

Freshmen **Unleashed**

VOLUME 5, ISSUE 3

SUMMER HOT SPOTS

Mom's Weekend Fun

**Best Deals
in Pullman**

Reporting
Sexual
Assault



95% of WSU students will RESPECT SOMEONE who has the courage to REPORT A SEXUAL ASSAULT

Local 24-hour helpline: Alternatives to Violence of the Palouse, 509-332-HELP
WSU Counseling Services: 509-335-4511, after hours 509-335-2159

Information is based on a random survey of 399 WSU students in spring 2009



The Freshmen Unleashed Mission

To support the success of WSU freshmen by providing insight into campus life from upperclassmen and local experts.

Published by the WSU Campus Campaign Against Sexual Assault

Want to write content? Tell us we rock? Give us a story idea? Contact us at unleashed@wsu.edu

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Editor's Note **Unleashed**

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We asked WSU STUDENTS

what they thought about the number on the previous page and then got some expert opinions.

"That's a very respectful and noble thing. I think the fear of getting someone in a lot of trouble and possibly ruining someone's life discourages people from coming forward and reporting it."

- Nick Albertini, Senior, Finance

Fear can play a large role in not reporting sexual violence. Fear of the consequences for themselves, other people, and within the community can be very intimidating. Students can respect victims by being supportive. This means placing blame on perpetrators, not victims. It also means holding perpetrators accountable for their behaviors. It's essential to believe victims and support the decisions they make, even if they decide not to report.

- Tiffany Thompson, Alternatives to Violence of the Palouse

"I think it takes a lot of courage to come forward. It's not something people are comfortable with. Fear and embarrassment place a big role."

- VJ Villasin, Sophomore, Political Science

It absolutely does take courage to come forward. Many times family, friends and the community do not receive victims well when they disclose sexual assault. Unfortunately many victims are faced with interrogation rather than support.

- Bekah MillerMacPhee, Alternatives to Violence of the Palouse

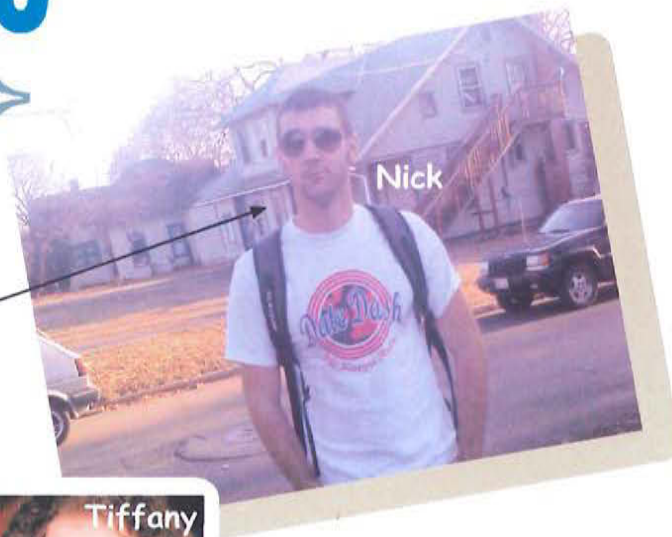
"It takes a pretty strong person to stand up for themselves. I think people are hesitant at times because there is confusion about what the line is, about what consent actually is."

- Samantha Smith, Junior, International Business

Sexual assault is, understandably, a subject many people are uncomfortable talking about. However, talking about it gives us the opportunity to discuss issues like consent and realize that consent doesn't have to be a confusing issue at all. Check out the WSU Counseling website for helpful information and tips about consent in sexual situations.

All victims - whether or not they disclose - are strong and courageous individuals. Victims of sexual violence experience a level of backlash that most people can't fathom, which Tiffany highlights above in her response. Most of us are never taught how to be supportive when someone discloses an assault, yet most of us will be in that situation once, twice, or even multiple times. A victim disclosing to you is not going to expect you to have all the answers. Support, encouragement and empathy are powerful responses for victims, so keep that in mind the next time someone comes to you to tell their story.

- Nikki Finnestead, Alternatives to Violence of the Palouse

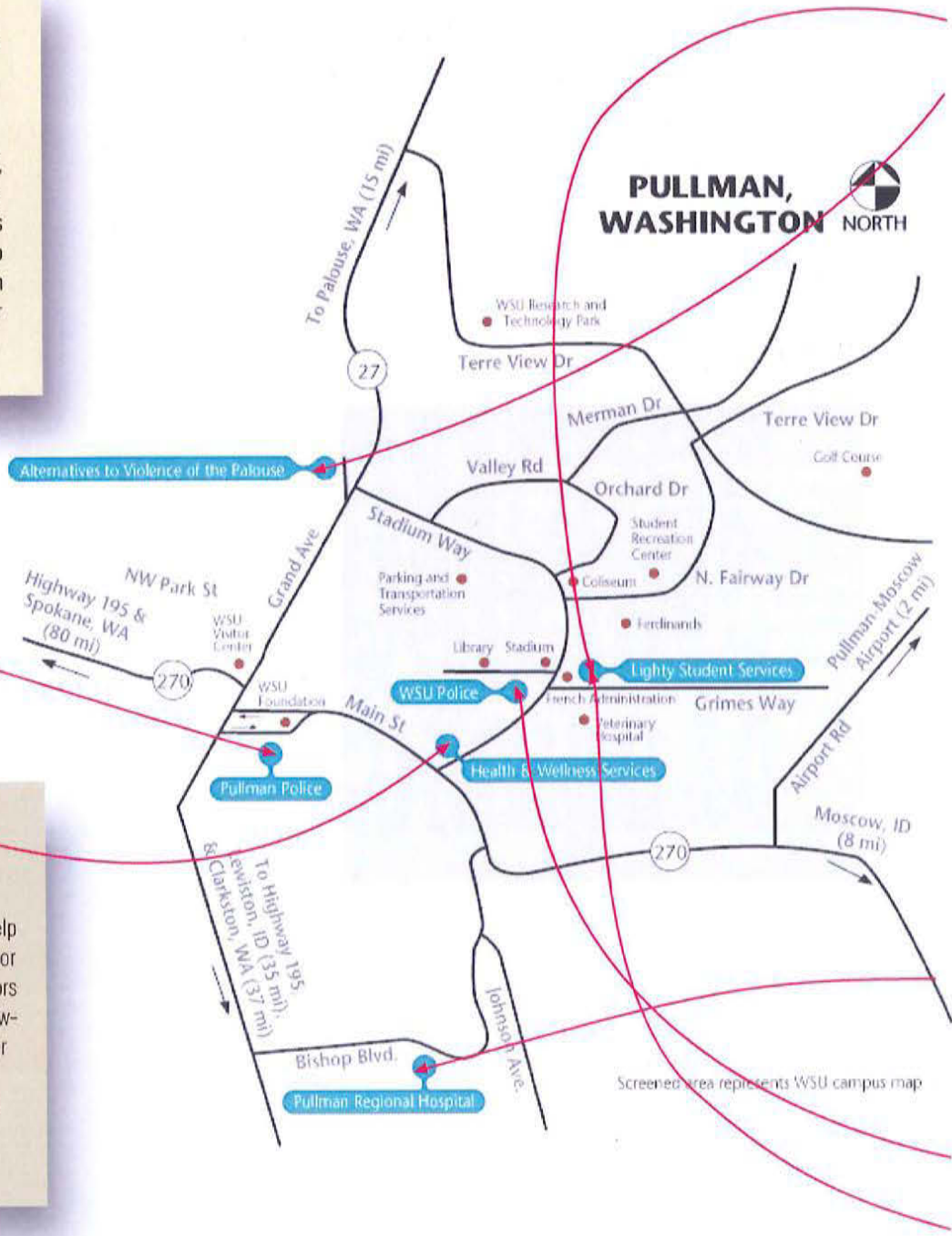


Pullman Police, 509-334-0802

24-Hours If people report a sexual assault to the police, it doesn't mean they need to prosecute it. The Pullman Police view themselves as guardians of the community and if there is a sexual assault predator around, they want to identify them and get them out of the community to protect possible victims in the future. The Pullman Police are there to help the survivor, no matter what the situation may have involved, and hold the perpetrator responsible.

Health and Wellness Services, www.hws.wsu.edu, 509-335-3575

Health and Wellness Services has nurses trained in sexual assault exams who can help survivors and collect evidence if the survivor chooses. HWS can also help connect survivors with additional financial resources for follow-up medical care. One benefit HWS can offer to survivors is the ability to see the same provider for follow up, and therefore avoid retelling the details of the assault.



To Report or Not?

88% of WSU students say they think it would be wise, if they were sexually assaulted, to report it to an authority.

Deciding to report a sexual assault is a very personal decision. When unsure about reporting a sexual assault, consider the following:

- Organizations and agencies are available to help you.
- Seeking help or medical attention about the incident does NOT mean you have to prosecute, even if you have evidence collected.

Counseling Services, www.counsel.wsu.edu, 509-335-2159, 509-335-2159 After Hours
91% of WSU females think it would be wise to seek counseling services if they were sexually assaulted. They can help the survivor understand the process and provide support. They also can help with filing reports to the police or the Office of Student Conduct and with finding the survivor a safe place to go. Counseling Services also offers individual or group counseling to address the profound emotional effects that often follow traumatic events such as sexual assault.

Alternatives to Violence of the Palouse (ATVP), www.atvp.org, 509-332-0552, 509-332-HELP 24-Hour Crisis Line

ATVP provides a safe environment for victims and survivors, offering professional assistance to support an individual's choice. After a sexual assault, having access to support and information is an important step in a survivor's healing process. Agencies like ATVP can begin to provide this support. ATVP provides advocates who are supportive of their choices and decisions. ATVP can be contacted not only by survivors, but also by friends of survivors or just for information about sexual assault.

Services for Sexual Assault Victims

Where Can I Go?

Deciding where to go for help if you or someone you know has been sexually assaulted can be a challenge, but Pullman and the WSU community have a wide network of support for sexual assault survivors. **88% of WSU students said they think it would be wise to know where to find help if they were sexually assaulted**, so Unleashed did some research to tell you where help is available.

Pullman Regional Hospital, www.pullmanhospital.org, 509-332-2541

Survivors can come to PRH for medical evaluation. One of the reasons to come to PRH to seek help is because they are available 24 hours a day, 7 days a week, 365 days a year so survivors of sexual assault can come in anytime. The majority of sexual assaults that occur in Pullman occur in the middle of the night and are reported in the middle of the night, so PRH is one option that is always available to help.

Student Conduct, www.conduct.wsu.edu, 509-335-4532

The Office of Student Conduct can help with accessing medical treatment, counseling and advocacy, as well as filing an anonymous report, reporting to the police or reporting to their office. When it comes to sexual offenses, possible policy violations such as alcohol use are not the major concern of the office. The main concern is the sexual assault complaint, and their investigation will focus on that.

WSU Police, www.police.wsu.edu, 509-335-8548

Survivors can contact the WSU Police to report sexual assault. The WSU Police can then connect them with the appropriate resources. The WSU Police encourage survivors to seek medical attention as soon as possible after any type of sexual assault so that if the survivors choose to prosecute they have forensic evidence.

MOM'S weekend checklist

With football and basketball season over, entertainment on the Palouse may seem in short supply – but with Mom's Weekend in sight, there are a lot of options for entertainment. Here is a list of some activities you and your mom could do. You can also check out events.wsu.edu/moms-weekend for more activities.

Pamper her with the Mom's Weekend Tea and Spa.

Appointments are 1 hour long and consist of a 30 min massage including neck, shoulders, arms, hands and feet as well as a foot bath followed by 30 minutes for tea, dessert and peaceful conversation. \$55 per person.

Attend a fitness class. University Recreation is offering free fitness, gravity, mind/body and dance classes all weekend. Participants do need to pay to get into the SRC, unless they're members.

Get a sweet treat at Ferdinand's. Get some ice cream and buy your mom some Cougar Gold as a souvenir.

Check out the crafts fair. Every year during Mom's Weekend there is a craft fair in Beasley. The event features local vendors selling anything from scrapbooks to knock-off purses.

Watch the fashion show. This annual project only occurs in Beasley during Mom's Weekend. The show features apparel lines designed by Apparel Design students and modeled by WSU students. \$10 advance, \$15 at the door.

Wander in Lawson's Garden. This 13-acre park features landscaped flowerbeds and themed gardens. It is located next to Kruegel Park on the corner of Derby and Dilke streets.

Paint pottery. Wild at Art in the Eastside Marketplace in Moscow offers classes on how to make pottery, or you can paint some coffee mugs, dishes and other pottery pieces with your mom.

Check out the wildlife. Usually by Mom's Weekend the bears will be done hibernating and you can take her to go see the grizzlies. While you're there, see the elk and other animals across the street.

See Big Names. With names like Whoopi Goldberg, Howie Mandel and most recently, Sir Elton John, Mom's Weekend has become the time of year for big acts in Pullman. This year is no different with comedian and entertainer Jay Leno performing standup "in the round," providing 11,000 seats. All tickets are \$45, though WSU students get a \$5 discount. So if you haven't picked up a ticket, do so before it's too late!

The most important thing is to remember that this weekend is for your mom, not you, so do what you can to make sure she has a good time, even if that means doing something that isn't at the top of your list.



Check the Student Survival Kit for deals at www.thesurvivalkit.com/wsuiind.htm.



Best deals in Pullman

Good eats for \$5 and under

- **Sella's** is located right at the edge of campus by Stevenson. Try their large breadtwist with soup or salad for \$5 and a few cents.
- **Dupus Boomers** has a variety of affordable appetizers. Late night on campus? Grab an order of steak fries for \$2 or mini burgers for \$5.
- **Basilio's** offers fettuccini alfredo or spaghetti and meatballs with salad, bread and soda that is \$5 with the coupon from the Student Survival Kit.
- **Little Caesars** has \$5 "Hot and Ready" large pepperoni or cheese pizzas with the Student Survival Kit coupon.
- **Quiznos** has a pick 2 option for \$5. Choose between "sammies," soups, small chopped salads or "bullets".
- **Pizza Perfection** has a great lunch special. Get two pieces of cheese or pepperoni pizza and a soda for \$2.50.

Money saving tips:

- **Make it an early dinner.** Eat before 5 p.m. at restaurants like Mongolian Fire and 4 p.m. at the Mexican restaurants in town, and you can still get the lunch prices. This can save you a few dollars on the same entrée.
- **Ask for a punch card.** Most of the places on campus offer punch cards with a free entrée after a few visits. Check out Dupus Boomers, the Daily Grind, Mongolian Fire and Pita Pit.
- **Happy hour.** There are places in Pullman that offer appetizers at half price before 4 or after 8. Check out Applebee's in Moscow or Dupus Boomers on campus.
- **Combo deals.** Places like Fireside Grille and Village Centre Cinemas offer Monday Movie Night deals. Buy any entrée for more than \$10 and you can buy a movie ticket valid any day of the week for only \$3.
- **Order carryout.** If you order any pizza from Pizza Perfection or Pizza Pipeline at regular price, you get one free.

According to a 2009 survey,

88%
of female WSU students said
IF SEXUALLY ASSAULTED
they would report to the
OFF-CAMPUS POLICE

"Reporting the incident to the police helps reorganize the victim's thought pattern into a more healthy approach: you're a crime victim, you did not commit the crime, and there are people out in the community who understand what you went through and want to assist. The suspect is a criminal and should be held accountable, if for no other reason than to protect the next "would be" victim."

Chris Tennant, Pullman Police Commander

Pullman Summer Hot Spots



Photograph Palouse Falls. See the 198-foot waterfall that cascades into a salt rock canyon. The waterfall is located in Palouse Falls State Park, about 2 hours from Pullman.

Hike Kamiak Butte. This popular destination is located 12 miles outside Pullman past the town of Palouse. Hike a little more than 3 miles to the top for a great view.

Go Golfing. Try the mini putt-putt course on Airport Road between Pullman and Moscow. If you are really serious try Palouse Ridge Golf Club, 1260 NE Palouse Ridge Dr. in Pullman.

Enter Hells Canyon. Visit North America's deepest river gorge, located on the Snake River. In

less than an hour, you can drive to Lewiston, Idaho and take one of the daily jet boat tours.

Take Chipman Trail. Walk, jog, bike or rollerblade seven miles to Moscow. Don't have equipment? Rent some from the ORC.

Boyer Park. Bring some friends and have a picnic or barbeque, and swim, play or camp in this 80-acre state park. Boyer Park and Marina is about 40 minutes from Pullman.

Cool off at Moscow's Water Park. Hamilton-Lowe Aquatics Center opens in June. It is a small waterpark on Mountain View Road that features two big slides (one tube and one body slide), a mini lazy river, a lap pool, water basketball, picnic

tables and barbeques and a water obstacle course. Admission costs \$5.

Check out the Farmer's Market. Support local and organic farmers every Saturday in Moscow from May until October. The market features live music, arts and crafts and cultural foods from 8 a.m. until noon in Friendship Square. Pullman also has a farmer's market downtown on Wednesdays.

Go to the river. Both "the Dunes" and "the Cliffs" are favorite hangouts for WSU students from May until mid-September. Warm sand, fresh water, and a football can turn a day at the Dunes into a campus-wide beach party.

Directions to the Dunes

Head out of Pullman on Davis Way like you are going to Colfax. Make a left at Hilltop Inn on Old Wawawai Road. Follow Pullman-Wawawai road until you reach the stop sign. Go straight through and continue on Wawawai Road/US-194. After about 3 miles take a right to continue on W. US-194. There will be a sign pointing to Boyer Park. Follow for 12 miles and take a left on Almota Road. Follow this road all the way down to the Snake River. Make a left on Lower Granite Road. This road will take you straight to the dam. Remember to bring ID. You need it to cross the dam. Once you cross the dam, the Dunes will be about 1 mile on the right. There is plenty of parking there. And don't forget to pack up and leave around 4 p.m. so you can cross the dam before it closes at 5p.m.

It's about a 40-mile drive to and from the Dunes. Roads are windy, turns are sharp, and, more often than not, speed limits are ignored. The dam crossing over the Snake River closes at 5 p.m., so when the party is over, it's a mad dash to get home. Add alcohol to this scenario and a day at the Dunes can quickly turn dangerous. Last year one WSU student died and two others were seriously injured after driving back from the Dunes. Designate a driver, wear your seatbelts, look out for your friends, and plan on leaving early to miss the drivers who may not be as responsible as you.

