Change through clothing

Former student promotes faith and charity through clothing line

CHRISTINA BENNETT
DAILY SUN DIAL

Garrett Underwood, 24, a recent CSUN graduate in kinesiology, has made it his goal to send out positive messages through the apparel he designs for his company Malachi Clothing.

Underwood remembers how he came up on his inspiration like it was yesterday. A man approached him outside the supermarket and asked him to buy drugs. Underwood, confused, asked the man why he’d assumed that he would sell drugs. “It’s what you are wearing; you look like you would sell drugs,” the man replied.

Underwood had a realization. The message he sent with his choice of apparel could be just as powerful as his choice of words. This was one of many moments that spurred the development of his company, an endeavor that started in 2006 while he was attending CSUN.

Malachi Clothing donates 20 percent of the proceeds from sales to benefit a homeless outreach group at his local church, One Church International, which provides meals, clothing and care packages for homeless on skid row.

For every purchase made, a care package containing essential hygiene items, including a tube of toothpaste, a toothbrush, soap and deodorant, is assembled and sent to a homeless person. A week later, the purchaser will also receive a bracelet in the mail with the name of the person their package went to.

Although this is a relatively new project, Underwood, a devout Christian, is excited about the potential the program has for reaching out to those in need.

“As a servant for God, I feel like it’s my responsibility to try to uplift these people and let them know God is still with them,” Underwood said.

His faith has guided him to where he is now, and he describes himself as determined to fulfill his purpose as God’s servant.

At a younger age, Garrett did not have as transparent a direction in his life. When he attended Birmingham High School, Underwood enjoyed popularity and frequently attended parties. At the time, his goal in life was to play NBA basketball.

He realized later that his reasons for wanting that career were self-motivated, and he says that pursuing a purely self-driven path would have been a life wasted.

Underwood admits it’s a challenge to promote spirituality to a generation that may have lost faith.

“It’s definitely very hard to get (youth’s) attention, because they’re so caught up in other stuff like Facebook and Twitter,” Underwood said. “For the people who grew up in the church, they hear it (the Christian message) all the time and they might not want to hear it, so I have to go about it in a different way that’s not so in-your-face.”

Still, he keeps the faith.

“I definitely want to inspire. Inspire others to do something bigger than them; be driven to help others,” he said. “That’s the main reason I started my company because I wanted people to be inspired by someone who wears something that is so bold and powerful.”

The principle of working hard to finish something is familiar to Underwood, who runs much of Malachi Clothing by himself. He used to make the shirts out of his garage, but currently owns a shop in downtown Los Angeles, where the shirts are produced.

I nspiration for the design of his clothing comes from different sources, including poetry and the Bible. Sometimes, he gets ideas from other shirts. If he sees a shirt with a negative message, he counters it by putting a positive spin on the message.

“You can be a rebel with a cause,” Underwood said.

Ten years from now, Underwood hopes to have three stores: one in Los Angeles, one in New York and one in Kentucky, his dad’s home state. Getting there will take some work, but he feels confident in where he is going.

“I definitely think I’m in a place where God wants me to be in my life,” he said. “Can I be better? Yes. When you pursue something that He wants you to do, everything just lines up where it’s supposed to be.”

The suspect is described as a 6-foot-tall white male, approximately 20 to 25 years old between 150 and 175 pounds, last seen wearing a long sleeve blue shirt, baggy blue faded jeans and white tennis shoes.

If anyone has any information please call the CSUN Police dispatch (818) 677-2111 and anonymous tips can call (818) 677-TIPS.
Flash mob rocks bookstore

New music group gives students a sneak peek of their innovative music

KAT RUSSELL
MULTIPERDA EDITOR

Asphalt Orchestra, a radical new music group, held a flashmob at the Matador Bookstore yesterday. Dubbed “guerilla musical force,” the 12 piece ensemble marched around the bookstore, playing a few songs in each of the outdoor eating areas, and finally ended their performance in the bookstore. The flashmob was a promotional stunt to call attention to the group’s upcoming performance at the Valley Performing Arts Center. Asphalt Orchestra is scheduled to be the opening event for the VPAC’s fall season which starts today.

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ASPHALT ORCHESTRA ST PRESENTS

ASPHALT ORCHESTRA

FEBRUARY 12, 2013
8:00 PM
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SCAN THE QR CODE TO WATCH VIDEO FROM THE ASPHALT ORCHESTRA’S PERFORMANCE

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SEPTEMBER 6
ENGAGING IN A LEWD ACT – CSUN police officers responded to a report of a subject engaging in a lewd act at Ocean Library. Upon arrival they made contact with the suspect and victim. The suspect was subsequently arrested for molesting while watching a pornographic movie on the computer. He was transported to the LAPD Van Nuys jail for booking.

BURGLARY – An unknown suspect(s) broke into the victim’s secured apartment and stole a trashcan, and a lock.

Investigation Continued

POSSESSION OF MARIJUANA – CSUN police officers responded to reports of the smell of marijuana. Upon making contact with the occupants of the residence it was discovered the suspect was in possession of marijuana. She was cited and released.

PETTY THEFT – An unknown suspect(s) stole the victim’s bike which had been parked in a hallway between Euclayps Hall and Low Oak Hall.

Investigation Continued

SEPTEMBER 7

THIEF OF PERSONAL PROPERTY – An unknown suspect(s) stole victim’s bicycle from Bicycle Rack at UPM 1 (occurred between 09/06-09/10).

Investigation Continued

VANDALISM – An unknown suspect(s) wrote on the bathroom stall in the Art and Design Center in white marker.

Investigation Continued

SEPTEMBER 9 (cont.)

THEFT OF PERSONAL PROPERTY – An unknown suspect(s) stole victim’s bicycle from Bicycle Rack at UPM 10 (occurred between 09/09-09/10).

Investigation Continued

VANDALISM – An unknown suspect(s) wrote on a wooden billboard at Matador Walk.

Investigation Continued

SEPTEMBER 8

THEFT OF PERSONAL PROPERTY – An unknown suspect(s) stole victim’s bicycle from Bicycle Rack at UPM 1 (occurred between 09/06-09/10).

Investigation Continued

DRUG LAW VIOLATION – CSUN police officers responded to a smell of marijuana call. The officers found marijuana in the residence. Suspect referred for disciplinary action.

SEPTEMBER 11

DOMESTIC VIOLENCE – A suspect was arrested for domestic violence and obstructing an officer at UPM 16.

Investigation Continued

GRAND THEFT – An unknown suspect(s) stole the victim’s laptop at Matador Walk.

Investigation Continued

SEPTEMBER 10

BENCH WARRANT – A suspect was arrested for an outstanding warrant during a traffic stop. Cleared by Adult Arrest.

THEFT OF PERSONAL PROPERTY – An unknown suspect(s) stole victim’s bicycle secured to the rack with a cable lock from Bike Rack at Jacaranda Hall.

Investigation Continued

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Veterans center eases transition

CSUN embraces its student veteran population with a resource center that offers support and outreach.

AMMONS SMITH
DAILY SUNDIAL

CSUN’s Veterans Resource Center officially opened on Wednesday with a ribbon cutting ceremony in honor of the veterans to use at the end of the event.

Kevin Kidd, student veteran, was one of the catalysts for the idea of the center as well as David Arnett, Joe Castagna and Thia Nilawat. Hammond said the organization will provide a safe place.

“There is a lot of bureaucracy you have to navigate through when transitioning from military to civilian,” she said.

Sabrina Lockey, board of directors chair, said the ceremony was beautiful.

“We represent all the branches in the military,” Lockey said.

Lockey suggested the student veterans utilize resources provided at the center and meet new friends. She is excited to see the veterans dedicated and involved.

“Towers J. Hazard, peer mentor for the VRC, said the event was appropriate and long-awaited.”

“It gives them formal ground and provides the next chapter for them,” Hazard said.

According to Hazard, laying the rose at the feet of the Matador is a Spanish tradition and is the epitome of a symbolic act, he said.

Hazard wants to guide the veterans through the transition from military to civilian so they avoid pitfalls. The veterans are pursuing their futures and students should welcome them, Hazard said.

Monteigne Staats Long, VRC coordinator, said it is important for students to care about the veterans because they make up a majority of the student body. Staats Long said the veterans have exceptional characteristics.

“Everyone can learn from them (about the diversity on campus),” she said.

Staats Long envisioned helping the veterans in three parts. She wants to help those coming from community college, military and provide career development for graduating veterans to get them acclimated into the workforce.

“I am honored to be a part of CSUN, to see the fruit come true made it a special day,” she said.

According to Staats Long, CSUN is a forerunner in the CSU system for the VRC. She said what makes this center unique is that it was initiated and funded by the student union.

“We’ll see more eventually popping up at campuses,” she said.

Harry Hellenbrand, provost and vice president for academic affairs, spoke about his approval of the center.

“It’s a real honor to represent the university today. I look forward to the success of the center,” Hellenbrand said.

According to Hammond, $120,000 was donated to the center from an anonymous donor and $67,000 was from the Campus Quality Fee.

The veterans are pursuing their futures and students should welcome them, Hazard said. Monteigne Staats Long, VRC coordinator, said it is important for students to care about the veterans because they make up a majority of the student body. Staats Long said the veterans have exceptional characteristics. Everyone can learn from them (about the diversity on campus),” she said. Staats Long envisioned helping the veterans in three parts. She wants to help those coming from community college, military and provide career development for graduating veterans to get them acclimated into the workforce. “I am honored to be a part of CSUN, to see the fruit come true made it a special day,” she said. According to Staats Long, CSUN is a forerunner in the CSU system for the VRC. She said what makes this center unique is that it was initiated and funded by the student union. “We’ll see more eventually popping up at campuses,” she said. Harry Hellenbrand, provost and vice president for academic affairs, spoke about his approval of the center. “It’s a real honor to represent the university today. I look forward to the success of the center,” Hellenbrand said. According to Hammond, $120,000 was donated to the center from an anonymous donor and $67,000 was from the Campus Quality Fee. The speakers of the ceremony stood behind Debra Hammond, executive director of the USU, as she cuts the ribbon for the grand opening of the Veterans Resource Center. “We will serve you as well as you have served us, the Veteran’s Resource Center is one avenue by which CSUN wishes to serve its veteran students,” said Hammond.

Scan the QR code to watch multimedia from yesterday’s ceremony.

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With a new semester and another round of tuition hikes, we all know the importance of surviving on a tight budget. And what’s even more important is eating on that budget while still staying healthy.

While fast food combos are pretty quick for on-the-go students, they definitely start taking a toll on your body.

Instead, try grocery shopping for fruits, vegetables, whole grains, and protein from inexpensive grocery stores. A great place to start is, believe it or not, 99 cents only stores. Their fresh produce section has a wide range of fruits, grains, organic greens, and vegetables for, yes, only 99 cents!

Another great way to save is by buying in bulk at Costco. Stick to fruits and vegetables that are in season. They’re a lot cheaper at this time of year. Buy strawberries in summer, broccoli in winter, and carrots all year round. If you can’t find them fresh, frozen is also a good choice.

Enjoying a delicious and healthy meal doesn’t have to be expensive. So start indulging without emptying out your wallet.

Here are two recipes using 99 cents store produce – and a few extra ingredients from your pantry – to help you get started.

### SPINACH ARTICHOKE PIZZA

**INGREDIENTS**
- 3 pita breads
- 1 jar of marinated artichoke hearts
- 1/4 cup water
- 6 cups of organic spinach
- Pinch of salt
- Freshly ground pepper for taste
- 1/2 cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese

**INSTRUCTIONS**
Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
Place pita bread on baking sheet. Boil water in a large skillet over medium heat. Once water is boiling, simmer down and stir in spinach, until wilted, 1 to 2 minutes. Season with salt and pepper.
Spread pesto evenly over each piece of pita, top with the spinach, marinated artichokes, and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

### VEGGIE TOSTADAS

**INGREDIENTS**
- 1 can diced tomatoes, preferably with jalapeños
- 1 medium onion, thinly sliced
- 3 roughly sliced green bell peppers
- 8 corn tortillas
- Canola or olive oil cooking spray
- 1 avocado, pitted
- 1/4 cup prepared salsa
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro
- 1 cup shredded romaine lettuce
- 1/2 cup shredded Monterey Jack cheese (or any kind you like)

**INSTRUCTIONS**
Preheat oven to 375°F.
Add sliced bell peppers to a heated pan. Cook until skin is blackened but still crispy. Add tomatoes and the juice to bell peppers over medium heat. Add onion and cook, stirring occasionally, until the onion is soft and most of the liquid has evaporated, 15 to 20 minutes.
Meanwhile, coat tortillas on both sides with cooking spray. Bake, turning once, until crispy and lightly brown, about 10 minutes.
Mash avocado in a bowl. Stir in salsa, sour cream and cilantro until combined.
To assemble tostadas, spread each crispy tortilla with some of the avocado mixture. Top with the vegetable mixture, lettuce and cheese.

**Recipes on a Budget**
Gummi Bears have fun too, believe it or not.

NATHAN MCMAHON
DAILY SUNDIAL

INGREDIENTS

- 2 Shots of Blueberry Vodka
- 2 cups of Cranberry Juice
- 1 cup of Sprite
- A couple of gummi bears

Also, don’t forget to stir it three times once it’s been poured. This gives it its Gummi-licious magic power. They are the Gummi Bears! They are the Gummi Bears! burp.

Gummi Bears! Bouncing here and there and everywhere! Blaaah, blah-blah, blahhh… gurgle, slurp. Oh yeah. You all know the theme song and I happen to know the recipe for their delicious Gummiberry Juice, as handed down to me by Grammi Gummi herself. It’s delicious and will give you superpowers like bouncing around and dancing and even vomiting purplish-red, but only if you’re really lucky! Drink up!

Gummi Bears have fun too, believe it or not.

CHRISTINA COCCA
DAILY SUNDIAL

INGREDIENTS

- 1 part Vanilla Vodka OR Whipped Cream Vodka
- 2 parts Mixed Berry Flavored Sparkling Water (I had the sparkling mineral water from Trader Joe’s)
- 1 part orange juice
- A squeeze or 2 of lime juice

Pour over ice, mix, sip and be amazed at the taste of Fruit Stripe Gum in liquid

Ruminating over your favorite 90s snacks is difficult when they are rarely seen in stores. When was the last time you saw a box of Dunkaroos or, my favorite, a pack of Fruit Stripe Gum? Now you can have the joy of Fruit Stripe Gum in your adult life with the Fruit Stripe Cocktail. Get ready, kids.

I thought of this after I had gotten home from a night out and didn’t want the party to stop. I had all of the things listed and decided to combine them. I realized it tasted exactly like Fruit Stripe Gum, which I knew quickly since I had miraculously found a pack of Fruit Stripe Gum weeks before. As fantastic as the little zebra on the rainbow box, I was thoroughly impressed!

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Creating a monster

The makeup and horror behind Universal Studios Horror Nights and the artists behind the zombies

CASEY DELICH
DAILY SUNDIAL

USING A MIXTURE of branded horror and years of horror movie making experience, Universal's Halloween Horror Nights is at the forefront of a horror industry that is always evolving, to paraphrase Creative Director John Murdy.

In its seventh year, Horror Nights will open on Friday, Sept. 23rd and continues on 19 select nights through Halloween, Wednesday, Oct. 31.

With new mazes for the 2012 event, including AMC's The Walking Dead, an adaptation of Konami's video game Silent Hill, Alice Cooper's Gone with the Wind, and Dora de Niños, and the original 1970s The Texas Chainsaw Massacre, everyone will be able to find something that scares them.

"Each year we feel the need to top ourselves from the previous," said Murdy. "We approach each year as if it's the first event."

While the mazes help set the scenes, what makes Horror Nights the premier event it is, is the utilization of makeup and masks on their "scare actors," throughout the park. The responsibility for coordinating all of this relies in the capable hands of Larry Bones, founder of Boneyard FX and lead Horror Nights make-up artist for seven years.

Working with a movie studio-like Universal behind them helps make their effects more realistic.

"We work hand in hand with Universal's Creative Department and makeup artists from the shows and movies we bring to life," said Bones.

Conceptual artists start the process in the design department; their designs then get passed onto the Painting and Mask Department, headed by Kimber Parrish.

"It runs like a film where all of us are working together as one unit on the project," said Parrish.

The sculptors in the Mask Department cast and then mold each mask by hand, molding them out of foam latex. Nearly 2,000 full facial prosthetics were made for the Walking Dead maze and terror tram alone.

The night of the event, hours before the event begins, make-up artists and the "scare actors" show up to get their makeup and costumes done. Many of the actors will be in the chair for over an hour getting everything put together, but the artists jobs aren't done just because the park doors have opened.

"We do touch-ups all night, with the actors sweating and moving around the prosthetics slip off or move around," said makeup artist Samantha Ward while working on an actor transforming into the character RV Walker from The Walking Dead.

"To get that realistic effect that Horror Nights is known for, every detail down to the way a costume is distressed is outlined in the conceptual art for each department."

"We follow the picture for a pattern on where to spray the blood, an acrylic paint and water mix, and how to distress the outfits," said O'Brien.

Several artists give makeup and design demonstrations at Universal Studio's Halloween Horror Nights. "We follow the picture for a pattern on where to spray the blood, an acrylic paint and water mix, and how to distress the outfits," said Aileen O'Brien, a Universal Dresser.

All of these departments coming together is something that really leaves an impression on Murdy.

"Each night is like an assembly line of horror, we can't spend the same time on prepping as movies get to," said Aileen O'Brien, a Universal Dresser.

"Every year, we feel the need to top ourselves from the previous," said the Creative Director, John Murdy.

"We approach each year as if it's the first event."
Food apps you will crave

Food should be carefully selected, we can help with that

Donna Rodriguez
Daily Sundial

If you are not interested in going out to eat, Real Recipes teaches you how to cook and gives you many recipes. This app gives you different options of meals. All you have to do is choose the main ingredient, prep method and the course. It will even give you tips on how to learn how to cook. It will show you the basics and how to keep your food safe from getting spoiled. For both iPhone and Android

Urbanspoon uses GPS to find restaurants that are near you. Plug in your location and press “nearby” to see every restaurant that is in your location. It shows Google maps and a list of restaurants going from the closest distance to the farthest. Can’t decide what you want to eat? Shake your smartphone and watch Urbanspoon decide for you. Know what you want to eat? Check our website for course information and enrollment. Need to earn additional college units this academic year? Worried you won’t be able to get units needed to graduate or transfer? Shut out of classes?

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- Mathematics... and more!

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See uclaextension.edu/CSUN12 or call (310) 825-7093

Bastion game review for ipad ‘Bastion’ is a world that needs rebuilding

Nathan Mcmahon
Daily Sundial

The magic of this game lies solely in the aforementioned narrator, Rucks, who drives the plot through his observant and insightful dialogue. Each action you take is punctuated by a thoughtful quip. Often he speaks in riddles and veiled references about the world we are trying to rebuild. Often, his voice is one of reluctant informant and his insight is less than informative. Do yourself a favor, too, and play with headphones as the poor generic crates and barrels, a staple of any video game, may originate from the world of Caelonia.

A variety of weapons and upgrades offer a cornucopia of carnage. From dual pistols and boxes to machetes and hammers, the means to dispatch the enemies that have swarmed over the broken world are fun to implement, although there is some inherent frustration in engaging the enemies. Often you’ll find yourself rolling and plummeting over the edge of the floating islands. It definitely degrades the overall experience.

While over the past few years we’ve seen our world undergo drastic and dramatic shifts and tiffs, Bastion seems to channel those relationships into the game of video game. It’s a worthy attempt but the biggest problem with the entire affair is that eventually the opt and polish wears thin and the repetitive gameplay frays at the edges of an otherwise solid experience. The only thing that kept me going is the narration and even then, I didn’t finish the game and see the resolution to the story. Maybe that speaks more to my play style but it’s worth noting.

The game originally came out a little over a year ago on Xbox Live but this version for iOS only works on the iPad and costs $4.99. If you are looking for something different to pass the hours, you could do worse.

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Danielle Hale / Daily Sun

"The rose is a new tradition at Northridge, students are invited to walk your rose to the statue and place it at the feet of the matador some time today," said Debra Hammond, executive director of the USU. The yellow rose represents returning veterans, and A.S. senators passed out roses to all those in attendance at the ribbon cutting.

Monteigne Staats Long, coordinator of the Veterans Resource Center, speaks with Dr. Harold Hellenbrand, Provost and Vice President for Academic Affairs, at the ribbon cutting ceremony on yesterday. "This is a very special day," said Long.

Computer science major, Matt Blancher (Left), races theater major, Chelsea Beyries, at the new VRC opening olympic games challenge.
Have something you've done or said been published online, that you later regretted?

Yes, and it has negatively impacted me in my career since.  
Yes, my regrets are still online.  
No, I've got a clean virtual slate.

We welcome your comments, criticisms and concerns. Please email your thoughts to Ashley Soley-Cerro, editor in chief at editor@csun.edu or call 818-677-2915.
Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

ACROSS
1 14-time All-Star catcher\nPho\ntuz, Fami\nily\n6 Slim\nted (4)\n11 Data pro\ncomponent\n14 Anti\nlabor ag\n15 Dermatologist’s\nLicense\n16 Bill\n17 “Kama\nChapo”\nSand\n19 Boot part\n22 Sorts\n24 “Space traveler”\n27 Cometa\ncelebrity\n29 Global positioning fig.\n30 \nal\n32 Tupperware\n34 State with a 45-mile Canadian border\n38 Notable time
39 With 40-Down – and a word that can precede the first word of the starred answers
40 See 39-Down – and a word that can precede the last word of the starred answers
41 Sea 39-Down – and a word that can precede the first word of the starred answers
42 White\n43 Mis\nel to\n44 Long\n45 “Deadwood”\n48 Tampa NFLer\n50 Learn well
52 *It’s not good to meet with it
56 18-and-overs\n59 Programs for 11-Down, briefly
60 __ Reason
62 Trendy NYC section
63 Hwy.
64 *Used car selling point
66 D. Petraeus’s title
67 Shorthand system

By Gary Lowe
9/13/12

Wednesday’s Puzzle Solved

1 Kings shoot them
52 Red River city
2 Unremarkable\n3 Firehouse mascot
54 Topple
3 Firehouse mascot
55 Actress\n6 WWII weapon
58 Separates by type
7 Singles out
59 Programs for 11-Down, briefly
8 Shoreline recess
60 __ Reason
9 Middle Aged?\n61 "Three Sisters" sister
10 “Swell!”\n62 Trendy NYC section
11 Sewing kit item\n63 Hwy.
12 Spring bloomers\n64 Pvt.’s boss
13 Awfully expensive\n65 Electrical measure
18 Not back down from, as a challenge\n19 Boot part\n22 Founded: Abbr.
24 Outfits on the stand
26 One invoked during a drought\n28 “Live: With Kelly” host
29 Global positioning fig.
30 Shark attack victim?\n31 “...you for real?”
32 Turner memoir
34 State with a 45-mile Canadian border
35 Fair-haired
36 Fireplace food-warming shelf
37 Tic-tac-toe loser
38 Notable time
39 With 40-Down – and a word that can precede the first word of the starred answers
40 See 39-Down – and a word that can precede the last word of the starred answers
41 Dicey
42 White __
43 Ministers to
45 Lengthwise
47 “Deadwood” channel
48 Tampa NFLer
49 Eau __
50 Learn well
51 “Project __”: fashion design show
52 Red River city
53 Made a choice
54 Topple
55 Actress
56 18-and-overs
57 The enemy’s
58 Separates by type
59 Programs for 11-Down, briefly
60 __ Reason
61 “Three Sisters” sister
62 Trendy NYC section
63 Hwy.
64 Pvt.’s boss
65 Electrical measure

Solution to today’s 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.
Women’s rugby returns to Northridge

After a 16-year absence, CTVA major Gillian Chance petitions to bring back rugby club to CSUN