Campus Times

April 10, 2015 | Serving the University of La Verne Community Since 1919 | Vol. 123, No. 21

Candidates stress transparency

Kristina Bugante
Editorial Director

The Associated Students of the University of La Verne 2015-16 election candidates shared their platforms in a meet and greet Tuesday in the Campus Center.

Junior communications major Lauren Crumbaker and sophomore communications major Nicole Cuadras, who are running unopposed for president and vice president, respectively, will focus on encouraging student involvement in campus-wide decisions; improving transparency among administration, faculty and students; and improving involvement with transfer and commuter students.

Crumbaker said she also hopes to continue #TuitionTalksTFTI, a movement started this year by current ASULV members to address administration's unilateral decision to increase tuition.

"We really want to push administration to invite ASULV and students in these conversations," Crumbaker said.

"It's effective that a government reinvents the wheel every time there is an election cycle," said Eden Vasquez, who is hoping to return as a senator-at-large. "(ASULV has) done a good job with being visible on campus this semester, and I'd really love to continue that hard work that we've taken on."

A popular issue among candidates is the need to reach out to less involved students, such as commuters, transfers and international students. Alaia Azarcon, a candidate for a senator-at-large position, said that as a transfer student herself, she wants student leaders to make transfers' transitions easier.

Another senator-at-large candidate, Noah Welch, also called for the same easy transitioning for international students.

Benjamin Alickovic, another senator-at-large candidate, called for a better marketing tactics, such as word of mouth, that would let students, especially commuters, know about events on campus.

"I want to create a space, or enhance certain spaces for commuters," said Guadalupe Galvan, senator-at-large candidate, about making ULV more like a home to commuters.

Alexis Coria, current ASULV vice president, said that, if elected senator of the College of Business and Public Management, she hopes to inform business students about the multiple opportunities offered on campus.

"The business program is

Continued on page 7

LVPD searches for stabbing suspect

The La Verne Police Department is still searching for a suspect who apparently stabbed a 21-year-old woman resident of La Verne Wednesday.

LVPD officers were called at 6:06 p.m. to Las Flores Park, where they found the woman with stab wounds to her upper body.

She was airlifted to County USC Medical Center, where she was in stable condition and still being treated Thursday.

Her injuries were not life threatening, according to the LVPD report.

According to police, the woman had been walking her dog. when a man in his 20s approached her.

He repeatedly stabbed her then fled on foot from the scene toward White Avenue.

The woman told officers that the she had no connection with the attacker, police said.

The suspect is described a thin white male and was last scene wearing a dark-colored hoodie and blue jeans.

The LVPD is urging anyone with additional information regarding this attack to call the department at 909-596-1913.

—Jolene Nacapuy

Inside The Campus Times



Administrators face student questions at forum . .Page 2
Intramural Frisbee unites students . . . . . .Page 6
Viewers enter a realm of 'Scientific Magic' . . . . . .Page 8
Leopards take series over Tigers . . . . . .Page 12

The hunt is on



Helen Arase

Ashlyn Connolly, 4, participates in her second egg hunt, but the first by herself, during Claremont's Spring Celebration Saturday in Memorial Park. Connolly found eight eggs in the 5-7 age group designated area. **See story on page 3.**

Bernard pens vivid characters

Kellie Galentine
Online Editor

An audience of more than 50 was transported from the black folding chairs set up in the middle of The Last Bookstore in downtown Los Angeles to Tucson, Arizona, as Sean Bernard read a selection from his collection of short stories, "Desert Sonorous," Friday.

The stage was framed by two Greco-Roman style columns, and in the background twinkle lights hung from the second-story modern art gallery. Yet, as Bernard dove into his reading of "After the shootings," a story set in the historical context the 2011 shooting of Gabrielle Giffords, a U.S. congresswoman, the audience followed the narrator's journey of navigating everyday life struggles with the weight of his mother's recent death lingering. Throughout the story the narrator and his friend Carter find ways to cope with death.

"I have been hoping for and looking forward to this for a long time," Bernard said. "A lot of (inspiration) was from growing up in Tucson – excitements and frustrations in life."

"Desert Sonorous," is Bernard's first full-published book of short stories, and the collection is tied together by the setting, taking place both in and around Tucson, Arizona. He said that he began working on the earliest of the 10 stories in 1999, though he did not work on the collection for a consecutive period of time.

"The story was interesting because it was very dark and it was much darker than I expected," Emily Acevedo, Pomona resident and friend of Bernard's, said. "But, it took me out of the bookstore and I was an observer of these characters."

As the story progresses, the first-person narrative explores themes of death, rebirth and hope in the midst of tragedy.

"The unique thing about Sean's work is that he makes it really relevant and adds really specific details that are really funny and memorable and it takes you back to your own

Continued on page 7

Mortagy, Badger tackle ISIS issue

Kat Simonelli
Editor in Chief
Jennifer Jackson
Assistant Editor

Professor of Information Technology and Decision Science Yehia Mortagy presented a scholarly analysis on the Islamic State of Iraq and Syria in his faculty lecture Monday in the President's Dining Room.

Kent Badger, professor of health services management, provided additional background information on the issue.

The duo explained that societies have different values, but when they hold those values against others who do not share the same belief system, problems arise.

"It's not just ISIS. Boko Haram and the rest of those groups are absolutely dangerous threats to not only the Middle Eastern communities where they are, but also to humanity in general," Badger said.

Badger highlighted some reasons people have been driven to join ISIS, including lack of individual economic opportunity, no sense of personal pride, no deep sense of belonging and little contentment and joy in life.

Mortagy explained that in order to respond to ISIS, we must first understand what ISIS is. He claimed that if we were to leave the members of ISIS alone and let them control a piece of land and govern it, they would most likely self destruct.

"I think they outlined a different approach than what the United States is currently taking and I think it's feasible," sophomore biology major Tanner Long said. "The most interesting part was the analysis on the social media aspect of ISIS because everyone generally knows it's out there but in terms of approaching it, no one really addresses that."

Badger suggested that there is a need for more intensive military counterterrorism actions on the part of Middle Eastern countries and Muslim communities against radicalized terrorist movements.

He claimed that it was only through such measures that there could be hope for the beginnings of a peaceful and prosperous climate for people of all faiths living throughout the Middle East.

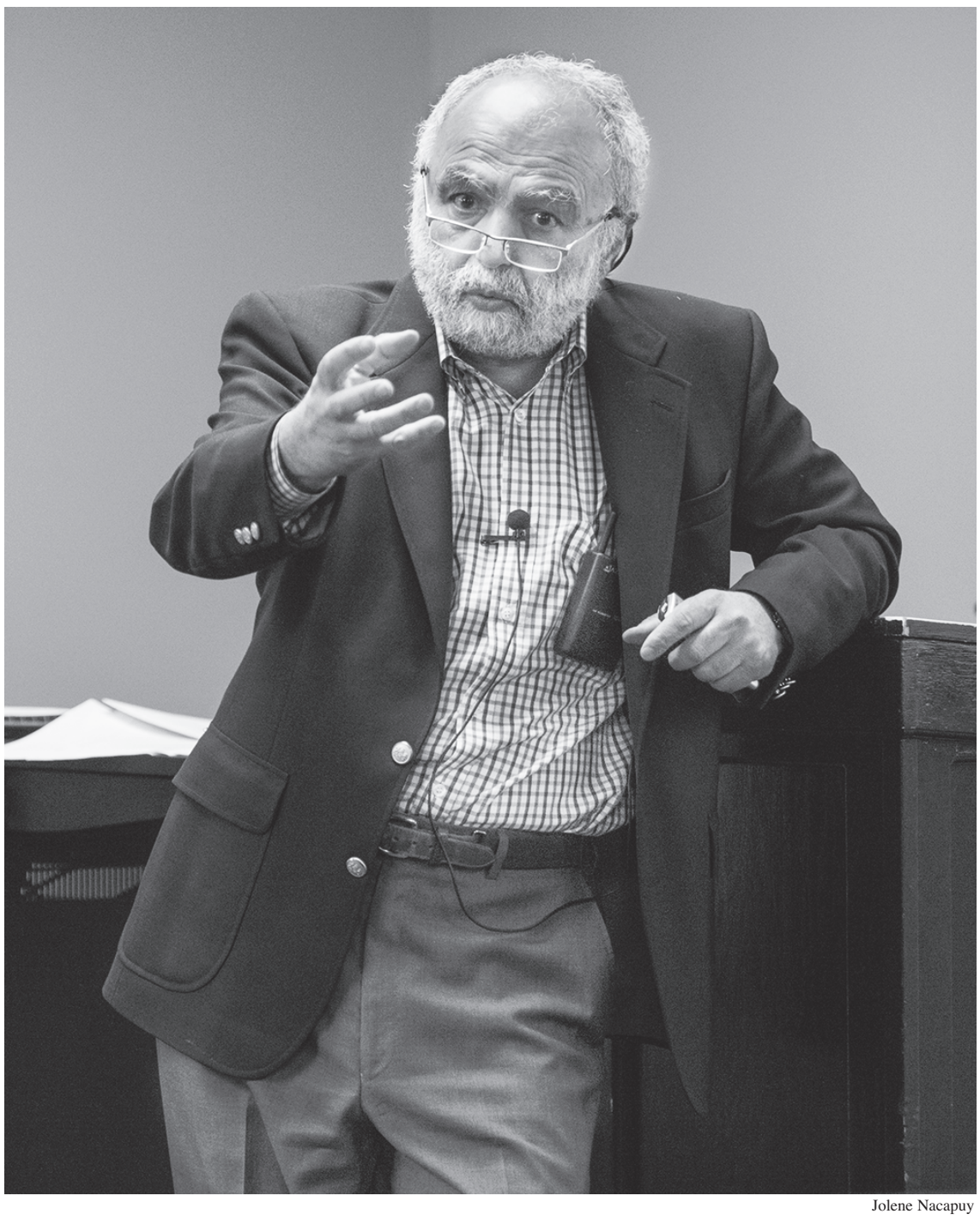
Mortagy pointed out that the terrorist groups that are overrunning the Middle East should not represent Islam and that he does not believe they do.

While some students thought the lecture was interesting and informative, others wished they had expanded their topic to include other issues as well.

"They should have talked about U.S. intervention in Afghanistan and other places in the Middle East where things have gone bad and good before, especially when they were advising that we should implement social programs and social reforms," sophomore biology major Kandin Maraquin said.

Kat Simonelli can be reached at ***kathryn.simonelli@laverne.edu*** *and on Twitter* ***@KatSimonelli****.*

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



Jolene Nacapuy

Yehia Mortagy, professor of information technology and decision science, presented "ISIS, A Scholarly Analysis" about the evolution of the Islamic State of Iraq and Syria and how the United States is dealing with the group. Mortagy's presentation was part of the faculty lecture series Monday at the President's Dining Room. Mortagy talked about the alternative approaches the United States should take in order to deal with the growth of ISIS.

Administrators face student questions at forum

Emily Lau
Metro Editor

Students discussed and received answers about pressing issues like tuition, financial aid and housing from administrators at the ASULV town hall meeting Thursday night in La Fetra.

Administrators on hand to answer student questions were Heather Podsakoff, general manager of Bon Appétit; Loretta Rahmani, dean of student affairs; Juan Regalado, associate dean of students; Avo Kechichian, chief financial officer; Devorah Lieberman, president; Jonathan Reed, provost; Clive Houston-Brown, vice president of facilities and technology; Homa Shabahang, vice president of strategic enrollment management and communications; Karen Lange, assistant director of financial aid; and Chris Krzak, dean of admissions.

Kechichian began with a presentation addressing concerns about next year's tuition 4.9 percent increase. The first slide contained the breakdown of tuition revenue.

He said that tuition and fees generate about 94 percent of the University's overall revenue and auxiliary services like room and board add about 5.5 percent.

"That's why we are very concerned and very careful," Kechichian said. "Any changes in our enrollments impact our budget because we are 99 percent dependent on enrollments for our gross revenue."

He presented graphs and information about the University's spending and additional budget plans, including increasing the minimum wage of student workers by $1 per hour.

Some students continued discussing the tuition increase and asked questions, including how it will affect their financial aid, how the University's tuition ranks among other private institutions and potential ways to cut tuition costs.

Lieberman stressed that the University's total tuition is still in the bottom third of all private universities in California, but they are working with students' concerns.

"But we will not reduce costs at the expense of quality, so we're really working hard with (students)," Lieberman said.

A student wanted to increase class sizes in response to the growing enrollment, and Reed said the University is looking to see what areas are growing first.

Multiple questions regarding the school's printing services were asked, including concerns about prices, reliability and payment options, which also led to questions about lab fees for majors such as communications and biology.

Students were also interested in making environmental improvements to the school like having compost bins and installing solar panels.

ASULV proposed an idea for free lockers for commuters to use to hold their belongings rather than going through the inconvenience of returning to their cars in the shuttle lot.

Houston-Brown confirmed that a plan for lockers is currently in progress, but said having a usage fee helps make sure students do not use a locker for more than they need.

He also addressed the possibility of students wanting to park in the shuttle lot instead of the planned parking structure because of the prices of parking permits.

"You won't be paying for parking passes," Houston-Brown said. "All students will receive a parking permit once the parking structure is open."

Students also asked for improvements to audio and visual technologies, renovations for older residence halls and stronger campus safety.

ASULV President David Asbra ended the meeting with announcements about upcoming events and allowed students to individually ask any remaining questions they had for the administrators.

"These are hard questions, but they're so important," Lieberman said. "I don't know any school in the universe that has 10 administrators who are up two hours past the time that they can actually go to bed."

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

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****.*

Web Edition



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

Log on to ***laverne.edu/campus-times*** *for current and past stories, and additional columns and blogs, or listen to our new Friday podcasts.*

You can like us on Facebook and follow us on Twitter ***@lvcampustimes*** *and Instagram* ***@campustimes*** *for all the latest updates on local and on-campus news. Send us story ideas over social media or email to* ***ctimes@laverne.edu****.*

Classic car fans revel in nostalgia

Chris McMahan
Staff Writer



Daniel Torres

James Skalicky, owner of an early Ford Model T and professor of psychology at Citrus College, discusses the car with fellow car enthusiast Bob Shears, a University of La Verne alumnus and middle school teacher in the San Gabriel Valley. Classic cars from all eras lined C and D streets Saturday for the Cool Cruise Car Show in downtown La Verne.

From muscle cars that could make the cast of "Fast and the Furious" jealous, to classic cars that provided a peek back into America, the La Verne Cool Cruise Car Show had something for every car lover to enjoy Saturday in Old Town La Verne.

People from all around Southern California came to admire the many cars on display.

"It's a nice show," Upland resident Greg Hahs said. "The food is good, the music is good and there's a lot of nice cars."

Hahs entered his 1967 Chevy Camaro, just one of his 28 cars, into the competition. Trophies were given out for best ride, paint design and motorcycle.

Guests were entertained with live music by classic rock cover band the Ravelers and vendors also provided something for every current and new classic car owner at the event.

One was Eddie Motorsports, which builds parts and accessories for muscle cars.

Joe Rode, a representative from Eddie Motorsports, said the Cool Cruise is one of the best ways to get in touch with new clients.

"You get to do a lot of face-to-face time with the customers," Rode said.

Eddie Motorsports is part of the resto-mod movement, which gives classic cars modern parts.

Rode said that while classic cars with all original parts look like they came straight from the showroom floor, those with modern replacements are a lot better to drive.

Another vendor was Hagerty, an insurance company that exclusively insures classic cars.

Hagerty Regional Territory Manager Nick Johnson said car shows are perfect for those with a passion for classic cars and protecting them.

"(We) find the cream of the crop of enthusiasts," Johnson said.

Johnson said his passion for cars lies in the look over anything else, even over the speed.

Others shared Johnson's passion. T.J. Sanarelli worked at an auto shop as a teenager in Upland, where he lives now. He passed on his passion for restoration to his kids, teaching them to work on cars from a young age.

"Restoring cars is great family time and it's been a long time passion," Santraelli said.

Santraelli entered his daughter's 1968 Chevy Camaro, a car he drives more than her he said, into the competition.

Hahs echoed Santraelli's passion for classic cars and these types of shows, calling them essential to introduce fans to previous generations of cars.

He said cars today are built the same and do not provide the unique look that classic cars do.

"People don't have an appreciation for the classic cars anymore," Hahs said.

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

Claremont springs into Easter with festivities

Jolene Nacapuy
Sports Editor

The City of Claremont kicked off Easter weekend at Claremont's annual spring celebration Saturday at Memorial Park.

Volunteers from the Rotary Club of Claremont and Kiwanis Club joined forces to help run the event.

"This is a great family event, so this is a nice opportunity for families and the community to get together and celebrate their weekend here and kickoff Easter," said mayor of Claremont, Corey Calaycay.

Large colorful balloons designate areas of fun throughout the park, from tug-o-war, arts and crafts, a magician, egg tosses and a petting zoo.

Music played loudly in the air with a special thanks to an area called Instrument Petting Zoo.

Children with faces painted with animals were given lessons with different types of instruments, such as the cello, guitar, drums and violin.

Next to the fun sounds were craft areas where children and adults could build a variety of Easter decorations.

Rabbit ears, masks, baskets and headbands were a few of the things made and colored in the craft area.

Glitter and papers flew around the messy tables, as many gathered around to create the Easter-themed arts and crafts.

"We have a lot of community interest and support and people really enjoy having an event like this to come out to, especially this holiday weekend," Calaycay said.

This event has taken place for more than 30 years in Claremont and continues to be a delight in the area.

"We used to live here in Claremont and still come here every year just because we like the coziness and the fact that it's like a family here," Lien Nguyen, resident of Chino Hills, said.

A magician had a few tricks up his sleeve during the event, as he engaged the audience in his act. Children screamed in excitement, as they all wanted a chance to be the next one up on stage.

The magician pulled up many participants to take part in his acts, such as turning ripped purple and black gift-wrap paper into a green paper hat.

"The magician was our favorite part of today," Nguyen said.

"He pulled out the bunny and it was passed around and the children got to pet it," she said.

Children walked around the park with colorful handmade baskets in preparation for the egg hunt.

The event had four different egg hunt areas, which no adult was allowed to enter.

Each area had an age range from 3 to 4 years old, 5 to 7, 8 to 10 and 11 to 12.

Once the whistle was blown, the children rushed into each area, as eggs and candy flew into the sky.

"It was a bit chaotic, but super fun for the kids," said Diane Torres, La Verne resident.

"We were a little late with the egg hunt, but they were able to get bags that they save for the kids that missed it or didn't get any, which is very, very, very helpful and keeps them smiling," she said.

Left and right, children picked up a variety of colorful eggs and candies to put into their baskets, along with a golden egg.

With much success of the event throughout the years, many local residents hope to keep coming back to the event and continue to make it a tradition.

"This is our third time at this event and just love the family feeling it continues to bring," Nguyen said.

"We brought our son when he was just an infant and have made it a tradition of coming here," she said.

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

It's Not Your Fault.

1.800.656.HOPE
National Sexual Assault Hotline
Free. Confidential. 24/7.

(Operated by RAINN—the Rape, Abuse & Incest National Network)

First Person Experience

Cyclists pedal away the pounds

Michaela Bulkley
Staff Writer



Jerri White

The members of Cyclinsanity in La Verne experience virtual cycling presented by epicRIDES. Virtual cycling classes are being introduced at fitness studios around the country. The Thursday class, hosted by Shirin Beckett, was the first class at Cyclinsanity to view locations such as Aspen, Colorado. The Aspen route is a 32 mile ride on Maroon Bells Road and Castle Creek Road.

Loud music and laser light shows motivated indoor cyclists during the strength training class at Cyclinsanity in La Verne.

The class, taught by owner and cyclist Shirin Beckett, is a workout for the mind and body.

Beckett teaches the science behind spin classes and gives inspiration for outside obstacles.

"Every hill is a challenge, every challenge is an opportunity, think what could happen if you say yes," Beckett said.

I participated in the intro cycling class on Saturday morning, which focused on helping new cyclists adjust to riding an indoor, stationary bike.

"The saddle will speak to you. It will be uncomfortable," Beckett said. "But that is only for the first or second ride, then you adjust."

The first ride was slow and steady, so new riders, like me, felt comfortable and safe on the bike and in the studio. It was an easy ride, but I still walked away feeling confident and accomplished.

"I wanted a place that was a sanctuary, a safe place without injury, without intimidation," Beckett said.

Now that I understood the basic concepts of indoor cycling, I was ready to take the strength training class. Five other riders and I, pushed our limits during the hour-long spin class. Ten minutes into the workout, everyone was sweating. It seemed amazing that we had just started. We then had an endurance hill that tested our stamina and laid the foundation for the rest of the class.

"I thought I was going to die, but I feel accomplished, I wanted to quit, but I didn't," said West Covina resident and indoor cyclist Raylinda Perez.

After three minutes of going up a hypothetical hill, while slowly adding resistance and maintaining speed, it was a back and forth battle between recovery periods and strength training sets. The green, yellow, orange and red wheels above us symbolized the percentage of effort we were emitting while spinning.

While everyone's progress was on the screen in front of us, Beckett was constantly reminding us that we were not competing against each other.

"It's not about competition, it's about progress. It's a feeling of empowerment," Beckett said.

Beckett suggests cycling three times a week to move forward in personal goals.

She mentioned cycling once a week is better than nothing, but it will be a long road toward progress.

"All her rides are fabulous, a good workout physically and mentally," Claremont resident and indoor cyclist Maggie Madorsky said.

"If fitness is important to you, this is the place to come, it is empowering to the mind."

Cyclinsanity opened in January and although it is a new business, there is an influx of steady spinners. Many of the cyclists have followed Beckett here from her previous studio.

Doctors, teachers and coaches also referred new cyclists to Cyclinsanity.

"It's not a hobby, it's a passion," Beckett said. "Their job is to get here, to get through the door, it's my job to get you through the next hour."

Beckett has been cycling for 18 years and has been indoor cycling for 10 years. Previously she was an ultra-runner, meaning she would run farther than the average marathon. Cycling has less impact on knees and joints, making it an alternative workout to running. It also has the same health benefits, such as endurance training, cardio and strength training, Beckett said.

Cyclinsanity has five instructors including Beckett. The instructors were selected based on experience and knowledge, and many have a background in athletics and physiology.

Beckett also takes pride in the advanced technology that Cyclinsanity uses. There are monitors that show the progress of the cyclists and email them their results. They also use an online system to sign up for classes and reserve specific bikes. Beckett's goal is to educate the community and give them options of how to stay healthy.

"We want the community to give it a try." Beckett said. "We want to be a part of the community's health and fitness."

For information about classes and pricing visit **cyclinsanity.com**.

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

Fuhrman reviews principles of nutritarian diet

Emily Lau
Metro Editor

Best-selling author and family physician Dr. Joel Fuhrman addressed the health benefits and importance of eating a nutritarian diet to students and faculty members through Skype Thursday in the Arts and Communications Building.

As a physician, Fuhrman is dedicated to persuading people to adopt a nutritarian diet, which is what he calls a diet that contains foods that are dense in nutrients rather than calories.

"Food addicts are so addicted to what they're doing now and change evokes anxiety, so people are looking for reasons not to (eat healthy)," Fuhrman said. "It's self delusion."

He started his presentation with a discussion about his four basic principles of a nutritarian diet: nutrient density, comprehensive nutrient adequacy or CNA, hormonal favorability and toxins.

The first principle involves using his health formula, health equals nutrients over calories, to compare how foods that are nutrient-dense and calorie-dense impact a person's health.

The second principle calls for a diet that consists of all the nutrients that humans need in the right amounts.

Fuhrman reminded the audience that foods that are not necessarily rich in nutrients, such as mushrooms, contain other health benefits that should not be overlooked.

He provided examples of foods that can be used as small additions to a person's meal, such as seeds and raw vegetables.

"Every one of you should be eating a big salad every day, at least once a day, and putting raw onions and raw cruciferous vegetables on your salads," Fuhrman said.

The third principle addressed the dangers of foods that encourage excessive hormone production, particularly insulin and insulin-like growth factor one.

IGF-1 is essential for children in their growth and development, but it encourages unwanted cell growth in adults that can lead to cancer.

The last principle advised people to avoid eating foods filled with unhealthy chemicals such as carcinogens and toxins.

Fuhrman suggested buying and eating free-range and wild-caught meats rather than commercially farmed and raised meats.

He talked about the importance of greens, beans, onions, mushrooms, berries and seeds, or "G-BOMBS," which are foods with the most documentation that shows cancer prevention.

"Every one of those foods individually has powerful anti-cancer effects," Fuhrman said.

"It's not good enough to be a vegan. You have to focus and eat more of these foods that have particular and powerful anti-cancer effects."

The lecture was organized by professor of education Marga Madhuri and professor of kinesiology Brian Clocksin for their class "Taking Your Health Into Your Own Hands."

One of the mandatory readings for the class is Fuhrman's book "Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss."

"When I taught this course last year, I emailed (Fuhrman) and asked him to present to the class," Madhuri said.

"We changed the format a little bit this year, but I thought this (lecture) went a lot better."

Fuhrman ended the lecture with a question and answer session where audience members asked him about his books and questions regarding other health topics.

"I thought it was a good, basic course on why you need to focus not on the calories that you are eating, but the nutrients that you are getting," junior kinesiology major Abby Knight said.

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

Bylaw excludes potential leaders

The Associated Students of University of La Verne has the goal of creating quality experiences for the students and by providing interests suited for the campus community.

ASULV says that its goal is to offer all students development opportunities through leadership, employment and volunteer experiences.

Yet, a new ASULV bylaw makes it seem that such opportunities are limited only to those who are already inside of the ASULV-only box.

Last summer, ASULV passed a bylaw that states students must have previous ASULV experience in order to run for president and vice president.

By doing this, the organization is shutting out the vast majority of our student body from becoming the leaders that they want and should be.

If one of ASULV's goals is to have the community become more involved, it should offer students the opportunity to share their voices, views and ideas in campus leadership. The president and vice president, along with the rest of ASULV, are responsible for representing their student body and leading by example.

By passing this bylaw, ASULV is adopting an elitist attitude, which isn't a very exemplary leadership approach.

It is a disconcerting coincidence that this bylaw came after last year's ASULV elections, when two candidates for president and vice president ran with no previous ASULV experience.

The race between the two president-vice president candidate pairs was close.



Editorial cartoon by Jacob Bogdanoff

Perhaps a re-election should have occurred with this tight race, but the pair with ASULV experience ended up winning the titles.

It is understandable to want leaders who are experienced, because experience could bring valuable insights into decision making and more.

However, this bylaw just seems like a way for ASULV to ensure that their own people are the ones who come out on top.

This eliminates outside competition and ruins the spirit of democracy in student elections.

Leaders should be the ones to push for change, not limit it. ASULV says they want students to "articulate their right to a voice in campus governance," but this new bylaw contradicts that.

They should encourage the voices of students who long to make changes, not exclude them because they haven't had ASULV experience. ASULV should be for the students, by the students — not for ASULV, by ASULV only.

Periods aren't shameful

In the beginning, a woman menstruated. Today, women still menstruate, yet after thousands of years of documented human existence, periods are still seen as taboo and disgusting in mainstream U.S. culture.

Last week, Canadian-based poet Rupi Kaur posted an Instagram photo of her sister sleeping on her side displaying a small circle of blood on her sweatpants—a period leak.

Instagram removed the photo twice, stating that it violated community guidelines.

For many women, the shame and embarrassment that would come from leaking through their jeans while they were on their period would be enough to ruin an entire day. In reality, periods are something that should be considered a natural part of life.

Rupi Kaur did not take the removal of her photo lightly. She posted it a second time around accompanied by a strongly worded message to Instagram saying, "I will not apologize for not feeding the ego and pride of a misogynist society that will have my body in underwear but not be okay with a small leak."

Instagram's community guidelines state that they do not permit "photos or videos that show nudity or mature content."

Other than that, keeping spam, photos and videos that promote self-harm or display illegal content are the only "What not to do" guidelines.

While it seems that Kaur's photo was swiftly deleted, other accounts that promote overly sexualized images of women remain without question.

This begs the question: Why is society okay with displaying photos of women half-naked, but not okay with periods? Periods are a natural part of life.

By deleting these posts from Kaur's Instagram account, Instagram is perpetuating a culture that shames women for existing in their natural state.

It's funny that Instagram is so quick to remove a photo that represents the cycle that allows humans to exist, yet allows sexually explicit, racist, violent and gory photos and videos. Later, Instagram wrote Kaur an apology message saying that her posts were deleted accidentally and her posts would be restored.

Kaur wrote to her Tumblr followers, "Their patriarchy is leaking. Their misogyny is leaking. We will not be censored."

By fighting back against Instagram, Kaur and her followers have relayed a clear rejection of the Internet's lack of respect for women.

Untreated mental illness can kill

The culprit in last month's plane crash in France that killed 150 people may have been caused by mental illness, or more specifically, our society's ignorance of mental illess.

Andrew Lubitz, the Germanwings co-pilot who was at the helm, had informed Lufthansa German Airlines that he suffered from severe depression in 2009.

Email records also found that Lubitz took a leave of absence but was planning to return to the company's training program.

Many jumped to conclusions about the pilot's terrorist tendencies. For example, a French prosecutor claimed that Lubitz deliberately crashed the plane because he had a terrorist background, when in fact he didn't.

This horrible tragedy could be a catalyst for us – across the globe – to take a serious look at mental illness.

According to the World Health Organization, 27 percent of the adult population had experienced at least one mental disorders in the past year.

Also, one out of 15 Europeans suffer from major depression, the WHO reports.

According to National Alliance on Mental Illness, one in four adults, or approximately 61.5 million Americans, experiences mental illness in a given year.

One in 17, or about 13.6 million, live with a serious mental illness such as schizophrenia, major depression or bipolar disorder, NAMI reports.

Mental illness is no joke.

Had Lubitz' depression been dealt with appropriately, 150 lives may have been spared.

Airlines and aviation agencies are searching for a way to structurally and procedurally prevent tragedies similar to last month's Germanwings crash.

It shouldn't have taken something this catastrophic, but let's hope this puts mental health on the public radar.

Let's reduce the stigma and take necessary action.

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**.

Campus Times
Spring 2015

Editor in Chief
Kat Simonelli

Editorial Director . . . . . Kristina Bugante
Metro Editor . . . . . Emily Lau
LV Life Editor . . . . . Cody Luk
Health Editor . . . . . Liz Ortiz
Arts Editor . . . . . Erum Jaffrey
Sports Editor . . . . . Jolene Nacapuy
Online Editor . . . . . Kellie Galentine
Photography Editor . . . . . Helen Arase
Assistant Editors . . . . . Melissa Gasia
Jennifer Jackson
Podcast Producers . . . . . Des Delgadillo
Julian Mininsohn

Reporters
Michaela Bulkley, Deonah Cendejas, Lauren Crumbaker, Sierra Dasher, Brooke Grasso, Hal Hargrave, Kayla Hockman, Chris McMahan, Erienne Rojas, Celene Vargas

Photographers
Alexandra Arkley, Celine Dehban, Sarah Flores, Michelle Leon, Bailey Maguire, Jolene Nacapuy, Daniel Torres, Celene Vargas, Jerri White

Advertising Manager . . . . . Veronica Orozco
Distribution Managers . . . . . Brooke Grasso
Kayla Hockman
Editorial Cartoonist . . . . . Jacob Bogdanoff

Chief Adviser . . . . . Elizabeth Zwerling
Photography Adviser . . . . . Gary S. Colby
Photo Desk . . . . . David Bess
Layout Assistant . . . . . Eric Borer

The *Campus Times* is published weekly by the Communications Department, except during examination and vacation periods, by journalism students of the University of La Verne, 1950 Third Street, La Verne, Calif. 91750. The *Campus Times* is a laboratory publication for Newspaper Production classes, Journalism 220, 320 and Photography 327.

Unsigned editorials represent the opinion of the *Campus Times* editorial board. Signed columns are the opinion of the individuals and do not necessarily reflect the opinion of the *Campus Times*. Letters to the Editor are due by Tuesday at 3 p.m. Letters must be typed, no more than 400 words in length, relate to a topic covered in the *Campus Times*, and are subject to editing for clarity and space.

Letters and comments may be sent to **ctimes@laverne.edu**. The *Campus Times* may be found online at **laverne.edu/campus-times**. For advertising information, call 909-448-4761 or email **ctimesad@laverne.edu**.

©*Campus Times*, 2015

Intramural Frisbee unites students

Plax brings new sport to ULV

Sierra Dasher
Staff Writer

The Phi Delta Theta and Sigma Alpha Epsilon fraternities formed five teams to battle it out in ultimate Frisbee intramurals Monday in the South Quad.

Students have played their own ultimate Frisbee games on the lawn, so Adam Plax, sophomore business major and intramural chairman of Campus Activities Board, organized an official game.

"Intramurals is the first thing I got involved with on campus and it's something I am very passionate about," Plax said.

"When I was named intramurals chair for CAB, I wanted to bring something new and something that hasn't been done on campus," he said.

Plax also refereed during the tournament.

"Having this ultimate Frisbee tournament, I thought, was going to bring new things to intramural games and start opening up new, different sports that people are passionate about," Plax said.

The teams lined up along the field to cheer on the other teams as they rotated through the games.

"Honestly this game is amazing, SAE has been playing ultimate Frisbee out here for about two years and that is just awesome," said Adam Cusic, junior physics major and a player for the Sigma Alpha Epsilon Two team.

The first game to start was between the teams Phi Delta Theta Gold and Sigma Alpha Epsilon One.

It was a close game, with the two teams matching each other point for point. The score was tied at two going into the halftime, but Phi Delta Theta Gold pulled through, winning the game 3-2.

The second game was between the teams Phi Delta Theta Blue and Sigma Alpha Epsilon Two.

Sigma Alpha Epsilon Two started the game strong, scoring a point in the first minute. The team continued to increase its lead against Phi Delta Theta Blue after halftime, winning at 5-1.

The third round was a close game between Phikeia and Phi Delta Theta Gold.

The two teams kept it tied for most of the game, with Phikeia scoring last minute and winning the game, 2-1.

Sigma Alpha Epsilon One and Phi Delta Theta Blue competed against each other in the fourth game.

The two teams followed each other closely initially. Sigma Alpha Epsilon One came out of half time strong and scored four points, finishing the game with a score of 6-1.

The final game was between the teams Phikeia and Sigma Alpha Epsilon Two.

Rachel Stewart, freshman business major and player for the team Phikeia, scored the first point for the team, putting them in the lead.

Phikeia continued to score against Sigma Alpha Epsilon Two and won, 6-0.



Michelle Leon

Sophomore Luis Vargas, a pledge of Phi Delta Theta attempted to throw the Frisbee to his team as Phi Delta Theta member senior Michael Jimenez tried to steal it during the intramural ultimate Frisbee game Monday at the South Quad.

The Phikeia team came in first place overall in the games.

"It gets heated but it's healthy competition," Cusic said. "At the end of the night we can shake each other's hands and just deal with it."

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

Light It Up Blue highlights autism awareness

Brooke Grasso
Staff Writer

The University of La Verne hosted the annual Autism Speaks: Light It Up Blue event from April 2 to April 4 to help spread autism awareness through crafts, performances and information booths on campus.

Light it Up Blue is an international campaign brought to the University by Dawn Witt, assistant professor of special education, to inform the public of better ways to interact with those with autism.

"Anytime we can promote diversity and raise awareness is a good thing," Witt said.

According to Witt one in 50 high school or college students have autism.

In 2000 only one in 150 children were diagnosed with autism spectrum disorder, making it now three times more prevalent.

The event attracted over 100 people and featured an information booth from Board Certified Behavioral Analyst Services offering professional assistance and possible job opportunities for students looking to become applied behavioral analysts.

BCBA Services provides behavioral analysts, who teach children in their homes to help decrease their maladaptive behavior and learn new everyday skills.

"So many more kids are being diagnosed that people need to be aware," said Lisa Pirtle, an ABA therapist from Claremont.

"So many people are not understanding," she said.

The event also had various craft booths such as cookie decorating, a station to decorate blue lights and a booth where guests could write a positive quality on a puzzle piece and then attach it to puzzle pieces of other guests.

Another activity booth was titled "Sensory Play" and had Play-Doh, rice, sand and other interesting things for the children to touch and play with.

"We use sensory play as a motivator for the kids," Katie Cook, founder of BCBA Services said.

"Everyone enjoys sensory stimulation, but children with autism enjoy it a little more," she said.

A show choir of nearly 50 kids from Solario Elementary School performed during the event.

The group was comprised of third through fifth grade students, who sang and danced through three full songs.

After their performance the children engaged in student Cindy Smith's "brain dance."

Smith said the dance wakes up the brain, energizes the mind and opens up the pathways in the brain.

While Smith instructed the audience on how to do the brain dance, children and their parents participated throughout the event.

The dance included pretending to be at the beach and replicating movements such as swiping off sand or swimming out into the ocean.

There was also a Light It Up Blue Dinner on April 2 in Davenport Dining Hall with live music.

Comedian Shang Forbes performed a show on April 3. The audience was encouraged to wear blue as well.

The Light it Up Blue campaign is predominantly known for buildings boasting blue lights throughout April.

Landmarks across the world have participated in the campaign. Places such as the Empire State Building, The Great Sphinx and Great Pyramids of Giza are lit up with blue lights to spread awareness of autism.

The University is now taking part in the campaign by turning on blue lights outside Founders Hall every evening throughout April to bring autism awareness to the campus.

"The community can spread awareness by holding more events and inviting more people," Witt said. "Keep lighting it up."

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

Bernard...

Continued from page 1

memories in a way that I haven't seen in many authors," Margo Cash, University of La Verne alumna, said.

The event also featured a reading by Richard Lange from his collection of stories titled "Sweet Nothing." The selection titled "The Wolf of Bordeaux," Lange explained was inspired by his extended stay in Bordeaux, which at the time was a city investigating a serial killer of college students who were actually just drunk and accidentally drowning in a river. "The Wold of Bordeaux," however, told the story of a prison guard who watched over a prisoner sentenced to death by guillotine for murdering several children.

"It was very chilling, it is going to stay with me for a while," Cash said, about Lange's story.

Supporters of both authors sat among the audience of The Last Bookstore's shoppers and visitors. Friends and colleagues from ULV, including University Chaplain Zandra Wagoner and Associate Professor of Biology Kat Weaver expressed their pride for Bernard in his achievement. Former students, including Cash, also paid tribute to Bernard as a person as well as an author.

"He was my mentor throughout the four years that I was at the University of La Verne and I am still writing everyday because of him," Cash said.

"Desert Sonorous," is available for purchase online and in local bookstores.

Kellie Galentine can be reached at ***kellie.galentine@laverne.edu*** *or on Twitter* ***@kellie_gal***.



Helen Arase

Sean Bernard, associate professor of creative writing and director of Honors Program, reads an excerpt from his first published book of fiction, "Desert Sonorous" at the release of his book at the Last Bookstore in Los Angeles Friday. Author Richard Lange, who read from "Sweet Nothing: Stories," joined him in the event. Bernard's book won the 2014 Juniper Literary Prize for Fiction. Among the audience were several University of La Verne faculty and staff members.

Candidates...

Continued from page 1

one of the biggest programs at La Verne, and I feel so many students aren't taking advantage of it," said Jessica Faber, another candidate for the college of business senator and a current senator-at-large.

Mariano Padilla, candidate for college of business senator, said he wants business students to work on personal development and become better professionals by building networking skills, developing more scholarships and increasing the job-after-graduation rate.

Candidates also called for more involvement with clubs and athletics on campus.

"ASULV always gets funding presentations (for clubs) outside the funding presentations date," Crumbaker said. "We want to include (clubs, organizations and athletics) in that."

Crumbaker wants to start a club board so representatives of clubs on campus can come to ASULV meetings to improve communication with ASULV.

Ryan Gray, senator-at-large candidate, said he wants clubs to market themselves so that students know what skills they can offer to them.

Other candidates include Guadalupe Lara for Senator of the College of Arts and Sciences, and Rachel Stewart, Corenne Hall, Jason Fuentes, Paris Patterson, Guadalupe Galvan, Austin Heron, Lauren Ly and Precious Barela for senators-at-large.

Voting is from Monday through Wednesday, and winners will be announced 5 p.m. Wednesday in Fanascht Court.

Kristina Bugante can be reached at ***kristina.bugante@laverne.edu***.

Lost.

(How most kids feel about preparing for college.)

Without the help of an adult, it may be confusing for students to find their way to college. If you know a student with dreams of a higher education, do your part and help lead the way. Learn how at...

KnowHow2GO.org 800-433-3243

Ad Council LUMINA AE

Enjoy A Really Great Meal and Close-up Magic at Your Table!

World-Class Magician, Stephen Wood, Appearing in La Verne



Stephen is Performing Every Tuesday 6-9 pm.

Stephen Wood Magician
MagicAndBeyond.com
626-393-6361

HAPPY HOUR!
3 to 6 pm & 8 to 11 pm
$3 Domestic Pint
$5 Premium Pint
$4.50 Well Drinks
$5 Margaritas

HOUSE OF WINGS
2317 D St., La Verne, CA 91750
909-596-4466

GET $1 OFF ANY ENTREE ORDERED
Tuesdays 6-9 pm
One coupon per person per table. Coupon must be presented at time of ordering.

Arts, etc...

Happenings

Piano Recital

ULV professor and award-winning international solo artist Grace Xia Zhao will perform selected piano pieces featuring the works of Bach, Beethoven, Rachmaninoff and Tan Dun at 6 p.m. Sunday in Morgan Auditorium.

'Poetry and Translation'

The Department of Modern Languages is sponsoring "Poetry and Translation: Three Nights of International Poets" from 6 p.m. to 8 p.m. on Wednesday at the dA Center for the Arts in Pomona, 5 p.m. to 8 p.m. on Thursday and 1:30 p.m. to 6 p.m. Friday in the Campus Center.

Junior Recital

Cellist Alex Chong will perform musical pieces by Beethoven, Dvorak, Ligeti and Schumann at 8 p.m. Friday in Lyman Hall at the Thatcher Music Building in Pomona College.

2015 Trilateral Exhibition

The 2015 Trilateral exhibition highlights student works from local universities, including ULV. The reception is from 6 p.m. to 9 p.m. Saturday at dA Center for the Arts in Pomona.

'Ararat'

A film screening of "Ararat," directed and written by Atom Egoyan, will be featured in commemoration of the 100th anniversary of the Armenian Genocide at 7 p.m. Monday in the Rose Hills Theater at Pomona College.

Art Wall Unveiling

The ARTpix Art Wall will be unveiled at 5:30 p.m. Thursday at the Claremont Museum of Art.

It focuses on life in Claremont through a photograph exhibition taken by El Roble Middle School students.

—Melissa Gasia

Viewers enter a realm of 'Scientific Magic'

by Erum Jaffrey

photography by Celene Vargas



Junior Brittney Britt and Professor of Humanities Alfred Clark discuss how the razor etchings on "The Falls III (Triptych)" create a three dimensional effect Tuesday during the Harris Gallery reception for "Scientific Magic." The installation features Sarah Cromarty and Christopher Russell's mixed media collaboration. Cromarty's sculptural paintings and Russell's photography parallel into magical lands.

Harris Gallery's latest exhibit, "Scientific Magic" displays the work of artists Christopher Russell and Sarah Cromarty in a combination of two and three dimensions in photography and sculptural pieces.

"The two artists fluctuate between complex rational systems of how to make a picture and strangely intuitive, almost magical ways of presenting a narrative," said Dion Johnson, gallery director.

Russell's photo series, "The Falls," consists of five scratched monochrome photographs. He uses an X-Acto blade to scratch floral patterns, text and masses of ships on top of natural photographs.

"By scratching the drawings into the photos, it's calling attention to this romantic process that really drives this mechanical process of photography," Russell said.

"The Falls" highlight monochromatic shades of blue, gold and silver in contrast to Cromarty's greens, browns and blacks.

"With these images, I throw fabric over the lens before shooting and so I have a predetermined color palette," Russell said.

His X-Acto blade scratches of ship sails cycle through his work and act as a symbol of romanticism and imagination of the world, Russel said.

"The scratched photos are my favorite because they look natural in a modern way," said Elijah Gaglio, senior political science major.

"It looks like it ties architecture with the environment," Galgio said.

Russell is a Portland, Oregon, based artist who received his master's degree from the Art Center College of Design and has published multiple articles and books about art.

> 'Two seemingly opposite words together in the title make sense when the works become a vehicle for you to step out of reality and find yourself in a daydream.'
> *–Dion Johnson, gallery director*

Cromarty's sculptural paintings invite viewers into a magical world by incorporating mediums such as cardboard, glitter and thread to create nonconventional works that are placed in the environment.

"These pieces are a continuation of large-scale paintings I made of wizard people in the jungle," Cromarty said.

"With (this exhibit), it's kind of taking away the people (in the pieces) and going into an internal headspace of portal shifting where these people would go if they were to travel through time," she said.

"The Search" is a 3D sculptural painting that depicts a majestic waterfall in a forest. It is made of cardboard, oil paint, yarn, wood and chains. In the corner of the painting, there is a green mask.

"These chains serve as adornment for the painting," Cromarty said.

"The common theme in most of these pieces is the mask, which is a digital relic serving a message to these people (in the art) as a guiding point."

Cromarty is a Los Angeles based artist with her master's in fine arts from UCLA and has work featured in Buenos Aires, Rotterdam, Chicago and more.

Both artists' works juxtapose and compliment one another and emerge viewers into a world of "Scientific Magic," which runs through May 15.

"Two seemingly opposite words together in the title make sense when the works become a vehicle for you to step out of reality and find yourself in a daydream," Johnson said.

Admission is free.

Erum Jaffrey can be reached at ***erum.jaffrey@laverne.edu.***

Students take a chance at directing



Jerri White

Sophomore Audie Munoz and La Verne alumna Maryanne Householder perform "The Spotted Man," directed by senior Destiny Guillory. Munoz plays Martin, Dr. Flim and Dr. Flam. Householder plays the Specialist. The spotted man is being driven to insanity by the absurd characters that surround him in the hospital. In this scene, Martin brings the Specialist to see Eugene. Martin begins rubbing the Specialist's shoulders before getting more physical with the Specialist. "The Spotted Man" is a senior project that was performed on April 1 in Jane Dibbell Cabaret.

Kayla Hockman
Staff Writer

The theater department hosted five student directed plays Thursday and Friday in the Jane Dibbell Cabaret Theater. The short plays were the final product of the six-student spring directing class.

The class gave six students six weeks to prepare, cast and direct a short, 25-minute one-act production.

Auditions for the shows were open to the community and University students.

"It was really intimidating directing because you have to take direction and know exactly what you're doing and why," senior theater major Victoria Wyatt said.

"It's challenging directing your peers because it's challenging to get your peers to see you as an authority figure and take directing, being the same age as them."

The first night began with "Bondage" written by Chinese-American playwright David Henry Hwang and directed by Wyatt.

The racy play featured sophomore theater major Jessie Bias and sophomore theater major Steven Forns. Bias, dressed in lingerie and a mask, plays a dominant woman at an S&M parlor in Los Angeles. Bias, along with Forns, dressed in suit and tie with mask, role-played a multi-racial fantasy.

"I never was going to be fully satisfied with the outcome because of the resources and time we had. It was never going to be enough to make it exactly how I saw it in my head," Wyatt said. "Everything came out in the end and it was okay."

The sexual play deals with issues of race and racial stereotypes. Wyatt's show demonstrated an erotic theme with the use of sex toys and lingerie.

"The Spotted Man" written by American playwright Walter Wykes was directed by senior theater major Destiny Guillory. The humorous play caused the audience erupted in immense laughter. It is about a man covered in spots trying to receive treatment and was highlighted by sophomore theater major Audie Munoz's flamboyance, playing numerous crazy characters throughout the plot.

"Destiny pushed me out of my comfort zone. She had me do all of these crazy things like wearing a dress and a wig," Munoz said.

"That was nerve racking for a little bit, but I got over it."

The short play also featured junior theater major Alex Freitas and theater alumna Maryanne Householder. Both actors completed the entertaining play, ending with Freitas' character murdering Munoz and Householder.

The night concluded with "A Matter of Husbands," written by Hungarian playwright Ferenc Molnár and directed by sophomore theater major Makenna Zambrano.

The play depicts the story of a married woman, played by junior creative writing major Jackie Pimental, who discovers her husband, played by Freitas, is cheating on her with another woman, played by Bias. The mistress convinces the woman that his cheating is only a sign of desiring more affection from his wife.

"It was a lot of fun because your directors are also your peers," Bias said. "It's fun collaborating with them and watching them grow as directors with the pieces they pick."

Audience members thought Zambrano's production was easy to follow due to Bias' acting skills and the cast members.

"It was a lot of fun; I enjoyed the atmosphere in all three plays," said junior psychology major Teresa Crum. "I think everyone did a good job directing and all the actors were phenomenal."

The second night included shows "Like Dreaming Backwards" by playwright Kellie Powell, directed by Marc Okimura and "The Questioning of Nick" by playwright Arthur Kopit, directed by Cody Goss.

Kayla Hockman can be reached at ***kayla.hockman@laverne.edu.***

Annual show illustrates South Asian culture

Celene Vargas
Staff Writer

The 2015 Sanskriti 5C South Asian Cultural Show featured dancing, music and a skit with a unifying theme of love Saturday in Bridges Auditorium at Pomona College.

The show embraced the South Asian culture by featuring performances that demonstrated different aspects of the Indian culture, like classical dancing and songs that praised their Hindu beliefs. However, the show added a modern twist by mixing traditional dance styles with modern ones.

"(It is a) wonderful opportunity for minorities on campus, like the South Asian students in particular, to be visible, to perform their culture, to take ownership of their identity and to put it out there for the entire Claremont community to engage with," said Aiman Chaudhary, a sophomore politics major at Pomona College.

Most of the performances involved Bollywood routines, hip hop and a rhythmic dance praising the deity Vishnu, who was explained to be the remover of all suffering.

One dance routine that stood out was a classical piece about two Indian warrior princesses, choreographed to the song "Sand" by Nathan Lanier.

Another comedic dance was about how a grandfather met his wife.

At first he did not succeed swooning her, but eventually won her love to the point where she was the one that proposed to him.

"(My two favorites were) the duel and the other one with the dance (about) the older couple," said Nikki Sanon, sophomore economics major at Scripps College. "That was really cute."

The show also featured singers.

A song performed by two female students and one male student praised Lord Rama, a Hindu deity, using music from Karandi, a village in Punjab, India. The students sat on the stage floor for their performance.

The two female students sang and tapped their hands on their thighs in tempo with the drum music played by the male student.

A duet was also performed on how cultural bonds bring people from different places together.

"It was beautiful; the clothing, the jewelry, the makeup (and) the dancing," said Lina Mihret, freshman molecular biology major at Scripps College.

Another duet used the song "Viva la Vida" by Coldplay. The song was the only one sung in English, but some parts were sung using the student singers' native language.

Other songs were about love and friendship. One student dedicated her song to South Asian women empowerment.

Sanskriti is an annual event held by Ekta, a student organization for students who are of South Asian descent or are interested in South Asian culture.

"I came to see Sanskriti last year, and it was such an amazing experience, partly because it's so wonderful to see people from all backgrounds coming together to celebrate this type of dance and music," said Rebecca Boorstin, sophomore psychology major at Pitzer College.

At the end, all the performers went on stage to perform a final Bollywood dance together.

"One of my friends was in the performance, and it was amazing to see her and to see what she put so much effort into," Boorstin said.

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

Doers Do

CSULB Summer Sessions 2015

Two 6-Week Sessions
May 26–July 2 (S1S)
July 6–August 14 (S3S)

One 12-Week Session
May 26–August 14 (SSD)

More than 75 Online Summer Classes

No formal admission to CSULB required

Enroll on a "space available" basis

Earn units toward your degree

Register Now!

(800) 963-2250 x60001 | info@ccpe.csulb.edu
www.ccpe.csulb.edu/summer

#DoersDo
@CSULBInterSessn

California State University, Long Beach
College of Continuing and Professional Education

Relay team speeds to fastest time

Hal Hargrave
Staff Writer

The men's and women's track teams had a good showing at the Pomona-Pitzer Invitational, hosted by Pomona-Pitzer Saturday at Strehle Track.

The meet had more than 20 schools represented throughout the western region of the United States, including some professionals, unattached athletes and paralympians.

La Verne did not bring any athletes to participate in the field events.

"This is a great meet as far as competition is concerned for our distance runners," assistant track and field coach Bryan George said. "Most of the SCIAC meets are about placement so they are not set up to make you run very fast. But at these meets it is all division levels of schools and runners."

For the men, senior runner Jayden Earlywine shined in the 800-meter distance run, winning his heat and placed 28th out with a time of 2:00.38.

"I was fairly happy with my performance," Earlywine said.

"I was not really expecting to (set a personal record) with doubling up on races on the day, so I was trying to race smart, sticking to the basics and gaining confidence after not having a great start to my season. It was a good step in the right direction," he said.

In the 1,500-meter, junior David Sincock came in with the time of 4:05.09 and placed 26th.

In the 5,000-meter distance run, freshman J.T. Turek came in with a time of 16:50.73 and finished 51st out of 62 runners.

In the 100-meter, junior Nick Gonzalves finished 13th out of 68 sprinters with a time of 10.95.

This was his season-best and was the third fastest Division III finisher.

For the 4x100-meter relay, the A team of senior Khayree Jones, junior Robert Oshodin, freshman Josh Francis and Gonzalves finished third with a time of 41.95.

The team currently has the fastest time in Division III this year.

"I'm glad to see the progress that we have made this season as a team, and I would only hope that progress continues for myself and for the team," Jones said.

The B team of sophomore Ben Bashor, junior Nick Aguilar, freshman Trevor Welch and sophomore Art Hinojosa finished fifth in the 4x100 with a time of 43.37.

"The Pomona Invite is always a lot of great competition," Bashor said. "It gives us a chance to compete against other schools outside of our conference."



Celine Dehban

Junior Nick Gonsalves places third in his heat for the 100-meter dash at the Pomona-Pitzer Invitational Saturday at Strehle Track. Gonsalves' time of 10.95 seconds tied his season record, earning him 13th place overall in the men's 100-meter dash.

For the women, sophomore Tiahna Gillon finished eighth in the 100-meter with a time of 12.40.

The 4x100-meter relay team of freshman Taelor Roby, sophomore Alexa Smith, sophomore Kimmy Kabluyen and Gillon placed fourth with a time of 49.43

Senior Andrea Ramirez finished 25th in the 800-meter, with a time of 2:22.36.

Ramirez finished 30th overall in the 1,500-meter with a time of 4:57.16.

"There is still definitely room for improvement, but that's the way it is every year," George said. "The training we give our runners is designed to make them peak during the last month of the season, which is what we are getting into now."

The team's next meet is at the Southern California Intercollegiate Athletic Conference Multi-Dual 3 hosted by Caltech Saturday at Fox Stanton Track.

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



Prepare for a Career in Athletic Training

Azusa Pacific University's Master of Science in Athletic Training, launching summer 2015, prepares students for successful completion of the national Board of Certification, Inc. (BOC) exam and for careers in athletic training.

- Study under expert faculty-mentors who are active professionals.
- Participate in clinical rotations in diverse professional settings such as high schools, colleges, professional sports teams, physician offices, and rehabilitative clinics.
- Learn about this service profession from a Christ-centered perspective.
- Complete the program in just two years.
- Join a research team as a second-year student and gain firsthand experience conducting research to contribute to the athletic training profession.
- Choose from a variety of work settings upon graduating, including high schools, colleges and universities, hospitals, clinics, professional sports teams, public safety, the military, and the performing arts.

Space is limited.
Apply today!

Visit apu.edu/bas/exercisesport/msat
or email jlivingston@apu.edu.

901 E. Alosta Ave. • Azusa, CA 91702

AZUSA PACIFIC
UNIVERSITY
God First Since 1899

17042

Tennis sends Beavers back to dam

No. 26 LV serves up win, 7-2

Chris McMahan
Staff Writer

The No. 26 nationally ranked La Verne women's tennis team defeated the Caltech Beavers soundly, 7-2, Friday at the Claremont Club.

The Leopards bounced back from a tough 8-1 loss last week at the hands of the Claremont-Mudd-Scripps Athenas.

"We played a good match. It was great to have almost everyone playing today," head coach Yolanda Duron said.

The Leopards swept through their doubles matches with ease to take a 3-0 lead.

Senior Laina Matsuda and sophomore Bridget Echegaray started off the day with an easy sweep over Caltech freshman Erin Wang and sophomore Sophia Chen, 8-0.

"We played really well. It's a good confidence booster," Matsuda said.

Junior Andrea Madrigal and freshman Janae Chinn kept the train going, as the duo defeated freshmen Vinci Chen and Grace Yao, 8-2.

The final doubles match of the afternoon featured sophomore Lauren Torres and junior Shenelle Trujillo.

They faced Caltech freshman Rachel Morton and sophomore Katie Antilla and swept them, 8-0.

La Verne continued its dominance in singles, winning four of the six matches.

"It took me a while to get acclimated. I had to get comfortable with my shots," Chinn said.

Chinn defeated Yao in two sets with scores of 6-3 and 6-1.

Matsuda also won her singles match against Chen, sweeping two sets, 6-0.

Trujillo joined in on the fun, beating Wang with scores of 6-2 and 6-1.

The final singles win for the Leopards came courtesy of sophomore Areli Martinez, who defeated Antilla in two sets, 6-1 and 6-0.

Duron said she was particularly impressed with Martinez's performance.

"Areli was very impressive because she hasn't been feeling well and came out with a great attitude and won for her team," Duron said.

One of the two losses for La Verne was when Torres lost to sophomore Sophia Chen.

Torres put up a fight, but did not have enough offensive rhythm, losing in three sets with scores of 6-4, 3-6 and 10-3.

The other loss came when junior Morgan Cohen lost to Morton with scores of 6-4 and 6-1.

Caltech, unlike La Verne, is not nationally ranked but Matsuda said that they played well and very defensively, so the Leopards had to step their game up.

"We didn't take them lightly," Matsuda said.

Even with the dominant win, Duron said there is still a lot more things to improve on as the season goes on.

"We just need to keep improving our singles game strategies and work on our emotional toughness," Duron said.

The Leopards carried the confidence they were feeling against Caltech into a match against No. 18 ranked Redlands Saturday at Verdieck Courts.

The team extended its win streak to two, defeating the Bulldogs, 6-3.

The Leopards swept their doubles matches and took an early 3-0 lead advantage.

Redlands came back and took three of the singles matches to even the score at 3-3.

Madrigal topped her opponent with a 6-4 and 6-2 win.



Alexandra Arkley

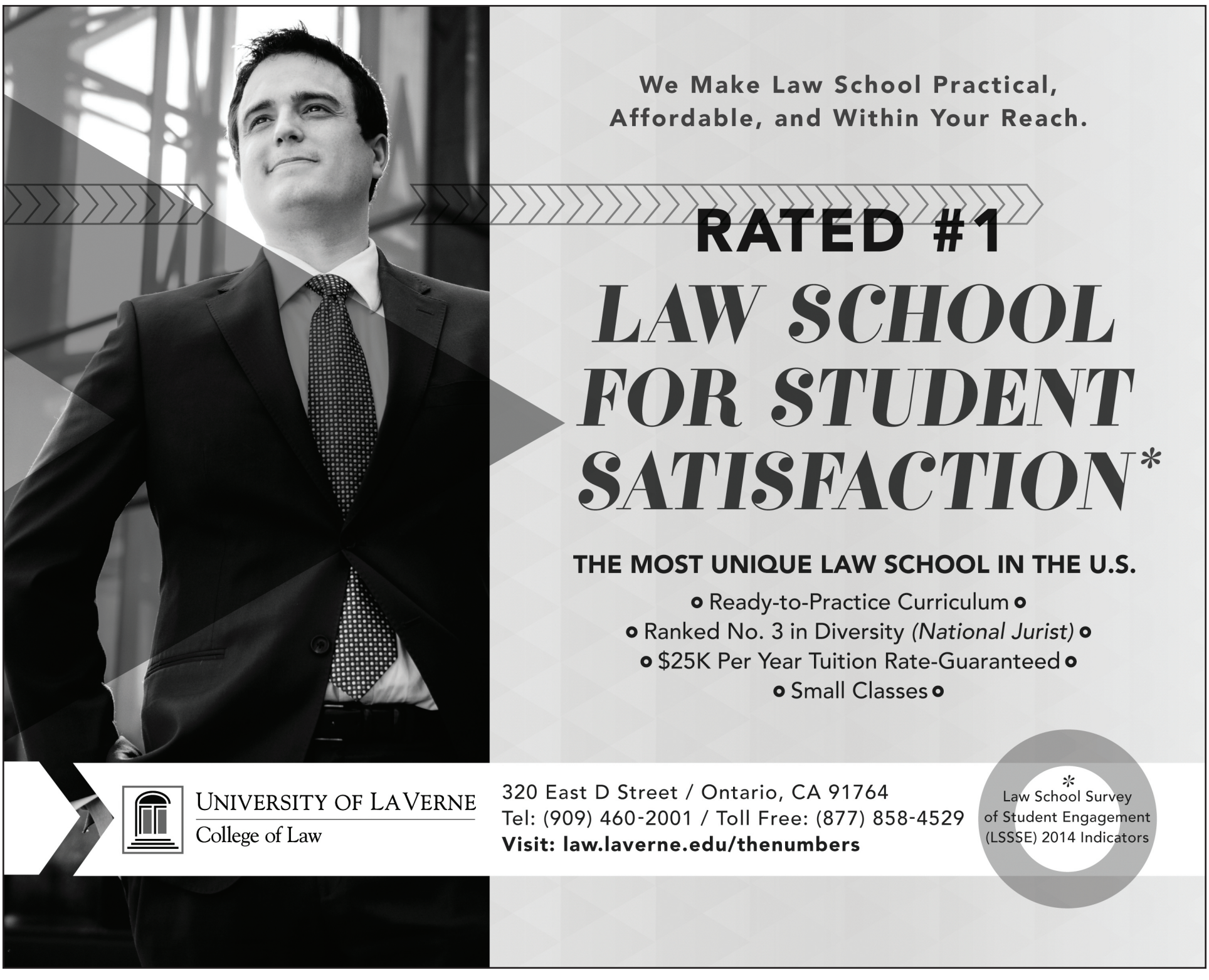
La Verne sophomore Janae Chinn returned the ball to continue a short rally near the end of the last set in their doubles match. Chinn and teammate junior Andrea Madrigal skinned the Beavers, 7-2, Friday at the Claremont Club.

Matsuda and Etchegaray both came back from a one-set deficits, coming out victorious 7-6 and 10-1.

The Leopards improved to 10-4 on the season and have a 4-1 Southern California Intercollegiate Athletic Conference record, good for third place in the conference.

The Leopards hope to extend their win streak to three as they face the Chapman Panthers at 2 p.m. Friday at the Anaheim Hills Racquet Club.

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



Leopards take series over Tigers

Jolene Nacapuy
Sports Editor
Kat Simonelli
Editor in Chief



Celene Vargas

La Verne junior designated hitter Daniel McDonnell dives back to first base after attempting to steal second during the bottom of the fourth inning. The Leopards lost to the Occidental Tigers in game one of the doubleheader, 5-2, after 14 innings Saturday at Ben Hines Field. Then they pounced right back in game two, winning the game, 11-4.

The La Verne baseball team clawed its way to victory against the Occidental Tigers in game two of its doubleheader, 11-4, Saturday at Ben Hines Field.

The Leopards remain in first place in the Southern California Intercollegiate Athletic Conference with a record of 14-4 and 17-11 overall on the season.

"I don't think it was that hard for our kids to get up for game two because we knew Brett (Early) was pitching and we felt a little stronger than we felt the other team was going to be, so we were hoping to jump out on them early," head coach Scott Winterburn said.

The Tigers scored three runs early in the top of the first inning, but the Leopards answered right back.

Sophomore designated hitter Jakob Thomas doubled down the right field line bringing senior right fielder Tyler Watkins home.

Thomas and junior first baseman Ben White were then able to score on a fielding error by sophomore shortstop Walker Marks.

Sophomore catcher Nikko Williams doubled to right field bringing junior center fielder Nolan Henley home.

Sophomore third baseman Andrew Douglas then hit a single, scoring Williams.

"When they jumped out on us 3-0 that just kind of shocked us but you know we stepped up and scored five in the first and made it a game," Winterburn said.

La Verne continued to lead Occidental, 5-3, until the Tigers started to gain momentum in the top of the sixth inning.

Sophomore right fielder Devon DeRaad doubled to right field bringing junior designated hitter Jonathan Brooks home to score and cutting the deficit to just one run, 5-4.

The Leopards picked up some momentum of their own and scored right back in the bottom of the sixth with three runs.

Thomas tripled to right center field and scored White and Jebbia followed with a double to left center field to score Thomas, making the score 8-4, La Verne.

The Leopards did not stop there and continued to score runs.

In the bottom of the seventh, Reyes singled to right field, scoring Williams.

Reyes finished the game 2-for-3 with an RBI.

Watkins and Reyes then were able to score on an error by Occidental freshman third baseman Liam Fischer, going ahead 11-6.

The Tigers could not come back and the Leopards sealed the victory.

Early, a junior, pitched his first ever complete game, giving up only two earned runs on five hits.

"My coach made a joke and said, 'Hey you're the only one we have yet,' and I kind of took it seriously and did it myself," Early said.

In game one of the series, the Leopards topped the Tigers, 10-8, Friday at Anderson Baseball Field in Eagle Rock.

In the first game of Saturday's doubleheader, the Leopards battled long and hard, but came up short, 5-2, in 14 innings.

"It was kind of tough losing the first game but we knew that we were better than this team, so we came out ready to get wet and win the series," Reyes said.

The team will be back in action at 3 p.m. Friday as it faces the Cal Lutheran Kingsmen at Ben Hines Field.

Then the Leopards will travel once again to face the Kingsmen in a doubleheader starting at 11 a.m. Saturday at Sparky Anderson Field in Thousand Oaks.

> 'It was kind of tough losing the first game but we knew that we were better than this team, so we came out ready to get wet and win the series.'
> *–Woody Reyes, junior shortstop*

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

Kat Simonelli can be reached at ***kathryn.simonelli@laverne.edu.***

Leopard Scoreboard

At the Buzzer

Women's Water Polo, April 4
La Verne – 10
Chapman – 14

Baseball, April 4
La Verne – 11
Occidental – 4

Women's Water Polo, April 8
La Verne – 8
Occidental – 5

Schedule

Friday
Women's tennis @ Chapman, 2 p.m.
Baseball vs. Cal Lutheran, 3 p.m.
Softball vs. Occidental, 4 p.m.
Occidental vs. Occidental, 6 p.m.

Saturday
Track and field, SCIAC Multi-Dual 3, 9 a.m.
Golf, SCIAC No. 2, 10 a.m.
Baseball @ Cal Lutheran, 11 a.m.
Women's water polo @ Pomona-Pitzer, 11 a.m.
Softball @ Pomona-Pitzer, noon
Baseball @ Cal Lutheran, 2 p.m.

Softball Standings

	SCIAC	Overall
Whittier	12-4	18-10
Claremont-Mudd-Scripps	12-6	18-8
Cal Lutheran	10-7	14-13
La Verne	**8-8**	**13-15**
Redlands	9-11	15-17
Pomona-Pitzer	7-9	12-16
Chapman	6-9	9-12
Occidental	2-13	6-20