

The Sundial

Issue 8 | Spring 2023

*Who's
that girl?*

*It's a
woman's
world*





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Cover by Liam Jäger

Letter from the *editor*



When I was asked to write the letter from the editor for Issue 8, I started thinking about what celebrating women means to me. My mind went straight to the strong female characters that influenced me throughout my life, starting with my mother.

Growing up in Norway, ranked third in the world in gender equality by the World Economic Forum, I am used to working under female leadership. After moving to study abroad, I realized that this is a luxury not experienced globally. In the same ranking, the U.S. comes in at number 27.

Being a woman in leadership can be tough. Not only do you have to do the same job as your male counterparts, but you have to think about how you are being perceived in the process. I got my first taste of this after taking over as copy chief here at the Daily Sundial.

Courtesy of my “resting bitch face” and foreign accent, I am often perceived as strict and direct. When I host meetings and give important feedback, I tend to resort to comments such as: “I don’t mean to bitch about this.” Never have I ever heard a man in my position say something like that.

As women in leadership, we should not feel the need to excuse our authority. Instead, we should focus on doing our job to the best of our ability, with no apologies.

Join us at the Daily Sundial in celebrating women throughout this issue. To all the strong, bitchy women reading this: Happy Women’s History Month!

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Listening to *her*

The Sundial's social media team interviewed members of the CSUN community about their opinion on womanhood.

INTERVIEWS BY BRANDON SARMIENTO AND ARIEL GIL

Nicole Bezerra is a CSUN alumna who graduated with a degree in psychology last fall.

Q

What parts of womanhood would you say that you embrace the most?

A

I think that I embrace the strength and overall duality of womanhood. I value my independence and doing things on my own, but I also value my support system and being a part of a support system for others.

Q

What are some things you wish people knew about being a woman?

A

We are often doing or dealing with a lot more than it appears. We can be juggling 20 different situations and you wouldn't be able to tell just by looking at us.

Q

Do you have any advice for other generations of women?

A

To just continue to grow and challenge the norms. You're a lot stronger than you might think. Never let the world make you feel small or incapable.

CONTINUED ON PAGE 14

LEARNING TO RIDE THE WAVE

A brief history of feminism and women-led actions

WRITTEN BY KIRSTEN CINTIGO • ILLUSTRATION BY ZASHA HAYES

Born out of an effort to recognize the achievements of women, Women's History Month is celebrated every March and has roots in feminist actions from the 1970s.

The month first began as a week-long celebration in 1980. According to National Geographic, it drew inspiration from Title IX, a landmark law enacted in 1972 that prohibits sex-based discrimination in any education program that receives federal funding.

The celebration was held to coincide with International Women's Day on March 8, which holds a place in women's history after being created by socialist movement leaders in 1909.

Although each event took place at different times, they've all been a part of feminist waves, which so far are chronicled through four stages. The term "waves" began being used as a descriptor for feminism in 1968, after a New York Times article by Martha Weinman Lear argued that the fight for women's rights was a wave of actions rather than independent ones.

Since then, the term waves has been most commonly used to identify feminist eras and generations. Scholars like Linda Nicholson, a professor in women, gender and sexuality studies at Washington University in St. Louis argues that its use is outdated because it implies that gender activism throughout the history of this country has been cohesive, excluding the differences in political actions, goals and groups, especially those from non-white, marginalized communities.

According to Marlene LeGates, author of the book "In Their Time: A History of Feminism in Western Society," the first wave refers to the 19th and early 20th centuries. Some of the historical moments include the Seneca Falls Convention of 1848, the first birth control clinic to open in the U.S. in 1916 and notably, women's right to vote in 1920. LeGates notes that this wave includes extreme racism toward Black women, which is historically overlooked.

The second wave began in 1963 after Betty Friedan published "The Feminine Mystique," which addressed systemic sexism and influenced political actions to come. Achievements during this time were The Equal Pay Act of 1963, Title IX

and Roe v. Wade in 1973, which guaranteed the right to have an abortion. Black feminists also branched off and created "womanism" as a response to racism in mainstream feminism, which was mainly targeted at white middle-class women.

Although the start of the third wave of feminism is debated, the term mainly began popping up after Anita Hill's testimony in 1991, when she testified that then-Supreme Court Nominee Clarence Thomas had sexually harassed her. Catherine Orr, writer of "Charting the Currents of the Third Wave," characterized this wave as being led by Generation X to fight workplace sexual harassment, increase the number of women in positions of power and address the ways oppression intersects through intersectional feminism.

The wave also included a fight for transgender rights, something that the first and second waves lacked.

Similar to how the third wave began, the fourth wave's beginning is also hard to define. It's believed to have started in 2012 during the #MeToo movement and was amplified by the Harvey Weinstein scandal. The fourth wave is unique because of its advocacy on the internet and use of technology to drive activism forward. This has led to more inclusive feminist actions when compared to the previous three waves. By utilizing social media, fourth-wave feminists have been able to connect with a broader audience and be a part of international solidarity actions like those in Canada, India and Brazil.

Each wave has had to endure some type of backlash, according to journalist Constance Grady. She says that backlash to fourth-wave feminism's wins has already begun, with it mainly targeting women's reproductive rights and financial freedom. It's marked by the reversal of Roe v. Wade, which in less than a year, has contributed to several states already introducing or passing legislation criminalizing abortion. Grady says it's also affecting the way women are treated and believed, an example being how Amber Heard was treated during the defamation trial with Johnny Depp.

Though the fourth wave isn't over, a reflection of each wave's history serves as a fruitful reminder of the work that still needs to be done.



A chiropractor by trade, a woman always

The story of a local business owner

WRITTEN BY BREANNA NICHOLS

In 2015, Martha Mekonen found herself roaming around the rooms of a medical conference in LA, observing the latest technology in health and medicine, when she stumbled upon a booth for chiropractors. She graduated with her bachelor's degree in neuroscience in 2013, and was looking to find a career for herself. This field intrigued her and just a few years later, she opened her very own practice in the San Fernando Valley.

Being that Mekonen is Ethiopian, the chiropractic field was originally a foreign concept to her.

"Ethiopians don't really see being a chiropractor as being a real doctor. This practice is not well known in our community," she said.

What motivated Mekonen to pursue this career was her ability to help people through her work, and at the age of 31, she now owns Natalhood Inc., a chiropractic business in Chatsworth that offers prenatal, postpartum and pediatric services.

Prior to this business venture, Mekonen owned another wellness center in San Diego called Life Adjusted.

Finding consistent clientele was tedious and networking only worked sometimes, Mekonen explained. What worked most against her, was the fact that many people did not trust a young chiropractor with only a few months of experience. She also quickly understood that there is not much support for Black women in business. As time passed, she knew something had to give.

Two years after opening Life Adjust-

ed, Mekonen adjusted her own life and closed up the shop in San Diego.

Now, with more experience, she hopes to continue to expand her Chatsworth business and be an example for girls who want to follow in her footsteps. She wants to teach everything she has

learned about chiropractic care and business to the Ethiopian community she comes from.

"When I think of being a business owner and doctor, I think of somebody who is paving the way for somebody else," she said.



Martha Mekonen works with a pediatric patient at her practice.

PHOTO COURTESY OF MARTHA MEKONEN

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CSUN women in

WRITTEN BY RENEE ROTHE

Eden Shashoua

Eden Shashoua shows leadership on campus every day through her work as the vice president of CSUN's Associated Students.

Her office, located in the University Student Union, is decorated with paintings she made and photos of friends and family — small details that showcase Shashoua's bright personality.

When asked about why she decided to get into student government, Shashoua spoke about her identity as a Jewish woman and the importance of representing her community in a leadership role at CSUN.

"I think it is really important to advocate, and especially after COVID, I really wanted to see some changes on campus," she said. "Primarily being able to bring that campus community and school spirit back."

Shashoua's goal for this semester is to diversify the food that is offered on campus to include more kosher, halal, vegan and vegetarian options.

Outside of her duties as vice president, Shashoua also enjoys reading Jane Austen and painting.

"I'm the vice princess in chief, but I think my title has changed to queen in chief," Shashoua said.



1. Eden Shashoua, vice president of CSUN's Associated Students, poses on campus on Thursday, Feb. 23, 2023.

2. Eden Shashoua displays her paintings throughout her office on campus. "I did this one, which is my most recent one, and I think this is really important just as a reminder for everybody and for myself that you know sometimes we feel like we're not always our best but it's important to know that we're enough and even though not every day is our best day, we'll get there," Shashoua said. Photo taken on Thursday, Feb. 23, 2023.

3. Eden Shashoua, giving her vice president's report at the Associated Students senate meeting. "I'm really grateful that I get to be in this position every day. I find it to be a privilege, and it's really such an honor to be able to be here and be the voice of students ... and make sure that I'm not only representing AS, but I'm also representing CSUN as a whole," Shashoua said. Photo taken on Monday, Feb. 27, 2023.

Leadership

a photo essay

Shira Brown

Shira Brown represents the face and heart of CSUN's Women's Research and Resource Center as the staff director.

Brown strives to create a welcoming space on campus that is open to the entire CSUN community.

The staff director is an alumna of CSUN and served as the student director of the WRRC during her time there. She returned to campus to teach after completing graduate school at Claremont Graduate University. When she began as a part-time professor in the gender and women's studies department, she also held a part-time position as the faculty director for the WRRC.

"It became very clear that if they wanted the women's center to be successful, and what they had imagined it to be, it needed a full-time staff person. The job got changed and I applied for it and got it," Brown said.

Brown wants more people to know that the WRRC resources are not limited to women.

"We are for any gender identity. Anyone is welcome to come and access any of our resources," she said.

The WRRC is known for providing students with food and toiletry pantries on campus. In 2019, they installed a wellness vending machine, located on the first floor of the Sol Center in the USU, that carries emergency contraceptive pills, condoms, lubricant, tampons, pads, Tylenol, Ibuprofen and pregnancy tests.

The center also organizes rallies and protests for the community.

Brown has been acting as the full-time staff director since 2011. Her favorite part about the job is working with the students.

"It's just amazing how much I learn from them all the time," she said.



1. Shira Brown poses in the women's resource center on Monday, Feb. 27, 2023.

2. Shira Brown, staff director for the women's resource center on campus, greets a student from her desk. Photo taken on Monday, Feb. 27, 2023.

3. The food and toiletry pantries located in the CSUN women's resource center on campus. "It started with granola bars in the food pantry and it has since evolved to pregnancy tests, emergency contraceptive pills, and Narcan," Shira Brown said. Photo taken on Monday, Feb. 27, 2023.

**IT MUST BE
A WOMAN
THING**

A personal story written by Lucy Conrad in response to what the celebration of womanhood means to her.

Becoming a new person, the person you were always meant to be, doesn't stop at gender. It means your personality, your demeanor, your feelings.

I'll be honest, when I was asked to contribute to this issue of the Sundial, I was surprised. I'm all for celebrating womanhood, especially my own, but mine is a femininity not often appreciated.

I came into this worried about being a model trans person, not wanting to be the person to tell you that being trans is difficult, even deadly. I'm sure you've heard it before, and I don't like dwelling on it.

But that's the thing: There is no model trans woman, just like there is no model cis woman. Our types of femininity are as varied as cloudforms, as many as blades of grass.

My femininity is angry. Beautiful. Vengeful. Graceful.

The truth is, I try my best to be a kind person, but I have

faced so much rage for my appearance and so much adversity for existing that I often feel the thing that keeps me going most is spite. I wish I could say I was trans and proud of it, but most of the time it feels like a burden.

There is one great part of being trans, and that is reinvention: When I chose my name, I chose every part of myself. Becoming a new person, the person you were always meant to be, doesn't stop at gender. It means your personality, your demeanor, your feelings. It means that I can let that feminine anger go and find a new kind of feminine. One that I can be proud of and one that feels joyous. I can only hope that every woman finds that one day.

Thanks MOM

A CSUN student mom shares her story

WRITTEN BY SAM NEFF

PHOTOGRAPHED BY RENEE ROTHE

Superheroes are considered role models that positively influence and protect people of all kinds. We know the popular ones; Superman, Batman, Wonder Woman, Captain America. There is one superhero, however, that is a consistent part of modern society, and even though she's probably far more capable than Superman, she doesn't always get the recognition she deserves. Her name is mom.

As college students, we focus on our schoolwork and how to get our careers started, and sometimes we can even forget to take care of ourselves. Some of us struggle to manage our own lives, and being responsible for someone else's can be a scary concept – but it's done by moms.

More than one-fifth of all college students in the United States are also parents, according to The National Center for Education Statistics.

CSUN communications major and human resources consultant Priscilla Cordova, 35, is one of those students, having gone through her college journey as a full-time mother of two children.

While she loves being a mother, it has not been easy. She was in her first year of college when she had her daughter and had no idea how to go about school as a mother.

"Back in the day, I was 19. She was born four days before my final and I had to go take my final or I wasn't gonna pass the class. Like they didn't care," Cordova said. "I literally just carried her in the little thing."

While colleges may not be the ideal place for an infant or child, many people are left with no choice but to bring their children to school. Not everyone has a support system of family members to help raise a child.

Cordova shared that she feels very fortunate to have support from her loved ones. Still, she has noticed that there are barely any university resources to allow her to continue her education.

"Some schools have like the child care resource center, but it's usually overcrowded," Cordova said. "You're missing so much class when you're having to take care of your child."

Cordova took some time off of school after having her

second child to invest in her family. When she returned to school, she was focused on being in a teaching academy, but when the pandemic hit, she realized teaching would never be the same and turned her interests towards communication.

As a communication major, Cordova has tied what she learns in school to her experience as a parent. She emphasized how her children's struggles have given her a different perspective on the world.

"My youngest is on the spectrum, he has ADHD. Navigating life in general is a challenge in itself, especially helping everybody around him understand. And then my oldest is neurodivergent, because she is too smart for her own good. So she has a lot of, like, antisocial personality traits," Cordova said. "Understanding them, I guess, would be my biggest challenge, having to learn their ways rather than them having to accompany my ways."

Cordova plans to graduate in May, and as her two children get older, she is starting to realize all she has accomplished and been through.

Therapy has become Cordova's safe space. A recent challenge has been watching her oldest start to plan her own future of where she wants to live, go to college and what she is interested in doing as a career.

Cordova shared that her therapist helps with the process by breaking it down for her by acknowledging that her own childhood changed to adulthood the minute her daughter was born, and she has never been an adult without being a mom.

"My therapist was like, 'She's going away, and your body is starting the mourning process now because that pain will be so strong when it does happen that your body needs to acclimate to it now so that it doesn't fully take you over.'"

Although accepting that life changes are coming has not been easy, Cordova sees the beauty of being a mother every day as she watches herself and her children succeed.

"Right now, we're looking forward to her Sweet 16, and at the same time, I'm graduating this year, a week afterward," she said. "So I think the most rewarding part is just being able to do stuff like that together."



Jennifer Berry is a professor in the department of gender and women's studies. This year marks the 20th anniversary of her teaching at CSUN.

Q

So, to begin with our first question, what parts of womanhood would you say that you embrace the most?

A

Great question. I love how smart women are, I love our bodies, I love how strong women are. I love being a mother. I loved being pregnant and sustaining two babies ... I'm a mother of twins. I fed those babies with my milk, I sustained those babies in my belly. I love the friendships that women have. There's a sisterhood that I have with my colleagues here at CSUN for sure and out in the wide world. I love a lot of stuff about being a woman.

Q

What are some things you wish people knew about being a woman?

A

That women have to live with sexism every day, every minute of their lives, and that women are taught to endure sexism rather than fight it. That we are dismissed, we are devalued for thinking a lot of times, we are reduced to our body parts both on film and in the media. Our girls in the many of the public school systems are unsafe from sexual harassment. We do not get proper diagnoses in health. There was a huge article recently in The New York Times about how they have not been studying menopause correctly for decades, and decades, and decades. These are all women's issues. We fear that to be a woman is to be afraid a lot of times because we are threatened with violence. So that's the negative.

What I wish people also knew about being a woman is that it's amazing having a female body. As I said, I'm a mother, so I knew what it was like to breastfeed and all that, but even if you decide not to become a mother, your vagina has tremendous power. The clitoris is the only organ in the entire human race set up for sexual pleasure and satisfaction. That's radical, that we have a body organ that is set up solely for pleasure. I wish people knew more things about mothers and how much they do in a day. For example, before I even come in to teach my classes. I'm usually responsible for getting two kids out the door dressed, fed and out. Now, they're 15 now, but I never stopped working when I was a mom, and all the things I had to do even before I showed up to my classes, you know, getting them fed, getting them out the door, tying their shoes, signing the field trip slips, signing the permission slips, setting them up for soccer, whatever it was. How much women do in a day, I wish people knew that, respected that and honored that.

Q

And then, do you have any advice for other generations of women?

A

My advice for every woman on the planet is to lead a life of no limits and to push against whatever she thinks she cannot do, and try to do it. While she's trying to do the impossible, she brings in a whole team of women around her that can cheer her on.

Kimberly Parada is an English major with an emphasis on creative writing. She graduates in the spring.

Q

What parts of womanhood would you say you embrace the most?

A

This is sad, but I guess the physical aspect of what a woman looks like, I guess. I embrace that most because I feel like that's what a lot of the times is defined as what womanhood is; how you physically look. And it's easier to embrace that rather than other aspects.

Q

What are some things that you wish people knew about being a woman?

A

It's the misfortune of just being a woman, honestly. And I know that that's such a general term to say, but I guess to put it in context, I saw this TikTok once that was a trans man, a female to male, and he said that he didn't realize how much women weren't heard. Because once they transitioned into a man, everybody took into consideration their ideas, and that literally made me cry ... It was just like, wow, like, it's just so fucking sad to not even be considered in anything. So it's just, I guess, understanding the misfortune of being a woman is probably something people should take into consideration, and really look into and understand.

Q

Do you have any advice for other generations of women?

A

I mean, I have a younger sister. I talk to her, or at least I try, because she's 20 and she doesn't want to listen to me. But if I were to want her to understand something it's ... everyone's going to look at you and see a woman and just want to understand you physically.

Whether we like it or not, that will always happen. ... Even if they only understand that, just do what you do, regardless of how people see you. Because at the end of the day ... it's not going to change. And if you constantly just try to fit in that mold, you're just gonna be fucking unhappy. So just do what you do, regardless of how you present yourself physically ... Just, who cares? Who cares? It doesn't matter.

Q

Do you have anything else that you would like to add in relation to this topic? Anything you want to get off your chest?

A

As sad as it seems, it's not good being a woman and that's really sad because you want so bad to be understood. I think that's where the issue lies, it's trying to be understood. And people try to understand you in ways that aren't progressive, like I said, physically.

Women have been tied so much with physical aspects, whether it be through sexuality or whatever, beauty. But that's not understanding a woman, that's just seeing a woman or what you believe is a woman. So sometimes just shutting up and trying to understand rather than add to a topic or add to what a woman is trying to say, just, you know, listen, and try to understand.

The curse of woman is a woman's power

WRITTEN BY MELANIE ORTIZ ROSALES

*The curse of a woman is to be strong,
Not to crumble like a sand castle,
When the waves crash its way.
Not to scream like a kettle,
Put under intense heat.
Not to speak unspoken words,
Held back by the gates of our teeth.*

*The curse of women is to be patient.
To wait for blissful unions with a white fete,
Before nature's clock tells society we're obsolete.
To wait to climb up the never- ending latter,
Just to have them move the finish line before we get there.
To wait for every hope mistaken for a pipe dream,
As we are assumed too timid and weak to ever succeed.*

*Yet, how I love being a woman.
A beautiful chess piece in a game so obscene.
As man aches for strife, woman yearns for peace.
As man lusts for power, woman shares victory.
As man ignores vulnerability, woman welcomes empathy.
For woman understands the secret to society,
The word human is crucial in humanity.*

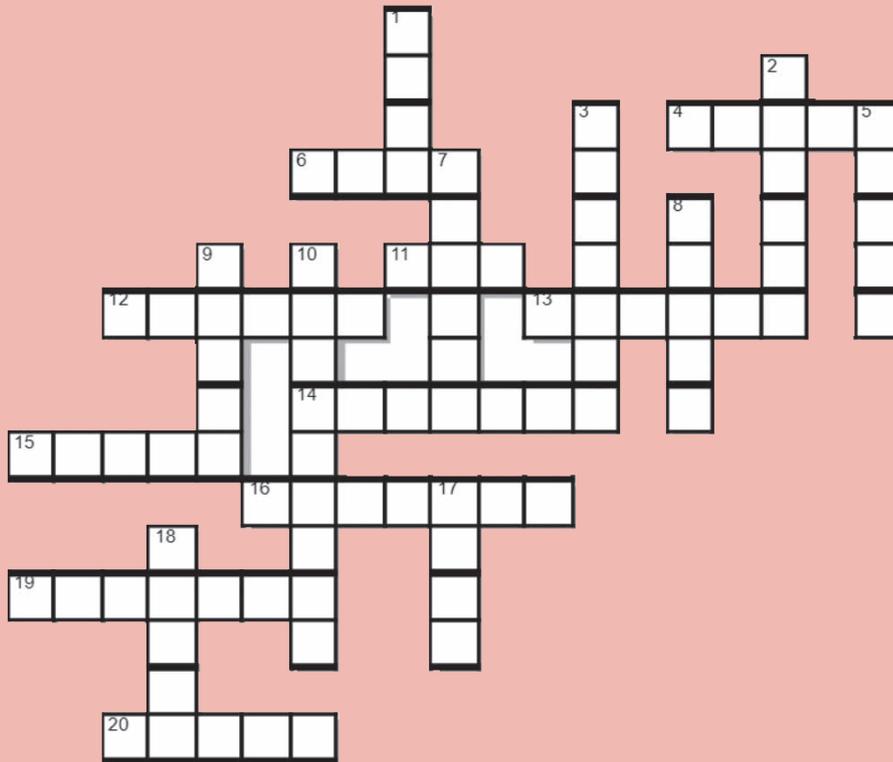
*Woman can still remain wild and free,
Even when the world could be tumbling at their feet.
Woman can find beauty in the little things,
As devastation wrecks their everything in deceit.
Woman can find ways to overcome treachery,
As the government tries to control their bodies.
How powerful a woman can be!*

*Power does not have to be loud and proud,
Walking through life boastfully.
Power can come in all shapes and sizes,
Whether it is small and meek or large and towering.
The fact remains true and perhaps unseen.
Never test a woman's power,
Even if it might not be visible to see.*

crossword puzzle

WOMEN ARTISTS

CREATED BY EDWARD SEGAL



Across:

- 4 - The titles of this artist's albums are the ages she wrote them
- 6 - Civil rights activist, author and poet who received the Presidential Medal of Freedom from former U.S. President Barack Obama in 2010 (first name)
- 11 - Grammy-winning singer whose stage name is also a pronoun
- 12 - Australian actress who played Harley Quinn in "Suicide Squad" (first name)
- 13 - The best-selling fiction writer of all time, according to Guinness World Records (first name)
- 14 - Recently performed the halftime show at Super Bowl LVII
- 15 - Emmy-, Grammy-, Oscars- and Tony-winning actress who starred in "How to Get Away with Murder" (first name)
- 16 - The singer who has won the most Grammy Awards
- 19 - She paved the way for female comedians and actresses in the 20th century, and had one of the first shows to air reruns (first name)
- 20 - Country singer and philanthropist known for the hit song "Jolene" (first name)

Down:

- 1 - Judge on "American Idol" who co-wrote the song "Roar" (first name)
- 2 - Singer known as the "queen of Tejano music" (first name)
- 3 - American artist known for her paintings of enlarged flowers and New York skyscrapers (first name)
- 5 - Nineteenth century American poet who wrote many poems relating to death and immortality (first name)
- 7 - You better "r.e.s.p.e.c.t." this 21-time Grammy Award winner (first name)
- 8 - This "Golden Girl" had a long career in Hollywood with modern blockbuster hits including "The Proposal" (first name)
- 9 - Mexican painter who was famous for her self-portraits (first name)
- 10 - "Friends" actress who just received her star on the Hollywood Walk of Fame (first name)
- 17 - Singer-songwriter, pianist and civil rights activist known for blending genres like classical music, jazz, R&B, soul and pop (first name)
- 18 - Grammy Award-winning singer who filmed the music video for "About Damn Time" at CSUN

WOMEN'S EMPOWERMENT PLAYLIST



CREATED BY PAMELA GARCIA

Hit Like A Girl - Meet Me @ The Altar

Love Is Dead And We Killed Her - Doll Skin

Poor Boy - The Regrettes

cages - Maggie Lindemann

Woman - Doja Cat

Truth Hurts - Lizzo

Run the World (Girls) - Beyoncé

Her - Megan Thee Stallion

I'm So Hot - Chrissy Chlapecka

Best Friend (feat. Doja Cat) - Saweetie

Gimme More - Britney Spears

Conceited - SZA

Roses/Lotus/Violet/Iris - Hayley Williams

Girls Just Want to Have Fun - Cyndi Lauper



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Why should I join the Sundial?

- To build up your professional portfolio
- To learn professional skills
- To make friends

What can I do at the Sundial?

Lots of things! Here's just a few:

- Write articles or take photos about the CSUN community
- Shoot videos of events or produce a podcast
- Create infographics or design page layouts

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DAILY SUNDIAL

Crossword puzzle solution



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ILLUSTRATION BY ZASHA HAYES



BEHIND THE SCENES

Model: Kodi Mabon
Photographer: Liam Jäger

It was really hard for me as the print editor to decide on a cover that shows the celebration of womanhood. As an art connoisseur — or so I like to think — I wanted the cover to have dimension. Kodi, our beautiful model, captivates the idea of individuality within the realities of different women. As an artist herself, she believes that plus-size inclusivity means hiring and working with these women. Influenced by her words, I wanted the cover to represent the sacredness of women's voices.

— Ashley Orellana



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FEATURED EVENTS



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 📍 insig.ht/4B9Wipxwinb



CPR/First Aid/AED Certification

Saturday, April 1: 9 a.m. – 5 p.m.
 📍 Altadena Room, East Conference Center



Carnaval

Thursday, April 6: Noon – 7 p.m.
 📍 Plaza del Sol



Pride Center 10-Year Celebration

Tuesday, April 11: 2 – 7 p.m.
 📍 Plaza del Sol and Grand Salon



Billiards Tournament

Thursday, April 13: 5 – 9 p.m.
 📍 Games Room



DREAM Center: CARECEN – Survivors of Violence and Immigration

Thursday, April 27: Noon
 📍 Via Zoom

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