

The artwork of a political cartoonist displayed in West Gallery

Apps you didn't know you needed to get through midterm season



A student's trip to Nepal changes his life

Women's Soccer: Matadors struggle in third straight loss

FREE

DAILY CALIFORNIA STATE UNIVERSITY, NORTHRIDGE SUNDIAL

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Jason Kennedy, 20, a junior wind performance major, is one of the few performing oboists at CSUN. Aside from practicing his oboe, Kennedy makes his own reeds almost every day.



Kennedy ties his reed together with string after he shapes it. The string keeps air from leaking out of the reed as he plays.



Kennedy presents two reeds he recently made for his oboe. The 20-year-old oboist makes his own reeds in order to achieve his desired sound for his instrument.

OBOIST CRAFTS HIS OWN SOUND



Kennedy said he's made over one hundred oboe reeds while at CSUN. He makes his own reeds in order to craft his desired sound for his oboe.

PHOTO AND STORY BY
TREVOR STAMP
DAILY SUNDIAL

THE SOUND from his oboe is too bright, Jason Kennedy, 20, determines after testing a reed he just made. He makes some final adjustments, and places the reed back into his oboe. Kennedy stands up and tests the reed by playing a short melody. The sound is crisp and dark. It leaves a warm sound in the classroom he enclosed himself in on a Saturday afternoon in late September.

"Nice, this will be a good reed," he said with a warm smile on his face.

Kennedy, a wind performance major in his junior year at CSUN,

is one of the few performing oboists on campus. However, when he started college, he intended to get into the Jazz studies program and play piano.

"That didn't happen because I was practicing oboe more than I was jazz studies," Kennedy said. "For some reason my mind was more attracted to doing work for oboe."

He started playing music in elementary school with the clarinet, but he wasn't very interested in music at first.

"I goofed around in class," Kennedy said. "He [Kennedy's teacher] had me play my part in front of everybody, and I couldn't do it." Kennedy felt embarrassed, and went home and practiced. He ended being the best kid in class.

Kennedy chose the oboe because he heard people talking about the instrument.

See **KENNEDY**, page 7

Cartoonist draws in students

GEORGE BENITEZ
DAILY SUNDIAL

STEPHANIE MCMILLAN, a political cartoonist, is displaying her political art in the West Gallery at the Art and Design Center this week until Thursday.

“My whole purpose is to build organizations to become strong enough to challenge, weaken, and ultimately get rid of this horribly, destructive, omniscidal system of capitalism and to build a future that is sustainable without class division,” said McMillan.

McMillan wants to inform people to be aware of the global environment, garment industry, and capitalism.

“Her art is politically bold by portraying the problems of the world,” said Veronica Ramos, a junior liberal studies major. “It gives great, simple, truthful information about the environment and economic injustice.”

McMillan will be speaking at the Campus Sustainability Day on Tuesday at 2 p.m. in the USU Northridge Center. The award-winning cartoonist will host the lecture “Capitalism Must Die! Our Planet is not Expendable.”



Stephanie McMillan, political cartoonist and activist, greeted guests at her opening reception at CSUN's West Gallery Monday night.



McMillan's art focuses on environmentalism, the destructive role of capitalism and other social justice issues.



McMillan gave her autograph at her opening reception at CSUN's West Gallery on Monday.

CORRECTION

In the story, “Deaf retreat improves communication,” which ran on Oct. 14, the DEAF Project coordinator’s name is Rachel Friedman Narr. The event was held for families with deaf and hard-of-hearing children ages 3 to 17. The organization works primarily with hearing parents of deaf and hard-of-hearing children. More than 80 children were in attendance. The DEAF Project, not the DEAF project or the DEAF retreat, was an effort to connect families raising deaf and hard-of-hearing children and to allow them to attend various workshops.

RED RALLY

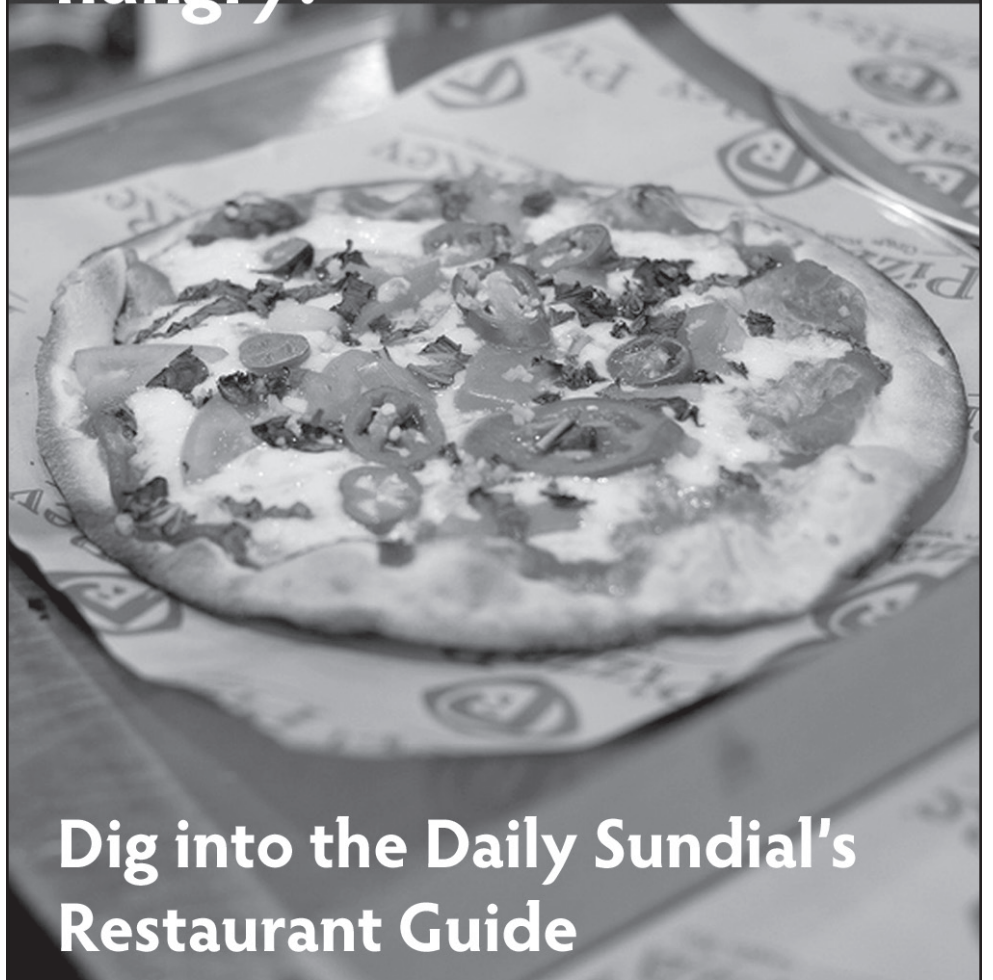
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Student Wellness Center to come

ELIZABETH OHANIAN
DAILY SUNDIAL

PLANS FOR the new \$4.1 million CSUN Wellness Center were presented to the Associated Students (A.S.) Monday.

Both Jimmy Francis, director of the Student Recreation Center (SRC), and Kingson Leung, the coordinator of special initiatives at the SRC, attended the meeting to explain the proposed layout for the Wellness Center.

"It's hard to find a wellness center better than the one being built at CSUN," Leung said.

The new Wellness Center will help students get through the stress and pressures they face in classes and in everyday obstacles.

The center will provide relaxation rooms where students can take naps so they can clear their minds and be able to focus more on their classes. A yoga studio and massage therapy will be made available to students as well.

The university has allocated \$4.1 million from its savings account for this project, according to Francis. He also reassured A.S. that no additional money would be used on this project.

"We really want to build something that is one of a kind," Leung said.

Construction for the Wellness Center will begin December 2014 and won't be open until fall 2015. The 5,814-square-foot center will be located on the bottom level of the USU.



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Associated Students (A.S.) held their weekly meeting at the Northridge Center on Monday. A.S. discussed the proposed wellness center for the Student Recreational Center.

"It could be a place to just chill, relax and hopefully relieve some stress a little bit," Francis said.

Several studies have been conducted analyzing student stress and sleep deprivation in the nation. Leung presented statistics indicating that student stress was at a 31.5 percent increase in the last 10 years and sleep deprivation was at a 21.3 percent increase. CSUN is at a higher percentage than the rest of the nation, according to Leung.

The SRC and the Wellness Center will be working together to pro-

vide services to help keep students healthy. Francis described the SRC as being a place that is good for groups. It is brightly lit, loud and full of people using technology as they exercise. In contrast, he explained that the Wellness Center will be a place for individual time. It will be a quiet retreat for students to unplug and be without technology.

"In fact we will probably be asking students to turn their phones off before entering (the Wellness Center)," Francis said.

There was no mention of former Business Senator Joseph Zapantis' unexpected resignation last week. A.S. Vice President Talar Alexanian explained that even though a replacement hasn't been found yet, they have received a large amount of applications and plan to start interviewing for the position in a couple of weeks.

"We have to wait until the two week mandatory period is up before we start replying to applications," Alexanian said.

Suites in progress

BIANCA SANTILLAN
DAILY SUNDIAL

CSUN USU Board of Directors (BOD) discussed the construction of two new buildings containing 400 freshman suites that will be built next year.

The hour-long BOD meeting, held in the Grand Salon in the USU, touched on topics such as the freshmen suites' second phase of construction.

Paulina Galarza, senior public health major, sat in during the BOD meeting and is looking forward to upgraded facilities that the school is building in coming years.

"It's nice to see that the school is expanding and growing," Galarza said. "(I'm) graduating soon and hopefully when (I) come back we'll get to see a whole different school.

Attendees were also given time to share any announcements they wanted the BOD and other audience members to hear.

Matt Eickhoff, training and development coordinator at the USU, informed the board about the upcoming "Work for the USU" informational sessions. The three informational sessions will be available to students this Wednesday at 12:30 p.m. and 5 p.m., and Thursday at 5 p.m. All sessions will be held in the Flintridge Room, across from the USU Computer Lab.

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ALEX VEJAR
DAILY SUNDIAL

IT'S MIDTERM SEASON, and while some students have already taken their tests, many are preparing for — maybe even dreading — days of studying.

But students needn't worry too much. There are several apps available that can facilitate efficient studying, help calm nerves and aid in concentration.

Here are some recommendations that could help ease midterm stress.

FLASH CARDS



For those who are visual learners and love using flashcards, Brainscape is a solid choice in studying software. The app lets users create their own flashcards by creating a subject — i.e. Biology, English, etc. —

then making a deck. Inside the deck, the user can type in both the questions and answers to what they're studying and make as many cards as they wish.

As a student goes through each flash card, they can choose from one of five colors indicating how comfortable they feel about their knowledge of a particular card, ranging from red (not at all) to blue (perfectly). Based on what color they chose, the app determines how soon a card will show up again.

Brainscape keeps track of the user's progress with a percentage of overall mastery of their chosen subject along with a "confidence breakdown," a pie chart that indicates the user's confidence level in each individual subject, as well as the entire library of flashcards.

If a student chooses, they can create an account that lets them sync their flash cards with other iOS devices.

Users can buy other pre-made flashcards by visiting the "Brainscape marketplace" within the app, where additional subject flashcards are available for purchase.

Brainscape is free, with additional content starting at 99 cents. It is only available for the iPhone, iPad and Mac computers.

TAKE THE COFFEE SHOP WITH YOU



Coffitivity attempts to recreate the ambience of a coffee shop, a frequent studying spot for students. Users can choose from three pre-recorded soundtracks named "Morning Murmur," "Lunchtime Lounge" and "University Undertones."

Users are also able to send in audio of their own favorite coffee shop sounds for possible inclusion to the app's website and mobile app.

A feature that may be appealing to students is the ability to play music from iTunes while listening to the recordings on the app. A user can balance volume levels and decide how loud they want their music or the ambient sounds.

Coffitivity's website can be accessed for free. For on-the-go users, the Coffitivity app costs \$1.99 and is available for iPod, iPad and Mac computers.

'TIS THE SEASON FOR STUDYING



Relax Melodies Seasons is another application that provides ambient sounds.

The difference: users can put themselves in the sounds of summer or the ambience of autumn with time-of-the-year-specific recordings.

The app features a total of 32 ambient sounds, with 24 corresponding to the four seasons in a year. Some examples of non-melodic choices are "Fireplace" or "Family at the Beach," while others such as "Aurora" and "Dream" feel more like an instrumental song.

Two of the sounds which are not season-centric are "Concentration" and "Pre-Sleep," recordings designed to have positive effects on brainwaves.

Lending credence to the "seasons" part of the app's name, Relax Melodies Seasons offers eight classic Christmas songs such as "Carol of the

Bells," "Deck the Halls" and "Jingle Bells."

Users can mix and match any of the 32 sounds, giving them the freedom to create their own ambience and can choose from five pre-made combinations of sounds in its "Favorite" section.

There is a free and paid version of Relax Melodies Seasons which is available for iPod, iPad and Mac computers. Other Relax Melodies apps are available for Android devices.

SOUNDS TO STUDY TO



Study is an app designed to increase a user's productivity. It involves a 45-minute track that includes nature sounds — mainly birds — and slow, short melodic phrases.

According to the app's iTunes page, it is generally recommended to take a break after 45 minutes, hence the track's length.

The ambient sounds can be put on repeat with a simple swipe of a button.

The app's "Info" page says the user is meant to experience a "body-relaxed, mind-alert state that's ideal for studying."

Study is free and is available for any iOS device.

NAMASTE



For students who are looking for to relax or relieve stress before or after a big test, yoga can be the perfect solution.

Simply Yoga is a beginner's yoga app with three workouts of 20, 40 or 60 minutes and includes over 30 poses and three pre-made routines. The app offers instructional videos for each pose.

Simply Yoga has both a free and paid version — which allows users to create their own routines and is ad-free — and is available for the iPhone, iPad and iPod Touch.

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- 12:30-1:45pm
"Building a Triple Bottom Line Company: Why, how to succeed, and challenges to expect"
Megan Havrda, EcoAdvisory Board Chairwoman, BeGreen Packaging
"Simplicity: A shovel, a wheelbarrow and a bag of seeds"
Kreigh Hampel, Recycling Coordinator, City of Burbank
- 2:00-3:15pm
"Capitalism Must Die! Our Planet is not Expendable"
Stephanie McMillan, award-winning political cartoonist
- 11:00am-3:00pm
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OCTOBER 22, 2013

OPINION@SUNDIAL.CSUN.EDU

Opinion

Helping others ultimately helps you

A student travels to Nepal to help underserved communities and discovers how philanthropy changed his life

JOSHUA KHABUSHANI
DAILY SUNDIAL

NINE YEARS AGO, what appeared to be an average summer night soon shifted serendipitously and eventually changed my life forever.

My experience began with me turning the dial on the TV set, aimlessly searching for some sort of entertainment that would save me from a melancholic evening. Suddenly, I stumbled upon a channel that had a program advocating for philanthropy. Quite frankly, I had seen these types of altruistic commercials a plethora of times; however, for some unknown reason, I was immediately captivated by what laid before my eyes.

Being the sensitive young man I am, it comes with no surprise that the sight of starving children broke my 12-year-old heart. At that moment, I made myself a promise: I would serve the children in need of help.

Personally, coming from impoverishment at the time, I was able to relate to the suffering of the homeless children. Shortly thereafter, I had a eureka moment: It is my purpose – perhaps even the purpose of everybody else who is privileged and capable – to alleviate the suffering of our world, particularly those of innocent children. Feeling utterly blissful and purposeful, I made it a priority to one day visit a third world country and provide my services.

Eight years later, my dream became a reality. During the spring semester of 2012, I was fortunate enough to kick-start a non-profit project, “I will BE light.” The theme of this movement was to inspire the CSUN community to rise above the everyday mediocrity of our lives, elevating ourselves to a higher level of consciousness. With this shift taking place, the movement was able to raise incredible awareness for the children of our world who desperately needed our help. Miraculously, the idea of self-development served as a catalyst to raising over \$1,000 dollars for an orphanage located in Kathmandu, Nepal.

I ventured to a small village in

Nepal in June 2012 carrying with me the momentum and encouragement of hundreds of supporters. Upon arrival, I was greeted by an entire community of people – students, parents, orphaned children and other humanitarians, all of whom urgently needed my assistance. With the funds that were raised, I was able to provide housing, education, food and bare essentials for living. However, though the money certainly created immense change, I soon learned it was the intangible that truly manifested healing: love.

Those of you whom have neglected philanthropic work due to the lack of funds, I challenge you to re-evaluate your hesitance. Rest assured; I’m not ignorant enough to believe that money does not play a vital role in our lives, yet during my stay, it wasn’t currency that crafted ineradicable transformation. Rather, it was my time and energy. The beauty of devoting one’s vigor toward a cause is that once accessed, it becomes evident that it is inexhaustible and can be selflessly used.

Day after day, for an entire month, I summoned every ounce of energy I had and used it to display sheer affection and compassion toward the children. What I received in return has been the greatest gift ever given to me – more fulfilling than any form of validation I could possibly seek after. Despite the language barrier present, the children were able to communicate absolute gratitude and appreciation. I learned that all the children really yearned for was some sort of acknowledgment: to know that at least one person cared for them. After all, don’t we all desire this as human beings? With tears welled up in my eyes and warmth in my heart, I was baffled to witness how such a seemingly trivial act create so much happiness for another person. Unfortunately, to experience unconditional love was a strange occurrence for these children, causing them to slowly lose hope in humanity. This is when I realized it is our responsibility to restore the lost faith in these children.

Traveling from village to village, what I saw was quite overwhelming. There were entire families trying to survive with less than one dollar a day. I saw young children forced into inhumane,



ILLUSTRATION BY JASMINE MOCHIZUKI / VISUAL EDITOR

arduous work, having to provide for their homes. I saw homeless, disabled individuals begging for food. And, most disheartening, I witnessed abandoned children living in disease-ridden slums.

Within a matter of moments, the inevitable question came to mind: how could we allow this to happen to our fellow brothers and sisters?

While I was planning my trip, many people would raise the argument that there are plenty of human-

itarian causes we must first tackle here in the U.S prior to extending ourselves abroad. I agree. I am not oblivious to the work that needs to be done in our own backyard.

However, the stark difference between the United States and underdeveloped countries is that here in the states, those in need have the resources available to guide them along. In Nepal, for instance, those plagued by poverty do not have any alternate

options. Homelessness is their reality and they are forced to rely on people outside of their community for help.

Perhaps one day you too will expand your horizons and experience what I have been blessed to witness. The truth is, whether you do it or not, life will continue. But if you take that leap of faith, I promise that life will become more enriched than you ever possibly imagined.

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KENNEDY

Continued from page 1

“My interest built up over time through hearing about it,” he said. “I can’t get over the sound.”

Kennedy makes his own reeds from cane, which is grown in southern France. After getting the cane, Kennedy shapes it with various tools to get the sound he needs. He then ties the reed to make sure no air passes through it as he plays.

Not every reed is the same, so Kennedy is constantly working to craft his sound after every reed he makes.

“It’s the whole, ‘life is a box of

chocolates,’” Kennedy said. “My life is full of reeds that haven’t been made yet, and don’t know which one is going to be good and which one is going to be bad.”

Kennedy is clearly pleased with the reed he just made. The sound rings out through the classroom, ready to burst through the second floor of Cypress Hall where Kennedy spends most of his time. It’s a moment that brings a smile to his face, because he found a good reed.

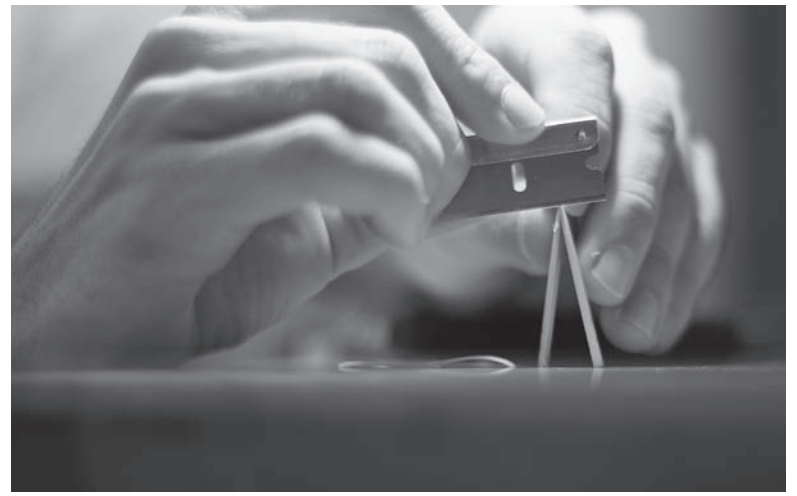
He slides the reed into a special case for good reeds.

“Now I got to put this baby away,” Kennedy said casually.

He then gets to work on his next reed. Rinse and repeat. Whatever it takes to craft his sound.



SCAN THIS QR CODE to learn more about Jason’s musical passion



Kennedy uses a razor blade to shape the cane, which is shipped from southern France, into an oboe reed.



Kennedy rehearses with the CSUN wind ensemble on Sept. 26 in Cypress Hall.



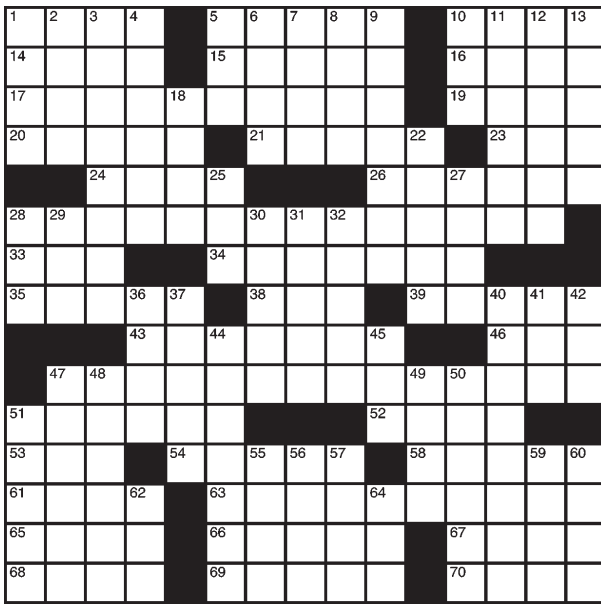
Kennedy trains classmate Shanee Parker, 21, a clarinetist and junior wind performance and music education major, on how to play the oboe.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Jay who’s on late
- 5 Crop up
- 10 1974 CIA vs. KGB spoof
- 14 Vehicle behind dogs
- 15 Summer skirt material
- 16 McDonald’s founder Ray
- 17 It’s heedless to go off it
- 19 Davenport’s state
- 20 One-__: biased
- 21 Ancient Mexican
- 23 HIV-treating drug
- 24 “Hold on __!”
- 26 Family nicknames
- 28 Car-waxing result
- 33 Letters linking real and assumed names
- 34 Lures
- 35 Himalayan republic
- 38 Invoice add-on
- 39 Choir room hangers
- 43 “Over my dead body!”
- 46 MouthHealthy.org
- 47 Motion on a mound
- 51 Dwarf planting
- 52 Polish prose
- 53 Mil. training center
- 54 Wood shop tool
- 58 Prefix meaning “culture”
- 61 Work hard
- 63 Director’s cry, and hint to the ends of 17-, 28- and 47-Across
- 65 Savvy about
- 66 __ voice: softly
- 67 Skye of “Say Anything ...”
- 68 Mark for removal
- 69 Deplete
- 70 Start of a classic Christmas poem



By Bruce Venzke and Gail Grabowski 10/22/13

Monday’s Puzzle Solved

R	A	F	T	S	M	A	L	E	S	N	O	B	
O	G	L	E	R	O	N	E	A	H	O	B	O	
S	A	U	D	I	A	U	D	I	S	A	F	E	W
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D	E	E	S	T	H	U	S	S	H	O	E	S	

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DOWN

- 1 D-Day fleet
- 2 Pre-college, for short
- 3 Must have now, in memo-speak

- 4 Most peculiar
- 5 Stein filler
- 6 Kelly in Electrolux ads
- 7 Mother of Don Juan
- 8 Transmitted
- 9 Natural to a region
- 10 Enjoy a winter sport
- 11 Some charity golf tournaments
- 12 Cry of surprise
- 13 Sings like Ella
- 18 German river
- 22 Wicker worker
- 25 Runner Sebastian
- 27 Sushi bar soup
- 28 PC linkup
- 29 Tiny Tim’s instrument
- 30 Loosen, as laces
- 31 “Act Naturally” singer Ringo
- 32 Puts back together
- 36 Picnic crashers
- 37 From around here
- 40 Infielder’s mistake

- 41 Academic address ending
- 42 Breakfast syrup source
- 44 Massage technique
- 45 Female in the flock
- 47 __ Raceway: Pennsylvania NASCAR track
- 48 Latin for “where it originally was”
- 49 Creative output
- 50 Blockhead
- 51 Anti-crow’s-foot treatment
- 55 Pres. Jefferson
- 56 Despise
- 57 Words to a traitor
- 59 Grandma
- 60 Unlocks, poetically
- 62 Subdivision unit
- 64 Bread for dipping, say

Classified Ads

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OCTOBER 22, 2013

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WOMEN'S SOCCER

Matadors fall to Aggies in 2OT

BRIAN BERNSTEIN
DAILY SUNDIAL

THE MATADORS (5-10-1, 0-4-1 Big West) needed a win to keep their hopes of a Big West Conference Tournament berth alive but stumbled 1-0 to the Aggies (4-7-3, 1-2-1 Big West) who played in their first two home games in 46 days.

UC Davis midfielder Ashley Edwards scorched the Matadors in the 106th minute of double overtime, finding the back of the net and snapping the five-game winning streak the Matadors held over the Aggies.

Edwards connected on a cross from teammate Sienna Drizin and buried it near post right past sophomore goalkeeper Cynthia Tafoya at the 105:50 mark.

Desperate for points, the Matadors came out firing recording six of their 12 shots in the first half. However, the inability all season to put the ball in the back of the net plagued the Matadors Sunday at UC Davis.

The Matadors once again struggled in the second half forcing Tafoya to make all four of her saves after the first half. Tafoya has a 1.41 goals-against average and 53 saves on the year.

The game had a physical style of play as both teams combined for 26 fouls but no cards were handed out.

The Matadors registered 12 shots

of their own, but only four were on net. Their best scoring opportunity was in the first half by sophomore forward Kendall Moskal, but her shot ricocheted off the post.

CSUN's midfielders Hannah Wissler, junior, and Amanda Smith, senior, both had shots on goal in regulation but couldn't break through. Senior defender Chloe McDaniel had the Matadors last chance in overtime by putting a shot on frame but walked away empty.

Opportunities have come, and time and time again and CSUN fails to capitalize. Despite out-shooting the Aggies 6-1 in the first half, the Matadors walked into halftime with the scoreboard reading 0-0.

Northridge got no help from their leading goal scorer, junior forward Brittanie Sakajian. She has three goals tying for 11th in the Big West Conference. The conference's leading scorer has 18 and second place has nine.

The Matadors rank sixth in the Big West with 15 goals scored this season, tied with Hawaii. CSUN has allowed 28 goals this season, 13 more than they have put in the net.

Sitting alone in last place, the Matadors return to Matador Soccer Field this weekend for their final two home matches. On Friday Oct. 25 they will host Long Beach State (8-5-2, 2-1-2 Big West), and on Sunday they will face UC Irvine (8-6, 3-2 Big West) on senior day.



CARLOS HERRERA / CONTRIBUTOR

The Matadors are still winless in conference play. CSUN is now 5-10-1 overall and have three games left on the season.

GET TO KNOW

Cieana Stinson

Major: Psychology

FAVORITES

Food: Mexican Food

Band: TGT

Athlete: Michael Jordan

Sports Team: LA Lakers

LIFE

Hardest part about being a student athlete: Balancing volleyball and my schoolwork evenly and finding time to sleep

Greatest Accomplishment: Receiving the Most Outstanding Female Athlete award at my high school

Hobbies: Cooking

VOLLEYBALL

Best part of my game: The feeling you get when your team makes an awesome play

Part of my game that needs improvement: Focusing on blocking and zone in on the hitter so I am in the right spot when blocking them

Best player I've played against: Faly Fonoimoana when I was in club volleyball

Player I model my game after: I admire Michael Jordan's work ethic and mentality

Pre-game rituals: Listening to music in the locker room with my teammates and curling my hair

Difference between this year's women's volleyball team and previous ones: Everyone gets along with everyone and the chemistry is very strong on the court

GOALS

Team: To make it to the NCAA tournament

Personal: To become a better all-around volleyball player

EXTRAS

Other sports played: Basketball, Soccer, Track and Field, and Competitive Cheerleading

When I started playing soccer: When I was 15

How I stay in shape during off-season: Following the work out plans and regiments my weight coach gives me

Person I'd like to meet: Barack Obama

Life after CSUN: I plan to take my volleyball career overseas for 2 to 3 years

Where I imagine myself in 10 years: Married with a family and working as a social worker or something along those lines



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Follow @sundialsports57 for live scoring and play-by-play coverage of CSUN sporting events.

DAILY SUNDIAL

