

# DAILY SUNDIAL

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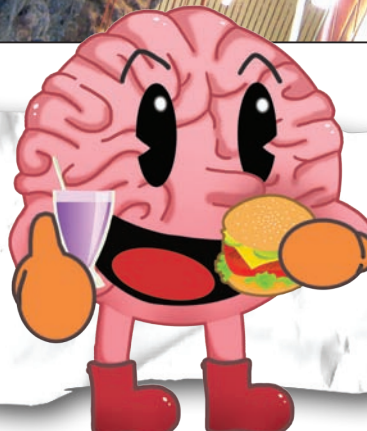


+FEATURE: Business major lives the extreme outdoor life p. 4

+NEWS: Crime rate on par with other CSU schools p. 6

+SPORTS: Women's volleyball season recap p. 8

## CULTURE CLASH



BRAIN FOODS FOR FINALS



KEN SCARBORO/ SENIOR PHOTOGRAPHER

Demonte Thompson, business and finance major, lights an electric candle Wednesday night at the Blues Project's candlelight vigil during Beat the Blues Week. Thompson and other members of the Resilient Scholars Program joined the Blues Project in a night of remembering those lost to suicide and suffering from depression.

## Blues Project sheds light on darkness

Beat the Blues Week peaks with Candlelight Memorial for people impacted by depression, suicide

MELISSA SIMON  
LIVE NEWS EDITOR

The CSUN community gathered on the steps of the Oviatt Library Wednesday night for a candlelight memorial honoring those who ended their own lives or had been impacted in some way by depression or suicide.

Elayne Woods, junior interior design major, opened the memorial by reading a poem she

wrote about her struggle with depression from a young age.

"Being depressed doesn't make me a failure," she said. "I'm just taking it one step at a time."

Shelley Ruelas, associate vice president of Student Access and Support Service, was there on behalf of William Watkins, vice president of Student Affairs, to thank those in attendance.

"The issues that have gathered us are heart-wrenching. I know you've been through that valley, unsure if you would make it," she said. "When we go through that struggle, we find the

strength and hope in knowing that our experiences can have positive impacts on others struggling. There is a well of resilience inside all of us."

This week has been a time for students to learn about depression awareness and suicide prevention by attending several events put on by the Blues Project and other on-campus organizations as part of Beat the Blues Week.

Vahed Hartoonian, assistant coordinator for peer programs and co-facilitator for the Blues Project, said this time of year tends to be very stressful for students.

"First, it has to do with the typical stressors associated with the holiday season. Second, we're just a couple of weeks away from finals week, which is a very challenging part of the semester," he said. "Generally, we hope to remind students to take care of themselves and each other. We want to promote a positive and encouraging attitude around campus (and) offer information."

Andrea Elzy, coordinator for the Blues Project, said suicide among college students is

See **BLUES**, page 4

# CAMPUS CRIME LOG



**NOV. 21**

**THREATENING CRIME: TERRORIZE** – The suspect made threatening statements to the victim.  
*Investigation Continued*

**BATTERY: NON-COHABITED SPOUSE** – Officers responded to reports of male and female involved in an altercation on Lindley/Nordhoff. After making contact neither party was desirous of prosecution.

**PETTY THEFT** – Unknown suspect(s) stole four boxes of pastries left in Bookstore Complex hallway.  
*Investigation Continued.*

**VANDALISM** – Unknown suspect(s) used red marker to write graffiti throughout the men's restroom in Art and Design Center.  
*Investigation Continued.*

**PETTY THEFT (TFMV)** – Unknown suspect(s) stole the victim's parking permit, sunglasses and US currency from her possibly unlocked vehicle in Parking Lot/Structure B5.  
*Investigation Continued.*

**POSSESSION OF MARIJUANA WHILE DRIVING** – The driver was cited for possession of marijuana while driving during a traffic stop at Parking Lot B6. He was cited and released at the scene



**NOV. 23**

**PETTY THEFT** – Unknown suspect(s) stole the victim's bicycle which had been secured to a rack south of Jacaranda Hall.  
*Investigation Continued.*



**NOV. 24**

**THEFT OF PERSONAL PROPERTY** – Unknown suspect(s) stole the victim's bicycle which had been secured to a rack east of Cypress Hall.  
*Investigation Continued.*



**NOV. 25**

**THEFT OF PERSONAL PROPERTY** – Unknown suspect(s) stole the victim's laptop computer which had been left unattended on a study table in Oviatt Library.  
*Investigation Continued.*

**1 Judicial Review for Drug Violation**



**NOV. 26**

**VEHICLE THEFT** – Unknown suspect(s) stole the victim's motorcycle and two helmets from Parking Lot G3.  
*Investigation Continued.*



**NOV. 26**

**THEFT OF PERSONAL PROPERTY** – Unknown suspect(s) stole the victim's cell phone which had been left unattended in her packback on the bleachers in the Student Recreation Center.  
*Investigation Continued.*

**THEFT OF PERSONAL PROPERTY** – Unknown suspect(s) stole the victim's cell phone from the Sequoia Hall lounge area.  
*Investigation Continued.*

**ROBBERY** – While the victim was walking one suspect ran in front of him to distract him as the other came from behind and grabbed his cellphone on Lindley/E5 Parking Lot. Both suspects ran eastbound.  
*Investigation Continued.*



**NOV. 27**

**THEFT OF PERSONAL PROPERTY/VANDALISM** – Two suspects stole boxes of pastries and damaged a storage box.  
*Investigation Continued.*

**BURGLARY** – Unknown suspect(s) stole the victim's iPad and keyboard which had been left unattended on a desk in Oviatt Library.  
*Investigation Continued.*



**NOV. 27**

**BURGLARY** – The suspect stole the victim's cell phone sitting next to her on the desk in Oviatt Library. The suspect then fled the location and was last seen near the circulation desk.  
*Investigation Continued.*

**BURGLARY** – While the victim was sleeping an unknown suspect(s) stole his cell phone which was sitting on the desk next to him.  
*Investigation Continued.*

**THEFT OF PERSONAL PROPERTY** – Unknown suspect(s) stole the victim's bicycle which was secured to the rack on the north side of the building.  
*Investigation Continued.*

**VANDALISM** – Unknown suspect(s) smeared feces on the floor of a stall in the men's restroom in Redwood Hall.  
*Investigation Continued.*

**DISPLAY UNAUTHORIZED DISABLED PLACARD** – A suspect was cited and released for displaying an unauthorized disabled placard near Information Booth #2.

## UPDATED DISPOSITIONS

**Petty Theft (11/19)** – Unknown suspects stole 4 boxes of pastries left in a hallway.

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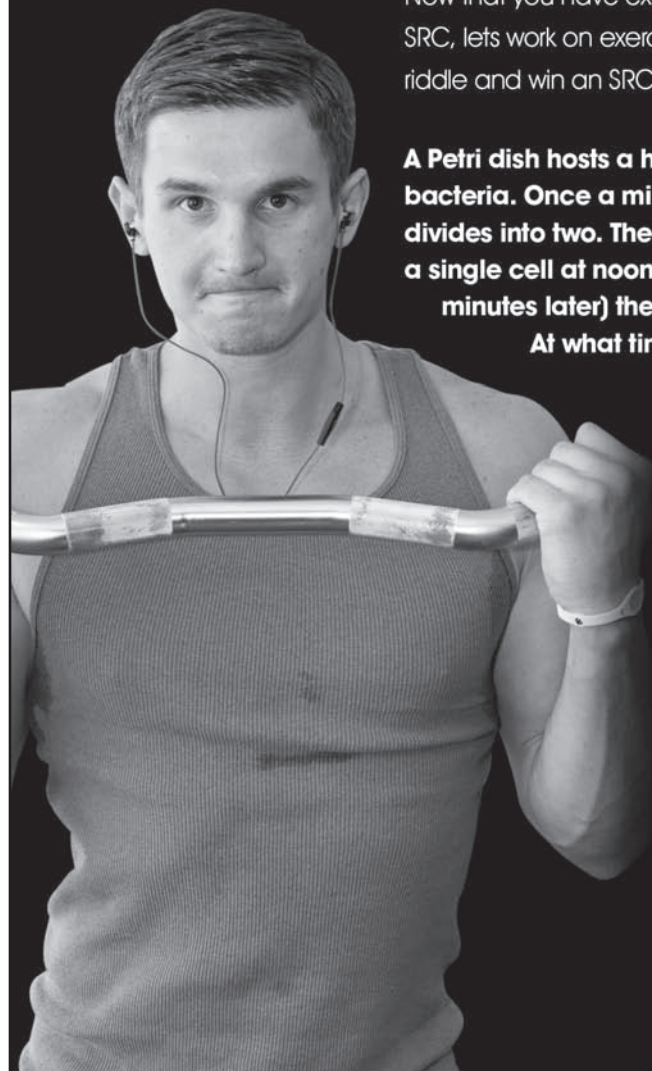
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*NOTE: Simply say "CSUN Riddle" and your answer when texting in.*

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California State University  
**Northridge**

# CSUN rock climber lives on the edge

Melody Cher Chian  
daily sundial

**H**is family starts the countdown for him to jump. Three, two...

He looks around Lake Mead. Nothing but dirt and dust, sharp-edged rocks around him, a lake below, and the sky above. Palms sweating, heart beating, legs shaking, he feels the adrenaline rush through his body as he peers down from the 55-foot cliff.

The water looks transparent and inviting. It calls him to dive in. He slowly walks to the tip of the cliff, closes his eyes, and takes a deep breath. One...

Cliff jumping. It is the most adventurous thing he has ever done and this is his first time.

Cole Christie, 20, a business major at CSUN, has always had a love for nature, describing himself as an active person. Ever since his first encounter with the outdoors as a Boy Scout, Christie has spent his leisure time canoeing, snowboarding, surfing, camping and everything in between. Nature is his second home, an escape from the worries



MELODY CHERCHIAN / DAILY SUNDIAL

**Cole Christie, business major, climbs the rock wall at the Student Recreation Center. Ever since his first encounter with the outdoors as a Boy Scout, Christie has spent his leisure time canoeing, snowboarding, surfing, camping and everything in between.**

of today and a sanctuary from all negativity in the world.

"I find almost any reason to be outside," Christie said. "There's nothing more liberating than putting away your cellphone for a couple hours and seeing what else life has to offer."

Although his biggest passion is the outdoors, Christie is also enthusiastic about saving lives. He has dedicated himself to becoming a firefighter. Thus far, he is a certified EMT and working on his way to becoming a paramedic. A long process of exams and physical

testing awaits Christie on the journey to reaching his career goal.

"The test entails a great amount of physical and mental exertion," Christie said. "You need agility, strength, and lung capacity in addition to psychological strength. Firefighters work

in demanding environments that require you to perform in smoke-filled buildings all while carrying heavy equipment."

Christie also plans on running his own business someday. "Being a firefighter is really a part-time job," Christie said. "You work only

twice a week. So I want to have a business of my own on the side as financial support."

Even with his love for adventure, Christie has never had the chance to explore outside the United States.

"My goal is to backpack to every foreign country at least once," said Christie. "I'm starting with Canada this winter break."

Christie also plans to skydive, bungee jump, and run the LA Marathon this year all for the first time.

But for Christie, cliff jumping will always hold a thrilling spot. From 35 feet high at Lake Sherwood to 55 feet high at Lake Mead, he gets a new rush no matter how many times he jumps off another cliff.

"I love it," Christie said. "My heart races and I get that sense of accomplishment after that I only get from doing something this daring."

One of Christie's most memorable times was cliff jumping at Malibu.

"Six of my friends and I planned the jump six months before and looked forward to it," Christie said. "We reached the top of the cliff, swan dove 25 feet, and front flipped on the way down. It was one of the best experiences we've had."

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FALL 2012

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**BLUES**

*Continued from page 1*

a nationwide epidemic.

“Many pressures that this population experience can be tremendous. Academic pressures, professional pressures, and personal pressures can often cause a great deal of stress and emotional distress for many,” she said.

Larisa Villa, a graduate intern with the Blues Project, said the National Institute on Mental Health reported suicide as the second leading cause of death among college students.

“Up to 44 percent of college students also report feeling symptoms of depression, based on the American College of Health Association. That is four to five students out of every 10, which is significant,” Villa said.

Elzy said the decision to have Beat the Blues Week at this time in the semester was important to show the Project is an amazing resource.

“(It’s) an opportunity of involvement for students (and) for the campus community to be immersed in these themes early on in the semester, particularly during the holiday season, which can be difficult for some,” Elzy said. “Additionally, finals week can be a stressful time for students as well, so providing them with additional resources, workshops, and opportunities to de-stress and promote self-care (and care for each other) was equally important.”

Sandra Michel, president of the Blues Project, said it is a really great experience because there are a large group of people that experience suicide or

depression. Michel first heard about the project through a psychology department information session.

“They taught you how to get involved in the community,” said Michel, senior psychology major. “I found out about the Blues Project, peer programs, the HelpLine and other resources.”

She stressed that peer mentors are not educational professionals but are there for people that need to talk.

“It’s vital to create a safe environment for individuals,” Michel said.

In addition to working with the Blues Project, Michel also works for the CSUN HelpLine.

“Just last week I had a situation where the individual was suicidal and I needed to de-escalate the situation,” she said. “She told me she had pills in her hand and was going to make the attempt. I asked her to walk away from the harmful object and she started to calm down.”

After the person calmed down, Michel said the girl began to express her feelings.

“I have to care about what’s happening,” she said. “I’m not a mental health professional but I was able to be there and be helpful.”

The Blues Project is unique to CSUN in that it is a program specific to the campus.

“I truly believe in the power of this program, and its ability to support the student community, so the hope is that other administrators at other campuses will feel the same,” Elzy said.



LEAH OAKES / CONTRIBUTOR

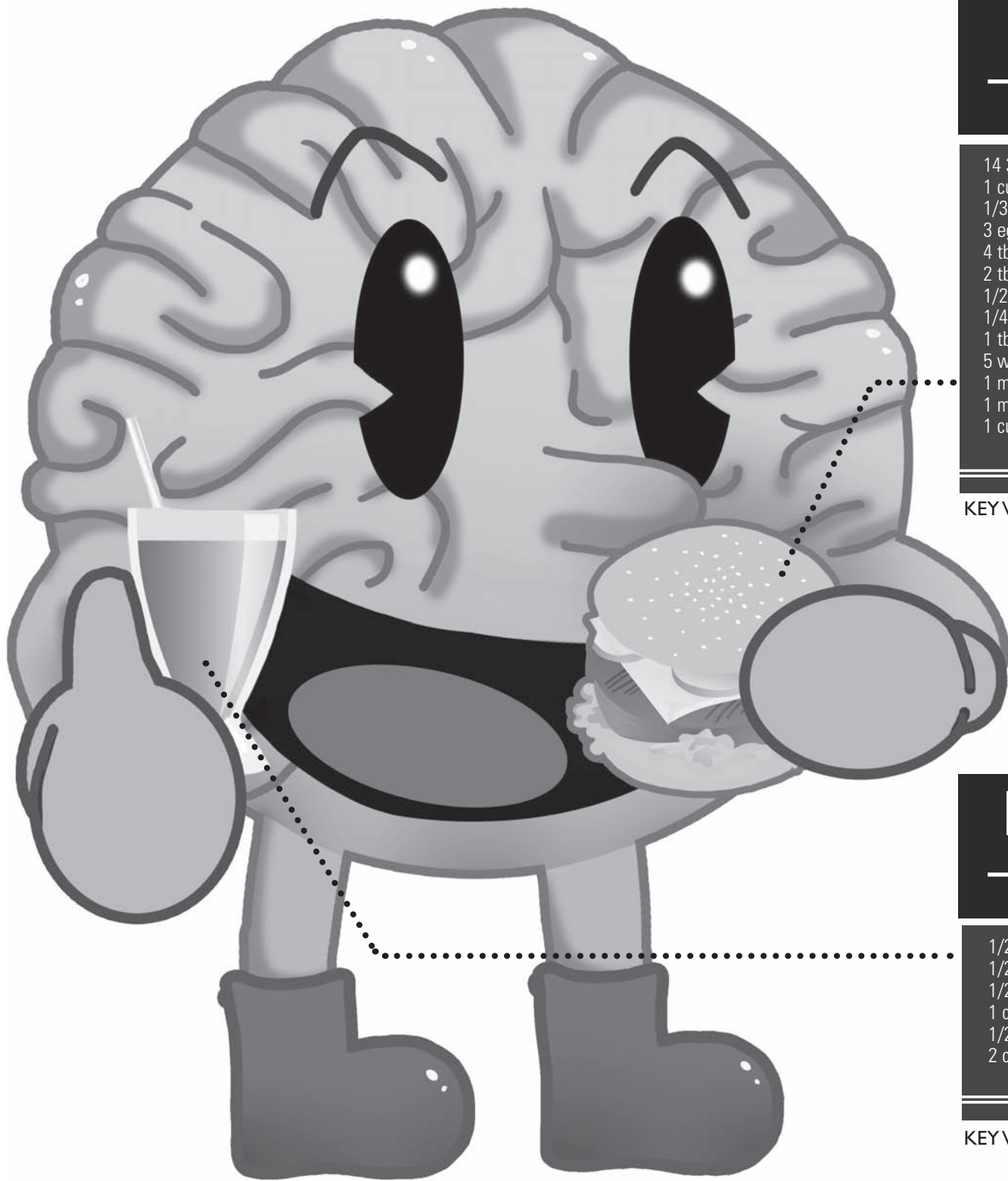
Valerie Lopez, undecided major, and Jose Zaragosa, child and adolescent development, fill out personal questionnaire forms at the “Beat the Blues Week” fair in front of the Oviatt. Students were urged to gather information from various tables, educating on how to combat stress, stay active, and seek help.

**TODAY’S EVENTS**

- 10 a.m. to 4 p.m.:** BLUES, JADE and DATE will be tabling at the Matador Bookstore, Orange Grove Walk, Matador Walk, Plaza del Sol and Cleary Court
- 12:30 to 1:30 p.m.:** Finals Prep: Overcoming Depression in the Thousand Oaks Room at the USU
- 1:30 to 2:15 p.m.:** Aromatherapy Workshop in the Living Well Lounge at the USU
- 1:30 to 2:30 p.m.:** Beat the Blues Pilates in the SRC’s Inspiration Studio
- 4 to 5 p.m.:** Finals Prep: Anxiety Management in the Thousand Oaks Room at the USU
- 7 to 8:30 p.m.:** Dr. Vincent Vigil’s lecture called Awareness, Intervention, and Action: Addressing Suicide in the LGBTQ Community.

# CULTURE CLASH

TRYING TO GRAB YOUR ATTENTION SINCE... NOW



## SASSY SALMON *Burger*

- 14 3/4 oz. of canned salmon, drained
- 1 cup of toasted wheat germ
- 1/3 cup of sliced green onions
- 3 egg whites
- 4 tbsp. of water
- 2 tbsp. of fat-free mayonnaise
- 1/2 tbsp. of salt
- 1/4 to 1/2 tbsp. of hot pepper sauce, as desired
- 1 tbsp. of canola or vegetable oil
- 5 whole-wheat hamburger buns
- 1 medium size ripe avocado, sliced
- 1 medium tomato, sliced
- 1 cup of spinach leaves, rinsed, well-drained

### INGREDIENTS

KEY VITAMINS:



## BERRY BOOSTER *Smoothie*

- 1/2 cup of strawberries
- 1/2 cup of raspberries
- 1/2 cup of boysenberries
- 1 cup of lowfat plain or raspberry yogurt
- 1/2 cup of lowfat or fat-free milk
- 2 cups of ice

### INGREDIENTS

KEY VITAMINS:



DESIGN BY JASMINE MOCHIZUKI / DAILY SUNDIAL

# Brain foods can help enhance your grades

**irene nesbitt**  
DAILY SUNDIAL

**F**inals week can be quite overwhelming for most students. With tests, papers and oral exams right around the corner, I'm quite positive it will be a week of staying up to the wee hours of the morning, and yes, regretting procrastinating. But fear not my fellow student counterparts, there are a lot of brain foods out there that will keep your energy afloat and help you ace your finals. Adding these brain foods to your daily diet will

help you maintain a healthy, alert and happy brain.

Did you know that food can affect the brain in minutes? Getting your daily dose of omega 3's, fruits and veggies will keep a steady source of energy flowing in your body and keep you going throughout the day. Don't consume foods and drinks that have a lot of sugar. All this will do is cause a spike in your blood sugar and result in you feeling grumpy and tired. Instead make a blueberry smoothie or choose a healthy bowl of cereal for breakfast and add blueberries. Blueberries are well known for their role in improving motor skills and helping your overall learning capacity and are often called the best berry for your brain. Most berries are full of antioxidants that are great for

boosting the brain. You can help reverse the effects of aging on the brain by eating these blueberries once a day. Berries have fisetin and flavonoid in them, which are great for improving your memory.

Green and black tea are also beneficial for your brain because it is full of catechins. Catechins are great for keeping your mind sharp, fresh, and functioning properly. Not only do they keep your brain working right, they also allow it to relax and help to fight against mental fatigue. While green tea is much more potent than black tea, both are extremely good for you. Tea is very good to drink early in the morning before you head off to school. Try a cup to keep you feeling alert.

Salmon is also an excellent food choice to include in your diet, because it

has Omega-3 fatty acids that helps the brain with memory and is a strong contender in fighting against Alzheimer's and Parkinson's disease. And it just doesn't stop at fish only, but eggs are awesome brain foods too. According to the Livestrong website, eggs contain choline which is a very important building block of brain cells and helpful in improving your memory.

Snack foods such as nuts and seeds are also good brain foods. Nuts such as cashews, almonds, walnuts, pecans, pumpkin seeds, sunflower seeds, are good for your brain. Nuts and seeds are also full of Omega-3 and Omega-6 fatty acids, folate, vitamin E, and vitamin B6. These nutrients allow you to think more clearly. They have a natural anti-

depressant in them and are great for cognitive function, brain nourishment and memory.

Green vegetables such as cabbage, kale, spinach are also great for your brain. These vegetables help greatly when it comes time to remember old information. These foods have vitamin B6, B12, and folate, which are great compounds needed within the brain to break down homocysteine levels, which can lead to forgetfulness. These vegetables are high in iron content. If there is not enough iron intake, brain cognitive activity will slow down greatly.

Now that you are eating these foods, there shouldn't be any problem in getting all A's on your exams. Check out the illustration above for additional recipes to help you concentrate and pass all of your finals.

**FASHION**

# Warm and fashionable winter essentials

**Christina Moffitino**  
CONTRIBUTOR

STYLE IT UP WITH  
**Boots**

**Ladies:**

You can kick up the look of a thrifted sweater with a great pair of high heeled booties or knee high boots. I paired this chunky knit sweater with patterned leggings to really play with the color.

**Men:**

A collared shirt can easily transform a sweater from school wear to date wear. We styled this look up with combat style boots and in the same season bold color.



PHOTOS COURTESY OF CHRISTIAN SABALBURO

CHOOSE  
**Color, Texture, and Pattern**

**Ladies and Men:**

Whether you're rummaging through your grandparents closet or through a store rack, pick a color that stands out from the standard greys and browns. Patterns and textures are key when looking for a comfy and stylish knit. Find a pattern you can wear dress up or down and isn't too busy. Stay clear of fabrics that are itchy or too hot when choosing textures. For men, I went with the color of the season and chose the oxblood red. For the ladies I stayed on the same color palette and choose a burgundy pink. Anything in the dark purple, pink and red hues are a rich color to play with this season.

**W**inter weather hasn't quite hit us here in Los Angeles yet so we're lucky we can get away with rocking sandals and sweaters. But when the temperatures do start to drop below 50 degrees, knit sweaters are a trend to try for your winter wardrobe. Fashion always repeats itself and your grandparents' sweater has made its loop-back on the style radar. Here are three great tips to recycle some of the vintage swag this winter.

ACCESSORIZE YOUR  
**Sweater**

**Ladies:**

This season studded collars are a trendy way to style up the oversized sweater. You can wear your own collared shirt underneath or go with an embellished collar necklace.

**Men:**

Pairing a sweater with your favorite shades gives you a cool, retro look. Wearing your favorite glasses with a sweater will make you look more chic and will have the ladies hitting you up to be your study buddy.

**LGBTQ**  
COFFEE NIGHTS

**TODAY**  
5 p.m. - 7 p.m.

Join us at the  
Pride Center, USU  
Across from the SRC

Light snacks provided

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**Phrase:** dtseunts dtyoa, atomrads voeefr

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LIVING THE MATADOR LIFE UNIVERSITY STUDENT California State University Northridge

**INTERVIEW**

# Talking zombies with 'Walking Dead' writer

**Casey deli Ch**  
DAILY SUNDIAL

America's most popular cable show, "The Walking Dead," is near their third mid-season on AMC, looking at the good and bad in humans during the zombie apocalypse. Created by a staff of writers and producers, Scott M. Gimple, a writer on the show, sat down with the Daily Sundial to discuss writing and The Walking Dead.

**The Daily Sundial:** What got you into writing?

**Scott Gimple:** When I was about 8 or 9 years old, I started reading comics, I had just moved to New Jersey, and one of the first things I remember doing was going to a newspaper stand with my dad. I hadn't thought about comics until that point, saw them in front of me and picked up a bunch. I started reading them with the letters, columns, I came to think about how they were being written. It might have been right around the same time the big movies were coming out, I realized the stuff was written, and I started doing it myself. Writing stories and comics, finding it really enjoyable, and whether people were humoring me or not in school with people liking what I was doing

was encouraging. From an early age I wanted to become an assistant editor out of college at DC Comics, then hopefully become an editor, then hopefully get into writing like I had seen a lot of editors do. Hopefully somehow be able to Segway into TV and movies as well. It's basically the plan that I have been following, following the life plan of a 9 year old.

**DS:** Advice for those interested in writing for the industry?

**SG:** The number one thing to do is to write. Make sure you enjoy it, that it is something you love doing, that you would do regardless of whether you were paid or not. There are periods where you are paid, and periods where you aren't paid. It shouldn't be something that is a chore that you hate doing. To somebody in high school or college, find your voice, because when you are ready to go looking for a job you will have a portfolio and examples. Don't be writing about writing all the time or reading about it, get a well-rounded education so it can translate to your writing style. Definitely should not be able to just write the way you speak or the way you live. Surprise yourself and don't fall into a rut, make yourself imaginative.

**DS:** How did you get hooked up with "The Walking Dead"?

**SG:** I didn't have any connection to the show, I didn't know anyone that worked on the show,



COURTESY OF CAROLYN COLE / MCT

stunt actors, John Cooper, left, and Elizabeth Dovidovich, right, play zombies on the set of "The Walking Dead" the zombie series on a MC in June.

it was just gratuitous. It was some good agent thing by my agent, they had some turnover in the staff after the first season and they were looking for new writers. My agent got my material to AMC, AMC liked it. It was a long process meeting with Glen Mazzara, Robert Kirkman, and others. Meeting a ton of people was like trying to get through to the Supreme Court, I was a little nervous coming on the show hav-

ing been on a lot of shows with a lot of one seasons and out with a lot of drama behind the scenes. It's been a terrific experience and I definitely enjoy the people I work with.

**DS:** Were you a fan of the comics?

**SG:** I was reading through the trade paperbacks a little slowly, I was not a monthly reader, I have since shifted to a monthly reader. It's a very interesting thing to read

the book in a smaller collection rather than a multi-issue collection. It sort of changes the way the story hits you, the monthly one, is a lot more intense than the shock of a collection where you can turn the page and see the next issue. I have read the whole series about three to four times, and I am often intimidated by it while we work on the TV show, I love it. My number one fear is whether or not we are doing it justice.

**DS:** You wrote some of the biggest turning points in season two, how did it feel writing them?

**SG:** I was really excited, the first one I wrote was episode three where Shane kills Otis. We had broken stories together in the room, the general story and certain incidents, and that was a story that had evolved out of a pitch that I had made. We were asked which episode we wanted to write, and everyone wanted to write the episode, it just so happened that I pulled the right straw. I had a lot of ideas about it, the way the teaser played out, I really lucked out. Because I did that one, I was in the right place of the rotation to do the mid-season finale. Doing that episode was one of the best experiences I've had in TV.

**DS:** Does the show go strictly off the comics?

**SG:** "The Walking Dead" TV universe is pretty different from the comic universe. Just to start, there are characters on the show that weren't in the comic books. Things

are markedly different from the comic book, but in the same respect we go through periods where we circle around the comic book and use more here and there. I enjoy writing stuff inspired by the comic book and take a little turn, to surprise the reader and viewer, to heighten the scenes and emotion of the characters on the show. Robert Kirkman is there in the room with us every day and he is always excited to play around with what he has created.

**DS:** What would you do in case of a zombie apocalypse? How long could you survive?

**SG:** First I'd like to answer with Robert Kirkman's answer 'he would jump off a bridge immediately,' he just figures he would be dying horribly. I definitely would not do that, I think about this a lot, if I was in LA I would head to Catalina Island. I've never been to it, I don't know a lot about it, I know they have some farming, buffalo, and bison. Getting onto an island is probably the smartest thing, it is more manageable as far as population goes. If anyone dies though they turn into a zombie and can start the infection and crisis all over again. One of the biggest parts of the show, I believe there is a good side and a bad side of man. People don't just become monsters when crisis strikes, some people do and some people don't, I think people could work together to survive. Being an optimist I could survive and have a long life.

**Closing this Sunday**

# Ubbu Roi

not for the easily offended

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**REVIEW**

# Rihanna's new hit

**irene nesbitt**  
DAILY SUNDIAL

**S**eventh time works like a charm for Rihanna. Rihanna has brought out the most in demand producers, writers and artists to create her new album "Unapologetic." With names that boast the likes of Sia, Adele, David Guetta and Ne-Yo, this is Riri's most musically diverse album.

Riri's voice is mature and edgier than it's ever been and she's full of liberation on her seventh studio album. Having a rare talent to morph into a musical chameleon, she easily maneuvers through dance, r&b, hip-hop and emotionally-stimulating pop love songs to accommodate any buyer's demands. Rihanna clearly shows why she's major competition in the music business and why this is definitely one of her strongest albums to date.

In her latest effort, Rihanna is back with edge, swag, synthesizers, ballads and dub-step and she's discussing everything from love, heartbreak, having money and being fresh off the runway. Rihanna is liberating

herself, with no apologies or explanations.

Rihanna is clearly 'unapologetic' with this album and has included her ex-boyfriend, Chris Brown, to co-duet on "Nobody's Business" to the dismay of many. This may be her most controversial song, not because of lyrical content, but because of Brown's feature on the track. This song takes us back to the '90s and is a mid-tempo dance track of Breezy and Rihanna singing to the world their love for one another. The track is inspired by Michael Jackson's "The Way You Make Me Feel." Despite being "friends" both tease over the track that they want to be each other's baby. "You'll always be mine. Sing it to the world. Always be my boy. I'll always be your girl," sings Rihanna.

The David Guetta-produced "Right Now" track is a catchy eargasmic dance pumping club number. She uses her unique tone and edginess to tell her lover to not waste any time. Rihanna oozes sass and fierceness in this sing as she sings, "Tomorrow we're too far away. And we can't get back yesterday. But we're young right now. We got right now. So get up right now. All we got is right now." "Love Without Tragedy," is

a powerful breathtaking ballad, which is one of the strongest, if not the best track on the album. It's so refreshing to see Riri leave her bad girl persona aside and showcase her vulnerable side to the world. She sings a confession of love gone wrong and heartbreak from a relationship gone sour. "Hearts racing out of control and you knew that I couldn't let it go. You used to be this boy I love. And I used to be this girl of your dreams." A mid-tempo pop ballad with an '80s synthesizer hypnotic beat, she sings "You took the best years of my life. I took the best years of your life."

"What Now," is another moving pop ballad that showcases Rihanna's frustrations with love. In the end she repeats "I don't know know where to go. I don't know what to feel. I don't know how to cry."

Other notable tracks include "Stay" (featuring Mikky Ekko), "Diamonds," and the swagtastic and fun hip-hop "money" number "Pour It Up."

Overall, her album is solid with different music genres for everyone to pick from. Rihanna's new album is available in stores now.

**RATING** ★★★★★

**TECHNOLOGY**

# Gift shopping apps

**Casey deli Ch**  
DAILY SUNDIAL

**Better Christmas List (\$1.99 iOS, Free Android)**

Keep track of what you spend and who you spend it on, on something better than that crumpled up piece of paper in your pocket. With Better Christmas List you can track every cent that you have spent, create special lists and establish a budget for yourself in case you go overboard. In the most likely event

that you do exceed your budget, Better Christmas List will alert you. A gift registry guide will allow you to record what gifts you have bought so you don't buy two of the same for your friends.

**iThank You (\$1.99 iOS)**

If you receive tons of gifts this season, remembering to write thank you notes can be difficult. iThank You helps you record what gifts you were given and who gave it to you. It also informs you if their address is in your phone and will automatically have the address appear by their name.

After mailing out a thank you card you can mark that off on your list.

**ShopSavvy (FREE iOS and Android)**

Holiday shopping can be one of the longest and tedious things we do throughout the holiday season, always shopping for the best bargains. What may be \$400 in one store may be \$350 in a store just down the street, and this app takes the hassle of driving store to store to compare prices. It allows you to scan the barcode or input the item description so ShopSavvy can search nearby retailers for the item and price.



@cultureclashDS



**Adam Carolla @adamcarolla**

Tonight on E! "Movies We Love" - Sandler's Mr Deeds. How badly does a movie have to suck for E to just like it? Comedian Adam Carolla tweets his daily observations, mostly about things that upset him.



**John Hendren @fart**

fun.'s "some nights" sounds like the montage music when a divorced dad stops drinking and decides to go back to community college" Blogger Jon Hendren has become famous for his insightful jokes in 144 characters or less.

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# CSUN ranks 3rd in on-campus crimes

**CHRISTINA COCCA**  
DAILY SUNDIAL

Despite bomb threats, gun scares and purse snatchings, CSUN's crime numbers size up comparably well to some of its larger counterparts.

Of the six most populated schools in the California State University system, Northridge takes third place for the most on-campus crimes.

The list of CSU campuses includes Fullerton, Long Beach, Northridge, San Diego, San Francisco and San Jose, with student populations between 28,000 and 37,000 and with 26 to 30 police officers.

Northridge's burglary count decreased from 71 in 2010 to 58 in 2011, while motor vehicle theft increased from 11 in 2010 to 15 in 2011, according to the 2012 Clery Report.

Those numbers can be deceiving if not specified, according to CSUN Police Captain Scott VanScoy.

"We really have to break it down to

see specific crime areas and clarify those statistics to find trends," VanScoy said. He added CSUN had a trend of various Honda model thefts in 2010 with a combination of cars, sport bike motorcycles and the Taylor-Dunn electric carts seen around campus in 2011.

"We got a lot of those joy rides of the carts on campus, so the numbers can be misleading as to what's really going on," VanScoy said.

### Varying crime rates

CSU Fullerton was another school with fewer crimes, decreasing from 16 burglaries in 2010 to only six the following year, according to the CSU Fullerton Clery Report. Fullerton also decreased in forcible sex offenses from four to zero but increased in motor vehicle thefts from 10 to 14.

CSU Fullerton Police Captain John Brocky said this year's numbers were fairly small compared to other years with more significant crime numbers.

"It's hard to put a finger on any particular fact (about the decrease)," said Brocky, who has been at Fullerton for 15 years. "We are always trying to be proactive with crime prevention education programs, presentations and patrols, because we always want to reduce numbers."

and SFSU were not available for comment.

### Cameras as crime prevention

CSU Long Beach was able to cut in half the amount of motor vehicle thefts from 10 in 2010 to five in 2011, according to the CSULB Clery Report.

**"Everyone on campus are eyes and ears when it comes to safety and security,"**

— Anne Glavin, CSUN police chief

San Diego State University has by far the worst crime rates, with 88 burglaries in 2010, but that number decreased to 65 burglaries in 2011, according to the SDSU Clery Report. SDSU saw an increase in motor vehicle thefts from 31 in 2010 to 39 the following year.

Though SDSU saw a decrease in forcible sex offenses from 20 to 10, the school still checks in at the top for sex offenses and motor vehicle thefts for 2011.

San Francisco State University is in the top tier as well with an increase from 43 burglaries in 2010 to 72 in 2011 according to the SFSU Clery Report. However, robberies declined from 31 in 2010 to only two the following year.

Representatives from the police department at SDSU

CSULB Police Captain Scott Brown credited the decrease to newly installed security cameras in parking garages.

"I think if you have something that's a deterrent, you want people to know it's there, and the cameras are ultimately something that makes it less attractive to come to campus and commit a crime," Brown said.

Brown, who has been at Long Beach for more than 19 years, said he would encourage other campuses to install cameras and inform students of the cameras' presence.

Anne Glavin, CSUN's chief of police and director of parking services, said she has been considering the installation of more security cameras across campus.

Glavin, who oversees the \$18 million combined budget for the Department of Police

Services and the Parking and Transportation Department, said the money for the cameras would come from the budgets of the campus departments in which the cameras would be located.

The closed-circuit television (CCTV) cameras would only come from the police department's \$4 million budget if they were to be installed in or around the police department, according to Glavin.

Of that \$4 million, Glavin said 85 percent is spent on the police department staff's salary and benefits, with the remaining 15 percent spent on various expenses like patrol cars and equipment.

### Officers: Ideal numbers vs. reality

College campuses typically employ one officer per 1,000 students, according to VanScoy. He said Northridge has never had more than its current number of 26 officers, a ratio even lower than one to 1,000 with CSUN's student population at nearly 37,000 people.

"We always wish we had more, but we do amazing things with what we have if we train them well and have good policies," VanScoy said.

San Jose State University saw lower numbers of burglaries but the highest number of aggravated assaults with 18 in 2011. SJSU only had two cases of on-campus aggravated assaults in 2010.

SJSU Sergeant John Laws said although the campus administration is supportive of the police department, a staff with more than only 30 officers would be helpful.

"Is the amount of officers sufficient? Yes, but realistically we should probably have about 40 officers to run this campus appropriately," Laws said. "Some officers might say we need 100, but I'm trying to be reasonable."

### Safety as a community effort

As for student safety, VanScoy urged people to be less involved in the "routine" and be more aware of things around them.

"I look around extra just because I am paranoid and by myself at night," said Kim Lewis, an English graduate student. Although she is vigilant of her own safety, she still trusts the CSUN community to help her in the end.

"A lot of our crimes we've solved are trends and have been solved by community members who are paying attention," said VanScoy, who added the involvement of the on-campus housing community, administration and staff helped arrest and convict a former student on 22 burglary counts.

Chief Glavin agreed with VanScoy's advocacy of community awareness and stressed the importance of students acting in conjunction with university police to keep the campus a safe one.

"Everyone on campus are eyes and ears when it comes to safety and security," Glavin said. "The police department is only so big, and try as we will, we're working every hour that we're here because that's what we do. However, we need all the help we can get."

To get informed, students can participate in CSUN's crime prevention and awareness classes, like Rape Aggression Defense (RAD) and The Basics of Pepper Spray.



## Crimes by campus 2011

Numbers in grey show difference from 2010

	Burglary	Motor Vehicle Theft	Robbery	Forcible Sex Offense	Aggravated Assault
CSUN	58 (-13)	15 (+4)	7 (+3)	1 (-7)	8 (+2)
CSU Fullerton	6 (-10)	14 (+4)	1 (-1)	0 (-4)	8 (-3)
CSU Long Beach	30 (-16)	5 (-5)	3 (+2)	9 (+7)	1 (-1)
San Francisco State	72 (+24)	10 (+/-0)	2 (-29)	8 (+2)	0 (+/-0)
San Diego State	65 (-23)	39 (+8)	2 (-1)	10 (-10)	6 (-6)
San Jose State	28 (-11)	13 (-3)	3 (-3)	5 (+1)	18 (+16)

# Opinion

November 29, 2012

opinion@sundial.csun.edu

## Point of view

# Love and Marriage

Can you have one without the other? Is marriage an institute we really can't disparage?

### Marriage is sacred

**Terese Torgersen**  
**Melody Cherchian**  
 Daily Sundial

It was New Years Eve 2011. My boyfriend and I (Terese) were sitting on a blanket at Waikiki Beach, Oahu looking at the fireworks. As the light show ended, he suggested that we walk away from the crowd of people. At a quiet place a few hundred meters away from the beach, he went down on one knee and asked me to marry him.

At 24 years old, I said yes to spending the rest of my life with him. We had been together for four years and lived together for the last three years. Both our parents have all been married happily for decades, an example we wanted to follow.

We had been talking about getting married for the last three years, but decided to wait until we graduated because of a lack of money. When we started to look into what kind of benefits married couples had we decided to tie the knot this past summer instead of waiting another year.

Not too long ago, marriage was a much more common choice for young adults. In 1960, 59 percent of adults ages 18 to 29 were married, according to a Pew Research Center report released December 2011.

Fast forward to the 2000s and the institution of marriage has become a less popular lifestyle choice for young people. Now, we can't even get a quarter of them to commit – only 20 percent of adults 18 to 29 are married. However, the younger generations are not the only ones experiencing gripes with a life-long commitment, for merely half of all adults were married in 2010 compared to 72 percent in 1960.

According to the Pew report, 39 percent of Americans say marriage is becoming obsolete. Some people claim the concept of marriage is falling apart.

Marriage used to be a business transaction between families to create bonds, alliances and mutual obligations to other families according to Psychology Today. Marriage was necessary and remarriage with children after death of a spouse was common because the household depended on it financially.

In the latter part of the 20th century, the household dynamic and gender roles changed. According to the Bureau of Labor Statistics, women made up 46.6 percent of the labor force in 2011 compared to only 29 percent in 1950.

Now that both sexes are working at an equal level, women and men can walk into a marriage on more leveled ground. Most women aren't as financially dependent on men, creating

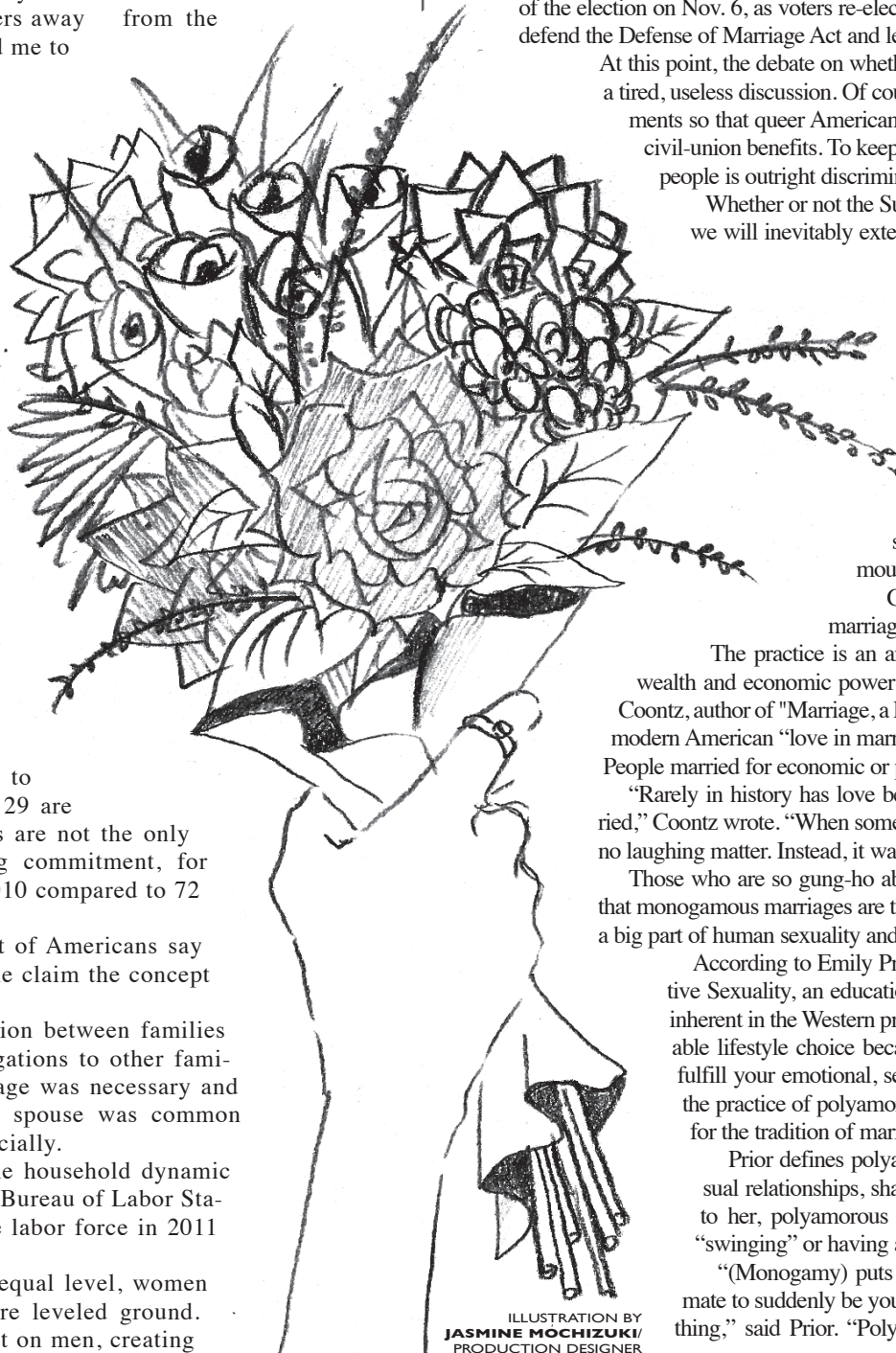


ILLUSTRATION BY  
**JASMINE MOCHIZUKI**  
 PRODUCTION DESIGNER

see Pro , page 7

### Marriage is arbitrary

**Hansook Oh**  
 Opinion Editor

On Friday, the Supreme Court will decide, behind closed doors, whether or not to add *Hollingsworth v. Perry* – challenging the 2008 initiative which banned same-sex marriage in California – to the docket.

The unnecessarily controversial issue of same-sex marriage was an important part of the election on Nov. 6, as voters re-elected a president whose administration will not defend the Defense of Marriage Act and legalized same-sex marriage in many states.

At this point, the debate on whether or not gays should be allowed to marry is a tired, useless discussion. Of course we should desegregate life-long commitments so that queer Americans can have marriage benefits, rather than just civil-union benefits. To keep these economic benefits exclusive to straight people is outright discrimination.

Whether or not the Supreme Court takes on the case anytime soon, we will inevitably extend heterosexual marriage benefits to all. And that will be a huge victory for queer people who want to get married, as they will gain the same economic and political power that straight people have.

But what about queer people, or people in general, who aren't looking to get married?

Although marriage should be an available lifestyle choice for anyone, there are many other kinds of relationships that can offer far more than the monogamous knot.

Contrary to popular belief, the invention of marriage was not ultimately about true or pure love.

The practice is an arbitrary social construction designed to keep wealth and economic power in the family name. According to Stephanie Coontz, author of "Marriage, a History: How Love Conquered Marriage," the modern American "love in marriage was seen as a bonus, not as a necessity." People married for economic or political purposes.

"Rarely in history has love been seen as the main reason for getting married," Coontz wrote. "When someone did advocate such a strange belief, it was no laughing matter. Instead, it was considered a serious threat to social order."

Those who are so gung-ho about the nuclear family unit and who believe that monogamous marriages are the only "right" way to experience love ignore a big part of human sexuality and behavior.

According to Emily Prior, executive director of the Center for Positive Sexuality, an educational organization, the concept of monogamy inherent in the Western practice of marriage is problematic as a sustainable lifestyle choice because it is unrealistic to expect one person to fulfill your emotional, sexual and economic needs. As an alternative, the practice of polyamory may be a better choice for those not suited for the tradition of marriage.

Prior defines polyamory as having multiple concurrent consensual relationships, sharing sexual and love experiences. According to her, polyamorous relationships create a deeper intimacy than "swinging" or having affairs.

"(Monogamy) puts a lot of pressure on any potential partner or mate to suddenly be your all encompassing person that is your everything," said Prior. "Polyamory has a tendency to help make (being

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Continued from page 6

a more balanced foundation for a marriage with equal benefits and risks.

Couples during this recession seem to be discouraged by the downsides of marriage, such as financial expenses and risks. Because our society accepts unions that are not bound by marriage, people forget about its advantages.

Being married gives the (heterosexual) couple 1,138 rights and benefits, according to Marriage Equality USA. Married couples receive tax credits, family and medical leave and social security benefits for surviving partners, as well as the right to petition for a partner's immigration papers. Unfortunately, all of these rights are not given to same sex couples.

According to a study by Institute for American Values, married people live longer and are half as likely to commit suicide than those who are not married. A Department of Justice report found that married and widowed women had the lowest rates of violent abuse by a spouse. A 2000 study by the Journal of Family Issues found that married persons have the lowest incidences of diseases such as diabetes, hypertension, and heart disease along with drinking and smoking.

Fortunately, marriage is not on its way to becoming extinct. Seventy percent of the U.S. population has at least been married once according to census data released in 2011. The majority of the population still forms the union despite it being out of date.

This is not to say that every unmarried couple is headed for doom. On the contrary, many unmarried couples have long, successful relationships. But why not put a ring on it if things are going so well already? What is there to really lose?

**con**

Continued from page 7

fulfilled) a more reasonable goal."

Those who discriminate against polyamorous relationships tend to bring up the argument that monogamy is the natural human pattern best for nurturing offspring. But such claims are not substantiated by scientific evidence – in fact, the opposite is true.

Coontz explains in her book that many people and cultures around the world practiced polygamy (having multiple spouses) in their marriage practices as well as polyamory.

"A woman in ancient China might bring one or more of her sisters to her husband's home as backup wives," wrote Coontz. "Eskimo couples often had co-spousal arrangements, in which each partner had sexual relations with the other's spouse. In Tibet and parts of India, Kashmir, and Nepal, a woman may be married to two or more brothers, all of whom share sexual access to her."

Other arguments contest polyamorous relationships as unrealistic for child-rearing or even damaging to the children involved. However, Prior said that though not widely known to mainstream society, many people in the United States have multiple partners and multiple child-guardian living situations.

"Having multiple partners can have produce benefits – the adults contribute to child care and the economy of household," said Prior. "To say that legalizing them would somehow undermine the ideal family is kind of ridiculous; that ideal family has really never actually existed."

Although some polyamorous people refuse to participate in the practice of marriage because of the patriarchal roots of the institution, there are many polyamorous people who are married and share economic benefits, but also have romantic or sexual relationships outside the marriage.

Marriage will change with the times, just as it has over the past thousands of years. There will always be LGBT people, so it's futile to keep marriage out of their reach. But who knows how long it will take for society to recognize love can be shared with more than one person. Until then, let's love in whatever ways we want.

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

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1	4							6
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3						8		7

**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.*

**Los Angeles Times Daily Crossword Puzzle**

Edited by Rich Norris and Joyce Lewis

**ACROSS**

- 1 Early sunscreen ingredient
- 5 "Let's get goin'!"
- 9 Put \_\_\_ act
- 13 Tater
- 14 Hard to believe
- 15 Wine quality
- 16 Campground sound #1
- 19 Devilish toon
- 20 Maine-et-Loire mate
- 21 In-crowds
- 23 Campground sound #2
- 27 Curt refusal
- 29 Hot time in Maine-et-Loire
- 30 Renaissance painter \_\_\_ Angelico
- 31 Like a spot in "Macbeth"
- 33 Pac-12 team
- 35 "Pretty Woman" co-songwriter
- 37 Some comedy sketches
- 42 Nov. voting time
- 44 Streaker in a shower
- 45 Remote power sources
- 48 City near Yorba Linda
- 50 Track contests
- 51 Campground sound #3
- 55 "Honor Thy Father" author
- 56 Sargasso Sea spawner
- 57 Forest's 2006 Oscar-winning role
- 60 Campground sound #4
- 64 "\_\_\_ baby!"
- 65 Swimmer with pups
- 66 POTUS backup
- 67 Hightail it
- 68 Pays (for)
- 69 West Point team

1	2	3	4	5	6	7	8	9	10	11	12
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55						56			57	58	59
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64					65				66		
67					68				69		

By James Sajdak

11/29/12

**Wednesday's Puzzle Solved**

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

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**DOWN**

- 1 Subtle "Over here ..."
- 2 Polynesian capital
- 3 WWII German missile nickname
- 4 Log shaper
- 5 Mount Everest?
- 6 Capital on the island of Luzon
- 7 Texter's "Holy cow!"
- 8 Mario Brothers console
- 9 16 oz.
- 10 Jordin Sparks/Chris Brown song covered on "Glee"
- 11 Desires from
- 12 "Iliad" wise man
- 17 Blood typing, e.g.
- 18 Wrestling pair
- 22 Calypso offshoot
- 24 Years in old Rome
- 25 Chit
- 26 Crunch source
- 27 Promise before a parson
- 28 Hawk's cause
- 32 British travel feature, in the past?
- 34 Clean and then some
- 36 Philip \_\_\_: 16th-century Italian saint
- 38 \_\_\_-Tass
- 39 Pass target
- 40 Fair-hiring abbr.
- 41 Many AARP mems.
- 43 Rep. counterpart
- 45 Play a part, or play part
- 46 Genesis mountain
- 47 Heel-click follower
- 49 Dating stumbling block, perhaps
- 52 Jai alai basket
- 53 Pollux or Arcturus, to an astronomer
- 54 Brings down
- 58 Judge
- 59 Cosby/Culp TV series
- 61 www access
- 62 Revivalist's prefix
- 63 Actress Gardner

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including President Obama's August 2009 White House letter to Leland (page 2):

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## WOMEN'S VOLLEYBALL

# CSUN ends year third in Big West

Northridge ends successful season with three consecutive straight-set victories, miss NCAA tournament

**ANDREW CLARK**  
NEWS EDITOR

**T**he Matadors (20-11, 12-6 in Big West) fell short of a Big West title, but made progressive strides as the season wore on.

"The team's development is a highlight for me," head coach Jeff Stork said. "We were running a couple of new systems that we saw the team buy into and struggled early, but then understood them more and started to execute them on a very high level in the second half of the season."

After starting the season going 2-1 in several tournaments, the team appeared to find its groove by sweeping the Rice Invitational and starting Big West conference play on a 3-1 tear that included a near upset of powerhouse Hawaii. Soon after, Northridge hit a rough patch, losing to UC Irvine twice, Hawaii and UC Santa Barbara before finishing the season on a 6-2 run, including a thrilling five-set win at archrival Long Beach State.

"There were a couple of missed opportunities," Stork said. "In my opinion, we are a very good volleyball team and the fact that we are not in the playoffs is a disappointment. There were three matches where we had (leads) of 14-12 in the fifth set and we lost three of those."

Junior outside hitter Mahina Haina led the team with 320 kills and was named an honorable mention to the Big West All-Conference Team.

The Matadors were known for their blocking up front, led by sophomore middle blocker Casey Hinger and junior setter Sydney Gedryn. Hinger completed 147 total blocks and Gedryn had 124. The duo was named to the Big West First Team All-Conference for the second consecutive year. Fellow sophomore middle blocker Sam Kaul chipped in with 115 blocks.

Senior libero Cindy Ortiz looked to improve on her 2011 numbers, telling the Sundial before the season started that she wanted to go out with a bang and show growth since her freshman year. Ortiz finished with 22 service aces and 556 digs, shattering her junior year numbers and taking the school record for digs.

"I've come so far being unrecruited and every year, I thought I got so much better," Ortiz said after the final game against Cal State Fullerton. "I'm so proud of myself, about how far I've come and how much I've accomplished."

The team will return nearly the entire roster next year, save for Ortiz and fellow defensive specialist Monica McFarland who are graduating. Stork praised his outgoing libero for going from a surprise addition to the team to record holder.

"Cindy was actually a tryout player, so we didn't have her on our radar, so she's a treat for us," Stork said. "She's an unbelievable player and had a great career here. She grew as a person, as a volleyball player and she was a huge contributor to our success the last couple of years."

"Teams are not stagnant and how you win and lose can change season to season," Stork said. "Monica and Cindy were important to this team, but no player is irreplaceable. We will find a different way to be successful next year. We cannot replace them, but we will be different. We feel we have a lot of good players in this program that will take up whatever slack there is now that Cindy and Monica have left."

Overall, Stork was satisfied with the team's performance, despite the missed playoff berth.

"It's been an incredible group of young athletes and it has been a privilege to coach them," Stork said.



FILE PHOTO/DAILY SUNDIAL

CSUN huddles up in the Matadome. The Matadors will return all but two players for the 2013 campaign.



FILE PHOTO/DAILY SUNDIAL

Cindy Ortiz, focuses on a game against Loyola Marymount University. This year she improved on her 2011 numbers and took the school record for digs.

### Graduating seniors:

#### Cindy Ortiz, Libero-

Ortiz led the CSUN defense in 2012 with 556 digs (4.75 per set) and 102 assists. The senior tallied a Matadors' season-high 32 digs twice this season, both in five-set winning efforts. Ortiz also tallied a personal season-high in assists with seven in two matches, once against Utah Valley State in the season opener on Aug. 24 and once against Pacific on Oct. 18. Ortiz finished her career at CSUN with 1,456 digs.

#### Monica McFarland, Outside Hitter-

McFarland played in 114 sets in 2012 and gathered 245 digs and 19 assists for CSUN. McFarland split time as a defensive specialist and had a personal season-high 20 digs in a four-set win against Cal State Fullerton on Sept. 21.

### Postseason Accolades:

**Sydney Gedryn, Junior, Setter-**  
All-Big West First Team

**Casey Hinger, Sophomore, Middle Blocker-**  
All-Big West First Team

**Mahina Haina, Junior, Outside Hitter-**  
Honorable Mention

### Big West Conference Standings:

- 1- Hawai'i (26-2, 18-0 Big West)
- 2- Long Beach State (18-11, 13-5)
- 3- CSUN (21-10, 12-6)
- 4- UC Davis (17-14, 11-7)
- 5- Cal State Fullerton (15-16, 9-9)
- 6- UC Santa Barbara (16-17, 9-9)
- 7- Pacific (20-11, 8-10)
- 8- UC Irvine (11-22, 5-13)
- 9- Cal Poly (4-26, 3-15)
- 10- UC Riverside (8-24, 2-16)