

the SIGNAL

Turn to page 7 to read about how the termination of DACA will affect Dreamers. Lea página 8 para leer sobre cómo serán afectados los Dreamers si DACA fuera eliminado.



Want to know more about the effects of chemicals found in your every day products? The article on page 10 has your answers.



The Signal is looking for a new logo! Submit your design to signal_ads@csustan.edu

A breath of fresh air

by Jyoti Dhanota and Francely Santos

On Sep. 1, California State University, Stanislaus (Stan State), went smoke-free! Any form of smoking, which includes vaping or any use of tobacco products will not be permitted on campus. This policy will affect anyone who steps foot onto Stan State, including students, staff, faculty and visitors.

By adopting this new policy from the Chancellor's Office, Executive Order 1108, Stan State is promoting clean air and a cleaner environment for everyone on campus.

"Our goal is to promote a healthy lifestyle," said Kellie Marshall, Department chair and spokesperson for the Smoke-and Tobacco- Free Task Force.

One of the ways Stan State is communicating this new policy is by putting up signs all over campus. These signs are located at every entry point on campus saying, "Smoke & Tobacco Free Campus."

Another way this new policy was communicated was through emails before the fall semester started. The basis of these emails being sent were to inform what this new policy meant and when it would come into effect. An email was also sent to students



Smoke and Tobacco Free Campus signs around campus. (Signal photo/

and staff informing them of a seminar that would be taking place on campus for anyone who wanted to know more about the policy. The Healthy Campus seminar was held on Aug. 28 in Mary Stuart Rogers (MSR) room 130.

The Healthy Campus seminar was an informational presentation that touched on the policy, talking points to inform others about the policy and some of the resources and programs that are available for any students, staff and faculty members to quit the use of smoke and tobacco products.

The seminar ended with a presentation from event speaker Joe Jaurez. Jaurez is the Account

Executive for Blue Shield of California's lifestyle intervention program, Wellvolution. He spoke about some of the major health risks that comes with smoking and the use of tobacco products. Some of those serious health risks included heart attacks and strokes, coronary artery disease (CAP), problems with pregnancy, effects in nutrition and health risks for family members.

"It's never too late to stop smoking," says Jaurez.

In efforts to further promote a healthy lifestyle, Stan State is also offering different types of resources at no cost. These resources are made available

Continued on page 10.

The Signal

Staff

Editors

Jyoti Dhanota
Kristen Dias
Olivia Soto
Clara Zapien

**La Letra Ñ
Coordinator:**
Jesus Alvarado

Reporters

Aubrie Barr
Kimberly Fischer
Gagandeep Kaur
Abri Munoz
Francely Santos
Jesus Valdez

Advertising Managers

Audrey Thomaston
Nathan Straubinger

Webmaster

Isabel Tardif

Designers

Denis Hernandez
Simarjit Kaur
Eric Lloyd
Maggie Lunt

Lead Designer:

Madison Toel

Administrative Support Coordinator

Ilene Ruesga

Faculty Adviser

Dr. Shannon Stevens

Contact us at
209-667-3122
editor@csusignal.com

Meet The Signal Columnists

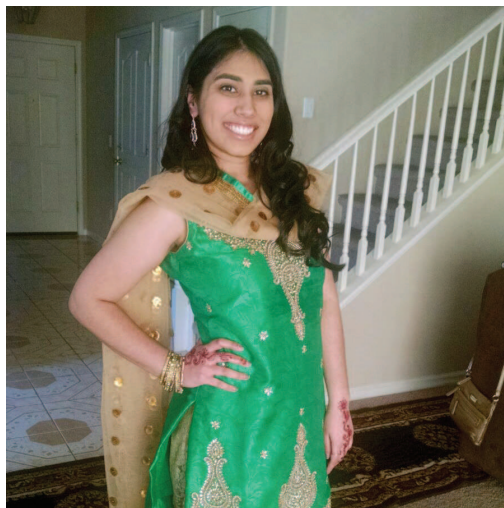
Faith Unshaken



Kristen Dias, author of Faith Unshaken column . (Photo courtesy of Kristen Dias).

My column, "Faith Unshaken," is a story of my life...and perhaps yours, too. From the moment I entered college, my faith in God and the Word was put to the test. I had people in and out of college telling me daily how to think and what to believe. Maybe that sounds familiar to you as well (regardless if you believe in God or not). I do not intend for this column to be a Sunday sermon. I do, however, intend for this column to be an insightful piece on faith that is unshaken even when students face moral dilemmas within college.

Kristen Dias is a writer and editor for The Signal. She is dedicated to encouraging and uplifting others through this column, and believes that everyone is worthy to be acknowledged and appreciated by others and themselves. She is a believer in The Lord Jesus Christ's teachings of love, understanding, and forgiveness.



Jyoti Dhanota, author of Punjabi Andaaz column (Photo courtesy of Jyoti Dhanota).

Punjabi Andaaz (translates into Punjabi Style)

My column, "Punjabi Andaaz," is an entertainment/ life-style column. I have realized that many people forget their roots once they enter college. This will be a fun way for people to stay in touch or learn something about the Punjabi culture or connect to a Punjabi film/ song(s). I hope you all enjoy reading it. I know I am excited for this to be out, and I will be putting in the time and effort to ensure that everyone enjoys it.

Jyoti Dhanota is a writer, editor and social media intern for The Signal. She started writing for The Signal last semester. During this time, she started writing cultural pieces and religion based pieces. She connected events from events around the Turlock area up to Canada as well. This column is a fun way for her to connect others to her culture & keep people from the culture connected to their roots.



Clara Zapien, author of the FemPOP column (Signal Photo/Isabel Tardif).

FemPOP!

My column will feature a variety of topics all relating to feminism or simply my life experiences. I will be discussing things that go noticed and unnoticed in the daily life of a female. Everything in this column is from my point of view and reflects only my opinions as it is after all an opinion column.

Clara Zapien is a writer and editor for The Signal. She is dedicated to speaking up about issues that go unspoken and have been normalized by our society. She strongly believes that being a feminist entails equality of both sexes and does not condone the stigmatized image of a feminism being the hatred of men.

Merriam-Webster defines an editorial as "a newspaper or magazine article that gives the opinions of the editors."

Table of Contents

The Well

A look into the campus church

Page 4

Local Donut Shops

The various donut shops of Stanislaus County

Pages 5-6

La Letra Ñ

Dreamers fear sunset of DACA

Pages 7-8

Healing Horses

The healing qualities of horses for veterans and those living with disabilities

Page 9

Smoke Free Campus

Stan State is going Smoke free!

What that means for the students

Cover and Page 10

BPA

What is BPA and what risks does it pose to the population?

Pages 10-11

Student Loans

How do students feel about student loans and the strings that come attached to them

Page 12



Meet the Staff

by Jyoti Dhanota

With a new semester comes a new batch of Signal writers, along with returning ones plus editors! Say hello to our Fall 2017 reporters: Aubrie Barr (senior, Communication Studies) joined The Signal to expand her knowledge in journalism and to become more committed to the campus. She wants to further her career in journalism and found the student newspaper to be home.

Clara Zapien (senior, Communication studies) is in her third semester of writing for The Signal. It is her first semester as editor. Writing is a passion that she has and she believes that news reporting is important for our society to function.

Gagandeep Kaur (senior, Communication Studies) joined The Signal because it was a great opportunity for her to get out of her comfort zone. She wants to make a meaningful difference and most important, help her grow as an individual.

Having a passion for writing Jyoti Dhanota (senior, Communication Studies) is in her second semester writing for The Signal. This semester she has joined the team of editors and is social media intern. She hopes this will give her the experience she needs in the future as a journalist and becoming social media manager.

Wanting to some experience with a journalism minor Abrianna Munoz (Communication Studies) joined the team. She wants to help student's voices be heard.



Fall 2017 Signal Staff (Signal Photo/ Isabel Tardif)

Kristen Dias (sophomore, Communication Studies) is in her second semester writing for The Signal and first semester as editor. She finds the student newspaper to be a wonderful opportunity to become a better writer and editor. She wants to better herself for the benefit of her readers.

Wanting a valuable experience in journalism Kimberly Fischer (Communication Studies) joined The Signal.

Jesus Valdez (senior, Communication Studies) is starting his second semester writing for The Signal. He wants to gain experience writing articles.

Jesus Alvarado (senior, Spanish) is in his second year as editor of The Signal and started writing for the student two years ago. He loves working with new writers, because he gets to learn new things from them while he is teaching them what he knows and helping them out. "I see journalism as an honest and ethical

way to tell people's stories alongside important facts," he says.

Francely Santos (senior, Communication Studies) is excited to have fun as well as to broaden her experience in writing as she is starting her second semester at The Signal. "I can't wait to see what this whole world of journalism has for me in the future, and it's safe to say that so far I have not been disappointed."

Olivia Soto (senior, Communication Studies) joined the Signal in 2014 with an interest in broadcast journalism but has since then transitioned her love for organizing and writing into becoming the Social Media manager in hopes to pursue a career in public relations. "The Signal has improved my writing, if anything, and has revealed my OCD with organizing and managing a brand," Soto said.

The Well springs forth in MSR

by Kristen Dias

Pastor Michael Elizondo and his wife Whitney have been ministering Sunday mornings at 10:30 a.m. in the Mary Stuart Rogers (MSR) building located within California State University Stanislaus, (Stan State), for the past seven years this coming September.

The Well is a “satellite campus in Turlock,” which stems from the church’s original location in Fresno, California, according to Pastor Elizondo, and is a church open to all.



Pastor Michael Elizondo and Whitney Elizondo stand together in front of MSR after The Well's Sunday service at Stan State. (Signal Photo/ Kristen Dias)

Mrs. Elizondo described their congregation as a “small and very simple” family of believers in Jesus Christ.

“We are committed to the Bible, and to learning and growing in our faith, and to grow in our knowledge of The Lord and also just to grow as people together,” Mrs. Elizondo expressed. “We’re a smaller community, so it’s kind of nice that you get to know everyone in the church.”

According to Pastor and Mrs. Elizondo, their congregation in its entirety is made up of approximately 75 people, 30 of which are children under the age of ten.

“We’re the only church on campus here, and this is really an opportunity for us to say, ‘okay, this is our neighborhood,’ like what does it look like for us to be the light of Christ here?” Pastor Elizondo stated.

After Pastor Elizondo had finished leading the church through worship that Sunday morning of August 27, he asked Dan Clipper, a member of The Well and Waterford resident, to open the service in a word of prayer.

“Because we come to church, that doesn’t make us whole,” Clipper prayed, “Convict us of the things we need to work on, and bless us.”

A video then began to play on the massive projector set above the stage within the room. Pastor Shea Sumlin, The Well’s Fresno campus pastor, asked the congregation to open to Haggai 2: 10-19.

Pastor Sumlin commenced speaking his message of God’s grace given to the people of Israel. “Grace changes everything,” Pastor Sumlin said.

He then asked for the community of believers to look at themselves and realize that there is not a “righteous ladder” they have to climb to earn God’s love.

In order to personalize the video message and tie it back to Stan State’s congregation, Michelle Payne, a member of The Well, shared her testimony with her church before concluding the service.

She stated that the church she had come from previously required her to always wear dresses, never pants.

“God doesn’t care what I look like on a Sunday morning, but that I’m here,” Payne said while choking back tears. She went on



The Well's congregation listens to Pastor Shea Sumlin preach on MSR's projector at Stan State. (Signal photo/ Kristen Dias)

to say how she had been on a journey to discovering God’s love for her ever since then.

Pastor Elizondo stated that the reason he felt called to Stan State’s campus was widely due to “what God was doing at The Well in Fresno.”

“We are really excited to better connect with the college students that are here,” Pastor Elizondo said.

According to Mrs. Elizondo, the goal of The Well being on Stan State’s campus is predominantly to be student’s family away from their family.

She stated that The Well is happy to help Stan State’s students if they are in need of a ride to the grocery store or simply want to meet for pizza.

For more information on The Well’s services and beliefs, visit their website or their Facebook page.



The Well's congregation worships God during the Sunday morning service in MSR at Stan State. (Signal photo/ Kristen Dias)

Donuts around town

by Andrew Cabrera

If you have a sweet tooth and are craving something sugary during the morning or any other hour of the day, donuts are always an option to satisfy that craving. In Turlock alone, you are limited to only three donut shops. However, in Modesto there are four times that many, one of them being the only vegan donut store in the 209. Most of these shops have been open for over 20 years.

The craving for a donut has survived the ever-changing tastes and preferences of everyday consumers, but how? What keeps donuts on racks, unlike their forgotten brother “the cronut” (which is a croissant donut). From the beginning this was the question.

If you were to ask what the origin of the donut is, you would get a handful of different answers. Some historians say it was created by an innovative housewife who thought putting a hole through a small cake would help her husband enjoy her baking while working.

Others say it was created by a pirate who was caught in a storm. He needed both hands to steer, so he used a spoke on the ship’s steering wheel to puncture a hole in the center of his pastry to hold it for him.

Whatever the origin of a donut really is, they made their way to America and became a countrywide symbol for breakfast and comfort food.

Sean Lam’s father left Cambodia at age 11 to come to America for a better life. “My father came to California because there was a war going on in 1982,” stated Lam, “They then went to Thailand to a refugee camp and after a while were able to migrate to America.”

About 15 years later his father and mother became the third owners of the very successful Sunshine Donuts in Turlock.

His aunt, the second owner, taught him how to run the shop and bake their signature donuts.

Now his son Sean is the one who is mostly seen behind the counter dealing with the crowds of people flowing in for crowd favorites such as the old fashion glazed or chocolate donuts.

“Lately the customers have been coming in for colored sprinkle donuts, which are changed for the holidays,” explains Lam, “During Easter we use white icing with pastel sprinkles while Halloween brings darker sprinkles with orange icing.”

Each holiday varies, but this seasonal adaptation has kept consumers interested and loyal to their donuts.

Although the presentation is very simple it is still appealing to the eye. The colors clash together but in a way that keeps you coming in weekly.

Lam discussed what makes Sunshine Donuts stand out from their competitors, “We use different flour than most shops to give our donuts a different taste. We let our donuts rise more which gives them their signature light and fluffy appearance,” adding, “If a shop chooses to buy lower quality flour this will make them heavy and they’ll leave you feeling full.”

If you want to avoid feeling sluggish but still crave a delectable treat, try out Modesto’s only vegan donut shop. Vegan Donut Gelato brings a brand new twist on the traditional donut.

Owner Sam Kang has been vegan for a great deal of his life, but has only been a donut shop owner for the last five months.

The idea came to him about a year ago and he learned how to bake from a family friend who owns his own shop.

“Of course that [the friend’s shop] wasn’t a vegan donut shop, to convert their donuts into vegan donuts we don’t use any milk or eggs.”



Sunshine Donuts entrance. (Photo courtesy of Andrew Cabrera)

explained Kang, “This makes them healthier and gives them a lighter feel in your stomach.” Vegan Donut Gelato’s fan favorite is the Cinnamon Crumb, which has a very unique look.

It is an airy yeast based donut that is covered with white icing and topped off with small cinnamon bunches. The cinnamon is strong enough to be tasted, but at the same time does not overpower the icing.

Overall, the donut has a very nice presentation and all around is a great donut.

Like all donut shops, the donuts are made by either one or a couple of bakers from closing to opening the next morning.

The bakers at Sunshine Donuts go in around 10 p.m. and finish at 4 a.m. right before the store opens at 5 a.m. the next day.

These night owls are the ones behind the scenes and are hardly seen by the public.

If your curiosity builds and you want to watch bakers work their magic, simply visit a 24 hour donut place, like Mr. T’s in Modesto.

24 hour shops are always busy and have no time for an interview due to the fact that they are constantly baking. Even though many people are curious on how Mr. T’s became Modesto’s pride and joy the owners want to keep it that way, curious and always wanting more.

If it takes all night to make a shop full of donuts, how long will just one batch of them take?

According to Matt, an employee at We Donut Shop in Modesto, “To make a donut, it takes about a couple of hours to mix and rise a batch, but each donut takes a different amount of time. On average they take about an hour or two to rise.”

The time estimation does not include perfecting the glaze and placement of each sprinkle.

Like Mr. T’s, We Donut shop it also open 24 hours and is always pumping out the sweetest smells on Scenic Drive.

Locals say that the best times to get the freshest donuts are early in the morning anywhere from 4 a.m. to 9 a.m.

No matter the time, you will always be greeted by a smile and sense of warmth. Like their donuts, the atmosphere is uplifting and will make you want to smile for the rest of your day which causes the We Donuts to be truly a great shop.

Matt discussed his experience with applying for his first job, “I wanted to get something that is simple but at the same time not to belong to a franchised chain restaurant Matt said, “I kinda like how this is a mom and pop shop. They know my name and they know me which helped me like this place even more.”

This family owned shop has been in Modesto for at least 30 or 40 years and according to Matt the “We” of We Donuts stands for the first owner’s initials. Sadly the owner’s Sim and Kim were not in, so the original owner’s names will be remained a mystery.

Many mom and pop shops are being forced to close due to larger businesses like Krispy Kreme or Dunkin’ Donuts taking their once loyal customers.

How do these small shops stand a chance?

To this Sam Kang responds, “Our donuts are unique. They are a total different product. It is like Burger King and McDonalds: they practically have the same food, but people will always have a preference.”

He then goes to say “if more shops popped up, they would be seen not as a challenge but as a good thing. They would be giving people more options and that is always good.”



Vegan Donut Gelato’s fan favorite donut: the Cinnamon Crumb. (Photo courtesy of Andrew Cabrera)



A donut assortment at Vegan Donut Gelato. (Photo courtesy of Andrew Cabrera)

DACA crumbles under Trump

by Jesús Alvarado and Clara Zapien



Illustration by Lucy Murphy

changed a little in April when he told the Associated Press (AP) that Dreamers should “rest easy” about his immigration policies. Specifically, he said that he was “not after the Dreamers, we are after the criminals.”

However, that was later proven wrong when Juan Manuel Montes, 23, was deported to Mexico even though he was a DACA recipient. Montes is just a single case out of many, where fellow Dreamers were also deported.

After the White House said that Trump would announce his decision on DACA this Tuesday, hundreds of tech companies and their leaders all over the country signed an open letter to Trump. The open letter, which can be found in Businessleadersdacaletter.com, expressed that they stand in solidarity with Dreamers in the hopes of the bipartisan DREAM Act legislation to be passed, or at least a variation of immigration reform.

The letter reads, “All DACA recipients grew up in America, registered with our government, submitted to extensive background checks, and are diligently giving back to our communities and paying income taxes.” Adding, “Unless we act now to preserve the DACA program, all 780,000 hardworking young people will lose their ability to work legally in this country, and every one of them will be at immediate risk of deportation.”

On Aug. 29, Congressman Jeff Denham (CA-10) met with Tomas Evangelista, a California State University, Stanislaus (Stan State), graduate and a Central Valley Dreamer, to reaffirm his support for the DACA program.

According to the Oakdale Leader, the Congressman im-

plored all of his colleagues in Congress to work together in order to create and pass legislation that would protect DACA and its Dreamers in some way.

In an interview with the Oakdale Leader, Evangelista expressed how grateful he was for the DACA Program.

“The DACA Program changed my life. With DACA, I was able to graduate from [Stan State], give back to my community, pursue my dream of running track and field, and now work full time at a non-profit community organization,” Evangelista said.

Congressman Denham stressed to the Oakdale Leader that “Congress needs to act now to find a legislative solution for Dreamers who for years have been stuck in limbo.” He also added that “Recent events only highlight the urgency of determining a path forward for those young adults, and I will continue to fight for them to be able to stay in the only home they have ever known.”

Matthew Marquette, a Public Administration graduate student, explained the impact that DACA has had on the United States.

“[R]ecent studies by the Center for American Progress demonstrate that individuals protected under DACA contribute greatly to the U.S. economy as a whole. With this in mind, it seems as though cutting the program with no viable replacement seems like an unwise decision, and members of Trump’s party have expressed misgivings regarding [his] willingness to end the program,” Marquette explained.

Marquette stated the possibility of an outcome that could seem enticing to Trump if he was to cut DACA.

“However, such move is likely to bolster Trump’s standing amongst his constituents whom were attracted to his anti-immigrant rhetoric and will likely earn him political points with the xenophobic wing of the American political right,” Marquette added.

The fate of many hopefuls now rests on the shoulders of the United States Congress.

This cliffhanger’s outcome will not only change the lives of those directly impacted, but will change the country and the way that it handles immigration and education as a whole.

Stay tuned to csusignal.com for this breaking news story.

On Sept. 5, President Donald Trump and Attorney General Jeff Sessions announced (by tweet) the beginning of the end of the Obama executive action that protected immigrants brought here illegally as children, calling on Congress to enact legislation to replace the now-rescinded policy.

Recipients of Deferred Action for Childhood Arrival (DACA), or “Dreamers”, were brought out of their shadows in 2012 after former President Barack Obama signed the executive order that granted legal permission for undocumented individuals who were brought into the United States as children to work as well as immunity against deportation.

Under Trump’s administration, Dreamers are being pushed back into the shadows due to the fear of him ending DACA which would result in the possibility of deportation. It is important to note that some, if not most, of these Dreamers have never known any other country as their home.

Trump was very vocal about putting an end to the program during his campaign, but his tone

DACA se derrumba bajo Trump

por Jesús Alvarado y Clara Zapien

Este pasado martes, cuando “The Signal” se preparaba para imprimir el papel, el presidente Donald Trump (a través de Twitter) y el fiscal general Jeff Sessions anunciaron el final de la orden ejecutiva del expresidente Barack Obama, la cual protegía a inmigrantes indocumentados quienes fueron traídos a este país de niños, pidiéndole al congreso pasar una legislación para reemplazar la orden.

Beneficiarios del programa DACA, o “Dreamers”, fueron sacados de las sombras en 2012 después de que Obama firmó la orden ejecutiva cual les garantizaba a jóvenes indocumentados que fueron traídos a los Estados Unidos de niños permisos para legalmente trabajar e inmunidad contra la deportación.

Bajo la nueva administración del presidente Donald Trump, los “Dreamers” están siendo forzados a esconderse en las sombras de nuevo con miedo de que DACA vaya a terminar y después ser deportados. Es importante notar que varios, sino es que muchos, de estos “Dreamer” no saben de otro país a cuál llamarle casa.

Trump fue muy vocal prometiendo ponerle un fin al programa DACA durante su campaña, pero su tono hacia ello cambió un poco durante abril cuando le dijo a “Associated Press” (AP) que los “Dreamers” deberían “estar tranquilos” sobre sus pólizas de inmigración. Hasta le dijo a AP que él “no estaba detrás de los ‘Dreamers’, estamos detrás de los criminales”.

Sin embargo, eso después fue probado como una mentira cuando Juan Manuel Montes, 23, fue deportado a México sin importar que DACA lo protegía de deportación. Montes es solo un caso de muchos, en donde otros

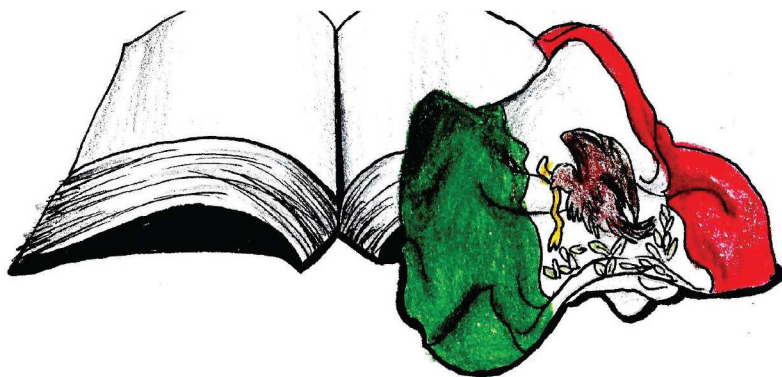


Ilustración por Lucy Murphy

“Dreamers” también han sido deportados.

Después de que la Casa Blanca dijo que Trump anunciaría su decisión sobre DACA este martes, cientos de líderes de empresas de tecnología alrededor de los EE.UU. firmaron una carta abierta dedicada a Trump.

La carta abierta, que puede ser encontrada en Businessleadersdaily.com, expresa que los líderes de empresas de tecnología están en solidaridad con los “Dreamers” con esperanzas de que ambos partidos políticos pasen la legislación “DREAM Act”, o de pérdida una variación de reformas de inmigración.

La carta lee, “Todos los beneficiarios de DACA crecieron en Norteamérica, se registraron con nuestro gobierno, se sometieron verificaciones de antecedentes extensivas, y están diligentemente devolviendo a nuestras comunidades y pagando sus impuestos”. Añadiendo, “Si no actuamos hoy para preservar al programa de DACA, todos los 780,000 jóvenes trabajadores perderán su habilidad de poder trabajar de manera legal en este país, y cada uno de ellos estarán a riesgo de ser deportados”.

En agosto 29, el Congresista Jeff Denham (CA-10) se reunió con Tomas Evangelista, exalumno de la Universidad Estatal de California, Stanislaus, y “Dreamer” del Valle Central, para reafirmar su apoyo hacia DACA.

Según el periódico “Oakdale Leader”, el congresista Denham les imploró a sus colegas del congreso para trabajar juntos para crear y pasar una legislación que protegerá a los beneficiarios de DACA y a los “Dreamers” de alguna forma.

En una entrevista con “Oakdale Leader”, Evangelista expresó su gratitud hacia el programa DACA.

“El programa DACA me cambió la vida. Con DACA fui capaz de graduarme de [Stanislaus], devolverle a mi comunidad, perseguir mi sueño de correr en el atletismo, y ahora trabajar para una organización no lucrativa”, dijo Evangelista.

El Congresista Denham le estresó a “Oakdale Leader” que “el congreso necesita actuar hoy para encontrar una solución legislativa para los ‘Dreamers’ quienes por años han sido atorados en este ‘limbo’”. También añadió diciendo que “Eventos recientes solo resaltan la ur-

gencia de determinar un camino hacia delante para aquellos jóvenes, y yo continuaré luchando por ellos para que puedan seguir quedándose en el lugar que siempre han sabido como su hogar”.

Matthew Marquette, estudiante de administración pública, explica el impacto que DACA ha tenido en los EE.UU.

“Estudios recientes por el Centro para el Progreso Americano demuestra que individuos protegidos bajo DACA contribuyen mucho a la economía de EE.UU. Con esto en mente, pareciera como si deshacerse del programa sin ningún reemplazo sería una decisión imprudente, y miembros del partido de Trump han expresado recelos en cuanto su voluntad de terminar el programa”, Marquette explicó.

Marquette sugirió que la posibilidad de Trump eliminando a DACA sería un resultado atractivo para él y sus constituyentes.

“No obstante, dicha decisión sería nada más que reforzar la posición de Trump ante sus constituyentes quienes fueron atraídos a su retórica contra la inmigración y más probable le ganará puntos políticos con el lado xenofóbico de la política derecha de Norteamérica”, Marquette añadió.

El destino de muchos esperanzados ahora resta en los hombros del congreso de EE.UU.

El resultado de este suspenso no solo cambiará las vidas de los “Dreamers”, pero también cambiará al país y a la manera en que tratará a situaciones migratorias y a la educación.

Favor de visitar a Csignal.com para más sobre esta noticia de última hora.

Horse healing

By Kimberly Fischer

“To provide emotional healing through equine interaction and to provide safe and restorative homes for retired racehorses.” This is the motto of Modesto based equine therapy ranch Healing Arenas (HA).

Healing Arenas provide equine therapy programs for veterans, first respondents, or people who are going through a rough time in life. To make their program unique they also take off the track thoroughbreds and re-train and re-home them.

HISTORY:

Healing Arenas was started in 2014 by Julie Baker, a former exercise rider for the California racetracks. “Healing Arenas started because I wanted to pay back the horses for all of the work,” Baker said.

Baker said, after working for the racetracks until 1994, she had a special place in her heart for all the racehorses she worked with.

After retiring from the racetrack, Baker started taking psychology classes at Modesto Junior College (MJC). While taking those classes, she discovered the Equine Assisted Growth And Learning Association (EAGALA).

EAGALA is a certified therapy program. Since 2006, the Healing Arena’s staff and volunteers have been individually certified to assist the multiple programs that HA offers.

HIPPOTHERAPY:

Traditional Hippotherapy uses horses to increase mobility for children and adults living with illnesses such as cerebral palsy, autism, or speech impairment. Amy Conley, a former volunteer for Wiloth Equine Therapy, described the work that she was involved in while working at Wiloth.

“You get to see the kids grow in their confidence, their physical strength and balance increases. You also see patients learning how to speak or be more mobile due to the flexibility they gained from riding,” Conley stated.

The veterans project at Healing Arenas is very different from the type of Hippotherapy used at Wiloth Equine Therapy. “Most veterans we work with have been dealing with PTSD for a long time,” Baker said. Because of the sensitive nature of their injuries, Healing Arenas has chosen to work with the EAGALA therapy.

EAGALA is a very specific type of hippotherapy. Unlike traditional hippotherapy, there is no riding in EAGALA therapy. Instead, the EAGALA model works with military personnel to establish, recognize and understand patterns, build on personal strengths and translate the insight into actions.

The horses are used as stand-ins for people, issues, or challenges in the patient’s life. Through the EAGALA model, clients are led to powerful, emotional and even life-changing breakthroughs.

Because of the highly sensitive clients, staff must be certified through EAGALA to work on cases. “Every staff member is certified through EAGALA training process,” Baker explained.

Unlike traditional hippotherapy, each staff member needs to be certified to work on cases. EAGALA runs a successful training



Deputy Jessica Graham and Get Out Happy. (Signal photo/ Kimberly Fischer)

program that gives experience as well as job training for staff who want to further a career in equine therapy.

RETIRED THOROUGHBREDS:

The focus of HA, aside from the main programs, is their partnerships with the Retired Racehorse Project (RRP). The RRP takes thoroughbreds from all over the country and sends them to various rescuers and volunteers. These volunteers then take the time to heal, then retrain the retired racehorses.

“It is important to not rush the re-training process; I usually take about nine months to a year to bring them back,” Baker said. She is currently working on an off-the-track six-year-old gelding, who is coming back from a racing career ending knee injury.

Sheriff Deputy Jessica Graham is one of the owners of Healing Arenas’ Get out Happy, a former racehorse. “Happy was the first horse I tried,” Graham said.

Since purchasing Happy, Graham has used him as a mounted patrol horse. “He and I have had many adventures in the year I have owned him,” Graham stated.

GET INVOLVED:

Healing Arenas is a not-for-profit organization located in Modesto, California. They are largely successful due to donations and volunteers. “We always welcome volunteers. If people want more information or to volunteer, they can contact us on our website,” Baker said when asked about their different projects and how people can get involved.

For more information contact Healing Arenas at healingarenas@gmail.com or visit their website at healingarenas.org

Fresh air

Continued from cover.

through various sites on campus. The Student Health Center, Psychological Counseling and Human Resource Center are some of the places to go to for more information or assistance.

In addition, an extra step is taken by these resource centers on the battle against addiction. Nicotine patches, gum, quick kits and other nicotine replacement products are offered to those who need it.

To some students and faculty this is a negative policy, while a majority of other students have found this to be a positive policy.

Karandeep Sooch (junior, Biology) is a student who is looking forward to this change.

"I am overjoyed that finally, I will be able to go to school without being exposed to the toxic byproducts of smoking. As a person with breathing problems it was hard to walk by without going into a coughing fit," said Sooch.

Felipe Aguilera (senior, Communication Studies) is also one of the students who sees this to be a positive change.

"Overall, what bothered me the most was the vape pens. The reason being that people would sometimes use them in the hallways of Bizzini and DBH. It still has a smell to it and that smell isn't the best," added Aguilera.

It really bothers people when that smell is in the air.

"If people really want to do it, then go to a hookah lounge and make it an event with people who actually want to be around that stuff," he adds.

Cheyenne (senior, Business Administration), who does not want her last name on record, is a student who enjoys coming to campus with the benefit of a fresh breath of air.

"I support the new ban on smoking, because I myself don't smoke but my father does. As a result of his smoking I have had to endure the effects of the second hand smoke. I know those who are smokers or are addicted to nicotine will strongly be against the change and it will be a huge inconvenience for them. However, we have to think of Stan State as a whole," she said.

Overall, this policy will bring about a positive change and many people are looking forward to it.

To know more information about this new policy, check out www.csustan.edu/healthy-campus.



New signage seen through driveway entry to parking lot four promoting newly smoke-free campus. (Signal photo/Francely Santos)

BPA: What will the future hold?

by Aubrie Barr, Jesus Valdez and Clara Zapien

"Receipt with you or in the bag?" is a question that most people hear often when they are out shopping. It leads one to wonder how much time and thought is put into answering what is asked of the average grocery store shopper.

The chemical known as Bisphenol A (BPA) is found in many items that an individual comes in contact with during their daily lives. According to the Food and Drug Administration (FDA), "BPA is an industrial chemical used to make polycarbonate, a hard, clear plastic, which is used in many consumer products."

Some of the common items that it is found in are canned foods, receipts, and, in the past, it was even found in baby bottles and sippy cups.

According to the FDA, BPA is safe only when in contact with it in small doses.

Mirian Ramirez (junior, Business) believes that the reason the chemical is controversial might be because of the negative stigma it has.

"It's linked to cancer, and might cause birth defects," Ramirez said.

This leads to the question, what are the potential health risks of BPA? With the amount of tests performed, it has been noted that BPA mimics estrogen, causing it to act as the hormone itself.



BPA free bottles. (Signal Photo/Clara Zapien)

Through scientific research conducted on lab rats, the chemical has been shown to affect fertility and raise the chances of gaining breast cancer. Through these studies, it was also noted that children are at a higher risk to be effected by BPA. BPA can alter children, in their developmental stages, in harmful ways.

Because of the low threat, most people are unaware of what BPA actually means to their health. Most people have seen labels indicating “BPA Free,” but have never been fully educated on what it means for them.

Alexiss Cervera, an Alumni to California State University Stanislaus, (Stan State), admits that she has not actually heard of the BPA chemical and what effects it has on people.

“I’ve heard of BPA. I don’t know what it is or what it stands for. I usually do buy things that say ‘BPA Free,’ but I don’t know what that means to be honest,” Cervera said. “I am just now getting into what chemicals are in things because of my daughter. I’m learning how to read labels to where before I didn’t care nor even paid attention.”

Gladis Rodriguez, a Delta College Student, also admitted to not knowing what BPA meant for her health.

“I haven’t heard of it. Well, I saw the BPA [Free] label on my water bottles but never looked into it,” Rodriguez said.

Because of BPA exemplifying a low threat to humans, The FDA has not officially banned the use of this chemical. With this in mind, it is important to note that BPA can still be apart of our daily diet. This being a threat towards children with its presence in baby

bottles and formula cans makes it important to read labels and stay aware of its use in consumers’ products.

Melanie Shartsis, an Emeryville Resident, looks out for her kids by taking steps to prevent consumption of BPA.

“[I] try not to use plastic and other things that contain BPA in general and be diligent about looking at labels,” Shartsis said.

The Mayo Clinic suggests to people that are worried about using BPA to cut back on cans, avoid heat and use alternatives.

Advertise with the **S!GNAL**

Actual Size of Advertisement!

\$50 for 1/8 page advertisement!

Available to all on-campus departments and organizations.

Let people know about:

- ©Game Schedules
- ©Club Meetings
- ©Upcoming Events
- ©Special Speakers

Contact our Advertising Manager at signal_ads@csustan.edu

Things to know about student loans

By Kristen Dias & Felipe Umanzor

For some, a student loan can have multiple meanings for a student's future. Many students at California State University Stanislaus, (Stan State), use student loans as a means to acquire their education, but do not always fully know what commitments come attached to the loan.

Students who find themselves mystified by the financial jargon that is tied to student loans need look no further than Stan State's financial aid office, located in room 100 of the Mary Stuart Rogers (MSR) building, for guidance.

Laalaa'i Pesefea (sophomore, Philosophy) stated that students had many available options when searching for information regarding student loans. Studentloans.gov was just one source that she found to be particularly helpful while searching for information about student loans.

For students like Mary Johnson (sophomore, Chemistry), talking to financial aid counselors and student loan providers directly was much more helpful than navigating through the school's website.

"It [Stan State's website] was kind of over my head when I was reading through it," Johnson said. "I try to go into financial aid and talk to them about it, and make sure that whenever I go in I ask questions. I don't just accept everything that they say to me."

According to the Institute for College Access and Success' article, "The Top 10 Student Loan Tips for Recent Graduates," talking to one's loan lender on a regular basis can significantly reduce instances of "severe, long-term consequences."

"I try to talk to them [loan lenders] as often as I can whenever I'm confused or have questions. No matter how dumb the question may seem to me, I always ask to make sure I fully understand what I'm getting myself into," Pesefea stated.

Johnson said that she speaks with her student loan provider twice a semester to ensure that she is receiving full financial support because she does not receive grants from the government.

Yet another tip from "The Top 10 Student

Loan Tips for Recent Graduates" included knowing the "grace period" surrounding the loan a student chooses. "A grace period is how long you can wait after leaving school before you have to make your first payment," the article stated.

The length of a grace period can be determined by the type of loan a student chooses to take out. So the question is: subsidized or unsubsidized?

According to Pesefea, subsidized loans do not require students to pay an immediate interest fee throughout the school year, whereas an unsubsidized loan will require a student to pay interest immediately.

"There are also private loans students can take out if the loans, offered by the government, don't suffice your financial needs," Pesefea said.

At the end of the day, what do students know about their loans? Brent Humphreys (sophomore, Kinesiology) shared his experience with student loans.

"Student loans, for me, are money provided for you whether it has interest or not, you can pay it back either as you're in school or when you're out depending on what type of loan you receive," Humphreys said.

Moreover, Humphreys stated that there are both benefits and drawbacks to earning a degree that will one day lead to a higher paying job.

"For me, I wouldn't be able to go to college if I didn't have loans," Johnson said. "I would have no other way of paying for it unless I were to have a full time job or two, so that helps for the short term...In the long run, it's going to be very difficult for me after college to pay them all."

Johnson stated that introductory courses or monthly seminars held on campus would be yet another helpful outlet for teaching college students the language that surrounds a loan and payment plans.

"When I graduate, God willing, I want to be worrying about if I got the job, not my next loan payment," Pesefea said.



If students need financial assistance when it comes to paying tuition, they are typically directed to the FAFSA website. (Signal photo/Olivia Soto)