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MAKING A DIFFERENCE MATTERS

Survey shows students may prefer jobs that pay less and have an impact on society as opposed to jobs that could pay more

SHIRA MOSKOWITZ
DAILY SUNDIAL

DESPITE UNEMPLOYMENT rates in California being at a high of 8.7 percent, college students are determined to find jobs where they can make a difference, according to a recent study.

The study, published by Net Impact, looked at 1,726 people, who were either graduating college students about to enter the job market or graduated students who already had jobs.

Almost half of the students who said having a job where they can make an impact is important to them, claimed they would even take a pay cut from a higher paying job to do so.

Not only are students striving to make a difference, but more than half of those studied said they would take a 15 percent pay cut to work for a company whose values were similar to their own.

Assistant director of the CSUN Career Center Patricia Gaynor said that students wanting to work for companies with similar values as their own has been a reoccurring trend within the past several years.

"Twenty years ago you would have been embarrassed to not take a job because it stood for something you were against. But now, we view the student holistically... and it's perfectly acceptable and understandable that you want to work for a company that has the same values as you," Gaynor said.

The study also showed that more than 40% of students said it's important for them to be personally successful.

However, Gaynor indicated that it doesn't mean those who choose jobs driven by financial rewards instead of personal values, are to be looked down upon.

"It's not to say that you're selling out as far as your values if you choose a job for money purposes instead. It's thinking how important it really is. It might be a stepping stone opportunity to get you to the place

"It's not to say that you're selling out as far as your values if you choose a job for money purposes instead. It's thinking how important it really is."

—PATRICIA GAYNOR
ASSISTANT DIRECTOR OF THE CSUN CAREER CENTER

See **MAJOR**, page 7

OVER 70%

OF STUDENTS SAID HAVING A JOB WHERE THEY CAN MAKE AN IMPACT WAS CRUCIAL FOR HAPPINESS.

ALMOST 45%

OF STUDENTS SAID IT IS IMPORTANT TO THEM TO BE PERSONALLY SUCCESSFUL

CULTURECLASH

SUNDIAL EDITORS FILL YOU IN ON WHAT'S HOT AT THE MOVIES THIS FALL

ILLUSTRATION BY JASMINE MOCHIZUKI / VISUAL EDITOR

IN TODAY'S PAPER

DAILY SUNDIAL RESTAURANT GUIDE
SPECIALS, COUPONS AND MORE



Women Engineers: a minority view

**STORY AND PHOTOS BY
WON CHOI**
DAILY SUNDIAL

THE CSUN Society of Women Engineers (SWE), since the 1980s, has been a center for female engineering students to socialize, fundraise and network with professional women engineers in field. SWE serves as a provider of promising professional net-

works and job opportunities. It is also an oasis for women, the gender minority in engineering. CSUN's SWE currently has 20 paid members, and 30 participating members.

Due to the Equal Employment Opportunity laws, which attempts to prevent discrimination in the workplace and ensure fair and balanced employment, it has facilitated integrating female engineers into the engineering field, a largely white male dominated field.

"I've always loved the roller coasters," Jessica Bacchus, the 21-year-old president of SWE said. "So I wanted to be someone who makes a roller coaster. And of course, after I grew up and majored mechanical engineering, I realized that there are not that many [female] roller coaster designers."

Bacchus said the most number of girls she had in her class was seven, and she said it was "a lot." According to CSUN Institutional Research, female undergraduate students are

only 11% in Engineering & Computer Science Department. Not to mention, most engineering professors are also males.

Despite the gender minority of the department, Bacchus said it has not been a bad experience so far.

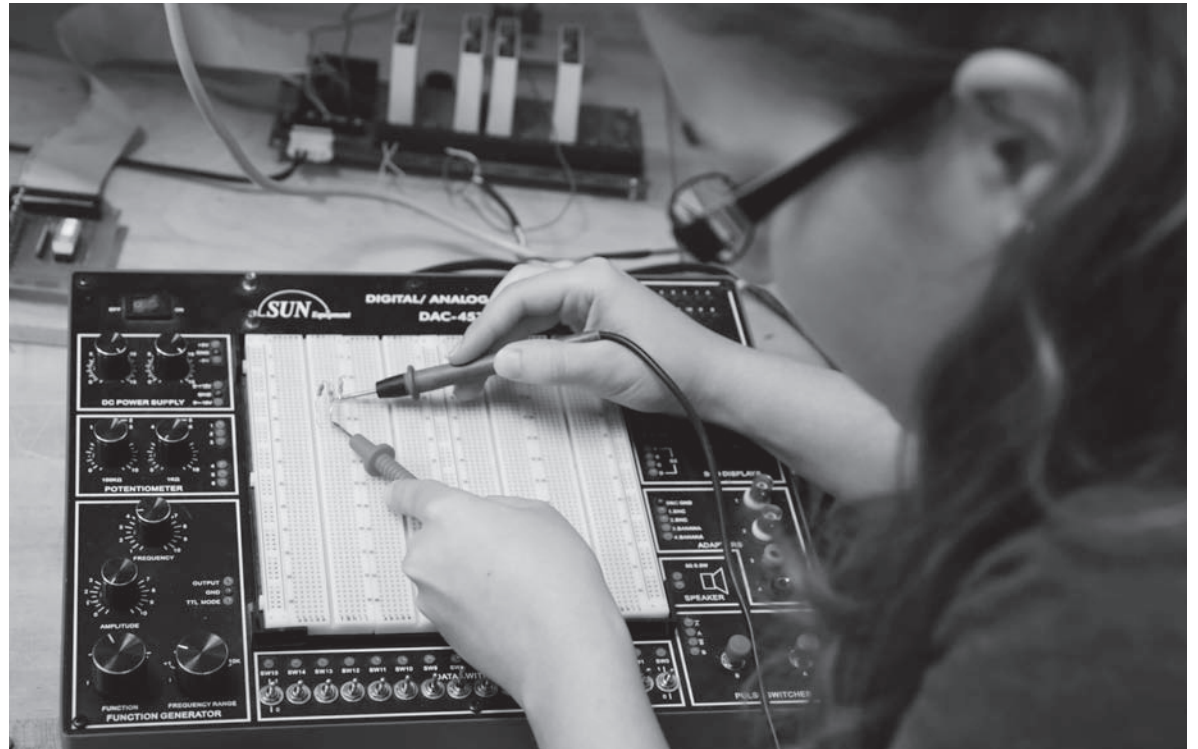
"I had never been considered a minority in my life," Bacchus said. "Now I am one, there are so many things I can do. There are so many scholarships and jobs that look for women engineers."

Bacchus said gender minority did not matter for her to pursue her career as an engineer. She believed such things should not scare you if you really love your job. Now Bacchus is preparing to graduate and get a job in her focus of aerospace engineering.


"Stats show that males are better at math. But I do better in class anyway," Bacchus said, "and there's less drama since there is no one to fight with." Then Bacchus burst into laughter.



The Society of Women Engineer is located in Jacaranda Hall 1567. It is a place where female engineers gather to study and socialize together.



Jessica Bacchus, 21, works in the mechanical engineering lab, measuring electricity.




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Bacchus's mechanical engineering class only had five female students, a number which is considered to be big.



Jessica Bacchus, 21, and Emily Quaglariello, 27, work on a mechanical engineering lab together. They were the only female pair in the lab.

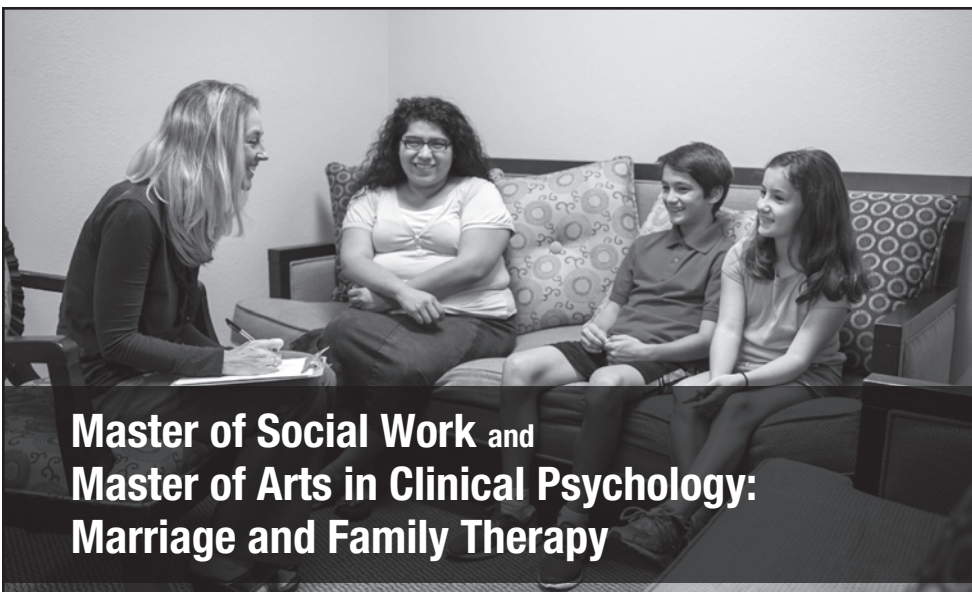


Jessica Bacchus (left) and Jessica Reichers (right) both major in mechanical engineering, which is one of the majors with the least amount of women enrolled.

MAJORS WITH THE LEAST AMOUNT OF WOMEN

INFORMATION COURTESY OF FALL 2012 CSUN INSTITUTIONAL RESEARCH

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MECHANICAL ENGINEERING	8.8%
ELECTRICAL ENGINEERING	9.1%



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Psychology chats about ABA

Psychology department hosts lecture discussing Applied Behavior Analysis

CLARISSA CORONA
DAILY SUNDIAL

THE APPLIED Behavior Analysis (ABA) Speaker Series, a sequence of presentations hosted by the psychology department in the College of Social and Behavioral Sciences, welcomed a speaker to discuss verbal behavior analysis Wednesday.

Dr. Daniel B. Shabani, known for Los Angeles' Shabani Institute and his position as president of the California Association of Behavior Analysis, came to the Whitsett Room in Sierra Hall and spoke in front of a crowded room of students.

Dr. Ellie Kazemi introduced Shabani to the audience and told attendees about Shabani's educational experience, his long line of publications and studies and his love for his children.

"He's been very kind to come and speak with our students on various topics," said Kazemi. "He spends a lot of time volunteering his hours on behalf of us."

Shabani explained how verbal behavior is essential in assisting in analysis. He went on to discuss dimensions of



ELIZABETH OHANIAN / DAILY SUNDIAL

President of BCBA-D, Dr. Daniel B. Shabani, spoke at the Psychology ABA series that took place Wednesday at the Whitsett room in Sierra Hall. Shabani spoke to a group of students about verbal behavior analysis.

ABA and said "being analytic is valuable to be in functional relationships."

Shabani said the three views associated with language theory are biological, cognitive and environmental.

When mentioning the biological view of language theory, he referred to Chomsky and the idea that language is innate. Chomsky is a linguist as well as a cognitive scientist, who believed that all people are born with the ability to communicate, no matter where they are from. With the cognitive view of language theory, Shabani discussed schemas, which are

organized patterns, in relation to language and it being receptive and expressive.

Stephanie Alvarez, freshman CTVA major, came to the lecture because a friend of hers mentioned it and it intrigued her right away.

"If I work in a CTVA related career, I'm going to run into all kinds of behavior," said Alvarez. "Educating myself on how people think and behave will make me a better employee."

When observing verbal behavior, Shabani said that there is a lot of evidence supporting effectiveness.

"You really start to do an

analysis of the controlling variables and why they aren't working... Behavior is constant. There is a reason for everything," Shabani said.

Before ending with a question and answer session, Dr. Shabani discussed three actual cases his institute dealt with in which the children were nonverbal. In all cases, the advancements made and not made were looked at with different tests that would create results.

"If you work in this field, you're going to come across difficult cases... You're going to have to be very analytic."

Health center offers flu shots

ROY AZOULAY
DAILY SUNDIAL

KLOTZ STUDENT HEALTH Center began offering influenza vaccines, more commonly know as the flu, to all students, faculty and staff Tuesday.

For students who have yet to receive a flu shot, an appointment must be made to receive the vaccine. The shot costs only \$15 making it much cheaper than most clinics in the area.

"We've received the vaccine a little earlier this year, last year we got them in October," said Mercedes Gallup, the Nursing and Clinical Support unit supervisor at Klotz.

The Center for Disease Control and Prevention suggests that anyone above the age of six-months get vaccinated once a year.

"Washing your hands is the most effective way to reduce the risk of getting the flu but we still highly recommend getting the vaccine as a precautionary measure," said Gallup.

The Klotz Student Health Center only offers the inactivated flu vaccine. The inactivated vaccine is administered

as an intramuscular shot to the deltoid, or shoulder, as opposed to the live influenza vaccine which is administered as a nasal spray.

The process is quick and brief. "Barring any wait times in the waiting room, it takes about 3 minutes," said Gallup.

After the shot is administered it takes about two weeks for protection from the influenza virus to develop.

According to Sharon Aronoff, the health educator at the Klotz Health Center, the advantages of getting the vaccine on campus along with the reduced cost is easy access and availability for students, faculty and staff.

"I definitely plan on getting vaccinated this year," said Melissa Juarez, a junior communications major. "It's worth it, being sick with the flu is no joke".

Aronoff also said those with health insurance might be able to get reimbursed through their insurance company as the health center does not accept health insurance.

For more information on flu vaccinations or to make an appointment, call the Klotz Student Health Center at 818-677-3692, or visit their website at www.csun.edu/shc.

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CULTURECLASH

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Films of the fall

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◼ WATCH THIS —
Legendary music studio gets put on blast

p. 3

🎮 TAKE CONTROL —
The Madden franchise, still kicking after 25 years

p. 3

🎧 GET ON TRACK —
Los Angeles hardcore band dishes on their rise to the top

p. 4

FREE

FALL MOVIE PREVIEW

Fall is here, so bundle up and head to the theater

GEORGE OSCAR BLUTH
CONTRIBUTOR



Sandra Bullock and George Clooney in "Gravity."

It happens once a year. September comes around, the weather starts to cool and Oscar season takes over the multiplex. Great dramas, thinking man's epics, and action-with-a-brain films are all on the table this year, and after a slightly disappointing summer at the movies, there's bound to be a film in this bunch that sparks your interest.

For the action movie buffs "Gravity" starring Sandra Bullock and George Clooney as astronauts caught in a dangerous situation while in orbit hits theaters Oct. 4. But if you want sci-fi action mixed with some comic book mayhem "Thor: The Dark World" comes out Nov. 8. On the chance that neither of those are what you're looking for, "The Hobbit: The Desolation of Smaug" is sure to break some box office records this December.

If dramas are what you're after, Martin Scorsese's latest "The Wolf of Wall Street," comes out Nov. 15, and is looking like the Scorsese of old. Leonardo DiCaprio stars as a corrupt stockbroker who has everything but a soul. For the legion of Michael Fassbender fans, the German-born Irish man has not one but two coming out this October. The first being "12 Years A Slave," the Solomon Northup story, followed by "The Counselor," which portrays a lawyer (Fassbender) who gets in deep with drug trafficking.

These are just a few, but if you still can't decide what to watch this fall, check out what the Daily Sundial Editors are eager to see.



YOSCY PEREZ

ASSISTANT PHOTO EDITOR

THE HOBBIT: THE DESOLATION OF SMAUG

Peter Jackson returns with "The Hobbit: The Desolation of Smaug" and it is definitely a movie to watch in theaters this fall. The trailer was released in June and shows bits and pieces of the visually stunning locations Jackson's team chose to film. Jackson's films have always been aesthetically beautiful and "The Desolation of Smaug" will be no different with more than two and half hours of film. Not only is this going to be visually incredible to watch but the action increases in the sequel. Bilbo and the dwarfs will deal with the elves, giant (creepy-ass) spiders and of course the much anticipated dragon, Smaug! If you're looking for a good storyline that has tons of action, looks good, and has an amazing cast, this is the movie to see.



TAYLOR VILLESCÁS

FEATURES EDITOR

ANCHORMAN 2: THE LEGEND CONTINUES

I remember seeing the trailer for "Anchorman 2: The Legend Continues" over the summer, and thinking to myself: "Well, it's about damn time!" With the original news team of Will Ferrell, Paul Rudd, David Koechner and Steve Carell back for the movie, I have high hopes for this comedy sequel. The story follows Ron Burgundy as he moves to New York to take on their first 24-hour news network. I'm hoping the jokes will be poignant given the state of today's media, but mixed with the raunchy stupidity that is a trademark of the "Anchorman."



KEVIN KIANI

SPORTS EDITOR

THE SECRET LIFE OF WALTER MITTY

Loosely based on James Thurber's classic short story, this movie is about a dreamer who yearns to escape his boring and mundane life. As a child, I was fascinated by this story and I easily related to the main character so this movie will bring to life one of my favorite stories. Judging by the trailer, the soundtrack sounds fitting and Ben Stiller looks perfect for the role.



MEGAN DISKIN

MULTIMEDIA EDITOR

ANCHORMAN 2: THE LEGEND CONTINUES

Ron Burgundy and his band of newsie misfits are leaving the whale's vagina to take over a 24-hour news channel in New York City. Fans of the mega-star cast have been craving a sequel since the first movie ended. And this time the film is set in the 80s. Think of the possible hair and outfit combinations!!! A quick scan of the movie's IMDB page shows stars like Liam Neeson, Sacha Baron Cohen and Kristen Wiig, who is featured in the trailer, have signed on for the film. But who knows in what capacity? With Will Ferrell writing it and fellow SNL alum Adam McKay back to direct it, it's difficult to believe the sequel will flop. It's kind of a big deal.



JOSH CARLTON

A&E EDITOR

HER

After witnessing the stunning performance by Joaquin Phoenix in the 2012 tour de force "The Master," my first reaction was "what's he gonna do next?" Enter Spike Jonze. Four years after the noble misfire "Where The Wild Things Are," Jonze is following up with a film about a man who falls in love with a computer. Sounds crazy, but hear me out. Jonze is no stranger to odd storytelling (Being John Malkovich) and Phoenix is one of the most eclectic actors of our generation. With these two teaming up for "Her," it's not unreasonable to expect something special.



Leonardo DiCaprio plays Jordan Belfort in "The Wolf of Wall Street"

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MOVIES TO WATCH

Music doc hits high note

CHANDELOR ARMSTRONG
DAILY SUNDIAL

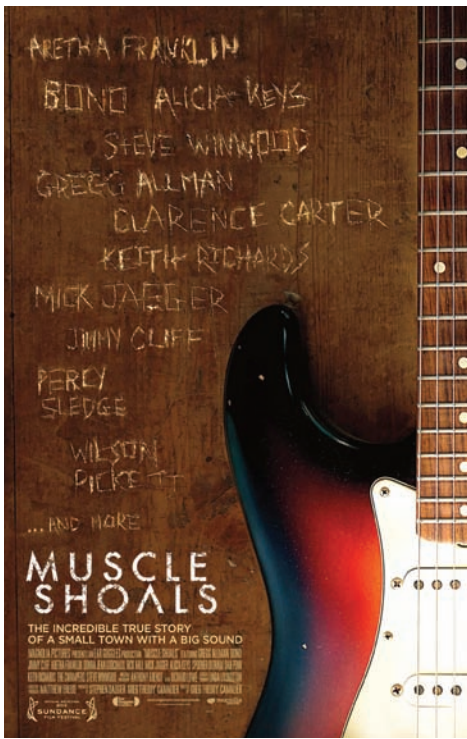
In Northwest Alabama along the Tennessee River, with a population of less than 13,000, lies the town of Muscle Shoals. Little did residents know that this small town would forever shape popular music.

Founded in the late 1950s by Rick Hall, Fame Studios birthed what would be known as the "Muscle Shoals Sound." The sound quickly spread around the world and artists would travel from all over to this special town. As Bono, from the music mega group U2, said of the town, "There was just something in the mud." American soul singer Clarence Carter said that "each time a person went to Muscle Shoals, they came out with a hit."

Aretha Franklin, Wilson Pickett, The Rolling Stones, Bobby Womack, Otis Redding, Etta James and countless others recorded many hits at Fame Studios due to an energy they felt was unlike anywhere else. For groups like Lynyrd Skynyrd and The Allman Brothers Band, Muscle Shoals became the birthplace for "Southern Rock."

The Los Angeles Chapter of the Recording Academy hosted a screening of the new documentary "Muscle Shoals" along with a short Q&A on Sept. 16. The film explores not only some of the most resonant songs of all time, but also gives viewers an inside look into the life of Fame Studio founder, Rick Hall. Hall faced many tragedies documented throughout the film but always bounced back from them to continue the legacy of the "Muscle Shoals Sound."

The film featured commentary along with performance footage and photos from legendary artists Steve Winwood, Etta James, Bono, Mick Jagger, Clarence Carter, Greg Allman, Aretha



COURTESY OF MAGNOLIA PICTURES

Franklin, Jimmy Cliff, Keith Richards, Percy Sledge, Candi Staton and Alicia Keys among others. Director Greg "Freddy" Camalier said Rick Hall helped contribute some of the older photos and performance footage. Camalier also spoke about this being his first documentary and discovering all of the amazing stories about this town throughout the filming process. He went on to say that he is incredibly proud to have spent these last four years bringing this incredible American tale to the silver screen.

"Muscle Shoals" will be available On Demand, on iTunes and in theaters on Sept. 27. The soundtrack featuring Aretha Franklin, Alicia Keys, Percy Sledge, Paul Simon and more will be released physically and digitally on Sept. 24.

TAKE CONTROL

NFL franchise turns 25

ALYSHA GARRETT
DAILY SUNDIAL



COURTESY OF MCT

Having hit the shelves just a few weeks before kickoff, "Madden 25" gives football fans the action they were craving all summer. "Madden 25" celebrates 25 years of the Madden video game franchise and has many special features to commemorate the journey of sports-based gaming.

Having only played "Madden 13" briefly, I wasn't sure if I would notice many differences between the two. I was pleasantly surprised, however, when I didn't have the urge to throw my controller anymore because of the improved fluidity of the movements and improved control you have over the players.

The new game expands gameplay action with the Infinity Engine 2, removing glitches that were present in "13" and adding new tackling animations. One particularly fun feature is the "run free" option that offers ultimate control to the player, with controls to adjust acceleration, hurdling dives and stiff arms. Instead of just running forward, the player decides the course of action for the best chance at a touchdown.

The "connected career" mode has been renamed "Connected Franchise," and offers more than just the player and coach options of previous games. There is now the option to play in "owner mode," where one

has the ability to move the team to a new location, improve the venue and raise ticket prices, all in the name of improving the franchise.

This type of flexibility is not often seen in video games. Madden allows the gamer to choose exactly how they want to play. If one chooses the "player" mode, they will follow that individual player throughout the season. If "coach" mode is chosen, the player gets overall control of the team as well as multiple players.

Because "25" is a celebration game, there is a new team, called "All-25 Team," featuring the game's favorite players throughout the years. This team gets a rating of 99 percent rating (the highest in the game) and has a roster full of strong players. Football fans will already know this, but for those who don't, the skills of the NFL teams in the game are only as good as their real-life counterparts.

That means that some team ratings have gone up or down based on the last football season. For example, in "Madden 13" the San

Francisco 49ers had an 89 percent rating and when "Madden 25" was released they had a rating of 91.

Multiplayer features allow online play against real opponents and improvement of skills as well as a co-op mode.

The game is exciting and feels like more than "just a sports game" for once. I would recommend purchasing this game even if it is just for the novelty of it. The loading screen features screenshots of previous "Madden" games, all the way back to the block figures that made up "John Madden Football," released in 1990. It's remarkable to see how far the games have come, making one appreciate the improvements even more.

Some will argue that it isn't fundamentally different from "Madden 13" and that it's not worth the \$60, but any fan of the franchise that has played previous games will be able to see the differences. It is a great way to commemorate this powerful series of games and with 1 million copies sold in the first week, it's looking like a winner!

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GET ON TRACK

Local boys, The Ghost Inside, are taking over

STEPHANIE
HERNANDEZ
DAILY SUNDIAL

It happens every once in awhile. A band comes along that nestles itself into the ear buds of thousands of fans. At first, the band establishes a cult following, then as time progresses, they begin receiving more and more recognition. For some, it takes years of hard work to gain even the slightest hint of attention. For others, fame appears in the blink of an eye.

For American melodic hardcore band The Ghost Inside, their ascension to fame and recognition came quickly after the release of their 2012 breakthrough album "Get What You Give." This was their first album after being signed to Epitaph Records, and debuted at an impressive #88 on Billboard's Top 200.

Soon after, the band headlined the Alternative Press Tour in 2013. Earlier this year they kicked off a national tour and departed to different parts of Europe and Asia to extend the tour.

"I will always find it pretty awesome to see people outside of shows wearing T.G.I. merchandise," said vocalist Jonathan Vigil. "Especially if it's from a place where English isn't even their native language."

A rising star in the hardcore scene, The Ghost Inside has had its fair share of perks. One of them includes being signed to a major record label like Epitaph, which some



PHOTO COURTESY OF EPITAPH RECORDS

argue is the answer to their success.

"Being on Epitaph is huge for me," Vigil said. "I have always been such a huge fan of the label because they've put out some of my favorite records ever and now to be a part of it is literally a dream come true."

But to Vigil and the rest of the band, this new relationship promises them a larger budget for studio time to work on albums. It has also

allowed them to tour different parts of the world, such as South Africa where the band shared a memorable experience when they did a great white shark dive.

"That's something I never thought I'd do, in a place I never thought I'd go," Vigil said.

Though touring becomes tiresome after months and members begin to miss home,

Vigil said, "when you go on stage, nothing else matters."

Yet The Ghost Inside can predominantly credit their increase in fans to their relatable and heartfelt lyrics. The song "White Light" focuses on the mentality to never give up, and was written in memory of Vigil's younger brother, Ryan.

"[My father] told me long ago that there are followers and there are leaders in life. The followers are just people that never believe in themselves," Vigil said. "He told me to trust my heart and just do what makes me happy and I think that really made me who I am today and what is the basis of all my lyrics."

This past NHL season, The Ghost Inside added to their list of memorable experiences when the Los Angeles Kings, Vigil's favorite team, played "White Light" during warm-up at the Staples Center.

"I didn't actually hear it because I was on tour at the time, but the Kings tweeted a warm-up list of songs and we were one of them," Vigil said. "It totally blew my mind."

If the Kings offered Vigil a spot on the team, would he join the team and leave the band? "I always wanted to be in a band more than I wanted to be a pro sports player, so I'd have to stay with The Ghost Inside," Vigil explained. "It might not be the best choice monetarily but I don't base decisions in life based on how much money I'll make."

While The Ghost Inside took a brief break from touring and recording, they are currently back

at it working on a new album to be released next year. They are set to embark on another tour kicking off in Royal Oak, MI on November

2nd at the Royal Oak Music Theatre as part of the "8:18 Tour" across North America with The Devil Wears Prada, Volumes, and Texas in July.

TOUR DATES

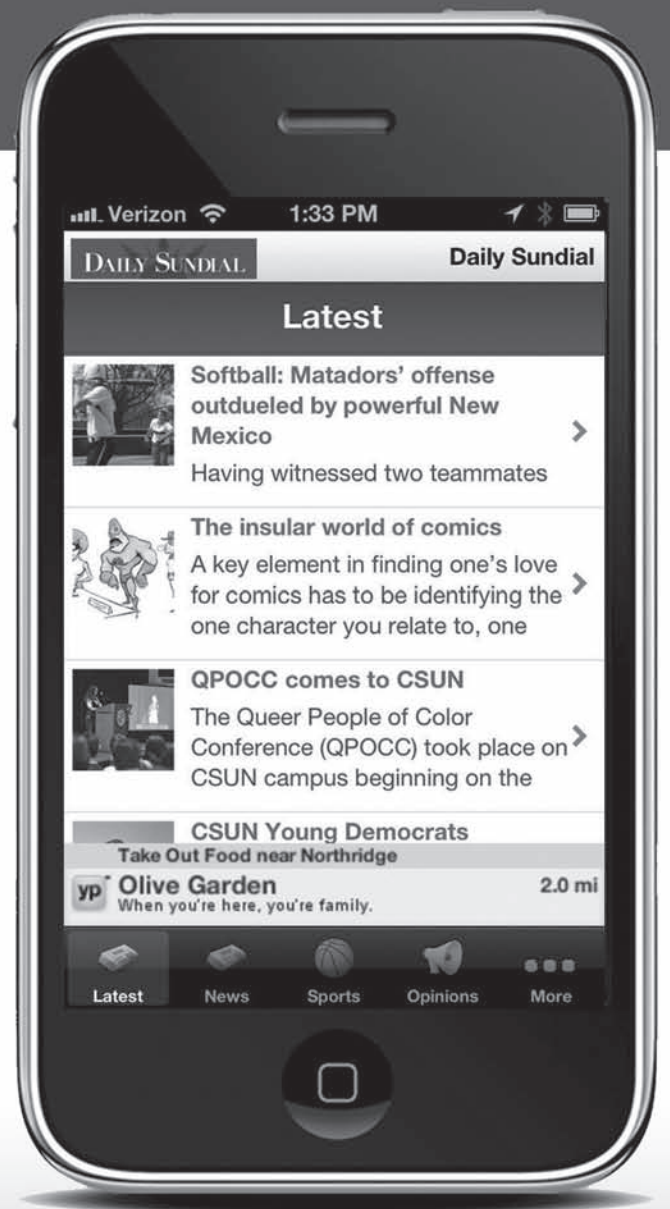
11/2/13 - Royal Oak, MI @ Royal Oak Music Theatre
 11/3/13 - Cincinnati, OH @ Bogarts
 11/5/13 - Cleveland, OH @ HOB Cleveland
 11/6/13 - Chicago, IL @ HOB Chicago
 11/7/13 - Indianapolis, IN @ Deluxe at Old National Centre
 11/9/13 - Grand Rapids, MI @ The Intersection
 11/10/13 - Milwaukee, WI @ The Rave
 11/12/13 - Winnipeg, Canada @ The Garrick
 11/14/13 - Calgary, Canada @ MacEwan Ballroom
 11/16/13 - Edmonton, Canada @ The Starlite Room
 11/19/13 - Seattle, WA @ El Corazon
 11/21/13 - San Francisco, CA @ Regency Ballroom
 11/23/13 - Salt Lake City, UT @ In The Venue
 11/24/13 - Denver, CO @ Exdo Event Center
 11/25/13 - Albuquerque, NM @ Sunshine Theater
 11/26/13 - Tempe, AZ @ Marquee Theatre
 11/27/13 - Las Vegas, NV @ Hard Rock Cafe - The Strip
 11/29/13 - San Diego, CA @ Soma
 11/30/13 - Los Angeles, CA @ Club Nokia
 12/1/13 - Santa Ana, CA @ The Observatory
 12/4/13 - Dallas, TX @ HOB Dallas
 12/5/13 - San Antonio, TX @ Backstage Live
 12/6/13 - Houston, TX @ Warehouse Live
 12/7/13 - New Orleans, LA @ HOB New Orleans
 12/8/13 - Tampa, FL @ The Ritz Ybor
 12/10/13 - Ft. Lauderdale, FL @ Revolution
 12/11/13 - Orlando, FL @ HOB Orlando
 12/12/13 - Atlanta, GA @ The Masquerade
 12/14/13 - Philadelphia, PA @ Trocadero
 12/15/13 - Sayreville, NJ @ Starland Ballroom
 12/17/13 - New York, NY @ Best Buy Theatre
 12/18/13 - Worcester, MA @ The Palladium
 12/19/13 - Montreal, Canada @ Club Soda
 12/20/13 - Toronto, Canada @ Phoenix Concert Theatre

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A twirl with the Ballroom Club



MICHELLE DOMINGUEZ
DAILY SUNDIAL

IT'S A THURSDAY afternoon and across from the recreational pool, a handful of students march inside the plaza studio. After plopping their book bags on the floor, they face the mirrored wall and wait for instructions.

As they're flexing their bodies from side to side, a tall, skillful man walks in fiddling with his baseball cap and yells, "Okay class, today we're learning Bachata!" Soon, couples link together and music starts to play. The CSUN Ballroom Dance club has officially begun.

Since 2008, the club has welcomed an array of students to their club. From chemistry majors to kinesiology majors, no guest is turned away for being clueless about dance.

Current president Yvonne Diaz, stumbled upon the group at last year's Meet the Clubs event. With years of cheerleading and color guard experience, she wanted to fill her ongoing passion for dance.

"I think it's in my blood. I love it. This is more recreational for me, but being able to come here for a few hours is great," Diaz said.

The club meets twice a week and is taught by the vibrant and lively dance instructor, Wiley Hicks Simpson of the Celebration Ballroom in Woodland Hills. He was recruited five years ago and plans on staying another five more.

"It was such a refreshing fun bunch of young people, and I wanted to do whatever I could to try to make a difference in their lives," Simpson said. "That's what teachers are supposed to do."

From swing to merengue, the club tackles every dance that allows students to sway their hips and move their feet.

"We're very beginner-friendly but we also cater to people who are more advanced so we can teach from really basic steps to more advanced styling techniques," Diaz said.

The class starts with Simpson breaking down the movements step by step. Then students must find a dance partner. After rotating every few minutes, people are ready to let loose and leave apprehension at the door.

It's also a great way to min-



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Chemistry major, Yvonne Diaz, 21, CSUN Ballroom Club president and Jonathan Acuna, 27, astro physics major, practice posture while moving their legs and hips to the beat of the music.

gle especially for astrophysicist major, Jonathan Acuña, a junior transfer student.

"It's a good way to break your way into a new school. I just came here four weeks ago and this club is a great way to get involved," Acuña said.

Apart from practice, the CSUN ballroom dance club take their skills to the dance floor by participating in competitions around the state and performing in local fundraisers. Last year, the club held their annual masquerade ball, where members dressed up in fancy attire and danced the night away, in hopes of raising enough money to keep their beloved club going.

But recently, the club has seen a drop in members due to recent graduations and has yet to regain them.

"We've gone out dancing together at different studios and clubs for fun, and we've used electronic poster boards and social media, but right now we are trying to build up our club," Diaz said.

As the clock winds down, Simpson slyly decides to incorporate one last dance style before time runs out.

With a push of a button, Benny Goodman and His Orchestra blaze in the background as students tackle the all-American classic, swing.



SCAN THIS QR CODE
to watch the ballroom
club rehearse

DAILY SUNDIAL

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or

Wednesday, October 9
3-5 p.m.
Manzanita Hall, Room 140

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DAILY SUNDIAL



SEPTEMBER 26, 2013

Opinion

OPINION@SUNDIAL.CSUN.EDU

Men also battle with eating disorders

Male student battles with major depression and eating disorder, a condition often overlooked in young men

JOSHUA KHABUSHANI
CONTRIBUTOR

I AM currently 21 years old, and have the power of youth on my side. All it takes is a quick gander in the mirror and it quickly becomes evident that I have strong physical characteristics. Dare I say, tall, dark and handsome; as charismatic as Jay Gatsby himself, yet even more affable. I am known as the elite extrovert amongst my friends, able to get along in most crowds.

You may be thinking that I have too much vanity and egotism for my own good; however, I challenge your presumptions – I simply listed those attributes to illustrate my point, which is this: despite what I may exude on the exterior, on the inside I am as broken as it gets. In addition to the immense void I feel within – which mind you, has led to an unbearable major depressive disorder – I have had an eating disorder since I was four years old.

Perhaps that does not sound as severe as it really is, but allow me to enlighten you on just how treacherous eating disorders are.

Unless you have had personal experience with an eating disorder, or have known somebody who has, it is rather difficult to comprehend just how painful the struggle is.

A mere three weeks ago I attempted to take my own life due to the continual dread that precedes a meal, and was fed up with the constant suffering; I realize that regardless of the suffering, nothing warrants suicide, yet on that particular night of the attempt it seemed like the most plausible option.

You see, to an outsider it may seem trivial or cowardly, but the malnourishment one deals with when facing anorexia is outright inhumane. I have yet to experience any worse feeling than having that deep, painful sensation of starvation, yet still not being able to consume food due to the self-inflicted mental malice that follows a meal.



ILLUSTRATION BY JAE KITINOJA/CONTRIBUTOR

Many people – perhaps even you – have posed the question, “Why don’t you just EAT? Don’t you realize that you have to nourish yourself in order to survive?”

Trust me on this one, often I’ve confronted myself with similar questions. I wish it were that easy, but reality proves it is not. So, you may ask, where do we go from here? Well, just like every other disorder, unfortunately there is no perfect answer; however, I can provide insight from my personal odyssey, in an effort to provide some hope and clarity.

Interestingly enough, those of us who struggle with eating disorders are not so much plagued by food itself, but rather we are constantly combating underlying issues, which in turn manifests the eating disorder. Through my experience, I’ve learned that in order to overcome this horrid disease, one must diligently work on unraveling pressing issues that are bottled up deep within. Having spent four months in rehab, I understand that retracing our steps can lead to re-surfacing an array of past traumas; however, it is well worth the effort. Reflecting on my life, I was afforded the opportunity to get to know myself on a much

more intimate level, bringing awareness to the traumatic experiences I had as a young child. Growing up in a broken household, there was never really anybody to turn to when I was suffering from depression; consequently, I dealt with my frustration through food. With physical, sexual and emotional abuse present in the majority of my childhood, it is no surprise that an eating disorder was birthed – I had to find some way to cope with all of the anguish I was experiencing.

The danger with managing anxiety through bingeing, restricting and purging, is that it is not only a hazard to one’s health, but it can potentially be fatal. Through my recovery process I have come across individuals who have been on the verge of death; many of whom were admitted to hospitals, having had to be fed through tubes, their bodies no longer able to process and digest solid food.

Putting the fatality of an eating disorder aside, even if it does not take your life, it certainly robs you of all the pleasures that come with food. Imagine not being able to eat out with friends because of the shame that comes along with an eating disorder or, as an aspiring student, not being able to focus on your academics because of the malnourishment your brain is suffering from.

Oscar Wilde once said, “The rarest thing in the world is to LIVE; most people exist, that is all.” In my opinion, Mr. Wilde could not have been more accurate with his claim, especially when it comes to the eating disorder population; just getting through the day is a feat in itself. Surviving becomes the goal and all else is lost – now, if you ask me, this is a terrible tragedy that must be remedied.

According to an article posted in the Huffington Post, the number of young men dealing with eating disorders has increased by a daunting 27 percent since 2000; yet, due to the lack of education and shame that comes with opening up, many have not sought out the help that is available. It is our responsibility as a society to educate one another and encourage the resources that are at our disposal, given that there are certainly innumerable resources on campus and in our community.

Thankfully, with the help and guidance of the University Counseling Services, which provides free services for students, I have been able to get the support I need in order to remain healthy. Don’t get me wrong, each day is still a struggle, but I have accumulated the skills I need to persevere. Perhaps this is a demon I will battle for the remainder of my life, but I refuse to allow it to take my life.

Cultural, societal or personal dogmas may label men with eating disorders as weak, but on the contrary, it takes one helluva courageous person to have the audacity to reach out and admit they cannot do this alone. Unfortunately, given the societal expectations men are inundated with, opening up about such a pressing issue may have consequences that follow. Personally, my disorder has been interpreted as a weakness. With three hospital stays under my belt, four months in rehab, and somebody who takes antidepressants, I’ve failed as a male, according to society’s standards. We’re expected to be emotionless, never allowing anything to interfere with our roles as masculine leaders.

Although many of us have closeted our struggle with disordered eating, I believe it is in our best interest to reach out and seek the help we need. It took me 17 years – part of my life which I will never get back – to finally confide in somebody about my eating disorder, and what I realized through my journey is that nobody deserves to fight this battle alone; there is help out there, we just have to take a leap of faith and give it a chance.

If you need professional counseling, contact **University Counseling Services** which provides online assessments, personal counseling, group counseling, outreach and consultation to all CSUN students.

To make an appointment, call **(818) 677-2366** between the hours of 8 a.m and 5 p.m. Monday through Friday.

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Continued from page 1

you want to be," Gaynor said.

Freshman business major Afshan Bral said that although finding a company that understands what's important to him would be nice, it's not his first priority when he graduates.

"Of course it would be cool to work for a place that understands the kinds of things I believe in, but I need to make sure I am making money first," Bral said.

When asked what was essential to their happiness, 73 percent of students said that having a job where they can make an impact was crucial, ranking it just under financial security and marriage. Wealth and community leadership were the two least prioritized essentials that students said they needed to be happy.

Ligal Pinhas, a senior graduating with a business degree this spring, said the best part about his job is making people happy.

"I work at the bank. So when customers come in angry and they leave smiling, it makes me feel like I've done my job for the day," Pinhas said.

Gaynor said there is no feeling like the one she gets when she receives an email from a student saying she has helped or inspired

them in some way.

"I think it's very much human nature to want to feel that feeling from making an impact. That's why most of us do volunteer work on our free time. Anything we do, we're all impacting others in ways we don't even know," Gaynor said.

Even though unemployment rates in California have consistently been on the rise, 58 percent of the students studied remain optimistic that they will have multiple job offers waiting for them when they graduate.

"I think it's great that there is that kind of positivity out there," Gaynor said. "But you need to watch the trends in the job market, because things can change very quickly."

While Gaynor says that jobs in biomechanical engineering, math, science and health fields are currently skyrocketing, it doesn't mean that it will stay that way.

"I think we have to be a lot more clever right now as far as our job search and what we accept, and we have to be much more creative," Gaynor said.

Vice president of brand marketing and innovation at Net Impact Linda Gerard believes there is no better time to grow with a company who values making an impact.

"For students who want to drive social and environmental change

on the job, there has never been a better time to join companies. The notion that business can be a force for good has clearly gone from the fringe to the mainstream over the last two decades since our founding. More and more, companies are integrating sustainability into core business strategy," Gerard said.

Gerard feels that individuals who are entering the workforce can be part of a "new generation to use their careers to drive transformational change in the workplace and the world."

"At Net Impact, we believe that work is good for more than just a paycheck. Work is an opportunity to invest ourselves in issues that are important to us," Gerard said.

Out of the 55 percent of professionals who work at impactful jobs, 49 percent of them reported they felt satisfied at work, compared to only 24 percent of individuals who said they felt satisfied working at jobs that didn't focus on having a social or environmental impact, the study said.

"The happier you are, the more likely there is going to be longevity in your job and the more likely that you're going to be enjoying it," Gaynor said.

To learn more about career options and other useful resources, visit the CSUN Career Center website.



CAMPUS VOICE

VICTORIA BECERRIL/DAILY SUNDIAL

Q: Do you prefer jobs that has impact on society but pays less, or jobs that are financially rewarding?



CHRIS NALCHADJIAN

BIOLOGY

"I would want a job that pays more because how can we make the society better if we're still in debt, and we can't pay our mortgages, car payments, etc? It'll be a more positive impact on society because the more money you



CLARIZA VIERI

BUSINESS LAW

"I would choose a job that pays less but has more impact on society because it gives the opportunity to make changes and provide more resources for the people who need it. I feel it's important to give back to the community"



DAVID ALCALA

DEAF STUDIES

"I would rather take a job that pays less just because you should enjoy what you're doing. I don't want to go through something i hate just for the sake of money."



MICHELLE MENDIOLA

PUBLIC HEALTH

"I'd want a job that pays more because I have goals that make an impact on society. If I have a job that pays more, it's going to allow me to start making changes in society."

WHAT KIND OF JOB DO YOU WANT AFTER GRADUATING?



LET US KNOW ONLINE OR ACCESS: www.sundial.csun.edu

COMMENT



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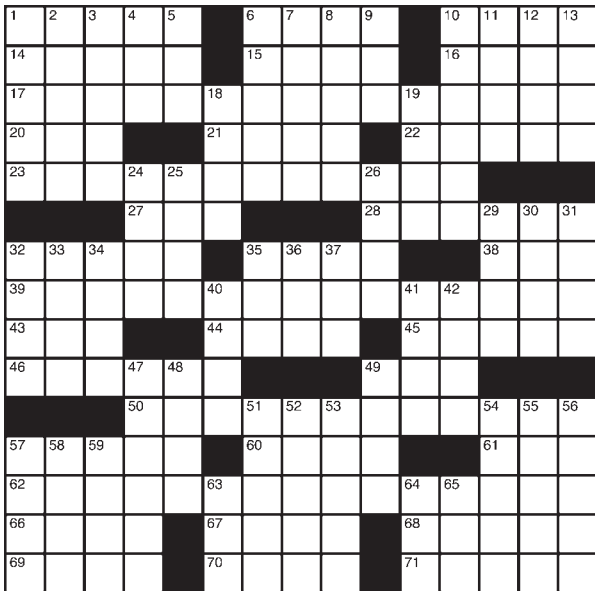


Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Ski area helpers
- 6 Finish line?
- 10 Equal to the task
- 14 "Live Free ...": New Hampshire motto
- 15 Some are easily bruised
- 16 Sound of laughter
- 17 RATS
- 20 "Friendly skies" co.
- 21 Garr of "Mr. Mom"
- 22 "My place or ...?"
- 23 SHUCKS
- 27 Unspecified amount
- 28 One of the Seven Sisters schools
- 32 Joe's sister in TV's "Under the Dome"
- 35 Salinger girl
- 38 Soccer shout
- 39 DARN
- 43 Goat quote
- 44 Hurdle for a storied cow
- 45 Offers thanks, in a way
- 46 Decides one will
- 49 Itinerary word
- 50 SHOOT
- 57 Setting for "Beasts of the Southern Wild"
- 60 Cloudburst, e.g.
- 61 Seasonal drink
- 62 FUDGE
- 66 Item on a "honey-do" list
- 67 Time fraction: Abbr.
- 68 "Bad, Bad Leroy Brown" singer
- 69 Computerized city people
- 70 Former "Entertainment Tonight" co-anchor
- 71 Ecclesiastical council



By Marti DuGuay-Carpenter

9/26/13

Wednesday's Puzzle Solved

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

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DOWN

- 1 Replenish a pint of ale, say
- 2 Thorny shrub
- 3 Jane Eyre's charge
- 4 Free
- 5 When sch. often starts
- 6 Plains home
- 7 Golden ...: seniors
- 8 Classical Greek style
- 9 Stubborn one
- 10 They have strings attached
- 11 Boyfriend
- 12 Animal shelter
- 13 Under-the-sink joints
- 18 Modest acknowledgment of praise
- 19 Banks in fashion
- 24 Bill stamp
- 25 From the top
- 26 Hot spot
- 29 Pop
- 30 Compatriot
- 31 Roger who played Lord Marbury on "The West Wing"
- 32 BBs, e.g.
- 33 Spring tide counterpart
- 34 Hard-to-see pest
- 35 WWII command
- 36 "Dexter" network, in listings
- 37 Word with best or common
- 40 "Don't worry about me"
- 41 Huge production
- 42 Logician's "E," perhaps
- 47 Has to sell
- 48 Bullish beginning?
- 49 Chianti, in Chianti
- 51 Wipe out
- 52 "Eight Is Enough" actor Willie
- 53 Sound quality
- 54 Workers' backer
- 55 "But wait! There's more!" company
- 56 Vandalized, Halloween-style
- 57 Comedy routines
- 58 Healthy berry
- 59 Cowpoke's polite assent
- 63 Tolkien's talking tree
- 64 IBM hardware
- 65 Ask too many questions

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HOCKEY

Powerhouses poised to rematch

BRIAN BERNSTEIN
DAILY SUNDIAL

THE 2013-14 NHL season is one week away, and two teams in the Western Conference have separated themselves from the pack.

The first team is the 2012-13 defending Stanley Cup Champions Chicago Blackhawks.

CENTRAL DIVISION

The Blackhawks began their march to the cup last season, not losing once in regulation throughout their first 24 games.

The Blackhawks are one of the fastest teams in the league, and a surprisingly physical group for a relatively short team.

Led by captain Patrick Kane, the Blackhawks do not out-muscle teams, instead they use their speed and quickness to pressure teams on the forecheck creating turnovers in the neutral zone and odd number attacks against defenses.

The Blackhawks also kept their offensive core intact after signing forward Bryan Bickell to a well-earned contract extension after scoring nine goals and eight assists in 23 games in the postseason last year.

They have skilled defensive players who are not afraid to throw their bodies around, such as defenseman Duncan Keith, Johnny Oduya, and even 5'11 180 lb center Andrew Shaw who was not afraid to battle in front of the net against Zdeno Chara, the Boston Bruins 6'9", 255 lb defenseman, in the Stanley Cup Finals.

No Stanley Cup Champion is complete without a solid goaltender, and the Blackhawks have great security in Corey Crawford. Crawford was a beast in goal during the regular season and the playoffs.

The Blackhawks will not repeat the start they had last season this year. However, they will finish with one of the top two spots in the west heading into the playoffs.

PACIFIC DIVISION

The Los Angeles Kings are the second team that has separated themselves from the rest.

The Kings won their first ever Stanley Cup during the 2011-12 season as an eighth seed, the only team to accomplish this feat. They had one of the most impressive playoff records in NHL history, as they posted a 16-4 record, losing twice on the road, and capturing a 3-0 lead in all four of their best-of-seven series.

For the Kings to get back to the Stanley Cup Finals, it will be because of their defense, anchored by goaltender Jonathan Quick and defensemen Drew Doughty and Willie Mitchell. Quick was the 2012 Conn Smythe Trophy winner, awarded to the Most Valuable Player during the Stanley Cup Playoffs, and is one of the five best goalies in the league today.

The Kings play a physical style of hockey making them a favorite to win the cup. They are at their best when they are pressuring teams on the forecheck and keeping the puck deep in their offensive zone.

Anze Kopitar, Mike Richards and Jeff Carter lead the Kings offense, while captain Dustin Brown is the heart and soul. Carter and Richards played together previously in Philadelphia and have amazing chemistry together, making them a dangerous duo, while Kopitar is so fundamentally skilled that he creates matchup problems for any opponent.

The San Jose Sharks, Anaheim Ducks, Phoenix Coyotes and Saint Louis Blues are the other teams that can compete in the West, but ultimately it will come down to the Blackhawks and Kings because of their strong goalkeepers and proven track record in the playoffs.



WESTERN CONFERENCE

The Kings look to get back to the conference finals after losing to the Blackhawks in the playoffs last season.

COURTESY OF MCT

DARKO DEBOGOVIC
DAILY SUNDIAL

FOLLOWING A surprising exit during last year's Stanley Cup playoffs, the Pittsburgh Penguins are reloaded and primed to hoist Lord Stanley's Cup yet again. If the Pens want to return to the finals, they'll have to exorcise their demons and face the Boston Bruins in the Eastern Conference Finals for a second year in a row.

Here's a look at the 2013 Eastern Conference and which teams look ready to make a practical run at a championship.

METROPOLITAN DIVISION

The Pittsburgh Penguins are the clear favorites coming out of the Metropolitan Division led by All-Stars Sidney Crosby and Evgeni Malkin. Despite last year's epic meltdown in the Eastern Conference Finals, the Pens' prolific offense is more than capable of making a deep playoff run this year. In 2012 Crosby finished fourth in points (56) and second in assists (41) while Malkin led the team in points (16) during the playoffs. The re-signing of head coach Dan Bylsma and goaltender Marc-Andre Fleury should give Pens fans realistic Stanley Cup aspirations.

Pittsburgh's new division-



EASTERN CONFERENCE

COURTESY OF MCT

Led by all-star Sidney Crosby, the Penguins have high hopes this season after being swept by the Bruins last year in the conference finals.

al rival (thanks to this year's divisional realignment) is the New York Rangers. With arguably the best goaltender in Henrik Lundqvist and newly appointed head coach Alain Vigneault, the Rangers look poised to finally contend for a Stanley Cup. All eyes will be on Rick Nash and Brad Richards who combined for a measly two goals during last year's playoffs.

Despite narrowly missing the playoffs in 2012, the Columbus Blue Jackets' val-

iant push towards the postseason (in which they won nine of their last 12 games) showed that they have potential moving forward. With returning Vezina Trophy winner Sergei Bobrovsky and the acquisition of winger Nathan Horton, the Columbus Blue Jackets have a legitimate shot at contention.

The Washington Capitals round out the only other relevant team in this division. Winning both the Maurice Richard Trophy and the Hart Memorial Trophy in the same year, Alex-

ander Ovechkin looks like the vintage, highlight machine the hockey world is accustomed to. Ovechkin will put the Caps on his back again and take them on a lengthy postseason run.

The Penguins will win the Metropolitan Division followed by the Rangers in second, the Blue Jackets in third and the Capitals in fourth.

ATLANTIC DIVISION

Coming off a last-minute defensive collapse in game six of the 2012 Stanley Cup

Finals, the Boston Bruins will look to rebound in 2013. The sudden departure of goaltender Tim Thomas had Bruins fans apprehensive at the start of 2012 until Tuukka Rask stepped into the crease. Rask posted an outstanding 1.88 goals against average and 94 percent save percentage in last year's playoffs. Don't expect a Stanley Cup hangover for Boston.

The Western Conference perennial powerhouse that is the Detroit Red Wings will be

taking their talents to the Eastern Conference this year. The Wings have one of the most talented playmaking, ankle-breaking, players in Pavel Datsyuk, who led them in points (49) and goals (15) in 2012. With the emergence of goaltender Jimmy Howard, Detroit is ready to continue its streak of 23 straight playoff appearances and possibly another Stanley Cup title.

Adding winger Bobby Ryan from the Anaheim Ducks will bode well for the Ottawa Senators in 2013. Ryan was considered one of Anaheim's top forwards and will be heavily relied upon to fill the offensive void of Daniel Alfredsson. The Senators should be a formidable force in the East, especially with goaltender Craig Anderson and defensive superstar Eric Carlson returning.

Although the Montreal Canadiens don't have much size, they do have lots of speed. If the Canadiens want to return to the playoffs in 2013, they'll have to reproduce their offensive output of 3.04 goals-per-game. Habs fans are optimistic their team can finally break Canada's 20-year Stanley Cup dry spell, and bring the cup back to Montreal.

The Bruins will win the Atlantic Division followed by the Red Wings in second, the Senators in third and the Canadiens in fourth.