaknesses and build for the fall 2018 season.

Bolton looks forward to the spring because "We made a schedule that is designed to challenge us and help us improve. Three of the

programs are Division 1, so it's always exciting to test ourselves against those programs."

Stan State's Defender Natalie Larson (junior, Kinesiology) pointed out that since the teams they are facing compete in the highest division of collegiate soccer, it will help them improve.

Division 1 programs are "bigger and stronger usually and that's where we fall sometimes because our team is smaller," Larson said. "If we can deal with these Division 1 schools in the spring, it will help us mentally in the fall when we go against people usually our own size."

Larson takes this challenge in stride. She said she is excited to test their practices in order to see if they have improved their game.

Bolton sees the challenge of Division 1 programs as a chance to improve on weaknesses from fall.

"I felt like we needed to be more aggressive defensively and going forward when we have the ball. We got into a real lull where we weren't aggressive in either aspect of transition, and I think that's really important. So, that's gonna be a major focus for us in spring," Bolton added.

The postseason begins with the spring 2018 season games, which includes a home game on April 22 at 6 p.m. against Sierra College, along with four away games against opponents CSU Bakersfield\*, Dominican University, CSU Fresno\* and Saint Mary's University\*.

(\*Denotes D1 opponent) ■



STAN STATE BLACK STUDENT UNION PRESENTS

**3-ON-3  
HOOPFEST  
BASKETBALL  
TOURNAMENT**

SATURDAY  
APRIL 14, 2018  
2PM

**THE VISTA**  
900 W MONTE VISTA AVE  
TURLOCK, CA



**FREE AGENTS WILL BE ASSIGNED TO A TEAM  
1 SUB MAX PER TEAM  
\$20/PER TEAM OR \$5/PER PERSON**

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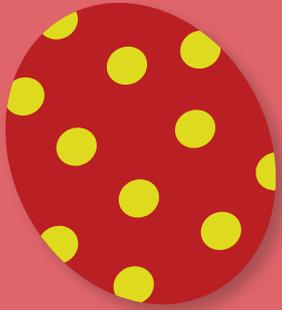


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FALL 2018!**

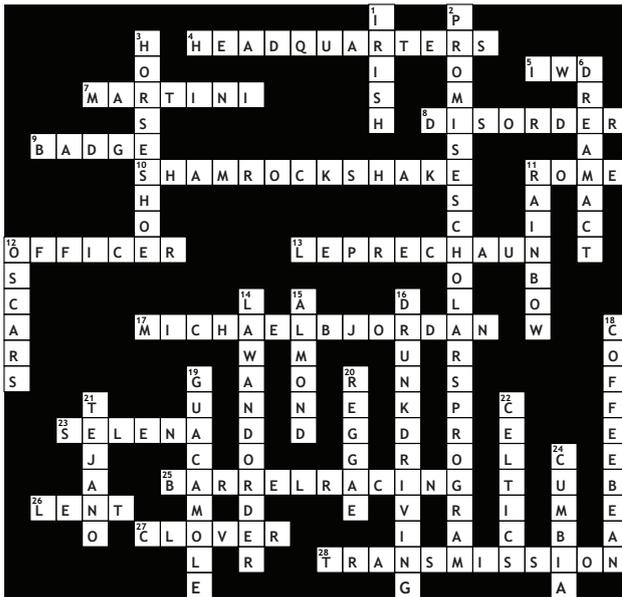
24 Hour Clubhouse Full Of Amenities  
Fully Furnished Apartments  
Amenities catered to you

**LIMITED TIME OFFER!**

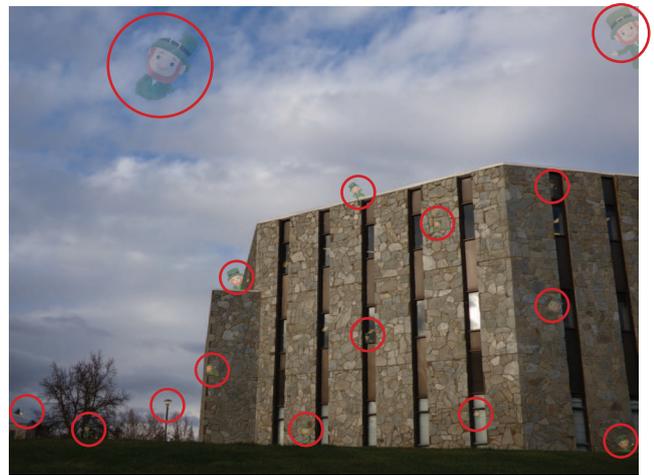
Can you Spot all 10 Eggs?



March Crossword Answers



March Spot the Difference Answers

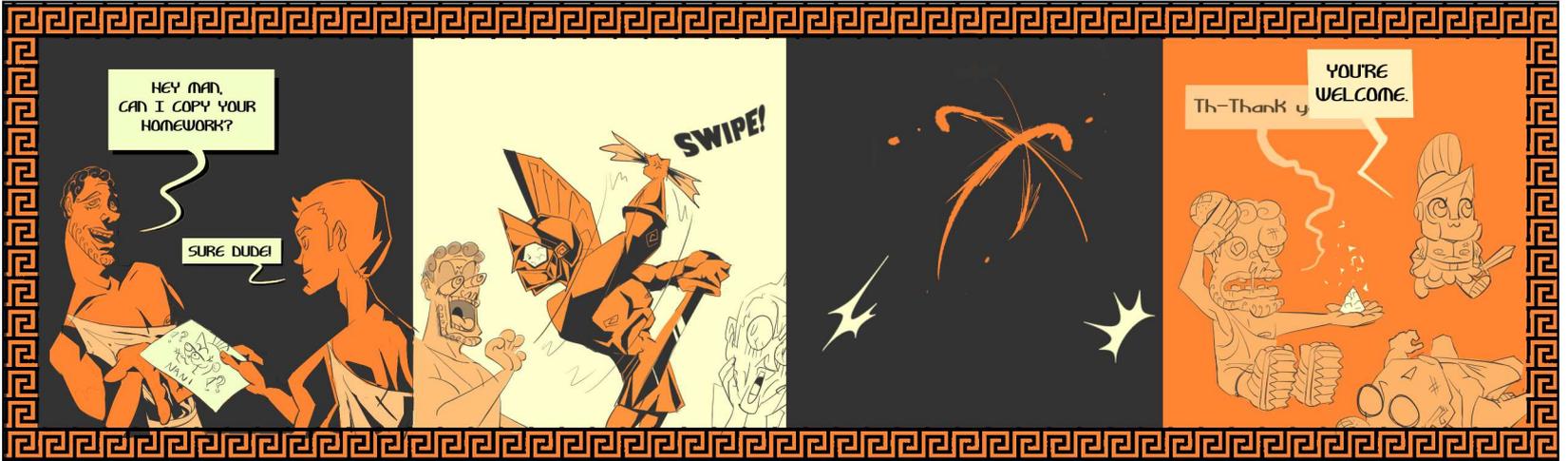


Send this Postcard to your Friends and Family!

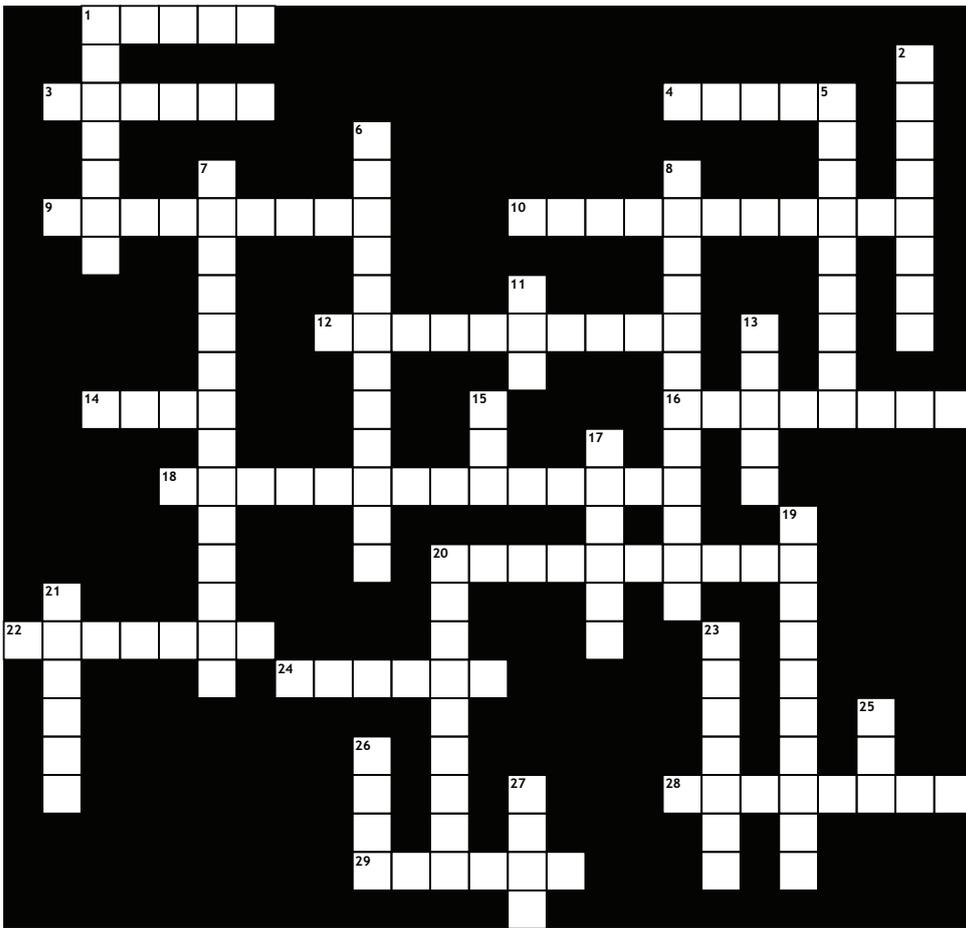


TO: \_\_\_\_\_  
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TALES OF TITUS by Jace Ortega



@rapscallion12



**Across**

- 1. Used to see the color spectrum
- 3. Generation X, Millennial, Baby Boomers
- 4. Superhero onomatopoeia
- 9. Beyoncé headlining this event
- 10. An interjection
- 12. The act of looking busy
- 14. Pepe the Frog, Doge, etc.
- 16. Deep admiration
- 18. Mediocre (antonym)
- 20. The longest side of a right triangle
- 22. \_\_\_\_\_ Short Film Competition
- 24. A soft or delicate color
- 28. Environmental protection holiday (2 words)
- 29. The Avenger with size issues (2 words)

**Down**

- 1. Examination watchman
- 2. "Where we droppin' boys?"
- 5. The free encyclopedia
- 6. Pungent tree on campus (2 words)
- 7. False flatulence (2 words)
- 8. Mysterious place with giant heads (2 words)
- 11. A young child
- 13. "Your \_\_\_\_\_ is cooked!"
- 15. To color eggs
- 17. Female part of a flower
- 19. An upperclassmen affliction
- 20. A person loyal to the brand culture
- 21. *Oryctolagus Cuniculus*
- 23. Sidekick to [29] (2 Words)
- 25. Fantasy game involving dice (abbrv.)
- 26. Sacramento's Channel 3
- 27. Courtyard (synonym)

