Campus Times

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Tyler Evains

Jedaun Carter, senior psychology major, got a "stay strong" tattoo on her left wrist in 2015 after overcoming mental health issues and self-harm. Her three year anniversary cut-free would be May 27, but after relapse she has now been harm-free for nine months. Carter now knows that self-care and communication is key to staying healthy in her mind, body and soul.

Minding Our Own Blackness

Black people less likely to treat mental health issues due to cultural stigma

story and photography by Tyler Evains

Senior psychology major Jedaun Carter said she has been in therapy since she was 6 or 7 years old, but never saw the benefit from it until high school.

"I wasn't allowed to talk to them; my family believed in having a therapist for show," Carter said.

Growing up in the foster system, every child is required to go to therapy sessions, but Carter's family thought it was so taboo that they would not even allow her to yield the benefits. Sometimes her parents would go into the sessions with her or even by themselves without her.

No one is immune to mental health issues. Although some are genetically predisposed to serious mental illness, everyone goes through situations in life that affect their mental health. A lack of resources or complete understanding from family, friends and professionals allows these conditions to fester and can create larger, lifelong problems for the person suffering.

In the black community, stigma stemming from institutional and social pressures surrounding mental illness prevents many from seeking the treatment they may need.

According to a 2016 study by the National Institute of Mental Health, white people were 5.4 percent more likely to indicate having mental health issues than black people, but were 19.4 percent more likely to receive treatment.

Black Americans are more likely to experience factors such as homelessness and exposure to violence due to living in concentrated areas, which increases their risk for developing mental health issues, according to the National Alliance of Mental Health.

Lack of affordable medical insurance is another factor that keeps many black people from considering therapy. According to the U.S. Census Bureau, 19 percent of black people had no form of health insurance as of 2012.

Stigma played into Carter's early experience with therapy, when her foster parents told her not to open up to the therapists she was assigned to see.

Carter added that psychiatrists would prescribe almost any medication just to get paid. The government-issued system of psychiatric assistance, she added, takes advantage of people who are forced into those situations and do not know how to help themselves or recognize when a toxic situation is disguised as help.

No one would pay to sit and tell a stranger things they cannot readily tell someone they are close to, Carter said. Mental health directly affects our physical health as stress

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New organization to fund black student clubs

Layla Abbas
Assistant Editor

Oshun is a goddess of the Yoruba people in southwestern Nigeria; she is the goddess of love, fertility and protection.

She stands for opportunity, spirit, harmony, unity and negotiation.

Oshun is also the name of a new organization at La Verne that plans to fund underrepresented clubs, organizations and individuals on campus who do not have to be affiliated with the Associated Students of the University of La Verne.

Tyler Anderson, junior philosophy and speech communication major, created and founded Oshun.

"I do not want to say that Oshun is separate, because that implies more of a connotation that we are removing ourselves from the community," Anderson said.

"The idea is that we are providing some sort of equity for the resources that are being allocated on campus."

Anderson said she wants to provide engagement with the rest of the student body that is authentically [her] community.

"We want to be focused on getting more black Leos into those spaces," Anderson said.

"When you have no black tour guides, no black spotlight leaders and no black ASULV representatives, there are not going to be very many opportunities where black students who are not attending La Verne already are thinking this is going to be a space for them."

On April 17, Loretta Rahmani, chief student affairs officer, learned about the concept of the Oshun organization in a meeting along with President Devorah Lieberman, Provost Jonathan Reed, Chief Diversity Officer Beatriz Gonzalez, Dean of the College of Arts and Sciences Lawrence Potter and Professor of Religion and Philosophy Richard Rose.

"Oshun is a new structure being proposed and with that new structure comes change," Rahmani said.

"There would have to be by-law and constitution changes that are already existing."

Rahmani said the process to change the resource allocation is more complicated than just another club proposal on campus; the Oshun organization has the opportunity to change the structure of student life, clubs and organizations.

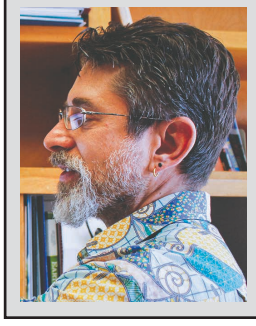
The idea for Oshun stemmed from clubs not receiving adequate funding from ASULV, Anderson said.

"Black students are receiving the least amount of aid and resources on campus and our retention and graduation rates are the worst on campus," Anderson said.

The retention rate of African American students from their first semester to their following fall semester was 61 percent in 2016, which is a significant drop from 86 percent in 2015.

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Awards honor faculty, staff service

Jocelyn Arceo
Staff Writer



Spencer Croce

Professor of Mathematics, Michael Frantz, receives the Ellsworth Johnson Service Award from Provost Jonathan Reed at the Academic Awards Ceremony May 18 in the Athletics Pavilion. Frantz was also recognized for his retirement following 35 years of service. The ceremony also honored faculty and staff for length of service, specific milestones such as tenure, with other honors.

The 2018 Faculty and Staff Recognition Ceremony, held last Friday, began with recognition of several faculty members for their 5-year service, followed by 10, 15, and so forth to retirement.

"It's so important to come together as a community to celebrate and recognize each other for our years of service, our promotion and scholarship, and for achieving these milestones and transitions into retirement," said Devorah Lieberman, University president, while opening the ceremony.

Among special acknowledgments announced, the Classified Employee of the year Cherice Sirna, administrative assistant in the College of Law was presented with this honor by Kevin Marshall, interim dean of the College of Law.

Marshall explained that Sirna's role as administrative assistant includes advising, registration, and creating a bridge between faculty, staff and administrators.

"The entire time she remains affirming, respectful, humble, accountable, committed, inclusive, empathetic, responsive, passionate, and very positive," Marshall said.

The Administrative/Professional Employee of the Year Award was presented by Ian Lising, associate dean of the College of Arts and Sciences.

Lising presented the award by reciting a poem to introduce the winner.

"With a bright smile, and a twinkle in her eyes too, faces the impossible and says 'I'll see what I can do,'" Lising said. "If you realize what she's done you'll just say 'wow!' So please take this moment to cheer our great hero, our beloved Carrie O'Connor."

Lising presented this award to O'Connor by also acknowledging the integral role the registrar's office plays as a whole at the University of La Verne.

"The whole registrar's office does so much work for us and we never get to celebrate them, day in and day out, and I just wanted to make sure that everyone knew who Carrie was," Lising said. "So next time you can know who to thank."

Issac Carter, assistant professor of education, and Chris Krich, head football coach, both won the Spirit of La Verne Awards, which were presented by Julissa Espinoza, assistant director of community engagement and Aracely Torres, assistant director of diversity and inclusivity.

A video presentation showed students and faculty members sharing the impact Krich and Carter had made on them.

"It's not just students that you have a great impact on, but it's also faculty at the University who you help through your forceful words to reflect and truly think about what they're contributing to student's lives," Roy Kwon, assistant professor of sociology, said about Carter.

Krich was described as dedicated to serving others first and inspiring to students strive to be better people.

"They exemplify and further the University's core values," Espinoza said. "We would like to congratulate and recognize Dr. Carter and Coach Chris Krich for playing a role in developing a community that values and fosters learning, ethics, engagement, and inclusivity."

The Ellsworth Johnson Service Award was presented by Provost Jonathan Reed to Math professor Michael Frantz, who is also retiring this spring.

"Our honoree listens carefully to all sides, helps shape consensus, provides feedback in constructive ways while also being frank and honest, and is willing to set aside personal agendas to promote the success of La Verne students," Reed said.

As the ceremony came to a close, Lieberman honored 11 faculty members for their retirement and emeriti status, as she concluded with final remarks.

"This is a great time to be a member of our community at the University of La Verne," Lieberman said. "Let's remember that, let's recognize that, as we move forward to do nothing more than be among ourselves and to serve our students, our mission, our university, our vision."

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Goldline to reach La Verne before 2028 L.A. Olympics

Christian Shepherd
Staff Writer

In preparation for the 2028 Olympic Games, Los Angeles County is investing in its currently disjointed public transit system by bringing a new Gold Line train station to La Verne less than a block away from campus.

The Foothill Gold Line light rail extension will connect Los Angeles and San Bernardino counties by building a new rail line from Montclair to Glendora. The La Verne station will be built on E. Street and Arrow Highway.

The development is being billed as preparation for Los Angeles' commitment to host the 2028 Olympic Games by alleviating issues with traffic congestion and disconnected public transit systems.

Officials expect the extension to bring significant economic benefit to the city of La Verne and its economy.

"Others are more likely to travel to La Verne with [the Gold Line extension], helping to support our businesses and institutions like the University," said Eric Scherer, community development director for the city of La Verne in an email.

Public transit is notoriously unreliable in southern California, but there is a hope that these new developments will help rectify the shortcomings that the state has traditionally experienced.

"[The Gold Line] brings the idea that mass transit is a possibility," said Luke Seiberg, senior planner for the city of La Verne.

The Gold Line is also expected to be a valuable resource for students at ULV.

"It will provide even better connectivity to our region and provide endless opportunities for student internships and travel," said Lisa Levy Buch, chief communications officer of the Foothill Gold Line Construction Authority.

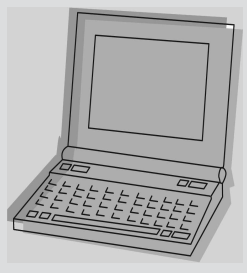
However, there are a few expected outcomes that may have adverse impacts on the community.

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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****.*

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Petition fights fossil fuel investments

200 sign petition for change

Aryn Plax
Editor in Chief

Erik Bahnson, president of Students Engaged in Environmental Discussion and Service club, or SEEDS, is drafting a letter to the University's Board of Trustees to urge the University to divest not only from fossil fuel industries, but also invest in funds that comply with Environment, Social and Governance standards.

This year, Bahnson, junior environmental ethics major, has reached out to the Outdoors Club, the Botany Club and the Society for Advancement of Chicanos and Native Americans in Science.

"I'm partnering with three other clubs in creating a joint statement to present to the Board of Trustees and our chief financial officer to show that the students do support the notion of fossil fuel divestment, and I'm going to suggest a solution of moving towards an ESG stock holding," Bahnson said.

"The current reality is that universities don't typically choose which companies they buy stock in. Instead, they place their funds in a mutual fund, which then selects the stocks for them," he said.

SEEDS' initial push for divestment away from fossil fuels came about when Stuart Wood, adjunct professor of political science, discussed campaigns to get universities to end their sponsorships of fossil fuel companies.

He had started a petition in May 2017 titled "University of La Verne: Go Fossil Free!" to get the University to divest from fossil fuel companies.

SEEDS, gathered 200 signatures for Wood's petition.

"After the 2016 election, a lot of students were looking for ways to get more involved politically," Wood said.

"There was a sense that the students wanted to do something, but didn't know how to get involved, and so the movement I had started at ULV several years back, I brought that up, and several students in the class really took to it. It's really been out of my hands since then," he said.

Avo Kechichian, chief financial officer, said that between 87 and 88 percent of the University's investments are in mutual funds.

Kechichian said that bringing in a higher yield from investments ensures the funding of scholarships awarded at the University.

The University knows only the top 10 performing company stocks and the bottom 10 stocks in their mutual funds, thanks to a report written by the investment managers on a quarterly basis.

"Last year, we did an analysis," Kechichian said.

"Of that 87 or 88 percent, only 2.5 percent is invested in fossil fuel producing companies. The issue that we have with mutual funds is that you cannot just arbitrarily say, 'I'm not going to invest in that one particular company.' If you want to divest from that company, you need to divest from the whole mutual fund."



Janelle Kluz

Junior environmental ethics major Erik Bahnson, junior biology major Kim Rossello, and sophomore computer science major Tianna Cano gather in front of the Metropolitan Water District's solar panels, an alternative energy source that could replace fossil fuels. The Students Engaged in Environmental Discussion and Service club gathered over 200 signatures for a petition for the University to divest from the fossil fuel industry.

Bahnson said that mutual funds that comply with ESG standards would be free of fossil fuel companies and other companies that either sell unethical products, maintain unethical relationships with governments, or enact unethical labor practices.

"By focusing on ESG mutual funds, we broaden the scope of student organizations, student groups on campus who would be interested in supporting this initiative, and also providing the trustees with a specific solution," Bahnson said.

Jay Jones, professor of biology and biochemistry, is also drafting a similar letter to be presented to the Board and signed by faculty in the College of Arts and Sciences, and potentially faculty in the LaFetra College of Education.

"I've talked to Avo Kechichian several times and offered to make a presentation to the portion of the Board responsible for making these decisions," Jones said.

"It's a proposal to get the University to orderly divest the investments away from fossil fuel investments."

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Celeste Drake

David Bickford, associate professor of biology, discusses "Biodiversity Research, Climate Change, and Preventing the Collapse of Civilization" Tuesday in the President's Dining Room. Bickford also talked about his travels in Papua New Guinea, where he studied insects and amphibian.

Drought hinders frog calls

Research affected by El Niño

Amanda Gabriela Beltran
Staff Writer

Associate Professor of Biology David Bickford presented his biological research in Papua New Guinea and how to overcome climate change to more than 20 faculty, staff and students Tuesday in the President's Dining Room.

Throughout the lecture, "Biodiversity Research, Climate Change, and Preventing the Collapse of Civilization," Bickford said much of his experience in biology consisted of getting out in the field and taking measurements and observations.

"I've done a lot of field-based projects and I am going to continue to do that and some of the things I'm going to talk to you about is blue collar biology," Bickford said.

Jason Neidleman, professor of political science, introduced Bickford as someone who chases frogs and snakes around.

"David Bickford basically follows the effects of changes in habitat and on the health and welfare of amphibians," Neidleman said.

Although Bickford studied the different types of amphibians while he was in Papua New Guinea, he also emphasized the importance of quality publications within the field of biology.

"Part of the take-home message of today's talk is not introducing all of the stuff I have done, but the disconnection between what scientists do in publications to further their career, and what needs to happen," Bickford said.

While Bickford was in Papua New Guinea for a few years, he chased and collected data about frogs.

His research was ultimately affected by El Niño, which caused droughts in some parts of the planet.

Bickford said that in his research, he saw more frogs per hour and heard more frog calls per hour, despite the drought.

"Why is it that the frogs during that time period weren't making those calls?" junior biology major Dolan Hunter asked about the drought.

Bickford said that dryness of the environment affected whether or not frogs made calls.

"It is costly when you are evaporating water from your skin all the time," Bickford said.

"That costs you calories, and you can't have the same energy from before."

Bickford said it is easy to be distant from all of the environmental problems we have in the world, but how it is important to realize and address them.

"The idea is we are going to have to go through a period where we sacrifice things," Bickford said.

Professor of Public Administration Matt Witt, said he agreed with Bickford on the point that the University needs to do more to encourage students to solve these major environmental problems.

"The ecosystem services is such an intriguing notion for people of our age that we are not the generators of all wealth," Witt said. "To me, it is a very radical flavoring of nature, in a way."

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Bickford makes leap in frog science

Catalina Diaz
LV Life Editor



Tyler Evains

David Bickford, Fletcher Jones Endowed Chair in Biology, describes how a male frog protects a female's eggs until they are ready to hatch. Bickford discovered a new species of Choerophryne, a small frog characterized by its long, narrow snout, in 1996 during his dissertation research in Papua New Guinea. Fred Kraus, research scientist of ecology and evolutionary biology at the University of Michigan, named the species Choerophryne Bickfordi, after Bickford in February.

It is not every day that a biologist gets a species of frog – or any amphibian for that matter – named after him.

However Associate Professor of Biology David Bickford, learned recently that his research and discovery warranted just such an honor.

The Choerophryne Bickfordi, a species of frog, was named after Bickford in February.

"Most of the time, people are dead before they get a species named after them," said Bickford, an evolutionary ecologist, and one of the two Fletcher Jones Endowed Chairs in Biology, who started at the University this academic year.

Bickford, who focuses on amphibians and reptiles, spent four years in Papua New Guinea in the 1990s, researching and studying alongside ornithologists, mammologists and locals to discover new species of frogs.

Bickford spent much of his time in Papua New Guinea completing his dissertation, which did not allow him to entirely focus on the describing process.

Describing a species means giving a formal description of the newly discovered organisms.

Amid this process, scientists must explain how their findings differentiate the new species from those previously described.

"I'm more of an explore and discover (person), and then try to do the bigger picture," Bickford said. "This is really meticulous, with tons of individual characteristics that you have to know and understand to differentiate between what's a new species and what isn't."

A variety of frog trinkets and amphibious art that Bickford has collected throughout the years cover the shelves of his office inside Mainiero Hall.

"I collected maybe 5,000 different individual specimen," Bickford said about his time in Papua New Guinea.

"You collect it, you take DNA, behaviors and even the frog call, and write it up. Then you give it to a museum and a lot of times, scientists eventually come back and describe new species from that."

Though Bickford did not formally describe the species, he collected specimens throughout his expeditions and donated them to museums around the world.

His colleague Fred Kraus poured through the data at the Smithsonian in Washington, D.C., and put together over 20 descriptions from Bickford's collection, where he then named one after Bickford.

Kraus, an evolutionary biologist and assistant research scientist at the University of Michigan, formally described the Choerophryne Bickfordi to the Biological Society of Washington and the description was published Feb. 26.

According to the abstract in Kraus' publication, the frog is "a new species of small microhylid frog from the southern versant of New Guinea that is characterized by its long and narrow proboscis, relatively large size and long legs, narrow discs on all fingers, hidden tympanum, and details of color pattern."

Bickford said that some scientists criticize the idea of naming species after humans and prefer naming them after their characteristics.

"I told them, well it does have a big nose and it really does have a loud call, so it might be kind of like me," Bickford said.

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Gold line...

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"It is also expected that La Verne's homeless population will increase as a result of the Gold Line," Scherer said.

The University has procedures in place to address this development if and when it presents itself.

"We already have a process in place with Campus Safety that deals with this issue," said Clive Houston-Brown, vice president of human resources, information technology, facilities and safety.

"We will continue to follow that protocol. If there is a big increase (in homelessness), we will work with the La Verne Police Department to mitigate it."

Devorah Lieberman, president of the University of La Verne, is unsure about the likelihood of an increased homeless population.

"I have not seen the data that supports the idea that the Gold Line will bring more homelessness," Lieberman said.

The University was kept apprised of Gold Line developments, but it did not have any influence over the placement of the station, Brown said.

The proximity of the station's placement to ULV was deliberate, and, according to Scherer, beneficial for the majority of La Verne residents.

"We strategically placed the station location at E Street and Arrow Highway so that it would equally serve Old Town La Verne, the University of La Verne, as well as the Fairplex, which in addition to the L.A. County Fair, holds over 500 other events throughout the year," Scherer said.

"We also have developed the Old Town La Verne Specific Plan, which is the zoning document for this area, and allows for increased development that will be supported by having a light-rail station here."

According to officials, many cities have also adopted similar plans to increase development around the rail line.

It is also expected that noise levels will be impacted by the introduction of new rail lines.

"It is going to be a mixed bag," Brown said.

"More trains will be going by, but they will be the short Metrolink trains that do not need to sound their horn at every stop. The positive side is that (the city) will be creating quiet zones."

The connection of these two counties is a result of over two decades of planning, designing, and development of the Metro Gold Line light rail system.

The development of the Gold Line began in 1998 after the California State Legislature created the Foothill Gold Line Construction Authority to oversee the development of a new rail system that would span from Union Station in Los Angeles to Montclair.

The first installment, from Los Angeles to Pasadena, was completed in 2003.

It took 12 years to complete the project's second installment from Pasadena to Azusa.

The funding for the project comes from a Transit and Intercity Rail Capital Program grant, in which 28 recipients were awarded more than $2.6 billion dollars that derives from Senate Bill 1, also known as the Road Repair and Accountability Act of 2017, which was signed into law on April 28, 2017.

The Los Angeles County portion of the project will be funded mostly by Measure M – a bill passed in 2016 that focuses on renovating dilapidated public transit systems and improving transit connection to jobs, schools and airports – but residual funds not spent from Measure R, a half-cent sales tax for Los Angeles County to fund new transportation programs, will also be exhausted.

Less than six percent of the project will take place in San Bernardino County, who is responsible for funding their portion of the Gold Line from Claremont in Los Angeles County to Montclair in San Bernardino County.

The city of La Verne is also working on a new initiative, "first mile/last mile," that focuses on upgrading methods of transit to help residents or visitors get to and from the new Gold Line station.

It will make upgrades to infrastructure like sidewalks, bike lanes, crosswalks, traffic signals, and bike-share programs.

"I think (first mile/last mile) will have a positive impact," Houston-Brown said. "You will get an increase in desirability in these stations that will draw interest from the commuter community."

Lieberman believes that the Gold Line extension will have positive effects for students looking to get to the La Verne campus.

"Our mission at ULV is centered around accessibility and affordability," Lieberman said. "The Gold Line will be great for students who might not otherwise have transportation to the La Verne campus."

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Segregated funds won't solve problem

On April 17, junior speech communications major Tyler Anderson and another black student proposed Oshun, a separate funding hub for black focused clubs on campus, to Loretta Rahmani, chief student affairs officer, Lawrence Potter, dean of the College of Arts and Sciences, Richard Rose, professor of religion and philosophy, President Devorah Lieberman, Provost Jonathan Reed and Beatriz Gonzales, chief diversity officer. Anderson announced the plan to some students at a Black Student Union meeting May 7.

The inspiration for the name stems from Oshun, the goddess of the Yoruba people of southwestern Nigeria, who represents opportunity, spirit, harmony, unity and negotiation.

If the goal is to reflect the attributes of Oshun, the organization should try to build more of a network with the already established organizations like Associate Students Union of La Verne. Elmeera Nosrati, ASULV president, said she is sometimes unaware of issues on campus due to lack of communication on the part of the student body. Although she is not required to know about the plans, the approach could have been more of a negotiation to incorporate the hub within what is already in place.

Students in ASULV and those advocating for Oshun should band together to strategize a plan so that the new organization will be recognized from a larger platform that is already established at the University. Since the beginning of black American history, black people have had to create separate institutions to serve their needs since the primary institutions were structured by white people to keep black people out. For example, historically black fraternities and sororities were created because the Greek organizations in place did not understand or serve the needs of black college students at that time, and were virtually uninviting.

In order to stop perpetuating the negative tradition, we have to express our concerns and use our power within the system instead of constantly creating new ones for others to try to tear down.

Black students have battled the University's system for years, and as an institution that aims to be inclusive of diversity, black and other underrepresented clubs should not have to fight harder to be recognized on the same level as majority groups.

ASULV's 2018 spring funding analysis says that "Multicultural clubs receive a great portion of ASULV funding." A more specific breakdown of which clubs receive what amount of money is needed to determine the distribution of funds. Great is a relative term, and clearly some of these clubs felt short-changed regardless of how supportive ASULV claims to be.

Since black student representation and retention has been a prominent issue at the University in recent years, it is no question that the administrators present at the initial meeting are supportive of this movement. The retention rate of African-American students from their first semester to their following fall semester was 61 percent in 2016, which is a significant drop from 86 percent in 2015.

At the Center for Multicultural Services' All Black Everything networking event in February, many black alumni expressed how the student activism among black students seems to have decreased since they were enrolled at the University.

With black students making up six percent of the student population at the University, ULV may not be equipped to develop another funding and governmental hub that is equal to ASULV.

In foresight, Oshun and ASULV will simply not be on the same playing field unless the student involvement in Oshun is more rigorous than it has been in BSU in the past few years.

Before creating a separate home for black student clubs, we should consider encouraging black students' participation within campus student life at large. Student participation is vital for an organization like this to flourish, and if black students are already refraining from participation within student life at large, then they will remain inactive, even with the presence of Oshun.

If key details are neglected in planning, the idea of Oshun could increase and encourage segregation rather than diversity and inclusivity, which would be a complete disregard of the University's values.

However, the University should have initially provided a space for black students to thrive, as it claims intends to, so that students would not have felt the need to create one on their own.

Schools don't need an arms race

A bill is advancing toward the Assembly floor that would put one armed officer at every school campus in California, at the state's expense.

In the wake of such frequent school shootings recently, many ideas are floating around about how we can make schools safer and more prepared in these types of situations, but this seems more wasteful than beneficial. School shootings have been in the news far too often and lawmakers think by adding additional guns to the equation it would somehow make schools safer. This would not make schools safer, but more dangerous. Putting guns in schools is not the answer to this problem, this is a band-aid solution that would add unnecessary costs to California. The projected tab would be about $1 billion which could go toward funding mental health programs for the youth and additional teachers and classrooms.

In the most recent school shooting at Santa Fe High in Texas, the school had an active shooter plan and also two armed officers patrolling the hallways of the campus. Even with all of these measures, 10 people still died. Putting officers at schools is not going to deter people from this kind of behavior. In the Parkland shooting, there was an officer who was at the school and failed to confront the shooter after he heard gunfire. Even when there are armed cops at schools, there is no guarantee of safety for students and teachers. Citizens need to apply more pressure on lawmakers to pass new legislation and make guns less accessible, especially for the youth. It is far too easy in many states to get a gun, and this is the reason for many of these tragic school shootings.

What are armed officers supposed to do with their time when there is no school shooting?

Shootings make the headlines, but for a majority of the time these officers would have free time and there would be nobody to police them on how they spent that time. Paying an officer to stand around when there can be more mental health services on campuses across the state would be the wrong choice. The answer to safer schools is clear, stricter gun laws is the only solution to making schools safer. Metal detectors, armed officers and staff would only make schools more dangerous by adding guns to the mix.

Your vote counts in primaries

Democrats are armed and ready to take to fill voting polls June 5 to make sure California stays blue and anti-Trump.

The California primaries are just two weeks away and it is time to vote in a new governor, secretary of state, attorney general and the house of representatives.

Most California citizens do not vote in this election because they may not see it as important as voting for something like the presidency, and propositions, but Californians need to see and understand the how important their vote actually is.

Voters have the know that they have the true control on how they want their state and federal government ran.

With so many new residents each year searching for the "California dream," the state has become a huge melting pot of political views.

The primaries play a larger role in the nation than most voters may know.

Most of California seems to be Democratic and there are hundreds of candidates running for 53 seats in the House. In order for Democrats to fully take lead, they need 24 of those seats in the House.

Voters can make this change happen by actually getting out to vote, and making sure reliable and forward thinking Democratic representatives are voted into office.

Relying on others to vote and hoping for the best is a bad habit that needs to be broken.

California residents can register to vote any time of the year, but in order to vote in any election, a resident must register a minimum of 15 days before the election.

The deadline for registration was Monday.

The website **sos.ca.gov** gives information on everything that needs to be known before an election like political parties, ballot measures and voter registry instructions.

With more educated voters, the most reliable and reasonable candidates can be appointed to office.

This would not only benefit the state, but if nationwide elections had more educated voters, only the most qualified officials would be elected.

The state will bid adieu to Gov. Jerry Brown as former mayor of Los Angeles Antonio Villaraigosa and current Lt. Gov. Gavin Newsom are among the dozens of candidates running for the position.

Some recent surveys have shown that Newsom has a favorable lead against Villaraigosa.

The site also offers a list of all the counties in the state and their corresponding voter offices.

Voters can visit **lavote.net/locator** if they are registered in Los Angeles County to vote.

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 2018

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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 **lvcampustimes.org**. For advertising information, call 909-448-4761 or email **ctimesad@laverne.edu**.

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Therapeutic activities reduce stress

Students line up for massages

Catalina Diaz
LV Life Editor

Students came together in the Campus Center to destress, unwind and also learn about both the negative and positive effects of procrastination on May 17.

Destination Procrastination, an event hosted by the Campus Activities Board, took over all three stories of the Campus Center, providing art therapy, drop-in tutoring, live music and even a massage room.

"Realistically, everyone procrastinates," graduate student Andrea Mujica said.

"It's really about knowing what works for you and being aware of your personality type can make you feel a little more collected, put together and in control."

Mujica, who also works for the Academic Success Center, ran the Procrastinators Anonymous booth at the event, where students were able to learn more about procrastination and get an understanding for the different types of procrastinators, while waiting in line for their "brinner," or breakfast for dinner.

Mujica said that she identifies mostly with fear as her procrastinating trait.



Ashlyn Hulin

Corina Salmon, senior psychology major, paints a beach scene on a small canvas in the Campus Center Ballroom alongside her Phi Sigma Sigma sorority sisters, Jennifer Garcia, junior sociology major, and Jennifer Bogarin-Espinoza, freshman criminology major, May 17 at the Destination Procrastination event. The event, sponsored by the Campus Activities Board, entertained students with a night of various activities, music, food, and free giveaways throughout the Campus Center.

"Generally, a fearful personality has an intense desire to delay, meaning in my head it's better for me to wait versus than to just get started," Mujica said.

Mujica said that sometimes people feel like they have less time to do something, which may normally be stressful to others, but those that don't are able to focus better on what they need to get done.

"More time equals more chance of it being done correctly, but it could result in self sabotage as well," Mujica said.

Students were given activity cards that, when filled out, could be placed in a raffle for prizes like Krispy Kreme gift cards and movie tickets.

Students entered the bottom floor of the Campus Center to find booths like Mujica's, an eight-person foosball table, free food that included pancakes complete with strawberries and whipped cream for toppings, and a student lounge that was transformed into a video game arcade, with games like Dance Dance Revolution, which seemed to be one of the highlights of the area.

The second floor of the Campus Center had a live DJ, a bean bag room, as well as the tutoring stations inside of the Academic Success Center.

Students were invited to work on a variety of subjects, from math and science to French and history, to better prepare for their upcoming finals.

"I went to the ASC tutoring because they did a lot of study skills activities," senior history major Adam Kane said.

Kane said he also took a few minutes with the tutors who were available at the sessions to look over his papers before he turned them in to his professors for a final grade.

To the far end of the second-story, tables were set up with games for multiple people to play.

Groups of friends played games like Monopoly, Operation and Clue.

The third story of the Center had lines of students waiting for either tarot card reading, art therapy or massages.

Inside the art therapy room were rows of tables, with students painting on the provided wooden blocks and frames.

The therapy room also had a caricature artist who is said to be one of the fasted in the world, with his 60-second caricature drawing skills.

Students lined up to get their minute-long sketches from the artist.

Inside the other half of the closed-off ballroom was the massage room, where students were welcomed in by light meditation music.

"It's been pretty awesome so far. I am ready to play some Dance Dance Revolution," anthropology major K'lema Burleson said.

Burleson and her friend, sophomore communications major, Jason Brandt found out about the event through social media, mainly being Instagram.

Brandt and Burleson were eager to go inside the Cash Grab, which is an enclosed, clear booth where Leo Bucks blow through the air. Participants inside try to catch as many Bucks within a limited time.

The two said that in the past, Destination Procrastination did not have as much advertising as this year which they felt was useful to the event's success.

Catalina Diaz can be reached at ***catalina.diaz@laverne.edu.***

Counting by fives



Spencer Croce

Mathematics instructor Frank Ives' YouTube channel, MathbyFives, has recently hit 55,000 subscribers with more than 8 million channel views. Ives launched his YouTube channel in 2010 as a way to supplement course materials while teaching at Cal Poly Pomona. He said that he had hoped to launch a math tutorial channel since he was in graduate school, and finally did so when Cal Poly Pomona furloughed him during state education budget cuts in 2010.

Aircraft show goes on despite rain

Pilots teach children at Brackett

Hailey Helms
Staff Writer



Natasha Brennan

A pair of pilots take a 1952 Harvard MK IV fixed wing single-engine plane for a spin Tuesday at Brackett Field in La Verne. The aircraft, a training plane, can go 205 mph at 5,000 feet. The airport hosts an aircraft and classic car display on the third Sunday of every month. Parts of the event were canceled last Sunday because of inclement weather.

About 10 people from the La Verne community and many pilots gathered Sunday at Brackett Airport for an aircraft show and barbecue.

On the third Sunday of every month, Brackett hosts a day-long event where pilots can fly their planes down to show to the public and also hosts a barbecue for pilots and guests. The barbecue was canceled due to the rain, but the aircraft show was still hosted.

Brackett's runway featured different models of old fashioned planes.

Showcased aircrafts included a Navion, a known classic, a Rockwell Commander created in 1978, a Beechcraft made in 1964 and a Bonanza made in 1951.

"I've had airplanes here for several years on this field," Jonathan Neal, treasurer of the Brackett Airmen Association said.

"I really like this airport. It's got a lot of room. Taking off and landing, it's gorgeous flying out over the lake."

Neal said the event is not only an opportunity to show off his airplane, but also a chance for guests who attend the monthly event to learn about various aircrafts.

"We try to get young people and even young kids in the cockpit of the airplane with the idea of hopefully someday they'll be a pilot," Neal said.

The technical aspect of the event drew many guests in.

"It's very interesting to learn about all the different mechanical elements of planes," Santa Ana resident Brent McDonald said.

"Everybody here is very knowledgeable about how they work and how they fly and that kind of stuff."

McDonald explained how the Brackett Airman Association is a suitable place for any college student interested in flying.

He attended the event to be an assistant to his dad, John McDonald, a commercial pilot, aviation technician of 52 years and Marine Corps Veteran from Vietnam.

John McDonald brought a 1976 Navion Rangemaster H-model to the event.

"This plane was last made in 1976," John McDonald said. "This is the fourth one on the line, and they only made six that year."

John McDonald said that Navion was one of the few airplanes of its kind that actually flew to Hawaii from Oakland.

The phrase, "I flew to Hawaii," are painted in red on the side of the plane to advertise the accomplishment.

"It is a hidden gem," Kathy Collatin, manager of the AIA Pilot Shop at Brackett Airport, said of the airport.

"Because every now and then, we will have World War II airplanes that come in here. They put them on display. For a small fee, you can take a ride in them."

Collatin said that students from Mt. San Antonio College and from Universal Air Academy in La Verne frequently visit her store.

Some pilots who visit Brackett regularly also participate in Angel Flight, which arranges free air transportation for charitable and medical related needs, as well as flying to Mexico to do charity work.

"It was really nice to see how passionate these men are about flying and listen to them talk so highly about it," Raychle Perkins, from Glendora, said.

"I also really liked how some took the time out of their day to walk us around and give us the history of the planes."

The aircrafts will be on display again on Father's Day, June 17.

"I encourage anybody to come over. You can even take a tour of the terminal," Collatin said.

"There are walls of history pictures and everything here. Then, of course, you can't forget to come into my gift shop because I need you to."

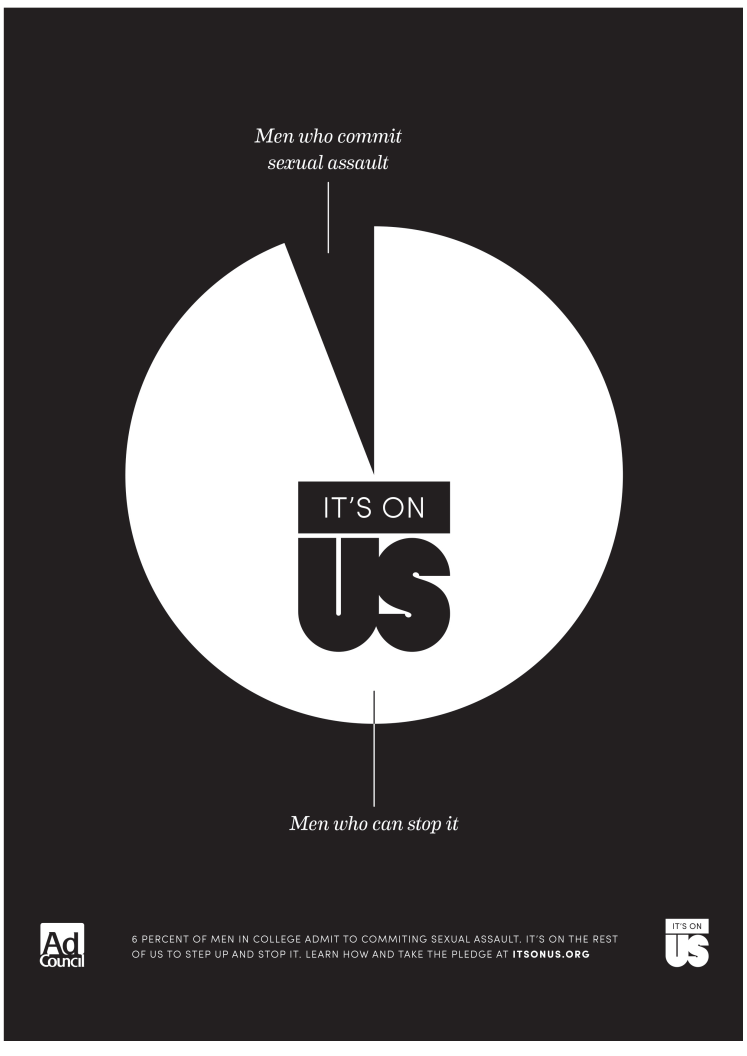
Hailey Helms can be reached at ***hailey.helms@laverne.edu.***

Cultivating a green thumb



Celeste Drake

Tianna Cano, sophomore computer science major and Botany and Gardening Club president, works in the University of La Verne community garden. The garden, located behind the Health Center on E Street, was originally started by alumna Cassidy Furnari in 2015. Cano said she became involved because gardening reminds her of her great-grandmother, who she used to garden with before she passed away. The garden is Cano's way of reconnecting with her.



Club recreates prehistoric cave art

History comes to life in Hoover



Cortney Mace

Lamba Alpha Anthropology Honor Society president Billie Guerrero and her fellow club members have created a replica of the prehistoric artwork in Argentina's Cueva de los Manos in the Hoover Building. A recent study suggests that the cave art dates back 65,000 years ago. Guerrero said she got the idea for the project after working at the Raymond M. Alf Museum of Paleontology in Claremont.

Paulina Wartman
Staff Writer

University of La Verne's Lambda Alpha Anthropology Honor Society has created a replica exhibit of Cueva de los Manos, a world cultural site in Argentina, in the Hoover building.

Cueva de los Manos, or "cave of the hands," gets its name from the prehistoric stenciled human hands found throughout the cave.

There are also depictions of animals.

"We constructed famous cave art from all over the world, including Spain, Argentina, France, and Mexico," senior anthropology major and Lambda Alpha president Billie Guerrero said.

The exhibit features hand prints in a dark soil-like color on paper covering the walls along the hallway.

Small written descriptions across the display explain the history of the cave and the prehistoric artwork.

"It's really cool to see in person the resemblance of the Cueva de los Manos," Lisa DeLance, adjunct professor of anthropology, said.

"Being able to stand in front of the early petroglyphs makes you feel a connection to the past."

The cave art in Cueva de los Manos is generally thought to have been created 9,000 to 13,000 years ago.

However, the club also included a recent study in the exhibit which suggests that the artwork may date back to 65,000 years ago.

This is roughly 20,000 years before anatomically modern humans, or homo sapiens, migrated out of Africa into Europe and Asia.

This implies that the cave art was painted by a species of archaic humans known as homo neanderthalensis.

"The Cueva de los Manos was one of my favorites," junior anthropology major Miriam Rangel, Lambda Alpha secretary, said.

"It really shows our ancestors' artistic side, even with its simplicity."

For more information, contact Guerrero at **amanda.guerrero@laverne.edu**.

Paulina Wartman can be contacted at ***paulina.wartman@laverne.edu.***

Petting the stress away



Tyler Evains

Abby, a 10-year-old yellow lab from Paws to Share, relaxes while getting scratched by Samantha Liu, freshman psychology and child development major, and McKenna Mobley, sophomore psychology major, Monday in Wilson Library. Pet handler Elizabeth Mastro, who has worked with Paws to Share since February, said she adopted Abby five years ago. Therapy dogs visited all week as part of the library's de-stress activities, and will return every day next week.

Commencement Schedule

Baccalaureate Ceremony

Baccalaureate, an interfaith religious ceremony for graduates, their families and guests, will be held at 4 p.m. June 1 at the La Verne Church of the Brethren at 2425 E Street in La Verne.

The guest speaker will be Niki Elliot, visiting professor of education, ordained minister and author. After the ceremony there will be a light reception on the patio.

There is no seating limit and guest tickets are not required.

Graduates interested in participating in the processional can RSVP at **sites.laverne.edu/commencement-spring/baccalaureate-service**.

Commencement Ceremonies

The commencement ceremony for the College of Arts and Sciences will begin at 9:30 a.m. June 2 at Campus West.

The hooding ceremony for the LaFetra College of Education Organizational Leadership Doctoral Program will begin at 1 p.m. June 2 in Morgan Auditorium.

The commencement ceremony for the College of Business and Public Management will begin at 4:30 p.m. June 2 at Campus West.

The commencement ceremony for the LaFetra College of Education will begin at 9:30 a.m. June 3 at Campus West.

For more information visit **sites.laverne.edu/commencement-spring**. Follow the commencement ceremonies on social media with #ULVGRAD2018.

—Catalina Diaz

New organization...

Continued from page 1

"There has to be some sort of support system that provides resources for our community on campus, because there is no infrastructure set up for us."

Anderson said the reason black students succeed less at the University of La Verne is due to the lack of resources and support from the school.

"Rather than ASULV be the only organization that has control over student life, this will bring underrepresented groups on campus to the table," Anderson said. "The black students on campus need a community for them and there is not a community for them."

Anderson has worked closely with Richard Rose on the bylaws and structure for the program.

"We are putting together our bylaws of the organization and they call for affinity groups to be a part of the membership or board along with a representative from the University," Rose said. "If there is room for an adviser, I would be happy to serve in that capacity."

Rose shared with Anderson history about a 2001 to 2002 program funded by the James Irvine Foundation; the program developed a comprehensive support network and environment to ensure the educational success of African American students.

"I had talked to Tyler earlier about this program, which was a partnership with the African American churches in the area and our La Verne students," Rose said. "It was something we were able to do to create an atmosphere of belonging for our students back in that time."

Rose said Oshun will operate as a support system for the African American community necessary for their success at La Verne.

Oshun will also allow students to find support directly on campus rather than searching for it outside of the community.

"Tyler was inspired to do something to help us retain our legacy as an institution so that it does not get lost in the weeds," Rose said. "I think that was the stimulus for her to come up with an organization that would serve as a holding space for African American historical events that had happened."

Rose said the University cannot fulfill goals to be a lifelong learner if spaces where students are able to feel a sense of belonging do not exist.

"There are some markers around campus that say, 'La Verne is not a place to live, it is a place to belong,' so I think the institution itself realizes how important it is to belong," Rose said. "If you belong then you can thrive. You do not have the same struggles when you are simply in survival mode trying to make ends meet."

Elmeera Nosrati, junior business administration major and president of ASULV, said ASULV granted the highest percentage of funds in history for the spring 2018 semester.

This semester, clubs requested the lowest amount of funds from ASULV in history.

"People have the misconception that the Greeks run ASULV club funding and get the most amount of funding," Nosrati said. "In spring 2018, only two Greek organizations requested funding and got only 2.1 percent of our total budget and in fall, only 5.7 percent of our total funding went to Greeks."

ASULV funded seven Multicultural clubs that hosted 17 events; a total of 14.3 percent of total granted funds went to these seven clubs.

Nosrati said she is sometimes unaware of issues on campus because they are not brought to her attention.

"We should have a better form of dialogue, but it takes two," Nosrati said. "This upcoming year is probably one of the most diverse ASULV groups the school has ever had and I think that is a notion for change."

Anderson said conversations with administrators regarding Oshun has gone well.

"There does seem to be support from the administration, but actions are louder than verbal support," Anderson said. "We actually want something to happen with this and want something in place by next semester."

There are plans to gather more student groups during the summer to talk about the future of the Oshun organization.

Layla Abbas can be reached at ***layla.abbas@laverne.edu***.

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Kelli Kamida

Anthropology
Krista Perrin
Claire Makhlouf
Dylan Baldwin

Athletic Training
Madison Madewell
Jessica Portillo

Biology
Noble C. Woodward
Andrea M. Vandiver

Broadcasting (Radio)
Christopher Norman
Andrea Buenrostro

Broadcasting (Television)
Thomas J. Sanchez
Florencia Schinoff

Business Administration
Amy Elzik

Business Administration (IT)
Katrina Etchison

Business Administration (Management)
Olivia Torres

Business Administration (Marketing)
Deborah Lee

Chemistry
Sarah Yauchzee
DeVonte Moore

Child Development
Krystal N. Smith
Desiree R. Garcia

Communications (Broadcast Journalism)
Carson Leathers
Ariana Martinez

Communications (Multimedia)
Justin Bernal
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Communications (Public Affairs)
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Jennifer Aparicio

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Duc C. Nguyen
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Stephanie A. Jimenez
Amanda Lam

Computer Science (Internet Programming)
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Tyler Evains

Kinesiology
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Juna Bouchekara

Photography
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Ashlyn Hulin

Physics
Justine Alandy-dy
Taro Doone

Political Science
Haley L. Martz
Paris Patterson-Garner

Psychology
Brianna Bishop
Dylan Serpas
Giselle Gomez

Sociology
Karissa Zingula
Michael Eberle

Spanish
Diana Padilla
Guadalupe Gonzalez Jimenez

Speech Communication
Joanna Mrsich
Jasmine Navarro-Washington

HAPPENINGS

Fridays at Noon

The next installment of the Fridays at Noon concert series occurs today in Morgan Auditorium, featuring music department faculty, staff and student performances.

Admission is free.

'Figments'

The dA Center for the Arts presents "Figments of the Imagination," an exhibit that focuses on the abstract view of the human body.

The exhibit is curated by senior journalism major Ryan Guerrero in conjunction with his senior project.

The opening reception is 6 p.m. to 9 p.m. Saturday with an art talk at 7:15 p.m.

The exhibit runs through June 2.

The gallery is at 252-D Main Street in Pomona.

'Artist in Review'

The Inland Empire Museum of Art presents "Artist in Review," an exhibit by Joanna Mersereau that features paintings she completed while traveling around the world. The exhibit runs through June 17.

The museum is at 1334 N. Benson Ave., Suite D, in Upland.

Admission is free.

SoCal Juried Exhibition

The third installment of the SoCal MFA Juried Exhibition in the Millard Sheets Art Center at the Fairplex features artwork by students from 17 master of fine arts programs in Southern California.

The exhibit runs through June 2 with an opening reception from 2 p.m. to 6 p.m. today.

The gallery is accessible though Gate 1 at the Fairplex at 1101 W. McKinley Ave. in Pomona.

Hours are 10 a.m. to 5 p.m. Saturday and Sunday.

To make an appointment to view the exhibit Monday through Friday, contact Thomas Canavan at **canavan@fairplex.com**.

—Layla Abbas, Aryn Plax

Guitarists strum to Spanish beat

by Remy Hogan

photography by Claudia Ceja



Freshman Adrian Zuñiga performs in a duet with director and music professor Michael Ryan May 18 in Morgan Auditorium. Zuñiga and Ryan performed a piece called "El Manicero," a Cuban song from 1930 composed by Moisés Simons. Zuñiga and his classmates also performed songs from the 17th and 18th centuries.

Students in Michael Ryan's guitar ensemble hit the high note of the semester during their recital last Friday in Morgan Auditorium.

The six performers included University of La Verne music instructor Michael Ryan as well as five students – sophomore television broadcast major Nathan Keeler, senior liberal studies major Emma Petrelli, junior criminology major Myreilly Ramirez, freshman criminology major Lyndzi Stockton and freshman music major Adrian Zuñiga.

All five students are members of Ryan's Guitar Ensemble class, which is offered every semester. It is open to anyone who can play guitar.

"Practicing for this class has been my stress reliever for this semester," said Petrelli.

This is Petrelli's fourth time taking the Guitar Ensemble class.

She said that although the class can be time consuming, it is also very fun and rewarding for her.

"'La Llorona' was my favorite song to perform because it was the hardest to learn, but I think that we performed it pretty well," Petrelli said.

"La Llorona," a piece that was reminiscent of a lullaby, was among the 10 songs performed at the recital.

The other songs included some slower, more somber or peaceful songs like the traditional "Sakura," "Mourqui" by Leopold Mozart, "Hallelujah" by Leonard Cohen and "Blackbird" by the Beatles.

Others, such as "He's a Pirate" by Klaus Badelt, as well as some traditional pieces like "El Manicero" and "Drunken Sailor," were more fast-paced and intense at times.

The remaining two pieces were notable in that one was an original by Michael Ryan called "Santa Fe," and the other, "Remember Me" by Kristen Anderson-Lopez and Robert Lopez, was featured in the movie "Coco."

> 'I definitely had goosebumps when they played "Hallelujah."'
> *—Jesslyn Ponce, junior kinesiology major*

"When you hear them, they really work well with guitar," Ryan said of the eclectic group of musical pieces.

Zuñiga enjoyed learning the songs and getting to play them on two different guitars.

"The Mozart piece was really difficult, and so was 'La Llorona,'" Zuñiga said.

He played a six-string guitar for much of the performance, but he switched to a 12-string guitar when he played "El Manicero," a playful, fast-paced song that he performed as a duet alongside Ryan.

"El Manicero" is a traditional song that is usually played on a 12-string guitar because a 12-string produces a richer tone.

"It made me want to pick up a guitar and learn," Alyssa Muñoz, sophomore broadcast television major, said.

Of the 30 or so attendees in the audience, the crowd's favorite seemed to be "Hallelujah" by Leonard Cohen, which was familiar because of the University of La Verne Chamber Singers' recent rendition of it at their concert.

"I definitely had goosebumps when they played 'Hallelujah,'" Jesslyn Ponce, junior kinesiology major, said.

The guitar ensemble recital was met with lots of applause and a standing ovation from some members of the audience at the close of the last song, "Remember Me."

"It was music to my ears," Muñoz said.

The music department's upcoming events include the ULV Chamber Ensemble's concert at 7 p.m. Friday in the Jane Dibbell Cabaret Theatre and Brooke Soto's senior vocal recital at 7 p.m. Saturday in Morgan Auditorium.

*Remy Hogan can be reached at **remy.hogan@laverne.edu**.*

Music Review

‘This is America’ is a wake up call

Anthony Carter
Staff Writer

With more than 180 million views on YouTube, the music video, “This is America,” by rapper Childish Gambino has given the United States a wake-up call to how citizens are looking past important social issues in the nation.

Gambino, known for his popular hit songs “Redbone” and “3005,” went in a more political direction this time when producing “This is America.” Although it may be called controversial, it hits many issues that need to be addressed in our society.

“I thought it was definitely a provocative way to address so many different topics like guns and violence, entertainment and being black in America, and even how those three things connect to each other,” senior criminology major Alexandra Cormier said.

Many people may not realize that the first scene contains symbolism of America’s history of Jim Crow laws.

“Jump Jim Crow,” a hugely popular song written and performed by white minstrel performer Thomas Dartmouth “Daddy” Rice in 1828, caricatured black slaves in the South.

The infamous cover for the sheet music featured the “Jim Crow” character posing in a strange position, which Gambino mimics precisely while shooting a guitar-playing man in the back of the head.

Jim Crow laws, named after the minstrel song, were enacted by white Southern legislators after the Civil War and upheld racial segregation of black and white people in all public spaces, including schools, train cars and restaurants.

“The video is out there for the people. It is not really my place to explain what is going on,” Gambino said in an interview with film critic Chris Van Vliet.

Gambino also touches on the issue of gun violence in America. In the video, black choir members are shot with an assault rifle, symbolizing those killed by a white supremacist in the Charleston church shooting in 2015.

Key details show how guns have seemingly become more important than people’s lives in the current political climate.

In the first scene, Gambino hands the gun over gently in a red cloth, which he does again after the church scene.

“A lot of artists have tried to start the conversation, but it never got this much attention,” sophomore kinesiology major Savannah Fisher said. “It is sad that it takes showing such graphic and horrendous things to get people’s attention but Gambino realized it, that’s why he did what he did.”

Americans tend to take out their cell phones to record violence going on instead of helping. People care more about having the most likes on social media instead of possibly saving lives. However, it is important to document these horrible instances of racial injustice.

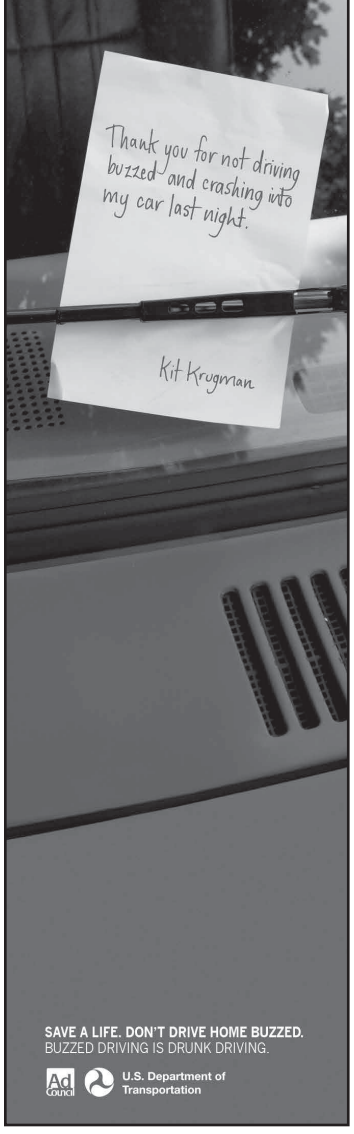
“I thought the video was dope, capturing the essence of the daze that a lot of us are in. The symbolism of him dancing and being entertaining, while absolute anarchy is going on right behind him,” junior business administration Devin Collins said.

Americans get so distracted by minuscule things, such as popular dances and social media trends, that we fail to realize the bigger issues surrounding us.

While 10 people were killed in the Santa Fe, Texas, school shooting last week, Americans were more interested in watching the royal wedding of Prince Harry and Meghan Markle than in brainstorming ways to reduce gun violence at schools.

Gambino’s lyrics and visuals send a powerful message, not only expressing issues going on in America, but the way Americans look past important issues in our nation.

Anthony Carter can be reached at ***anthony.carter@laverne.edu****.*



57 years of folk in Claremont



Dorothy Gartsman

The Squeakin’ Wheels perform Sunday at the Sontag Greek Theater on the Pomona College campus as part of the Claremont Folk Music Festival. The band has six members, including the brother and sister duo of David Millard and Marguerite Millard, both of whom sang and played acoustic guitar. The festival began in 1961 when a group of musicians including Charles Chase, owner of the Folk Music Center in downtown Claremont, opened the Golden Ring on Harvard Avenue. It was one of the first venues for folk music in Southern California.

Geometric butterflies



Cortney Mace

Mikayla Grey, sophomore English major, poses for a photo in front of one of artist Mark Grotjahn’s geometric colored pencil drawings at the Los Angeles County Museum of Art Sunday. Grey and her classmates, sophomore studio art major Roiann James, sophomore chemistry major Karla Carcamo and sophomore studio art major Maria Juncaj – visited the museum for a field trip with the Introduction to Art Visual Cultures History class taught by Professor of Art History Jon Leaver. Grotjahn’s exhibit, “50 Kitchens,” includes 50 hand drawn butterfly geometric drawings. It runs through Aug. 19.

Students drum to tradition

Ashley Mubiru
Staff Writer

Students in Ellen Rondina's West African Drum class performed the West African Drum Ensemble Wednesday in Sneaky Park.

Two sets of drummers performed the show.

The first set featured about seven drummers, while the second set featured 10.

The first ensemble, presented as "West African Ensemble 1," featured a piece from the Mandaya tribe in Guinea.

Rondina made it a point to call it a "West African" drumming ensemble because this style of drumming is specific to that region.

"An infinite number of rhythms and instruments and songs, tribes; there's so much," Rondina said. "It's a notion of West African Drumming that we're presenting."

The second group started their performance with "Coo Coo," which comes from Beyla, Guinea, in which the Milinke dialect is spoken.

There are several ways to play "Coo Coo," but it is often played in the evening. Men and women go to the musicians and ask them to play "Coo Coo," saying it would make them happy.

"We're talking about hundreds and hundreds of years of history, and history moving from continent to continents," Rondina said. "It's very difficult to say what's authentic and what's traditional."

The drummers played a traditional piece from the Akan tribe in Ghana. This piece was said to be a typical party song, though not necessarily heard in ceremonies. It has been adapted into Highlife music, a modern West Africa music genre.

One of the drummers, junior history major Paril Patel said the West African Drumming class benefited him in many ways.

"Drumming was a way for me to relax my mind and really let loose for an hour with the drum," Patel said. "It's relieving having this class because it really clears your mind and helps you concentrate better in school."

The West African Drum class would practice one hour a week on Wednesdays.

Junior psychology major Noelle Huffman was intrigued by the different shapes and sounds of each drum.

"Even though it was really loud, I found it soothing in a way because of the deep base; I would feel it in my chest," Huffman said. "It was kind of calming."

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Musical veteran sings about love



Katie Pyne

Danny Oberbeck performs during a concert in Morgan Auditorium Sunday with Michael Ryan and Friends. Oberbeck played several of his original songs, including "She's Just a Moonshiner's Daughter, But I Love Her Still" and "As Far As Far." Oberbeck began his musical career in 1981 at age 14 with his punk band Lost Cause.

Television Review

'13 Reasons' only needed one season

Amanda Gabriela Beltran
Staff Writer

A year after "13 Reasons Why" became Netflix's buzziest show for its ability to not shy away from tough subject matter, we return to Liberty High school where the school's climate is still in turmoil five months after the suicide of Hannah Baker (Katherine Langford).

The first season of "13 Reasons Why," which was adapted from the novel by Jay Asher, follows the aftermath of Baker's suicide and her decision to leave behind cassette tapes to explain the 13 reasons why she ended her life.

The tapes were passed around through her peers who she felt played a part in her suicide and were a way to justify the thought process behind it.

Season one follows protagonist and close friend of Hannah, Clay Jensen (Dylan Minnette), as he listens to the cassette tapes.

The show alternates between flashbacks, which show what happened to Hannah, and present day, which shows what happens to Jensen and the other characters.

The season ends with Hannah's last tape and controversial suicide.

Season two picks up five months later as the trial begins from the civil suit Hannah's parents filed against Liberty High School.

The ongoing trial serves as a structure for the 13 episode season, with each episode showing one of Hannah's peers taking the stand.

Most of the characters featured on the cassette tapes take the stand this season and, through flashbacks from when Hannah was alive, are able to expand on their histories with her.

The expanded storylines do offer a new perspective on last season's events. However, in the end, it almost feels played out and repetitive.

The show introduces a romantic relationship between Hannah and one of her classmates, which the two had kept secret.

However, this completely undermines these characters' interactions shown during the first season.

The relationship is way out of left field and almost diminishes one of Hannah's reasons for killing herself in the first season.

The flashbacks offered in this season served as a way to feature Langford, whose performance in the first season was heartbreaking and dynamic.

Hannah appears both in flashbacks and as a ghost who haunts Clay throughout the episodes.

The writers' use of this plot device was unnecessary and cheapens the show's overall approach, which is usually grounded.

This season also pulled a complete 360 on the characterization of Clay, the show's protagonist, by showing him to be much more self-centered than before.

Throughout the first season, Clay was relatable and sympathetic to the audience, and in his interactions with Hannah, he was caring to the core.

However, in this season, Clay's character arc was written in a boring and unlikeable manner, making him come across as whiny and annoying.

At one point, Clay judged Hannah for losing her virginity to another classmate.

Justin Foley (Brandon Flynn), another character who mentioned on the tapes, calls Clay out for his harsh judgment of Hannah.

He says, "Hannah, she sleeps with one guy, she has a crush on another guy, being me, and she kissed a third, being you, and whatever, it's all fine, right? All of the sudden, she's classified as being a slut?"

Luckily, other characters had more interesting arcs, as revealed by this season's other central focus.

While the first season centered on 13 tapes, this season focuses on the anonymous arrival of Polaroids, which claim that Hannah was just one of Bryce Walker's (Justin Prentice) victims.

In the first season, we learn from the 12th tape that Hannah was raped by Bryce at one of his parties in the hot tub.

The Polaroids in a way serve as this season's cassette tapes, but fail to have the intended impact or mystery to them.

The big reveal as to where the Polaroids came from was not nearly as satisfying as it should have been.

A major strong point in this season was the storyline of Jessica Davis' (Alisha Boe) road to recovery after being raped by Bryce last season.

The writers handled the storyline and her recovery with awareness and sensitivity to the subject matter.

Jessica's recovery storyline was vital and necessary and Boe's performance was honest and truly spectacular.

Last season, Alex Standall attempted to kill himself by shooting himself in the head.

This season, his journey involves recovering from his attempted suicide.

His physical and mental recovery from this attempt is another strong point of the season.

Watching Alex recover his memory from the attempted suicide and grasp with the fact that he did try to kill himself is heart wrenching and not often represented on television.

One of the major problems with this season is the amount of storylines that the writers attempt to explore.

From Justin's homelessness and heroin addiction to Tony Padilla's (Christian Navarro) anger problems, wrestle with the law, and probation, the season tried to take on too much.

Through Tyler Down's (Devin Druid) storyline, the writers' attempt to take on sensitive subject matter in an untimely fashion.

The ending of the season is sure to cause another stir of controversy surrounding the show and ultimately prompts the question as to why we needed a second season in the first place.

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Minding Our Own Blackness...

Continued from page 1

and anxiety are the cause of many physical problems.

Still, the lack of resources makes many black people deem therapy unnecessary. Carter emphasized the need for self care. Prescribed medication only further suppresses the problems that create feelings of depression and anxiety. She also wants to dispel fears in her community.

"We act and think the way we do because it's systematic and historic that we think we'll get punished and lose our family and everything if we tell people our business," Genesis Hampton, junior community health major and former Black Student Union president, said.

Carter said that the fear that one's freedom and sense of normalcy could be taken away prevents many from sharing thoughts and feelings. She added that in her experience, she has been hospitalized before being offered treatment, which perpetuates that fear. This stems from the trauma slavery and the constant fear that a family member or any possession could be taken from them at any time, Hampton added.

Carter said she had an amazing therapist from the Counseling and Psychological Services center at La Verne her freshman year who helped her get where she is today in college.

A history of oppression in black America continues to play a huge role in the lives of its people every day. Black Americans have a longer history of mental illness than blacks in other countries because slavery stripped them of their culture.

Hampton said that in her family and most black families she knows, children are raised to not speak about "family issues" at school out of fear that the faculty would think badly of them or try to take away the child.

It has become such a cultural norm to suppress pain and cope alone that some black people categorize those in their own community as "crazy" and neglect them when they share their problems. It weakens the community when someone is afraid to confide in someone else because of how they will be judged.

"Growing up, black kids are told to mind their business," Hampton said. "I keep mine to myself because I know how I look at other people when they put their business in the streets," "I've seen people share their stories and it backfires."

Hampton grew up in Covina, in a predominantly white neighborhood, but in an apartment on the side of town that most of her peers did not live in since she went to school in a more affluent neighborhood. She did not find anyone she felt she could open up to so she didn't.

"I knew no one would understand, so I didn't want to tell them my woes just to hear them say what I'm going through must be hard," Hampton said.

Senior psychology major Michael Hill, who is also black, said he believes he should be in therapy since he wants to be a psychologist himself. But so far he has not seen one because of the stigma and the fact that he has not experienced anything that he considers serious enough to warrant the investment.

"Going to therapy isn't going to make something better the next day," Hill said. "I'm not going to pay someone to try to fix my long-term problems."

White people probably do not expect their problems to be fixed by one conversation with a therapist, but the normalcy of therapy in white culture creates more positive responses to long term issues.

Hill said a general distrust of white people may be the deeper historical reason black people keep their problems "in-house."

"I would never go to a white therapist because there's no representation," Hill said. "A black psychologist would know what you're going through is normal, but a white one would say 'wow there's a lot going on,' but it's just life. White people have different problems."

According to the National Health Interview Survey, 2010-2013, black and Hispanic men aged 18 to 44 were 2.4 percent less likely to report daily feelings of anxiety or depression than white men. Also according to this report, black and Hispanic men who have daily feelings of anxiety or depression, were 9 percent less likely than white men to have used mental health treatments, such as talking to a mental health professional. This racial and ethnic disparity in use of treatment is associated with lack of health insurance coverage, according to the NIMH.

Sophomore business major Tyresha Willis said that she has never heard her family members say, "you need help." It is always "you can figure it out yourself."

Being in a family or group setting makes it easier to succumb to the ways of everyone else, so people learn from what their families practice - whether it be a mental health conversation or not.

"Parents can be contradictory and tell their kids 'you can tell me anything.' But when they do, the parents don't believe them, let alone help," Willis said, adding that families do not realize how damaging the statement "what happens in this house stays in this house" can be.

Ethel Gardner lost her son in a car accident when he was 17.

"When a black mother loses one child to death, she mentally checks out and loses the rest of them to the system," Gardner said. "She may be present in the house, but her focus is on the one she lost, not the ones still there."

The governmental "system," is built to subconsciously break down black people and their communities, Gardner said.

"Black mothers put all their energy into their children after experiencing their fathers and husbands leave," she said.

Most of the time no one ever asks how the siblings of the children who passed away are. It is important to remember that they lost someone too, Gardner said.

"Everyone returns to their normal life after the casseroles are gone," she added.

She said that she and other black mothers are usually "the fixers." "So who do I go to?" she said. Pride will hold you back from asking for help, Gardner said. "'I'm fine' is killing us."

Three years after her son's death, she founded the Kennedy Austin Foundation in Pomona to turn her grief into tools to help others. She said that through the Foundation she wants to lend the kind of help to others that she did not have during her time of grief. She wants to assure them they are not alone and can find the power within themselves to quell mental health issues that stem from those situations.

> *'I was afraid of my own emotions. I didn't want to face my truth and have someone tell me what I was really feeling.'*
> ***—Ethel Gardner***

Gardner said she internalized her emotions for a long time before she began journaling, something she found to be a beneficial coping mechanism, and wanted to share it with others.

The Foundation hosts a weekly journaling workshop called "Write the Wrong," where community members discuss and write about their grief and mental health journeys.

"I thought if I went to therapy I'd self-medicate," Gardner said. "I was afraid of my own emotions. I didn't want to face my truth and have someone tell me what I was really feeling."

Substances commonly used by black people to self-medicate are alcohol and marijuana, as the communities they live in are crafted for easy access to liquor stores and drugs.

She said that if one seeks therapy, they may feel like they have to go frequently in order to feel complete in whatever they are battling. The white community sees seeking mental health treatment as a more of a norm while a black person doing so would be looked at as or unable to handle their life for using professional treatment.

However, she does agree that everyone needs help and does not recommend anyone try to get through hardship totally alone.

"If we don't reach out for help that hole doesn't go anywhere," Gardner said.

"First, come to absolute truth with yourself. When you discover (the issue) in your own soul, then reach out to friends. You learn through your physical body that there are indicators saying: 'I can't do this on my own. You have to break those barriers to seek help."

She compared coping with loss to a time capsule.

"You have to release a little at a time because if it all comes out at once. I can honestly tell people now after 25 years, 'hang on, it too shall pass,'" she said.

Some black people are afraid to go to a therapist, particularly a white therapist, because they fear they may be assessed more critically. Lack of cultural competency leaves room for discrimination between white therapists and black patients.

According to the U.S. Department of Health and Human Services' Office of Minority Health, cultural competency influences most therapist-patient relationships and interactions. "Cultural competence is a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals that enables effective work in cross-cultural situations," according to the Office's website. The organization has also found that cultural competency is a main ingredient in leveling racial disparities, which would close the health care gap. Practitioners should provide service that is respectful of the patients' beliefs regarding physical and mental health and their treatment.

Mia Smith, graduate student in marriage and family therapy at Mount Saint Mary's University, said she thinks the dynamic between therapists and clients of different races can breed awkwardness in their interactions.

"That person (the client) is the expert on their life," Smith said. "A therapist is there to guide the person in developing coping skills they have never had."

Smith, a La Verne alumna, said a method to avoid giving clients personal advice is to ask them what they have done in the past to cope, and then allow them to pick their own ways that best help them.

She said next semester, as part of her graduate training, she has to meet with a therapist regularly. She plans to choose a black woman therapist, who she feels would understand her best.

A difference that may cause conflict are wellness belief systems. Different cultures have varied perceptions of disease and illness and their causes, which creates an awkward barrier between the patient and health care provider.

Historically, because of slavery, most black people are Christians, which gives them views on healing that do not always incorporate physical treatment. Most black people have heard, "just pray about it" from an elder at least once in their life. This phrase has hurt so many black people over the years because of the fear to talk to their own families about their feelings.

"We didn't address mental health because we really didn't have a good understanding," said Jeffrey Lewis, superintendent and pastor of New Antioch Church of God in Christ in South Los Angeles. "We had a lack of resources. Many times, the church is guilty of this, when we don't understand something (we) attack it."

He added that people tend to villainize whatever seems abnormal instead of facing it.

"Historically, black people have called mental health issues 'demons'," he said.

"In the '20s, '30s and '40s, when other nationalities (or races) were graduating from high school and going to college, and were getting a better understanding of the physical side of an individual, we (black people) as a race of people didn't have that advantage," Lewis said.

"While others were about to spot mental health (issues) and call it what it is and get help, we just prayed about it, called it a demon and in many cases we just overlooked it. We would know that our children were struggling but we didn't have the resources and didn't know what it was or what to do, so all we relied on was prayer."

He said there was a shift that started in the 1960s and 1970s when black people became more educated and started calling mental illness what it truly is.

"It was a stigma until recently for a Christian to even go to a psychologist," Lewis said. "I remember the day when preachers would get up on Sunday mornings and say, 'Ain't no saint got no business going to a psychologist'."

He said many churches, like West Angeles Church of God in Christ, have mental health centers for their members. He added that pastors can be sued for stepping out of their lane and giving members counsel beyond biblical principles.

"They cannot act as a professional, offering solutions that they are not trained to suggest (and) are (not) viable for every person," Lewis said.

White people forced this religion onto black people many years ago, and now they use it to reinforce black people's fear of admitting to and coping through pain. Our slave mentality has never left. Ingrained so closely in our history, the trauma follows us every day and grows into long-term mental illnesses such as depression and anxiety.

Black students like Smith and Carter who study psychology are the future of breaking this stigma. They can educate their communities and create a better platform for black people to acknowledge, understand and address their mental health.

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Softball team falls short of nationals

Leopards hope for title in 2019

Anthony Carter
Staff Writer

The Leopards won their third straight Southern California Intercollegiate Athletic Conference title this year, finishing up the season with a record of 28-16 and falling short of nationals.

La Verne had an decent start at the beginning of the season versus non-conference play, having a .500 start.

Claremont-Mudd-Scripps was the first conference opponent of the season and the Leopards were looking for a great start toward another title.

"Coming into this season we all knew we had a target on our backs. People were going to come at us with all they had because we were the team to beat," junior second basemen Michelle DeGuzman said.

The Leopards split the first conference doubleheader 1-1.

After first two games, La Verne went on a seven-game winning streak behind great play from freshman pitcher Jiana Rojo.

"I think what kept me so composed was the fact that I never liked to show emotion on the mound and knowing my teammates have my back on the field with their defense and at the plate scoring runs," Rojo said.

Rojo, finished her first collegiate season with 56 strikeouts going 11-7 as a starter.

"Next season I look forward to getting back on the field with my teammates and winning another conference championship as well as winning the tournament," Rojo said.

With such a young team, the Leopards look to return most of their key players.

"I felt like this season we accomplished so much as a team because we are younger. It is exciting to see what next season brings because we have so much room to grow," junior outfielder Sienna Kendricks said.

Four members of the team were voted on to the All-SCIAC team.

Junior outfielder Carly Condon and Rojo were voted onto the first team while senior Elisa Ponce and sophomore Katheryn Navarro made second team.

Condon had a great season, earning first team for the second straight year. She finished the season with 41 hits, 26 runs and 19 RBIs, leading the team in all three categories and started all 44 games.

Heading late into post season play, sophomore Justice Borden was named SCIAC Athlete of the Week having after a big game in the final innings against Whittier and Redlands.

"When needs a rise within our team I make sure to help out any possible way I can whether it be taking a pitch to the elbow to get on base, dropping a sacrifice bunt to move a runner into scoring position or coming in clutch with a hit to score some runs," Borden said.

Borden finished that week with three RBIs, four hits and six runs, helping her team advance to the SCIAC Postseason Tournament.

The Leopards dropped the first game of the tournament to CMS 2-0.

The next game, in which they would face Whittier, was a elimination game for them.

La Verne beat Whittier in a close 3-2 game.

The Leopards had to go through Pomona-Pitzer to make it to the championship game where CMS awaited them.

The Leopards beat Pomona-Pitzer, 4-1, to reach the final. La Verne fought hard but lost to CMS in the championship game, 2-0.

"I am very proud to be a three peat champion and to be a part of this team. It is definitely a blessing and it pushes us to be better every year," sophomore shortstop Shelby Tevis said.

La Verne looks to go for another conference title next year as well as advancing to nationals.

"We definitely are going for a four-peat next year but we just have to take it one game at a time, play hard as a team and leave it all on the field," Tevis said.

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> 'Next season I look forward to getting back on the field with my teammates and winning another conference championship as well as winning the tournament.'
> *—Jiana Rojo, freshman pitcher*

La Verne baseball scores with strong season

Vanessa Martinez
Staff Writer

The La Verne baseball team had a successful season, with an overall record 29-14 and earned its 21st Southern California Intercollegiate Athletic Conference title and first since 2012.

After defeating Whittier in the final series of the year, the Leopards earned a tie for the SCIAC championship with Redlands.

The Leopards beat the Bulldogs two out of three games during this season, which earned La Verne earned the No. 1 seed and hosted the SCIAC Postseason Tournament.

After winning the opening game of the tournament 24-14 the Leopards went on to lose the next two games against Redlands and Chapman, both 10-3, and were eliminated from the tournament.

We won a really tough conference this year, and I am really proud of that," head coach Scott Winterburn said.

"Our conference did good job against outside opponents this year," he said.

He said he was disappointed that the team lost in the conference tournament but overall felt that the season was successful and the team worked hard.

"It was amazing, probably the best feeling I've had in the last four years," senior first baseman Nick Michaels said.

"As a senior and a leader I was so proud of the guys for fighting every second and earning that championship like men," Michaels said.

The Leopards landed six players on the All-SCIAC teams and Winterburn and his assistant coaches earned SCIAC coaching staff of the year during as well.

Michaels, graduate student designated hitter Jakob Thomas, junior right fielder Chris Peres and junior left fielder Christopher Ligot earned first team honors.

Sophomore catcher Adam Santa Cruz and junior center fielder Brandon Vogel were named to the second team.

"It was a really good year and we won the conference championships in a year where our conferences was rated in the top one or two in the country," Winterburn said.

The Leopards were 29-14 overall and 19-5 in conference play.

La Verne was led by a strong offense that scored eight runs per game. Michaels and Thomas were a big part of the team's offensive success.

Michaels batted .362 with five home runs and 51 runs batted in, which was tops on the team, while Thomas batted .366 with five home runs and 37 runs batted in.

Although the season ended without a bid to the NCAA tournament, the team was proud of what it accomplished.

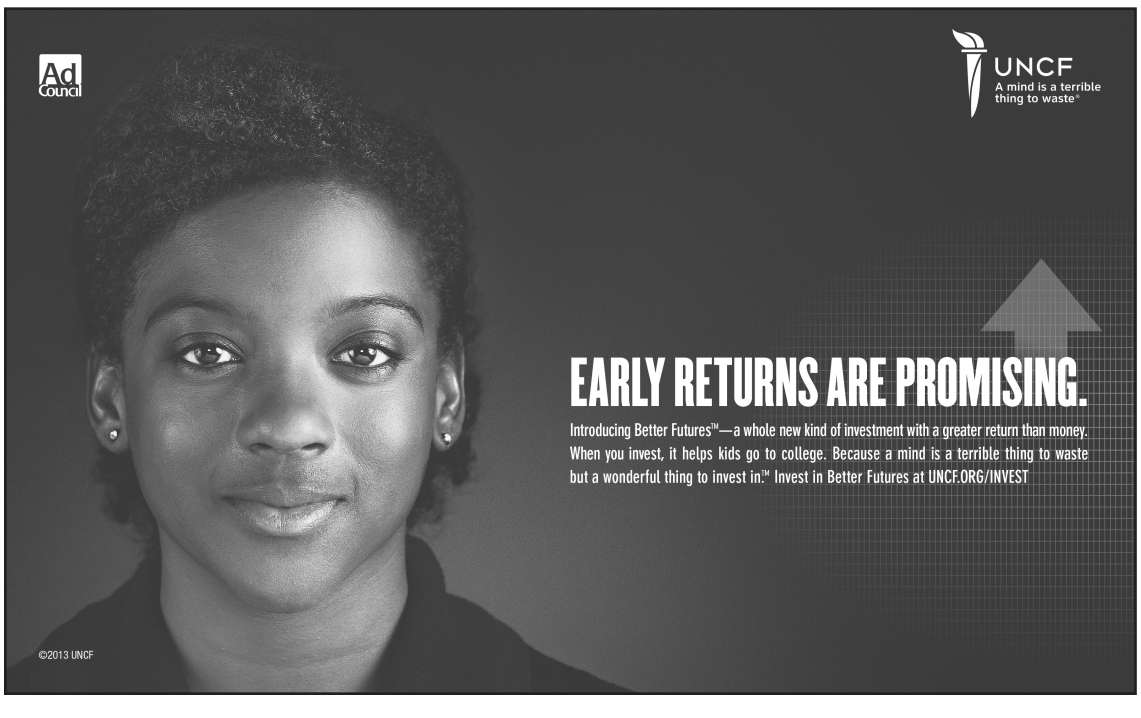
Thomas was named top the American Baseball Coaches Association/Rawlings NCAA Division All-West Region First Team.

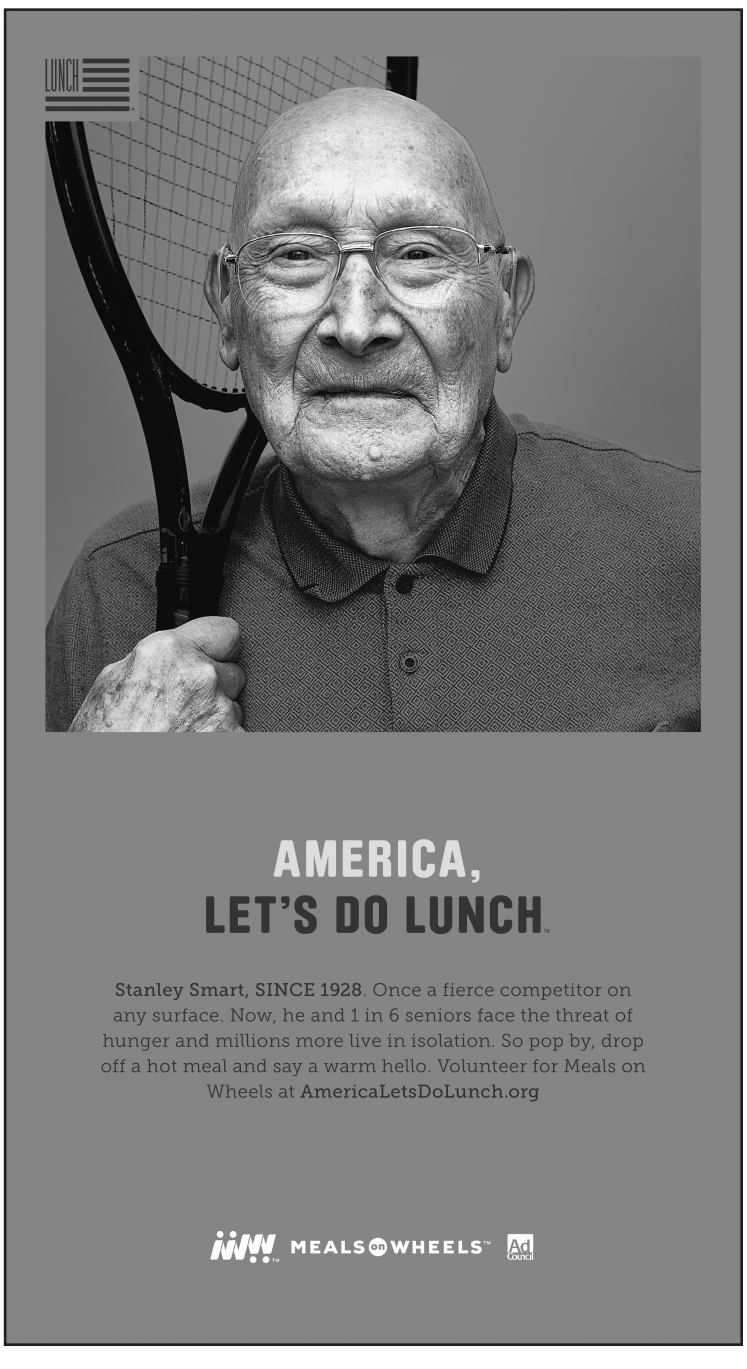
Thomas earned All-Region honors for the third straight season and first team honors for the second time.

Michaels was named to the second team, and Santa Cruz and Peres were both named to the third team.

"The team had a good group of guys. We got along well, and we never stopped fighting no matter what the score was," Michaels said. "The season was special and it was a lot of fun for us."

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The Battle Over Youth Football

Parents, coaches and lawmakers struggle for a game plan on child safety

Mark Acosta
Sports Editor

On a warm September Saturday morning Vincent Carrillo, 10, suited up for the Charter Oak Chargers in Covina for his game against the Montebello Indians.

In the second quarter Carrillo stripped Montebello's running back near the goal line and took the ball the other way, looking to score. As he ran toward the end zone, one of Montebello's players tackled him from behind.

The athletic director and a medic took Carrillo to the sideline and started asking him questions. Carrillo said he felt light-headed. Even though he had no visible head impact on the play, as he was tackled from behind, the athletic director and medic took him out for the rest of the game.

With head and brain injuries in football, protecting kids from themselves and their parents has gone from a priority to a necessity as four states, including California, have proposed laws that would eliminate youth tackle football until high school.

Vincent's father, Azusa resident Steven Carrillo, 30, first introduced his son to tackle football at age 5, the youngest age a child can start playing tackle for the Charter Oak Youth football league. Steven Carrillo played football his whole childhood, from age 6 to 18.

He said his love of the game is what made him put his son in football at such a young age, and that he is not concerned about him getting head injuries while playing.

"I don't worry about that," Steven Carrillo said. "Once you start thinking like that, chances are you will get hurt. That's how I was brought up around the game."

Steven Carrillo, who is one of the coaches on his son's team, thinks the new coaching methods and other changes introduced by Heads Up, a program developed by USA Football and funded in part by the NFL, to make the game safer at all levels from youth to high school have made the game safer for not only his son, but for kids everywhere.

During practice if the coaches see a kid using bad tackling technique – such as putting his head down, which increases the chances of head and neck injuries – they will stop practice and bring the whole team together to explain what happened during the play and correct it immediately.

Looking at what you are tackling minimizes the risk of a head injury by protecting the top of the head. Other changes include cutting the amount of practices to three per week and only allowing 40 minutes of contact per practice. Tackling and blocking can only be done from within three yards when it is head-on, where traditionally such drills were done from a greater distance and players were going at higher speeds.

Also, referees can flag a child for a helmet-to-helmet hit. This kind of tackled was encouraged many years ago, and now it is illegal and can result in a penalty and ejection from a game.

"Football is safer now than when I played, 100 percent." Steven Carrillo said. "If a kid goes helmet to helmet they will flag them in the game where before that was OK."

Vincent Carrillo says he is not scared of playing football even though he has seen some of his teammates deal with serious head injuries. One of his teammates suffered a concussion in a game and was not allowed back for the entire season. His teammate was also not allowed to play any kind of organized sport or have much physical activity for the next six months as he recovered. Vincent echoed the same message as his father in that if you play scared you will get hurt.

"The coaches tell us to keep our head up, and go through the waist," Vincent Carrillo said. "They stop practice and we talk about it if we don't."

The 2015 movie "Concussion" showed the discovery of chronic traumatic encephalopathy, or CTE, and its connection to football.

The fact-based movie shed light on the reality of the risks with playing the sport over time.

Dr. Bennet Omalu, played by Will Smith, studied the brains of former NFL players and found clumps of tau proteins in these brains that lead to impaired function. The movie has been associated with the drop in participation at the youth level. Dr. Omalu, who named CTE, has said that allowing kids under 18 to play football is, by definition, child abuse.

Several state legislatures have proposed laws eliminating tackle football for kids younger than 12 because of recent research on CTE and concussions. No states have passed these laws to date in part because of push back by parents.

The NFL has injected money into youth football programs to try to make them safer, but still ensuring children continue to remain interested in and continue to play.

Football is still popular, and despite the research, parents are still signing their kids up.

"If you take (youth) football away, you're losing an opportunity to prepare them at a younger age to be safer down the road," La Verne head football coach Chris Krich said.

California was the fifth state to propose legislation to eliminate tackle football for young kids, joining Maryland, Illinois, New Jersey and New York. Though none of the states have passed any laws yet, there are a growing number of people, including former NFL players, who agree that it is too dangerous for children to play tackle football at such a young age.

The proposed bills are similar: they aim to eliminate tackle football because of the potential risks for head injuries and also long-term brain injuries such as CTE.

California's proposed bill, which would have prohibited tackle football until age 14, was recently rejected by state legislators even despite recent research finding that even smaller head traumas can lead to CTE.

Boston University released a long-term study in 2017 that found it is not only concussions, but also repeated smaller impacts to the head over time, that are linked to CTE. One of the problems with CTE studies is that the condition can only be diagnosed after death.

In another study published by the Journal of the American Medical Association, 202 football players brain's of all levels from youth football to semi-professional to the NFL were examined, of those 202 brains, 177, about 88 percent had CTE.

Participation in tackle football has been on the decline. In 2009 there were 3.96 million children playing football ages 6 to 17 by 2015, that number fell by more than 20 percent to 3.21 million, according to statistics from the Sport & Fitness Industry Association.

Nevertheless, USA Football reported a small increase in youth tackle football participation in 2015, but the sport is at a crossroads because of mounting medical research published in recent years.

Football organizations have tried to counter this with newer coaching methods such as by putting limitations of the amount of practice time and contact time during practice, while educating coaches on concussion and head injuries. Concussion training and equipment have also been introduced to help reduce the risks; it even with these advancements may not be enough to save the game at the youth level.

Although all levels of football have made attempts to get safer, there is no guarantee that those changes can take away the health risks associated with the sport. There is contact in football on every play and it is the repeated collisions over time that can lead to CTE down the line for children who start playing football at an early age.

Heads Up football is in all 50 states and youth football leagues that use Heads Up football saw a 63 percent decline across all injuries during practice, according to USA Football in a study published in the Orthopedic Journal of Sports Medicine.

Before Heads Up was launched, coaches did not have to do any formal training before stepping onto the field. Now, every coach must take courses online before they can participate. They learn both the fundamentals of the game, which include tackling and how to spot and handle concussions, as well as athlete preparedness, such as hydration and how weather conditions affect players during practice and game situations.

> 'If you take (youth) football away, you're losing an opportunity to prepare them at a younger age to be safer down the road.'
> *—La Verne head football coach Chris Krich*

Some of the new implementations that have come into youth football come from the coaching side. As part of the Heads Up program, kids are now taught how to tackle without using their helmets and focusing on leading with their shoulder and keeping their head up so they can see what they are tackling.

"I think the level of coaching has gotten better," Krich said. "You see a lot of positive aspects, but it all comes down to coaches having to implement that every day. It must be transferred from the certification to the field."

As a coach and former player, Krich does not want to see youth tackle football eliminated, he said that the contact is what drew him to the game and so many that play football love the contact aspect. But he said he understands the reason to curb tackling.

Krich believes eliminating youth tackle football is going too far right now. He said he would like to see further research before any talk of eliminating the sport.

Krich also added that it can have an effect on the number of children that go on to play in high school and that can have an effect on the collegiate game. Noting that even fewer may play if this law were to pass as numbers are already down.

"If you're a small college coach like us there is a little bit of a worry because there may be less people playing, but time will tell," Krich said. He also went on to say that he would allow his son to play tackle football if and when he wants to, but would not force it upon him.

"We are finding ways of making the sport safer," he said. "I am glad we are taking precautions and talking about it. The biggest difference now versus when I played is that people are aware and communicating about it."

La Verne junior quarterback Joshua Evans agrees that eliminating youth tackle football would be a mistake. Evans began playing tackle football at 10 and has had concussions, but continued to play collegiately. He says that too can help keep children out of trouble and that starting later on in high school would be a disadvantage to a lot of potential players.

"I think kids will get hurt by starting later," Evans said. "If you start younger you will already have the knowledge of how to tackle."

The Boston University CTE study studied the brains of young athletes, ages 17 to 19.

One of the subjects was a 17-year-old boy who played football, basketball, baseball and lifted weights. In his lifetime, he had sustained 10 concussions, and not all of them were by playing sports. The last one he got was while he was snowboarding, and he lost consciousness for two minutes.

A little over four months after that concussion, the boy hung himself in his room. His parents noticed an increase in hostility, mental fogginess and frustration before he took his life. He did not have a history of depression, anxiety or suicidal attempts. But he was diagnosed with post-concussive syndrome, in which a person experiences concussion-like symptoms for longer than the average recovery time of two weeks. Some may experience these symptoms for months or even up to a year or more.

"You can find other things and sports to play that give you the discipline that football gives," Chino resident Sabrina Carrillo, 42, said. "Playing football is not worth the risk."

She has three boys – Christian, 17, Zachary, 10, and Lincoln, 6. None of them have played tackle football because she does not think the risks associated with the game are worth it for her kids.

They play other sports such as baseball and basketball. While injury is possible in any sport, she said the constant hitting of heads and possibility of long-term head injury made the decision easy to put them in sports like baseball and basketball versus football.

"I like playing football because it pushes you and teaches you hard work pays off," Vincent Carrillo said. "I like the contact and I don't think about getting hurt."

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Golfers earn national title berth

Mark Acosta
Sports Editor

The men's golf team ended its season with multiple strong performances, earning a trip to the NCAA Division III Championships May 15-18 in Greensboro, North Carolina.

La Verne was one of nine at-large teams that made it to the championships, and it was the team's first trip since 2015.

"We had a great unit of 12 men all lifting the team," head coach Eric Riehle said. "It was the culmination of a year's work with the team and individual growth."

Freshman Pitiluk Phanomchai led La Verne on the first day of competition, posting a 72. Junior Conner Davis sat two strokes behind Phanomchai. Junior Hisham Hussein opened the tournament with 80, senior Aaron DiGiamarino with 82 and sophomore Henrik Skogseth shot an 85.

"I think with our team we are trying to compete against each other Hussein said. "We really push each other to play better."

Although La Verne did not advance to the final two rounds of the tournament as a team, Davis shot up the leader board and qualified to compete as an individual.

The junior business administration major moved up 25 spots and shot a 70, his best round of the season, on day two. Davis finished the second day of the competition in 12th place.

He fell to 15th place after day three, with a round of 74.

On the final day of the tournament, Davis was on his game once again, shooting a 71 that vaulted him into a three-way tie for seventh place.

Riehle said that Davis is the best on the team at focusing and doing everything well with "the head." He also said this was an advantage for a golfer playing on an unfamiliar course, rather than concentrating on technique.

"I loved being out there with my team and competing to win a national title," Davis said. "We now know what it will take next year."

Hussein said since Davis was the only one on the team to advance, they could not stay and watch him in person, but they were keeping track and watching him through an app.

"Overall we achieved a lofty goal of getting this group back to the NCAAs," Riehle said. "I'm impressed with the collective accomplishments."

Next year, the team will largely stay intact. DiGiamarino is the only player who will be lost to graduation.

The team looks strong for next season with three All-Southern California Intercollegiate Athletic Conference performers coming back – Hussein and Phanomchai, who were named first team All-SCIAC, and Davis, who was named second team.

Hussein collected several awards during the season, including Lee Fulmer SCIAC Athlete of the Year, Academic All-American and being named to the Division III PING All-West Region Team.

The junior from San Dimas has been playing golf for six years and credits his hitting coach George Gankas for helping him improve his game.

"He helped minimize my misses and that helped me shoot lower scores," Hussein said. "I'm pleased with my play this season. I have had a couple good tournaments, and of course some bad ones, but that's golf."

Riehle said that even though the team will have several good players coming back, there are no expectations set out for the team, but there is a good chance they will continue to have success on the course.

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Sara Flores

Hisham Hussein, junior business administration major, was named Lee Fulmer SCIAC Athlete of the Year, First-Team All-SCIAC and an Academic All-American. Hussein, who has been playing golf for six years, grew up in San Dimas and attended San Dimas High School before coming to La Verne. The men's golf team finished second in the SCIAC conference.

Ambat, Lee Kim represent La Verne at nationals

Vanessa Martinez
Staff Writer

Catalina Lee Kim and Kyle Ambat will represent the University of La Verne track and field teams at the NCAA Division III Outdoor Track and Field Championships hosted by the University of Wisconsin-La Crosse.

The Championships started Thursday and run through Saturday.

Ambat, junior computer science and computer engineering major, punched his ticket in the men's long jump by setting personal records in the last two meets.

At the Azusa Pacific Twilight Duals May 11, he jumped 22 feet 10 inches. The next week at the Redlands Last Qualifier Meet, Ambat demolished his personal record by more than 10 inches, leaping 23 feet 8 inches.

Ambat accomplished this jump on his final attempt of the night and it was good enough to earn him the 20th spot nationally, which is the last spot that is invited for the long jump.

"I'm really excited because I qualified on my last jump and I snuck in their with a 20th spot," he said.

Ambat finished 15th in the Championships long jump finals Thursday morning, jumping 23 feet 1.25 inches.

He said he prepared himself to go to the Championships with a lot more focus and intensity.

"It all starts off with creating a base, so you can handle the hard obstacles throughout the season," Ambat said.

He said that the team started lifting weights and conditioning in the early weeks of July and that has made a big difference for him and staying healthy.

"From there it's just a matter of practicing with the same intensity that you would have at meets," Ambat said. "You're practicing on how you should be competing at meets."

Lee Kim, recently named La Verne's Jesse Iles Scafani Female Athlete of the Year, will compete at the Championships for the second year in a row.

Lee Kim qualified in the women's 100 meter hurdles. She came into this year season with the record time of 14.74, then broke record again at the SCIAC Championships with 14.34. She heads into the event ranked 11th nationally.

"I feel a lot more determined in going to the Championships," Lee Kim said.

She said she is striving to win first place.

"But becoming an All-American, which is the top eight, is also fine with me," Lee Kim said.

Preliminaries for the women's 100 meter hurdles will begin at 11:30 a.m. PDT Friday and the finals will start at 11 a.m. PDT Saturday.

Live updates can be found at **ncaa.com/championships**.

Lee Kim and Ambat were also honored Monday by the U.S. Track & Field and Cross Country Coaches Association. Both earned All-Region honors, joining five other Leopards who were recognized.

Ambat made the list twice. He ranked first in the men's long jump with his 23 feet 8 inches and also ranked third in the men's triple jump with a mark of 46 feet 7.5 inches.

Lee Kim also made the list twice, ranking second in the women's 100 meter hurdles with a time of 14.34 and third in the women's triple jump at 36 feet 7.25 inches.

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