

The Sundial

Issue 1 | Fall 2024

Finding Your Space At CSUN



Safety At Parties

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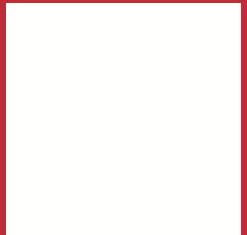


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Cover Illustration by Maliahguiya Sourgose
Photo by Pamela Garcia

Letter from the *editor*



Dear CSUN readers,

Welcome to the Fall 2024 semester! As the summer comes to a close and a new year is in full swing, there is a world of new possibilities ahead of us. This first issue is all about back to school and becoming familiar with spaces on campus.

It was important to me that this magazine's contents would help students better take advantage of the places available to us as CSUN students. As a once first-time Freshman, I would have loved to have something that encouraged me to become more adventurous on campus.

I hope that this issue will serve a similar purpose for you all, or at least educate you on something that you did not know existed before. I wish you all the most success as we push through yet another semester of education.

Go Matadors!

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The Sundial

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We've got you covered

Get even more news about your campus community from the Daily Sundial

CALENDAR


FOMO no more thanks to our event calendar, featuring the latest happenings on and around campus

NEWSLETTER


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Finding Your Village

A CSUN Resource Guide for Parent Scholars

WRITTEN BY JASMINE CUZA • MAP BY FRENCHY SANDOVAL

When I found out I was pregnant at 19-years-old with my son August-Blue, my life completely shifted. I was in my third semester of community college and did not know how I would juggle the demands and needs of both my education and a baby. Luckily, when transferring to CSUN in my third year, I found the resources I needed to succeed as a young college parent.

Student Housing

Student Housing at CSUN offers family-friendly housing options for students with flexible lease terms. They also assist families in finding affordable off campus housing.

Children's Center

The Children's Center offers low-cost and/or free daycare for parents of children 6 months to 5 years old. While I did not use the daycare center as much as I would have hoped, they provide full-time and part-time childcare for your children while attending school or work.

Health and Wellness Services

The Klotz Student Health Center and University Counseling Services provide wellness and health support for all students. Some of the services they offer are mental and physical health counseling, primary care services and specialty care such as dental services and physical therapy. These services were vital to me as my mental health was always under.

Lactation Rooms

For all the breastfeeding moms out there, CSUN offers lactation rooms that provide a private and cozy space to care for your baby. There are six

rooms located around campus: at the University Student Union, Santa Susana Hall, Klotz Student Health Center, Sequoia Hall, Bayramian Hall and inside the Eisner College of Education building.

Food Pantry

The CSUN Food Pantry provides some basic necessities for students in need. There are canned goods, toiletries, fresh produce and hygiene products. The campus also has a weekly farmers market on Tuesdays from 10 a.m. to 2 p.m. which provides more fresh produce. Additionally, parents participating in the WIC program are able to use their benefits at the food pantry.

Financial Aid and Scholarships

If there's one thing I could always count on while in school, it would be the financial aid department. The Financial Aid and Scholarships Center offers many scholarships and awards for students with kids. The Free Application for Federal Student Aid, more commonly known as FAFSA, is a form that students fill out yearly to receive money for college. Some of the awards include the Pell grant, work-study awards, additional grants, scholarships and even loans. There are also programs the center helps students sign up for such as WIC and

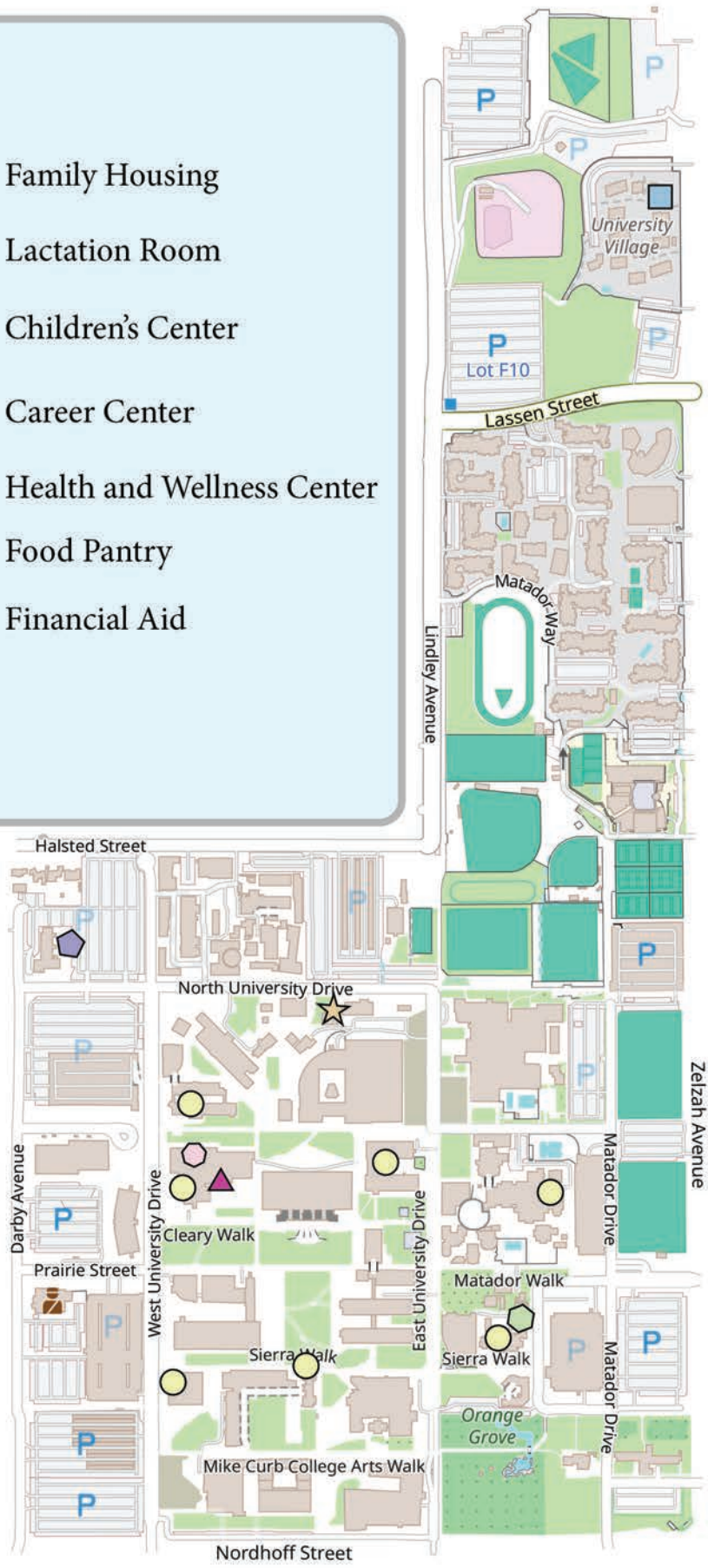
CalWorks/CalFresh which provides benefits to families in need. More information on scholarships and financial aid opportunities can be found on their website.

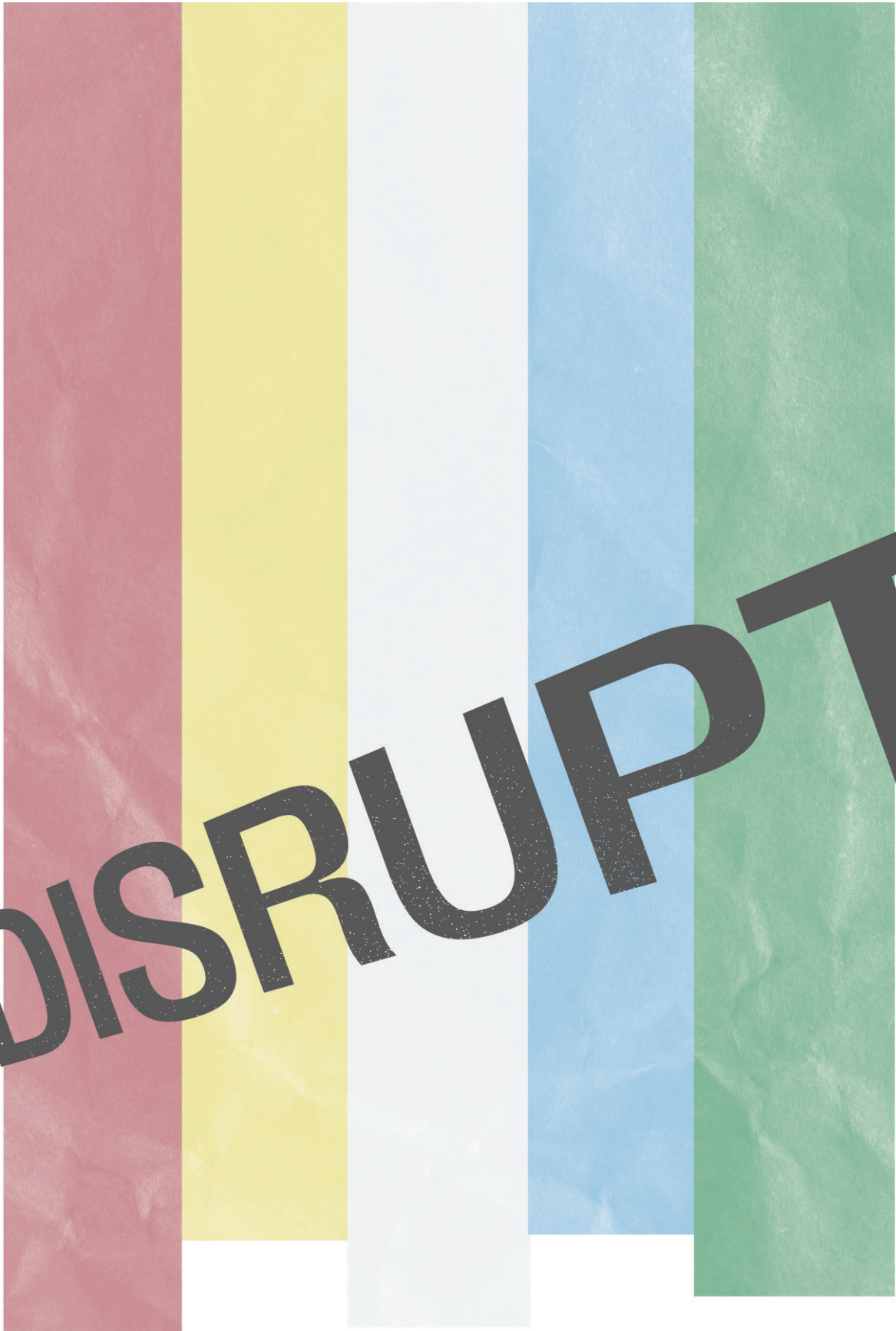
Career Center

The Career Center helps many students, especially those with children with career counseling and job placement. They help you find jobs that are tailored to your class and childcare schedules. They host job fairs, workshops and networking events. Even after graduation, the Career Center is there to guide you into the workforce. They often send emails to your CSUN accounts when they have events coming up.

If there's anything I learned while being a parent in college, it was to always take advantage of my resources and ask for help. I was grateful to be given the opportunity of going to college and having a baby was not going to stop me from getting my education. The most difficult tasks are the most rewarding in the end. If there's any advice I can offer to parents in school, it is to always reach out during hard times—because it takes a village to raise a kid. Making connections and joining groups with other student parents is also a way to help make this educational journey feel less lonely.

-  Family Housing
-  Lactation Room
-  Children's Center
-  Career Center
-  Health and Wellness Center
-  Food Pantry
-  Financial Aid





DISRUPT

Introducing DISRUPT: **Advocating for Inclusion and Social Justice at CSUN**

WRITTEN BY ALYSSA ALVAREZ

“Although intersectionality is brought up more often, disabled folks [are] still the most marginalized and overlooked community in the US, if not the world.”

-Alyssa Avila, founder of DISRUPT

While brainstorming ways to complete community service hours, DISRUPT founder and CSUN alumna Alyssa Avila learned that disability advocacy clubs were being formed on other college campuses, and decided that creating one for our own campus is necessary as it is important we have inclusive spaces for all students.

Founded in Spring 2023, Disabled Individuals Rising Up for Systemic Transformation (DISRUPT) brings together disabled students and allies to advocate for social justice on campus. As the club gears up for another year of activities, it invites all students passionate about equality and systemic change to join their movement.

“As a disabled person, especially because I sort of became disabled over lockdown, I really didn’t have a chance to ever connect in person with community. Like, I have that space online, and having it on campus I felt would be really beneficial for a lot of people. That is what fueled me to establish this organization,” said Avila.

For some new students, it can often be intimidating to begin their college journey. For many disabled students especially, the transition can feel extra stressful. Disability advocacy clubs are an opportunity to find community and a sense of belonging, and supporting one on our own campus can help encourage our disabled students to continue their education at CSUN with confidence and pride.

A typical DISRUPT meeting sees members coming together and discussing their experiences, both positive and negative, and sharing



Alyssa Avila (left) and Luther Whyde (right) tabling for DISRUPT at a campus event. (Photo courtesy of DISRUPT)

ways and ideas to support one another and make the overall campus experience better. Together, members discuss and confront any injustices

happening on campus to make the college experience at CSUN as accessible and enjoyable as possible.

“Although intersectionality is brought up more often, disabled folks [are] still the most marginalized and overlooked community in the US, if not the world,” said Avila. “I want people to know that it’s okay to advocate for themselves.”

DISRUPT is open to all CSUN students and community members. Meetings are typically held on Wednesdays at 6 p.m. on zoom. Links to DISRUPT meetings can be found on the club’s Instagram page.

“Whenever we’re doing a meeting, we’ll ask, ‘What has been an obstacle on campus lately? What has been frustrating? What are some good things that have happened?’” said Ryan Whyde, current DISRUPT President.

Avila and Whyde encourage members of the CSUN community to ask questions and listen to the concerns of their disabled peers, as well as doing their part in promoting accessibility on campus. For professors who are looking to improve accessibility in their courses, using universal design in course material to accommodate students of all abilities can promote greater learning overall. “You do not have to identify as disabled or have a disability... In order to have that motion for change, we need everyone to understand these struggles so that everyone can help make a change,” said Avila.

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Fentanyl Test Kits

How To Stay Safe at Parties

A Conversation With CSUN Substance Specialist Dr. Silver

WRITTEN AND PHOTOGRAPHED BY QUINN ALEXANDER

Beginning of the year parties, rush week and kickbacks are around the corner, and although CSUN is a smoke free campus, most students may eventually come into contact with drugs and alcohol, so we've collected some tips and resources about how to keep yourself and others safe this party season.

For the past eight years, Dr. Silver has been a Staff Therapist at the University Counseling Services located on the fifth floor room 520 of Bayramian Hall. "We can meet for five, eight sessions to talk about whatever they want, but have a focus on decision-making and take a look at their values," Silver says. He offers a confidential, non judgmental and non-punitive space. "I have information about potential risks and whatnot, but I also acknowledge that people use substances for a reason," explains Silver.

Know Your Drinks

According to Silver, students should only take open drinks from a bartender to best prevent a spiked drink. If you have the option, most CSUN fraternities have canned drinks upon request which would be a safer and more controlled alternative. After you get your drink, don't let go of it, it's safer to get a new drink than return to one left unattended. Above all else, Silver emphasizes hydration as the most important when it comes to partying safely. "You know, drinking water throughout the evening, not trying to go all evening by drinking alcohol and energy drinks together, or coffee so you can stay up later," Silver adds.

It depends on the Drug

Silver strongly suggests not taking drugs offered to you at a party, even if it's from a friend. "I think people need to make their own decisions in terms of values and what risks they're willing to take, because there always is a risk," Silver warns. He neither condones nor condemns drug use, instead he informs his patients about the dangers of drugs to allow them to make decisions for themselves.

When it comes to cannabis, Silver advises students should know their limit and not try something for the first time in an unfamiliar environment. "Don't eat an edible for the first time when you're out at a crowded party. If you are going to experiment with that, maybe try it in a smaller social environment with some people you trust."

Naloxone and Narcan

According to the Centers for Disease Control and Prevention, "Naloxone is a life-saving medication that can reverse an overdose from opiates – including heroin, fentanyl, and prescription medications – when given in time." The most common form of naloxone comes as the nasal spray Narcan.

The Klotz Student Health Center offers free online Narcan training and will replace empty canisters with no questions asked. According to Silver, Narcan blocks dopamine receptors which reverses overdose effects, and is safe to use. "There's no risk in administering to someone who is not having an opioid overdose," says Silver.

Fentanyl Test Strips

Students can get free test strips in the Klotz Pharmacy as well as in Student Housing which sells test kits in the Community Center vending machines.

Resources

eCheckup To-Go – Confidential interactive websites that assess your drug and alcohol habits to provide personal feedback.

<https://w2.csun.edu/klotz-student-health-center/health-promotion-wellness/self-assessment>

MATAspire – Substance Abuse and Mental Health Services Administration (SAMHSA) grant funded web/app research study launched in August. MATAspire uses daily prompts to teach coping skills and allow participants to assess where they are regarding substance use.

<https://www.csun.edu/mataspire>

Matadors4Wellness Peer Health Educators – Students train to engage and educate the CSUN community on topics such as stress management, sexual and reproductive health, time management and alcohol and drug use. Campus clubs and organizations can request Peer Health Educator presentations on the Program Services tab of the Klotz Center website.

<https://www.csun.edu/shc/programs-and-services>

For all students interested in making an appointment with University Counseling Services, call (818) 677-2366. Additional resources can be found on their website. <https://www.csun.edu/counseling/available-services>

The Ultimate Guide to The Best Study Spots On Campus

WRITTEN BY RYAN ROMERO PHOTOS BY PAMELA GARCIA AND QUINN ALEXANDER

With many lecture halls home to the different colleges on campus, it's easy to stay stuck in one place while getting work done on campus. From quiet corners to a cozy food court, here are our top picks for those looking for a change of scenery:



Maple Hall

The newest building on campus located between the B3 parking lot and Manzanita Hall, provides students with a variety of brand new study areas and rooms to book across its three floors, on top of the building's 38 new classrooms. These brand new study rooms include modern smart TV's, which allow students to share content from their devices directly to the television by scanning a simple QR code. They are a great alternative to the communal study spaces located in the University Library.



Arbor Grill

Located at Arbor Court, this convenience store and restaurant offers a variety of snacks and drinks so you can stay well-fed throughout the day. With a Freudian Sip located just beside Arbor grill, students can feel free to grab a coffee and set up their belongings in the large outdoor seating area that is provided and enjoy the scenery that comes with the location while getting work done.



Keep up to date with all campus events using the Sundial Calendar!



Sierra Center

This three story building attached to Jerome Richfield Hall includes indoor and outdoor seating areas with many accommodations for students who need to hit the books. With a café located on the first floor and balcony seating provided on the second, the Sierra Center provides a wide range of services to help students power through their study sessions.



Sol Center

Located inside the University Student Union, the Sol Center features a TV lounge located on the first floor that students can use as their designated study space along with a nearby printing kiosk. The Sol Center also provides study rooms available on the upper floors, along with the campus Pride Center on the second floor.



Campus Store Complex

Plenty of food options are available in the campus' main food hub. Eateries include Panda Express, El Pollo Loco, Matador Mercado and Fry Shack. The Campus Store Complex is located beside Santa Susana Hall, providing indoor and outdoor seating areas to grab a bite to eat and stay hydrated while optimizing your study time. With the campus bookstore also located within the complex, students are able to utilize the ability to rent out textbooks, electronics and other course materials that may be needed.



University Library

With a Freudian Sip located in the main lobby, the first floor learning commons is a space where students can utilize printing devices and the state of the art Creative Maker Studio, which includes access to a 3D printer and recording studio. And with both individual and group study rooms located in the second, third and fourth floors, the library has plenty of designated quiet spaces to hit the books if you seek more secluded spaces. If you happen to be looking for academic support, the library contains the Learning Resource Center located on the third floor that provides writing and STEM tutoring for students.

Cantando

WRITTEN BY PAMELA GARCIA

Once you have found your ideal study spot either on or off campus, you are definitely going to need some music to boost your productivity. From LoFi to alternative, here are some picks to add to your study rotation:



© Netzwerk Music Group

Relax

Vacations

A the title suggests, this track by Vacations is a truly relaxing tune that mixes both indie and LoFi sounds with soothing vocals by frontman Campbell Burns. Whether you're studying in the early morning or late at night, this song is great for any time of day.



© One Outta Ten

The Only Lovers Left Alive

One Outta Ten

Pulling from a variety of different genres such as indie, blues and surf rock, One Outta Ten's discography has a track for every level of energy you're feeling. "The Only Lovers Left Alive" is a soft, yet lively song that is perfect for brightening up any study session.



© Atlantic Records

Bad Dream

Wallows

This dreamy track by Wallows adds a nostalgic vibe to their typical bedroom pop sound. It is more sonically interesting than some of their other songs, almost mimicking the feeling of listening to the track on a record player. If you're looking to add some pizzazz into your study playlists, look no further.



© Epitaph Records

Homesick

HUNNY, Mik

For those who may prefer to work alongside ambient music without any lyrics, this Lo-Fi take on HUNNY's 2022 single "Homesick" is the ideal track for doing homework or reading. Mik keeps the integrity of the original song alive, while simultaneously creating a melodically satisfying environment for listeners.



© No Sleep Records

It's Always Cloudy In Kalamazoo

Saturdays At Your Place

Taking an alternative approach to classic indie sounds, "It's Always Cloudy In Kalamazoo" is a feel-good track for those late night study sessions. With an energetic and building chorus, it is the perfect way to give yourself that final burst of energy to wrap up a long day of work.

Matador Marquee

WRITTEN BY JESSE ILLANES

As the Fall semester is slowly approaching upon us, new and returning students at CSUN may be interested in searching for a new movie to watch to get back into spirit of class taking and other responsibilities that ensue when attending college.



© Paramount Pictures

“Ferris Bueller’s Day Off”

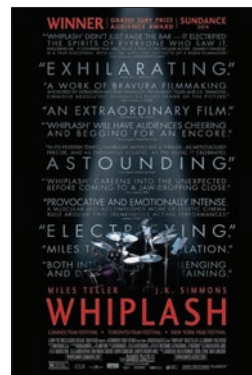
John Hughes brings an ensemble cast for the perfect day for anyone taking classes, a day off onto the city with friends. From taking care of a car, escaping a psychotic dean, Ferris Bueller still holds a relatable story for anyone looking for “a day off.”



© Paramount Pictures

“Napoleon Dynamite”

A comedic slice of life film about an awkward teen who seems like he never has a good day. The titular character’s friends and his wacky family provide a funny story of how Dynamite essentially goes from “zero to hero.”



© Sony Pictures

“Whiplash”

An aspiring drummer goes to a prestigious music school while facing a very stern instructor. This drama provides the inspiration one needs to get through college, just as the main character gets through his music class. No matter what he faces, he gets through the thick and thin.



© Sony Pictures

“Superbad”

A raunchy comedy about two high school seniors wanting to have one last party to send off high school just before college. From absurd people to crazy situations, the film still holds up with its wild antics and the iconic character, “McLovin.” The film also features filming locations on and close to campus.

© Universal Pictures

“Lady Bird”

This film is a quintessential coming-of-age film, and perhaps the most relatable story for current students as the main character goes through a Catholic high school in the early 2000s. From teenage heartbreak to making new friends, you follow Lady Bird’s experience from the beginning and end of high school.

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Ones to Watch

Fall Sports

WRITTEN BY GABRIEL DUARTE • PHOTO BY QUINN ALEXANDER

It's a new year for CSUN athletics and that means some fresh faces and familiar names are back for another season. Men's and women's soccer as well as women's volleyball will be in season and underway. Women's soccer and volleyball will feature new coaching staffs.



CSUN goalkeeper Hayden Mauldin, 0, saves a shot by Hawaii during a game at the Matador Soccer Field on Thursday, Oct. 6, 2022 (File Photo)

Women's Soccer

On the pitch, head coach Gina Brewer, hired in mid-February, makes her Matador coaching debut on the road at California Baptist on Aug. 15. Despite her late start, Brewer says she has been excited to see the progress made during the spring training sessions.

One of the biggest names to watch this fall is Hayden Mauldin. Mauldin, the team's veteran goalkeeper, earned the starting job last year and never looked back. She led the Big West conference in saves per game with 5.22 and was second in overall saves with 94.

Having Mauldin between the sticks gives her a source of stability in a team that went through hefty turnover numbers, Brewer said.

Women's Volleyball

Heading over to the hardwood, head coach Aquiles Montoya will make his collegiate debut at home on Aug. 24 when Cal State Los Angeles travels to the Premier America Credit Union Arena.

Montoya's squad includes 10 newcomers. Among the standouts is Amaris Smith.

Smith is a 6'2 outside hitter transferred from Long Island University in New York. Smith is highly experienced— she appeared in 58 matches for the Sharks over the past two seasons and won the Northeast Conference Rookie of the Year Award in 2022.

Smith will battle it out for a starting spot in the rotation and figures to play a big role in Montoya's plans for year one, he said.

Men's Soccer

Superstar attacking midfielder Jorge Solorzano will lead the Matadors as a redshirt sophomore. Solorzano has big expectations a year after earning a spot on the 2023 Big West All-Freshman team as well as the 2023 Big West Freshman of the Year award.

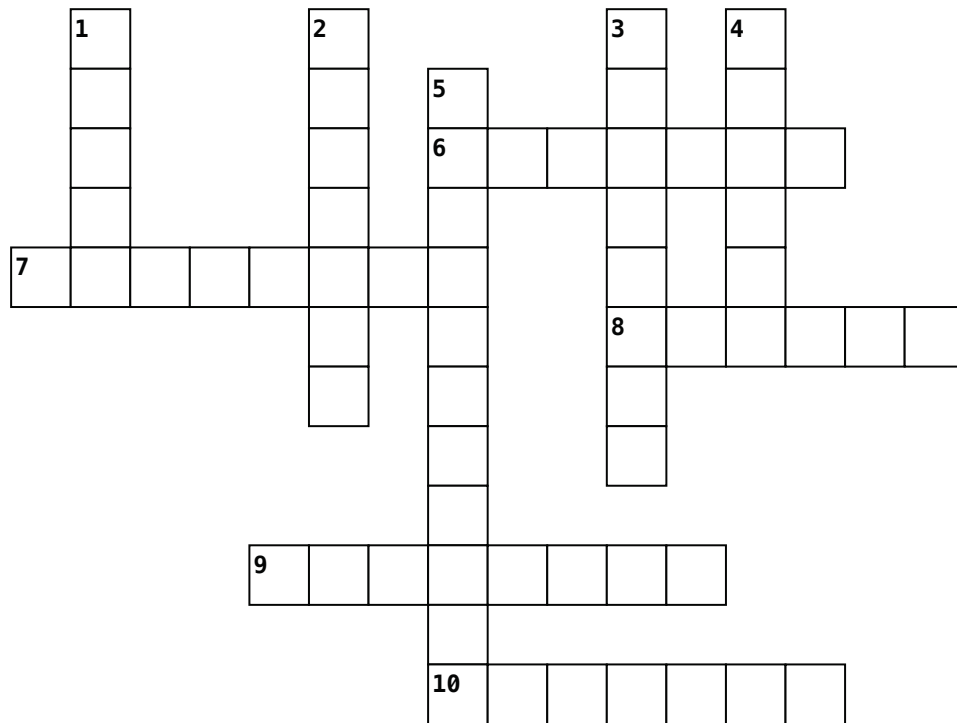
Solorzano is gearing up to be the next great player for head coach Terry Davila after last year's team captain, Jamar Ricketts, was drafted 13th overall in the 2024 Major League Soccer SuperDraft.

These are just a few names out of the many that are going to shine for the Matadors this fall. Be sure to check out these extraordinary talents and support them at home games.



Midfielder Jorge Solorzano, 7, gets a corner kick for the Matadors during the game against the Sacramento State Hornets on Oct. 7, 2023, at the Matador Soccer Field. (Aliyah Hinckey)

CSUN Campus Crossword



Across

- 6. The most popular building on campus
- 7. Located near Bayramian Hall
- 8. Fruit you can find on campus
- 9. A campus furry friend
- 10. Our mascot

Down

- 1. What you'd see at the transit center
- 2. Where to go for a snack run
- 3. One of CSUN's main streets
- 4. Where to see a performance
- 5. Where to go to see the stars



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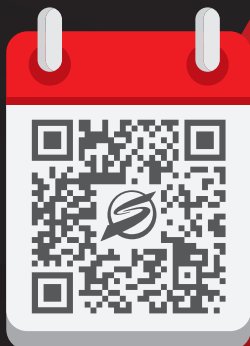
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- ▶ Student Recreation Center
- ▶ USU Board of Directors
- ▶ USU Programs
- ▶ Veterans Resource Center

AND YOU!



SCAN THE QR CODE TO
 VISIT THE FULL USU
 CALENDAR OF EVENTS

Events subject to change



FEATURED EVENTS



Matafest

Wednesday, Aug. 28: Noon – 4 p.m.

📍 Plaza del Sol



DREAM Center Student Welcome

Thursday, Aug. 29: 11 a.m. – 4:30 p.m.

📍 DREAM Center



SRC Learn the Basics

Starting Tuesday, Sept. 3

📍 Student Recreation Center



Rainbow Reception

Thursday, Sept. 5: Noon – 3 p.m.

📍 Northridge Center



Matador Nights

Friday, Sept. 13: 7 p.m. – Midnight

📍 University Student Union



Oasis: Welcome to Wellness

Wednesday, Sept. 25:

11 a.m. – 2 p.m. & 5:30 – 8 p.m.

📍 Oasis Wellness Center

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