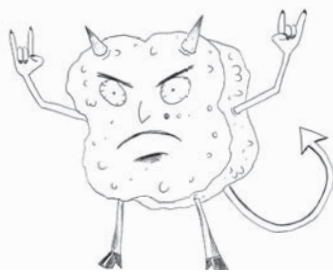


A.S. promotes student healthcare education

Why one CSUN student decided to become vegan



Kinesiology students train their peers and professors

Women's Soccer: Matadors fall to last in Big West

FREE

# DAILY SUNDIAL

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

TUESDAY, OCTOBER 29, 2013 | VOL. 55, ISS. 38 | WWW.DAILYUNDIAL.COM

# DREAMING OF REFORM



ILLUSTRATION BY JASMINE MOCHIZUKI / VISUAL EDITOR

Former CSUN students are working to change immigration policies and unfair treatment of undocumented immigrants

SHIRA MOSKOWITZ  
DAILY SUNDIAL

**A GROUP OF NINE** undocumented individuals from the U.S. voluntarily crossed the border into Mexico this past summer to protest U.S. deportation policies and to help urge the passing of the Dream Act, a federal policy that, if passed, will provide a pathway to citizenship to those who were brought to the U.S. as children illegally.

People known as Dreamers are the children who were brought to the U.S. under age 16 and have been raised in America. Using the same strategy as Dream 9, the new larger group of undocumented immigrants who have lived in the U.S. for most of their life, Dream 30, attempted to cross the border.

The Dreamers mission is to get the Dream Act passed and to spread awareness about

deportation issues that Dreamers, such as themselves, face in the U.S.

Lizbeth Mateo, 29, a CSUN graduate now attending law school at Santa Clara University, is undocumented and a member of the Dream 9. Mateo said knowing she or her family could be deported at any time inspired her and the other members of the Dream 9 to take matters into their own hands.

"The idea was that if we are going to get deported, we are going to do it on our own terms. We knew that when we would do it on our own terms, the roles would switch. People usually hide. We didn't want to hide. We wanted to be very open and confront that fear," Mateo said.

The Dream 9 were detained at the Eloy Detention Center in Arizona and claimed

asylum with the hope it would help them enter back in the U.S. safely without having to be deported to Mexico, where they feared unjust and inhumane treatment.

It was only after massive media coverage and protests that the group were paroled into the U.S. They now have to present their asylum case to a U.S. judge, a hearing that could be years away.

Earlier this month Dream 30, following in the footsteps of their predecessors lined up at the U.S. border in Laredo, Texas, and protested to "bring them home."

Nancy Landa, CSUN's first Latina student body president, who graduated with honors from the university in 2004, was

deported to Mexico in 2009 and has since been an activist in fighting for immigration reform, specifically for deportees.

"I want to open doors for others who do not have the option to return to their lives in the U.S. Life does not have to end after deportation," Landa said.

Landa is a member of Los Otros Dreamers (The Other Dreamers), a group of Dreamers who are pursuing their lives and goals in Mexico. While she was not directly involved in the actions of the Dream 9, she and Los Otros Dreamers publicly supported the group and sent a letter to the president asking for their release.

"As part of Los Otros Dreamers we publicly supported the effort as [the Dream 9] were the first activist group in the U.S. that focused on giving visibility to those of us who were being left out of immigration reform, including individuals like me who were deported or those that [were forced

"The idea was that if we are going to get deported, we are going to do it on our own terms. We knew that when we would do it on our own terms, the roles would switch."

—LIZBETH MATEO  
CSUN GRADUATE



# Struggles immigrants endure in US

**SHIRA MOSKOWITZ**  
DAILY SUNDIAL

## UNDOCUMENTED IMMIGRANTS LABELED AS CRIMINALS

While deportation statistics under the Obama administration are showing record numbers, being deported is not the only issue undocumented immigrants face.

When CSUN graduate Nancy Landa was deported, she was not treated like someone who was brought to the U.S. with no other choice or as someone who has contributed to her community, she said.

"I was treated as a criminal, as if I had made a choice to be in the U.S. without documents," Landa said. Dreamers do not make the conscious choice, as we were children when our parents brought us into the U.S. But the deportation system easily criminalizes a community that has

"I was treated as a criminal, as if I had made a choice to be in the U.S. without documents"

—**NANCY LANDA**  
CSUN Graduate Student

made the U.S. their home and has contributed to it."

According to the Department of Homeland Security (DHS) and Immigration and Customs Enforcement (ICE), 55 percent, or 225,390 individuals deported in 2011 were undocumented immigrants. Of those the website said they "removed," 40,448 were reported to have committed crimes involving drugs and 36,116 were convicted of driving under the influence.

However, the website does not specify the country those who committed crimes were deported to.

Devora Gonzalez, a CSUN alumna who majored in Central American studies, is an advocate for immigration reform and is currently getting her master's degree in Central American studies at the University of Arizona. Being undocumented in the U.S. carries a heavy stigma, according to her.

"The stigma (is that) you are an unethical being because you are undocumented," Gonzalez said. You are seen as someone who broke the law, your very presence is illegal or not wanted."

Not only are those who are undocumented treated as criminals in the U.S., but they are also treated unfairly when they get deported and arrive at their country of origin, making it harder to get jobs and rebuild their lives, said Dr. Douglas Carranza, professor and program director of Central American studies at CSUN.

"When these deportees reach their country of origin, they are not welcomed. They criminalize them

because there is an assumption that most of the people who are being deported are criminals," Carranza said. "Being labeled as a criminal hinders their opportunity to get a job. On top of already being embarrassed that they were deported, now they are labeled as a criminal too."

Being labeled as a criminal does not only affect the deportee, but also their family, Carranza said.

"Being the son of a person who was deported, being the daughter, being the mother, the wife or the husband or someone who is deported means they can be tainted because they are seen as being connected to someone who is supposed to be a criminal even though he or she is not," Carranza said.

## STEREOTYPES THAT COME WITH BEING UNDOCUMENTED

Another stereotype that undocumented individuals are faced with in the U.S. is that they do not contribute to the economy, but instead are a "drain on it," said Dr. Axel Montepeque, professor of Central American studies at CSUN.

"The work that the undocumented do, the industries that they sustain, and the taxes that they pay are simply erased and they are represented as a drain on public benefits," Montepeque said.

These stereotypes influence the public and ultimately leads them to form an anti-immigrant and anti-Latino sensibility, according to Montepeque.

Although the Latino population

"The stigma (is that) you are an unethical being because you are undocumented. You are seen as someone who broke the law, your very presence is illegal or not wanted."

—**DEVORA GONZALEZ**  
CSUN Alumni

makes up the majority of immigrants in the U.S. they are not the only group who are labeled with stereotypes.

Dr. Timothy C. Lim, a political science professor and expert in international migration/immigration in Asia at California State University, Los Angeles, said Asian immigrants, even those who are legal, are stereotyped as well.

"For Asians, however, even legal immigrants are often viewed as incapable of fitting into American society. Indeed, even Asians who have lived in the U.S. for generations are still viewed as "foreigners" in the United States," Lim said.

## ISSUES WITH U.S. POLICIES FOR IMMIGRATION REFORM

Gonzalez feels that one of the biggest issues in immigration reform in the U.S. is that it solely focuses on naturalizing people rather than getting to the root of the issue, leaving the current policies to just be band-aids over the deeper issues.

Let's start with international foreign policy. Let's talk about militarization at the border. Let's talk about

the racialized history," Gonzalez said. "Let's talk about the issues in other countries that have caused migration for people from those countries to come here."

Furthermore, U.S. immigration policies do not have any laws or policies in place pushing to keep families together, an issue that Gonzalez said is far too common with migration to the U.S.

"If they stay in their country, they remain poor and they can't make it so someone has to leave and they separate. Now you have a person who comes to the United States and can send money and be that contributor," Gonzalez said.

In order for change to take place regarding U.S. immigration reform policy, Carranza said that stronger and less modified policies are needed.

"What we need is immigration reform without diluting the benefits to the entire community, that is the reality. We cannot just take small steps. People have been living here for many years working hard in their communities and providing new ideas in the way society should func-

# A.S. to promote awareness of new student healthcare options

**ELIZABETH OHANIAN**  
DAILY SUNDIAL

**CSUN ASSOCIATED** Students (A.S.) approved a resolution to provide the campus community with more information on new healthcare options available for both students and their families.

During this week's A.S. meeting, Vice President Talar Alexanian felt that students on campus should become more aware of resources available to them under the new Affordable Care Act and by Covered California.

"As many of you may know, at the start of October, new healthcare options have become available for CSUN students," Alexanian said.

Covered California website gives people a chance who aren't provided insurance through their job or any other outlet, to be able to shop around for a healthcare plan that works best for them.

The Covered California website also states that it is now a requirement that under the Affordable Care Act, a comprehensive package of services will be provided with healthcare plans.

These services are called essential health benefits and include the following: ambulatory patient services, emergency services, hospitaliza-



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

A.S. Chair of Finance, Sonia Vaswani (Middle), was awarded A.S. Member of the Month. She was recognized for her dedication, hard work and reliability. The A.S. meeting took place at the Grand Salon, USU on Monday.

tion, maternity and newborn care, mental health and substance use disorder services, prescription drugs, rehabilitative and habilitative services and laboratory services.

Alexanian said she is pleased with the new set of resources students can obtain and is glad to be able to provide more information to those interested with the help of her fellow A.S. cabinet members.

"I think this would be a great opportunity for us to educate our fellow students and their families on this matter," Alexanian said.

During the meeting, the A.S. Member of the Month award was given to A.S. Chair of Finance Sonia

Vaswani. She was recognized by the A.S. board for her dedication, hard work and reliability.

"I want to congratulate Senator Vaswani on being A.S. Member of the Month, she really deserves it, she's here even when she doesn't have to be," Chief of Staff Luis Canton said.

Vaswani was awarded with a certificate as well as a dozen red roses.

A.S. allocated a total of \$6,130 to clubs and organizations this week for specific club events.

They allocated \$2,000 to the Electrical and Computer Engineering Department for their CSUN CubeSat Project. This department has been

working on launching a satellite since last semester and are now in phase two. They plan to be completely finished by December 2014.

A.S. also allocated \$750 to CSUN LGBTQA for their "T is not Silent" event. This event will recognize the transgender community on campus and help with their cause.

\$850 went to Smart Spenders for their annual budget for 2013-2014 and \$2,530 was allocated to the A.S. Student Leadership Office for a new printer in their office.

"This printer is used by all of the A.S. staff and it's definitely time for a new one," Vaswani said.

## PREVIEW

### Showcase sold out

This Wednesday a variety of talent from the CSUN community will perform during the sold-out annual Student Showcase at 7 p.m.

Last year 10 acts participated in the showcase, and this year 11 acts will participate. USU Events Supervisor Audrey Martinez explained that this year's event features music, dance and poetry performances.

There will be a total of five winners for the showcase. The grand prize winner who will receive a \$300 professional photo shoot as well as a \$300 monetary prize. Winners for overall expression such as music, dance and poetry will receive a \$200 monetary prize. The fan favorite winner will receive a \$150 monetary prize.

This year is a "Garage band theme."

"Every person who has a dream of performing typically starts off in their parent's garage" said Martinez. "It's really (about) that humble beginning and seeing where they are now and being able to share their talent with everyone" said Martinez.

According to the USU website "audience members can participate in a dance competition for a chance to win a Matador Bookstore gift certificate."

Because this year's event is sold-out there will be a standby line. Doors open at 6:30 p.m. and there will be an area by the A.S. ticket office for standbys. If students who purchased tickets early don't attend, individuals in the standby line are free to purchase available tickets.

CSUN Hip Hop, dance group Committed Feet, ukulele player Gabriel Ylo and poet Jealinda Mills are just a few of the acts that will be performing Wednesday.

"We are excited, anxious and ready to bring it," said Christina Moffitino, CSUN Hip Hop Team president, in regards to her team's performance in the showcase. "We are performing a five and half minute set with an Egyptian theme."

DJ Mal-Ski will spin at the event and Chris Spencer, actor and comedian, will guest emcee the showcase.

—**CHANDELOR ARMSTRONG, LIVE NEWS EDITOR**



tion and it's a disservice to humanity not to provide those full benefits," Carranza said.

David Bennion, attorney for the Dream Activists and Philadelphia-based immigration attorney, said that while California is on the forefront of passing measures to protect Dreamers and their families, it is not enough.

"State and local governments could act further to disentangle themselves from ICE and Border Patrol by refusing to grant detention space in state jails and prisons," Bennion said. "California Democrats could push the president to release the Dream 30 and provide a way for other Dreamers to reunite with their families."

According to Carranza, the fact that the Obama administration deports 400,000 individuals a year gives us an "idea about the administration's immigration policies."

"The Obama administration had presented itself as the beginning, as friends of the immigrant community, and that it was going to be helpful and also have the willingness to support the immigrant community, but it has been the reverse," Carranza said.

#### THE LATINO POPULATION: A TARGETED COMMUNITY

According to Montepeque, the Latino population has been misrep-

resented by the media as far back as the early 1970s.

"Beginning in the 1970s and continuing into the present, the media have represented the undocumented in the U.S. as Mexican, and this has had the effect that the public believes that all undocumented people and therefore deportation is a Mexican issue," Montepeque said.

"Of course, immigration and deportation affects many other people, particularly Central Americans."

However, Montepeque notes that while deportation is heavily targeted towards undocumented individuals from Latin American countries, "the statistics simply do not lie: the majority of those deported are from Mexico and Central America."

Beckie Moriello, immigration attorney for Fabio Ortiz Law Firm, does not believe that immigration in the U.S. is viewed as a Mexican or Latino issue.

"I think people also jump to terrorism when they think of immigration, and people tend to think of Middle Easterners in that context," Moriello said.

Furthermore, from her experience, the Latino population is not more targeted than other groups from other countries when it comes to the issue of deportation.

#### IMMIGRATION: A RACIALIZED ISSUE

Dr. Martha Escobar, assistant professor for the Chicano/a studies department at CSUN, believes that besides the fact that the majority of documented and undocumented migrants are from Mexico, the reason the Latino community is targeted is because of how they are painted "as a threat to the nation."

"While Mexican migrants were and continue to be desired for their labor, they are racially constructed as a threat to the nation," Escobar said. "They are not only assumed to be racially, culturally, linguistically, and morally different from white America, but their constructed difference is assumed to be inferior. Thus they are constructed as a threat to the nation and deportation becomes a means to control that threat."

One of the most politically effective racial ideas used to portray Latinas/os as threats to the public include labeling those of Latino descent as "public drains" or "criminals." Ideas such as "anchor babies," describing the notion that women cross the border to have children in the U.S. so the government will take care of them is only one of the racially constructed ideas that racially label the Latino community, Escobar said.

Escobar said these racial constructions of Latino/a immigrants heavily limit or completely exclude them from receiving public resources such as healthcare and education.

Gonzalez believes racism in the U.S. is a historical issue, dating back to when America was founded and the founding fathers decided that a U.S. citizen could only be someone who was Anglo or of European descent.

"Being undocumented is historical

and it's racialized. History and racism go together because history is a racialized history," Gonzalez said.

Gonzalez said claiming racism is no longer an issue in this country after the civil rights movement is not true.

"Racism just took a different form. It got reshaped and it became that now you have the rhetoric of undocumented immigration which is a racialized issue," Gonzalez said.

#### DEPORTATION: A HUMAN RIGHTS ISSUE

Labeling an undocumented individual as a criminal provides the framework to "enact means of control that would otherwise seem inhumane," Escobar said.

"The hundreds of deaths at the border that are a consequence of border militarization are legitimized by the narrative that 'those people' were knowingly violating 'our' nation's laws, and while unfortunate, 'our' protection and safety comes first, and 'their' death is of their own making," said.

Landa recalls that when she was detained, she had no access to an attorney or a judge and she was expediently removed.

"There is a complete lack of human dignity and respect for due process," Landa said.

However, Gonzalez notes that deportation is not the only time when there is a human rights issue with immigration. Using terms such as illegal, undocumented or even immigrants can be offensive. "The right term to use is human being" Gonzalez said.

Whether a person is undocumented or not is not something that Gonzalez feels should not matter when identifying that person.

"If they stay in their country, they remain poor and they can't make it so someone has to leave and they separate. Now you have a person who comes to the United States and can send money and be that contributor," Gonzalez said.

—DEVORA GONZALEZ  
CSUN Alumni

"If they are undocumented or not, it should not matter. Immigration is a socially constructed issue," Gonzalez said. "No human being is illegal. No human beings presence is not wanted. Everyone has a right to life. Everyone has a right to migration. Everyone has a right to say I am not a criminal because I decided I wanted to look for a better life."

Carranza agreed with Gonzalez and believes that when referring to an undocumented individual, a person's legal status is irrelevant, and instead of being called undocumented, they should only be called an immigrant.

"They are just a person who is an immigrant. It shouldn't matter if they are legal or not because people have the right to work and anybody has the right to access healthcare and education and they are paying their taxes and working," Carranza said.

"The work that the undocumented do, the industries that they sustain, and the taxes that they pay are simply erased and they are represented as a drain on public benefits"

—DR. AXEL MONTEPEQUE  
CSUN Central American Studies Professor

## Learn what the DAILY SUNDIAL can do for you

The Daily Sundial is more than just a newspaper. We're your source for what's happening on and around CSUN even when you're not on campus. Read us online or on your phone 24/7.

#### SUNDIAL ONLINE

News, Sports, Opinions  
Entertainment & more

Read and place Classified Ads

Search the Sundial Archive

View exclusive content



#### SUNDIAL MOBILE

Read all of your favorite sections

Share articles with friends and family

Submit story ideas, photos and videos

Sundial Deals: exclusive discounts for our readers

USU event listings

SRC classes and info

get it now for your  
Apple or Android device



#### Be social



Like us on Facebook and follow us on Twitter and Instagram @dailysundial for breaking news, contests and more.

#### Join us

We love contributors. If you like to write, take photos, draw, or just want to be part of a great campus organization, then the Sundial might just be the place for you.

818.677.2915 or email [sundialinfo@csun.edu](mailto:sundialinfo@csun.edu)



**DREAMERS***Continued from page 1*

to return] because they could not pursue an education due to their immigration status," Landa said.

Out of the Dream 30, less than half have successfully crossed back into the U.S., while the rest are currently still waiting at the El Paso Processing Center to see if their asylum claim is enough to let them back into their homes. The group is part of the Bring Them Home Campaign, which is sponsored by the National Immigrant Youth Alliance, co-founded by Mateo and Dreamactivist.org.

"The Bring Them Home campaigns presses for the urgency of passing immigration legislation that is humane and comprehensive. The more we continue to wait for a comprehensive solution, the more it will continue to negatively affect immigrant communities," Landa said.

Landa believes that the efforts of the Bring Them Home Campaign will help spread awareness about the inhumane immigration policies that continues to be upheld under the Obama administration.

"As with the Dream 9 efforts, I believe this campaign continues

"For the Dreamers that entered the U.S. claiming asylum, their claim is largely made on the fear of persecution in Mexico due to increasing violence that is a result of Mexico's war on drugs. Claiming asylum allows this group of individuals to work and deter deportation until a decision is made in their individual cases."

—**MARTHA ESCOBAR**

*assistant professor for the Chicano/a studies department at CSUN*

to bring visibility to the record number of deportations under the Obama administration and the inhumanity in these policies," Landa said.

While detained, Mateo said she heard first person accounts about what women experienced in the Eloy Detention Center.

"When the [Dream 9] came to the detention center, they knew we were a high media case, so we heard they cleaned up the facility and repaired broken things. But the women there told us that a lot of the time their toilets and sinks in their cells would not work and that when they would turn on the water, it would come out brown," Mateo said.

Since July 15, 2012, the federal government has made it possible for Dreamers to apply for deferred action.

"I want to open doors for others who do not have the option to return to their lives in the U.S. Life does not have to end after deportation."

—**NANCY LANDA**

*CSUN'S first Latina student body president*

**CLAIMING ASYLUM**

A majority of the Dream 30 have claimed asylum at the U.S. border, hoping that it will help bring them back to the U.S. safely.

A person must be "unable or unwilling to return to his or her country of nationality because of persecution or a well-founded fear of persecution on account of race, religion, nationality, membership in a particular social group or political opinion," in order to receive refugee or asylum status, according to the Department of Homeland Security (DHS).

"For the Dreamers that entered the U.S. claiming asylum, their claim is largely made on the fear of persecution in Mexico due to increasing violence that is a result

of Mexico's war on drugs. Claiming asylum allows this group of individuals to work and deter deportation until a decision is made in their individual cases," said Dr. Martha Escobar, assistant professor for the Chicano/a studies department at CSUN.

Not only do Dreamers have the right to claim asylum because of the recent cartel violence in Mexico, but the fact that they grew up in the U.S. also puts them at risk, said David Bennion, the Philadelphia-based immigration attorney for the Dream activists.

"The fact that they grew up in the U.S. and many are easily identifiable as coming from the U.S. makes them a more attractive target for kidnapping or extortion by both the cartels and the police," Bennion said.

This Wednesday a panel called "Dreamers: A Generation's Struggle for Their Own American Dream" will be discussing the Dream 9 and Dream 30 at 9 a.m. on Oct. 30 in the Flintridge Room of the CSUN University Student Union.

The event will be live tweeted (@CSUNLJ) and live streamed at

<http://www.ustream.tv/user/OnlineENS>

**SHARE YOUR THOUGHTS:**

LET US KNOW ONLINE  
OR ACCESS: [www.sundial.csun.edu](http://www.sundial.csun.edu)

**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!

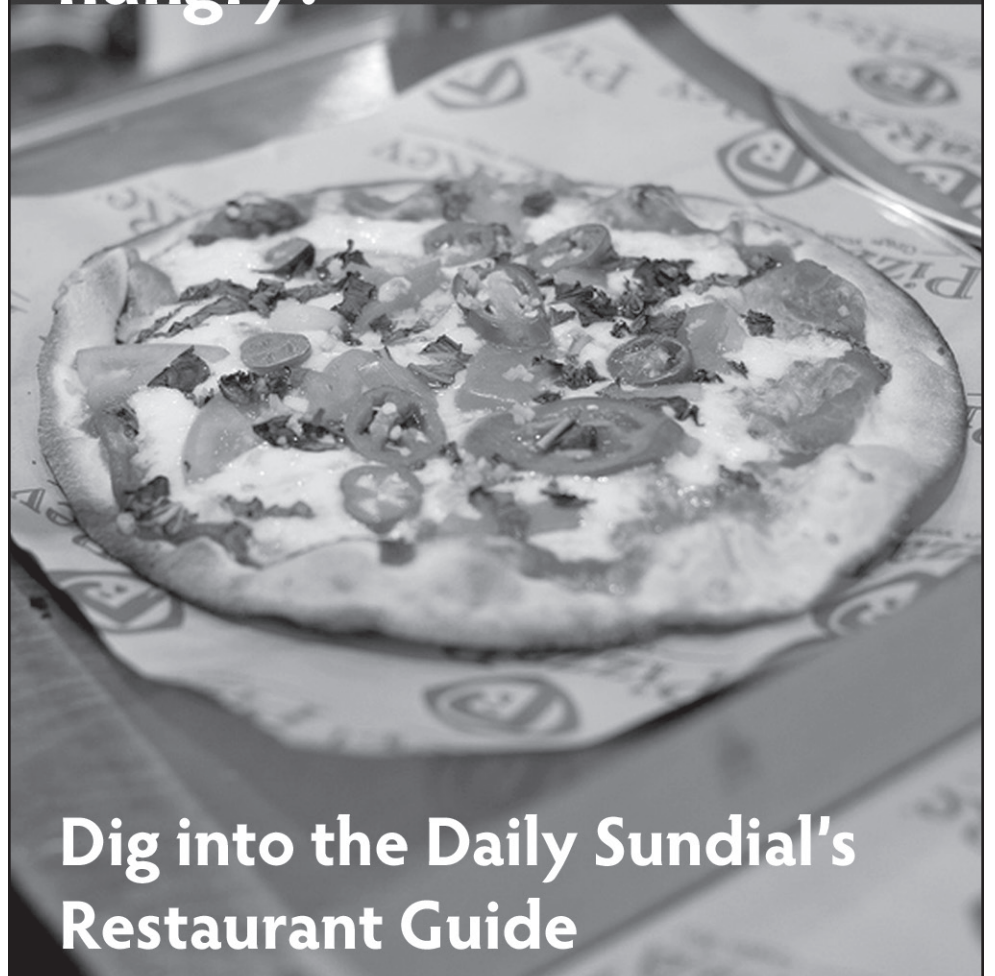
**DAILY SUNDIAL**   

**THURSDAY, NOVEMBER 7**

**MATADOR  
BASKETBALL  
PREVIEW**

**ONLY IN THE DAILY SUNDIAL**

**hungry?**



**Dig into the Daily Sundial's  
Restaurant Guide**

Coupons, CSUN Discounts  
and more

Read it at [dailysundial.com](http://dailysundial.com)  
or scan this QR code to  
view it on your smartphone



**DAILY SUNDIAL** *Your news. All day.*



# ASSOCIATED STUDENTS **MATADOR REPORTER**

**FREE  
ADMISSION  
OPEN  
SEATING**

**FOLLOW US AT  
FACEBOOK.COM/CSUNAS**

**AS**  
Associated Students



## NEED A RIDE TO SCHOOL?

Student Exclusive Carpool Matching Program

RideLinks, the instant online service that enables you to pre-screen and contact potential carpool partners – exclusively for CSUN students!

- Find Rideshare matches within CSUN
- Create personal Commuter Profile
- Alter commute habits and times
- Save money
- Help the environment



[csun-students.mycarpool.net](http://csun-students.mycarpool.net)

**SENATE** IN A *Minute*

Want to know what happened at the last Senate Meeting? Watch our weekly Senate in a Minute.

[www.csunas.org/senateinaminute](http://www.csunas.org/senateinaminute)

## Clubs and Organization Ads

M.E.Ch.A. de CSUN & The Chicana/o Studies Department Present

**MICCAILHUITL:  
Dia de los Muertos**

Noche de Ofrenda: Thurs. Oct. 31st, 5pm-9pm  
Miccailhuitl: Dia de los Muertos: Fri. Nov. 1st, 6pm-12am

Chicana/o House, CSUN 1811 Nordhoff Street, Northridge CA. 91330 (Cross streets Plummer & Etiwanda)

\*\*\*\*\*

Come join us for our two days of celebration starting Thursday, October 31, 2013 at 5pm with Noche de Ofrenda. The Noche de Ofrenda is a time to tell stories, reflect on our time with our loved ones, share food, recite poetry, and view the altars. This is to open the event for MICCAILHUITL: Dia de los Muertos on Friday, November 1, 2013 starting at 6pm. There will be live music, Danzas, vendors, food, speakers, and elaborate altars to honor those who have passed. Everyone of all ages is welcome to come celebrate life, whether past or present.

ALTARES. ARTWORK. FOOD. VENDORS. LIVE MUSIC. DANZAS. PERFORMANCES. SPEAKERS.

For more info visit: [www.mechacsun.org/dia-de-los-muertos.html](http://www.mechacsun.org/dia-de-los-muertos.html)

Sponsored by Chicana/o Studies Department & CSUN Associated Students  
Flyer by Zoey

**Register Today!**

8<sup>th</sup> Annual  
APA LA Student Symposium  
**Sustainable Suburbanism**

November 9<sup>th</sup>, 2013  
9:00 am - 2:00 pm  
USU Grand Salon

CSUN is pleased to host this year's symposium. Join us as we explore strategies to transform urban sprawl into sustainable communities.

Reserve your space at [www.upsn.wordpress.com](http://www.upsn.wordpress.com) "register" tab

APA CA California State University Northridge

1-DAY ONLY

**FLASH SALE**

OCTOBER 29

**AT YOUR CAMPUS STORE**



*Associated Students* is the official seat of student governance for the campus. The Student Government division represents the student body, advocates their needs, and defends their interests in dealings with faculty, campus administrators and government officials.

[www.csunas.org](http://www.csunas.org) | (818) 677-2477



OCTOBER 29, 2013

OPINION@SUNDIAL.CSUN.EDU

# Opinion

## Veganism: good for you and animals

In spite of what some people may say, being vegan is compassionate and even healthy - if done appropriately

**LISA ANDERSON**

DAILY SUNDIAL

**VEGANISM** is increasingly gaining momentum, and as the “World Vegan Month” of November approaches, it may be a good time to consider why.

Full disclosure – I am vegan, and therefore biased, but I’m also reasonable (yes, it’s possible). I’d like to explain why I’m vegan while also addressing some concerns about it and dispelling the myth that we’re all malnourished lunatics.

I would also like to dispel the myth that we all think we’re superior. Of course there are vegans who actually believe this, just like there are genuine man-hating feminists. There are stereotypes for every group of people, and this is just another one.

Personally, there are many reasons why I’m a vegan, but it all began with my sister. She had been vegetarian for about a year when we were bored one day and decided to watch a movie on Netflix – that movie was “Vegucated.”

Although this movie ended up being crucial to my veganism, my journey was not this simple. To preface, I’ve always, up until January 2013, been a hardcore meat-eater.

I used to work at a Starbucks where we would often eat the leftover food, including breakfast sandwiches. Cherishing these moments, I would take the bacon from up to five or six bacon sandwiches, throw it on a sausage sandwich and dig in.

If you asked me what my favorite food was, I would just say “steak.” Some people would say, “Steak and what else?” I would laugh and say, “Steak – just steak.” You get the picture.

So when my sister first told me she was vegetarian I laughed at her. I told her all the things that I get told now: “humans weren’t meant to be vegetarian, you’re missing out on vital nutrients and meat is too delicious to give up.”

I was so defensive about eating meat that I didn’t really listen to anything she had to say. I believe that’s what a lot of people do; and as you can see, it would be hypocritical for me to antagonize this behavior.

First, as “Vegucated” addresses, why skip all the way from vegetarian to vegan? If you’re vegan for the animals, the majority of the cows and chickens, which of course produce dairy products and eggs, are not treated humanely.

Some of the flamboyant actions of organizations like PETA have left a bad taste in the public’s mouth, overshadowing the true mistreatment of these animals. I used to roll my eyes and grab beef jerky when my sister would try to sit me down

to watch some of the infamously graphic PETA films.

Perhaps this is why “Vegucated” was so effective for me. It doesn’t bombard the viewer with hard-to-stomach images. As much as I do recommend watching some graphic videos for motivation, it was a combination of these images and simple facts that convinced me.

Some of these facts include simple USDA definitions and regulations. “Cage-free,” for instance, is just that. There is no guarantee or requirement that a chicken will even have enough room to spread its wings.

Yet what I found truly surprising was the definition of “free-range” eggs. This is the definition in its entirety: “Producers must demonstrate to the Agency that

ing the conditions of these chickens that are supposedly better off, it says a lot about even less regulated conditions.

So the inhumane treatment of animals is why I’m not only vegetarian but also vegan.

It’s difficult to succinctly address all of the concerns regarding veganism, but the one I hear the most is that it’s just too hard. It supposedly limits your options too much, and many say, “I just wouldn’t know where to start.”

Simply put, if your heart’s not in it, there’s a tremendous amount of motivation against breaking routine and completely changing your diet.

That said, there is an incredible plethora of resources available online for starting a vegan diet, including PETA’s 30-day

It’s true vegans are at a higher risk to be low in iron, calcium, and vitamins D and B-12 if they’re not careful, but many vegan foods are fortified with these same vitamins for that exact reason.

Vitamin B-12 deficiency is often used to scare people against a vegan diet, but as Reed Mangels, PhD and RD, explains on the Vegetarian Resource Group website, in addition to these many fortified food sources, Red Star nutritional yeast has been proven as a reliable B-12 source. This is not to mention vitamin supplements are available almost anywhere.

Further, in “The China Study,” a kind of vegan Bible, Dr. T. Colin Campbell, Professor Emeritus at Cornell University, and his son, Dr. Thomas M. Campbell, found “people who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest.”

Another argument against veganism is that we humans are omnivores, and we’re meant to eat meat. Ultimately the argument is that our canines and incisors indicate we evolved to eat meat.

I’m not arguing against that – clearly we did. We also have flat grinding teeth with jaws that move side to side, which is not beneficial for animals that eat flesh.

Of course, we don’t eat animals in the way that other animals do, in that we butcher and cook our meat. The point is, we adapted to eat meat not necessarily because it’s superior to other food sources, but because other food sources weren’t always available.

They’re available now, so I don’t personally feel comfortable relying on that as a reason against being vegan. Even if it’s more “natural” to get vitamin B-12 from meat than a fortified substance, I’ll take that substance anyway as a stance against contributing against the unethical treatment of animals.

Although I feel I must mention that most people who have told me it’s not natural to be vegan are also the same people that have no problem eating a Big Mac, which I don’t think anyone will argue is natural. Also, if I had to live in a civilization somewhere else or in the past where I needed meat to survive – so be it, but that is simply not the case.

Everyone is of course different, but I honestly feel much better and healthier since I’ve become vegan. With that said, I did feel weak after being vegan for a couple of days. Then I remembered the Internet exists.

Sarcasm aside, I realized I wasn’t getting enough protein because I just had no idea what good protein sources were.

Research is definitely recommended for beginning a vegan diet, but ultimately it’s an easy transition if you have the right motivation, determination and resources.



\* **Seitan:** (*noun*) - Pronounced “Say-tan, like the Dark Lord Satan,” is a wheat gluten popularly used as a meat substitute for vegan and vegetarian dishes. Seitan, much like veganism, has nothing to do with Satanism.

the poultry has been allowed access to the outside,” (USDA).

The U.S. Humane Society succinctly explains what this actually means: “Typically, free-range hens are uncaged inside barns and have some degree of outdoor access, but there are no requirements for the amount, duration or quality of outdoor access. There are no restrictions regarding what the birds can be fed. Beak cutting and forced molting through starvation are permitted. There is no third-party auditing.”

My point is, I know when you love meat and eggs so much, it’s easy to downplay the likelihood that this kind of inhumane treatment is occurring. But when consider-

pledge where they basically send you all the information you need.

As for limited options, there are a surprising amount of vegan dishes I find most people aren’t aware of. There are as many options using meat as there are using meat-like substances such as tempeh, seitan, tofu, whole grains and legumes.

Also, we’re lucky enough to be in a city where so many restaurants and grocery stores are considerate of vegans.

However, just like many carnivorous Americans don’t have a healthy diet, the same is true of some vegans, but being vegan certainly doesn’t mean being ghostly thin and pale.

### DAILY SUNDIAL

Published Mon.-Thurs.  
by the Department  
of Journalism at  
California State  
University, Northridge.

Manzanita Hall 140  
18111 Nordhoff St.  
Northridge, CA 91330-8258

News (818) 677-2915  
Advertising (818) 677-2998  
Fax (818) 677-3638  
www.dailysundial.com

Editor in Chief  
**LOREN TOWNSLEY**  
editor@csun.edu

News Editor  
**MONA ADEM**  
city@csun.edu

Live News  
**CHAMPAIGN WILLIAMS**  
city@csun.edu

Features  
**TAYLOR VILLESAS**  
features@csun.edu

Sports Editor  
**KEVIN KIANI**  
sports\_sundial@csun.edu

Opinions  
**LUIS RIVAS**  
opinion@csun.edu

Culture Clash  
**JOSH CARLTON**  
ane@csun.edu

Photo Editor  
**JOHN SARINGO-RODRIGUEZ**  
photo@csun.edu

Assistant Photo Editor  
**YOSCELIN PEREZ**  
photo@csun.edu

Multimedia Editor  
**MEGAN DISKIN**

Visual Editor  
**JASMINE MOCHIZUKI**

Online & Social Media Editor  
**MADISON RUPPERT**  
online@csun.edu

KCSN Liason & Podcast Editor  
**BRITTANY CHENELLE GREEN**

Copy Editors  
**MELODY CHERCHIAN**  
**JONATHAN DIAZ**  
**RON ROKHY**  
**CHARLIE KAIJO**

Staff Reporters  
**LISA ANDERSON**  
**CHANDELOR ARMSTRONG**  
**MICHAEL ARVIZU**  
**ROY AZOULAY**  
**VICTORIA BECERRIL**  
**GEORGE BENITEZ**  
**BRIAN BERNSTEIN**  
**JAZZMYNE BOGARD**  
**ESMERALDA CAREAGA**  
**VERA CASTANEDA**  
**WON CHOI**  
**ANNE CHRISTENSEN**  
**DARKO DEBOGOVIC**  
**MICHELLE DOMINGUEZ**  
**LUCAS ESPOSITO**  
**JACOB FREDERICKS**  
**ALYSHA GARRETT-BYRD**  
**STEPHANIE HERNANDEZ**  
**ABIGAIL LEVRAY**  
**NEELOFER LODHY**  
**ANDREW MARTINEZ**  
**ELIZABETH OHANIAN**  
**MERCEDES ORTIZ**

**CALVIN RATANA**  
**ANA RODRIGUEZ**  
**ABIGAIL RONDON**  
**BIANCA SANTILLAN**  
**TREVOR STAMP**  
**ALEX VEJAR**

Senior Staff  
**MELANIE GABALL**  
**JENNIFER LUXTON**  
**SHIRA MOSKOWITZ**  
**HANSOOK OH**  
**KEN SCARBORO**

Sales Representatives  
**MARIA HUBBARD**  
**KIRK MAO**  
**HUSSAIN SAKA**  
ads@csun.edu

Illustrator  
**JAE KITINOJA**

Production Designers  
**ANDREA ALEXANIAN**  
**MARICRUZ MEZA**  
**JASMINE MOCHIZUKI**  
**YOSCELIN PEREZ**

Marketing Team  
**KALEENA COX**  
**SHARIFA MCCAULEY**

Classifieds  
**LITA VANHOUTEN**

Publisher  
**MELISSA LALUM**

General Manager  
**JODY HOLCOMB**

Business Coordinator  
**SANDRA TAN**

Web Development  
**BENJAMIN GARBER**



# Students and faculty commit to health

## Kinesiology department's 'Commit To Be Fit' program gets CSUN in shape

**ABIGAIL RONDON**  
DAILY SUNDIAL

**BEING ACTIVE** and healthy is a goal any student should strive to achieve. Unfortunately with all the demands of classes, it can get pretty tough to get that extra hour in at the gym. Sometimes, students just need a little extra motivation to get going, and the "Commit To Be Fit" program proves that teamwork can lead to something anyone would love: success.

This program, run by the Kinesiology department, offers students and faculty alike the chance to join together and achieve their personal fitness goals by working as a team.

"The students who run the program are all getting internship credit for it. It's a way for kinesiology students to take what they've learned in their coursework and apply it in real people," said Kim Henige, assistant professor of kinesiology.

This program not only applies the foundations of fitness to students, but stu-

dent-trainers actually get to test their personally-structured routines out on their own professors.

Kinesiology major Rachna Patel finds the idea of teaching faculty exciting. According to her, the reward of helping each other is what makes "Commit To Be Fit" that much more enjoyable.

"Us students develop exercise routines for the client and we teach them how to do it. It's pretty funny how the roles get switched," Patel said. "One of the things that gives them motivation is that we do the exercises with them continuously. That gives them motivation to keep moving forward."

There are four stations where students set up on a field located across Redwood Hall outside a workout house: upper body, lower body, core and cardio, each one specifically targeted to certain goals. Groups split up among those four stations and work out with their corresponding fitness team and trainers, lunging, punching, running and stretching to some upbeat music. Once time is up, everyone shifts over to the next station. Held



ABIGAIL RONDON / DAILY SUNDIAL

Participants work out together during the Commit To Be Fit program every Monday through Thursday at 5 pm.

four days a week, it keeps adrenaline up and encourages trainers and trainees to motivate each other.

Director of "Commit To Be Fit", Nick Ward, has his own uplifting slogan that he shares with the team to strengthen and reassure each of them of their capabilities. "The whole idea of the

program is supposed to be WIN WIN WIN! Everybody's winning, everybody's learning off of each other. This program teaches students how to design exercise templates and lead group exercise classes. It's kind of a learning experience for both faculty and staff and students," he said.

Exercise is beneficial in so many more ways than just shedding pounds and watching the numbers go down on a scale. Being physically active helps manage stress and depression, increases mental alertness, reduces one's risk of high blood pressure, heart disease, diabetes and certain types of cancer,

and even enhances sexual desire and performance, just to list a few benefits.

Robert Rojas, an equipment technician at CSUN, appreciates this program and acknowledges an important role "Commit To Be Fit" plays in his everyday life.

"Health plays an important role because it allows you to be more active and do your job better. It keeps you fit and it alleviates any issues you might have with your body. My position is active, so I'm doing a lot of heavy lifting and heavy work so (Commit To Be Fit) does benefit me a lot."

Each person has different fitness goals, and exercise can be adjusted to meet everyone's own needs, no matter how young or how old. "Commit To Be Fit" ensures great results with a little self-discipline and motivation. The great part about it is working collectively and picking each other up.

"Part of my personal philosophy is that 'you control your own destiny,'" kinesiology major Phoebe Garcia said proudly. "We say that a lot in this Kinesiology department so I really try to incorporate that in my everyday life, and I encourage others to do the same."

### Los Angeles Times Daily Crossword Puzzle

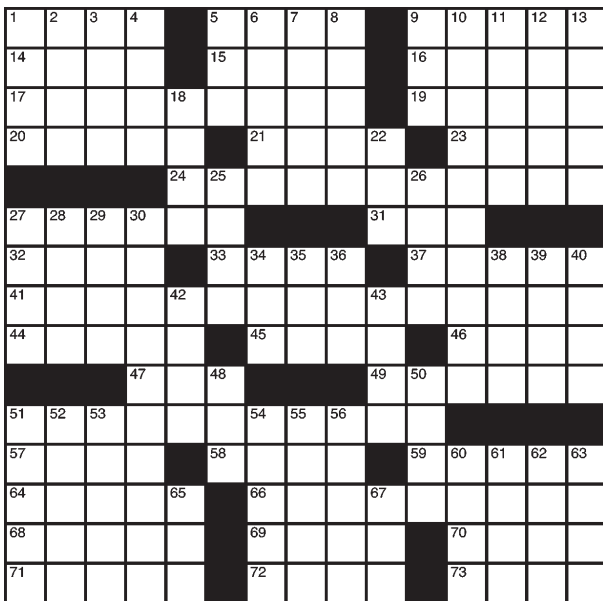
Edited by Rich Norris and Joyce Lewis

#### ACROSS

- 1 Tom, Ma or Pa, in "The Grapes of Wrath"
- 5 Ballpark judges
- 9 Greek i's
- 14 Doing nothing
- 15 Put a stop to
- 16 Russian currency
- 17 Food Network's "Throwdown!" host
- 19 Actor's platform
- 20 Remove pencil marks
- 21 Vinyl flooring piece
- 23 Skin care brand
- 24 '60s song about an insect who "hid / Inside a doggie from Madrid"
- 27 Palsy-walsy
- 31 Mongrel
- 32 Villainous Norse god in the 2012 film "The Avengers"
- 33 Musical pause
- 37 Guffaw
- 41 1996 R. Kelly hit
- 44 Baffling question
- 45 Sesame Street giggler
- 46 Increase, as prices
- 47 Singer Sumac
- 49 Deceives
- 51 Difference between money coming in and money being spent
- 57 Grand Ole \_\_\_
- 58 Beverage nut
- 59 Newton with laws
- 64 Squirrel away
- 66 Contagious dog malady
- 68 Take place
- 69 SOS responder
- 70 Fast horse
- 71 Bridge predecessor
- 72 Stadium that hosted a 1965 Beatles concert
- 73 Muscle firmness

#### DOWN

- 1 Be in sync (with)
- 2 Febreze target
- 3 "Fantastic Four" actress Jessica
- 4 Society newbies



By David Steinberg

10/29/13

#### Monday's Puzzle Solved

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

(c)2013 Tribune Content Agency, LLC

10/29/13

- 5 Frequency between 300 and 3,000 MHz
- 6 Island nation near Sicily
- 7 \_\_\_ Jane
- 8 Touchscreen-touching tools
- 9 Org. that's the target of April glowers
- 10 Not close enough
- 11 Game for young batters
- 12 Aquarium buildup
- 13 "I'm outta here!"
- 18 Polite rural assent
- 22 PC bailout key
- 25 Pile that aptly rhymes with fire
- 26 Hawaiian dance
- 27 Film excerpt
- 28 Vagabond
- 29 26-Down instruments
- 30 Hannah Montana portrayer
- 34 Eden outcast
- 35 Poivre companion
- 36 Duncan of the NBA's Spurs
- 38 Usually fuzzy tabloid pics
- 39 Market surfeit
- 40 Doc's shot provider
- 42 Culinary maven Rombauer
- 43 Denver's st.
- 48 Inquire of
- 50 Victor's cry
- 51 "Never in a million years!"
- 52 Pleistocene, e.g.
- 53 "Baywatch" actress Bingham
- 54 Magician's opening
- 55 Word with drive or memory
- 56 Cavalry weapon
- 60 "Save me a \_\_\_!"
- 61 Bushy do
- 62 Arkin of "Argo"
- 63 Sugar bowl unit
- 65 2000 Richard Gere role
- 67 Red-and-white supermarket logo

## Classified Ads

### HOUSING

Master bedroom with private entrance in Granada Hills. Close to CSUN. Full bath, huge walk-in closet, small kitchen with microwave, refrigerator and 2 burners. \$750/month including utilities. For more information, visit [www.dailysundial.com/classifieds](http://www.dailysundial.com/classifieds), Listing ID: 70775643

Room in house: month-to-month or nightly rate for commuters - \$545

Small bedroom available for non-smoker. Kitchen & laundry privileges. Wifi. No drugs or visitors allowed. Share bath. Studious, quiet person only. Utils included. One month security dep req'd. Commuting and need to sleep near CSUN 1-3 nites/wk? Nightly rate available. Contact me for details.

For more information, visit [www.dailysundial.com/classifieds](http://www.dailysundial.com/classifieds), Listing ID: 71925246

### CLASSIFIED DISCLAIMER

The Daily Sundial does not knowingly accept advertisements that discriminate on the basis of race, ethnicity, religious preference, national origin or sex.

The Daily Sundial accepts no responsibility for claims in or response to advertisements placed in the paper. Be cautious in answering ads, especially when you are asked to send cash or provide personal or financial information.

How to post a listing in the Daily Sundial Classifieds in three easy steps:

- 1** Go to [dailysundial.com/classifieds](http://dailysundial.com/classifieds) and log in as a new user.
- 2** Choose Print Line Only Classifieds. Pick your ad category and print date(s).
- 3** Write your ad and click Continue to begin the billing process. You're done!

- OR -

Post web-only listings to the Daily Sundial Classifieds

**FREE**  
with your CSUN email address

Get started now at [dailysundial.com/classifieds](http://dailysundial.com/classifieds)





OCTOBER 29, 2013

## WOMEN'S SOCCER

# CSUN falls in waning minutes

**BRIAN BERNSTEIN**  
DAILY SUNDIAL

**THE MATADORS** (6-11-1, 1-5-1 Big West) drop another conference game as they suffer a 2-1 loss to the UC Irvine Anteaters (10-6, 5-2 Big West) in a game that was decided in the last five minutes.

After the Anteaters grabbed an early lead when Jenna Pellegrino knocked in a loose ball in front of the net off a corner kick, the Matadors clawed their way back into the game with a late goal.

Sophomore forward Lindsay Preston was able to corral a touch pass by freshman midfielder Camille Watson who controlled a deep serve by senior defender Chloe McDaniel. Preston was then able to bury in the equalizer top corner past the goalkeeper.

"I saw their center back come up high," McDaniel said. "I knew I could hit it over her head, and I did, and Lindsay got in behind because she's fast."

The high only lasted 2:34 as the Anteaters answered back with the go-ahead goal which

ultimately decided the game.

The emotion inside the Matador Soccer Field was deflated after surrendering the second goal.

"You get a real good high and then you give up one late," head coach Keith West said. "It's hard, but it's soccer for you."

According to senior midfielder Amanda Smith, the Matadors weren't as sharp as they needed to be.

"I think our final touch was a little bit off," Smith said. "We were a little bit too slow with the ball, or what we were going to do, where we should have been playing it fast. We played it late and the defenders came back and won it from us."

CSUN was out shot 14-7, however they had five shots on goal to the Anteaters two.

West was pleased with how hard his team played and how well they fought. He stressed that his team needed to get better quality of chances and play more consistently throughout the season.

"It's hard. You play so well against Long Beach State one night, and you don't play well tonight," West said.

But the emotion and intensity of the players were on



JOHN SARINGO-RODRIGUEZ / PHOTO EDITOR

Redshirt freshman defender Nicole Thompson winds up for a kick in Sunday night's home loss to UC Irvine. CSUN is now last place in the Big West.

display for senior night with the seniors being honored before the game with friends and family on hand.

Smith said her and the other three seniors were crying

in the locker room before the game as the rest of the team decorated a wall for them, but was able to compose herself in time for kickoff.

Smith started off the night

excited, but that feeling drained away by the end of the game.

"Right now I'm bummed, but I'm still happy about the season," she said.

The Matadors still have one

final game left at Hawai'i Nov. 3 they have to be ready for.

"(We prepare) just like any other game this year," McDaniel said. "Just get over it and move on to the next game."

## COLUMN

## NBA Eastern Conference preview

The Bulls, Pacers and Nets have reloaded in hopes of dethroning King James and the back-to-back champion Heat

**ROY AZOULAY**  
DAILY SUNDIAL

**YOU WOULDN'T** have needed the insight of Vegas to predict that the Miami Heat would win the title for the second time last season. However, with the return of Derrick Rose, the stacked starting lineup of the Brooklyn Nets and the emergence of the young and hungry Indiana Pacers this season, the Eastern Conference will prove to be as dramatic as ever. Look out Miami, your throne is not safe.

**Miami Heat** - Greg Oden finally stepped onto the court for the first time in three years. He is in the perfect situation as he is alongside Miami's big three, who have been twice successful. So, there is no pressure on him to be anything that he is not. He will prove to be vital for the Heat in giving them an inside defensive presence and glass cleaner alongside Chris Bosh.

They also brought back a hopefully humbled Michael Beasley who was highly touted

out of college but has had immaturity problems throughout his career. Other than the additions of Oden and Beasley, the Heat's roster remains the same and not much else needs to be said as they have a winning formula. They will unsurprisingly grab the top seed in the east looking to three-peat with home court advantage throughout the Eastern Conference playoffs.

**Indiana Pacers** - Paul George had a breakout season last year making his first all-star appearance, taking home the most-improved player award and making the all NBA third team. He cemented his status when he blew past LeBron and threw it down on Birdman and has shown the moment isn't too big for him draining some clutch shots in the playoffs. A key signing for the Pacers is Luis Scola, a blue-collar baller, who fits their culture, has a high basketball IQ and will nicely fill the void left by Tyler Hansbrough. Scola will help David West and Roy Hibbert do the dirty work inside, solidifying what is probably the most scrappy and hard-working frontline in the league.



PHOTO COURTESY OF MCT

Derrick Rose has finally made his comeback for the Chicago Bulls who look to knock off a Miami Heat team that is seeking a third straight championship. Rose has looked exceptional in the pre-season and will look to carry his dominance to the regular season.

**Chicago Bulls** - Well, we're all familiar with Chicago's storyline from last year, the Rose-less Bulls smelled like anything but Roses. That time off really helped because Rose looks

unstoppable in the pre-season. Given the nature of his injury and the game, he has most definitely been spending a ton of time working on the consistency of his jump shot and

don't be surprised if he has some Allen Iverson-esque moments breaking ankles and draining jumpers.

The Bulls' core of Joakim Noah, Luol Deng, and Carlos Boozer remains

intact. Under the leadership of Tom Thibodeau and the defensive culture he's instilled, they are expected to remain one of the top defenses in the league thus securing the third seed.

**Brooklyn Nets** - There are a lot of questions surrounding the new-look Nets who currently serve as the adult day care of the NBA. There's no question Kevin Garnett ends up being the vocal leader of this team but if he proves he is still a serviceable power forward on the defensive end, then Brooklyn should be feared, literally, as they roster both him and Reggie Evans, the Rottweilers of the NBA. Under the offensive leadership of Deron Williams, the Nets should have no trouble scoring the rock, especially with bonafide scorers Paul Pierce and Joe Johnson on the wings and Brook Lopez occupying the paint.

The bottom half of the Eastern Conference will end up being an unpredictable crapshoot with the Knicks, Pistons, Cavaliers and Celtics who will be jockeying for the last four seeds.