Campus Times

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ASULV pushes for affordable tuition

Kat Simonelli
Editor in Chief

The Associated Students of the University of La Verne unanimously passed a resolution Monday condemning the proposed tuition increase for the 2015-16 school year.

"Obviously we understand sometimes maybe we need a tuition increase, but we also know the reasoning on the students' ends," ASULV President David Asbra said.

"Scholarships don't really go up as much, half the students here are eligible for Pell Grants, a lot of students receive Cal Grants," Asbra said. "With all that obviously students here are in need and with the increased tuition, it's really kind of hurting them if they're not getting anything else."

This was the second resolution that ASULV has passed in regard to the tuition increase and the administration.

Last April it passed a resolution in which it called for "a public hearing prior to future decisions involving potential tuition increase."

It proposed having a member of ASULV sit in on Board of Trustees meetings and vote on issues and create a more public forum.

The administration agreed to include students in the conversation about tuition earlier in the planning process after the first resolution was passed.

At the beginning of this year, administrators announced that they had come to an agreement on a 4.9 percent tuition increase for the 2015-16 academic year, and ASULV was not included in that conversation.

In the new resolution ASULV states: "The University of La Verne Board of Trustees failed to recognize the pleas made by the Associated Students for increased transparency and enhanced communication in the form of public hearings in which students would be provided an opportunity to express their concerns and ask questions before the Board."

The new resolution also states that the success of the University should not be measured by selectivity, graduation rates and test scores. It states that students should be able to further their education without having to worry about withdrawing from the University because of financial complications. The resolution also declares that ASULV plans to continue to advocate for a more affordable higher education for La Verne students.

> 'It's a statement that we're making, not just to the administration but also to students to let them know that we're on their side and we'll keep fighting for them.'
> *—Anthony Reyes, ASULV vice president of finance*

"It's a statement that we're making, not just to the administration but also to students to let them know that we're on their side and we'll keep fighting for them," ASULV Vice President of Finance Anthony Reyes said.

The administration acknowledged the breakdown in communication with students and indicated an interest in mending the relationship.

"Currently the president's cabinet and the provost are working to determine a better process regarding tuition increases, which would include having more meetings with associated student body leaders (and the group as a whole) to discuss future plans," University spokeswoman Alisha Rosas said in an emailed statement. "While administration did meet with our associated student body leaders in the fall, there should have been another meeting before the proposed increase was sent to the Board for approval," Rosas said.

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Phis get pied



Jolene Nacapuy

Senior broadcast and speech communications major Tyler Harrison throws a whipped cream pie at junior kinesiology major Harrison Brethouwer during Phi Sigma Sigma and Phi Delta Theta's Pie-A-Phi event Wednesday in Leo Park. To throw a pie at one of the Phis, it cost $2, and all proceeds went to both the ALS and Phi Sigma Sigma foundations.

City elects new councilman, mayor wins unopposed

Chris McMahan
Staff Writer

Tim Hepburn and Charlie Rosales won the two city council seats and Mayor Don Kendrick was re-elected in the La Verne city election Tuesday.

Hepburn tallied 2,014 votes, while Rosales, who was looking for a second term, had 1,704.

Rosales is a retired police officer who has served as a council member and planning commissioner for the past 12 years.

Hepburn was an electrical contractor for 23 years and has experience serving the community of La Verne, including being a member of a Parent Teachers Association.

Kendrick, who ran unopposed, won 3,012 votes.

Matthew Lyons, the senior field representative for Democratic Assembly Majority Leader Chris Holden, and Gilbert Ivey, a La Verne planning commissioner, were the other two candidates running for city council.

Lyons acknowledged the strong pool of candidates running for city council before the election.

"I don't think the city of La Verne can go wrong with any of the four candidates," Lyons said.

Ron Ingles, who was elected to the city council in 2013 following the death of Robert Rodriguez, chose not to run due to a heavy workload as chief law-enforcement liaison for the Los Angeles County District Attorney's Office.

Of the 20,519 registered voters in La Verne, less than half turned out to the polls.

This might not have been a national election, but as poll worker Joe Jimenez said, that should not matter.

"It's a part of the cogs and wheels that keep government going," Jimenez said.

Jimenez said that getting the voting age to 18 is a right that previous generation, such as his, fought for and that it should not

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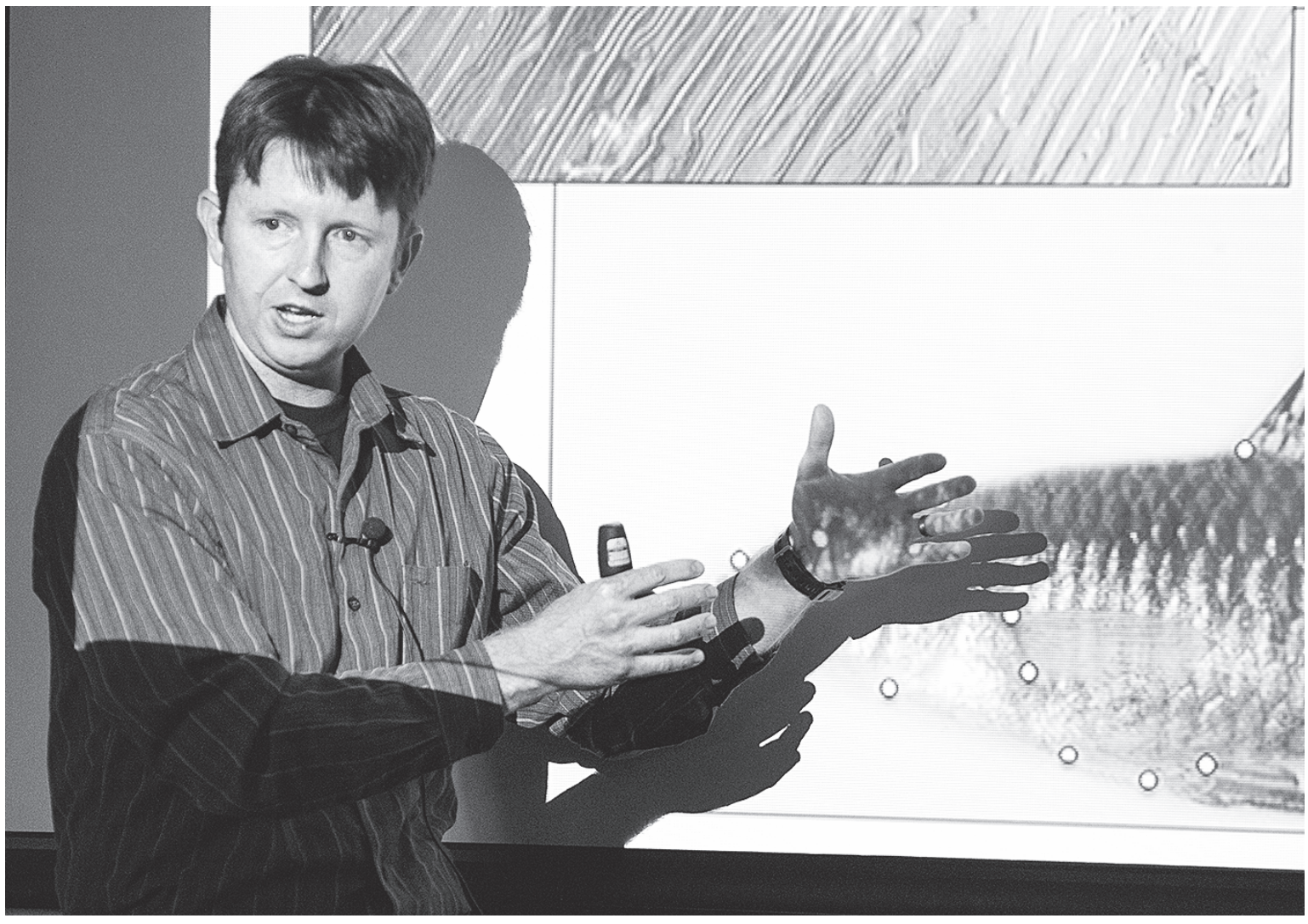
High salt levels affect fish species

Deonah Cendejas
Staff Writer



Alexandra Arkley

Instructor of Biology Pablo Weaver explained the differences between the saltwater fish and the freshwater fish of the Limia perugiae species, which vary in size and shape. Weaver and Associate Professor of Biology Jerome Garcia presented "The Evolution in Extreme Environments: The effects of hyper salinity on the physiology of live bearing fish" Monday.

Pablo Weaver and Jerome Garcia compared the adaptive changes in the fish species Limia perugiae in a faculty lecture Monday in the President's Dining Room.

They concluded that there are many physical and evolutionary differences between the freshwater and saltwater fish of the species.

"The fish in the hyper salinity are sad compared to the freshwater population," Weaver, instructor of biology, said. "Not very many things can survive in hyper salinity."

Chair and associate professor of biology Garcia specifically discussed the comparison of the saltwater and freshwater fish.

"The mitochondria is the powerhouse of the cell and generates the energy of the cell," Garcia said. "We decided to do protein analysis to compare the mitochondrial protein between freshwater and saline fish."

The study concluded that there is approximately an eight-fold increase in saltwater fish than the freshwater species in regards to Complex 1, an enzyme in the mitochondrial respiratory chain. Fish in saltwater attain four times more ATP synthase, an enzyme that provides energy for the cell, than fish in freshwater. The mitochondria in the saltwater fish are 1.5 times more efficient than those in freshwater.

The studied the energy usage of the saline fish and its effect on developmental changes.

"Living in hyper salinity is energy expensive," Weaver said. "There is less energy available for growth and development of secondary sex characteristics."

Secondary sex characteristics refer to what attracts the female Limia perugiae. These include male fish that attain a broader body or brighter colors are not necessarily positive attributes when fleeing from a predator.

After an audience member asked why the females of the species are attracted to these specific qualities, Weaver said there are two theories explaining this attraction.

The first theory says that although having a broader body and brighter colors might be seen as a handicap when hiding or escaping from predators, the female fish are attracted to such qualities because of the male's ability to survive so long with these "handicaps."

The second theory is that brighter colors and a larger body suggests that the male is disease-free, lacking in parasites, and therefore, as Weaver explained, "worthy of her eggs."

More experiments are being conducted at the University of La Verne's biology department, specifically studying the developmental changes between freshwater fish and saltwater fish. They are attempting to slowly acclimate the saltwater fish to freshwater environments, and vice versa.

Senior biology major Corrina Cavazos, a student collaborator in Weaver's and Garcia's study, is also interested in the labs the biology department holds.

"I like this (study) because it gives you an ecological and evolutionary aspect and a physiological aspect," Cavazos said. "It's not just focused on one aspect."

Cavazos specifically worked on the morphological features of the experiments and studied the genetic differences.

Associate Professor of Biology Kat Weaver also worked on the study but was unable to attend the lecture.

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La Verne not active in Adjunct Walkout Day

Kristina Bugante
Editorial Director

Adjunct faculty members from universities across the country participated in the first National Adjunct Walkout Day Feb. 25 to protest unfair wages and working conditions.

According to Inside Higher Ed, the day was a success that sparked conversations about improving adjuncts' working conditions nationwide.

University of La Verne adjuncts, however, did not participate in the walkout day through any organized manner.

Rick Hasse, senior adjunct instructor in the College of Business and Public Management, explained why he did not participate in Adjunct Walkout Day.

"I believe it is not fair for students to suffer by not having classes," Hasse said in an emailed statement. "Nevertheless I support the goal of the day which is to bring attention to higher education administration, boards of trustees, deans and full-time faculty the importance of the work adjuncts do and the support they require."

Hasse said he was going to use the day to inform his students and other members of the University community of the work he does and the support he receives as an adjunct.

Provost Jonathan Reed said he hopes La Verne administrators are doing enough to improve communication with adjuncts.

"It's my hope that adjuncts can be well enough treated here to where they feel, rather than walking out, (they could) continue conversations with administration, which would be more beneficial," he said.

In October 2013, ULV adjunct faculty members filed for unionization through the National Labor Relations Board with the help of the Service Employees International Union, which has been working with adjuncts at universities across the nation.

Ultimately the SEIU withdrew its application in summer 2014 and ULV adjuncts did not unionize.

The process brought to light adjuncts' concerns regarding low pay and lack of job security.

The University created a union resource website **lavernelabordialog.org** containing fact sheets and documents with the goal of keeping the adjuncts from unionizing. Instead administrators encouraged increased dialogue and the University has begun to offer adjuncts additional support for research and continuing education, among other things.

"The University launched a pretty aggressive anti-union campaign," said Hector Delgado, professor of sociology. "Maybe that intimidated people, so they were scared to walk out."

Leah Griesmann, an adjunct writing instructor at San Jose State University, originally proposed a national walkout day on Twitter last October.

She remained anonymous until her identity was revealed yesterday, according to Inside Higher Ed.

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Web Edition

The award-winning Campus Times Online Edition is updated throughout the week with event coverage and breaking news.

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Corrections

The Campus Times is committed to accuracy. When we make mistakes, however, it is our policy to correct them as soon as they are brought to our attention. If you find a mistake in the Campus Times, please let us know at ***ctimes@laverne.edu***.

In the story "Diverse melodies unite cultures" (Feb. 27) the wrong photographer was credited. Alexandra Arkley took the photograph. The Campus Times regrets the error.

In the story "Campus Times takes gold for overall excellence" (Feb. 27) "Columbia" was misspelled several times. The Campus Times regrets the error.

Liu urges reform for helmet law

Brooke Grasso
Staff Writer

Many teens look forward to turning 18 and no longer being required to wear a helmet while riding their bikes; however, a proposed bill will require all bikers regardless of age to wear helmets.

Carol Liu, the Democratic state senator representing La Verne and surrounding areas, has recently proposed Senate Bill 192, which will affect all bike riders throughout California.

"Helmets protect the brain by absorbing the impact after a collision – they protect and save lives," said Andrew McKindley, school resource officer for the La Verne police department.

Approximately 15 to 20 percent of all accidents in La Verne involve a bike, McKindley said.

Current state law requires those under 18 to wear a helmet while bike riding.

The proposed law would require everyone, including those over 18 to wear helmets while bike riding.

University of La Verne Professor of Humanities Al Clark, who rides his bike every day and always wears a helmet, is in favor of the bill.

"I have known lots of people that have been in accidents that have not been their fault," he said. "Those that wear helmets have survived with little injury."

Some believe, however, that the bill is too demanding and in some cases unnecessary.

"In an area with low traffic like your own community, it is not needed," said John Trendler, committee member for the Pomona Valley Bike Coalition.

Students at the University of La Verne tend to agree with Trendler: Unless the rider is performing tricks or riding very far, helmets should be optional.

"I ride my bike for fun," freshman biology major Auiden Foxe said.

"I don't need to go out of my way to protect myself from something I have been safe doing so far."

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Jerri White

Al Clark, professor of humanities, rides his bike to work daily. Clark said he believes that the proposed state law to require all bike riders to wear helmets is a good idea because of the dangers for cyclists sharing the road with cars. Clark said all cyclists should be required to wear a helmet because both drivers and cyclists "drive crazily" and many fail to signal.

City council bans new smoke shops

Kayla Hockman
Staff Writer

The La Verne City Council on Monday approved an ordinance that will prohibit new tobacco businesses from opening in the city until January 2016.

The ordinance also restricts existing smoke shops, vapor lounges or hookah lounges from expanding, remodeling or relocating within the city.

"This came about due to a lot of concerns we had from residents and businesses who express concern for having so many tobacco-related businesses readily available to our youth," said Donna Redman, La Verne Mayor Pro Tem and chairwoman of La Verne Youth and Family Action Committee.

"It was encouraging increased use of tobacco and tobacco-related products," said Redman, who is also an assistant professor of education at the University.

Members of the Youth and Family Action Committee voiced their concerns about the negative impact of tobacco to chairwoman Redman.

The ordinance was then developed by the city attorney, city manager, community development department and planning staff.

Community development director Hal Fredericksen presented these complaints to city council with the proliferation of smoke shops, vapor and hookah lounges and businesses having more than 20 percent of sales and floor space for tobacco-related products.

"I'm thrilled this moratorium is taking place," La Verne councilwoman Robin Carder said.

"We need to do something about the tobacco stores going into La Verne because it does not go with the guidelines of our healthy cities program," said Robin Carder who is also executive assistant to the University's vice president of enrollment management and communications.

The initial "urgency" ordinance needed four-fifths council approval and received a 5-0 vote in January.

On Monday, the city council unanimously voted to extend the 45-day moratorium, approved in January, a full year until Jan. 20, 2016.

"I'm glad that the city is starting to take action with our youth in mind," said La Verne resident and parent Sandi Norman.

"There are so many smoke shops in La Verne and it's always been a concern for me as a parent."

"This allows time for our city staff to look into more specific requirements and permits to have in place for tobacco-related business," Redman said.

Currently, existing tobacco shops and lounges do not need conditional use permits to start their businesses, meaning they do not need city council approval.

"A lot of (tobacco) businesses are struggling, so this is good because it stops competition," said Sam Aboud, La

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Election...

Continued from page 1

be taken for granted.

Voter Christina Dehler is a professor of education at Cal Poly Pomona and has been a resident of La Verne for 14 years.

She said that the growing diversity of the community should be enough to get people to come out and vote.

"It's important that everyone who lives here is represented," Dehler said.

Hepburn said in his campaign statement that one of his main goals was to create more political transparency for the citizens of La Verne.

He hopes this will lead to more political involvement in La Verne.

Even though some new faces are being injected into the city council, Lyons said that there is still plenty of work to be done regarding city issues.

"What I have found as a candidate these last few months is that not everyone is at the table having these conversations and we are not developing the best possible solutions," Lyons said.

The official results from the election will be presented at the next La Verne City Council meeting on March 16.

Chris McMahan can be reached at ***christopher.mcmahan@laverne.edu***.



Sara Flores

Mary Castillo, a volunteer at Lighthouse Baptist Church, helps residents finish casting their ballots for the city of La Verne General Municipal Election on Tuesday. After voters put their ballots into the designated drop box Castillo gave them a receipt and an official "I Voted" sticker.

Durant promotes healthy lifestyle

Coach models the way

Jennifer Jackson
Assistant Editor

Matt Durant, director of strength and conditioning at ULV, exemplifies fitness and positivity in his everyday life.

Durant graduated from the University with a Bachelor of Arts in communications and has been coaching at the college level since 1998.

He spent the first three years of his career coaching football at College of the Canyons.

In 2001, Durant became the assistant strength coach and football coach at Wingate University, then in 2002, he became the head strength coach and assistant football coach at ULV.

Durant left the University in 2004 and became the strength coach at College of the Canyons, but he returned to ULV in 2005 and has been here ever since.

What do you instill in your players and students?

Work ethic. At the end of the day, you have to work.

If you want to be good at something, you have to work at it. If you want to stay fit, you have to work at it; it's a mindset

How do you promote healthy living at home and with your kids?

First and foremost, by doing it myself. I think children learn best when you model the behavior.

For me, they see me working out. I workout with them. I have fun with them.

I go do my son's P.E. class on Fridays.

On the weekends, we are outside doing things: riding bikes, going to the beach, teaching them how to surf, practicing, playing games together, taking them to sporting events.

I have them involved in everything.

What are some goals you set for yourself for living a healthy lifestyle?

I want to be in good enough shape to keep up with my kids, keep up with my student athletes and be able to do the things I want to do.

I'm a very active person myself, so if it's riding my mountain bike, surfing, lifting weights, going on a hike, I feel 27, so I'm very active.

Do you have tips for students who want to change their health lifestyle?

You have to find what motivates you and use that to drive you.

Living in Southern California, you can find something to do every weekend - a warrior dash or mud run.

Get some friends together and go do it. I think that's a great motivation when you have more people around you doing it.

There are so many things for people to choose. It's a time where everyone can find something.

How can students become more involved with fitness on campus?

They can sign up for a class or email me.

We have a weight lifting club on campus now, so that's another way to promote fitness.

I am the adviser. We have meets that we go to. We have a couple coming up this month.

Most often students will take a weight training class for a semester. We will teach them a lot of things. Then after the class is over, they will ask to come in to get a workout from me based on their schedule.

Jennifer Jackson can be reached at ***jennifer.jackson2@laverne.edu.***



Bailey Maguire

Matt Durant, director of strength and conditioning, trained members of the women's soccer team Tuesday. Durant demonstrates a core strengthening and control exercise, using a weight plate. He has been the University's head strength and conditioning coach for 13 years. Durant is a member of the National Strength and Conditioning Association and a USA Weightlifting level one club coach. He demonstrates a healthy lifestyle at work and at home.

Supplements should be consumed cautiously

Erum Jaffrey
Arts Editor

The dietary supplement industry is booming with reported sales reaching $13 billion in 2013, but there is a common public misperception on how these supplements really affect human bodies.

According to the Food and Drug Administration, dietary supplements are intended to add further nutritional value to the diet and can be in tablet, capsule, softgel, liquid or powder form.

Vitamins, weight loss supplements, and herbs and botanicals are classified as dietary supplements.

"Dietary supplements don't necessarily need to be taken unless there is a deficiency in an area, such as iron deficiencies in anemics," said Paul Alvarez, director of the athletic training education program and professor of kinesiology.

In 2012, 17.7 percent of adults used nonvitamin, nonmineral dietary supplements, making it the most popular "natural" health method in America, according to the Centers for Disease Control and Prevention

More than four percent of children ages four to 17 are consuming dietary supplements, according to a second CDC survey.

Vitamin overdose is a risk not many people think about when taking vitamins.

"There are two types of vitamins: water-soluble and fat-soluble. Fat-soluble vitamins are stored in our system, while water-soluble pass through," said Sarah Dunn, assistant professor of kinesiology. "When we overdose on fat-soluble vitamins such as A, D, E or K, toxicity can occur."

Multivitamins are most commonly taken to fill nutrient gaps, but they do not add much to our diets that we already get from the foods we eat daily, Dunn said.

"I take multivitamins everyday; I always have," said Justin Pierce, junior international business major.

"It's a lot easier, and I take it as a backup to make sure I get all my vitamins everyday."

Sports nutrition supplements such as creatine and protein formulas meant to increase muscle mass do not necessarily increase muscle weight, Alvarez said.

"Protein shakes should be taken if you're deficient in protein. Protein outside of the realm of health has more to do with performance," he said.

Consuming high levels of additional protein is unnecessary and can lead to kidney and liver damage.

Marketing plays a vital role in enticing consumers and inviting them to buy their products.

"We let marketing tell us what to do without really considering all of it," Alvarez said.

Consumers should be aware of weight loss supplements promising miracle weight loss. They may have hidden ingredients in them.

Many over-the-counter supplements affect water weight but do not attack the actual fat.

"A majority of people are looking for a magic pill for weight loss and getting benefits they are looking for by increasing their daily vitamin and mineral intake," Dunn said.

"Medications are highly regulated and so the public has the perception that the (supplement) industry is regulated, but it's not."

The dietary supplement industry has not been regulated since the Dietary Supplements Health and Education Act of 1994, which took control and oversight of these products away from the Food and Drug Administration.

Alvarez advises people to consult a doctor before using weight loss supplements.

"It's all about educating yourself and the public," Dunn said.

The best way to get all the necessary nutrients is to have a well-balanced diet.

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Carl's Jr.'s sexist ads are tiresome

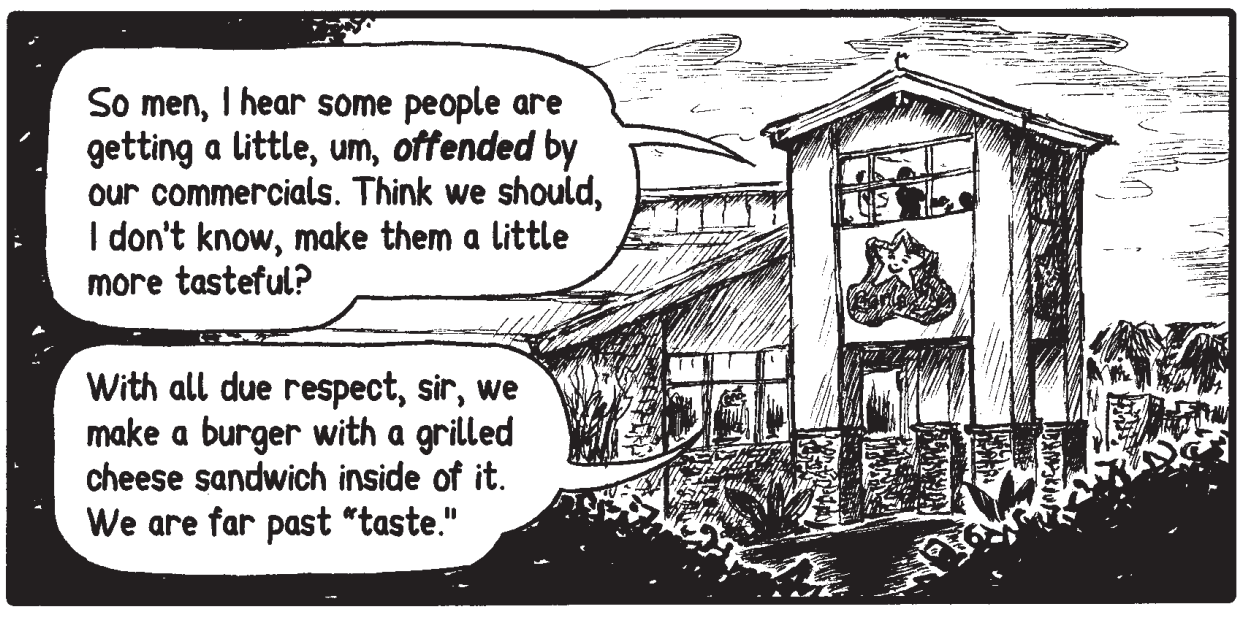
Model Charlotte McKinney walks through an outdoor supermarket in the beginning of Carl's Jr.'s latest commercial, however there is something missing—her shirt.

The overtly sexual commercial follows McKinney through the market as men's heads turn, as it appears that she does not have on any clothes.

She is going "all-natural" just like the new "All-Natural Burger." Different fruits strategically cover up her body parts as the commercial goes on, including an apple in place of her butt and melons in place of her breasts.

It all culminates in the end when the model appears in a racy bikini top as she takes the classic wide mouthed bite of the burger her body is being used to sell.

Just a commercial for a burger? More like a media epidemic. Carl's Jr. has a long record of selling their burgers, sandwiches and salads by using women as a prop to lick, bite and touch the food throughout the duration of the commercial.



Editorial cartoon by Jacob Bogdanoff and Des Delgadillo

A long list of famous women including Kim Kardashian, Kate Upton, Heidi Klum, Audrina Patridge and many more have been objectified in past commercials.

By turning women's bodies into objects in their commercials Carl's Jr. is perpetuating the idea that women are passive beings that are here for the pleasure of men.

These images contribute to a culture that already dehumanizes women in the media, which leads to sexual violence.

In August 2014, "Beauty Redefined," an organization dedicated to redefining the image of women in the media started a campaign against Carl's Jr., asking people to "#cutthecarls because women are #morethanmeat." The campaign gained national attention and was featured on national news sites, however since then, more commercials (like the one featuring McKinney's "all-natural" body, which aired during the Super Bowl) have been released.

Carl's Jr. must be stopped. The only way to get the point across is to boycott eating Carl's fast food. Until there are some healthier images in its commercials, no one should go to Carl's Jr.

Resolution pushes student agenda

The Associated Students of the University of La Verne unanimously passed a resolution Monday that condemned the projected tuition increase for the 2015-2016 school year.

Last April ASULV passed a resolution calling for student input in administrative decisions. This year the administration went ahead and passed the tuition increase without input from ASULV.

It is refreshing to see that students are taking a stand against the administration's disregard for student opinion when it comes to important decisions that will affect the student population as a whole.

In their resolution, ASULV points out that when students are loaded down by so much debt that they become financially insolvent by the age of 30, then the University is failing as an institution of higher learning.

The University is more focused on reeling in the next set of dewy-eyed freshmen with their big scholarship offers.

Those freshmen don't realize that after the tuition increases by more than 4 percent three years in a row that scholarship money seems to shrink.

Students have had to withdraw from the University because they do not have the funds for an education.

It is understandable that there might be a small increase in tuition, but 4.9 percent three years in a row seems a bit excessive.

ASULV, as our student representatives, promises to keep advocating for our best interests. Students should contribute as well by participating in forums, actively voicing concerns and contributing to conversations about vital school issues.

Equal pay is seriously long overdue

In 2013 women working full time in California made about 84 cents for every dollar earned by a man, according to Equal Rights Advocates. The pay gap is even larger for women of color — African American women get paid 64 cents and Latina women 44 cents for every white man's dollar.

That could change — and really should.

Last Tuesday, female lawmakers proposed a law aimed to help get females and males in California equal pay in the workplace. State Sen. Hannah-Beth Jackson, writer of the bill (SB 358), hopes it strengthens protections against pay discrimination and retaliation against female workers who inquire about wages.

This might be the start to equal pay rights for women not just in California, but across the nation.

Ironic enough, this proposal comes on the heels of Patricia Arquette's acceptance speech at the Oscars on Feb. 22 calling for equal pay for women.

While Arquette's speech holds meaning, she was the source of a controversial comment as well. In the Oscar's backstage press room, she added, "It's inexcusable we go around the world talking about equal rights for women in other countries ... and we don't have equal rights for women in America. The truth is even though we sort of feel like we have equal rights in America, there are huge issues that are at play that really do affect women. It's time for all…the gay people and people of color that we've all fought for to fight for us now."

Where Arquette went wrong in her statement is that no cause is above or greater than another. Whether it's LBGTQ rights, fighting for people of color, or women's rights, all are equally as important. Bottom line is the bill is long overdue. Not only that, but it levels the playing field. The workplace should not discriminate because of gender. A work salary should be performance-based.

Letters to the Editor

The *Campus Times* encourages readers to submit letters to the editors regarding topics covered in the paper. Letters should be no more than 400 words in length and are due by Tuesday at 3 p.m. The *Campus Times* reserves the right to edit letters for clarity, space and libel. Letters may be sent to **ctimes@laverne.edu**.

Letter to the Editor

Dear Editor,

What the writer of "#LeoMarketingScheme" (Feb. 27) fails to realize is that many departments around campus – and many offices in the general marketplace – observe 'Casual Fridays' (a day when attire that is more relaxed is allowed, a morale-booster). The idea of Leo Pride Fridays was most likely originally geared towards La Verne staff, since many were dressing more casually that day anyway. Why not encourage them to include La Verne-wear that day, and thus show their support of school spirit? And why not pass the idea along to the students?

No one is discouraging students from wearing Leo-wear on days other than Friday. No one is considering the termination of Spotlight Weekend and in favor of Leo Pride Fridays, as this writer seems to believe.

I hope the writer was merely fulfilling a 'ranting editorial' assignment. Otherwise, please – get more sleep!

Wayne Thurston
Executive Assistant to the University Librarian

Campus Times
Spring 2015

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Karate champion strikes humbly

Michaela Bulkley
Staff Writer

As a fraternity brother, a sophomore broadcast journalism major and a world champion karate master, Shahin Jahanvash uses the discipline he learns in karate to excel in every aspect of his life and to teach others.

Karate has been with Jahanvash since birth, as his parents own Red Dragon Karate Champions Training Center in Diamond Bar. He and his two siblings are all black belts in karate, with Shahin being a third degree.

"Most people think once you get your black belt in karate then it's done, it's over, but it's pretty much where it starts," Jahanvash said. "You can start teaching."

Jahanvash travels nationally for tournaments and seminars. Disney also filmed him giving a virtual karate lesson in hundreds of Disney stores nationwide.

As vice president of Phi Delta Theta, Jahanvash has a support system of brothers. His strong involvement in the family business also results in close bonds with his family that keep him moving forward.

"So as long as you're steady with your goal, as long as you're not a wimp that's going to give up as soon as things don't go your way, you could be successful anywhere," said Mohamad Jahanvash, Shahin's father and owner of Red Dragon Karate Champion Training Center.

Jahanvash started competing when he was 3 and a half years old, and despite still using a pacifier, he took first place in the 7 years old and under category, even against competitors from China.

Jahanvash tested for his black belt at 8 years old. Now as a third degree black belt, he is growing as a teacher rather than a student.

His first grand champion title was in Quebec, Canada, his only international competition. This was his first competition in the 18 years and older category, despite enrolling when he was still 17.

As he grows up, Jahanvash competes and practices less but still works at the karate studio and teaches students across the country using Skype, charging students $125 an hour for his lessons.

Jahanvash still competes and travels 10 to 12 weekends out of the year, teaching seminars in different states.

Jahanvash currently enjoys teaching not only to his karate students, but also to his younger brother and fraternity brothers. He uses his experiences in life to help relate and guide others.

"Karate has not only taught him discipline and leadership, but how to be humble," said Thomas Richetts, sophomore business major.

"You will never hear him brag about being a world champion or even mention it," he said.

Jahanvash hopes one day to take over the karate studio and let his parents retire, eventually opening and managing more Red Dragon Karate Champion Training Centers and continuing the 28-year legacy.

Despite the typical comments he received in middle school making fun of karate, Jahanvash still plans to stay with the sport.

"People are going to say stuff about you no matter what, but if you really like what you're doing then you should keep doing it," Jahanvash said.

"I never did it because anyone told me too and I never stop because someone said I should," he said.

Michaela Bulkley can be reached at ***michaela.bulkley@laverne.edu.***



Celine Dehban

Shahin Jahanvash, sophomore broadcast journalism major, teaches karate classes and works as a manager at Red Dragon Karate in Diamond Bar. Jahanvash is a third degree black belt who competes nationally. The main room of Red Dragon's studio is covered with a wall of mirrors, allowing students to observe their form during karate practice.

Netflix distracts students from their studies

Kayla Hockman
Staff Writer

Netflix's popularity is spreading like wildfire on college campuses, specifically the University of La Verne.

During an informal survey of 15, ULV students were asked their opinions on Netflix and the reasons for its popularity. The survey showed that 13 students out of 15 currently watch Netflix.

"I usually spend about four to five hours a week watching Netflix," senior psychology major Kate Hocking said. "I use it as a way to relax between classes or to unwind at the end of the day."

On average, University students watch around six hours per week of Netflix including television series and movies.

According to students, Netflix's easy access and catalog of more than 1,000 shows and movies brings many benefits.

The on-demand streaming provider allows students to access Netflix's database from anywhere by having an account and a device that allows access to the Internet.

It is also convenient and gives students the opportunity to pick up where they left off watching their favorite shows and movies.

"(Netflix) has almost every season and episode of all the popular television shows that I watch," said junior child development major Allison Steele.

"A downside is that it doesn't have a lot of newer movies," she said.

The convenience of Netflix presents numerous problems for students and their studies.

"Netflix definitely causes me to procrastinate on my studying," senior business administration major George Cuarenta said.

Out of the 13 University students who watch Netflix, nine students say that the website is distracting and causes them to procrastinate studying and completing homework assignments and projects.

"I usually go to bed way later than I plan because I try to squeeze in another show and it makes me procrastinate on homework sometimes," said junior business administration major Alexis Garza.

Based on this informal survey, television series like "Friends" and "Gossip Girl" are the most popular selections on Netflix. "Friends" was added to the catalog on Dec. 3 and has become extremely popular with students at La Verne.

"I was really excited when 'Friends' was added, it's what I've been waiting for and I'm glad it's finally been added," said senior athletic training

Continued on page 7

Workshop provides tips for clubs

Celene Vargas
Staff Writer

Angie Anderson, associate director of student life, covered everything one needs to know about funding a club, from meetings to events, at the spring Club Workshop II presentation Feb. 26 in the Campus Center Ballroom.

Anderson spoke about booking vendors, expenses and the required paperwork.

"This has been the first year that we've mandated (clubs to attend workshops) in order to be eligible for club awards at the end of the year," Anderson said.

To book a vendor or performer, Anderson said a contract is required. ULV requires the vendor or performer to sign first and agreements and proposals can be signed only by the finance department.

"There were so many issues with accounts payable and risk management so I was trying to help out the departments, but at the same time trying to help the student clubs to make the process easier and to make their events happen," Anderson said.

Clubs also need to obtain a certificate of insurance from the people they are contracting. Everyone must sign a waiver for participating in any event.

Anderson said accounts payable cannot give the needed funds to clubs until all the event and contract paperwork is approved by risk management, which is headed by Alex Soto.

"It's helpful to see the behind the scenes part like risk management," said Matthew Hernandez, senior accounting major.

Anderson ended the presentation by advising everyone to plan ahead and avoid stress.

"When I was first starting the club, I was clueless as to how to go about getting funding or how to do the paperwork," said Stephanie Lira, senior English major and president of the International Student Organization. "It was really helpful because they break everything down for you and make everything super easy to understand."

"I found this helpful because I'm increasing campus presence with things like outdoor movies, speakers and different ways we can contribute to the community," said Benjamin Deuson, sophomore political science major and vice president of Model United Nations.

Clubs can contact Soto at **asoto@laverne.edu**. Questions or requests for budget reports can be emailed to Anderson at **aanderson@laverne.edu**.

Celene Vargas can be reached at ***celene.vargas@laverne.edu.***

Smoke....

Continued from page 3

Verne's Jake's Smoke Shop owner.

The city already considers alcohol sales, fuel and service stations, fitness clubs, churches and other businesses for conditional use permits.

The city council is looking to gain more control of these businesses in the future, Redman said.

The community development department and the La Verne Police Department will be working together in the near future to develop stricter regulations and restrictions for tobacco businesses.

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Netflix...

Continued from page 6

major Lindsay Gonzalez.

Other genres such as documentaries and movies are also watched by students, but they are not as popular as television shows due to the outdated movie selection.

For the two students who do not watch Netflix, both said they prefer to not watch it due to not having an account and it being a distraction.

"I don't need a Netflix account," said senior political science major Nick Vasquez.

"I know it will help me procrastinate, which I'd rather not," he said.

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Helmet....

Continued from page 3

Foxe lives in La Verne and occasionally rides his bike or skateboard to school.

He said that he does not wear a helmet and never has, even as a child.

"The bill completely eliminates the convenience factor of being able to grab my board and go," he said.

Another component of the bill is that if riders are found not wearing a helmet they will face a $25 penalty.

"Helmets cost money that not everyone can afford," Trendler said.

The bill indicates that 72.5 percent of the fines collected will go toward increasing safety education and assisting low-income families in obtaining helmets.

Cost is only one issue that Trendler has with helmets.

Being a part of the Pomona Valley Bike Coalition, he advocates for safer streets and attracting more bicyclists. The California Bike Coalition is also against the bill.

"Studies show that mandatory helmet laws decrease bicyclists," Trendler said.

Like the Pomona Valley Bike Coalition, Liu's goal for the bill is to increase safety for bicycle riders, not to decrease the number of people who ride bikes.

> 'Helmets protect the brain by absorbing the impact after a collision - they protect and save lives.'
> —*Andrew McKindley, La Verne Police Department school resource officer*

"I will ride a bike considerably less," Foxe, said.

Freshman psychology major Ryan Krong, however, said is in favor of the bill.

He fell off of his bike on campus Thursday, resulting in cuts, bruises and four staples in his head.

Krong would decide to wear a helmet if he could go back to before his accident.

"The nuisance of wearing it is much more enjoyable than walking around with scars on your face and staples in your head," Krong said.

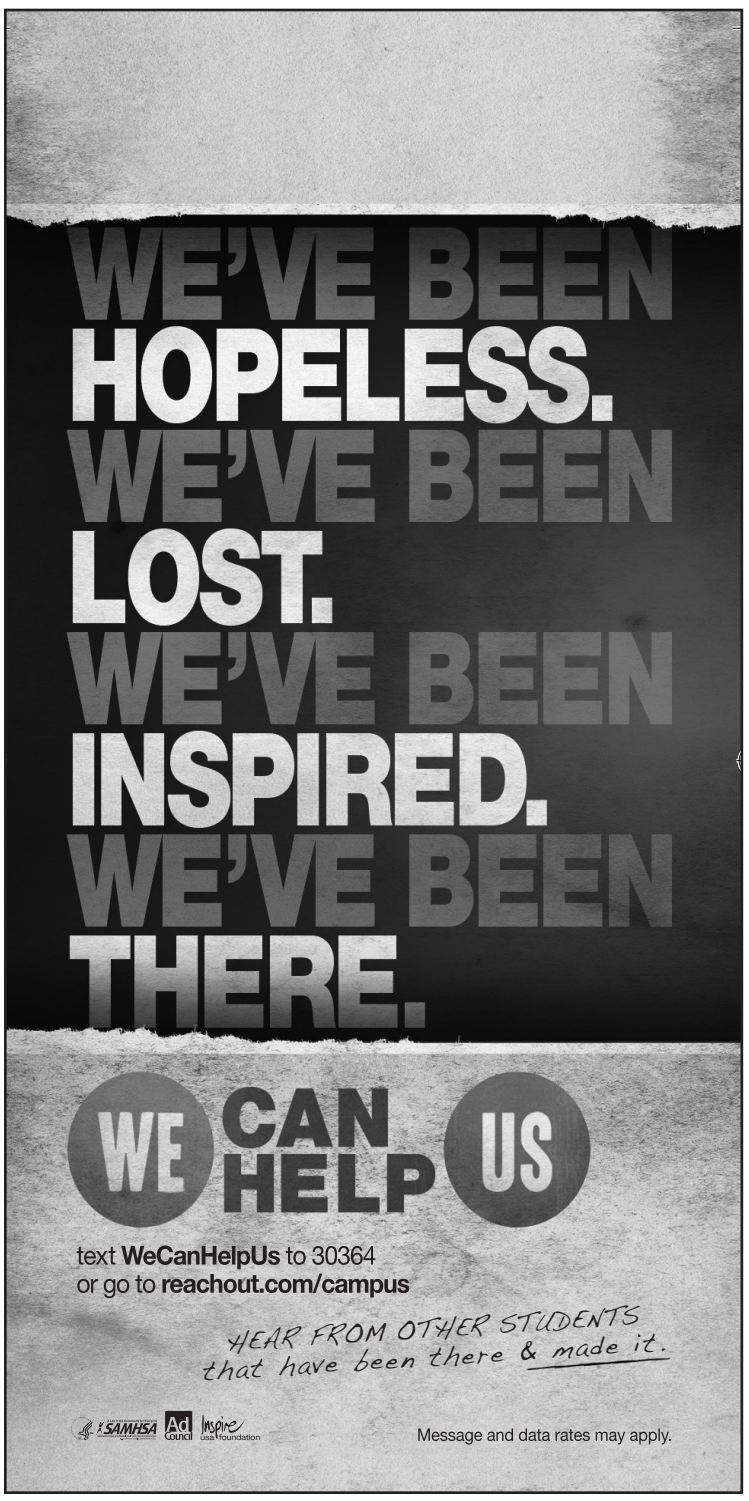
Another amendment to the current bike laws will be the requirement of high visibility safety apparel such as reflective shirts or jackets.

"When I ride at night I can see how poorly people can be seen, and reflective clothing would make a big difference," Clark said.

McKindley agrees with Clark that reflective clothing could make a big difference.

"It could be just what they need to keep the drivers from swerving into the bike lane or cutting them off," he said.

Brooke Grasso can be reached at ***brooke.grasso@laverne.edu***.





Happenings

'The Flower Society'

The theater department presents "The Flower Society" at 7:30 p.m. Friday and Saturday in the Jane Dibbell Cabaret.

The play was written and directed by senior Maryanne Householder.

Admission is free, and donations will go toward Children of the Night.

Electronic Acoustic Music

The 23rd annual Ussachevsky Memorial Festival of Electro Acoustic Music Festival is at 8 p.m. Friday and Saturday at Pomona College's Lyman Hall.

This festival involves a unique mixture of acoustic instruments and electronic equipments from computers. Admission is free.

Quilt Exhibit

The "American Spring: A Cause for Justice" exhibit runs through Sunday in the Bridges Auditorium at Pomona College.

The event uncovers the reactions to the Trayvon Martin shooting in Florida through story quilts by the Fiber Artists of Hope Network.

'Music for Cello and Piano'

The Harvey Mudd Concert Series presents "Music for Cello and Piano" at 8 p.m. Sunday in Drinkward Recital Hall at Harvey Mudd College.

The concert by pianist Gayle Blankenburg and cellist Susan Lamb Cook will include pieces by Beethoven, Rachmaninoff and Caeron-Wolfe.

Donations are welcomed.

Artist Reception

Artist Antrese Wood will discuss his painting and photo exhibition, "A Portrait of Argentina," 5 p.m. to 8 p.m. Saturday at the dA Center for the Arts in Pomona.

This exhibition will run through March 28.

–Melissa Gasia

Science of life meets 'Essence' of art

by Cody Luk

photography by Helen Arase



Professor of Biology Christine Broussard explains to junior biology major Diana Gonzalez how "Limb Bud and Somites, 2003" is relevant to her classes Feb. 26 in the Carlson Gallery. The teal and purplish colors in Broussard's image come from dyes that make it easier on the untrained eye to see the formation of a vertebrate limb beginning with a paddle. Broussard is one of nine University of La Verne biology department faculty members whose photographs are featured in "Essence in Pictures: Photography as a Collective Microtome."

Many University of La Verne biology department faculty members attended the "Essence of Pictures: Photography as a Collective Microtome" photo exhibit reception as photographers presented their personal works on nature in the Carlson Gallery Feb. 26.

The exhibit showcased photographs on life by more than nine professors, including Professor of Biology Christine Broussard, Professor of Biology Jeffery Burkhart, Assistant Professor of Biology Heidy Contreras, Associate Professor of Biology Jerome Garcia, Professor of Biology and Biochemistry Jay Jones and more.

"There's more than meets the eye," said Denise Mejia, freshman photography major. "Once you get a closer look and talk to the photographers, you get the story behind the pictures."

Mejia enjoys shooting landscape photographs and after seeing the photo exhibit, she is now more interested in nature and animals.

"It's neat to see all the different levels of animals," said Kat Weaver, assistant professor of biology. "They're all different but they're the same. I like seeing nature in action."

Weaver has photographed for over nine years and enjoys taking photos of nature and people. She often takes her students to see nature in places such as the University's Clark Fork Field Research Station in Montana. She also visited the Galapagos Islands and the Amazon rainforest with students for the Honors Program's freshman January interterm course.

"I like capturing animals in unique positions, trying to reflect what I see," Weaver said.

A very memorable moment Weaver experienced in the Amazon is captured in her photograph, "Unlikely places." The bright red poison-arrow frog in the photo has vivid colors and its large eye often distracts the viewer from seeing the most important part of the photo – a very small snail on one of the frog's legs.

"If you look carefully, you can see a snail," Weaver said. "This frog is super poisonous and the fact that the snail is living on it shows that animals and snails can live anywhere."

Professor of Biology Emeritus Harvey Good also enjoys exploring outdoors and seeing animals. After teaching for 40 years at the University and retiring in 2006, he frequently travels and takes many photos on each trip. He still teaches part time and he will be visiting Alaska soon to take more photographs.

Good's interest in photography grew immensely after taking Professor of Photography Gary Colby's digital photography class over 15 years ago. Good also took a color photography class at the University six years ago to help him take better photographs.

Good enjoys following and photographing bighorn sheep. His photograph, "Nelson's Bighorn Sheep, Ovis canadensis nelsonii, 1979," depicts a bighorn sheep standing three miles west of the Cow Canyon Saddle near Mt. Baldy Village. In the photograph, the sheep is turned to the side, with only one eye showing and looking straight at the viewer. Because there were many people operating gold mines around the area, the sheep were not frightened by the sight of people.

"I followed a couple of herds from the local mountain," Good said. "I have my students do projects on them. I have a special interest in them and lots of photos of them."

His students' projects consisted of observing the eating habits and other behaviors of the bighorn sheep.

"The population goes up and down," Good said. "Several years ago, after a major fire, there was heavy vegetation and herbs, so (the sheep) were really healthy."

In 1989, the bighorn sheep population in the local areas increased rapidly and were trapped and moved to national parks with less population, Good said.

Some photographs on display represented anecdotes of University students.

"Arachnophilia," by Biology Instructor Pablo Weaver, is a macro pho-

Continued on page 11

Band plays in 'Spirit of Ireland'

Melissa Gasia
Assistant Editor

Michael Ryan and Friends took the audience to Ireland through a concert performing Irish favorites and original compositions at 6 p.m. Sunday in Morgan Auditorium.

"Spirit of Ireland" had a large crowd with more than 100 people, filling a majority of seats in the auditorium.

The show started with a brief introduction from Felicia Beardsley, the interim dean of the College of Arts and Sciences, who welcomed the audience and encouraged people to support Sundays at the Morgan.

As the lights dimmed, the musicians positioned themselves on stage and started with their first piece written by Ryan titled, "Irish Farewell."

The tone of the music was soothing and calm, followed by more upbeat pieces that made the audience join in and clap along.

"All the people that came were great," said Ryan, a music department associate.

"I really felt connected to the audience."

The audience recognized many of the well-known songs, and were encouraged to sing along.

"I thought it was delightful," said Ruqayya Yasmine Khan, chair of Islamic studies and associate professor of religion at Claremont Graduate University.

"They did a marvelous job with the range and the confidence with which they performed."

Guitarist and vocalist Danny Oberbeck kept reminding the crowd that it was 17 days before St. Patrick's Day.

He said all Irish songs were about "love and regret… and drinking."

Irish dancers with glittery green skirts came out from time to time to perform, tapping their heavy shoes in conjuction with the music to create rhythms.

The audience enjoyed the competition between the three Irish dancers and stand up bass player Julian Johnson.

The Irish dancers danced one by one while Johnson studied the dancer's moves to duplicate their shoe's rhythmic pattern on his instrument.

The audience was impressed and decided Johnson should be declared the winner of the competition.

"This was my third time seeing them and I thought (they) were fabulous," Chaparral Elementary School teacher Annette Reed said.

Reed said her favorite part was when they played the piece "Finnegans Wake."

Flute player Hai Muradian acted out the lyrics while Oberbeck sang the song.

Muradian played a tipsy drunken man, causing the audience to erupt in laughter at his whimsical character.

He climbed the tiny ladder, fell and played dead as part of the show.

Ryan then covered Muradian with a white sheet.

Oberbeck joked and asked the audience if the color of the sheet was really white, rather than blue and black.

This was a reference to the dress that went viral on the internet, causing a debate as to whether the dress is actually blue and black or white and gold.

Muradian had a solo piece and whistled some parts of the song.

At one point, he drank water and there was still whistling in the background, which amused the audience.

"I can also chew gum and walk," Muradian said jokingly to the audience.

The band ended with a happy song "Marie's Wedding," and received a standing ovation by the audience.

At the end of the show, Ryan signed copies of his CDs.

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Daniel Torres

Danny Oberbeck stands over Hai Muradian while performing "Finnegan's Wake" during the Spirit of Ireland concert Sunday. Oberbeck and Muradian are musicians in the Michael Ryan and Friends band, performing both original and classic Irish-inspired songs.

Movie Review

Film exposes campus sexual assault

Kellie Galentine
Online Editor

"The Hunting Ground," directed by Kirby Dick, is a documentary that opens with videos of high school seniors excitedly opening their acceptance letters to universities. Screams and shouts of joy are soon paired with videos of move-in days and administrative speeches at convocation ceremonies.

The irony of listening to administrators discuss their institution's dedication to student learning is made clear when Annie Clark and Andrea Pino share their traumatizing experiences with sexual assault.

Both alumnae of the University of North Carolina Chapel Hill, Clark and Pino are the leading voices in the film as it follows their journey as survivors who challenge their university's mishandling of sexual assault cases.

The women came together to file a Title IX complaint against their university when their rapes were pushed aside as unimportant and they were victim-blamed by administrators they thought they could trust.

Throughout the film, Clark and Pino are shown advocating for sexual assault survivors on their campus and campuses throughout the nation, and helping other survivors rally to file Title IX complaints.

More than a dozen survivors give accounts of their stories in the film, putting faces to the crime of sexual assault on college campuses.

Since Pino and Clark's filing at UNC, more than 95 schools have been added to the Department of Education's list of institutions under investigation for Title IX complaints.

The film is woven together depicting the college experience from start to finish, displaying the hypocrisy of the system the entire way, using shocking statistics including low numbers of expelled perpetrators.

"The Hunting Ground" sheds light on sexual assault through poignant tales paired with irony that leaves an impact that will keep viewers thinking about the injustices for victims of sexual assault long after the final credits.

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Argentine art visits Pomona

Emily Lau
Metro Editor

The Latino Art Museum presented various artworks that celebrated Argentine heritage and culture, Valentine's Day and love at two shows throughout February in the Art Colony in Pomona.

The museum simultaneously held two exhibitions, "Pampa Mia: Arte y Diseño Argentino en Los Angeles" or "Pampa Mia: Art and Design of Argentina in Los Angeles," and "Not Always Red."

"Pampa Mia" featured more than 11 Argentine artists from Argentina and the United States.

"Not Always Red" was the museum's Valentine's Day-themed show. The name was a parody of the dA Center for the Arts' similar exhibition "Simply Red."

"(Pampa Mia) was from the Pilar Art Gallery and the director brought the group of artists from Argentina" said Graciela Horne Nardi, founder of the Latino Art Museum.

"The thing is because (the artists) left for Argentina, they took some of the artwork back to Argentina."

The Latino Art Museum is a non-profit organization that promotes the works of Latin artists both in the U.S. and around the world. It holds an exhibition with a different theme every month.

The upper level of the museum was dedicated to "Pampa Mia" and displayed artworks of many mediums including oil paintings, collages, watercolor paintings, prints and acrylic on canvases.

The artwork did not have to be related to Argentina, but some artists used their country as the central theme.

Nardi, born in Argentina, contributed a few of her own works to "Pampa Mia." Her "Tango" collection featured a collage and acrylic painting that celebrated the Argentine tango.

Some artworks were more abstract than others, like Claudia Gogo's "El ángel." From a distance, the canvas looked like it was covered in colorful dots and random lines but upon a closer look, one saw a person's face cleverly constructed by the dots and lines.

The exhibition also showcased framed black and white photographs of Argentina by Carlos Alfredo Horne-Reilly, Nardi's late father.

"I had all of the negatives from him – 400 of them," Nardi said. "I didn't (reproduce) all of them, I only did a few. I checked the pictures and chose the best ones."

"Not Always Red" was displayed in the museum's basement and featured Valentine's Day-themed art and a couple of projects from the museum's permanent collection.

Many pieces included images symbolic to love, including doves, roses and hearts.

However, some artworks from the permanent collection did not fit the theme at all.

Warren H. Scherich, Jr. is an artist who specializes in ceramics and sculpting. His project, "The Dogu Invasion," is a part of the permanent collection and was displayed along with the "Not Always Red" exhibition.

Scherich created small ceramic figurines called dogus that represent humans' primordial characters and natures.

He and others make and distribute dogus around the world as artifacts for the future.

"As an artist using stone and high fired ceramics, I can leave a legacy, talk to the future for thousands of years after I'm dead," Scherich said.

"These ceramic dogus which are spread all over the world will still be here 10,000 years from now."

Using metallic gen pens, Nardi drew geometric shapes that formed the shape of a heart.

"I enjoy the art work, the pieces and being able to help," Estefania Sanchez, volunteer for the museum, said.

"I graduated from college with a major in art history and I kind of want to continue studying art history here."

Emily Lau can be reached at ***emily.lau@laverne.edu.***

Leopard bats go silent in no hitter

La Verne wins one of three

Lauren Crumbaker
Staff Writer

Redlands Bulldogs freshman pitcher Felix Minjarez threw a no hitter against the Leopards, for a 10-0 mercy-rule loss in the eighth inning Friday at Ben Hines Field.

This was the first conference loss for La Verne.

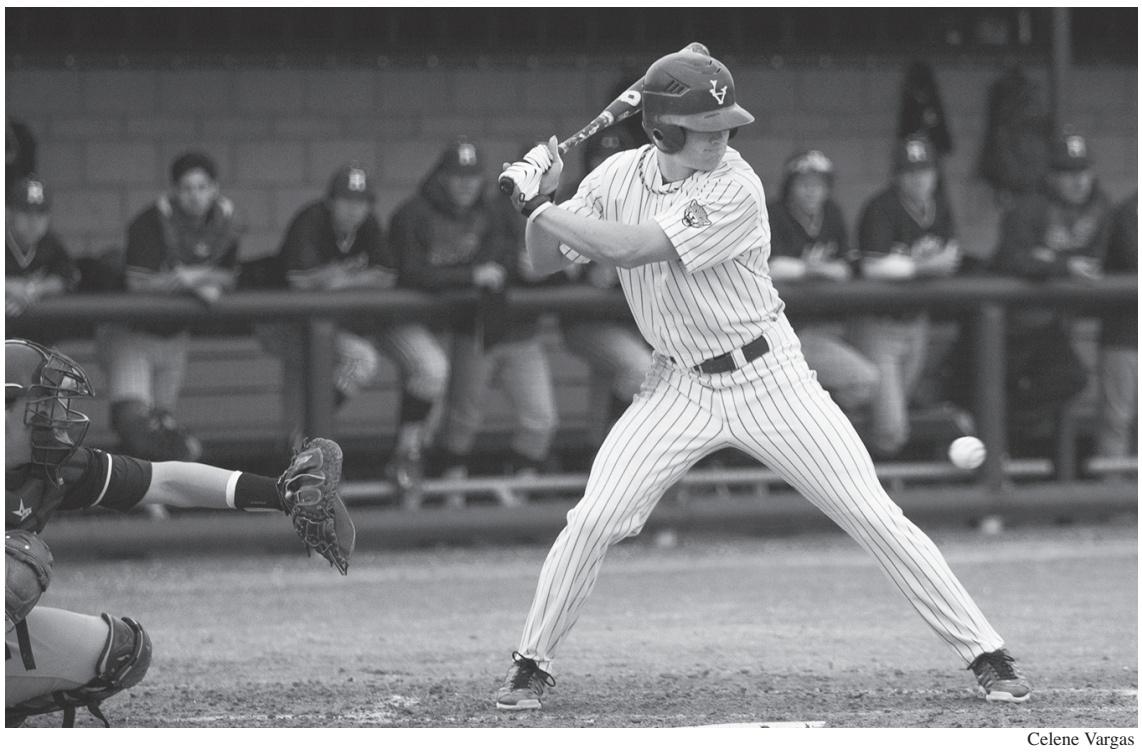
"You have to tip your hat to him (Minjarez), and give him all the credit in the world," head coach Scott Winterburn said.

"He really beat us up today and so we really have to take the punch and come back," he said.

Junior outfielder Nolan Henley walked in the third inning, but he was the Leopards' only base runner of the day.

The Bulldogs also struggled on offense in the first four innings, but pulled ahead with six runs by the end of the fourth inning, making it 6-0.

Senior shortstop Jordan Dresner got the Bulldogs on the board with a triple to center field, driving in freshman catcher Sean McMillan.



Celene Vargas

Junior centerfielder Nolan Henley checks a swing Friday in the bottom of the third inning, taking a fourth ball for a walk. Henley was the only Leopards base runner, as La Verne was no-hit by the Redlands Bulldogs and in eight innings, 10-0, at Ben Hines Field.

Leopard senior pitcher Javi Iniguez gave up eight earned runs and 10 hits in just 6.2 innings of work.

By the end of the seventh inning, the Leopards were far behind, 9-0.

"We didn't really compete, once our starting pitcher got out of the game, our bullpen had a rough time with their hitters," sophomore pitcher Diego Cortez said.

Cortez gave up a two-run double and a walk to the only two batters he faced in the seventh.

"Their hitters were really aggressive and we weren't able to come back from it," he said.

An RBI single by McMillan in the eighth put the finishing touch on the mercy-rule win for the Bulldogs, 10-0.

Though this was a devastating loss for the Leopards, they remained positive and congratulated the Bulldogs and Minjarez for his no-hitter accomplishment.

"We have to learn how to overcome adversity," junior outfielder Mariano Padilla said.

"The scoreboard said we got mercied, but those are the facts. I believe if we just come out with the right attitude that is all that is going to count," he said.

The Bulldogs made the Leopards put up a fight over the weekend.

The team went on to play the Bulldogs in a doubleheader the following day and lost the first game, 5-3, but won the second, 10-6.

Junior catcher Phillip Parga had his first multi-hit game, going 2-for-4, in game one of the doubleheader.

In the top of the seventh, senior designated hitter Mark Jebbia singled to left field to score junior first baseman Ben White.

Senior second baseman Jared Hovsepian singled through the middle and scored Jebbia to get within two, but it was not enough to seal the game.

Jebbia went 2-for-3, along with two RBIs.

La Verne came back with a vengeance in game two, scoring three runs in the sixth inning, to pull ahead and win the game.

The Leopards are now 7-2 in Southern California Intercollegiate Athletic Conference play and 8-5 overall on the season.

The team will face the Whittier Poets in a doubleheader Saturday at Ben Hines Field.

Lauren Crumbaker can be reached at ***lauren.crumbaker@laverne.edu***.

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Jumpers lead track teams at Rossis

Gonzalves takes 3rd in sprint

Sierra Dasher
Staff Writer

The men's and women's track and field teams competed Saturday at the 19th annual Rossi Relays at the Burns Track and Field Complex, hosted by Claremont-Mudd-Scripps.

The women took second in the pole-vaulting event, while the men came in third for the high jump.

"The season so far has been really good," sophomore jumper Arthur Hinojosa said.

"Over the course of the meets, people have figured out what they have needed to work on, in order to become better in the long run," he said.

Sophomore pole vaulter Taylor Schulze and senior pole vaulter Taylor Bernhard both tied for second place in the pole vault event.

Both came in with a height of 3.20 meters.

"I am just coming off of an injury and I'm really excited and hoping to do a lot better than I did last year," Schulze said.

Freshman jumper Catalina Lee Kim came in fourth place out of 32 competitors for the long jump at a height of 4.91 meters.

Junior jumper Angelyn Caldwell placed sixth in the high jump at 1.47 meters.

"I think every season is an opportunity to get better, regardless of where you have been in the past," Caldwell said.

"It is important to try your best and to compete for yourself and not the people around you," she said.

Graduate high jumper and sprinter James Francis placed third in the high jump, with 1.83 meters.

Francis also placed ninth in the long jump with 5.99 meters.

"Personally, I can work on little things to improve technique. It really comes down to who has the best technique," Hinojosa said.

Hinojosa came in 11th place in the long jump, with a jump of 5.82 meters.

In the throwing events, sophomore thrower Jaclyn Castleberry took fourth place in the discus, reaching 34.21 meters.

She also placed sixth in the shot put event, with a distance of 10.09 meters.

Senior thrower Christiana Coughlin came in fourth place in the javelin throw.

She reached a distance of 34.73 meters.

In the shot put event, sophomore thrower Chris Gura reached a distance of 13.09 meters, taking fourth place in the shot put.

Gura also placed fourth in the hammer throw, with a distance of 43.99 meters.

In the running events, sophomore sprinter Tiahna Gillon came in fifth place in the 100-meter dash, with a time of 12.48 seconds.

Sophomore runner Kimberly Kabluyen followed behind her and finished 10th, with a time of 12.89 seconds.

Junior sprinter Nick Gonsalves, who did well last season, came back and took third place out of 40 competitors in the 100-meter dash, with a time of 10.98 seconds.

Gonsalves finished first among other runners from non-Division I schools, also behind USC runners.

The men's 4x400 meter team placed fourth, with a time of 3:27:03.

"I think we have a pretty strong team, and everyday we are showing more and more talent and practice," graduate assistant Jared Manke said.

"We are trying some different athletes in different events, and it's showing a lot of promise and people are putting in a lot of effort," he said.

The track and field teams will be back in action Saturday as they host the first Southern California Intercollegiate Athletic Conference Multi-Dual meet starting at 11 a.m. at Ortmayer Stadium and the Campus West Multipurpose Field.

Sierra Dasher can be reached at ***sierra.dasher@laverne.edu***.



Helen Arase

Sophomore Taylor Schulze completes her first jump in the pole vaulting event Saturday at the Burns Track and Field Complex in Claremont. Schulze tied for second place with teammate Taylor Bernhard – both clearing a height of 10.06 meters. La Verne will host the first SCIAC Multi-Dual meet Saturday at Ortmayer Stadium and Campus West Multipurpose Field.

'Essence'...

Continued from page 8

tograph of a brown spider on a light green leaf.

The photograph embodied an anecdote of a student afraid of spiders while on a trip to Montana to observe wildlife and animals.

Weaver and Professor of Biology Emeritus Robert Neher helped the student overcome her fear and she held a spider in her hand at the end of the trip.

Neher's photographs portray animals the Humane Society brought to him because there was no organization to take care of unwanted animals. The animals were often mistreated, Neher said.

Neher kept many of these animals in his backyard, including 20 to 30 tortoises at one point, a coyote that acted like a dog, a raccoon that was previously abused and many more other animals. These animals often played with Neher's children.

Other photographs depicted the interior details of animal anatomy, such as Broussard's "Heart Formation, 2003," which shows a chicken embryo and its tube of tissue for the heart.

"I think it's really cool seeing photos that are so close to nature," Breanna David, junior liberal studies major, said. "I like that there's details on the animals… and the focus is on the animals."

"Essence of Pictures: Photography as a Collective Microtome" is free and open to the public in the Carlson Gallery through April 10.

Cody Luk can be reached at ***cody.luk@laverne.edu***.

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Softball prowls past Pomona-Pitzer

Leopards capitalize on 3 homers

Jolene Nacapuy
Sports Editor
Hal Hargrave
Staff Writer

La Verne managed to pounce past the Pomona-Pitzer Sagehens, 9-5, even after going into the fourth inning scoreless, Saturday at Campus West for the first game of its doubleheader.

After coming back to Campus West with a tough doubleheader loss to the Cal Lutheran Regals Friday, 4-3 and 7-4, the Leopards kept their mindset strong, as they hoped to come out with a victory.

"We're very tight and they need to learn to take it pitch by pitch, moment by moment," head coach Julie Smith said.

"We're making these games too tough on ourselves, we're not simplifying it, so we're gonna go back looking at the books and hopefully ride that," she said.

The Sagehens scored early to start the game in the second inning, with an unearned walk by sophomore third baseman Paige Oliver, 1-0.

"It was frustrating at the beginning just because the umpire was really tight and things were tense," junior pitcher Katy Kibbe said.

"But we just kept fighting and scored runs, even though it was kind of late it really helped us," she said.

Headed into the fourth inning down, 5-0, the Leopards were able to get on the board with a home run by junior third baseman Mackenzie Dutton.

This was her third home run of the season.

"I've just been a lot more confident at bat and being a lot more picky with my pitch selection," Dutton said.

"In my own head, it kind of just happened," she said.

Even with her home run, the Leopards were still down, 5-1, but they managed to find their momentum and had control of the game from then on.

In the bottom of the fifth, the Leopards were able to tie the game.

Senior catcher Rebecca Ireland grounded out to right field and scored junior centerfielder Raeleen Tellez.

Dutton then singled through the middle to score junior shortstop Victoria Baltazar who was on third, 5-3.

Dutton went 2-for-2, along with two RBIs and two walks.

Sophomore first baseman Alexis Schiff kept the fire going, as she hit a home run down the left field line.

She was able to bring Dutton home as well to tie the game at 5.

In the bottom of the sixth inning, Baltazar hit her first home run of the season.

She was able to bring home senior right outfielder Katie Cunningham and Tellez, to extend the Leopards lead, 8-5.

"The feeling was really amazing and I honestly thought it wasn't going out and thought it would hit the fence," Baltazar said.

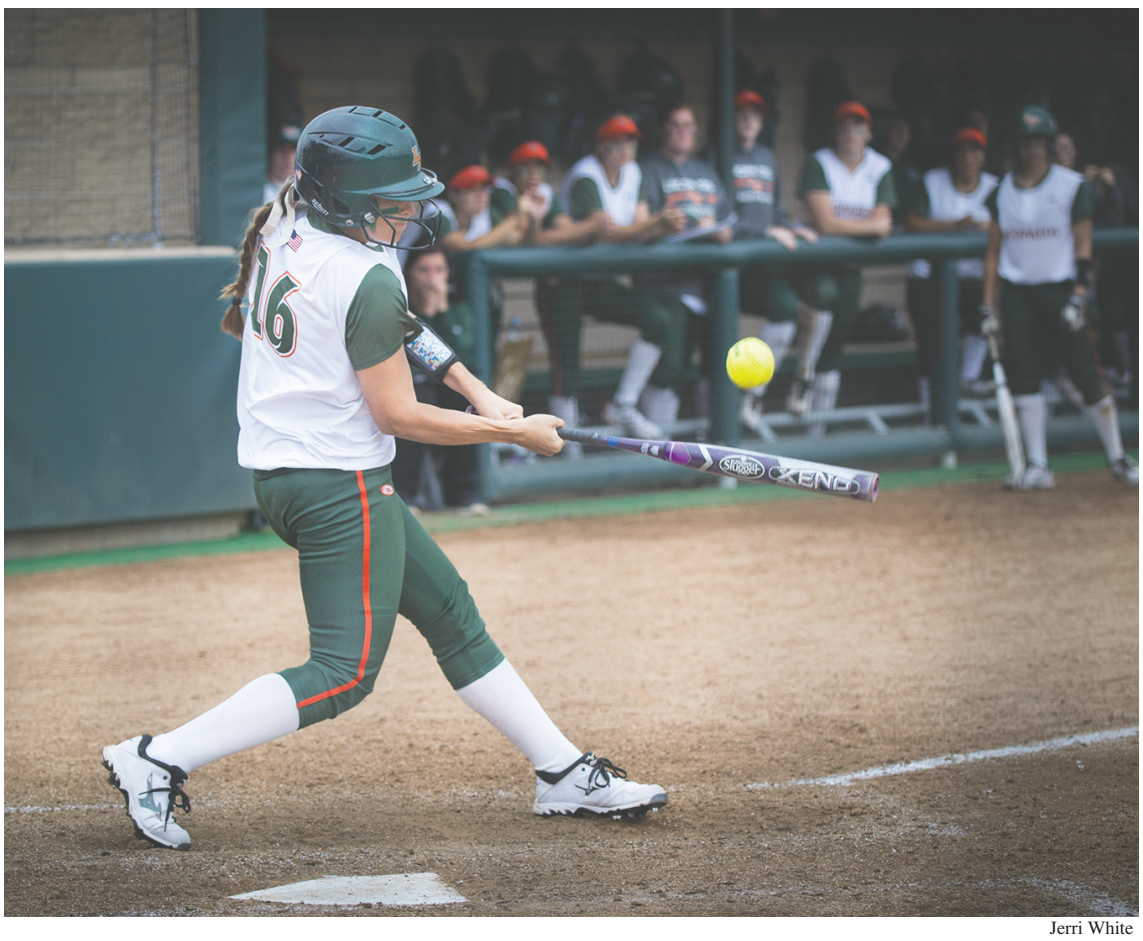
"But then coach yelled, 'It went over.' And just running around the bases without any pressure was amazing."

Baltazar went 2-for-4 and is batting .396 on the season.

Still in the bottom of the sixth, Schiff singled to left field, scoring Ireland, 9-5.

Pomona-Pitzer was unable to answer back, sealing the game for La Verne.

"We were struggling defense wise and lost track of where we were and where we wanted to be, so we just kept fighting and just came out to seal the game," Baltazar said.



Jerri White

With two outs and a runner on third, senior outfielder BreeAnna De La Rosa strikes out during the ninth inning to end the first game of Friday's doubleheader against Cal Lutheran. The game ended with the Regals besting La Verne, 4-3, at Campus West.

"Our energy was more up and on defense we were more relaxed with no pressure being finally up on the game," she said.

Kibbe also earned a conference-leading fifth win of the season.

In game two of the doubleheader, La Verne could not stay hot and lost to the Sagehens, 11-2, in five innings.

The Sagehens managed to score early and up a 7-0 lead by the top of the third inning.

In the bottom of the third, Dutton hit another home run to right field

This allowed her to bring home Ireland, to cut the deficit to 7-2.

Pomona-Pitzer was able to score four more runs in the fourth and fifth inning, to extend its lead to 11-2.

The Leopards were unable to hold the Sagehens, which resulted in the mercy rule, ending the game with a loss.

"We definitely need more communication, kind of cleaning our defense up and we need to work together more as a team," Dutton said.

"If we reach our potential and unified as a team, then we can really move forward in conference," she said.

She now has four home runs this season and is hitting .463.

"Every time we lose it's like shocking to me, like I feel we shouldn't ever be losing," Kibbe said.

"So I feel like we should be good going forward in conference and shouldn't drop any more games like we did," she said.

The Leopards finished the weekend with an 8-8 overall record and 4-4 in Southern California Intercollegiate Athletic Conference play.

"The goal is to reach the postseason tournament," Smith said. "Obviously I want more as a coach and it's gonna depend on other people and other teams."

"I told the team don't let anyone else dictate our success. There's still time for us to be successful and be on the top four," she said.

The team will play another doubleheader against the Whittier Poets Saturday starting at noon at Palmer Field in Whittier.

Jolene Nacapuy can be reached at ***jolene.nacapuy@laverne.edu.***

Hal Hargrave can be reached at ***hallett.hargrave@laverne.edu***.

LEOPARD SCOREBOARD

AT THE BUZZER

Softball, Feb. 28
La Verne – 2
Redlands – 11

Baseball, Feb. 28
La Verne – 10
Redlands – 6

Men's Golf, March 3
8th – 906

SCHEDULE

Friday
Women's water polo vs. Caltech @ Claremont Convergence Tournament, 10 a.m.
Baseball @ Whittier, 2:30 p.m.
Women's water polo vs. Sonoma State @ Claremont Convergence Tournament, 3:20 p.m.

Saturday
Track and field, SCIAC Multi-Dual 1, 9 a.m.
Women's water polo vs. Concordia @ Claremont Convergence Tournament, 10:20 a.m.
Baseball vs. Whittier, 11 a.m.
Softball @ Whittier, noon

TENNIS STANDINGS

	SCIAC	Overall
La Verne	**2-0**	**5-0**
Pomona-Pitzer	2-0	2-0
Whittier	2-0	2-8
Redlands	1-0	3-0
Cal Lutheran	1-2	2-2
CMS	0-0	5-0
Chapman	0-0	0-1
Caltech	0-3	2-3
Occidental	0-3	0-3