

Protesters urge students to care about immigration policy

CFA shows a film about "For-Profit" colleges and student debt



Dia de los Muertos should be respected as a culturally rich holiday

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CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

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DAY OF THE DEAD LIVES

Student prepares for Día de los Muertos, a cultural celebration of life and death



MATTHEW DELGADO / CONTRIBUTOR

Orange Marigolds and colorful skulls are often part of an altar. Dia de los Muertos is a spiritual holiday and known for its vibrance and artistry.



MATTHEW DELGADO / CONTRIBUTOR

Martha Martinez, 23, a graduate student in Chicana/o, and Stephanie Cortes, 22, art major combine efforts and use colorful inks to create festive decor. It is traditional in Chicana/o culture to paint murals for Dia de los Muertos.



MATTHEW DELGADO / CONTRIBUTOR

Martinez prepares her painting that she will present at Dia de los Muertos hosted by CSUN's M.E.Ch.A. at the Chicana/o House on Friday.

See **DIÁ DE LOS MUERTOS**, page 7

Remembering breast cancer awareness month

CHAMPAIGN WILLIAMS
LIVE NEWS EDITOR

cancer is still the second leading form of cancer among women. Following are three stories from people who have been affected by this disease.

MORE THAN 1 million people contract cancer in the United States every year. Of those 1 million people, nearly 300,000 get breast cancer every year, and of those 300,000 people, 232,340 are women.

According to the American Cancer Society (ACS), breast

CLOSE TO HOME
Penelope Lopez, 21-year-old junior public relations major, said she was 10-years-old when she learned that her 70-year-old grandmother was suffering from breast cancer.

Her grandmother, Penelope Lopez, whom she is named after, was known as the "back-

bone" of the family. Hers was the home that everyone went to for holidays and special family dinners. It was because of this close relationship that Lopez's parents felt it was necessary for her to visit her grandparents the summer of her 10th birthday.

"That year she was going through chemo and radiation," Lopez said. "They (my parents) thought it would be a good idea for me to go and

See **CANCER**, page 5



- More than 1 million people get cancer in the United States every year
- nearly 300,000 cases of breast cancer were diagnosed this past year
- nearly 2,300 men contract breast cancer every year
- Breast cancer is the second most common form of cancer among women.

INFORMATION COURTESY OF AMERICAN CANCER SOCIETY AND U.S. BREAST CANCER STATISTICS

CULTURECLASH



THE WITCHING HOUR HAS BEGUN

Activists talk immigration policy

PREVIEW

ROY AZOULAY
DAILY SUNDIAL

EACH WEARING a cap and gown, 30 undocumented immigrants boldly walked up to a legal port of entry in Texas, determined to return to the place they grew up after voluntarily crossing into Mexico to visit their families.

Being questioned as to where they were going, they respond with no hesitation, "home."

"As you're walking across the border they can't really do anything to you. There was a powerful vibe when we were crossing the border," said Luis Rivera, 17, who was one of those 30.

A panel of protesters and activists, which included Rivera, held a discussion about immigration at CSUN on Tuesday morning, which was hosted by the journalism department and El Nuevo Sol.

The discussion focused on the recent developments in immigration policies and why it needs reform and how it can be changed to help undocumented immigrants.

The panel also highlighted the work done so far by immigration rights activists



ASHLEY GRANT / CONTRIBUTOR

Eileen Truax, a Spanish-language media journalist and author of a book entitled "Dreamers," discussed the importance of capturing immigration and the Dream Act through the eyes of the immigrant youth. "I wanted to show immigration through the eyes of our youth who are fighting to stay in this country," Eileen said. "They love this country and I can't think of anything more American than that."

such as Dream 30, which is organized by the National Immigrant Youth Alliance (NIYA).

The group, ranging from ages 13 to 30, hopes to defy current immigration laws while challenging restrictions created by borders.

"You have the power," Rivera said. "When you have the support of 30 dreamers behind you, you don't worry what [border patrol] is going to do to you."

According to panelist and NIYA representative Alma De Jesus Ramirez, more than 1,000 people are deported from the U.S.

everyday under Obama's immigration policy.

This number is higher than it was during Bush's presidency.

"You have to think of the generations coming behind you. You can't just think about how this is going to affect you individually, this is something that affects our communities and our country as a whole," said Ramirez.

The Dream 30 are currently on their eighth day of a hunger strike while being detained by U.S. officials for attempting to cross into Mexico with the intention of returning through a legal

port of entry in Laredo, Texas, and declaring their undocumented immigration status to officials.

"The hunger strike is a very powerful action," Rivera said. "They were going to force feed them through a tube if they didn't eat for a certain number of days. When it gets to the point where they start worrying about your health it's powerful."

Rivera returned home to Los Angeles after he was released from a juvenile detention center in San Antonio on Oct. 14.

But not everyone has been fortunate enough to return back home to the U.S. Rocio Hernandez, a member of the Dream 30, was deported to Mexico City on Oct. 29.

"You should care because we're talking about human beings," said Jose Rosas, a member of the group Dreams to be Heard at CSUN, an organization advocating for immigrant rights. "We're talking about basic human rights."

Rosas also said immigration policies are more than politics. This is about people's life as well as their experience and this is why we need to listen.

"Their lives and experiences are on the line and that's why you should care," Rosas said. "They're yelling at you, 'we are here, we live in this community amongst you guys. It's the reality.'"

Day of the Dead events at CSUN

Me.E.Ch.A de CSUN and the Chicano studies department will have their annual Dia de los Muertos celebration on Thursday and Friday.

The two-day celebration is based on tradition, beginning with the Noche de Ofrenda on Thursday night. Those who made altars to remember those they have lost will be able to share their story in an intimate setting.

"All the Mechistas have been working hard planning the event, making 'papel picado,' piñatas, and dolls that are modeled after the dolls in Xochimilco," said Joanna "Zoey" Villegas, event coordinator.

There will be a craft corner that allows children to decorate traditional sugar skulls at no price. There will also be face painting done by volunteers for no fee, but tips are encouraged.

CSUN's Sustainable Greens will also attend to teach people about create their own gardens and how to origami plant pots.

"There will also be a raffle throughout the night of items donated by the vendors," Villegas said. "The ticket to enter the raffle is only a dollar, but you could win an item that is clearly worth more than a dollar."

Besides artwork and altars, there will also be music and dancing with performances by Thee Commons and Los Arambula.

Noche de Ofrenda takes place Thursday from 5 p.m. to 9 p.m. Miccaihuitl: Dia de los Muertos will be held on Friday from 6 p.m. to midnight. Both celebrations will be located at the Chicano House.

For more information, visit the M.E.Ch.A de CSUN's website.

—CLARISSA CORONA,
CONTRIBUTOR

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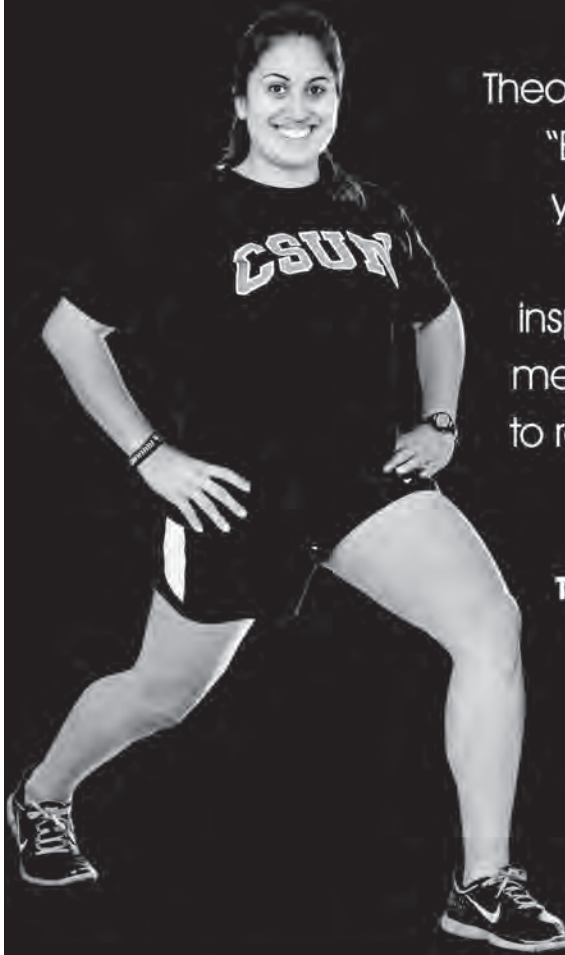


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California State University
Northridge

Artistic attack on education

The film 'For Profit' unravels many issues facing both students and faculty

ANDREW MARTINEZ
DAILY SUNDIAL

STUDENTS GOT an eye-opening look at the for-profit college system and its impact on higher education Wednesday as they filled the Kurland Lecture Hall of the Valley Performing Arts Center to see "For Profit." The film was presented for the inaugural Campus Equity Week at CSUN.

"For Profit" is a film version of a one-man play by Aaron Calafato, a former admissions counselor at an unnamed for-profit college in the Midwest. In it he breaks down the for-profit college system and explains the \$1.4 trillion student debt problem in America.

Calafato describes how he admitted unprepared students to expensive degree programs to help pay for his own personal student loan debts. The movie and following Q&A, hosted by the California Faculty Association, evoked strong reactions from the students.

"To hear a story like that, that's very personal and very moving" said Edgar Ramos, a 22-year-old animation major and CFA student representative. "It makes a difference not only to me but also to the student body that's listening to these stories."

Ramos felt the presentation was an effective way to raise awareness and hoped it would get students to think more about faculty and student issues across campus.

Sociology professor James David Ballard said one of the main goals of the nation-



ANDREW MARTINEZ / DAILY SUNDIAL

Students pack the Valley Performing Arts Center lecture hall to watch the film "For Profit" as part of Campus Equity Week.

wide Campus Equity Week was to highlight obstacles students face while in college.

"One (goal) is talking about issues like how students are increasing their tuition but finding less classes," Ballard. "They're finding less availability, they're finding less parking, they're finding less of everything."

Ballard also said the lecture seeks to raise awareness for the conditions faculty have to deal with when it comes to issues such as class size and salary.

"We have the highest enrollment we've ever had at this institution, this fall and we have less faculty than we did five years ago," Ballard said. We're hiring new faculty now that are making more than faculty who have been here ten, fifteen, or twenty years."

Andrew Griffith, a 19-year-old sociology major, felt it was a great experience

to get exposed to the different methods of recruitment and enrollment in the higher educational system nationwide.

Griffith also felt the information was especially informative because he is a high school tutor who helps students prepare for college.

"It's scary because later on, your kids want to go to college and just because I'm in college right now, for all I know, they will not get financial aid as I am receiving now, so it's an eye opener," he said.

During the lecture, Ballard said the presentation was not trying to convince students to take a certain position on the issues. "Let's be critical of the place that we're learning critical thinking. We are the two most important people in higher education, and we are the two least heard across campus."

PREVIEW

Brown Center to celebrate 10th anniversary

The Brown Center for Adaptive Aquatic Therapy will be celebrating its 10 year anniversary on Saturday.

The 18,400-square-foot center opened its doors in 2003 with the expectation of helping people with physical challenges. It began as just an addition to the Center of Achievement (COA) through Adaptive Physical Therapy, which has been open since 1971.

And now, 10 years later, the facility provides water-based exercise programs that give, even those with serious or chronic physical challenges, freedom of movement with little or no pain, as stated in CSUN Today's report.

Carol Bennett, operations manager of CSUN's Center of Achievement Through Adapted Physical Activity, said the center receives praise on a daily basis for individuals who participate in the aquatic programs.

"The addition of the Brown Center has had a huge impact on our clients and students," Bennett told CSUN Today. "People are excited and motivated with the increased flexibility and endurance they have while in the pool."

The university will be celebrating the anniversary of the Brown Center on Nov. 2 at 10 a.m. There will be a reception, as well as tours of the facilities.

The anniversary celebration will be open to the public, however coordinators are requesting all who want to attend to email becky.obrien@csun.edu to RSVP.

—CHAMPAIGN WILLIAMS,
LIVE NEWS EDITOR




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HAPPY HALLOWEEN



Looking for a creepy encounter?

P. 2

Everyone loves a good ghost story.

P. 2

Hit the lights, lock the doors and fire up the Xbox

P. 3

PLACES TO GO

Weird, spooky spots in LA

MERRITA LLARENA
CONTRIBUTOR

IT'S THAT TIME of year again! Dressing up, getting sick from too much candy and of course, getting scared from all the horror stories that come on and around Halloween. You may feel like you're too old to go trick-or-treating but too young to be passing out candy, so what is a college-aged student to do on Halloween? Well the answer is simple! If you love horror stories and being spooked, this is the perfect thing for you to do on Halloween night. Happy ghost hunting!

COLORADO STATE BRIDGE

Where: Colorado Boulevard, Pasadena, CA 91105

First stop is the Colorado Street Bridge, located in Pasadena. Its nickname is "Suicide Bridge", which somewhat applies the following: it's haunted. With dead people come ghosts, and ghosts equal spooky nights. It is said that several spirits haunt the bridge, including a woman with a long robe who is seen walking on top of the bridge before she throws herself off. Many homeless people living under the bridge have reported hearing strange sounds and witnessing ghostly figures. Are you brave enough to check it out?

ROOSEVELT HOTEL

Where: 7000 Hollywood Blvd Los Angeles, CA 90028

If you love Marilyn Monroe, then taking a trip to the Roosevelt Hotel in LA might be the perfect outing for you on Halloween. Apparently, Marilyn's ghost still hangs around the hotel but she isn't alone. She shares the hotel with another celebrity ghost, Montgomery Cliff. Guests have reported seeing Marilyn's reflection hovering next to them in a full-length mirror located in the lobby, which was actually originally located in Marilyn's poolside suite. Montgomery Cliff, haunts the hotel a little differently. Guests claim they hear someone playing the trumpet in suite number 928, yet that room stays vacant.

GRIFFITH PARK

Where: Mt. Hollywood Drive, Los Angeles, CA 90027

There are many legends that come with Griffith Park. The legend that is the most notorious is "the curse" that a distressed woman named Dona Petronilla placed on the entire area in 1863. She cursed the land saying all the cattle and fields would become diseased and die and that no one would profit from the land. Since then, Griffith Park has endured deadly wildfires and other disastrous events. Some people even claim to see a ghost in the Crystal Springs Ranger Headquarters wearing a white dress and sometimes riding a white horse, which many people believe is the infamous Dona Petronilla.



PHOTO COURTESY OF MCT

The Colorado Street Bridge in Pasadena, a.k.a "Suicide Bridge."

HE SAID, SHE SAID

A good old ghost story

LOREN TOWNSLEY

EDITOR IN CHIEF



It was dark. The only light that illuminated the street was a single light coming from a school. I always got a weird feeling about this place at night. The street had two lanes, one going in each direction, a school on one side and an abandoned property on the other. No other cars around. No other people.

Driving home from work, making the turn onto this street I saw from a distance a dark figure standing in the middle of road. At first I felt like I wasn't seeing this right. Why would someone be there at this time of night? My car got closer and still I saw the dark figure in the street. I could only see the outline of his body; his face was silhouetted making it impossible for me to identify him.

Getting closer, the dark figure still did not move out of the street. It was clear to me that I might run this person over so I started driving into the other lane. When I got to the spot where the figure was he was gone. As if nobody was ever there.

LUIS RIVAS

OPINIONS EDITOR



My family, both my mom and dad's side, is from the state of Zacatecas in north central Mexico. My grandmother had a terrible childhood. My grandfather was physically and emotionally abusive toward her and their kids (my aunts and uncles). Unfortunately, he concentrated his beatings on my mom. A culture of terror and fear haunted that old single-story Spanish colonial house for the majority of my grandmother's life and my mom and her brother's and sister's childhood.

One deathly quiet night, steadily interrupted by the recurring sound of crickets, my grandmother and grandfather were lying down in separate beds with their bedroom doors open to the patio. Their normal way of sleeping. My grandfather's eyes shot open with the sense of a presence in the room. His eyes slowly looked down to the foot of his bed. There he saw the dark, nearly silhouetted figure of a giant owl. Its eyes glowed red. He tried to scream or move but was paralyzed by his fear, feeling an invisible weight holding him down on his chest. He told my grandmother about the owl. She said, in her catholic interpretation, that it wasn't an owl but only the physical form of an owl - taken on by the devil. The presence of the owl that night was seen as an omen. If he didn't stop abusing his wife and their kids, it would come back and take his life.

The abuse stopped after that. But years later his health began failing and he slowly began to lose his mind. My grandmother found him a couple of times complete naked, babbling to himself. He was eventually diagnosed with dementia and died shortly after. You are told to treat your loved ones with compassion and care. If you break that loving and sacred trust, the devil, in whatever form he chooses to take, will find you. It's only a matter of time.

MEGAN DISKIN

MULTIMEDIA EDITOR



This may not be the creepiest thing that you'll read in this section, but it definitely weirded me out. Back in high school, I went to my Dad's house for the weekend and I was getting ready for bed. I just finished replacing a light bulb that had gone out in my room when I turned on my television. That's when I noticed that the purple lava lamp on my dresser had been moved from the left to the right. I just chalked it up to the housekeepers moving things around and I moved it back to its original spot.

But suddenly, the lights started to flicker. It wasn't just an electrical malfunction and the Santa Ana winds weren't blowing around the electrical wires that run alongside our house either. These lights were turning off and on like a strobe light for about 30 seconds and it messed with my eyes. When they stopped flickering I noticed that a light bulb had gone out in the process. It was the same light bulb that I had just replaced. My television started flipping channels on its own and then it turned off by itself. Now here is the kicker, when I went into my closet to get some slippers so I could run out and tell my family about the freaky things going on in my room I found a picture of my stepsister and her ex-boyfriend.

There is NO reason for that picture to be in my room let alone placed in my closet. I was not a fan of my sister's boyfriend and I was happy to hear that she broke up with him two weeks prior to this supernatural event. The whole thing was odd. But who knows? Maybe he's a witch who blamed me for their break-up and he decided to stick the spirits on me.

JOSH CARLTON

A&E EDITOR



I wouldn't necessarily say I'm a believer, but there was a pretty eerie experience I had in Fall River, Massachusetts. To refresh your memory, Fall River is where the infamous Lizzie Borden took an axe and wiped out her parents. At the time my band was touring but a show in Boston we were supposed to play ended up getting cancelled. We ended up staying with a friend in Fall River 30 minutes from the city. When we got to our friend's house she immediately showed us her next door neighbor: The Lizzie Borden bed and breakfast. She then told us her house was haunted by the roaming ghosts of Lizzie's parents. We all laughed and brushed off the idea, I think we were so tired at that point no amount of paranormal activity could have phased us. That is until at six in the morning when all the pots and pans in the kitchen came flying out of the cabinets and it sounded like the house was being ransacked. We all woke up thinking we were going to have to fight off intruders, but the house was completely empty. Our friend had even gone to work by then and left us a note saying not to mind the inevitable ghostly encounter. Glad to know she was thinking of us.

Die Fledermaus



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TAKE CONTROL

Skip a flick, grab a controller: Scary games that haunt



JOSH CARLTON

A&E EDITOR
DEADSPACE

Yeah, I know, we've seen this one before, but that's because it's one of the best. While some say that "Dead Space" isn't a true survival horror game by design, I have to disagree. Sure the sequels moved away from the notion even further, but the game sets up the character of Isaac in the same way any other unsuspecting horror story character makes their entrance. Isaac is thrust into a monumentally fucked up situation after he goes with a group to investigate a mining ship that his girlfriend happened to be on. Once they arrive, things go from creepy to downright deadly as the reanimated corpses of the crew (Necromorphs) sprout razor-like talons and attack Isaac's team. From that point on, our hero must figure out what happened to the ship, while desperately trying to hold onto his sanity. "Dead Space" is a remarkable game not only because of the suspenseful gameplay or relentless tension, but because it fully immerses the player into the world it creates. Everytime Isaac comes to a hallway there's that inkling that something lurks around the corner, or that a necromorph will pop out of an air shaft. "Dead Space" is also a testament to the fact that sometimes silence can be the most powerful scare tactic of all. This game will guarantee a sleepless night and have you checking your locks long after the Xbox has been turned off.



TAYLOR VILLESCAS

FEATURES EDITOR
BIOSHOCK

Just because a game wasn't intended for the horror genre, doesn't mean it's not scary as hell. Enter "BioShock," a gripping tale of a 1960 underwater utopia gone horribly wrong. The game opens as you, the unidentified and extremely unfortunate character, crash land in the middle of the Atlantic. You take refuge in a lighthouse that just so happens to be in the ocean and find the entrance to Rapture, a city created to aid creative minds and free man from the shackles of morality. Not surprisingly, all that's left are the remains of the ill-fated society. Half-human junkies populate what's left of the city, searching for adam, the genetic drug that gave the residents of Rapture supernatural powers, such as telekinesis or shooting bees out of their hands. Besides those, there's the occasional "Big Daddy", a giant killing machine built to protect "Little Sisters", the mutated little girls that carry the highly sought-after drug. Players make their way through rusting buildings filled with corpses and monsters trying to slit your throat around every corner, but that's not even the creepiest part. Tapes are scattered throughout the levels that show terrified people dealing with a crumbling society. Players can hear the confessions of a psychotic surgeon searching for the "perfect beauty" and the unfortunate patient who becomes his victim, or the rants of Andrew Ryan, the mastermind of Rapture who would do anything to protect his fantasy land. These candid recordings add a chilling factor to this creepy-ass narrative, ensuring a thrilling scare to any player. It's okay, no one will judge you for keeping the lights on while playing.



PHOTO COURTESY OF MCT

Zombies! The heroes of "Left 4 Dead 2" fend off an undead horde.



TREVOR STAMP

REPORTER
SILENT HILL 2

The worst version of hell can manifest from our own guilt. That's the core takeaway from "Silent Hill 2," a game that has frightened me ever since it was released in 2001. The game centers on James Sunderland, a widowed husband who receives a letter from his deceased wife. From there, players are introduced to a psychologically draining journey. Each monster in the game is a representation of Sunderland's guilty subconscious. Every corner of the level design houses a dark metaphor for pain and regret. "Silent Hill 2" forgoes some of the tropes of horror games established by titles like Resident Evil. You won't find endless amounts of cheap gore or visceral combat where monsters can be blasted away with a well-placed shotgun. There's a sense of emptiness and loneliness that comes with playing the game. It's a feeling that still haunts me. A feeling that makes horror one of the best genres in video games.



PHOTO COURTESY OF MCT

"Dead Space" blends sci-fi and horror for an interstellar screamfest.

HONORABLE MENTIONS

- Resident Evil 2
- Amnesia: The Darkness
- Outlast
- Lone Survivor
- Fatal Frame
- Slender: 8 Pages
- The Last Of Us
- Undead Nightmare
- Left 4 Dead Series
- Don't Starve
- Limbo

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CALENDAR *of* EVENTS

FOR THE WEEK OF OCTOBER 31-NOVEMBER 7

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31

1

7:00 p.m.

Los Angeles Haunted Hayride

Griffith Park, 4730 Crystal Springs Drive, Los Angeles

Cost: \$30 to 55 (Depending on type of pass)

The Los Angeles Haunted Hayride has been a much talked about maze in the city for quite some time. It is located in Griffith Park, which is said to actually be haunted, and features a couple different mazes for you and your friends to go through and get the hell scared out of you. This is the last night to experience the maze until it reopens next year, so don't miss out!

8:00 p.m.

Night of the Living Dead

Cost: \$20

Maverick Theatre, 110 E. Walnut Ave. Fullerton

If you're a fan of zombies than this is the place for you. The Maverick Theatre presents an interactive version of the cult classic where real life zombies walk amongst audience members as they watch their beloved characters try to escape an infested farm house. Cheaper than a Universal Horror Nights ticket, this show will feed your urge for rotting, human flesh.

2

8:30 p.m. to 11:30 p.m.

Urban Death: Tour of Terror Haunted Theatre

Cost: \$12

Zombie Joe's Underground Theatre Group at ZJU
4850 Lankershim Boulevard,, North Hollywood

Even though Halloween is coming to a close, you can still get your scare fix by attending a truly horrific maze. Zombie Joe's Underground Theatre transports guests into a terror filled play that incorporates every human fear imaginable like decapitations, bloody axes and mimes. If you don't feel like driving then take advantage of the Metro Red Line to the North Hollywood Station.

5

8:00 p.m.

Twelve Angry Men

Cost: \$26 - \$125

Pasadena Playhouse,

39 S. El Molino Avenue, Pasadena

Twelve Angry Men, a great American classic, is newly adapted by the Pasadena Playhouse. Six white and black men are tasked with deciding the verdict in a murder case, playing the role of executioner. If you are looking for drama and an occasional laugh of two then come see this modernized play which stars "Grey's Anatomy's" Jason George.

7

8:00 p.m.

The Groundskeepers

\$20 students

Heidi Duckler Dance Theatre, Linda Vista Hospital
610 S. St. Louis Street Los Angeles

Dancers and non dancers alike will enjoy this artistic statement as interpretive dancers create a multimedia performance that will bring back to life an abandoned hospital by using lighting, music and graphic design. Make sure to bring comfortable shoes, clothes and a jacket as you'll be walking around the hospital's multiple floors watching performers apply hip-hop, parkour and lyricism.



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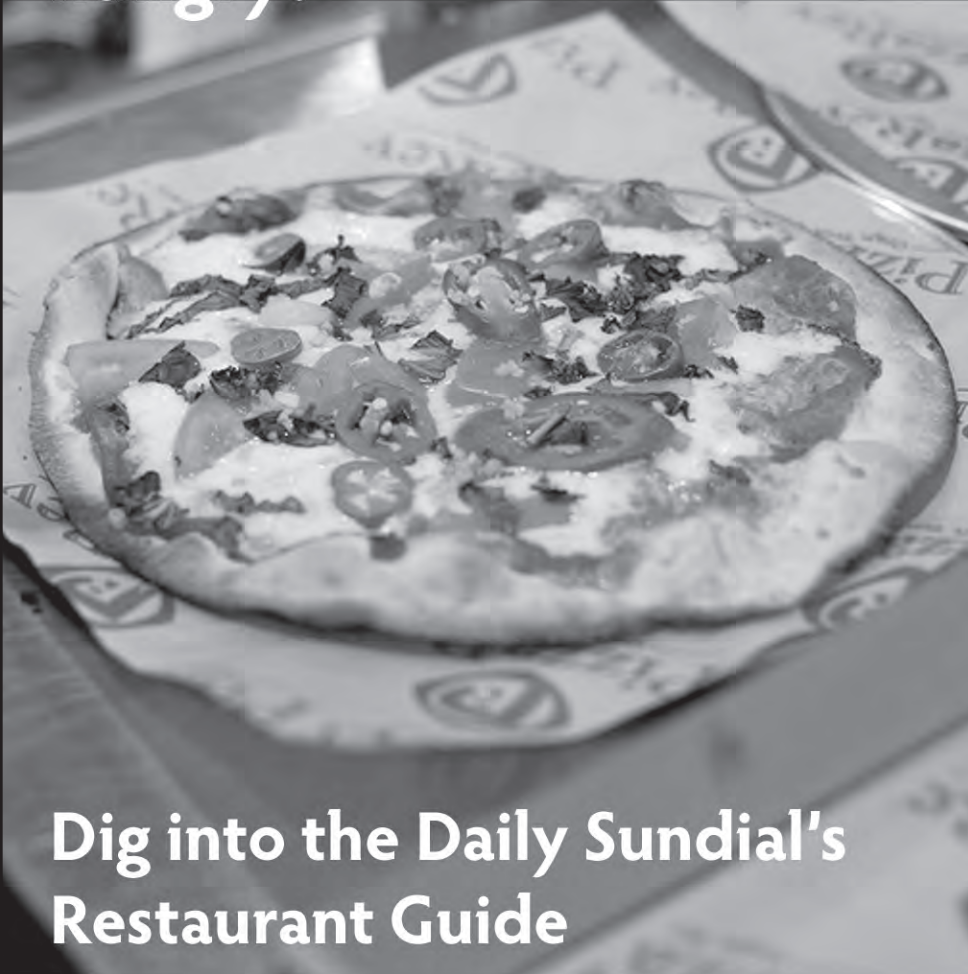
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CANCER

Continued from page 1

spend time with her because it was a really hard transition.”

Lopez recalls her mother sitting her down and explaining to her what her grandmother was going through.

“For me at first it was a little weird,” Lopez remembered. “Going through chemo and radiation (my grandma) lost all of her hair, her eyebrows and her eyelashes. It was really hard seeing someone that was so strong, so sick.”

Lopez’s grandmother, now 84 had a mastectomy some time after and is now a 12-year survivor of breast cancer.

Since the recovery of her grandmother, Lopez has been a strong supporter and participant of ACS and events such as Relay for Life. Today Lopez is the vice president of CSUN’s Colleges Against Cancer (CAC) club.

With October being nationally recognized as Breast Cancer Awareness Month, Lopez, along with members of the CSUN CAC club, set-up a table across from Sierra Hall to promote breast cancer awareness last week. The group handed out pamphlets with breast cancer statistics and facts to students as they passed by and demonstrated for both males and females how to conduct a breast exam.

The group used gel breasts that they received from ACS to show students what a possible tumor feels like, and showed them how to use the pads on their three middle fingers to do a self-exam.

DISPEL THE MYTH, MEN CAN GET BREAST CANCER TOO

Though breast cancer is more common in women, men can also be victims of this disease. According to U.S. Breast Cancer Statistics, nearly 2,300 men contract breast cancer every year.

CSUN alumnus Ronnie Veliz, was 14-years-old when he felt a lump on his right pectoral.

Veliz, who is originally from Peru, did not inquire about the lump but merely thought it strange, and it went unchecked for some time. Many months later the lump had multiplied and five took its place. It was then that Veliz informed his mother about what was going on.

“I was really confused about what was happening with my body,” Veliz said. “My mother took me to a doctor in Peru who said it was a part of adolescence.”

His mother adhered to the advice of the physician and nothing further was done to inquire about the lumps. However, sometime later when the five lumps spread to seven, Veliz knew that something was really wrong.

His mother took him to another physician who, like the first, poked at his right pectoral but did not examine him further with tests. When this physician told his mother that the lumps were merely “masses of fat that would disappear” he was not as easily convinced as she.

“I was really scared,” said Veliz. “And it shocked me that because I am a man they (the doctors) did not feel that I should take any tests.”

Having been raised under the Catholic faith and in a Catholic school, Veliz was not properly taught about breast cancer. At the time he did not know what symptoms to look for in women, let alone in men, and he describes his experience as having been very “awkward” and “scary”.

Veliz migrated to America when he was 17-years-old. He left his mother and siblings in Peru and ventured to Los Angeles to reconnect with his father.

It was in the U.S. that Veliz got the medical attention he needed. Once settled with his father, the two went to see a physician.

“He didn’t just touch my pecs, I went through tests. The doctor told my dad that I was a part of the 4 percent of men who have tumors in their chest and that really shocked me,” Veliz recalled before adding indignantly, “People shouldn’t have to cross continents to have competent medical access regardless of sexual orientation.”

Today Veliz, a gay man, is a LGBTQ activist and immigrant organizer and completely cancer free. He had all seven tumors removed during his first year in America at St. Judes hospital in San Fernando Valley.

“I am starting to tell my story because men go through (similar) experiences with doctors not wanting to check them for (breast cancer) because they are men. And I don’t want this to happen to anyone else,” Veliz said.

SPIRITUAL HEALING

This semester Unified We Serve partnered with Matador Athletics to host the third annual Zumbathon in an effort to raise money for breast cancer research. According to Unified We Serve volunteers, the money raised was used to fund mammograms for 20 women who were unable to afford the test themselves.

Diane Weisman, a 56-year-old motivational speaker, shared her story with zumbathon attendees.

“It was my journey, and this is not for everyone,” Weisman said as a precaution. “My mom died of breast cancer at 54 and her twin at 53, so it was in my family on both sides. I was diagnosed August 2010 and I felt like I wanted to educate myself more before I made any decisions.”

Weisman made the decision to put off treatment. She gave herself six months to become as educated as she could about all things breast cancer related, despite the potential dangers that came with putting off treatment.

“I changed my way of eating...I started going to yoga and acupuncture and opened myself up to any advice that everybody had,” Weisman said.

When diagnosed in 2010, her physician found two lumps in her right breast and recommended she had a bilateral mastectomy, which meant to remove both of her breasts. He also suggested she remove her ovaries, and the hospital board fully supported his decision.

For a reason unbeknownst to her, this suggestion did not sit well with Weisman. Instead she opted to have a lumpectomy against her doctor’s


recommendation, and had the two tumors and some surrounding tissue removed.


“Ultimately you do what’s right for you, and that was right for me,” Weisman said. “He took out the small node, made a small incision, and there is no difference in my body. We did it and it was very very successful.”


Weisman said she is grateful for all she had endured.


“The big thing is about living in gratitude,” Weisman added. “Be grateful for what you have. Be grateful for your friends and for having an education.”

How to do a standard breast/chest self-exam

 It is best to lie back on a bed with your back flat and one of your arms above your head.

 To check the left breast, use the tips of your fingers on your right hand, and begin to feel for lumps in a circular motion. Do the same to your right breast.

 Be sure to apply different levels of pressure depending on the amount of tissue in a certain area.

 If you feel anything out of the ordinary that causes you concern go to your physician as soon as possible to get checked out.

INFORMATION COURTESY OF AMERICAN CANCER SOCIETY

FEELING DARING?



Take a picture in your costume while on campus on Halloween for your chance to win a spooktacular prize. Upload your photo via social media this Thursday and don't forget to tag the Daily Sundial!

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Opinion

Culture is not a Halloween costume

Dia de los Muertos is an ancient holiday with indigenous roots celebrated by many in honor and respect for the dead

CALVIN RATANA
DAILY SUNDIAL

OH, HALLOWEEN.

They say it's fun to dress up and go to Halloween parties. But it isn't — at least not when there's rampant cultural appropriation and people dressed up in racist costumes running around everywhere. In this age, that's exactly what Halloween has turned into: an ugly parade of cultural appropriation, racism and sexism.

Let's talk about an important holiday that's nearly been completely appropriated because of Halloween: Dia de los Muertos. Although I am Asian-American, not Latino, it's hard not to notice

the trend in cultural appropriation.

Dia de los Muertos is actually a two-day holiday that starts when Halloween ends, although all three days are often celebrated in connection. Because of that, American society tends to group the two holidays together since they vaguely share the theme of the dead. Some people, perhaps not meaning to sound racist, even call Dia de los Muertos the "Mexican Halloween."

No, not even close. Dia de los Muertos and Halloween are two completely different days. Halloween has lost its cultural roots a long time ago and has become another sanitized and commercialized day devoid of any history (like Christmas and Thanksgiving). The origin of Halloween can be traced to the ancient Celtic

celebration of Samhain where people would dress in costumes and light bonfires to chase off ghosts. Then, as cultural appropriation is not anything new, the Catholic Church turned it into the more Christian-friendly All Saints' Day. The night before was called Hallow's Eve and then eventually Halloween, according to history.com.

However, unlike the contemporary celebration of Halloween, Dia de los Muertos is alive and breathing and has thousands of years of Mesoamerican identity and culture attached to it.

Dia de los Muertos traces its roots to the Aztec ritual in honor of the dead, Miccaihuitl (pronounced "meek-kal-weet"). According to Chicana/o studies professor Dr. Fermin Herrera, it literally means day of the dead in

the native language of Nahuatl spoken by many indigenous people.

"'Ilhuitl' means day of, as in celebration," Fermin said. "And then 'ca' is a ligature so we can say it's something like 'of,' and then 'mic' is the root of the verb 'miqui,' which means to die. So literally it means 'day of the dead.'"

It is widely celebrated throughout Latin America, such as Mexico, Guatemala and Ecuador. With a strong Latino population, Dia de los Muertos is even celebrated in California and Arizona, respectfully.

While Halloween is about witches, devils and whatever else you can buy at Walgreens or Target, Dia de los Muertos celebrates the profound cycle of life and death. The two-day celebration is meant to mourn and celebrate loved ones who have passed away. Even within Mexico, different regions celebrate Dia de los Muertos in their own unique way.

On these days, altars are made in honor of families' loved ones who have died. They are built on the loved one's graves, homes or anywhere the family feels is rightful to honor them. Offerings (ofrendas) are made to loved ones with their favorite food, toys, pictures, pan de muerto, sugar skulls and other things. Some people who take part in Dia de los Muertos say that this is meant to safely guide the spirit of the dead to their altars.

Unlike the basically trademarked and mass-produced Halloween, Dia de los Muertos is steeped in a rich culture and deals with real life celebration that has a sacred meaning. It's not just about the general idea of life and death; it's about honoring the life and death of individuals who have actually died.

So no, if your culture does not celebrate Dia de los Muertos, it is not right to walk out in a Dia de los Muertos-inspired costume during Halloween because you thought the art is cute. It is ignorant, disrespectful and complicit in erasing a rich culture and identity.

Likewise, painting your face with sugar skull decorations is not being cultural. Just like how bowing to Asians is not being cultural, but being stupid. There is meaning behind sugar skulls and bowing, and just because you do it doesn't mean you understand the significance of these symbols.

An LA Times article that came

out recently claimed itself to be the guide to have people plan accordingly for the festivities of Dia de los Muertos. The article lists various restaurants with Dia de los Muertos-themed food and alcohol. In fact, each of the restaurants (most of which are in affluent areas like Santa Monica, Hollywood, West Los Angeles and gentrified parts of Downtown Los Angeles), included a complete list of themed alcoholic drinks. This is what I'm talking about: the appropriation and commercialization of a sacred holiday.

Just like how eating Panda Express doesn't make you an expert on Chinese food (that shit is fake Chinese food), going to Mexican restaurants and drinking Dia de los Muertos-themed alcoholic drinks doesn't mean you're celebrating Dia de los Muertos. It means you're buying into American commercialism and the erasure of someone else's real culture.

And while we're on the subject of racism, let's discuss Halloween costumes. It is not cool to walk out as a Native American princess, a geisha, ninja, samurai, Antoine Dodson (he's actually selling costumes in his image), or in a Dia de los Muertos-inspired costume. It is offensive, racist and completely ignorant. It's also not OK to dress up as these identities because you are now in black face, yellow face and brown face.

Each of these costumes carry an actual history, culture and meaning to their respective culture. These costumes were once the historic identities of real people. And Halloween has turned them into novelties to be used to make money in an empty holiday.

With ignorant costumes everywhere, and the complete erasure and appropriation of several cultures in one day, I can't help but be pissed off. Here's the takeaway message: if you have to think twice about a potentially offensive costume, it's probably offensive.

If you are interested in learning more about Dia de los Muertos, consider stopping by the Chicana/o House Oct. 31 from 5 p.m. to 9 p.m. and Nov. 1 from 6 p.m. to midnight to celebrate Dia de los Muertos instead of spending your money on overpriced, holiday-themed drinks at a bar or restaurant.

This year for Halloween, don't be a racist.



ILLUSTRATION BY JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

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Student reaffirms cultural identity

PHOTOS AND STORY BY MATTHEW DELGADO
CONTRIBUTOR

AS THE WEATHER finally begins to get cold, and the trees start to rattle with droplets of rain, Martha Martinez, 23, a graduate student majoring in Chicana/o studies, finishes her painting inside the Chicano House. She will present it at the Dia de los Muertos celebration on Friday.

Half of the background of her painting is a dark blue sky, and the other half will have marigolds surrounding her reinterpretation of Xochiquetzal, an Aztec deity. The deity represents sexuality and femininity but also has a bigger meaning for Martinez.

"(Xochiquetzal) is part of the indigenous history (that Dia de los Muertos also celebrates)," Martinez said.

As she strokes her brush to give life to her outlined marigolds, she said, "(Dia de Los Muertos) is an affirmation of culture, identity and spirituality for Chicanas and Chicanos to reaffirm their identity and remembrance of their indigenous roots."

Dia de los Muertos, also known as Day of the Dead, is a celebration that dates back to the pre-Columbian era and

is widely celebrated throughout Latin America.

Although, Martinez is not participating in the Dia de los Muertos tradition of creating an altar for dead loved ones, she will be assisting students in her supplemental instruction class, Chicana/o Studies 113A, in creating a community altar.

The altar includes an "ofrenda," or an offering, that represents or symbolizes how the living, remember the deceased. The ofrenda can be anything: food, jewelry, or clothing. The purpose is to show love, respect, remembrance and also to bring the spirits and living among one another.

Martinez's community altar is already filled with "calaveras de azúcar," or sugar skulls, that her students decorated, and pictures of loved ones.

"Different people from different cultures and backgrounds are displaying altars to remember their loved ones," Martinez said.

Along with helping her students, she will also be honoring recently deceased CSUN student, Jusdeep Singh Sethi, during the celebration.

As the transition between seasons begins, and the cold weather settles in, Martinez awaits for Dia de los Muertos to not only celebrate past loved ones, but her culture too.



Martinez poses beside a traditional Chicana/o painting. Dia de los Muertos is an important holiday for Chicana/o culture. It is a day for the living to celebrate and remember those who have passed.



Martinez arranges a candle on the community altar for her Chicana/o Studies 113A supplementary instruction class.



Martinez's community altar is filled with calaveras de azúcar, or sugar skulls, that her students decorated. Calaveras de azúcar is a Dia de los Muertos staple.



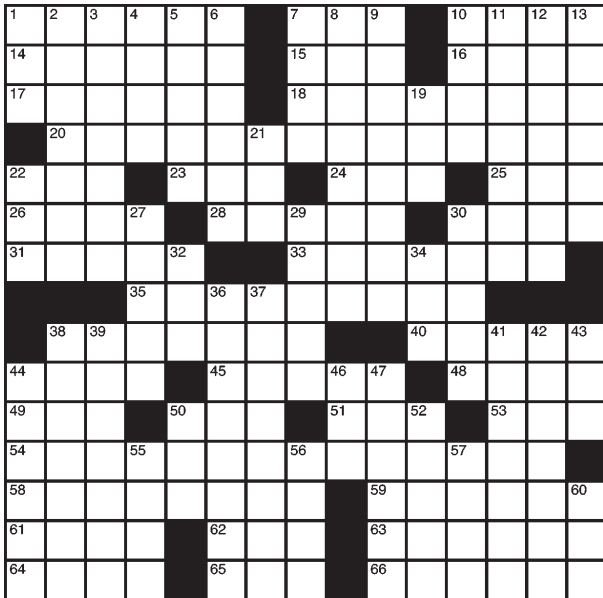
CSUN's M.E.Ch.A will be hosting this year's Dia de los Muertos at the Chicana/o House on Thursday and Friday. Every year the event attracts hundreds of students.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Works by future doctors
- 7 One of two N.T. books
- 10 Mellowed, perhaps
- 14 24/7 Rollerball maker
- 15 Address for a PFC
- 16 Traffic controller
- 17 African adventure
- 18 Buttinskies
- 20 1954 Luis Buñuel film
- 22 Eur.'s ocean
- 23 Diva quality
- 24 Smallish cells
- 25 "Love": Natalie Cole hit
- 26 Lamarr of Hollywood
- 28 Harrison colleague
- 30 Sluglike "Star Wars" alien
- 31 Map corner item, maybe
- 33 Cross-referencing words
- 35 1974 Lina Wertmüller film
- 38 Rat Pack leader
- 40 Pizza order
- 44 Start for sphere
- 45 Moved, as a trirame
- 48 Aussie flock
- 49 Benchmark: Abbr.
- 50 "For shame!"
- 51 Portuguese royal
- 53 PGA money winner, e.g.
- 54 1963 Peter Brook film
- 58 Unwanted import from the East?
- 59 Words that may precede weeping?
- 61 Word with blue or bean
- 62 Neurologist's test, briefly
- 63 Temper
- 64 Covers the gray, say
- 65 Tokyo, long ago
- 66 They raise dough



By Gerry Wildenberg

10/31/13

DOWN

- 1 Festoons with certain tissue, for short
- 2 Give courage to
- 3 Swathes
- 4 Attempt
- 5 Spine-tingling
- 6 Baby carriers
- 7 Hunter's garb, for short
- 8 Clearing
- 9 A.L. Rookie of the Year after
- 10 Rights protection gp.
- 11 Has a date
- 12 On the way
- 13 With 44-Down, setting for 20-, 35- and 54-Across
- 19 TV's Oz and Gupta
- 21 Barstool topper
- 22 Yellowfin tuna
- 27 Like nonsense questions
- 29 "When You Wish Upon ___"
- 30 Big name in games
- 32 Bygone Delta rival

Wednesday's Puzzle Solved



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10/31/13

- 34 "Illmatic" rapper
- 36 Cajun crawfish dish
- 37 Went on and on
- 38 In a manner of speaking
- 39 Ready to go forward
- 41 Blocks
- 42 Attack with profanity
- 43 That, in Tabasco
- 44 See 13-Down
- 46 Before, to a bard
- 47 Offset, as costs
- 50 It may be gross
- 52 "The L Word" producer
- 55 Woody Allen's "Radio ___"
- 56 Science fiction prize
- 57 Collector's suffix
- 60 D.C. United's org.

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COLUMN

Budding stars on the waiver wire

With the playoffs rapidly approaching, these free agent studs can turn your sinking ship into a championship

KEVIN KIANI
SPORTS EDITOR

WITH SIX TEAMS on by this week in the NFL and with playoffs rapidly approaching, week nine could make or break your fantasy season. The waiver wire has been littered with stars this year and this week is no different. Gems are aplenty so don't bother engaging in regretful trades. With week eight thrusting unknown names into the fantasy spotlight, here are some budding stars to pick up in your league to lead you to victory this week.

Terrelle Pryor, QB Oakland Raiders

If you disregard the fact that Pryor is a quarterback, you could make a strong case for him as a top running back in the league. Pryor is averaging 65.1 yards rushing per game and 7.4 yards per rush through six games. He is averaging 191.5 yards through the air, but look for that number to skyrocket this week against the leaky and horrendous Philadelphia Eagles pass defense, that ranks 31st in the league. Go grab Pryor and expect a huge day.

Montee Ball, RB Denver Broncos

Ball is back on the radar after being drafted and furiously dropped and divorced

by hopeful fantasy owners. With Ronnie Hillman disappearing in the runningback depth chart and head coach John Fox recently stating that he wants to cut down on Knowshon Moreno's workload, Ball is relevant again in fantasy land. With 12 carries, 38 yards and a touchdown in week eight, Ball seems to have vultured away Moreno's goal line work and worked his way into the mix. Although Ball won't be a starter in your lineup for weeks to come, he is a worthy matchup dependent flex option and will be fantasy gold if Moreno goes down with an injury, which he often does.

Andre Ellington, RB Arizona Cardinals

Ellington was thrown into the spotlight after starting runningback Rashard Mendenhall went down with a toe injury and he did not disappoint. Running for 154 yards on 15 carries, Ellington was elusive and explosive which is something the Cards' offense is seriously lacking. The health of Mendenhall has always been an issue and with his lack of production this season, Ellington may have just cemented himself as the starter going forward. Despite being in a division with behemoths such as the the 49ers and Seahawks, Ellington will have a huge upside and will reward many fantasy owners who are in need of a workhorse runningback.



Oakland Raiders quarterback Terrelle Pryor has emerged as a dual-threat quarterback this season. With some of the top quarterbacks on bye this week, Pryor is a viable option against a struggling Philadelphia Eagles defense.

Kenny Stills, WR New Orleans Saints

It's hard to count on anyone in the Saints' offense considering the way quarterback Drew Brees spreads the ball around, but Stills is still the preferred home run threat. Over the past two weeks, he has amassed 193 yards and three touchdowns and looks to finally be in sync with Brees. With wide receiver

Marques Colston struggling and tight end Jimmy Graham garnering double and triple coverage, look for Stills to monopolize the targets and burn any single coverage that defensive coordinators will be silly enough to throw his way. Stills won't be a weekly starter, but look for him to be a viable bye-week replacement against a New York Jets defense who was gashed by

the aerial attack of the Cincinnati Bengals last week.

Marvin Jones, WR Cincinnati Bengals

Jones was the primary beneficiary of the Andy Dalton show against the Jets last week. In one of the best individual fantasy performances of the decade, Jones hauled in eight passes for 122 yards and four touchdowns. With

Dalton topping 300 passing yards in each of his last three games, Jones remains relevant in all fantasy formats, until he proves otherwise. With star receiver A.J. Green demanding all the attention from opposing defenses, look for Jones to continue his success and emerge as an every week starter. This is not a fluke, pick up Jones, start him and enjoy the fireworks.

GET TO KNOW

Carlos Benavides

Major: Psychology

FAVORITES

Food: Bolivian dish called saltenas, similar to empanadas but better

Band: The Beatles

Athlete: Zinedine Zidane

Sports Team: Real Madrid

LIFE

Hardest part about being a student-athlete: Managing your time to be successful both on and off the field

Greatest Accomplishment: Getting the opportunity to play soccer at a D1 university and study to get my degree at the same time

Hobbies: Soccer or occasionally some bike riding

SOCCER

Best part of my game: I think it's my technique

Part of my game that needs improvement: Quicker play

Best player I've played against: Two center mids when I went to Spain and played against the Barcelona youth team

Player I model my game after: Zidane or Ozil

Pre-game rituals: Listen to music and visualize what I need to do to win

Difference between this year's men's soccer team and previous ones: We are more of a family and have great chemistry with one another. There's also talent at every position whether you start or not and every player is willing to do whatever it takes.

GOALS

Team: Back to back Big West champs and winning the NCAA tournament

Personal: Same as above and hopefully getting a chance to play at next level professionally

EXTRAS

Other sports played: Volleyball, gymnastics

When I started playing soccer: My dad wanted me to do some outdoor activities and stay active, instead of staying inside and playing video games.

How I stay in shape during off-season: Find a team to train with and run at the hills or bike as often as I can

Person I'd like to meet: Bruce Lee

Life after CSUN: Professional soccer player

Where I imagine myself in 10 years: In a nice house with a family of two kids, maybe as a sports psychologist or something else related to psychology



ABIGAILLE LEVRAY / DAILY SUNDIAL