

Pride Center and LGBTQA club celebrate National Coming Out Day

CTVA professor talks pastries and world hunger in new documentary



Klotz Health Center offers a variety of contraceptives

Women's Volleyball: Matadors stay unbeaten in Big West

FREE

DAILY SUNDIAL

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

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BILL TACKLES MENTAL HEALTH

A new bill will protect Californians with mental health issues by ensuring that their providers give them coverage

75 PERCENT
OF MENTAL ILLNESSES DEVELOP BEFORE THE AGE OF 24

INFORMATION COURTESY OF THE NATIONAL INSTITUTE OF MENTAL HEALTH.

NEARLY 44.7 MILLION AMERICANS AGED 18 OR OLDER HAD A MENTAL ILLNESS IN 2011, OR **19.8 PERCENT** OF THE POPULATION

INFORMATION COURTESY OF THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION



29 PERCENT OF STUDENTS SAID THAT STRESS DIRECTLY AFFECTED THEIR ACADEMIC PERFORMANCE

INFORMATION COURTESY OF 2011 AMERICAN COLLEGE HEALTH ASSOCIATION

20 PERCENT REPORTED THAT ANXIETY CAUSED THEM TO EITHER RECEIVE A LOWER GRADE ON AN ASSIGNMENT OR TEST, OR CAUSED THEM TO DROP A CLASS

INFORMATION COURTESY OF 2011 AMERICAN COLLEGE HEALTH ASSOCIATION

ILLUSTRATION BY JASMINE MOCHIZUKI / VISUAL EDITOR

MELANIE GABALL
SENIOR STAFF

A RECENTLY AMENDED California Senate bill will put pressure on health insurers to prove they are covering the costs of mental health care for policyholders.

"Mental illness affects a lot of people so health care coverage is important," said Jerry Abassian, a student who is pursuing a master's degree in social work. "I'm working in the government agencies like the VA (U.S. Department of Veterans Affairs) and [I see first hand] that a lot of people are affected by mental illness, so this bill can benefit them in a great way."

Senate Bill 22 was introduced in December by Senator Jim Beall (D-San Jose) to improve the monitoring

of insurers who may or may not be following state and federal mental parity laws, which mandate insurance companies to cover mental health care costs.

"SB 22 makes sure that Californians who have a mental illness or a substance abuse disorder will get the costs of their treatment covered by their health insurers," Beall said in a press release. "This bill improves the monitoring of insurers' compliance with parity laws. For health insurers who are already doing a great job, the system will reveal that. The system will also reveal to consumers and regulators which insurers are not following the law."

Nearly 44.7 million Americans aged 18 or older had a mental illness in 2011, or 19.8 percent of the population, according to the Substance Abuse and Mental Health Services Administration.

According to the National Insti-

tute of Mental Health, 75 percent of mental illnesses develop before the age of 24.

The most common mental illnesses reported on college campuses are depression, anxiety, substance abuse and eating disorders, according to the American Psychiatric Association.

Mark Stevens, Ph.D., the Director of University Counseling Services at CSUN, said an average of 65 new students seek their services per week.

"I think the stigma of seeking help for mental illness has been reduced, but my motto is you don't have to be sick to get help...just stuck," Stevens said. "We want students to come in early, could be for anxiety or poor concentration, prevention is key."

In 2008, the federal government passed the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA). The legislation requires that the coverage for mental health

and substance abuse should not be limited in comparison with other medical conditions.

Jay Kapitz, CFO of Pacific Shores Hospital, a psychiatric hospital in Oxnard, said the mental health parity laws have made a big difference for his patients.

"The mental health parity law said diseases like schizophrenia and eating disorders could be just as life-threatening as any other disease and the necessary treatment should be covered by insurance," Kapitz said. "California has always been ahead of the curve in terms of mental health parity legislation, but (our hospital) serves patients countrywide so having a federal law passed was really big."

The new legislation, which will go into effect Oct. 1, 2014, will require health insurers to submit annual reports with consumer surveys and other analysis to the Department of Managed Health Care or the Depart-

ment of Insurance to prove their compliance.

The reason why insurers look to cut coverage of mental health care is because there's a "gray area" when treating patients with mental illness. An individualized treatment plan may not be covered by insurance, Kapitz said.

"When it comes to an appendix removal, the treatment plan is black and white, but with mental health care the right treatment plan can be more complex," Kapitz said. "Many insurance companies will want to find the cheapest way to treat patients. They are in the business of making money so they will always look for a way to cut costs."

According to a survey conducted by the American College Health Association in 2011, 29 percent of students said that stress directly affected their

LGBTQ students share stories

ANDREW MARTINEZ
DAILY SUNDIAL

ON NATIONAL COMING Out Day, which is Oct. 11, CSUN's Pride Center welcomed students to share their coming out stories at the Express Yourself Variety Show.

An "Express Yourself" room was provided which featured a timeline of major historical events within the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) community. Students were also encouraged to write motivational messages "Be Proud to Be You" to be displayed on the wall for all to see.

National Coming Out Day is an internationally observed day that celebrates the coming out of individuals who identify as lesbian, gay, bisexual or transgender. The event also aims to raise awareness of the LGBTQ community, as the Human Rights Campaign estimates one out of every two Americans has someone close to them who is gay or lesbian.

A microphone was set up for students to share stories and poems regarding their coming out experience with the audience.

"Today's event, we're celebrating National Coming Out Day, and really encouraging students to express themselves, in whatever way that is, really about being proud,



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Jealinda Mills, 21, a communications major, recites poetry at the Express Yourself Variety Show at the National Coming Out Day Celebration.

being true, and being you," said Sarina Loeb, coordinator of the Pride Center.

"Be true, be you" was the Pride Center's motto for the event this year.

Christina Corral, a 19-year-old sociology major, was attending such an event for the first time, and enjoyed the Express Yourself activities.

"It's good to be in an environment where I know I'm not judged and I feel comfortable with myself, with my girlfriend, and knowing everything's going to be okay," she said.

The variety show featured performances by The Cuddlers, an a cappella subgroup of the Gay Men's Chorus of Los Angeles, the CSUN hip hop dance team and a variety of spoken word performances includ-

ing poetry and singing.

In another room, balloons representing various LGBTQ symbols were assembled on the wall, and students videotaped their coming out stories for an archive.

Jorge Reyes, event assistant for lectures and culture at the USU, emphasized that the event was not meant to push people to come out.

"I'm just really excited that this year is happening to a point where it's not pushing people to come out. It's more like expressing themselves and it's a new angle," Reyes said.

This was not the first variety show held in celebration of National Coming Out Day. Last year the Pride Center held the Out Loud and Proud event at the USU, and the CSUN LGBTQA club have hosted similar events in the past before the Pride Center opened last fall.

Dorm suspect arrested

CHAMPAIGN WILLIAMS
LIVE NEWS EDITOR

THURSDAY CAMPUS POLICE arrested a CSUN student identified as one of the suspects involved in a burglary that took place in the dorms Oct. 4.

According to CSUN PD, witnesses confirmed that 20-year-old Spencer Shipp was allegedly one of four men who forced their way into a resident's apartment.

As reported in the Daily Sundial's coverage of the crime, four males entered University Park Apartment (UPA) 11 and knocked on a residents door. When the female resident opened the door, the suspects forced their way into the apartment, looking for someone they claimed to have had a previous altercation with, according to police.

Officials say that Shipp is not the suspect depicted in the crime alert distributed by campus police last Saturday, and according to PD the investigation continues.

This crime is one of four crimes that took place in the UPA within the last two weeks, and one of three crimes involving four males. CSUN PD is still investigating whether the three crimes are related.



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Express Yourself Variety Show was held in celebration of National Coming Out Day. Music, dance and poetry were performed on stage at the Northridge Center, USU on Thursday.

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TUESDAY

MRE: Meet/Relax/Eat
5-7 p.m. VRC, USU

GRILL: Gender, Race, Identity, and the Law in our Lives 5 p.m. Northridge Center, USU

Tuesday Talks
7 p.m. Pride Center, USU

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Study Abroad Fair
10 a.m. - 2 p.m. Grand Salon, USU

Tech Series: Microsoft Word
1 p.m. Computer Lab Training Room, USU

Expressions
8 p.m. Games Room, USU

THURSDAY

Craft Corner
11:30 a.m. - 1:30 p.m. Plaza del Sol, USU

Noontime Concert
Plaza del Sol, USU

LGBTQ Coffee Nights
5-7 p.m. Pride Center, USU

Laugh Your Class Off Auditions
8-10 p.m. Games Room, USU

FRIDAY

Tech Series: Microsoft Word
3 p.m. Computer Lab Training Room, USU

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DEAF retreat improves communication

MERCEDES ORTIZ
DAILY SUNDIAL

WITH MORE than 220 deaf and hard-of-hearing students attending CSUN, the university provides programs such as the Deaf Education And Families (DEAF) Project to encourage communication and celebration between hearing and non-hearing family members.

The DEAF Project retreat connected families with deaf and hard-of-hearing children at the Marlton School in Los Angeles Saturday afternoon.

The goal of the retreat was to build hearing, hard-of-hearing and deaf family communication skills by providing workshops and family team building activities.

Apryl Chauhan has been involved with the DEAF project since they started, first as a mother receiving help and now contributing to the program as a presenter because she said the events the DEAF Project team hosts can make a difference in the lives of blended families.

"The social events are what have impacted my life the most," Chauhan said. "[By] giving us all an opportunity to come together and

enjoy each other as a family."

The retreat was conducted in English, Spanish and American Sign Language (ASL) to make sure that every possible person in attendance was accommodated and made to feel comfortable.

"About 30 percent of the families that we work with are Spanish speaking and we are targeting everybody," said DEAF project coordinator Rachel Freeman Narr. "We want to make sure that they are feeling welcomed and invited because locating resources is really challenging for families that are already feeling isolated."

Some of the resources provided by the DEAF Project team include ASL courses and mental health resources for deaf and hard-of-hearing family members.

The DEAF Project has been at CSUN since 2007 under the Family Focus Resource Center in the College of Education with the purpose of providing support and empowerment for parents of deaf and hard-of-hearing children.

"What that looks like are activities, education, networking, getting these families together so they can meet one another [so their kids can meet one another] so that they can feel less alone out there in the world," Freeman Narr said.

The DEAF project serves 12

counties from southern California including Kern County, San Luis Obispo, all the way down to Mexico and over to Arizona.

"We are very pleased that a lot of families have traveled pretty far, we have a family from Indio, from Bakersfield, San Bernardino, San Diego, Ventura, Lancaster, so we are really happy with the turnout," said Freeman Narr after seeing more than 230 people (about 50 families) at the retreat.

Parents were divided into two different groups with only moms and dads. These groups were then divided again into English and Spanish speaking. Once in their groups, hearing parents were asked to wear earplugs in order to better understand for a few moments how it feels to be deaf or hard-of-hearing. Presenters talked about the importance of interacting with children, programs available for them, and other ways to communicate with deaf and hard-of-hearing kids to show emotions.

Marcus Rayon, 30, has a hard-of-hearing son and said this retreat was very unique and beneficial for him.

"It was very fulfilling because everybody got to share what kind of father you want to be and what kind of legacy you want to leave and that is so important in being a father," Rayon said.



MERCEDES ORTIZ / DAILY SUNDIAL

CSUN students volunteer at the DEAF Project retreat to promote communication between families by organizing team building activities on Saturday.

He also said that something he learned and impacted him as a busy father was a message he heard at the retreat. "You (have to) not be so busy making a living and start being busy making a life," Rayon said.

Doctor Tomas Garcia, who is deaf and specializes in American Sign Language education also believes events of this type are important for the deaf community.

"There is a lot of social pressures to be categorized and to fit

into a box. What happens a lot of times is that those deaf children go through the same experience that I did in not knowing and not distinguishing their identity," Garcia said.

He said that by going out into the community, by talking, interacting and living the experience together children feel part of a community.

Freeman Narr said these events are also about helping parents raising deaf and hard-of-hearing children, for parents to

meet deaf adults, to "meet their children in the future."

Doctor Garcia said he wants parents to see him as the future of their children.

"I am in representation of your child, this is your child having grown up ... so I'm directly sharing challenges and successes with you so we can be stronger and united" Garcia said.

This is the first retreat of this type hosted by the DEAF project but they have other similar events every month.

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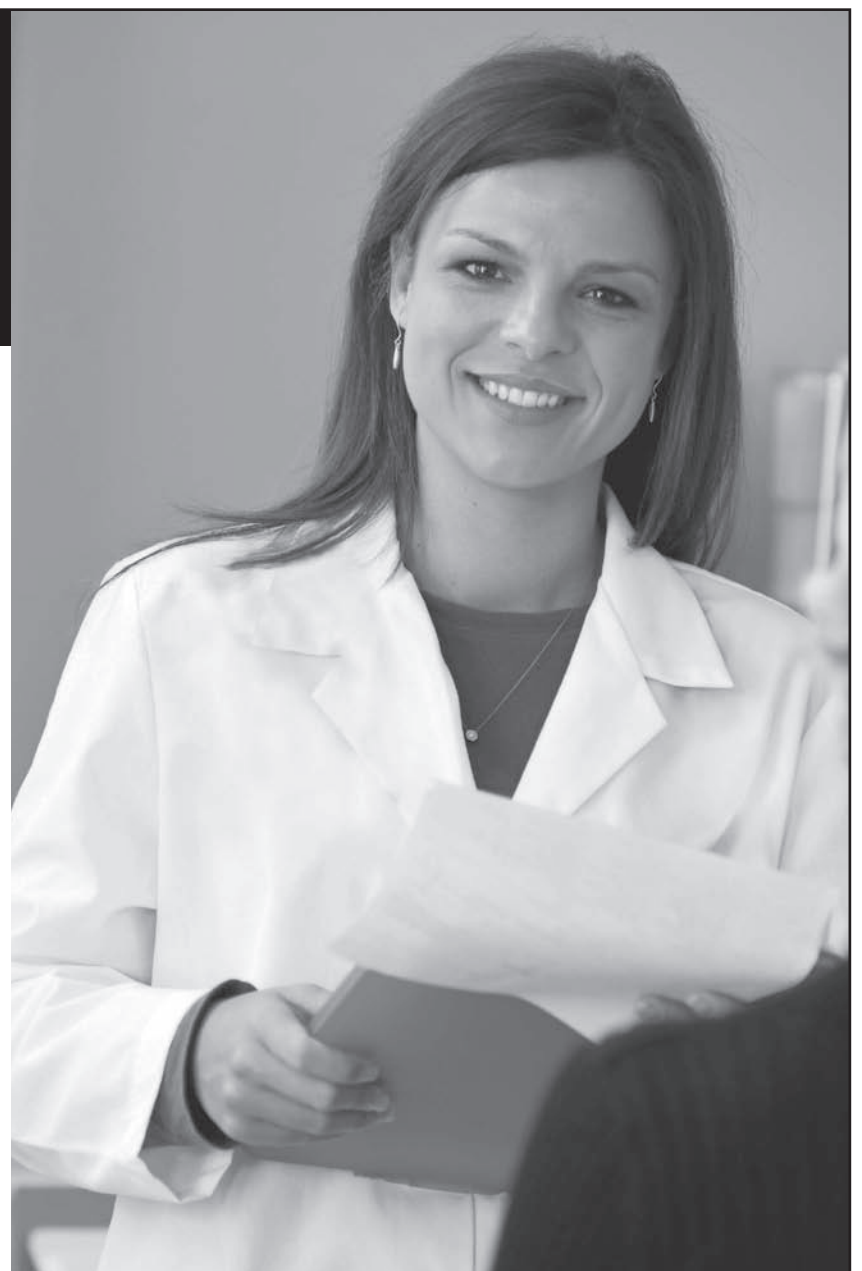
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¹ <http://www.bls.gov/ooh/Healthcare/Physical-therapists.htm#tab-6>

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³ WASC Senior College and University Commission, 985 Atlantic Avenue, #100, Alameda, CA 94501, 510-748-9001, www.wascenior.org

⁴ Graduation from a physical therapist education program accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE), 1111 North Fairfax Street, Alexandria, VA 22314; phone; 703-706-3245; accreditation@apta.org is necessary for eligibility to sit for the licensure examination, which is required in all states.

West Coast University is seeking accreditation for a new physical therapist education program from CAPTE. The program has submitted an Application for Candidacy, which is the formal application required in the pre-accreditation stage. Submission of this document does not assure that the program will be granted Candidacy for Accreditation status. Achievement of Candidacy for Accreditation status is required prior to implementation of the professional phase of the program; therefore, no students may be enrolled in professional courses until Candidacy for Accreditation status has been achieved. Further, though achievement of Candidacy for Accreditation status signifies satisfactory progress toward accreditation, it does not assure that the program will be granted accreditation.

For graduation rates, median debt of graduates completing these programs and other important information, visit westcoastuniversity.edu/disclosures

Lights, camera, cake

Professor discusses documentary on world hunger, and being one of the first women to study at Yale University

ALEX VEJAR
DAILY SUNDIAL

WHEN CINEMA and television arts professor Alexis Krasilovsky couldn't afford to eat a meal while in college, she did what she said many students do. "I'd eat a piece of pastry," she said.

Several years later, she found herself at a party for the Dhaka International Film Festival in Bangladesh. After being allowed to only interact with embassy people, rather than natives who had been displaced due to a recent fire, she thought of an idea for a new film and a story she felt had to be told.

"I began to think about the disparity; it's such a poor country," Krasilovsky said. "That stayed with me."

That story is "Pastriology," a documentary exploring pastry traditions in different parts of the world while also shedding light on areas where people not only cannot afford to eat a pastry, but don't even know what one looks like. It is a fusing of footage shot in eight countries by multiple directors.

"Let Them Eat Cake," the

shorter version of the documentary, is set for a sneak preview in CSUN's Elaine and Alan Armer Theater on Monday.

Krasilovsky said she never intended to make documentaries, yet her previous film "Women Behind the Camera" won multiple best documentary awards, according to its website. The movie focuses on female filmmakers from around the world and is based on Krasilovsky's book by the same title.

As one of the first female students allowed to attend Yale University, Krasilovsky wanted to address the "silencing of women" at the time using the universal language of film.

"I found that in order to tell [my] stories the way I wanted to, it wasn't enough to just write them," Krasilovsky said. "I had to direct them and produce them."

Existing in a male-dominat-

ed industry, Krasilovsky feels something should be done about the "abysmally low" number of female writers and directors.

"I think it starts with education," she said of reasons why there are not enough women in filmmaking. "It's really important to have a diversity of faculty so we have more role models for the students. We have to have a diversity in the curriculum of the examples of works that are shown to the students so that they don't feel the formula is the only thing out there."

Krasilovsky has taught at CSUN for over 25 years, a milestone that surprises her.

"I had no clue that I would be going into teaching much earlier in life, [but] the people were so nice [at CSUN] compared to the backstabbers in Hollywood whom I had been interviewing with and/or working with that I thought, 'Gee, this might be a

"I had no clue that I would be going into teaching much earlier in life, [but] the people were so nice [at CSUN] compared to the backstabbers in Hollywood."

—Alexis Krasilovsky
CTVA professor and filmmaker



ALEX VEJAR / DAILY SUNDIAL

Alexis Krasilovsky, CTVA professor, has a new documentary called "Pastriology." A sneak preview of the shorter version "Let Them Eat Cake" will be shown Monday.

nice thing to do — for a while," she said. "I never dreamed that I would be here 25 years later."

Krasilovsky feels being an educator makes her think more directly about issues, and her role at CSUN makes her filmmaking more personal.

"Teaching has been a good way to be able to make the films that I want to make," she said. "I've been able to make quite a number of films that I believe in, often with my students."

One of those students is junior screenwriting major Shannon Houlihan, Krasilovsky's intern for "Pastriology." She started working with Krasilovsky by staying after a film class to inquire about the internship opportunity.

"She's very passionate,"

Houlihan said of Krasilovsky. "I'm very impressed with just how much she has on her plate and how hard she works. It's constantly inspiring."

Joel Krantz, CTVA professor at CSUN, edited sound for Krasilovsky's film. Although he doesn't normally work on documentaries, Krantz learned a lot by working with her.

"It was a good experience to just work on her documentary and see how she did things," he said. "She's really a talented director."

Krasilovsky finds her ability to help her students get past professional obstacles to be the most fulfilling part of her career.

"To be able to overcome some of those issues in my own life and to teach some of my stu-

dents to overcome those issues — how to break through as an unknown, how to avoid sexual harassment, how to listen to your inner voice and tell real stories instead of just going for the surface gloss — that has been immensely rewarding," she said.

SNEAK PEEK

WHEN: Reception at 6:30p.m., screening at 7:30

WHERE: Elaine and Alan Armer Screening Room, Manzanita Hall

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OCTOBER 14, 2013

OPINION@SUNDIAL.CSUN.EDU

Opinion

Health Center offers contraceptives

For sexually active women, the Klotz Health Center and Family PACT offer different methods of contraception

ABIGALLE LEVRAY
CONTRIBUTOR

During the college years, many women experiment with different sexual partners but many also find themselves in serious monogamous relationships. After finding the right man that is trustworthy and has been tested, it is normal to want to upgrade from condoms to a more permanent kind of birth control, especially if you don't foresee having children for at least the next few years.

But keep in mind that condoms are the only contraceptive method that prevents the contraction of STDs. All other methods should be viewed as backup.

Cost may often limit the possibility of exploring different contraceptive methods, but as a student it is important to know that the Klotz Health Center on campus has great deals and opportunities for you.

The state-funded Family Planning, Access, Care, and Treatment (Family PACT) program offers free services for low-income CSUN students through the Klotz Health Center. In order to qualify, you have to live in California, be under 55 if you're a woman or under 60 if you're a man, and not make more than \$1,700 per month, according to the Klotz Health Center website. Family PACT may provide pap smears, pregnancy testing, birth control, emergency contraception, condoms, sexual transmitted disease testing, birth control information and other sexual and reproductive health services, according to the Klotz Health Center website.

To see if you qualify, stop by the Klotz Health Center Monday through Thursday from 9 a.m. to 11 a.m. and between 2 p.m. and 4 p.m.

Before getting to the specific types, here are a few things I learned in Amy Reichbach's class which proved very informative and helpful to finding the right kind of method for me. Reichbach is the clinical patient educator at the Klotz Health Center. There are contraceptive methods that do not contain any estrogen hormones. Why fear estrogen, you ask? If you have chronic migraines or

a history of breast cancer, this hormone puts you at a higher risk for both. Estrogen hormones have also been known to cause shifts in weight, mood and skin condition. Some of these include NuvaRing, the pill and the patch.

Other contraceptive methods like the implant, IUD (intrauterine device), and injections, though newer, seem to have little to no side effects. Also, the fertility restoring time is within a

month after stopping or removing said contraceptive method.

Sounds great so why doesn't everyone do it?

First of all, these last three methods (implants, IUD and injections) have not been out for more than 20 years, so although healthcare providers are confident in their effectiveness and lack of long-term side effects, it still may feel risky for some patients. Secondly, the cost for

these methods without insurance is upwards of \$700.

Like all new things, it may catch on more in a few years when it is more affordable to the general public.

I recently had a pregnancy scare of my own. For that period of time I experienced the fear, anxiety and elation involved with the prospect of bringing a life into this world. I spoke to other mothers including my own to weigh out the pros and cons (as most women do). Ultimately, I found myself wishing that I did not have to make this choice. Preventative contraception would have spared me the anxiety. The prospect of an abortion horrified me, not because of how I might be judged by others, but because I would constantly wonder what could have been, the mother I could be as the woman I am today, not to mention how it would affect my boyfriend. Having a child concerns both parties involved.

Unfortunately, a Nebraska teenager in foster care didn't have that choice. A 16-year-old was denied

the right to have an abortion in a ruling by the state Supreme Court earlier this month. The court ruled that she was too young to make the decision of having an abortion. When the judge asked her if she knew that the abortion would kill the fetus, the teenager said she understood but still wanted the abortion. The young girl didn't want to be a mother at this point in her life, which is understandable.

Sadly, this young girl is going to be a mom, whether she likes it or not.

Regardless of how one feels about whether or not the Supreme Court's ruling was fair, we can all agree that sexual and reproductive health services need to be fully accessible.

For many young women there are choices. There are many methods of birth control, some with side effects. The most important thing is to educate yourself about them. Work with a healthcare specialist who can go through you and your family's health history to determine which is the best for you. It's important. It matters. It's about planning your future.

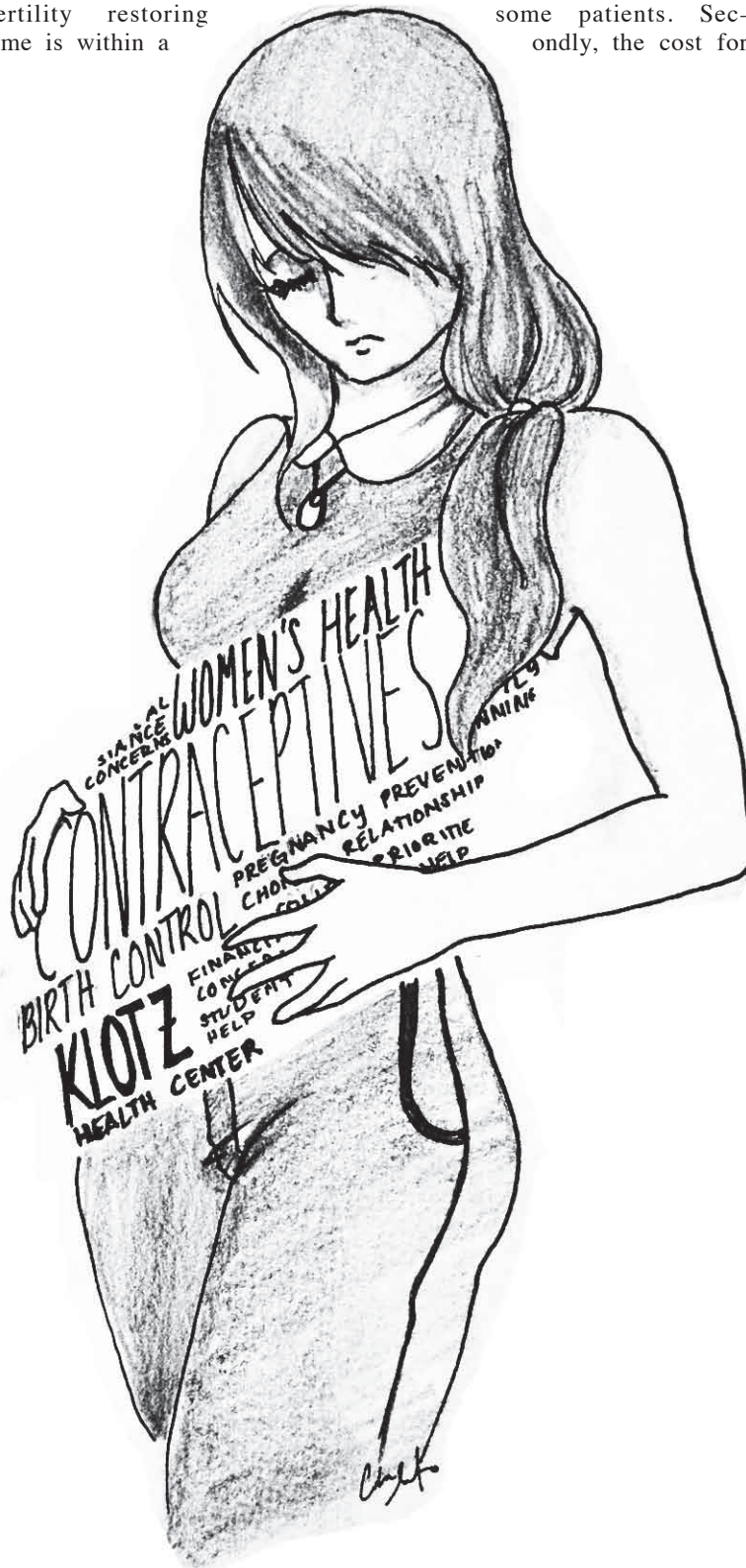


ILLUSTRATION BY CELINA SARMIENTO/ CONTRIBUTOR

CONTRACEPTIVES AT KLOTZ

CONDOMS: One time use.

THE PILL: Take everyday at the same time. (Each pill lasts 24 hours, so even if you are off taking it by an hour, it renders that pill benign. YOU CAN GET PREGNANT. No doubling up.)

THE PATCH: Put on a fatty part of the body and swap out every week. Choose a different location on the body for each usage.

IUD: T-shaped plastic device that is inserted inside the cervix, with a short piece of soft wire (not felt by the penis). It can be used for 5 to 7 years.

Injections: You must visit the Klotz Health Center once every three months to get a shot.

IMPLANT: A thin plastic bar about 2 1/2 inches long is inserted into the arm and can be left as effective contraceptive method for 3 to 4 years.

FOR MORE INFORMATION ABOUT THE FAMILY PACT PROGRAM AT THE KLOTZ STUDENT HEALTH CENTER, CALL 818 677-3651

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HEALTH BILL

Continued from page 1

academic performance, while 20 percent reported that anxiety caused them to either receive a lower grade on an assignment or test, or caused them to drop a class.

"Everybody knows somebody who has a mental illness, and there will continue to be more need for mental care," Kapitz said. "It's a stressful and complicated world and certain people cope with it better than others."

A lot of mental illnesses also affect the body with somatic, or physical symptoms, said Amina Flowers, who is pursuing a master's degree in clinical psychology.

"Many people can't afford to get the mental health care that they need," Flowers said. "(Their condition can) end up

resulting in them losing their jobs, becoming homeless, putting others in danger and also losing their own lives. I don't understand why we would take care of our bodies but not our minds which control our bodies."

The University Counseling Services provides a range of free confidential counseling options, including individual counseling, couples counseling, group counseling, and psychiatric consultation as well as online resources on their webpage.

For hospitals and patients already aware of the mental health parity laws, and for insurance companies already complying, this new bill will change little, but when the Affordable Care Act goes into effect, insurance coverage is likely to change again, Kapitz said.

"Even with these laws in place, (a patient) still has to get insurance companies approval

for treatments," Kapitz said. "We can guess that when Obama-care goes into effect more people will be insured and insurance companies will try to cut costs somehow. They probably won't certify treatments as readily," Kapitz said.

HOTLINES

Drug Use is Life Abuse:
1-800-NO GANG
(1-800-664-2647)
www.duila.org

National Institute of Mental Health (NIMH)
www.nimh.nih.gov



CAMPUS VOICE

DAILY SUNDIAL STAFF

CSUN students share their thoughts



SKYLAR FISHER
MATHEMATICS

A lot of mental health issues are put off to the side. CSUN does a pretty good job at addressing depression with the Blue Program, and also letting people know that there is a medical center."



ALICIA ALVAREZ
UNDECIDED

"A lot of the people I know that have mental issues, family members, They're always saying that they need help taking care of the kid, grandparent, or adult, and they're not really getting supported enough."



ANDREA CANTON
COMMUNICATION DISORDERS

"Schools should have more programs to help out kids with special needs. Whether it be speech problems, or any other mental health issues. It should start in schools."



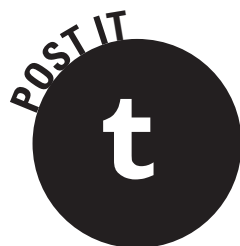
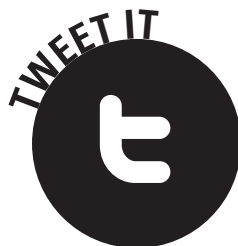
ARRIEL SANCHEZ
PSYCHOLOGY

"I feel like there should be more proactivity in schools to prevent any kind of mental issue as far as stress and stuff like that. I think there is a lot of underground stuff that people don't know about. My major in particular, there are a lot of stuff going on, but people don't know about it."

How do you feel about mental health care? Share your thoughts.



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

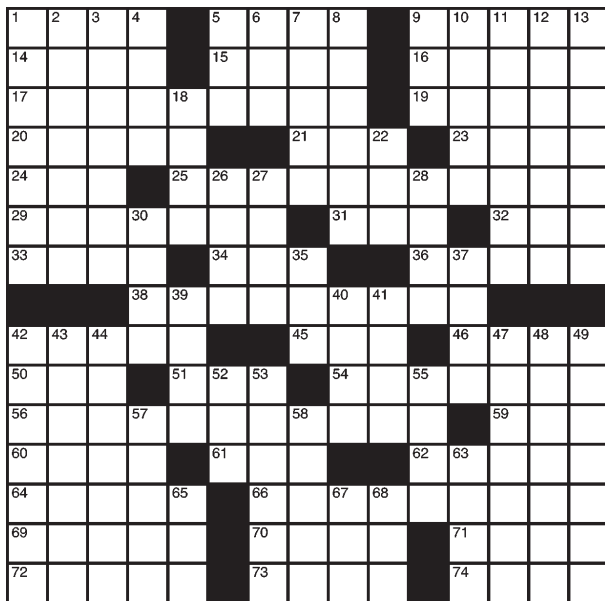


Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Actor Damon
- 5 Like unfizzy soda
- 9 Relatively cool heavenly body
- 14 Suffix with buck
- 15 Grocery section
- 16 "All done!"
- 17 Long-running musical variety TV show
- 19 Hunter's hides
- 20 Spiral-shaped fries
- 21 Fair-hiring abbr.
- 23 Wiesel who said, "Indifference, to me, is the epitome of evil"
- 24 "Just suspected!"
- 25 Pre-playoffs baseball drama
- 29 Work on, as a vintage auto
- 31 Sudoku grid line
- 32 Honorary legal deg.
- 33 '30s-'40s film dog
- 34 Logger's tool
- 36 Man and Capri
- 38 Final triumph after apparent failure
- 42 Fancy mushroom
- 45 Metric distances: Abbr.
- 46 Roadies' loads
- 50 Prefix with sex
- 51 Yale student
- 54 Kevin Kline's "French Kiss" co-star
- 56 Offensive in the First Gulf War
- 59 ___Caps: candy
- 60 Bug-killing brand
- 61 Deer daughter
- 62 How some stock is sold
- 64 Sent to the unemployment line
- 66 Retrace one's steps, and what ends of 17-, 25-, 38- and 56-Across can literally have
- 69 Key in
- 70 Mine, to Miri
- 71 Java Freeze brand
- 72 Swiped
- 73 Tree anchor
- 74 Breakfast, e.g.



By C.C. Burnikel

10/14/13

DOWN

- 1 Eyelash application
- 2 Stirs to action
- 3 One of a vacationing busload
- 4 Turnpike fee
- 5 Pres. on a dime
- 6 "Glee" actress ___ Michele
- 7 Sci-fi invader
- 8 Karaoke singer's ineptitude, to the chagrin of the audience
- 9 Gas additive letters
- 10 See-through
- 11 Revealing, as a celeb interview
- 12 "An" or "the"
- 13 Tends to a lawn's bare spot
- 18 AutoCorrect target
- 22 John's Yoko
- 26 Distinctive periods
- 27 Bagel shop call
- 28 Itty-bitty branch
- 30 Fish story
- 35 Moose relative
- 37 ___-Pei: wrinkly dog

Thursday's Puzzle Solved



(c)2013 Tribune Content Agency, LLC

10/11/13

- 39 Angel or Athletic, briefly
- 40 Rifle range need
- 41 Laptop operator
- 42 Confuses
- 43 Price of bubble gum, once
- 44 Trattoria rice dish
- 47 Leader in social networking until 2008
- 48 Cure-all
- 49 Enjoy coral reefs
- 52 Inc., in the U.K.
- 53 Meteorologist's pressure line
- 55 Future MBA's exam
- 57 Actress Georgia of "Everybody Loves Raymond"
- 58 Julio's "I love you"
- 63 Quick haircut
- 65 Profitable rock
- 67 Suitor's murmur
- 68 Model-ship-to-be

Classified Ads

HOUSING

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WOMEN'S VOLLEYBALL

Matadors drop Irvine in four sets

ANDREW MARTINEZ
DAILY SUNDIAL

THE MATADORS gained sole possession of first place in the Big West Saturday, as CSUN (15-3, 5-0 Big West) dropped UC Irvine (9-10, 0-5 Big West) in four sets, 19-25, 25-16, 25-22, 25-16.

With their first win against UCI since 2011, the Matadors have pulled ahead of Hawaii in the conference standings, who lost to UC Santa Barbara on Friday for their first conference loss.

CSUN's attack was sufficient enough, as the team had an average .248 hitting percentage. Sophomore middle blocker Cieana Stinson had a match-high 13 kills, while junior opposite hitter Natalie Allen recorded a double-double, collecting 11 kills along with 12 digs.

UCI's victory in the first set and large early lead in the third set may have been a cause of concern for CSUN, but the Matadors recovered and won their last set by a comfortable margin.

The Anteaters jumped out to a quick five-point lead to open the match,

and never saw their lead dwindle below five points throughout the set as the Anteaters won 25-19.

Stinson laid the Matadors were slow starters, but their improved play in later sets sealed the win.

"The first match was kind of rough, but we picked up our passing in the second, third, and fourth [sets], so it really had a great outcome for us," she said.

The Matadors had a team-high .333 hitting percentage in the second set, which paved the way for a CSUN win to even the match at one set apiece. The Matadors won the last eight points of the match, highlighted by a couple of big kills by Allen.

Much like Long Beach on Thursday night, the UCI squad came out strong in the third set, pulling ahead to an 8-1 lead, forcing an early CSUN timeout. The Matadors chipped away at the lead and ultimately took set lead over for good after a kill out of a timeout by senior outside hitter Mahina Haina put CSUN up 18-17.

By the fourth set the Matadors were cruising, as they were up by nine points several times throughout the set, winning the deciding set 25-16.



FILE PHOTO / DAILY SUNDIAL

The Matadors stand alone atop the Big West Conference with their win over UC Irvine. CSUN is now 15-3 overall and 5-0 in the Big West.

Head coach Jeff Stork said conference competition, despite their records, have stepped up their game when playing CSUN lately.

"CSUN is a marked target within this conference," Stork said. "We're not to the point where we can be

sloppy and win. We have to make sure that we prepare ourselves well. Obviously Irvine stressed us early, and we responded back in sets two, three and four," he said.

Although they were quick to admit that it was early in the season, the

Matadors expressed their content in reaching first place in the conference.

"It's a nice feeling, all your hard work pays off so it feels good," said Haina, who recorded 11 kills for the Matadors. "We're definitely not going to take it

lightly, we want to stay here so we are going to work really hard to keep us here."

The Matadors have a weekend road trip with matches at UC Santa Barbara and Cal Poly before returning home to host ranked Hawaii on Oct. 24.

MEN'S SOCCER

CSUN falls to UCSB 2-1 in overtime

DARKO DEBOGOVIC
DAILY SUNDIAL

AN EARLY first half goal convinced the Matadors (10-2-0, 2-1-0) the victory was theirs, but UC Santa Barbara (8-4-0, 3-0-0) was able to steal the game on a penalty kick in the dying seconds of overtime, Friday night at Matador Soccer Field.

After falling behind in the fifth minute of play, the Gauchos turned up the pressure and mounted a comeback thanks to an opportunistic set piece late in the game.

"Santa Barbara's a good team. They're resilient. They throw balls into the box. They're very dangerous on set pieces and we have to do better against teams like this," said head coach Terry Davila.

Junior forward Sagi Lev-Ari opened up the scoring for CSUN just over five minutes into the game.

A through ball from senior midfielder Carlos Benavides made its way to freshman midfielder Juan Samayoa on the right side. Samayoa then crossed the ball into the box and found the head of Lev-Ari for his ninth, conference-leading goal of the season.

"It's the best thing in the world (to score goals) but my team worked hard and without them I couldn't have scored," Lev-Ari said.

Despite taking a 1-0 lead, the Matadors were heavily outshot in the first half (8-3) and couldn't have held the lead without a big contribution from sophomore goalkeeper Adam Hobbs.

In the 32nd minute, Gauchos midfielder Nick DePuy sent a promising header toward the top left corner but Hobbs was able to punch it over the crossbar and preserve the lead.

UCSB kept its foot on the gas pedal in the second half, pressing Northridge and creating chances for themselves.

Just nine minutes into the

half, Gauchos defender Peter Schmetz headed a dangerous ball towards goal which was parried by Hobbs.

With time winding down in regulation, the Gauchos were awarded a free kick near midfield.

Drew Murphy's long cross found the head of Schmetz and floated over Hobbs' extended hands with three minutes left, sending the game into overtime.

"Every time you score a goal in the beginning of the game the other team is going to come at you with all their weapons. They pressed us high and scored their goal from a set piece," Lev-Ari said.

Each team managed to get a shot in overtime and possession remained fairly even.

With only eight seconds remaining, Northridge was flagged for a questionable handball inside their box, giving the Gauchos a penalty kick.

Achille Campion converted the penalty, beating Hobbs to his left and com-



LAUREN REYES / CONTRIBUTOR

Senior midfielder Carlos Benavides dribbles past a UCSB defender in Friday's overtime loss to UCSB.

pleting the comeback.

This was the first lead of the season the Matadors failed to hold on to and their second loss on the year.

Despite the heartbreaking loss, Benavides is optimistic his team can bounce back and right the ship.

"It's just one loss. We're

just going to keep doing what we always do, practice, get better, work hard, and look at the next game as the biggest game of the year."