

DAILY SUNDIAL

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The struggle to survive sexual assault



PHOTO ILLUSTRATION BY LOREN TOWNSLEY / PHOTO EDITOR

V.C., a CSUN student who chooses to remain anonymous, was raped as a child. He faced depression and anxiety for years, but through professional psychological help, he is able to talk about the event with others today. He encourages survivors to talk about their trauma.

FREDY TLATENCHI
SENIOR STAFF

For four years Kay lived in silence before speaking up about being raped.

21-year-old Kay, who prefers to remain anonymous, was 16 at the time. She was living with her mother in Sun Valley, CA and contemplating joining the Marines after graduating high school.

It occurred at her friend's party one night. In the midst of her sixth cup of Pepsi and Jack Daniels Kay walked into the bathroom and blacked out.

The Rape, Abuse and Incest National Network (RAINN) states 54 percent of rape survivors

don't report the incident to police. Kay is part of the 54 percent. CSUN's Project D.A.T.E. (Discovering Alternatives for Today's Encounters) said her case also falls under the 95 percent of rapes that occur when one or both the victim and perpetrator are under the influence.

"One of my gay friends, Miguel, found me naked," Kay said. "He couldn't find my clothes, phone, all my shit."

Kay said things turned surreal when she realized her tampon was missing from inside her and was found along with her clothes in her friend's room.

"Everything was...everywhere," Kay said. "I was crying and remember [Miguel] holding me. I told him not say anything

about [the rape] or I would tell everyone that he was gay."

Her friend remained quiet, but their friendship did not survive.

The years following the incident changed Kay. She tested positive for syphilis. She never sought out psychological help and did not contact the authorities.

"I didn't see a point in involving the cops, and I still don't," she said. "There's no one to go after."

Survivors are often turned off by the idea of reporting their assault experiences because it can be very stressful.

The CSUN police department has been adamant about providing a welcoming environ-

ment for rape survivors, publishing extensive documents on topics ranging from first response procedures to coping after the experience.

"What we hope to convey through these statements is that the survivor will have control over the matter when they come to us," said CSUN police department's media and public relations representative Christina Villalobos.

Villalobos works as a rape crisis advocate for the department. Her role wasn't required when she began her job.

"I chose to be an advocate for personal reasons and because I saw a gap in the police force that needed to be filled," she said.

A rape crisis advocate pro-

vides guidance during the reporting process.

"Advocates will often interpret questions between the officer and victim," Villalobos said. "But there are times where victims only need us to be there without saying a word."

After reporting the incident to the authorities a survivor may be directed to a center providing treatment.

"Cases we receive usually are provided by local authorities, and they come here to generally build a report," said Karen N. Rodas, administrative coordinator for the Center for Assault Treatment Services (CATS). She is one of two individuals who conduct interviews with survivors of sexual assault.

Rodas said a visit to the center often lasts three to four hours. A police officer accompanies victims as trained nurses interview them. The victims have their injuries assessed and undergo laboratory testing using a Sexual Assault Forensic Evidence (S.A.F.E.) kit.

"A few years ago I met a woman who was attacked by her apartment manager," Rodas said. "She came here without police and underwent the forensic interview. When we finished, she was afraid that if a report was made, she would be evicted."

Rodas addresses the dilemma many workers face in the

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A.S. brings the politics to students

GABRIELLE MOREIRA
DAILY SUNDIAL

Associated Students are hosting “We the People,” a campus-wide event with local politicians and CSUN clubs in attendance that aims to inform and entice new and returning voters.

“We hope to get CSUN ready for the general election as a community and also educate everyone on the upcoming political season,” said Ryan Storey, chair of legislative affairs for A.S.

Students for Quality Education, CSUN Student Liberty, CSUN Young Democrats and CSUN Conservative Club will be in attendance on Bayramian Lawn. Several local politicians and the LA County Registration Office will also inform and answer questions students may have.

Music, food and an art wall will also be featured on the lawn.

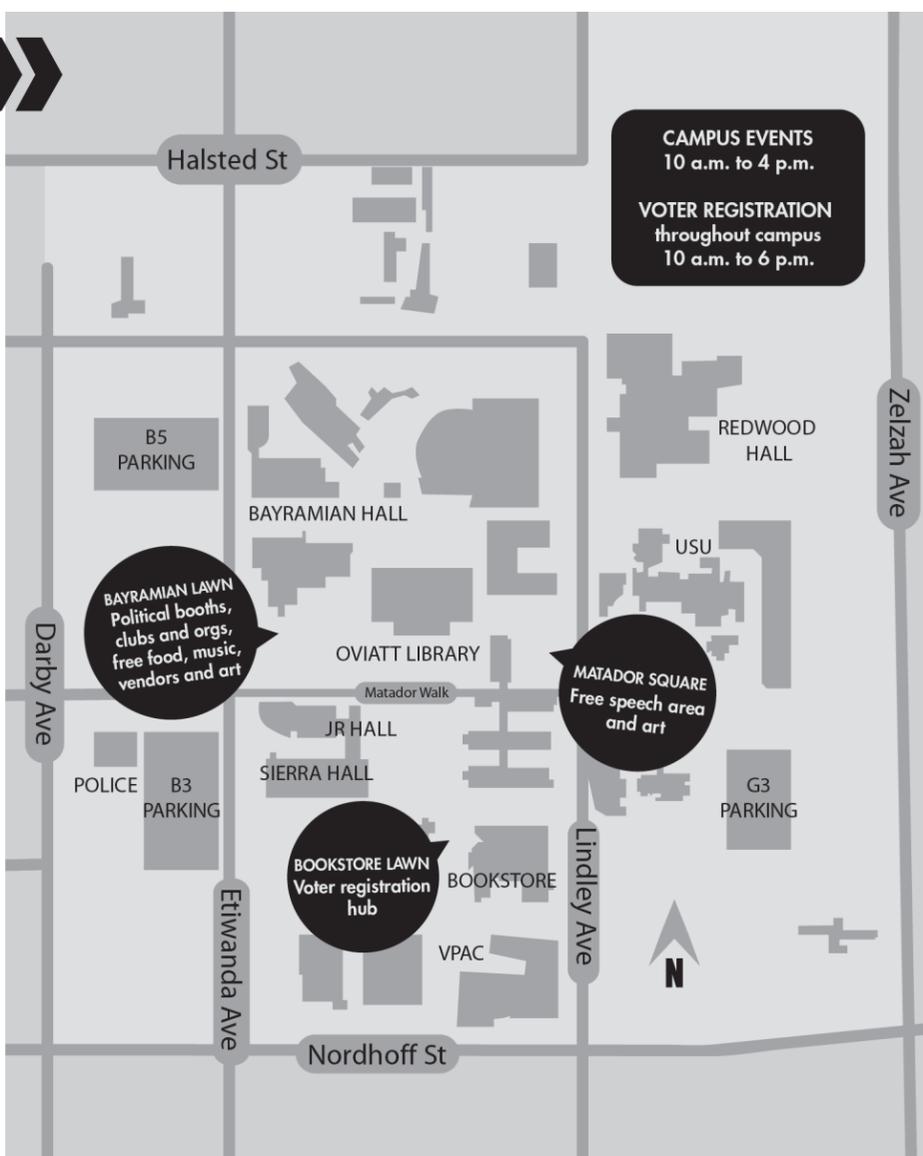
A voter registration hub and another art wall will be at Matador Square. A.S. will also be providing a free speech area where students

can share ideas and have political discussions, according to Storey.

The flyer for the event advertised a voter registration hub at the bookstore lawn, but A.S. chose to move the hub to Matador Square so as not to interfere with construction near the store.

Storey said “We the People” was chosen as a way to reboot the Big Politics events on campus.

For more information please contact the Associated Students office (818) 677-2477.



MAP BY JENNIFER LUXTON / ASSISTANT VISUAL EDITOR

Presidential debates begin

GABRIELLE MOREIRA
DAILY SUNDIAL

The first national debate between President Barack Obama and Republican nominee Mitt Romney airs live tonight from 6 p.m. to 7:30 p.m.

The debate on domestic policy issues will air on basic television channels CBS, C-SPAN, Fox, NBC and ABC. CNN, Fox News and MSNBC on cable networks will broadcast

the debate while YouTube and Xbox Live will air a live stream.

Domestic policy issues at the debate will include the economy, healthcare and each nominee’s role as a leader. As of Oct. 1, Obama leads by 6 percentage points (50 to 44) over Romney, according to a Gallup poll.

The debate will be held at the University of Denver in Colorado with Jim Lehrer, host of “NewsHour” on PBS, as moderator. Each speaker will be allowed 15 minutes to speak on each topic.

The next debate will be on Oct. 11 on foreign and domestic policy issues between Vice President Joe Biden and Republican Vice Presidential nominee Paul Ryan.

TOMORROW
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DAILY SUNDIAL

YOUR NEWS. ALL DAY.

Matador Reporter

Associated Students News and Announcements

WE THE PEOPLE

October 4th from 10am - 4pm
(voter registration until 6pm)

Bayramian lawn: Political booths, clubs and orgs, free food, music, politicians, vendors, and art
 Matador Square: Free speech area and Art
 Bookstore lawn: Voter registration hub
 Voter registration throughout campus.

AS California State University Northridge ROCK THE VOTE

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ASSAULT

Continued from page 1

system. Under California law, medical personnel are required to report all cases of rape regardless of the victim's situation or the amount of time that has passed since the incident. Many professionals have discovered that such policy works as a deterrent in certain cases.

"There have been women who come to us because they want to vent," said Vanessa Bernal, a Planned Parenthood assistant nurse. "They might set up an appointment saying that they want contraceptives or STD test. But when the door is closed and we're alone, they sit there and say 'I think I was raped.'"

Bernal is one of many nurses who can recall incidents in which the patient withdrew their statement or literally fled the clinic after nurses mention the word "police."

"It's been years since they were raped for some of them," Bernal said. "And they don't see a point in reporting an incident that has no chance of being solved. You have 25-year-old women who were touched when they were in their teens and they don't remember the guys' face. I understand why."

Unlike Kay, V.C., a 27-year-old CSUN student who also prefers to remain anonymous, believes that everyone should report their rape, but understands that circumstances can place them on difficult grounds.

"It (can) put the victim at a

greater danger than not saying anything at all. They may be called a liar," V.C. said.

V.C. was raped by his eldest brother during a visit to Mexico City. He was 7-years-old when he was violated. It was a one-time incident and V.C. never saw his brother again, but he felt the psychological repercussions years later.

During his teenage years V.C. suffered from bouts of depression and had a deep mistrust of adult males.

"It was not until I was employed with health benefits, did I seek out therapy to find out the cause of my depression," V.C. said. "I was able to look back into my past for the first time and see what was bugging me. Physically, I was only able to be intimate with people through sexual intercourse."

Presently, V.C. is open about his experience and outlook on life.

"I am always struggling to be positive about life and jaded about life," he said. "But as I grow older I am seeing that not every person I come in contact is malicious."

Life after rape for the survivor can be difficult to traverse and littered with choices that will affect them for the rest of their lives. Statistically survivors are six times more likely to develop post traumatic stress disorder (PTSD) and 26 times as likely to use and abuse drugs according to RAINN.

Author discussed Arizona laws

CHARLIE KAIJO
ASSISTANT PHOTO EDITOR

Jeff Biggers spoke about his book, "State Out of the Union," Tuesday to a packed crowd of students and faculty.

"Everybody loves to mock Arizona. Florida opened a new chain restaurant, it said, 'Our food is so authentically Mexican, it was banned in Arizona,'" he said.

Dr. Rudy Acuna, founding chair of the Chicano/a studies department at CSUN, said that Biggers is one of the few journalists that have been with the movement since the beginning.

"He is a very progressive person," Acuna said. "He's one of the people who I respect because he's not only writing, but he's active, and he feels the issue."

Biggers' new book explores the contentious civil rights conflicts of Arizona's controversial SB1070 law and the banning of Chicano/a studies at public schools.

"In 2010, when it all broke loose with SB1070, with the ethnic studies bill, I was out of the state, and



CHARLIE KAIJO / ASSISTANT PHOTO EDITOR

Jeff Biggers, author of "State Out of the Union," signs copy of his book for students and faculty, Tuesday at the Chicano/a studies department. Biggers' new book explores the contentious civil rights conflicts of Arizona's controversial SB1070 law and the banning of Chicano/s studies at public schools.

all of us were wondering, 'What's the matter with Arizona? What's going on?'" Biggers said. "The cultural context was being left out of the discussion, and you had these front people who suddenly were representing Arizona who were complete carpet baggers, and I felt like 'they're not representing my Arizona and not the people

fighting back."

Nobody was seeing the real story: young Latinos were mobilizing, said Biggers.

"Door by door, they turned in 18,000 petitions, nobody could believe it. And on the night of the recall election, we were all there, and the tallies came in for the vote," he said. "For the first time in American history, a sitting

state senate president was recalled. The architect of SB1070 was out."

Talina Lugo, Chicano/a studies major, sat in the audience.

"I've seen people talk about Chicano issues, but they're people of color," she said. "This is the first time I've seen someone who is not of color voicing in about our struggle."

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Matador Square: Free speech area and Art

Bookstore lawn: Voter registration hub

Voter registration throughout campus.



California State University
Northridge



October 3, 2012

Opinions

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Silence is for victims; speak up survivor

Sharing my darkest secret with others helped me break out of the isolating prison of sexual trauma

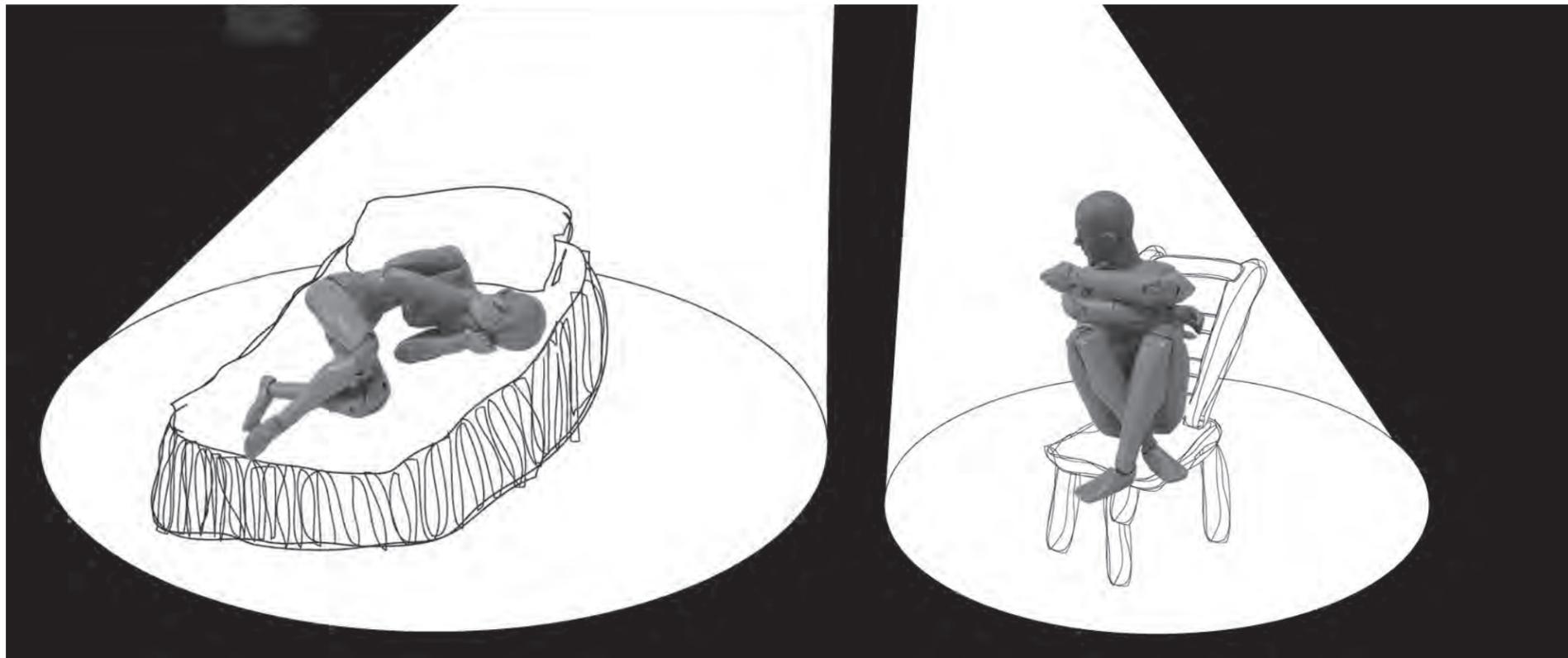


ILLUSTRATION BY CAITLIN SHIEH / CONTRIBUTOR AND YOSCELIN PEREZ / PRODUCTION DESIGNER

HANSOOK OH
OPINIONS EDITOR

One of the earliest childhood memories I can recall is my experience being sexually assaulted.

I was 4-years-old. My mom sometimes dropped me off at a neighbor's house because their teenage son and daughter would babysit me. They were one of the few Korean families in our neighborhood and for that, my parents trusted them automatically.

The incident is still fuzzy in my mind. The teenage boy locked me in a room and made me do things that I didn't understand. His sister pounded on the door yelling something like "stop doing that to her!" Somehow, I knew all of it was so, so wrong.

I don't remember what followed. According to my parents, I came home looking confused and disturbed. I told them what the neighbor did to me and they were livid. They didn't call the police, maybe because such a thing is taboo in Korean culture. We never spoke to them again, and after a few years we moved away.

Despite my parents' attempt to ignore the problem, what happened to me echoed far and wide into my adult years in a very complicated way. Often when young children are molested or raped, the incident can be so traumatizing that the memory is repressed out of the conscious and into the subconscious mind. From the age of six I went through regular bouts of depression and stress, but I didn't understand why I felt so wrong.

If my parents understood how to respond to what happened, perhaps I could have avoided a lot of psychological pain. Dr. Mark Stevens, director of the University Counseling Services, said that the number one variable in how sexual assault can impact a person's life is whether or not the person keeps silent about it. If the survivor decides to talk about their experience, the listener's reaction is very important.

"Did they believe them, did they shame them, did they give them support?" asked Stevens.

Regardless of whether or not the assault survivor talks about the experience with others, assault can impact relationships with others.

"There is a sense of betrayal and issues of trust later as adults," Stevens said. "Sometimes there is shame."

That shame haunted me throughout my adolescence. When I started middle school, I began having repeated nightmares of the 15 or so seconds I could recall of the incident. Each time I had the dream, the memory began to become more accessible to my recollection. I did not want to ask my parents if what I was dreaming really happened, in fear that they would think that I was a sexual pervert. But after a few months, I was certain that I was remembering something real.

I carried that secret with me for a while before I first told my close friends. They didn't know what to say or how to help. I told a few people whom I trusted at my church, but all they could offer me was to remind me

that Jesus loved me no matter what happened to me. It made it seem as though I was a prostitute that Jesus had mercy on.

The experience impacted every facet of my life including my ability to recall early childhood memories, ability to trust people, my adult sexual behavior and my general self-esteem. I was haunted by those dreams several times a year and had panic attacks for no understandable reason. It didn't matter how much I prayed to God or cried to the adults around me--no one seemed to understand that I needed much more than any deity could give me.

I thought that by the time I entered college, I had come to terms with what happened. This sense of healing was not real, but rather a silent acceptance of my victimhood and denial of the emotional trauma I still carried. It was as if that 15 second memory cemented a sense of powerlessness and self-hatred in my psyche, because I did not care about my safety, emotional state or physical health.

While some survivors of sexual trauma cope by avoiding sexual experiences, I did the opposite and put myself in very comprising, dangerous situations. I was foolish and reckless with my self; it is by pure luck that I did not get assaulted again.

I did not recover fully from my childhood assault until I was able to access free therapy from this campus as a college student. With the help of my therapist, I traced my lack of self-care and terrible self-esteem to the incident. I had spent my life blaming myself for what happened and hating myself for not

being able to stop it; I stopped punishing the 4-year-old who was taken advantage of.

At any age, sexual assault can create problems too complicated to understand without professional help. Left untreated, the trauma from sexual assault can lead to drug addiction, sex addiction, eating disorders, and in the worst case, it can turn a trauma victim into a sexual abuser. I wonder why my teenage neighbor did what he did to me. I wonder if he was abused as a child. I wonder if he continued to abuse others in his life. I hope I was his only victim.

I have been told many times, not to talk about this incident because it makes people feel "uncomfortable." I've been told that it is an inappropriate topic because it concerns sex. And from what I've learned from some Republican party members' asinine views on rape, maybe I will be asked if I was "legitimately assaulted."

Despite the attention or criticism I am most likely going to receive by telling my story in such a public manner, I know that someone, somewhere might read this and feel less alone. Women, men and children who have been sexually assaulted, molested or raped need to tell their stories. To live in silence about something so utterly life-destroying will only feed our society's culture of denial on this topic and further marginalize sexual assault survivors.

The shame, trauma and fear that one carries after being assaulted is too heavy to bear alone. As the great writer Maya Angelou once said, "There is no greater agony than bearing an untold story inside you."

I've told my story as many times as I have needed to do so, and I no longer live with that agony.

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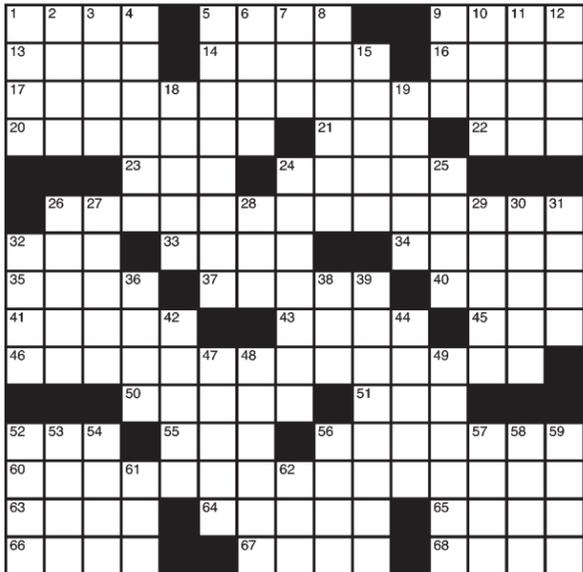
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By Michael Dewey

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- 61 Veto
- 62 General linked with chicken

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Solution to today's sudoku

2	1	8	5	6	7	9	3	4
8	9	6	7	3	5	2	4	1
9	8	6	7	3	5	2	4	1
8	2	6	1	9	4	7	5	3
9	7	1	8	6	2	5	3	4
2	3	8	4	1	5	9	7	6
1	8	4	9	3	7	2	1	8
7	4	3	5	3	4	9	6	1
6	8	9	2	5	3	7	4	1
5	6	8	7	4	1	3	2	5
1	5	2	3	8	6	4	9	7

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				6	4			
			7				2	
7	4		5		9	8		
5			9			2	1	8
		8				9		
9	7	1			2			4
		6	1		4		5	3
	1				3			
		7	6					

sudoku

How to play:

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Solution above.

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COLUMN

MLB: Cy Young and MVP predictions

CASEY DELICH
DAILY SUNDIAL

With the end of the season approaching, the only thing some players have to look forward to is the end-of-the-year awards and a long offseason. Nearly all professional players would trade any amount of individual hardware for a chance in the postseason.

These are my picks for Major League Baseball's individual awards of 2012.

AL MVP

There has been great debate brewing the past month over who deserves this award more, Miguel Cabrera of the Detroit Tigers or Mike Trout of the Los Angeles Angels of Anaheim.

Cabrera is making a run at the first American League Triple Crown in 45 years, and as of Monday, leads in all Triple Crown categories a .329 batting average, 44 home runs and 137 runs batted in. But is the MVP only on the offensive side of the ball?

Trout himself is having a season for the ages, all in his rookie year. Not only does he lead the American League in runs scored with 128 and 48 stolen bases in 52 attempts, he also managed to bat .325 in the leadoff spot.

Trout is also the youngest player to reach 30 home runs and 40 steals in a single season. His defense in center field is ranked best in the majors, including over-the-wall highlight reel catches that robbed multiple home runs throughout the season.

Cabrera may win the Triple Crown, but he came around at a time when one rookie is putting up numbers that put hall of famers to shame. If this had been last season or any other year, Cabrera would be the hands down winner, unfortunately baseball writers and America have caught Trout fever.

Winner: Mike Trout, OF



Los Angeles Angels Mike Trout makes his to third base, and then scores in the sixth inning against the Chicago White Sox on Sunday, Sept. 23, in Anaheim, Calif. He is one of the few AL MVP candidates for 2012.

COURTESY OF MCT

NL MVP

Ryan Braun has proved naysayers wrong when they claimed he "robbed" the Los Angeles Dodgers' Matt Kemp of the MVP award last season because he immediately failed a drug test afterward not only by winning its appeal immediately afterward, but by also putting up similar statistics to last season.

Batting without the protection of Prince Fielder behind him, Braun is on pace to hit 10 more home runs than last season. Braun's season clearly shows last year was no fluke.

The NL MVP was seemingly all but wrapped up and delivered to the Pirates' Andrew McCutchen weeks ago

but was rudely snatched from his grasp when he and his team stumbled on the way to the finish line. Having a below .500 record doesn't help sway voters in his direction.

Buster Posey of the San Francisco Giants is Braun's biggest competition, not McCutchen. Playing catcher and coming back from a gruesome injury he suffered last season, he caught more than a hundred games to lead the NL in batting average, something no one envisioned.

Playing a position that requires him to crouch behind the plate over 125 times a night and catch from perhaps one of the top pitching staffs in the NL,

Posey is the more valuable player to his team compared to Braun. Hitting nearly .400 since the All-Star break doesn't hurt his chances either.

Braun's appealed positive test from last season weighs heavy on all the voters. Ultimately, that is what dooms Braun's chances.

Winner: Buster Posey, C

AL Cy Young

Last year, the Detroit Tigers' Justin Verlander won not just the Cy Young, but became one of a select group of elite pitchers to win both the Cy Young and the MVP in the same season. While this year has been that of the same cali-

ber, he faces stiffer competition for the award with the Angels' Jered Weaver and the Tampa Bay's David Price.

This is probably the second closest race in the majors besides the AL MVP, with three pitchers in their prime holding a combined 55 wins on the season.

Verlander doesn't deserve the award because he has the least amount of wins, but the most innings pitched and strikeouts. Price has the lowest ERA and tied for first in wins. Weaver has least innings pitched due to injury, least strikeouts, but tied for first in wins and lowest WHIP (Walks and hits per inning pitched).

The Cy Young needs to go to someone who is the overall best pitcher, not someone who leads in certain categories but is in consistently in the top of all of them.

Winner: Jered Weaver

NL Cy Young

Gio Gonzalez of the Washington Nationals and R.A. Dickey of the New York Mets have had this battle all season long. The voters need to decide if Dickey is to be the first knuckleballer to earn a Cy Young award along with being a New York Times bestseller in the same year.

Along with Stephen Strasburg, Gonzalez has helped lead a revival in Washington and leads the league in wins with 21. He's also top five in most other categories but has not been as dominant as Dickey.

Dickey is second in the league with 20 victories, leads in innings pitched and strikeouts, and ranks third in WHIP. To say he has had a dominating season on an especially underperforming team is an understatement.

Winner: R.A. Dickey

Who wins these awards will remain to be seen, but one thing for sure is only one of my "winners" will be playing in the postseason. Even if Posey doesn't receive the award from the MLB writers, he will be playing for what every professional wants, a World Series ring.

WOMEN'S SOCCER

Get to know...Lyndsey Preston

REPORTING BY CASEY DELICH

Major: Undecided Freshman
Position: Forward

FAVORITES

Favorite Music: Techno
Favorite Athlete: Lionel Messi

LIFE

Greatest Accomplishment: Getting to a Division I school
Hobbies: Eating. I love food

SOCCER

Best Part of Your Game: Speed
Part That Needs Improvement: My touch and overseeing of the field
Best Player Played Against On Team: Leandra Walker

Difference Between Division I and High School: A lot more physical with faster play and more of a family atmosphere on team

GOALS

Team Goal: National Championship
Personal Goal: Work better with the other girls on the team
Started Playing: 4 years old
Stay in Shape in the Offseason: Practiced with semi-pro Strikers team and running on the side

EXTRAS

Person Most Want to Meet: Former USA olympic gold medalist Mia Hamm
Life After CSUN: Hopefully playing soccer and making it further



LOREN TOWNSELY / PHOTO EDITOR