Highlanders Supporting Survivors of Sexual Assault

By Alysia Burbidge

April is Sexual Assault Awareness and Prevention Month (SAAPM), let’s also take a moment to learn how, we as Highlanders, can become better supporters and resources for those in need. Most survivors of campus sexual violence do not report. Only 20% of female survivors report to law enforcement. Survivors choose not to report for reasons including fear of reprisal, a belief that the police will not or cannot do anything to help, and a belief that the crime was not important enough.

How can we help? If a friend is hesitant to report the crime, encourage them to consider confidential resources on campus such as the Campus Advocacy Resources Education (CARE) Advocate, Counseling and Psychological Services (CAPS), or the Office of the Ombuds - (951) 827-3213.

While having a friend to confide in typically aids the recovery process, it is important that survivors are aware of the many on-campus professionals who are trained to provide confidential assistance. Low conviction rates discourage survivors. While only a quarter of reported sexual assaults lead to arrest, even fewer lead to prosecution.

In the end, less than half of those prosecuted receive felony convictions. This roughly equates to 1000 reports of rape leading to just six incarcerations.

How can we help? If a friend wants to report the crime but is unsure, encourage them to report the crime to UCPD - (951) 827-5222, UCR’s Title IX Office - (951) 827-7070, or the C.A.R.E. advocate office - (951) 827-6225. Please note that the CARE advocate office is confidential, and for more information about their services, please care.ucr.edu.

One in ten college students experiences sexual violence. This statistic doubles (23%) for undergraduate, female students. As mentioned previously, some students do not report these experiences because they believe the crime committed against them was unimportant.

How can we help? If a friend regards you as someone they can confide in, support them by listening and remaining patient and calm. It is best to refrain from judgment and to avoid prying for information. Even if you are unsure how to help your friend, it is important to remind them that they are not alone. Remember to inform them of campus programs that will allow them to connect with other survivors, such as the Yoga as Healing program through the CARE office and the therapy group SoulSpeak offered by Counseling and Psychological Services - (951) 827-5531.
Going for the Gold in Green

By Matthew Whiles

The month of April will see another celebration of Earth Day, an annual event which celebrates environmental protection and sustainability since 1970. Here at UCR, many of the campus’ recent building projects have made great efforts to include environmental health as a part of their design philosophy. This is evidenced in many of the buildings on campus which have earned LEED certifications.

According to the US Green Building Council, they state, “LEED, or Leadership in Energy and Environmental Design, is the most widely used green building rating system in the world [...] LEED provides a framework to create healthy, highly efficient and cost-saving green buildings. LEED certification is a globally recognized symbol of sustainability achievement.” One of our very own campus apartments, Glen Mor, in addition to the School of Medicine Research and Education buildings, the Material Science and Engineering Building and the Student Recreation Center Expansion have all earned LEED certifications.

However, not all LEED certifications are created equally. When buildings are evaluated for certification they receive points based on various features, building materials, and innovation. If buildings score high enough, they can earn Silver, Gold or Platinum certifications. Glen Mor has been constructed to be efficient and environmentally conscious enough to earn a Gold certification. Glen Mor’s innovation goes beyond low-flow shower-heads and LED lighting, but also includes preservation of the natural beauty of our campus. The arroyo (a dry creek bed) that runs through Glen Mor was rehabilitated after years of neglect so it can remain a part of the campus’ beauty for generations of Highlanders to come. According to U.S. Green Building Council (USGB), they state, “The LEED plaque [...] lets everyone know that the building has an integrated design that will be energy and water efficient, while increasing occupant health and comfort.”
As 2018 commenced, I developed the goal to think before I speak. It seems like such an easy task, but most of the time, it is not. Everyone has an opinion. Opinions are beautiful, because they set us apart from everyone else. Our opinions can be used to share advice or constructive criticism. Our opinions can uplift. Our opinions can bring us success.

to others. Opinions can also be used to hurt others, to offer unwanted and unnecessary criticism, and promote hatred and insecurities. Opinions are often not rooted in factual evidence. The words we speak have a great power whether we like it or not. While browsing through my Instagram feed, I saw one of my followers post an image that says “Before You Speak, T.H.I.N.K.” I loved it.

T: Is it true? Are the words you are speaking true? Or do you only speak gossip? We all gossip at some point, whether it is unintentional or intentional. We live in a society where gossip is highly sought after. Look at the most popular aired television shows, “Love and Hip Hop” or TMZ. It is all gossip and drama. It’s all good when we’re talking celebrities, I guess. But when we bring it into our everyday lives, it can be taxing on our state of mind. Before you speak, ask yourself if the statement is worth telling. Are you gossiping to prove your point? Are you gossiping because it makes you feel better about what you’ve got going on? If you don’t know why you are doing something, or if you don’t know all the facts, it is best that you just don’t say anything at all.

H: Is it helpful? I can personally attest to this question. I love speaking my mind, but sometimes I need to hold back a little bit. I must admit, some comments I make are just not helpful. When our comments are not helpful, it usually means that it is just a complaint. When things aren’t going our way, it is okay to vent or discuss your frustrations. But if that means stating every negative thought that comes to your head, it probably is not going to help the situation. Do yourself a favor and save your comments if they do not change or help out a situation.

I: Is it inspiring? When we hear what others are going through, it is a reminder that life is not always going to be peachy. Just because someone seems like they are having a perfect life, it doesn’t mean that they are. Speak words of inspiration because you never know who is in an internal struggle with themselves. Your testimony could be someone’s saving grace.

N: Is it necessary? I think “necessary” talk goes right along with the concept of our words being helpful. What is your purpose for saying certain things? Are you trying to be funny? Are you trying to offer advice? Are you trying to get your opinion to be heard? There is a time and place for everything. Know your purpose and know your audience. Also remember that sometimes, it is best to not speak and to just listen. You don’t have to let everyone know your opinion at all times. Not everything has to be a moment for humor. If your words have no value in a serious moment, it is okay to just sit back and listen.

K: Is it kind? If you know anything about social media, it seems like it’s trendy to tear each other apart through snobby status updates to nasty memes. Why is it glorified to get a cheap laugh out of people at the expense of others? Don’t be apart of this trend. If your words have the potential to mock another person’s reality, belittle someone’s opinion, or criticize another person’s physical appearance, then you probably should think before you hurt someone or damage your own reputation.

Bottom line, think before you speak. Just because we can, doesn’t mean we should.
Reading Recommendation for April

By Daniel Castaneda

As college students, we seldom find time to read amidst the busyness of the quarter, time at our job(s), and life. However, I believe that some books can provide you with lessons and realizations that, if you are willing to spend the time, you can reflect. This month, I have chosen a few books that I think might have some value for just about anyone. For your convenience, I will include the page count and a quote so that you can think about it before you dive in!

The Iceman Cometh by Eugene O’Neill (260 pages)

a. Try not to be daunted by the page count on this one – it’s a play, so it reads quickly and you are able to meet the cast of characters through a dialogue driven script. All the characters are confronting challenges in their life and though the play centers around a celebration to take place, they soon realize that they must confront things in their life that no amount of booze can fix. If you have never heard of “pipe dreams,” this book explores it in depth and you can make the final decision about what you believe about them.
b. “To hell with the truth! As the history of the world proves, the truth has no bearing on anything. It’s irrelevant and immaterial, as the lawyers say. The lie of a pipe dream is what gives life to the whole misbegotten mad lot of us, drunk or sober.”

Fear and Loathing in Las Vegas: A Savage Journey to the Heart of the American Dream by Hunter S. Thompson (204 pages)

a. Fear and Loathing is one of my personal favorite books and I try to recommend this book whenever I can. This book is not your average novel from high school; it is fun, provocative, and irreverent. While Hunter S. Thompson was larger than life character and indulged in more than his fair share of drugs (the opening of the book will expose you to stuff you have never even heard of), some of the subjects he discusses in the book will challenge you to do some self-examination. What is it really that makes us Americans and do we actually want to be a part of it?
b. “Buy the ticket, take the ride”

As I Lay Dying by William Faulkner (261 pages)

a. William Faulkner created a unique novel that focuses on the Bundren family’s journey to bury their mother. As I Lay Dying is fascinating in that Faulkner writes every chapter from the perspective of a different character. So, rather than having a cohesive plot, the book is a bit chaotic and requires different perspectives to truly make the scene. However, it is helpful for the college student who cannot read the whole book in one (or a few) sittings.
b. “My mother is a fish.”
Campus Apartments Resident Association

Our mission as the Campus Apartment Resident Association (CARA) is to support and progress the interests of the campus apartment residents. During our meetings, we plan programs and discuss facility proposals as we aim to enhance the living experience of a community of well-rounded and enthusiastic residents.

Getting involved can be as easy as attending general meetings and being a voice for your community. This is a great opportunity to attain valuable skills and experience, while meeting and interacting with fellow members in the community.

**Upcoming Event in April:**

Save the date for Tuesday, April 17, 2018 from 5:00pm to 8:00pm

We will be hosting our 2nd annual CARA Carnival!

There will be:

- Raffles every hour for a chance to win prizes
- Live DJ and performances from different campus organizations
- Photo booth
- Carnival games and activities
- Light refreshments (while supplies last)
- And many more!

For general meeting times and updates more, follow us on:

[Facebook UCR CARA] [Instagram UCR_CARA]
Calendar of Events

*Please note that the times and locations may change*

**World Party Day!**
To celebrate world party day, we will be having our own party and playing traditional party games!
Bannockburn Pool Deck
4/3/18 @ 6:00 pm

**Let’s Get Organized!**
Learn how to stay organized this quarter and decorate your own white-board and mug!
Plaza Pool House
4/5/18 @ 6:00 pm

**Your YOUnique Corky Personality**
Residents will come make a cork board and learn about their strengths as well as their weaknesses.
Bannockburn J102
4/5/18 @ 8:00 pm

**Stop Stressin’ Out!**
How to identify signs of stress within yourself
Oban Pool House
4/5/18 @ 7:00 pm

**Adulting Workshop**
Learn how to manage finances, file your taxes, and plan for retirement.
Stonehaven Lobby
4/5/18 @ 7:00 pm

**I am Angry**
Let’s watch a movie and eat some snacks!
Oban Pool House
4/7/18 @ 3:00 pm

**Spray Painting Party**
Come make your own work of art by spray-painting a canvas
Plaza Pool House
4/9/18 @ 6:00 pm

**Cashflow Game Night**
Learn about smart investing and saving with a fun game Falkirk Pool House
4/10/18 @ 6:30 pm

**SPRING into FRIENDSHIP!**
Make lasting memories to kick off the Spring Quarter with RA Julie!
Glen Mor G Building Lobby
4/11/18 @ 7:00 pm

**DIY Slime!**
Come on out and create some colorful slime!
Stonehaven RSO
4/11/18 @ 7:00 pm

**Mug Decorations**
Residents use acrylic pens to decorate mugs
Falkirk Pool House
4/11/18 @ 7:00 pm

**Don’t Door Dash, Dine In!**
Learn how to plan, budget and cook a nutritious and affordable meal in a pinch!
Stonehaven Pool
4/12/18 @ 7:00 pm

**Spring Into Action!**
Inspire residents to achieve their educational goals.
Bannockburn J102
4/12/18 @ 7:30 pm

**Science Fair**
Whether you are planning for a future in science or not, the science fair is the place to be to learn about how we can use science to make life easier and how to make it fun for everyone!
Glen Mor FIG
4/12/18 @ 7:00 pm

**DIY T-Shirt Pillow**
A night for residents to decorate and make their own decorative pillow.
Stonehaven RSO
4/12/18 @ 7:00 pm
Holi Moli This is Fun
To play and explain the importance of the
Indian Festival Holi
Plaza Parking Lot
4/16/18 @ 6:00 pm

Beef up your Resume!
Times are changing, so should your
resume! Let’s update it together.
Falkirk Pool
4/16/18 @ 7:00 pm

Survival Sewing
Learn the valuable life skill of how to sew a
button on, mend a hem, and put on a patch.
Stonehaven Lobby
4/17/18 @ 7:00 pm

Trivia Night
Residents will come and decorate their dice
while playing a fun trivia game!
Bannockburn J102
4/17/18 @ 8:00 pm

Crazy Couponing!
Put your couponing skills to the test and
come and compete in mini competitions.
Giveaways awarded
to the winners!
Bannockburn J102
4/18/18 @ 7:30 pm

DIY Squishy Toys
Come make your own squishy toy!
Falkirk Pool House
4/18/18 @ 7:00 pm
Stay aware &amp; Be Prepared
The importance of self-defense Oban Pool
House
4/19/18 @ 7:00 pm

ABROADen Your Horizons
Get involved with Study Abroad at UCR!
Stonehaven Lobby
4/19/18 @ 5:00 pm

Let’s Talk About Food Insecurity
Join me for a presentation about food
insecurity on campus.
Oban Pool House
4/20/18 @ 6:00 pm

Skincare & DIY Body Scrubs!
Come out and learn more about healthy
skincare and create your very own body
scrub!
Stonehaven RSO
4/24/18 @ 7:00 pm

DIY Sock Bunnies
Make a cute bunny out of socks Falkirk
Pool House
4/24/18 @ 7:00 pm

Brand New Board Game & Boba Night!
Come play new board games with your
neighbors and enjoy boba!
Falkirk Pool House
4/25/18 @ 7:30 pm

Dive Into Diversity
Enlighten each other of the unique
backgrounds that compose us.
Bannockburn J102
4/26/18 @ 8:00 pm

Marshmallow Catapult Content
Residents design a marshmallow catapult
and see who can win.
Plaza Pool House
4/26/18 @ 8:00 pm

Ex-static about Electricity
Learn about how motors work by creating
your own DC motor!
Falkirk Pool
4/26/18 @ 8:00 pm