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FREE

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CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

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Policy aids distressed students

Campus offers training program, tips for faculty and staff to help students

MELISSA SIMON
SENIOR REPORTER

C SUN faculty and staff received a letter from Harold Hellenbrand, provost and vice president of Academic Affairs, regarding mental health resources available on campus, in September. It suggests a program to help people recognize potential problems and another program that is on the way.

“As members of this campus community, we are all committed to not only the academic success of our students, but also their well-being,” Hellenbrand said in the letter. “Nationally, students are reporting increased levels of distress, putting them at risk for depression, substance abuse and a host of other mental health challenges.”

The letter also mentioned a training program for faculty and staff called Kognito.

“Kognito is an interactive training program that uses avatars to help faculty, staff and students engage in a training tool to help them be bet-

ter prepared to help students who might be showing signs of mental distress,” said Dr. Mark Stevens, director of University Counseling Services.

“There are three types of training: students identifying other students, one for faculty and staff identifying students, and one for faculty and staff when interacting with veteran students,” Stevens said.

Stevens added the program’s avatars help the user find out why their response may or may not have been the best option.

“They give you tools about how to interact with our students, and then they give resources that are available to anybody who uses the program (and) is connected to CSUN or the community,” he

said. “They’re fun, and it’s kind of like they’re bringing the fun into training. It’s not dry, and people enjoy taking the training. They’re learning while taking the program.”

William Watkins, vice president of Student Affairs and dean of students, said the campus administration is aware of the stresses that create challenges for students with or without mental illness and wants to assist them in achieving the most successful outcomes.

“We are also aware of how tragedies like Sandy Hook and Aurora destabilize us all, causing a range of reactions from stigmatization to fear,” Watkins said. “Despite these very human responses, as a caring university community,

we must continue to educate ourselves about the kinds of disabling conditions that can be experienced by those around us, provide support where needed or possible, and encourage individuals who see something of concern to say something to those who can intervene.”

Dee Shepherd-Look, a psychology professor and clinical psychology graduate program director, has been at CSUN for 42 years and said she has encountered many distressed students over the years.

“The first thing (to do) is to recognize when someone is in distress,” she said. “Secondly, do something about it.”

She added she received the letter but has not used the program yet.

“It’s an excellent program and is very good for faculty (who are) not particularly in the social sciences (or) don’t have previous knowledge,” Shepherd-Look said. “It’s very informative in how to recognize distressed students and how to help by using the same principles as a psychologist.”

Stevens agreed with Shepherd-Look and said people need to give themselves per-



ILLUSTRATION BY JENNIFER LUXTON / VISUAL EDITOR

SYMPTOMS TO RECOGNIZE:

Sudden changes in appearance

Big weight gain or big weight loss

Comments that may seem like a cry for help - talking about suicide or killing, using guns, etc.

a student stops coming to class or their academic work takes a large dip

Changes of behaviors - drastic change in clothes, not being able to take care of themselves

Information from Dr. Mark Stevens, director of University Counseling Services

See health, page 4

MAYORAL ELECTION 2013

Main candidates in mayor race

As Villaraigosa’s eight-year term ends, candidates hold several forums before the primary election on March 5

MEGAN DISKIN
DAILY SUNDIAL

Los Angeles Mayor Antonio Villaraigosa will see the end of his two-term tenure come May 21 and there are a myriad of characters ranging from businessmen and city council members to radio hosts and filmmakers willing to take over.

To meet the rest of the candidates, turn to P .2

Jan Perry

Democrat Jan Perry, Los Angeles City Council member representing the 9th district, is an Ohio native who was inspired at an early age by her parents, Samuel and Betty, to become a political activist. Her parents worked with Carl Stokes, the first African-American mayor in Cleveland, to fight for fair housing. Perry received her bachelor’s degree and master’s degree from the University of Southern California. Perry emphasizes a strong educational platform in which she plans as mayor to appoint a Deputy Mayor for Public Education.



PHOTOS COURTESY OF CanDiDa teS’ CaMPaiGnS

Kevin James

Former Assistant United States Attorney for Los Angeles, Kevin James, has been an active philanthropist for the Los Angeles community. James has donated his legal expertise to many charities and served on the AIDS Project Los Angeles Board of Directors from 1999 to 2000. Prior to his mayoral campaign James was a radio host and political commentator on KRLA AM 870.



L.A. to vote on new mayor

JASON GALLAHER
DAILY SUNDIAL

After eight years as mayor, Antonio Villaraigosa's time will end on May 21 when Los Angeles voters elect a new mayor for a four year term.

For many CSUN students, this will be the first time they are able to elect a mayor.

Oscar Mendoza, senior

biology major, said a lot of college students don't know enough about the office of Mayor of Los Angeles to vote.

The mayor of L.A. has a similar relationship to the executive branch and legislative branch of federal government. The mayor serves as the executive and the Los Angeles City Council as the legislative. The mayor has the authority to appoint and remove city officials, as well as propose a budget for the city.

Tom Hogen-Esch, political science professor who

has studied L.A. politics for more than 20 years, said that Angelenos are typically unaware of how little authority the mayor has, especially when it comes to education.

"Mayors don't govern education at all," Hogen-Esch said. "This is one of the fundamental misunderstandings L.A. natives have of the role of the mayor."

Villaraigosa attempted to have a more formal role in the school system, but it was deemed unconstitutional as the city government and schools are legally kept

separate. Schools are operated through the Los Angeles Unified School District.

CANDIDATES DEBATE

WHEN: Monday, Jan. 28

WHERE: UCLA
Tune in to our coverage at www.dailysundial.com

MEET YOUR CANDIDATES



Mayor Villaraigosa addresses Agnelenos at a conference in LA.

Mayoral hopefuls have backgrounds in local government, community outreach, and political campaign planning

Wendy Greuel



Los Angeles City Controller Wendy Greuel is focused on improving public schools. While working in former Mayor Tom Bradley's office she helped program LA's BEST, which provides a safe place for children in the hours after school. Greuel worked at the United States Department of Housing and Urban Development where she helped bring \$1.1 billion in support to citizens affected by the Northridge Earthquake.



Emanuel Pleitez

Stanford University graduate Emanuel Pleitez is active in the Latino community in Los Angeles. He founded non-profit organizations such as Latinos on the Fast Track and Latino Legacy. Pleitez ran for the 32nd Congressional District Special Election in 2009 and caught the attention of the Obama Administration, which appointed him special assistant to economist Paul Volcker and the President's Economic Recovery Advisory Board.

Eric Garcetti

Eric Garcetti, Los Angeles City Council member representing the 13th district, attended Columbia University where he studied urban planning and political science and received a bachelor's degree and master's degree. Garcetti was presented with the New Frontier Award, given to elected officials under 40 who embody the same vision of leadership as former President John F. Kennedy. His plan as mayor of Los Angeles includes a plan to make City Hall work more efficiently.

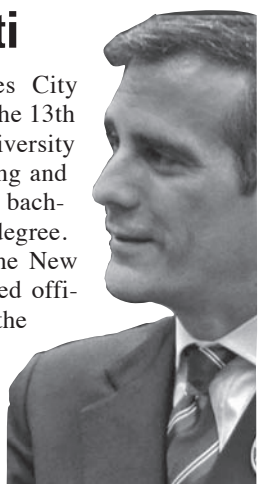


PHOTO COURTESY OF JEFFERY ZIDE

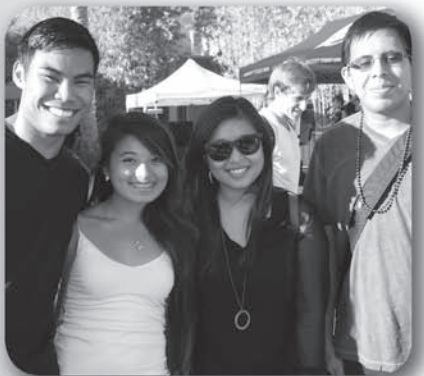
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Noontime Concert
Plaza del Sol, USU

LGBTQ Coffee Nights
5 p.m. Pride Center, USU

Karaoke Night
8 p.m. Games Room, USU

FRIDAY

Madden Gaming Tournament: Big Game Edition
2 p.m. Games Room, USU



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POWER TO THE PEOPLE

Brown talks education in state speech

With fewer students enrolling in higher education, the governor sees a reliance on student debt as a handicap

JOELL GRAGER
DAILY SUNDIAL

Gov. Jerry Brown discussed the issue of education laws and the need for government to intervene only when the local level requires assistance in his State of the State address Jan. 24.

"In the right order of things, education—the early fashioning of character and the formation of conscience—comes before legislature," Brown said.

He congratulated the citizens of California and their efforts on passing Proposition 30 by a "healthy margin of 55 percent to 44 percent."

"In other words, higher or more remote levels of government, like the state, should render assistance to local school

districts but always respect their primary jurisdiction and the dignity and freedom of teachers and students," he said.

He added there is a crisis emerging with fewer students enrolling and graduating on time.

"A half million fewer students this year enrolled in the community colleges than in 2008," Brown said. "Graduation in four years is the exception, and transition from one segment

to the other is difficult."

Brown's solution is working more closely with college faculty rather than increases on the cost of education.

"The key here is thoughtful change, working with faculty and college presidents," he said.

"But tuition increases are not the answer. I will not let the students become the default financiers of our colleges and universities."

Brown added school boards will be given the chance to

improve their schools first-hand.

"My 2013 budget summary lays out the case for cutting categorical programs and putting maximum authority and discretion back at the local level with school boards," Brown said.

He hopes a new locally-run funding program will be passed and those districts in need will have extra funds to compensate.

"I am asking you to approve a brand new local control funding formula which would dis-

tribute supplemental funds, over an extended period of time, to school districts based on the real world problems they face.

"This formula recognizes the fact that a child in a family of \$20,000 a year, or speaking a language different from English, or living in a foster home requires more help. Equal treatment for children in unequal situations is not justice," Brown added.

Students laugh stress away at comedy show

SHALEEKA POWELL
DAILY SUNDIAL

Laugh Your Class Off, a free monthly comedy show with professional comedians, entertains students who may have had a long first week of school.

Nelson Ventress, comedian and host of the first event of the semester, introduced professional comedians Chris Gardner, Hampton Yount and Allen Cun-

ningham.

Gardner, a comedian for almost two years and CSUN alumnus, said he participated in this event for a good time.

"I get my material from my life, opinions, observations and thoughts," Gardner said.

Ventress said he hoped the event would entertain CSUN students.

"This is a way to forget about school and let out steam," Ventress said.

Students also enjoyed free pizza and music provided by CSUN's D.J. Kamikaze, the resident D.J. for USU game

room events.

Tabitha Sanchez, freshman communication studies major, said she attended this event for the first time with hopes of getting a good laugh and was eager to see what it had to offer.

"I plan to laugh of course and wouldn't mind being inspired and meeting new friends," Sanchez said.

Ventress said hosting is his favorite part of the event. "It's a way for me to work on new material," he said. "I love to make people laugh."

The next Laugh Your Class Off event is Feb. 22.

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Continued from page 1

mission to ask questions and be specific in doing so without stigmatizing the person or being judgmental.

In addition to Kognito, Stevens said another training model will be introduced in February with Dr. Alejandro Martinez from Stanford University. The training model is called QPR, which is Questioning, Persuading, Referring.

"The model of QPR training is kind of like CPR. You don't need to be a physician to learn it, and it is guided for (mental health) professionals but also non-professionals," he said. "This is a suicide prevention training, where we are going to have around 35 staff and faculty who will be trained (and certified to train others)."

Once the staff and faculty members are certified, they will be paired with a counselor and go to various on-campus centers and departments to work with students, Stevens said.

The 35 staff and faculty members were chosen based on the volume of students in each location and include staff members from the Pride Center, Veteran's Resource Center, the Educational Opportunity Program Center, the Career Center, the University Student Union, Student Health Center and other various departments.

Shepherd-Look said some people might be afraid to

address students who might be distressed or in need of help.

"Faculty throughout the country have a fear of dealing with mentally ill students, fear of getting involved and being sued for not doing something right, so they just look the other way," she said. "We've got to step in, step up and start helping these students."

Statewide, the funding has been decreased for long-term programs for mentally ill people, Sheldon said.

"With government or state agencies, one problem is that workers are required to work within a certain framework or model, and the other is that the number of sessions for a patient is limited to 10 to 20," Sheldon said.

Shepherd-Look added about half of the homeless people in L.A.'s Skid Row and in the state are mentally ill and deserve better treatment.

"One way to treat the outbreak is to help the mentally ill, diagnose them and treat them," she said. "Another way is to offer better screening with those who buy weapons, and crackdown on bullying and peer pressure."

Sheldon said people need to come together as a community at a government and human level.

"The government needs to offer more easily accessible programs and we, as humans, need to be more compassionate in helping those that are mentally ill and get them the help they need."

A.S. holds first spring meeting

Discuss campus website updates, better navigation and football petitions



File Photo / DAILY SUNDIAL

President Sydni Powell addresses the Senate.

TAYLOR VILLESCHAS
PRODUCTION DESIGNER

Associated Students met briefly for their first meeting this semester in the Grand Salon of the USU Friday morning.

The meeting opened with President Sydni Powell introducing a list of meetings she attended over the break and points of interest for the coun-

cil. She noted that the campus phone book will no longer be printed and that staff contact information will be moved to the CSUN website's People Finder.

Powell also announced that the campus website will soon be transformed to follow a style guide, called WebOne, in order to promote a unity of the departments online and improve navigation through the site. Redesigning should be completed by June 30.

The subject of a Matador Football team surfaced briefly,

as Powell recommended that any emails on the subject be directed to her to handle. A petition to reinstate the Matador Football team was rejected last year due to A.S. feeling "uncomfortable" with the proposed budget in the petition, Powell said.

The meeting adjourned after the council moved to approve new members within A.S. Productions, which organizes special events such as special lectures and "Big Show." They also discussed a California State Student Asso-

ciation meeting that will be taking place on campus in March.

MEETINGS

When: Every Friday at 9 a.m.

Where: Grand Salon in the University Student Union, locations may vary

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Campus hiring tutors

JONATHAN DIAZ
DAILY SUNDIAL

The CSUN Career Center will be hosting a Hiring Day looking for student tutors on Tuesday.

The Academic Advantage, co-hosting the event, is one of the nation's largest tutoring services that provides one-on-one help for students ranging in grades from Kindergarten to 12th.

They offer tutoring sessions between the hours of 4 p.m.

HIRING DAY

WHEN: Tuesday, Jan. 29
WHERE: University Hall, Suite 105
TIME: 10 a.m. - 4 p.m.

students must have at least two years of college credit or one year of tutoring experience and have access to a vehicle.

Students that are hired can earn up to \$17 an hour, according to the flyer.

This is the first time the Career Center and The Academic Advantage have partnered together and their only Hiring Day event this semester. The Career Center hopes to hire about 1,000 students.

The partnership is part of the No Child Left Behind Act. For more information students can contact the Career Center or The Academic Advantage directly at 1-866-788-8677 or www.academicadvantage.com/tutorpostion.

and 10 p.m., Monday through Friday at a student's home or a mutually agreed location, such as a library.

Tutoring schedules are flexible and weekend hours are also available. In order to apply

Clubs welcome students

BERLYN REISENAUER
DAILY SUNDIAL

CSUN's Meet the Clubs Day will give students the opportunity to sign up for clubs, meet other students and have opportunities to become involved with the campus community.

There will be about 300

clubs for students to choose from which will include special interest, political, community service, sports, new clubs, fraternities and sororities.

Students can enjoy free beverages and a mobile DJ during the event. For more information students can contact the Matador Involvement Center at (818) 677-5111.

Meet the Clubs Day will take place on Tuesday, Jan 29 and Wednesday, Jan 30 from 11 a.m. to 2 p.m. on Bayramian Lawn.

MEET CLUBS

WHEN: Tuesday, Jan 29. and Wednesday, Jan 30.
WHERE: Bayramian Lawn
TIME: 11 a.m. - 2 p.m.

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JANUARY 28, 2013

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Opinion

Women combatants in the military, first step to fix our war-mongering

NATHAN MCMAHON
OPINION EDITOR

In a move that was a long-time coming, Defense Secretary Leon Panetta, lifted the ban on females serving combat roles in our nation's military branches on Thursday. The ban was put into place in 1994 and effectively removed women from serving in high risk jobs during wartime, including infantry, artillery, and any position deemed "ground combat."

While conservatives and traditionalists choke on their frothing outrage-spittle and sputter inane logical fallacies about women being physically unfit

(the same standards male members must adhere to, otherwise they are also excluded, conveniently enough) or being more likely to suffer sexual assaults (like the government sponsored legitimate rapes condoned by republicans in Virginia and abroad), our saner citizens have a chance to reflect on this practical decision.

I expect the next brilliant republican talking point to encompass Brick Tamland's pleading response to women sharing the spotlight from the movie "Anchorman." "The bears can smell the menstruation!" In this instance, just replace the bears with Muslims.

Panetta will be passing the torch to expected incoming secretary of defense, Chuck Hagel. According to defense officials, Hagel supports the move. Hagel

himself is a combat veteran of the Vietnam War. His experience with an unneeded conflict makes him an ideal candidate to see this adjustment through.

Each branch of the military will be setting forth their proposed plans of action on how to integrate these changes on May 15. It's expected that the specialized combat units like the Navy SEALs and Special Forces will ask for exclusion. That's another step to be fought for in a truly equal military but for now there is at least the opportunity for further integration.

The most absurd argument about the ineffectual nature of women and their perceived physical weakness is perhaps the strongest argument that the naysayers have. Of course, it's easily dismissed once the realization hits that no matter what the gender of the individual is, they cannot be considered for combat jobs unless they pass preset physical requirements. That means, if a male can't do the proper amount of pull-ups, they can't go off and shoot other people. Those requirements will not change for this new policy so women will be held to the exact same standard.

In the official statement from the Defense Department about the upcoming changes, that point is driven home, "If mem-

bers of our military can meet the qualifications for a job - and let me be clear, I'm not talking about reducing the qualifications for the job - if they can meet the qualifications for the job, then they should have the right to serve, regardless of creed or color or gender or sexual orientation."

That's equality and it's fair and nothing more can be asked at this time. We're long overdue for changes and it's good to see some action from a generally inactive government. Especially one that has seen the changing landscape.

Over the last decade, our war efforts have moved from very traditional ideas of frontline combat and rearward deployment of support. That frontline no longer exists as we fight a continual guerilla war against counter-insurgents. This enemy doesn't abide by rules of conduct on or off the field. They instead strike wherever they see an easily destroyed target. Due to this, 152 women have died in the Afghanistan and Iraq wars as their traditional support roles were also targeted.

As it happens often with emotional cultural discussions in our country, we end up discussing the absurd hypotheticals and miss the forest for the trees. In this case, we actually just shoot

the trees with bullets and hope the forest is still standing.

Now that women are allowed to die equally next to men, maybe our chicken-hawk representatives and leaders will think twice before sending them to a war that doesn't need to happen. Maybe the sight of mangled and torn body of a young American woman, serving her country, will be the shock our society needs to jolt us out of our vicious, drooling lust for killing abroad.

I don't actually have faith that this will be end result but I can hope at least.

We have too easily seen war and the loss of precious life as something easily engaged and subsequently dismissed. It's bad enough that all of our action overseas has engendered vast swaths of the world to loath us, but the loss of life that was a complete waste in pursuit of unattainable goals was always drenched in misguided patriotism. While anybody dying in war is a tragedy, maybe the prospect of female soldiers laying down their lives will stem the tide of our countries all too eager lust for war.

-Nathan is a graduating senior and former Marine. He runs when he sees bears and menstrual blood.



ILLUSTRATION BY GABRIEL IVAN ORENDAIN-NECOCHEA/SENIOR ILLUSTRATOR

POLL OF THE DAY: MULTIPLE CHOICE

QUESTION: What's your opinion on the change in combat classification for women in the Armed Services?

A.

There should've be no change. The armed services as it existed was working fine.

B.

The change is great. Women should have more equality in every work environment.

Join the discussion in the Opinions section at DAILY.SUNDIAL.COM



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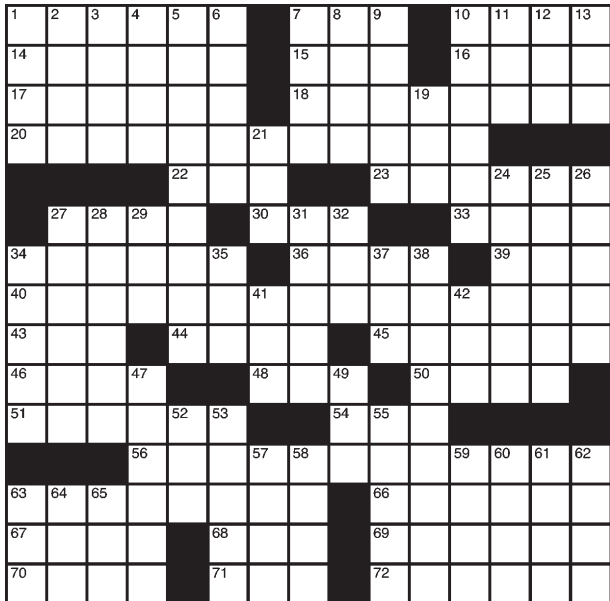
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ACROSS

- 1 Paper used for envelopes
- 7 Teensy kitchen invader
- 10 Thick-bodied river fish
- 14 Lessened
- 15 Critical hosp. area
- 16 Take down with a wrecking ball
- 17 Trade for cash
- 18 Musical based on ABBA songs
- 20 Golfer Snead's nickname
- 22 "I don't care which"
- 23 Naval petty officer
- 27 Lasting mark
- 30 ___ and gown
- 33 John, Paul, George or Ringo
- 34 Go without food
- 36 "True ___": Wayne film
- 39 CFO's degree
- 40 One on a board
- 43 Swiss peak
- 44 Gas in a sign
- 45 Knocks for a loop
- 46 Scallion relative
- 48 Space-saving abbr.
- 50 Team statistic
- 51 Finale
- 54 Selling fast
- 56 Whale or dolphin
- 63 Campbell's soup slogan, and a hint to the puzzle theme found in 18-, 20-, 40- and 56-Across
- 66 "Seinfeld" woman
- 67 Albany's canal
- 68 Actress Hagen
- 69 Sticky-toed lizards
- 70 Tadpole's breathing organ
- 71 LPGA star Se Ri ___
- 72 Be agreeable



By Gareth Bain

1/28/13

Thursday's Puzzle Solved

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

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- 5 Oscar winner for "Cat Ballou"
- 6 Part of FDA: Abbr.
- 7 Gets in one's sights, with "at"
- 8 Campus sports org.
- 9 Tot's belly
- 10 Tot's drawing tool
- 11 Clumsy actor
- 12 Special forces weapon
- 13 Arthur who played Maude
- 19 Marseille Mrs.
- 21 The Big Apple, initially
- 24 Latin ballroom dances
- 25 Orange-yellow gemstones
- 26 Gets warmer, in a game
- 27 Taken in a break-in
- 28 Slept next to the trail, say
- 29 Upper limb
- 31 Sales rep
- 32 Opposite of post-
- 34 Weighing device
- 35 Somme summer
- 37 Global currency org.

- 38 Stretch the truth
- 41 Bathwater tester
- 42 Dairy farm sound
- 47 Late-night host Jimmy
- 49 Revolutionary Guevara
- 52 Inveterate faultfinder
- 53 Word with hug or therapy
- 55 Alpha's opposite
- 57 Teensy amount
- 58 Fargo's st.
- 59 Apples with screens
- 60 Karaoke prop
- 61 Many a folk song, composer-wise: Abbr.
- 62 "___ we forget"
- 63 Ryan of "Sleepless in Seattle"
- 64 Hosp. scan
- 65 1,000 G's

DOWN

- 1 Red planet
- 2 Ill-fated Biblical brother
- 3 Diddly, to Dalí
- 4 To-do list entry

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Solution to today's sudoku

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

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

sudoku

How to play: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

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WOMEN'S BASKETBALL

Poor offense buries Northridge

Despite a strong defensive effort, the Matadors' season-low 37 points hand them their third straight loss

MELANIE GABALL
DAILY SUNDIAL

In its worst offensive output of the season, CSUN (10-8, 4-3 Big West) fell 56-37 to UC Santa Barbara (7-11, 3-3) at the Matadome Thursday night for its third straight loss of the season.

Northridge came out swinging using defensive pressure to jump out to a quick 4-0 lead with back-to-back steals which led to layups. The Matadors would never extend their lead beyond the 11-6 edge they held at the 10 minute mark as they went into halftime with a six point deficit.

Throughout the game, CSUN looked sharp defensively as it held the Gauchos to 56 points and forced 22 turnovers. On the offensive side of the ball, however, the Matadors finished the contest with a season-low 37 points, the second-lowest point total recorded under third-year head coach Jason Flowers.

Flowers noted that the offensive troubles had put added stress on the defense.

"All things considered, and only giving up 56 points, when you turn the basketball over it puts a lot of pressure on the defense," Flowers said. "We didn't do as well offensively and it played over onto the defensive end."

UCSB took the momentum from the start of the second half, quickly expanding their lead to 12 points in the first five minutes.

"We were still doing well defensively, a lot of shots just weren't falling for us," sophomore guard Ashlee Guay said. "We were getting there but we just weren't finishing."

Taking control of the game in the second half, UCSB went on a prolonged 21-7 run from which the Matadors could not recover. CSUN never got closer than 13 after the scoring outburst, eventually letting the deficit expand to 20 points.

"I think a lot of our effort dropped off after half-time. We need to work better as a team at staying together during times of adversity," senior forward Violet Alama said. "Santa Barbara is a good team and they just out-worked us in the second half."

The Matadors normal reliance on the 3-pointers was of no help throughout the game

as they shot 14.3 (3-21) percent for the game from beyond the arc.

"Some nights you're on and some nights you're off," Alama said. "We rely a lot on making our threes and when our shots aren't falling some of us are demoralized and we tend to not shoot or not have as much confidence in our shot and I think we just need to get in the gym and get repetitions."

The Matadors shot 24.5 percent overall, and for the first time this season, no player scored in double digits.

UCSB's defense contained, but most of the time its our fault for not doing our job pushing and getting into the paint like we are supposed to," Guay said.

Northridge has not beaten UCSB at home since 1984, and has one victory in Santa Barbara since that time.

"It's the season, it's unpredictable, it's never perfect and it's learning throughout the entire process to come together as a team," Flowers said. "There's all kinds of life lessons that we can learn throughout the season, and this is a point in the season where we need to learn those things and start applying them and get better."



Sophomore guard Janae Sharpe (3) pushes past a UC Santa Barbara defender in Thursday night's loss to the Gauchos.

NATHAN MCMAHON / OPINION EDITOR

COLUMN

Comeback player of 2012: Manning or Peterson?

BOB GARCIA
DAILY SUNDIAL

After sitting out the entire 2011-2012 season due to neck surgery, Peyton Manning came back in 2012 to have one of his most productive seasons in career.

Manning was not only returning from his fourth neck procedure, but he was also released this past off-season by the Indianapolis Colts.

Afraid his neck could not hold up or that he may not have enough zip on his passes, multiple teams passed on the opportunity to take him, landing him into the lap of the Denver Broncos.

For the first time in his career, Peyton went into a season where he had to get acclimated to a new team, environment and coaching staff, and he did a mighty fine job of it.

He led the Broncos to the league's best 13-3 record in the regular season, clinching them the number one seat in the playoffs.

With Manning as quarter-



COURTESY OF MCT

Peyton Manning loads up a pass against the Ravens in the NFC finals.

back, the Broncos won their second consecutive AFC West division title. Denver also ended the regular season with an impressive 11-game win streak, including a 35-0 second half against the San Diego Chargers who held a 24-0 halftime lead.

Manning's Quarterback Rating (QBR) of 105.8 was second to the Green Bay Packer's Aaron Rodgers' of 108, ranking him first in the AFC. The 105.8 QBR is the second highest in Manning's career.

Manning was in the top five in nearly every offensive category. He ranked third in the NFL with 37 passing touchdowns, his highest total since

49 in 2004. Passing for 4,659 yards put him in second place, nearly equaling his career-high 4,700 in 2010. His 68.6 completion percentage was tied for the highest in the NFL this season with the Atlanta Falcon's Matt Ryan.

Not only did Peyton comeback from surgeries that were suppose to derail his career and make him an average quarterback at best, he turned in probably his best all-around performance of his career. Offenses run through a quarterback and no one else, without a strong leader there is no effective offense. Peyton proved he can go anywhere and be the best.

KEVIN KIANI
DAILY SUNDIAL

Conventional sports knowledge tells you that tearing both your ACL and MCL in the last week of the regular season usually means that you will not be 100 percent for following year. Apparently this only applies to humans, a category that Minnesota Viking's running back Adrian Peterson does not belong to.

Peterson did not take long to show the football world why he is the most feared running back in the game today. Less than nine months removed from surgery, he torched the Jacksonville Jaguars for 84 yards and two touchdowns in the first game of the 2012 season.

He continued to post big numbers on his "road to recovery," but from weeks 7-17, he proved why he is one of the most transcendent players of our generation. Posting 100 yard plus rushing games in nine out of the



COURTESY OF MCT

Adrian Peterson carries multiple defenders with him on a rush attempt.

last 10 games and averaging 160 yards per game, he led his team to the playoffs with a 10-6 regular season record.

By sheer numbers, what he did was nothing short of amazing. He did all of this with a below average quarterback who anchors the second to worst passing attack in the league. He regularly faced suffocating eight and nine man boxes who expect-

ed him to run every time.

Averaging a career best 6.0 yards per carry this season, he finished the year nine yards shy of the single-season rushing record of 2,105 yards held by Eric Dickerson.

Adrian Peterson did not only have a sensational comeback season, he had one of the best individual seasons in NFL history.