

THE GREEN ISSUE

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COVER CREDITS:

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Editor's Note

KEN SCARBORO

 EDITOR IN CHIEF

In this ever-changing world we live on, human-kind faces the great challenge of figuring out how to live sustainably. With Earth Day on April 22 the Daily Sundial would like to carry on the tradition of a Green Issue and invite you to think about sustainability, going green and being eco-friendly. Even with the mass of buzzwords and green products remember that we are inhabitants of a complicated planet that is just as capable of shaping us as we are it. As the late astronomer Carl Sagan wrote, "The Earth is a tiny and fragile world. It needs to be cherished."

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LIVING THE MATADOR LIFE

Local gun range leaves no casings behind

Teacher uses pension savings to open Green Zone, where you can shoot guns without harming the environment

MELISSA SIMON
DAILY SUNDIAL

After working many years as a high school teacher, Steve Trager used his pension to open a fully green, environmentally friendly firearms training center in Chatsworth called the Green Zone.

Trager was inspired to build this facility after he read an article on being green and innovative by his friend Tom Friedman. Trager came up with the idea of creating a green firing range, and incorporating his interest for martial arts and teaching into one business.

"At the time, I was a high school teacher for LAUSD and the idea of doing something like this in a green setting seemed to me like a winner of an idea and it is," he said.

After three years of struggling to get through the system and spending more than he ever expected, the Green Zone officially opened on Jan. 28, making it the first indoor range in decades to be built in the area.

"It took all this time to get our doors open but everything you see is our own money," he said. "This is my 20-year teacher's pension you're looking at. I put my money where my mouth is, as they say, and I'm very proud."

The pride and joy of the Green Zone is their eight-lane shooting range. This range is unique in the fact that it is entirely handmade from an original design and is eco-friendly.

"Most ranges have two pieces of plastic on both sides and are maybe a couple feet (wide)," Trager said. "Our ranges are four-and-a-half feet in width and made from wood and steel. We also have a trolley

retrieval system that ranges from easy to hard as you pull in your target because at the Green Zone the goal is to work your body."

The ammunition is what makes the Green Zone green. The bullets are a copper-tin frangible, which means that they are meant to shatter on impact and turn to dust, creating no ricochet and leaving no poisonous lead fumes behind.

Trager said the projectiles are 95 percent copper with a slight tin input. There are two reasons the tin is used: first, it helps the copper shatter, and second, it adds a little weight to balance it out.

This type of ammunition technology has been around for 10 years and works extremely well, according to Trager. The only problem with it is not in the copper component but in the primers used.

"The lead-free primers we use have a shelf life of much less than lead, and they are sensitive to heat, cold and moisture," he said. "(Because of this), we're getting misfires on roughly 7 to 8 percent of our cartridges, but if you bring us the misfires we'll give you two new cartridges that won't. We understand that drawback, but it's a reality to our business."

Trager believes that the copper-tin alternative ammunition will be just as cost effective as traditional lead ammunition in the end.

The copper costs a few more dollars to begin with but the benefits are tremendous, according to Trager.

"This is a battle right here because most people are not used to spending a little more for ammunition," he said. "The idea of being eco-friendly is not a popular concept. It's a battle being green for us and we're going to

be hit hard because of that, but it's the way to go for indoor shooting."

In addition to the shooting range, the Green Zone offers security training, women's self-defense and the ancient art of Chinese breathing and awareness known as Qi Gong.

Trager said that their women's self-defense program is something special because they incorporate practical martial arts, firearm training and civic awareness.

"When it comes to women's self-defense, I don't believe you can teach a break away from someone who is determined to overpower someone with less strength and size," he said. "Our approach is different (because) we spend time on communication, how to de-escalate and how to spot a problem before it becomes a problem."

The Green Zone, according to Trager, offers quality programs in a place where all customers, including women, can feel comfortable and relaxed. To accomplish this, there is a Zen garden.

"The peace of a garden gives you the sense of training," he said. "We wanted an atmosphere where everyone feels relaxed and comfortable, to take that pitch of aggression and make it smooth and fluid."

In the end, Trager sees the Green Zone as a franchise concept, moving into communities as small range-style businesses that offer first response training to people. Trager envisions eventually seeing half a dozen Green Zones all over Los Angeles.

"There is an industry backlash on the concept of green and the bottom line is being the first of our kind, we have to cultivate our own audience and that will take time," he said.



CHARLIE KAIJO / DAILY SUNDIAL

Steve Trager, owner of the Green Zone, demonstrates proper gun handling.

Weekend Special on Women's Self Defense

DATE: Saturday, April 21 and Sunday, April 22

TIME: Noon to 3:30 p.m.

PRICE: \$150

Women will get the opportunity to spend time learning about civic awareness and handgun safety. The Green Zone is open Tuesday through Friday from 11 a.m. to 7 p.m. and Saturdays and Sundays from 10 a.m. to 6 p.m.

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CSUN's continuing sustainability

MATTHEW ASHMAN
DAILY SUNDIAL

Each year, CSUN's Physical Plant Management (PPM) continues to make the university a greener, more sustainable campus, and this year is no different as they've implemented five priorities for maximizing energy efficiency around campus.

Currently, they are working on improving central plant and utility infrastructure reliability and efficiency, which pertains to the campus' central plant providing heating and cooling to facilities.

"We are installing new boilers right now," said Lynn Wieggers, Interim Executive Director of Facilities Management at CSUN. "Originally the plan was designed with two large boilers and they are not made to cycle a lot."

PPM is now replacing those two boilers and adding in three additional smaller boilers to give it the flexibility during colder seasons when boilers are needed most.

According to Wieggers, these plans have been in motion for about 18 months. The plan will cost around \$2 million, and will come out of the PPM budget and also

from a deferred maintenance budget.

CSUN is one of the few institutions in the world with a fuel cell plant, a completely sustainable device that helps produce electricity, heat and water, according to Bill Sullivan, energy manager of PPM.

"Fuel cell plants run at 45 percent electrical efficiency," Sullivan said. "It's the battery that never needs to charge."

Sullivan also said that to this day, CSUN is the only facility in the world to install a fuel cell plant by itself.

"The difference between CSUN and almost every other university is that we have done all of these projects in-house," Wieggers said.

Wieggers refers not just to the fuel cell plant, but to various green projects that have been completed around campus, including the solar panel installations that you can see in a few of the parking lots on campus.

Other ways CSUN is improving sustainability on campus is by supporting greening initiatives across the university by promoting sustainability research, improving student education in sustainability, and implementing the best practices by collaborating with various campus departments, according to Sarah Johnson, department

coordinator for the Institute for Sustainability at CSUN.

"One can see how sustainable CSUN is by walking through the campus and admiring the Valley Performing Arts Center, Chaparral Hall, matador bicycle compounds, Orange Grove, fuel cell and rainforest," Johnson said.

Johnson goes on to say that the institute's primary activities are carried out by the Green Core Team, which is made up of faculty members from a variety of disciplines, staff and students.

The Green Core Team initiates project ideas, educational activities, research and data collection related to sustainability on campus, according to Johnson.

"The institute encourages CSUN students, faculty and staff to get involved with sustainability initiatives," Johnson said. "We can all work together to make CSUN a more sustainable campus."

The priorities are listed in greater depth on PPM's website.

In honor of Earth Day, the institute will be hosting an orange pick event at the CSUN grove on Sunday, April 22 from 9 a.m. to 3 p.m. Volunteers are needed to pick oranges that will be donated to local food pantries to feed the hungry.

Ten energy saving tips for the campus community

1. Turn lights off, but only if you are going to be gone for a while. If you are leaving for only a short period of time, continually turning the lights off and back on can actually shorten the lamp life, which counteracts energy savings.
2. Harvest natural daylight. Keep blinds open and turn off all or a portion of the lights.
3. Take advantage of sunny Southern California weather. CSUN has intentionally developed courtyards and landscape spaces conducive to teaching. This way you can move activities outside and reduce indoor lighting and air conditioning loads.
4. Help maximize building use efficiency. Support Academic Affairs' efforts to gather courses in a limited number of facilities during non-peak times, such as weekends.
5. Reduce office equipment energy use. Turn off computers at night and ensure that printers are in "power save" mode.
6. Keep the doors closed! In most cases propping doors open to get fresh air actually wastes conditioned air and increases energy use.
7. Use stairs instead of elevators. By using stairs for trips of two flights or less, you can help to significantly decrease the energy used to power campus elevators.
8. Use laboratories efficiently. Consider the increased energy requirements in labs and how those might be reduced without compromising research goals.
9. Keep equipment up to date. Modern equipment consumes far less energy than older models.
10. Call Physical Plant Management! They are committed to maintaining a safe, comfortable, energy-efficient campus environment. They can be reached at extension 2222.



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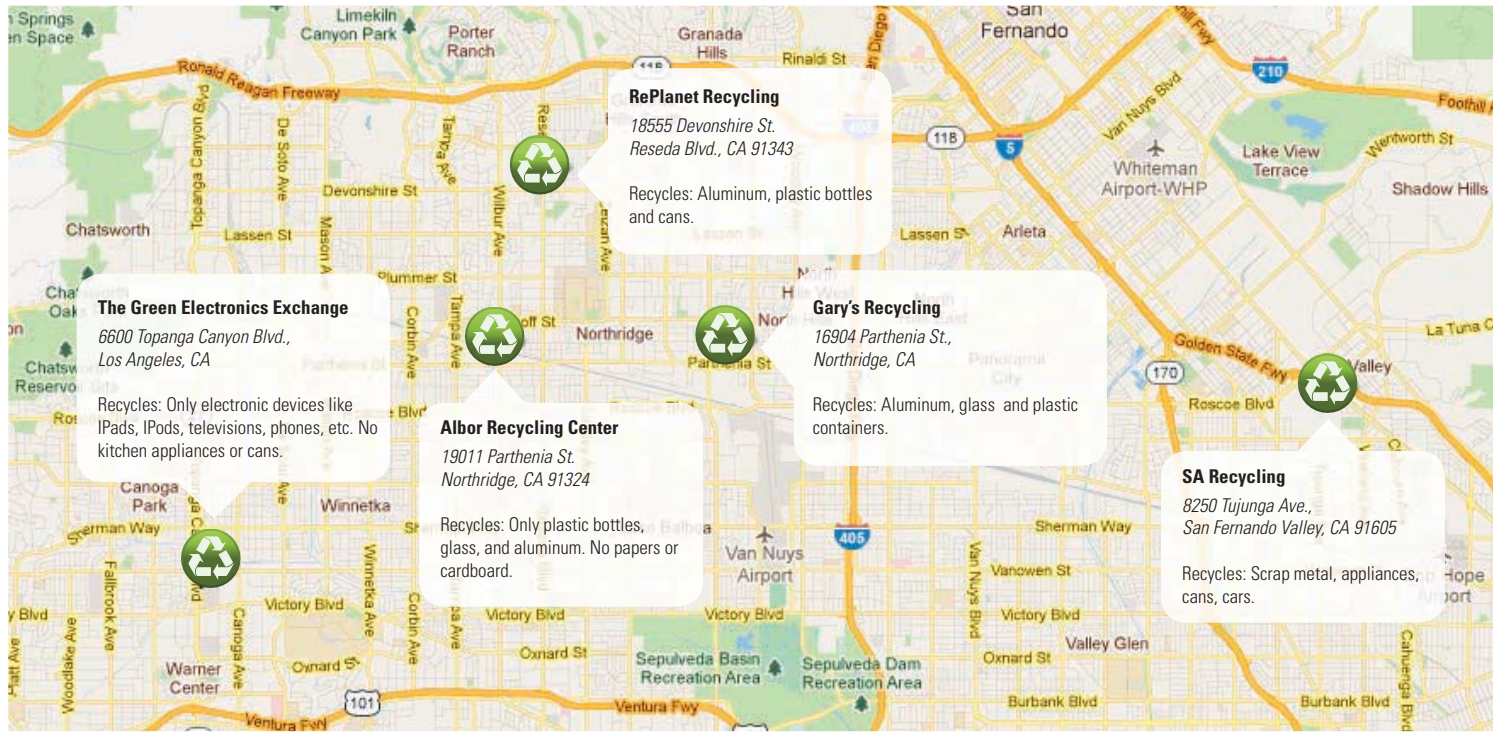
New technology and new ways to amuse ourselves give us new materials to recycle. Companies in the San Fernando Valley dedicated to preserving the environment are creating new ways of reusing old materials.

Among these many recycling companies is SA Recycling, which offers both commercial and public recycling services that accept anything as miniscule as a single aluminum can to bigger items such as refrigerators.

“Pretty much anything that sticks to a magnet we will recycle,” said Eddie Venegas, manager of the SA Recycling center in North Hollywood.

A relative newcomer to the recycling industry, the Green Electronics Xchange, with three locations throughout Los Angeles County, allows customers to exchange their used or broken electronics for cash. “We accept iPads, phones, laptops, even big-screen televisions,” said CEO Chris Sabeti.

This map indicates some of the other recycling centers in the San Fernando Valley.



MAP BY ABBY JONES / ART DIRECTOR

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For more safety tips, visit metro.net/molextension.

California opts for green homes

First U.S. law mandating sustainable homes results in 10,000 eco-friendly houses

TANYA RAMIREZ
DAILY SUNDIAL

California is the leader in green living and eco-friendly designed homes, with Los Angeles ranked the No. 1 city with the most green homes, according to a survey conducted by the EPA.

In Jan. 2011, California passed the CALGreen code, the first U.S. legislation that requires new homes to meet green building standards. Mandatory CALGreen standards include reducing water consumption, using renewable building materials and maintaining low-pollutants.

To meet new codes, third-party sustainability programs such as LEED (Leadership in Energy and Environmental Design) and GreenPoint Rated provide green rating systems and tips for homeowners and developers.

According to an April press release, 10,000 homes in California presently bear the GreenPoint Rated label for excellence in green upkeep, which has saved the state over 112 million gallons of water and has prevented the release of 9,000 tons of greenhouse gases.

"We go above and beyond state codes," said Janine

Kubert, director of marketing and education for Build it Green, a GreenPoint Rated nonprofit organization. "It is our goal to inform and teach the public how to maintain green homes in order to better our environment and help preserve natural resources."

Kubert said GreenPoint Rated ranks each green home within five categories: energy efficiency, resource conservation, indoor air quality, water conservation and community benefits.

GreenPoint Rated homes that excel in each category then receive a green label, which allows homeowners to claim about \$2000 worth of rebates, according to Kubert.

Kubert also said green labeled homes tend to have smaller home maintenance costs, and are generally less expensive to buy.

"Many people think keeping a green home is too expensive, but that's not necessarily true," said Helen Cox, Director of the CSUN Institute for Sustainability. "Insulation, for example, is a small investment that does wonders for conservation and in the long run, saves you money on your energy bills."

Cox said installing external power adapters and reducing



PHOTO ILLUSTRATION BY **ABBY JONES / ART DIRECTOR**

water usage are also cost effective ways to maintain environmentally efficient homes.

Maria D'Orsogna, a CSUN mathematics professor, said she keeps a green home by sustaining an organic compost system, growing her own tomatoes and trying to convince her landlord to install solar panels.

"I do my best to stay environmentally responsible, but it's hard for some people," D'Orsogna said. "I think people lack the motivation and personality to become envi-

ronmental advocates, but making a difference only really requires a few little changes here and there."

CSUN religious studies major Shelton Bradshaw, who is also a vegan, said though he doesn't have the funds to purchase a new green home with all the trappings, he implements green practices in his apartment. Bradshaw said he recycles and makes a point to turn off lights to conserve energy.

"Apathy is a major issue

when it comes to keeping green," Bradshaw said. "But there's really no excuse for not recycling. You may not be able to deck your house out with solar panels, but you can at least recycle."

According to Cox, the next steps in domicile sustainability are educating residents on how to properly conserve at home, and bettering CALGreen laws for commercial buildings.

"We've come a long way," Cox said. "But there's still so much to be done for our planet."

VOLLEYBALL

Continued from page 12

row with passing and hopefully we can get the win."

Lebrock is second on the team in kills with 254 in 2012, averaging 2.62 kills per set.

Hoefler still holds the team lead in kills (280) despite playing in four fewer sets than Lebrock for the year.

"(Saturday) against USC, I did OK and I tried taking risks," said Hoefler, who's battled injuries this year. "We're the underdog. We don't have the pressure, so we can go for it."

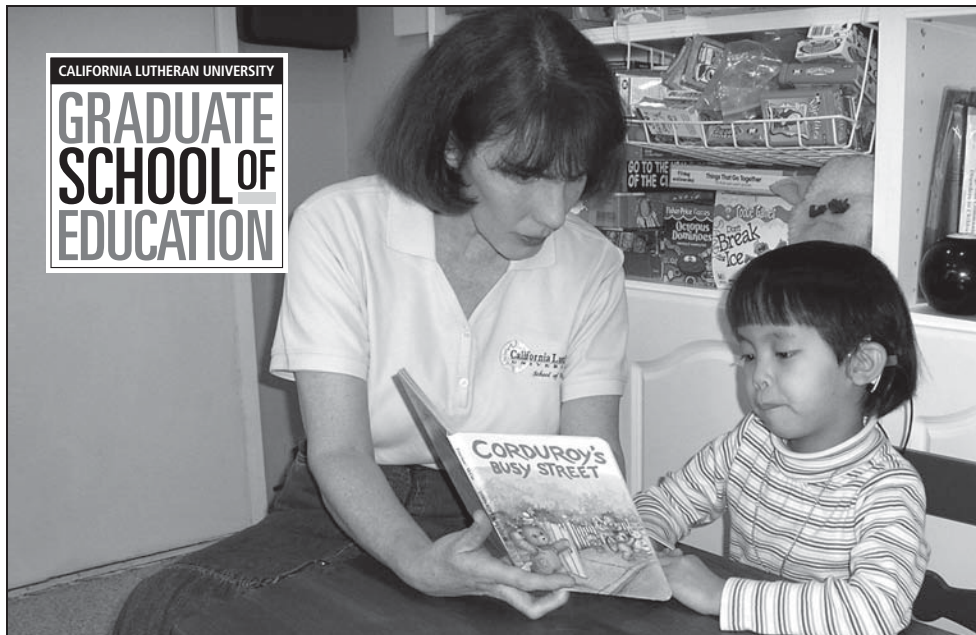
Fundamentals will also be key for CSUN to sneak by the Trojans and it will all start on the receiving side with libero, defensive specialist Charlie Condron.

The sophomore leads CSUN with 174 digs on the year and his defense was key in the team's late push to clinch the final seed.

"I just really need to watch where (Ciarelli) is," Condron said. "There's a lot of balls he doesn't even hit. He just tips them around, so I need to be on my toes and be ready to hit some of those balls up."

Near the net, senior Danny Rodrick would like to keep his final season as a Matador going. After not seeing much playing time through the first 12 games of the year, the setter has piled up a team-leading 543 assists this season.

"It's a little scary," Rodrick said about possibly playing in his last game as a Matador. "I'm just trying to go out there and make the best of it."



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LA's environmental plan

Strategy to address bicyclist and pedestrian issues

MELISSA SIMON
DAILY SUNDIAL

After four years of planning, the Southern California Association of Governments (SCAG) announced their new strategy for reducing greenhouse gas emissions last week.

The Sustainable Communities Strategy is the updated version of the regional transportation plan, according to Mark Butala, manager of comprehensive planning at SCAG. The regional transportation plan is updated every four years.

"The Sustainable Communities Strategy identifies how the integration of transportation and land use planning leads to the reduction of greenhouse gas emission," Butala said.

This is the first time ever SCAG has been required to have a plan like this, according to Butala.

The prompting for the strategy came because of SB 375, California's climate change legislation which requires each regional transportation planning committee to identify how the strategy will lead to less greenhouse gas emissions.

Butala explained LA is well on its way to exceeding the numbers mentioned in the plan. "In 2020, we plan to have

reduced greenhouse gas emissions by 8 percent," he said. "By 2035, greenhouse gas emissions will be reduced by 13 percent."

Butala said that the Sustainable Communities Strategy will create more investment in bicycle and pedestrian issues as well as in transit.

"Coupled with targeted land use changes, or investments, the Sustainable Communities Strategy will provide additional transportation and housing changes for current and future southern California residents," Butala said.

SCAG worked with the environmental community, public health advocates, builders and developers, the business community and housing advocates when creating the Sustainable Communities Strategy.

"Members of the public and groups have been working with us on development, making this a consensus-based plan," Butala said.

The three major goals of the Sustainable Communities Strategy are to improve mobility, have a healthy environment and create economic growth.

"The new plan relies on increased investment in public transit, bicycle and pedestrian improvements and more walkable, transit-accessible land use patterns to reduce pollution and improve mobility while conserv-

ing farmland and natural areas," Butala said.

Butala added that the transportation investments could improve transportation and result in job openings in construction and other industries.

SCAG has partnered with member governments and stakeholder agencies that are responsible for land use changes.

"There are six individual county transportation commissions that are responsible for transportation investments," he said. "In addition, there are 191 individual city governments that regulate land use changes."

Despite public support, Butala is still anticipating potential problems.

"Certainly there are funding challenges to address in order to successfully assist local jurisdictions in implementing the Sustainable Communities Strategy to ensure that both future transportation investments and land use patterns support the vision for the entire region," he said.

Being able to monitor and assess the performance of future projects is also going to be a potential challenge.

"SCAG, in partnership with its member jurisdictions, will need to determine a process by which projects are analyzed on how they contribute to the region's ability to meet its regional goals," Butala said.

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# CSUN Institute for Sustainability

TANYA RAMIREZ  
DAILY SUNDIAL

**C** SUN's solar panels, bicycle racks, food garden and bright green recycling bins are all innovations created by the environmental masterminds at the CSUN Institute for Sustainability.

The Institute for Sustainability, located in Santa Susana Hall, is a research and planning center that is dedicated to eco-friendly decisionmaking and bringing green options to CSUN.

The institute was founded in 2008 and since its inception, CSUN has reduced its carbon footprint and has become a role model for sustainability within the San Fernando Valley.

"Every day our population is increasing," said Helen Cox, director of the institute. "If we continue to live without sustainability, our planet and home is going to run out of resources. We don't want that to happen."

The institute's planning and primary activities are organized by what Cox calls "the core green team." The core green team consists of faculty members from various disciplines including, social and behavioral science, mathematics, biology, engineering, urban planning, political science and more.

Cox said members of the green team also teach the core coursework for CSUN's sustainability minor, which was first offered in Fall 2011.

The minor requires students to take three core courses, which focus on practices for sustainability and teach students real-world problems and economic impacts caused by wasteful choices.

"Our minor is actually quite popular," Cox said. "Our classes fill up rather quickly and we're trying to open up more sections in the future."

CSUN creative writing major Chelsea Turner, 19, said she chose the minor because she has a strong appreciation for the environment and wanted to learn more about going green.

"Sustainability classes are beneficial in that they force students to reflect on their own actions as well as their ability to create change," Turner said.

Recreation and tourism management major, Myra Castillo, said she too has been inspired by her coursework in the minor.

"I love the fact that I'm learning about current trends in sustainability," Castillo said. "It's great because it incorporates all different majors and interests, and everyone can make a difference."

Turner said the minor also gives students a chance to become involved with the community and actually make changes on the CSUN campus.

"The most memorable community project I have worked on was in the 400-level sustainability course," Turner said. "My group discussed the benefits accrued by CSUN should the university choose to turn off all of the computers on campus for at least eight hours a day. This was beneficial because it gave me insight to a field I had never worked in before [energy], and it offered the chance to present to authority figures."

The CSUN Institute for Sustainability also works with nonprofits to produce annual awareness events and community projects.

Such events include garden workdays and workshops on water conservation and green practices.

In honor of Earth Day, the institute will be hosting its annual Orange Picking Day on Sunday, April 22 at the CSUN Orange Grove.

Oranges picked by CSUN students, staff and community members will be donated to the SOVA food bank to feed the hungry.

The CSUN Institute for Sustainability also conducts monthly reports regarding CSUN's environmental progress in order to allocate funds and planning for future projects.

Cox said the institute is currently working with the CSUN Bicycle Club to construct more bike paths and create a bicycle rental program on campus.

Also in the works is a CSUN phone app that tells students whether campus parking lots are full or not.

"A phone application with a GIS [geographic information system] map can deter students from circling parking lots and wasting fuel," Cox said.

The institute also plans to open a 'living learning community' program within CSUN housing. The program will encourage students to maintain and use the CSUN organic food garden located on the Northridge Academy campus.

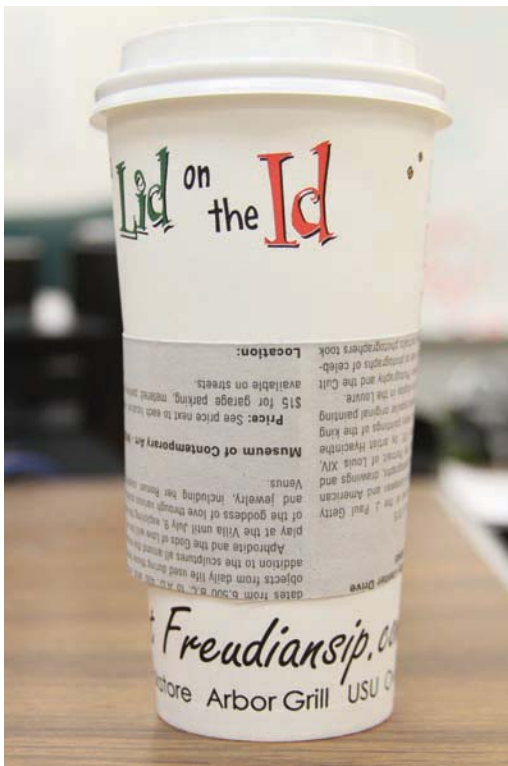
"There are many benefits to going green," said Sarah Johnson, administrative analyst for the CSUN Institute for Sustainability. "It's good for the planet, your health, your wallet and future generations. We only have one planet and we need to treat it with respect."

# Creative ways

NATALIE RIVERA  
DAILY SUNDIAL

**W**hile newspapers can easily be disposed of in a recycling bin, there are greener, more creative ways to reuse them.

Some of the most common uses for old newspapers include laying them down when painting or placing them in your pet's cage to avoid messes. But did you know that with old newspapers you can accessorize your iPod, make collages as gifts and even use newspapers to create a design on your fingernails? It's true and we will show you how! In this easy step-by-step guide we will help you turn those piles of old newspapers laying around into something creative you and your friends can enjoy! We have listed 10 different ways to reuse your newspapers; so with these easy solutions you and the environment will be satisfied.



**COFFEE HOLDERS:** Make a cup holder for your hot beverages!

*What you will need:* An old newspaper, scissors, glue and a coffee cup.

- Step 1:** Take the old newspaper and lay it down horizontally.
- Step 2:** Fold the newspaper into three horizontal strips. Each strip should be three to 3 1/2 inches long.
- Step 3:** Cut the three strips out using the scissors.
- Step 4:** Glue the pages together firmly using glue (glue stick preferably). The thick layer will prevent heat from seeping through.
- Step 5:** Wrap the newspaper around your coffee cup and glue the end. Make sure to leave enough room where the cup holder can easily slide on and off the cup. You do not want to glue it so tightly that the holder can't slide.



**NEWSPAPER NAILS:** Leave a stylish print on your nails using a newspaper!

*What you will need:* Nail base coat, light gray nail polish, nail polish top coat, rubbing alcohol and cotton swabs.

- Step 1:** Paint your nails with the base coat.
- Step 2:** Paint the light gray nail polish.
- Step 3:** After nails are dry take some rubbing alcohol and dip



the nail into it for 5 seconds.

**Step 4:** Then press the nail onto a small piece of newspaper for 15 seconds then peel off. This will transfer the lettering onto the nail.

**Step 5:** Paint over the nail with a top coat.

**Step 6:** Clean any polish around your nail with a cotton swab.



**BOOK COVERS:** To protect your books from dirt and folds!

*What you will need:* One newspaper, a book, tape and scissors.

- Step 1:** Lay an old newspaper down horizontally
- Step 2:** Place a book in the middle of the newspaper.
- Step 3:** Cover the paper on the book.
- Step 4:** If the paper is too long vertically cut the far end corners with scissors to make a little tab.
- Step 5:** Tape the vertically and horizontal ends of the paper inside the book.



**GIFT WRAP:** Instead of spending money on gift wrapping paper just wrap with newspapers!

*What you will need:* newspaper, scissors, and tape.

- Step 1:** Lay a sheet of newspaper and place the gift on the middle.
- Step 2:** Wrap the paper around the gift and use scissors to cut to fit the shape of the gift.
- Step 3:** Tape every end to safely secure the gift.

## CSUN Orange Picking

**Where:** CSUN Orange Grove (at Nordhoff St. between Zelzah and Lindley)  
**When:** Sunday, April 22 from 9 a.m.-12 p.m. and 1:00 p.m.-3:00 p.m.  
All students and community members welcome.



# TO RECYCLE

# SPAPERS



**NEWSPAPER BOWS:** Bowtie or hairpiece these bows are always in style!

*What you will need:* Newspapers, super glue, scissors and hair clips.

- Step 1:** Take a newspaper and cut a 4x2 inch piece.
- Step 2:** Grab the rest of the paper from the middle and scrunch it until it makes a bow-like shape.
- Step 3:** Wrap the piece of paper around the middle and super glue the end tightly.
- Step 4:** Pin the hair clip into the back of the bow between the wrapped papers. Clip it on your hair or on your shirt as a bow tie.



**NEWSPAPER SEED POTS:** You don't need gardening pots to plant a seed!

*What you will need:* Newspapers and a can.

- Step 1:** Lay the newspaper down and split it in half and then split one of the halves in half.
- Step 2:** Align the papers together so to half only one half.
- Step 3:** Fold a crease at the very bottom and top of the rectangle.

- Step 4:** Wrap the paper around the can and tape the edges.
- Step 5:** Fold the edges of the paper at the bottom of the can until it is tight. Tape it securely.
- Step 6:** Slide the can off and fold the top crease inwards and tape it.



**COLLAGES:** Make a collage of words and photos you like!

*What you will need:* A picture frame, newspapers, scissors and glue.

- Step 1:** Look through old newspapers and select words and/or photos that you may like. Try varying the colors and shapes in order to make a more eye-catching collage.
- Step 2:** Cut out what you selected and then tape them on the inside of the picture frame. Random combinations make for a better collage and story.
- Step 3:** Cover your work with the top of the frame and put it on your wall for everyone to see!



**MAGNETIC BOOKMARKS:** You can save your page in a book with these little magnetic bookmarks!

*What you will need:* two small magnets, super glue, newspapers and scissors.

- Step 1:** Cut a newspaper into a small rectangle, around 1x2 inches.
- Step 2:** Fold the paper in half.
- Step 3:** Super glue one magnet at the end of each side and press hard for 5 seconds.
- Step 4:** Let it dry for five minutes and then clip it on your book.

# Best Green Apps

**STEFANIE DELA TZIC**  
DAILY SUNDIAL

As CSUN becomes more environmentally conscious, more students are starting to implement eco-friendly measures into their daily routines, according to CSUN's 2010 Sustainability Project. Recycling cans and bottles, choosing alternative modes of transportation and purchasing organic foods are all effective techniques to reduce man's carbon footprint.

With most students on the go, mobile application developers have generated a variety of green mobile applications, otherwise known as green apps, to cater to this growing trend. A green application is meant to promote environmentally friendly living, and shine light on other sustainable options.

There is an ample selection of greens apps, ranging from recycling center locators to green sushi selectors, many of which are compatible with different platforms. There are numerous apps that accommodate the green needs of any individual, regardless of the type of phone they use.



**1) Eco Buzz Widget**—This green application helps keep individuals up to date on the latest news regarding ecology, such as climate changes. Through it, one can find where to buy organic clothes and which car has the least impact on the environment. It has a function

which allows users to modify the type of content they are interested in reading about. It is compatible with Android and can be downloaded free of charge.



**2) Good Guide**—This informative application lets people search for and purchase healthy, green and ethical products. Through barcode scanning, one is able to retrieve the product rating and information while they shop. From detergents to nail polish, it provides information for over 12,000

food, personal care and household products, and rates how eco-friendly they are. There is also a customization function that personalizes the user's shopping list. This application is free and available to Android and iPhone users.



**3) iRecycle**—This is a convenient and fast way to find recycling centers nearby. Besides serving as a locator, it also provides driving directions to the chosen location as well as the center's hours of operation. This informative application provides the user with one million ways to recycle

and explains how to properly dispose of materials such as metal and used car oil to prevent hazardous waste. The application is free and available for iPhone, iPad and Android.



**4) Walk Score**—Walk score enables users to find walkable routes to any location. It provides suggestions of nearby amenities, such as movie theaters, restaurants and bars. It also pinpoints other useful places like banks, schools and libraries. The application generates a walk score, which rates

how walkable a neighborhood is, and compares the score to other Los Angeles residents. Walking reduces the carbon footprint of an individual. The application is free and only available for iPhones.



**5) Pollution**—This application informs users of the local sources of pollution, and measures their air, water and electromagnetic pollution. It offers an interactive map with visualization of polluting sources and real-time air quality of a city. Users can also track nearby pollutant facilities and their discharges details. The application also serves as a research tool since it provides pollution information on cities or regions. It's free of charge and compatible with iPhone, iPad and Android.



April 19, 2012

opinion@sundial.csun.edu

# Opinions

## Living free is the “Bomb”

**KRISTIN HUGO**  
DAILY SUNDIAL

I attended a program last Sunday where I got as many free bagels, kiwis, oranges and lettuce as I wanted for free. This isn't a confession about how poor I am. There are no restrictions on the wealth of people who may attend this same program that I did. In fact, the movement represented is inherently open to anyone. And at the risk of being called a dirty commie, I'd like to recommend you try obtaining your needs for free.

Food, clothing and other materials can be obtained for free with relative ease, and with no threat to the economy. Certain programs exist that do not depend on government and taxpayer funding, and are not only for low-income individuals and homeless. It is not too good to be true; it is freecycling.

You may wonder, why would someone give something away for free? Imagine you're at a restaurant with a friend. You ordered a large dish, overestimating how much you can eat. You still have half of your fries left, but your friend is still hungry. Do you box up the food and go online looking for the person who will bid the highest for your food? No, it makes much more sense, and would save much more time to simply give your friend your leftovers.

Freecyclers are the same way. They don't want their items to go to waste, but they do not want to spend the time and energy it takes to find a buyer. Often when people are moving they want to get rid of their furniture as fast as possible, and will even simply throw it away if they need to. Those who are more concerned about waste will simply post on Craigslist where their item is and ask the public to come by and take it. May and August are the

best months to look for freecyclables, as those months are when people are moving.

### Food

Every Sunday at 3 p.m. in Reseda Park (as well as other sites), a group called Food Not Bombs gets together. Volunteers collect food from farmers markets that has not been sold and would otherwise go to waste, and bring it to the park. There is also food from other sources, and typically lots of bagels. When the clock strikes 3, anyone who wants to can take some food.

Other places to get free food include the orange grove (yes, they are legal to pick), neighborhoodfruit.com and “dumpster diving”—looking in dumpsters for perfectly good products which have been thrown away. Note that dumpster diving legality is complicated, though.

### Clothes, furniture and other needs

Freecycling.org and the Craigslist free section are for people who want to get rid of things, or get things for free. All sorts of furniture can be found here (although some suggest to stay away from plush for fear of bedbugs), as well as anything else from books to exercise equipment. A forum format is used where you can post what you want to give, and take what you want. No limits, no points, no money. There are other resources as well such as free stores, free markets, and neighborhoodsgoods.com.

### Will this system be abused?

We live in a society dictated by supply, demand and prices, so any time there is a free thing it will be snatched up by the greediest person, right? As it turns out, there is often too much food for Food Not Bombs to even give out! At an event called the Free Market (like “flea market”), in which everyone brought what they don't want and took what they do, there was more than

enough for everyone, including quality items. Frankly, it's underused.

### Isn't that communism?

There is no forced cooperation in these events. Anyone can participate to the exact degree that they wish. Then they can go out and buy and sell as they please.

### Will free bagels cause the fall of American capitalism and values as we know it?

“I think we're too small, first of all,” said Hannah Bowler, a volunteer at the San Fernando Valley Food Not Bombs. At last Sunday's events, there were less than a dozen participants. Even if a majority of our population engaged in freecycling, it's hard to see that making a truly great impact on the economy. There are still countless jobs that would not be affected. The innovators, inventors and people performing services would still have intact jobs.

When industries slow their progress, they are overtaken by other industries. In this Utopia, we could use less of our workforce creating furniture, which would free up those resources and that manpower for innovation and more important pursuits. Whenever we have historically eliminated the need for certain jobs, America survived.

### What are the benefits?

If “free stuff” isn't a sufficient benefit, consider others: Less waste pollution. Stronger community bonds. Less time spent shopping. Freeing up resources for more worthwhile pursuits. Less of a reliance on money. Less attachment to material goods.

This Earth Day, forget shopping for fancy eco-products made of recycled plastic and used soda-can tabs. Just get something second hand for free; it will prevent waste and save you money. Maybe you could save enough to pay for next year's tuition.



PHOTO BY KRISTIN HUGO / DAILY SUNDIAL  
“FOOD NOT BOMBS” DISTRIBUTES FREE FOOD TO THE PUBLIC EVERY SUNDAY AFTERNOON AT RESEDA PARK

## Only YOU can help improve the environment

**HANSOOK OH**  
OPINIONS EDITOR

To attack the problem of global warming and the trashing of our planet, we need to address the issue on a macro and micro level. In addition to regulating oil companies, encouraging solar and wind energy, and building hybrid cars, individuals can do many simple and practical things to reduce their carbon footprint and their impact on using the world's resources.

Reduce, reuse, recycle, protect and appreciate.

### Reduce:

Reducing water use- turning the water off when not using it directly and getting a low pressure faucet as well as a toilet.

Conserve electricity- Use up-to-date light bulbs and don't waste electricity.

Drive less- oil prices will only soar from here, so be more strategic with driv-

ing trips – try to do errands at once, don't drive back and forth, use a bicycle or public transit if possible.

Reduce meat intake- meat pollution impacts the earth.

Reduce or eliminate use of disposable products that are not biodegradable, such as wipes, kleenex and styrofoam.

### Reuse:

Thrift is in right now, so don't think that shopping at these hand-me-down stores are just for hipsters. You can find clothes, shoes, furniture, cups and plates and even appliances here.

Plastic/paper bags- these disposable contraptions can be put to good use several times before you need to throw them away.

### Recycle:

Traditional- As always, separate the cans, paper and plastic. Remember that the blue bin only takes clean stuff, so rinse it before you put it in.

E-waste- find your nearest e-waste collector. Don't let batteries, old cell phones,

floppy disks (what are those?) and all kinds of wires emit nasty radiation after they go out of style.

Biodegradables- You can put your trash to good use by composting.

### Protect:

Use “green” cleaning products that have less of a chemical impact. Likewise, use safe personal hygiene products free of nasty chemicals – it's better for you and the earth.

If possible, use “green” energy by installing solar panels and buying energy saving appliances.

Garden- planting your own food can help you to practice nurturing for a living thing as well as give you tastier, fresher produce. Less trips to the grocery market!

### Appreciate:

Go for a walk in nature and bond with friends and family in a “green” way. Educate yourself about our natural resources as well as the real impact of climate change. This will help us be better connected to our earth and to ourselves.

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# CULTURE • SHOCK

## Celebrating Earth Day in Los Angeles

**RAEWYN SMITH**  
DAILY SUNDIAL

This Earth Day, Angelenos attempt to make a positive difference in this smog-filled city with different events and ways to keep a "green" lifestyle. At some events, people can join the carbon neutral campaign to offset contribution to emissions. As a city that relies heavily on commuting, it is close to impossible to remove all emissions from daily life. Students can take bigger steps to being green and embracing the somewhat hidden beauty of Los Angeles, highlighted in the following events. Show off more ways of being green by carpooling, taking public transportation or biking to these events.

### SAT. APRIL 21 & SUN. APRIL 28

The Descanso Gardens in La Canada Flintridge have entertainment, BBQ and family activities planned for their Earth Day celebrations. The event features Shakespeare's Twelfth Night, a Mobile Homeboys concert, and an eco-friendly family BBQ. All events are free with an \$8 general admission ticket to the gardens.

Every year the Antelope Valley honors California's official state flower on Earth Day weekend with the California Poppy Festival in Lancaster. The festival is on 55 acres of land with hundreds of exhibits and performances carrying the message of caring for the environment. Shows include bands, dances and international performances. Festival general admission is \$8.

K-EARTH and the Los Angeles Zoo team up for the Los Angeles Zoo Earth Day Expo. Events include recycled crafts, informational booths, deejays and a celebration of the special California wildlife all around us. General admission is \$16.

### FRI. APRIL 27 & SAT. 28

In Northridge, there will be an e-waste event hosted by Planet Green Recycle of Chatsworth and CSUN. Unwanted e-waste, like printer cartridges, batteries and old technology, will be collected on Lot G10 located at the corner of Lassen Street and Zelzah Avenue.

### SAT. APRIL 21

Redondo Beach will have a community beach cleanup followed by a family-friendly celebration. It begins at 10 a.m. and there are several opportunities for participants to get free gifts including one for leaving their cars at home and another for bringing in single-use plastic bags. They also are requesting gently used work attire and shoes to be reused by the South Bay Business Environmental Coalition. Online there is an event flyer to get free parking at the Redondo Beach Marina if driving is a must. The event is free.

The Augustus Hawkins Nature Park in Los Angeles will be hosting an Earth Day event including hikes of the nine-acre urban park, nature presentations, kids' crafts and face-painting. Call the park at (323) 581-4498 for more details.

### SUN. APRIL 22

The Los Angeles County Art Museum will be hosting "Earth Without Art is Just 'EH'" on Sunday, April 22. There will be workshops, bike-related films, storytelling and a guided walk through the natural art on the museum campus. General admission is \$15 but patrons can get free admission if they have a receipt for bike parking or use alternative transportation that day.

PHOTO ILLUSTRATION BY KEN SCARBORO / EDITOR IN CHIEF AND GABRIEL IVAN ORENDAIN-NECOCHEA / VISUAL EDITOR

## Earth Day festival featuring CSUN Jazz

**CARL ROBINETTE**  
DAILY SUNDIAL

CSUN jazz students will be in the company of international artists from across several different genres of music at the One World Art and Music Festival in Simi Valley on Saturday and Sunday.

The two-day festival is a celebration of multiculturalism with a diverse line-up ranging from the classical piano stylings of Dmitry Rachmanov and African rhythms of Ayo Adeyemi, to the face-melting guitar licks of Edwin Albanian.

"I am excited to be performing alongside some of the highly successful artists affiliated with CSUN," said Rachmanov, also a CSUN music professor, in an email interview. "When you have such a caliber of artists contributing to such an artistic and humanitarian endeavor, you cannot help being excited, proud and happy to participate," he added.

Rachmanov will be performing

music from composers of eighteenth and nineteenth century Russian Romanticism, Saturday at 6:15 p.m.

"I want students to come for a good time," said Ah-Jeong Kim, the event's organizer and professor of theatre arts at CSUN. "And to celebrate our multicultural society in remembrance of the historical event of [the] LA Riots that, for better or worse, has shaped all of us."

The 20th anniversary of the riots that ensued following the Rodney King trial is this month. Kim and his friend of 18 years, Lillian Lehman came up with the idea to celebrate diversity in observance of the riots.

"I am particularly excited about sharing these rich multicultural artists with students, staff, and faculty at CSUN and the community patrons," Kim added.

Members of CSUN's award winning jazz ensemble will be playing alongside acclaimed jazz pianist, Laurence Hobgood. They will be accompanied by John Daversa, a music professor at CSUN and noted trumpeter, who will also play his own set at the show.

"Being able to play with a pro is

really cool," said Stephen Spencer, senior jazz major and saxophone player for the ensemble. "And the venue is pretty fancy. You don't get to play that kind of venue that often."

The band has performed at major venues, including the Reno and Monterey jazz festivals, as well as touring overseas. They will be playing the modern jazz music by Hobgood at One World.

The show will take place on Earth Day at the Hummingbird Nest Ranch, a sprawling resort tucked into the desert hills of Simi Valley. Hummingbird's Eco-friendly practices, and natural hill-top landscape make the ranch a perfect venue green-conscious music lovers.

The outdoor concert will be presented by Blue Dot Mission, a non-profit organization dedicated to bringing multiculturalism to the Los Angeles area. Tickets are \$15 at the door for students with I.D. and \$30 for non-students. Buy tickets beforehand at Hummingbird's website and save \$5.

"It's more than just music," said Jacob Scesney, freshman jazz major and alto saxophone player. "It's incorporating all forms of art. So, I'm pretty



CARL ROBINETTE / DAILY SUNDIAL

Members of CSUN Jazz ensemble get ready for One World Art and Music Festival with late-night rehearsal.

excited to see that."

The festival will also be host to an art exhibit and charity auction featuring the paintings of Gary Becker, Donna Mouliot, and others. Proceeds from the auction will raise funds for Blue Dot

Mission and the Jason Becker Trust.

Jason Becker was a heavy-metal guitar phenom in the 1980s until he was diagnosed with Lou Gehrig's Disease. The trust supports treatment of his disease.



**FOOD REVIEWS**

# "Follow Your Heart" this Earth Day

**IRENE NESBITT**  
DAILY SUNDIAL

"May Peace Prevail on Earth." Oh how warm I feel inside when I think about Follow Your Heart, a small vegan marketplace and restaurant located in Canoga Park. With vast amounts of spiritual zen books, a peaceful motto like that and decorated wooden walls reminiscent of the '70s, wouldn't you?

Follow Your Heart is definitely one of the best stores of its type around and I recommend anyone

from vegans to carnivores try it out. The market may be small but it offers a wide selection of natural food products, snacks, supplements, books, gifts and healthcare products. The store itself is well-stocked with everything organic you would ever want, no chemicals, no pesticides, or processed foods.

I was surprised by how much great stuff they had! The shop section has fresh organic fruits, juices, vegetables and great frozen food options as well.

I bought some of their coconut bath oils, which instantly relaxed

me when I smelled them. While browsing the aisles I also noticed a diverse selection of homeopathic medicines available for customers to choose from.

My only gripe is that their jewelry is overpriced.

In the back of the shop, customers can be seated to enjoy a full-service dining experience complete with a multitude of vegetarian menu offerings—finished off with yummy tapioca desserts, if you wish. FYH has a tasty vegan menu available as well, perfect to try along with this weekend's Earth Day festivities.

The restaurant serves vegetarian breakfast, lunch and dinner, and the food is very affordable! I am not a vegetarian but I enjoyed all the food I selected. I was able to get a large organic non-dairy banana/apple smoothie for \$ 4.50.

Once you are done eating, customers have to pay up front at the register. Their sandwiches are delicious and are worth a meat-eater like myself stepping into a vegetarian-based store. Their restaurant food tastes very good, particularly the "Follow Your Heart Burger." They bake their fries (as opposed to frying), which

is always a plus.

The cafe has indoor and outdoor seating available so customers can eat at the counter, tables, or out front on the patio. All of

the employees were very polite and helpful.

Follow Your Heart is the perfect spot to celebrate Earth Day and to try something new.

## Follow Your Heart

21825 Sherman Way  
Canoga Park, 91303  
(818) 348-3240

Open Daily 8 a.m. - 9 p.m.

RATING



JESSICA JEWELL / DAILY SUNDIAL

## Tahini Lemon Rice and Beans

JESSICA JEWELL / DAILY SUNDIAL

This variation on a standard rice and bean staple takes a favorite classic to the next level. The mix of different unlikely flavors together create a savory delight that not only tastes amazing, but is good for you too!

### Ingredients

#### Rice Mix:

- 1 c brown rice (I used basmati because it's what I had on hand)
- olive oil
- ½-1 bunch kale chopped
- 1 can black beans
- 6 oz. protein (Whatever suits you. I used tofu out of convenience, but you could also play with seitan, beef, chicken, pick something new or tried and true)

#### Sauce:

- ¼ c soy sauce

- ¼ c tahini
- 2 T lemon juice
- 2 T rice vinegar
- 2 T worcestershire sauce (If you are vegetarian or vegan, make sure there are no anchovies in it. I had to go to whole foods to get a bottle.)
- 2 T water
- 2 T olive oil

### Instructions

1. Whisk liquids together, prepping sauce.
2. Cook rice. During the tail end, saute beans, kale, and protein.
3. Add fully cooked rice to sauteed ingredients and pour all of the sauce on top. Garnish with shredded carrots if desired.
4. Serve!

Taken from the Vegan Yum Yum cookbook.

**WOMEN IN COMBAT**

FRIDAY, APRIL 20  
4-5:30 p.m.

THOUSAND OAKS ROOM, USU

OPEN PANEL DISCUSSION BASED ON THE NEW PENTAGON POLICY

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Rethinking Cultural Heritage Preservation**

presented by  
**Larry Coben**  
Sustainable Preservation Initiative

Thursday, April 26<sup>th</sup> | Whitsett Room  
9:30am-6:00pm | Sierra Hall 451

*This event is open to all faculty and students. Parking is available in the B3 structure via Info Booth 2 at Prairie St. & Darby Ave. for \$6.00. For more information, call the Anthropology Department at 818.677.3331. Communication services (sign language, interpreters, notetakers, real-time captionists or assistive listening devices) are available for this event. Requests for services must be submitted at least five working days in advance.*

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California State University Northridge MIKE CURB COLLEGE OF ARTS, MEDIA, AND COMMUNICATION



# Grace Potter and The Nocturnals

STORY AND PHOTOS BY JESSICA JEWELL

Grace Potter and the Nocturnals made a special visit to CSUN Wednesday to perform an acoustic set at The Pub for an intimate audience of about 100 people.

Attendees poured into the space grabbing seats eagerly while they waited for the band to take the stage. Potter rocked oversized shades as she took to the stage sporting a gleaming smile.

The band played Coachella last weekend and is hitting the stage again this weekend before taking off for a summer tour with Tim McGraw and Kenny Chesney.

Grace gave an interview at the KCSN radio station on campus prior to the performance.

"We're a multidimensional band," Potter said.

The strength of her voice sounds reminiscent to Janis Joplin while she has a fashionably tousled Mick Jagger attitude.

She shared some of her musical influences as well.

"I listen to Billie Holiday everyday, her spirit invigorates me," Potter said.

Though the performance was acoustic, the sheer power and presence of the music was awe inspiring. The fusion of good ol' rock n' roll, blues, and soulful undertones provided a truly remarkable experience that felt more like being at the Monterey Pop Festival than in The Pub at CSUN.

Check her out her upcoming album, "The Lion, the Beast, the Beat" or in her upcoming tour.



CSUN's station 88.5 KCSN hosted the acoustic set.



Grace Potter swaying to the music at CSUN on Wednesday night at The Pub.



Potter and The Nocturnals are performing both weekends of Coachella before embarking on tour.



IN CONCERT FRIDAY, APRIL 27



IN CONCERT FRIDAY, MAY 11

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**FRIDAY NIGHT LIVE**

*\$10 Admission prior to 8:30 p.m.*

*\$20 Admission after 8:30 p.m.*

Racing begins at 7:05 p.m.

Concert begins after the final race, approximately 10:30 p.m.

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## FRIDAY NIGHT LIVE Concert Schedule

|          |                              |
|----------|------------------------------|
| April 27 | Pepper                       |
| May 4    | NO CONCERT - DAY RACING ONLY |
| May 11   | DEVO                         |
| May 18   | G. Love & Special Sauce      |
| May 25   | SOJA                         |
| June 1   | Rebelution                   |
| June 8   | The Wailers                  |
| June 15  | The Jesus and Mary Chain     |
| June 22  | TBA                          |
| June 29  | Michael Franti & Spearhead   |
| July 6   | Iration                      |
| July 13  | TBA                          |



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# WEEKLY GUIDE

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RAEWYN SMITH / DAILY SUNDIAL

We put together the best bets for your week so you don't have to! Your guide to all things free (or at least cheap) in Los Angeles over the next seven days.

APRIL

## 19 THURSDAY

**WHAT:** Nachochan Gathering  
**WHY:** Learn about Native American history.  
**WHERE:** Franklin Canyon Park  
 2600 Franklin Canyon Dr.  
 Beverly Hills, 90210  
**WHEN:** 7 p.m. to 9 p.m.  
**PRICE:** Free

## 20 FRIDAY

**WHAT:** Annual Juried Student Art Exhibition  
**WHY:** Scan the QR Code to read a preview and to find out more information about the Annual Juried Student Art Exhibition!



## 21 SATURDAY

**WHAT:** Best Buddies Friendship Walk  
**WHY:** Best Buddies fosters a relationship between an individual and another with special needs. This walk will raise money for the organization and raise awareness.  
**WHERE:** Shoreline Village  
 330 South Pine Avenue  
 Long Beach, CA 90802  
**WHEN:** 9 a.m. to 12 p.m.  
**PRICE:** Free – registration required

## 22 SUNDAY

**WHAT:** A Walk in the Park - Summer is Coming BBQ  
**WHY:** The Yelp! Community is having a BBQ get together at Lake Balboa.  
**WHERE:** Lake Balboa  
 6300 Balboa Blvd  
 Encino, CA 91316  
 (818) 756-9743  
**WHEN:** 11:30 a.m. to 5:30 p.m.  
**PRICE:** \$3

## 23 MONDAY

**WHAT:** Kinesis - a presentation from the Kinesiology department  
**WHY:** Scan the QR Code to read a preview and to find out more information about "Kinesis."



## 24 TUESDAY

**WHAT:** Los Angeles Comedy Fest: Agnes and Harold Web Series  
**WHY:** Agnes & Harold explores the relationship between two bitter and lonely human beings who, while repulsed by one another, stick it out... because nobody else will have them.  
**WHERE:** The Actor's Company  
 916-A N. Formosa Ave.  
 Los Angeles, CA 90046  
**WHEN:** 7 p.m.  
**PRICE:** \$13

## 25 WEDNESDAY

**WHAT:** Enter Shikari and At the Skylines  
**WHY:** Another hardcore rock show that's bound to blow your eardrums.  
**WHERE:** The Roxy  
 9009 Sunset Boulevard  
 West Hollywood, CA 90069  
**WHEN:** 8 p.m.  
**PRICE:** \$13



### VPAC SPOTLIGHT: THE ACTING COMPANY JULIUS CAESAR

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### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

**ACROSS**

- 1 Historical novel, usually
  - 5 CCCII x III
  - 9 Digital camera option
  - 13 Show signs of age, as wallpaper
  - 14 Gray with age
  - 16 Ohio tribe
  - 17 Ventura County city
  - 18 Prepare to transplant, as to the garden
  - 19 Swig
  - 20 Phenoms
  - 23 Trip letters
  - 24 Brezed through
  - 25 Cut
  - 29 "Death, that hath suck'd the honey breath": Shak.
  - 31 Fitting
  - 33 10-Down suffix
  - 34 Peace in the Middle East
  - 36 Ginormous
  - 38 Env. info
  - 39 Sardegna o Sicilia
  - 41 Mine entrance
  - 42 A little too clever
  - 44 Physicist Tesla
  - 46 64-Across spec
  - 47 Shell game need
  - 48 Durable cloth
  - 49 Africa's northernmost capital
  - 51 Suffragette who co-founded Swarthmore
  - 52 "Conan" airer
  - 55 Trochee and iamb
  - 59 Tombstone lawman
  - 62 Fishing boot
  - 63 Private jet maker
  - 64 Nine West product
  - 65 Muscat native
  - 66 Periodic table fig.
  - 67 It may be rigged
  - 68 "After the Thin Man" dog
  - 69 Off-misused pronoun
- DOWN**
- 1 Tough guy's expression

|    |    |    |    |    |   |    |    |    |    |    |    |    |
|----|----|----|----|----|---|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6 | 7  | 8  | 9  | 10 | 11 | 12 |    |
| 13 |    |    |    | 14 |   |    |    | 15 |    | 16 |    |    |
| 17 |    |    |    | 18 |   |    |    | 19 |    |    |    |    |
| 20 |    |    |    | 21 |   |    |    | 22 |    |    |    |    |
| 23 |    |    |    | 24 |   |    |    | 25 |    | 26 | 27 | 28 |
|    |    | 29 | 30 |    |   |    | 31 | 32 |    | 33 |    |    |
| 34 | 35 |    |    |    |   |    | 36 |    |    | 37 |    |    |
| 38 |    |    |    |    |   | 39 | 40 |    |    | 41 |    |    |
| 42 |    |    |    | 43 |   |    |    | 44 | 45 |    |    |    |
| 46 |    |    |    | 47 |   |    |    | 48 |    |    |    |    |
| 49 |    |    | 50 |    |   |    |    | 51 |    | 52 | 53 | 54 |
|    |    |    | 55 |    |   | 56 | 57 |    |    | 58 |    |    |
| 59 | 60 | 61 |    |    |   | 62 |    |    |    | 63 |    |    |
| 64 |    |    |    |    |   | 65 |    |    |    | 66 |    |    |
| 67 |    |    |    |    |   | 68 |    |    |    | 69 |    |    |

By Victor Barocas

4/19/12

**Wednesday's Puzzle Solved**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| T | O | N | O | W | R | A | N | D | L | S | T | S |   |   |  |
| O | L | I | V | A | E | V | O | O | O | T | I | C |   |   |  |
| S | E | E | I | F | I | C | A | R | E | V | I | V | A |   |  |
| C | O | L | D | F | R | O | N | T | S | E | N | O | R |   |  |
| A | S | S | L | O | A | T | H | S | A | F | F | R | O | N |  |
| H | E | M | I | N | G | E | M | F | A | L | A |   |   |   |  |
| A | W | I | N | G | A | N | D | A | P | R | A | Y | E | R |  |
| R | A | N | K | M | O | P | H | I | S | S | Y |   |   |   |  |
| I | N | D | Y | C | A | R | B | A | E | R |   |   |   |   |  |
| G | S | A | E | C | O | N | O | C | H | I |   |   |   |   |  |
| C | R | A | W | L | T | U | N | A | S | A | L | A | D |   |  |
| H | U | M | E | P | U | T | I | T | T | H | E | R | E |   |  |
| O | N | E | A | G | R | I | T | A | O | R | T | A |   |   |  |
| U | S | S | R | A | N | N | O | T | Y | K | E | S |   |   |  |

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- 2 How roast beef may be served
- 3 Some living legends
- 4 "Put \_\_\_ on it!"
- 5 Exemplars of poverty
- 6 Capuchin, e.g.
- 7 Lacking sharpness
- 8 Waffle maker
- 9 Last critter in an ABC book
- 10 Raw mineral
- 11 Fry cook's supply
- 12 Bumped into
- 15 Abbr. in a CFO's report
- 21 "Do I dare to \_\_\_ peach?": Prufrock musing
- 22 This, in Tijuana
- 26 Some molars
- 27 Cybercommerce
- 28 Sedimentary formation
- 30 "Charlotte's Web" setting
- 31 Chat room inits.
- 32 Museums for astronomy buffs
- 34 "Full House" actor
- 35 "Farewell, chérie"
- 36 Coquettish
- 37 Munro's pen name
- 40 Reggae relative
- 43 \_\_\_ dixit: unproven claim
- 45 IOC part: Abbr.
- 48 Museum guide
- 50 Drive forward
- 51 Cursed alchemist
- 53 Lotto variant
- 54 Pol Thurmond
- 56 Couple
- 57 Avatar of Vishnu
- 58 Weak spot
- 59 Last letter in most plurals (but not in this puzzle's six longest answers, which are the only plurals in this grid)
- 60 Word of discovery
- 61 Palais resident

## Classified Ads

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**Solution to today's sudoku**

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

Say you saw it in the Classifieds!

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

**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.*

# 2013 STUDENT HOUSING

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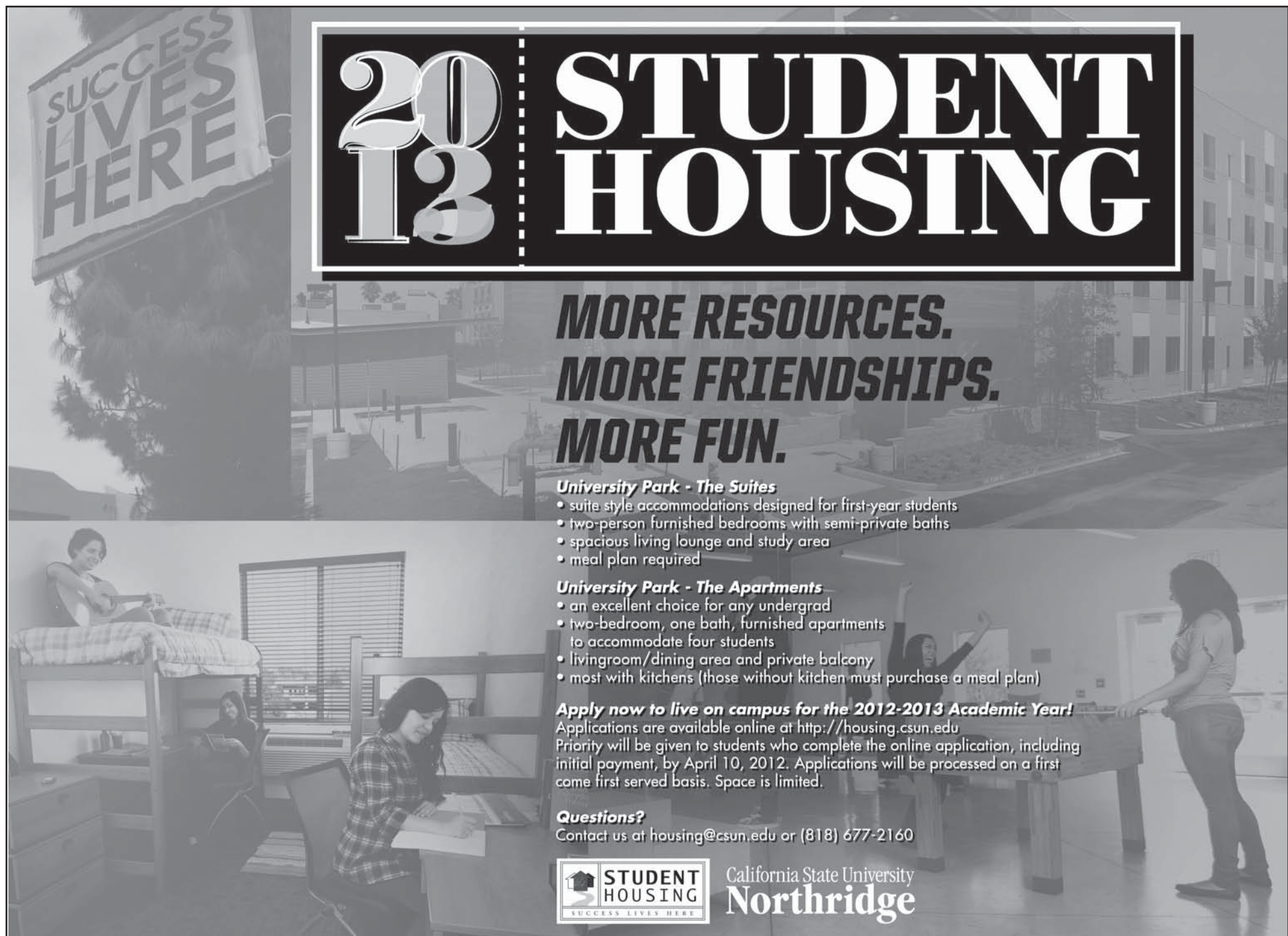
Applications are available online at <http://housing.csun.edu>  
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**Questions?**

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California State University  
**Northridge**





April 19, 2012

## Sports

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play-by-play coverage of  
CSUN sporting events

## MEN'S VOLLEYBALL

# Road underdogs

No. 8 Matadors visit USC, seek upset of top-seeded Trojans in first round of MPSF Tournament



MARIELA MOLINA / PHOTO EDITOR

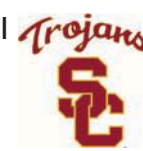
CSUN middle blocker Jared Moore goes for a kill against USC during the Matadors' last regular-season game Saturday at the Matadome. CSUN will pay the Trojans a visit this Saturday for a MPSF playoff game.

## MPSF Tournament Quarterfinals

No. 8



No. 1



**When:** Saturday (7 p.m.) **Where:** Galen Center

\*Live updates on Twitter @sundialsports57

**JONATHAN ANDRADE**  
DAILY SUNDIAL

**T**he No. 8 Matadors made it to the Mountain Pacific Sports Federation playoffs, but won't have an easy time trying to get by No. 1 USC in the first round Saturday night at the Galen Center.

The Matadors (12-17, 9-6 MPSF) only clinched their playoff spot last Thursday, but the Trojans (21-4, 17-4) have the homecourt advantage in the opening round.

"It's a lot bigger," said middle blocker Jared Moore about the Galen Center, USC's home. "A lot of the guys on our team don't have as much experience there. Being there Friday to practice will be good for us."

USC manhandled CSUN early in MPSF play with a straight-set sweep on Jan. 13 in the same venue where Trojan senior outside hitter Tony Ciarelli tallied 13 kills on .417 hitting.

Ciarelli outdid himself in the second meeting between the two at the Matadome and hit for a match-high 19 kills and a .818 hitting percentage.

The remainder of the USC offense was distributed between opposites Tanner Jansen and Maddison McKibbin.

Jansen exploded for 14 kills against CSUN in the first matchup while McKibbin was only second to Ciarelli in the

second match with eight kills in USC's 3-0 win at CSUN Saturday.

"We're mainly focusing on stopping Tony Ciarelli," outside hitter Brandon Lebrock said. "If we can stop him then we'll be in pretty good shape."

Northridge's defense will have to work wonders to slow the USC offense, with middle blockers Drew Staker and Moore in the CSUN front lines.

Staker led the team with 106 total blocks this season while Moore had 103. The two combined for 22 solo blocks on the year, but will need to be mobile along the net against USC in order to slow its potent offense.

"We're going to have to slow down their middles a little more," Moore said. "We weren't expecting them to be so effective. If I'm committing with the middles, I need to make sure that if they get the set then I get the block."

As far as the CSUN offense goes, Lebrock and freshman Julius Hoefler will need to be on the same page if they expect to pull off the upset.

Lebrock has led the offense with 67 kills in the last four matches while Hoefler has struggled offensively with only 16 kills in his last three matches.

"I'm just going to keep swinging away," Lebrock said. "I'll keep calling for the ball, but I'm also going to help my teammates out when I'm in the back

See **VOLLEYBALL**, page 6

## SOFTBALL

## Tough outs: UCLA's offense too much for Matadors

**ALONSO TACANGA**  
SPORTS EDITOR

**G**ive credit to CSUN pitcher Mia Pagano. Asked about her team's match-up at No. 15 UCLA, the junior said she looked forward to facing a team that came into the game batting .357 for the year.

"We just need to stay confident and know that we can do it," she said.

The Matadors (8-32) couldn't do it against the Bruins Wednesday afternoon at Easton Stadium. While they started the game in fantastic fashion by putting up two runs in the first inning, the Matadors could

do little to resist the powerful UCLA bats, which scored in four of the first five frames en route to a 10-3 non-conference win.

Pagano, the undisputed Matador pitching leader with seven wins this season, experienced just how intense the UCLA attack is. The junior was chased by the end of the second inning after giving up six runs on eight hits as CSUN trailed 6-2.

Her reliever couldn't slow down the Bruins either. Brianna Elder came in to begin the third and gave up two runs. Elders' day was done by the end of the fifth with UCLA getting four runs in five hits on her.

CSUN started the day impressively. The Matadors had three of their five total hits for

the game in the first. Catcher Mikayla Thielges's two-RBI single with one out gave CSUN an early 2-0 lead.

Going into the game, Thielges had also shown confidence in her team's chances at taking down the 15th-ranked Bruins.

"It's about knowing that anybody can win any game at any time," Thielges said.

UCLA had plenty of confidence in itself, too, and showed it by starting the bottom inning with three consecutive doubles to tie the game up.

CSUN found itself in an ugly situation later in the same inning. Following a single from B.B. Bates and a passed ball by the Matadors, UCLA had players at second and third base with no outs, a mouth-watering opportu-

nity for its offense.

But Pagano showed poise and came up huge for CSUN by retiring the next three UCLA batters, keeping the game tied after one.

Not much went right for Pagano or anyone in a CSUN uniform following that. The Bruins had three more doubles in the second inning and scored four more runs to distance themselves from the Matadors.

The Bruins totaled 13 hits on the day. Katie Schroeder, Stephany LaRosa and Bates combined to get nine of those, with Bates recording four RBI.

First baseman Madeline Sale and Thielges led CSUN, which gets back to Big West play this weekend against Long Beach State, with two hits apiece.



YOKO MAEGAWA / CONTRIBUTOR

CSUN third baseman Jaci Carlsen fields a ball against Oregon State on March 28. The Matadors led for half an inning against UCLA Wednesday, but couldn't hold on to the lead.