Campus Times

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Sage ceremony



Jaren Cyrus

Trevor Thomson, member of the Karuk tribe, leads a sage burning ceremony Monday at Citrus Lawn before Xiuhtezcatl Martinez's lecture. The Robert and Mary Neher Global Sustainability Lecture was hosted by the Sustainable Campus Consortium.

Meeting considers gun laws

Alondra Campos
Staff Writer

State Sen. Anthony Portantino, D-La Cañada Flintridge, and advocates for gun control spoke on the existing gun laws in California and addressed current gun violence issues during an open event at Pomona College Sunday, co-hosted by the local League of Women Voters-Mount Baldy chapter and the Pomona College Politics Department.

Along with Portantino, the panel included Ruth Kennedy-Mountjoy, the legislative lead for the San Fernando group of Moms Demand Action for Gun Sense in America; Loren Lieb the founding member and co-president of the San Fernando Valley Chapter of the Brady Campaign to Prevent Gun Violence; and Stephen Lindley, the program manager in Los Angeles for the Brady Campaign to prevent Gun Violence.

Amanda Hollis-Brusky, co-chair of social policy of the League of Women Voters and associate professor of politics at Pomona College, served as the official host.

"We want the audience to know the perspectives of our state senators and activists and share their ideas and thoughts on gun legislation and gun violence with them," Hollis-Brusky said at the start of the event, adding that she wanted the event to be a conversation versus a lecture.

The discussion addressed past improvements, current in-development legislation and potential improvements for the future.

Lindley said that California's stringent process for obtaining a gun distinguishes the state in this area.

"California has a very comprehensive background check system with little to no loopholes," Lindley said. "And starting July we are going to start having background checks on ammunition purchases."

Lindley added that virtually any gun exchange in California requires a background, lasting up to 10 days, even if it is from parent to child.

In addition, California is the only place in the world that has a system that can identify somebody who has illegally purchased a firearm and makes that information available for local law enforcement agencies. State Justice Department agents then go out and collect those illegally purchased firearms.

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Market gets sustainable makeover

'Wholesale' organic fruit featured

Joey Matsuzawa
Sports Editor

Every Saturday the city of Pomona hosts its weekly farmers market on the corner of Pearl Street and Garey Avenue.

The market, in a parking lot just off the main drag, is filled with vendors ranging from your typical fruits and vegetables to micro-greens and tamales.

However, the market has not always had the luxury of having so many vendors. Early last year with few vendors and low turnouts, the market was all but dead.

Elinor Crescenzi, co-manager of the market, found flaws in the business structure and decided something needed to be done.

"We looked at the market and saw there weren't many vendors," Crescenzi said. "There wasn't much high quality organic produce at the market and we had to acknowledge that the mechanisms of capitalism don't work to bring high quality foods into low-income areas."

Crescenzi reached out to the most sustainable farms in the area, such as Amy's Farm in Ontario, to see if they would help provide their produce to a lower income area at a more sustainable price. To accomplish this, Crescenzi goes to the farms herself the day of the market to pick up the produce, eliminating transportation costs.

Next she enlists the help of local volunteers who are willing to help sell, eliminating labor costs.

Crescenzi also organizes food security baskets that are filled with leftover produce from the day to be given to those in need, minimizing waste.

Crescenzi eliminates the middle-man from their structure, which in turn allows them to sell the produce for a much lower price.

"With the transportation cost, labor cost and the loss cost minimized for the farmer, the farmer is able to sell directly to the public at what would be their wholesale cost," Crescenzi said.

They call this business structure "the wholesale model." The market also offers what is called a market-match subsidy, accepting EBT or food stamps at twice the value – meaning if you had $10 in EBT, you would be able to spend $20 at the market.

"With that model, we're developing something that meets the state agricultural department regulations where there is an authorized vendor selling on (the farmers') behalf and we make it possible for food to be inside the community at an affordable price," Crescenzi said.

Since the market revamped its system in June 2018, Crescenzi says it has grown and added other features, such as live music.

"The size of the market has tripled in terms of the amount of farm vendors and community activities – there weren't any community activities before, now there's free community coffee, lending libraries and we're also collaborating with the dA (Center for Arts)," Crescenzi said.

Some of the vendors appreciate the new-and-improved market.

"Since last year, I feel that we've been getting more people even throughout the winter, so I think word's getting around little by little, and I think the re-grand opening that they did really helped us get some publicity," said Esteban Aldana, a tamale vendor representing Me Gusta Tamales.

In buying from a local farmers market, there is a much greater sense of accountability – something that is often lost in larger commercial grocery stores.

A 2017 study by the California Department of Pesticide Regulation found that four percent of produce sold in grocery stores is contaminated with an illegal amount of pesticides.

In addition to the pesticides, many grocery stores also use a wax coating on their fruits to make them look more presentable.

"This fruit (at the market) is free of pesticides," fruit vendor Roberto Segura said. "At stores they use a lot of pesticides and wax – these ones are clean, no wax, no nothing. It's natural."

The market's coffee booth volunteers, Will Floyd and Marco Regau, have both been with the market since it reopened in 2018 and say that the market provides a much better experi-

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Gun laws...

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Portantino discussed new state gun legislation and the difference it will make for California.

"This legislation is also known as common sense legislation because you shouldn't have assault rifles and you shouldn't just be able to walk in a store and buy a gun without a background check," Portantino said.

Mass school shootings, such as those at Stoneman Douglas, Santa Fe, Sandy Hook, and Columbine were all done by people under 21 with long guns, Portantino said. In the past, under California law, you had to be 21 to purchase most guns but 18 to purchase a long gun. The age limit changed to 21 for all gun purchases after former Gov. Jerry Brown signed a bill in 2018.

"Now many people ask themselves 'Why?' What is the purpose or need for a universal age limit in California? Well, I will say it again. The mass shootings at Stoneman Douglas, Santa Fe High School, Sandy Hook and Columbine along with many others. They were all perpetuated by teenagers with long guns. I don't want to see another name on that list," Portantino said.

Although there have been many improvements in regards to gun legislation and gun violence in California, the panelists all concurred that there still needs more to be done.

Kennedy-Mountjoy said that the funding for gun legislation is limited in California and needs to be upgraded.

"Our intervention and prevention programs work very well in reducing city gun violence. But as of now, we only fund them at 23 cents per capita, which is very low compared to other states like New York, who funds at $1 per capita," Kennedy-Mountjoy said.

Kennedy-Mountjoy said she will be advocating to increase the funds for these programs by $30 million per year at Sacramento next week.

"In addition to the funding there are several bills in Sacramento right now that can close the gaps we find in other pieces of legislation which can also serve as improvements to the Red Flag law," Kennedy-Mountjoy said.

A public health and medical expert involvement was also tied to gun legislation during the event and addressed by the panelists, especially Lieb who has used her epidemiologist background to analyze the health issue in gun violence.

> 'There is always oversight on nitty gritty things for children, such as the choking hazard of drawstrings on a sweatshirt, but not enough oversight on firearms. The leading cause of deaths for black children are guns and the second leading cause of death for all children are guns.'
> *—Loren Lieb, San Fernando Valley chapter of the Brady Campaign to Prevent Gun Violence*

"The physical and emotional trauma caused by gun violence ripples through a community and is absolutely a public health issue," Lieb said.

The key of public health is preventing illnesses or injuries, not reacting to them after they have occurred, Lieb said. The concept of public health is founded in the principles of social justice and everyone deserves to have a life free from injury or illness.

"It is totally appropriate for a physician to talk to a parent about whether they have guns in the household near a child or if there is an older person, with perhaps an illness, and recommends to remove the guns from the household," Lieb said. "Since a physician is your one on one contact for your health questions, they should definitely be involved."

Lieb compared a public health approach to gun legislation to auto safety. There have been tremendous strides in car safety and the number of people who have been killed in car accidents have decreased dramatically in the U.S. over the past several decades, Lieb said.

This decrease is due to the research that has gone into car safety and the comprehensive approach to figuring out which drivers are the most dangerous and when would we need to remove people's licenses.

"The Center for Diseases Control addresses issues such as the flu epidemic but does not address the public health issue of gun violence because there have been restrictions on firearms research and legislation since the 1990s," Lieb said.

In addition to the lack of medical research, a lack of oversight is also another factor that can be drastically improved, Lieb said.

"There is always oversight on nitty gritty things for children, such as the choking hazard of drawstrings on a sweatshirt, but not enough oversight on firearms," Lieb said. "The leading cause of deaths for black children are guns and the second leading cause of death for all children are guns."

Portaniuno agreed with Lieb on both of these issues and said this imposes a barrier on the future of gun legislation.

"Every day 96 people die from gun violence and of those 96, 59 die of suicide from gun violence," Portantino said. "We are prohibiting valuable data from offering help to these people and it is not right. And to make it worse, the federal government is not allowed to research this issue."

Much of the dilemma with this issue comes from gun storage, Lindley said.

"We have to make sure that every individual who has a firearm stores it properly. It must be stored with a lock and contain no ammunition. The ammunition must also be stored separately with a lock as well," Lindley said.

Bill McGuire, an Army veteran, attended the event and said that although the safety precautions mentioned were important, they can impose a tremendous weight on law-abiding citizens.

"I have a friend who has no criminal history and has been wanting to purchase a gun for almost two years now, but just hasn't been approved," McGuire said. "For citizens who follow the law and respect others, like myself, it does not make sense to go through so much just to protect my family."

McGuire said that gun violence has to do more with the lack of education for the use of firearms than the actual firearms themselves.

"I own a gun and my daughter knows that I own a gun," McGuire said. "I educate my children about the dangers of firearms if they aren't used properly and teach them how to use a firearm, but at the end of the day, I'm the one who has the key to the lock, not them."

If more initiative went into training buyers in how to use a weapon then that could change some things, McGuire said.

Hollis-Brusky and the panelists closed the event with some advice for the audience on how to become involved in advocating for gun legislation.

"We have to be sure we are voting for candidates in government who support common sense legislation or we will be stuck in this phase forever," Lieb said.

"We can never think we have to make a big difference," Portantino said. "We just want to make a difference."

This event was the second part of a three-part series that began in fall of 2018 with the first event being about gun trafficking.

The third part of this series will take place during the summer and will deal with personal stories from gun violence survivors.

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Market...

Continued from page 1

ence than your typical grocery store.

"You're getting much better food that's local, and you're getting it at a really discounted price," Floyd said.

"We're building a relaxed community where people can talk about things, have a cup of coffee or eat," Regau said.

University of La Verne junior criminology major Samantha Huerta, who left the market with several grapefruits, strawberries and a loaf of bread, says she enjoyed the market for its affordable prices and communal atmosphere.

"I feel like the prices were really good for the quality of the produce," Huerta said. "It builds a real sense of community where you can sit down and have a cup of coffee with people from that community; you're not just going to the grocery store where you don't know where the produce is coming from."

With society's ever growing interest in health and fitness, more people are wanting to buy organic produce and in turn visit these farmers markets.

"I find working in farmers markets, it's a very different culture. People are interested in preparing food, they're talking about what they're doing, they're wanting to learn more about being healthy and they're sharing that with their friends and family," Crescenzi said. "They're kind of using the farmers market as support for that change."

The market is open from 8 a.m. to noon every Saturday, rain or shine.

"I'm really excited about this model becoming one that is able to be used other places for disadvantaged communities," Crescenzi said. "To my mind, it's a very serious environmental justice problem that lower income communities don't have access to healthy food."

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It's Not Your Fault.

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National Sexual Assault Hotline

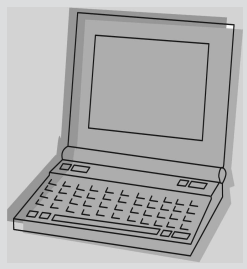
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Ruiz gives communication advice

Natalie Gutiérrez
Staff Writer



Ariel Torres

Robert Ruiz, speech communications instructor and debate adviser, discusses "Leading with Effective Communication" March 7 in the Executive Dining Room. He gave students advice to help them communicate more effectively with their clubs and organizations.

Students gathered in the Executive Dining Room March 7 as Director of Forensics Robert Ruiz shared advice about communication within clubs and organizations.

During the lecture, he stressed two themes.

First, organizations should let members come up with ideas individually before convening together. And secondly, organization leaders should listen to their members rather than make assumptions about what they want.

"Listening is the most important part of communication," Ruiz said.

Ruiz also stressed the importance of two-way communication in all organizational settings.

"Sometimes we think that because things are in chaos and people aren't getting along and we're struggling in existing as an organization, that things are bad," Ruiz said. "No. That's good. That's really, really good."

Ruiz said that every organization should ask itself what it can do for its field, its members and the community at large.

After the club members considered and answered these questions, they reflected on their organizations' goals and purposes.

Adam Pepper, secretary of the choir organization and vice president of the debate team, said he attended Ruiz's lecture to gain a new perspective on leadership in his organizations.

"The biggest thing to consider is assessing and listening. Clubs oftentimes get carried away and forget to take a step back and critique themselves," Pepper said.

Zoe Meshenberg, Alpha Omicron Pi vice president of chapter development, also attended Ruiz's lecture.

"Ruiz talked about the importance of revisiting and making sure you are reviewing things," she said.

Meshenberg said she thought this piece of advice should be common sense for most club leaders.

"One thing for clubs in general that I would advise is to make sure everybody gets a chance to be involved," Meshenberg said. "That's when your club can really excel."

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STOP HATE CRIMES ON CAMPUS

IF YOU SEE (OR KNOW) SOMETHING, SAY SOMETHING

If you have any information regarding any hate crimes on campus, here is how to say something:

1. Contact campus safety at (909) 448-4950 or
La Verne Police Department Detective Haden at (909) 593-2531

2. Provide credible information, even if anonymously

3. Understand we appreciate your courage

If you feel unsafe:

1. Call police at 911 for emergencies

2. Contact campus safety at (909) 448-4950 for escort

3. Facetime friend, turn location on

Great artists can still be bad actors

We as a society need to stop idolizing celebrities regardless of reprehensible off-stage behavior. Otherwise we will be complicit in creating more Michael Jackson scenarios.

The late King of Pop still has ardent fans obtusely rushing to his defense – despite being accused of sexually abusing several young boys on his Neverland property – The allegations of child abuse against Jackson have recently been brought back into the spotlight with the release this month of HBO's "Leaving Neverland."

The film follows the stories of Wade Robson and James Safechuck who claim they were sexually molested by Jackson.

Though the two met Jackson at different times, they share similar stories of Jackson befriending their families, which allowed for Jackson to essentially groom them when they were children.

The film comes at the same time as the Lifetime documentary "Surviving R. Kelly," which details allegations of predatory behavior and pedophilia.

The responses to "Surviving R. Kelly" and "Leaving Neverland" were drastically different. After "Surviving R. Kelly" aired, his record label dissolved ties with the artist, and other artists have publicly apologized for collaborating with him on projects.

Many artists have pulled collaborations with R. Kelly, including Lady Gaga who pulled her song "Do What U Want" from music streaming services.

Even though the allegations against Michael Jackson have been around for years, people are still quick to defend him as a person and an artist. His music still plays on the radio and is still available on music streaming services. Many are quick to judge the people coming forward with their stories, and claim that their allegations are false.

Others abused by Jackson include Gavin Arvizo and Jordy Chandler, who were both targeted by Jackson when they were 13 years old.

While Jackson was found not guilty in People v. Jackson against Arvizo and reached a settlement with Chandler in Jackson v. Chandler in 1994, they were children when they testified, being 13 and 15, respectively.

The verdict gave Jackson's ardent defenders fodder against anyone who tries to discuss his abuse allegations.

Additionally, poor conduct on the part of the prosecutors and the impact of media sensationalism on the trial proceedings cast further doubt on the claims of the victims.

In hindsight, we should have collectively disavowed Jackson while he was still alive. Though it has been almost ten years since his death, and over twenty years since his initial settlement with Chandler, it is not too late to bring his past abuse allegations into the larger discussion of celebrities and sexual abuse.

Hearing allegations against celebrities and high-profile individuals can be hard if they are idolized, but it is important to know that not all of them are the perfect image they portray.

The actions of these esteemed celebrities cannot be ignored because they are famous, and a double standard cannot be applied between two different celebrities who have committed sexual abuse.

Rather than insist that we "separate the art from the artist," or to stop defaming a dead man, we should condemn Jackson as harshly as we are now condemning R. Kelly.



editorial cartoon by Danielle De Luna

Rush job means repeat repairs

Two of the three on-campus dorms have elevators installed, and this semester alone, elevators in Vista La Verne and Citrus Hall have broken down three times.

At least one of three elevators in Citrus Hall seem to be in a state of continuous disrepair. The second elevator was shut down Feb. 21, and the third elevator shut down the same day.

After going back into operation, the third elevator was shut down for the following weekend – from Feb. 22-24.

On March 1, both the first and third elevators were in a state of disrepair, leaving only one elevator to accommodate roughly 400 students.

The case of Citrus Hall is clearly the result of a rush job. Just under construction last year, Citrus Hall was completed August 2018 to accommodate the students who would have been housed in the now-nonexistent Studebaker-Hanawalt and Brandt Hall.

For the elevators to go under repair, this frequently suggests poor installation after the building was finished. Additionally, visitors to the Citrus Hall dormitory have complained that, while taking its elevators, they have heard scraping noises from inside – suggesting that something might be wrong with the elevators they are riding.

The elevators in Vista La Verne shut down three times in February alone. On Feb. 8, Vista residents received an email that both elevators would undergo maintenance from Feb. 11-15.

Typically, only one elevator would be shut down at a time, but on Feb. 14 both elevators had been shut down because the north elevator needed replacement parts.

The shutdown of both elevators required Vista residents to use the staircases – a struggle for students with physical disabilities. Vista Residents received an email on Feb. 15, which said that both elevators would be shut down due to "unexpected maintenance repair delays," and that if anyone cannot use the staircases in Vista, that he or she should contact a resident assistant. What an R.A. can do in such a situation is unclear. In any case, if a student were to use a wheelchair, he or she would have no way to access the upper levels of the Vista dormitory.

On Feb. 26, the south elevator was shut down again for repairs.

The elevators in the Vista La Verne and Citrus Hall dormitories should not be in a routine state of disrepair. While the prompt responses from the University to have the elevators repaired is a good thing, there should have been more work done to make sure that the elevators do not keep breaking.

Vista La Verne only has two elevators; ideally, at least one of them should be kept maintained. As for Citrus Hall, the newest building on campus, the frequency with which the elevators break down is astounding.

LETTERS TO THE EDITOR

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

Letter to the Editor

Dear Editor,

As I taught on the La Verne campus for 21 years and remain a scholarship donor, I am very saddened to see this beautiful campus mired in hate. A recent article in the Wall Street Journal described the leadership philosophy of Sandra Day O'Connor, the first woman appointed to the Supreme Court:

1. Listen
2. Give a little
3. Walk away from stupid fights
4. Decide and be firm.
5. Be grateful and show it.

Source: Thomas, Evan (2019)."Sandra Day O'Connor's Lessons in Leadership." Wall Street Journal, 9-10 March.

Many of our students are and will be leaders, and this wisdom will serve them well. Without understanding and loving each other, growing and learning does not occur. La Verne students can do anything they want and I know they will change the world!

Janis Dietz
Professor of Business Administration Emerita

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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.

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Students practice self care

Jaycie Thierry
Social Media Editor

While it is easy to get caught up in personal responsibilities, including school and work, students agree that taking time for self care is also important.

Many students on campus see self care as a small break in their everyday routines which allows them to catch their breath.

Sophomore English major Lauren Longanecker said that she often finds herself stressed because of her college workload and makes a point of doing things to break her habitual activities.

"I have a facial routine (using) a whole avocado face mask," Longanecker said. She added that she likes to change things up too. "Whether it's grabbing a coffee or a movie night."

Sophomore political science major Hannah Flores said she finds herself searching the web for new clothing items to add to her closet.

"Retail therapy is my best friend," Flores said. "I'm usually shopping online while in bed with a face mask, but when I'm having a really bad day, I call my mom."

For other students at the University of La Verne, self care does not involve face masks or spending money on the latest things.

Gonzalo Rodriguez, freshman business administration major, is not from the La Verne area but has been able to appreciate the new sights where he hangs out with friends.

"We found beautiful places that overlook the city and I have friends who appreciate and notice the smaller things so much more, it's really relaxing," Rodriguez said.

Others turn to tasks that do not require a lot of thought, like television.

"I usually find a television show that doesn't involve much thought so I can play it in the background as white noise, just something so my brain is active," said Brienne Toyoshiba, freshman physics major. "I'll even go off campus and walk around until I find something fun to do."

Although self care looks different for every individual, self care can go beyond just temporarily unplugging from our schedule of tasks and ever-growing to-do lists.

True self care could even be

Continued on page 6

Celebrating Womynhood



Jaysin Brandt

Melissa Moss, far right, leads a non-alcoholic toast to celebrate womanhood and self-care at the "Essence of a Womyn" event hosted by social justice in higher education administration graduate students in the Citrus Hall main lounge March 6.

Tech contributes to poor sleep

Students have no time for napping

Jaycie Thierry
Social Media Editor

Sleep disturbance is all too common for young adults between the ages of 18 and 30, according to 2019 study "Smart Technology and Not So Smart Sleep Quality" by Elmhurt College, Roosevelt University, Eastern Illinois University and Dominican University.

The study found that constant use of technology before sleeping, on top of academic and work stress contribute to sleep disturbances.

Junior education major Daniella Martinez said she knows that it is unhealthy for her to continue going to sleep every night around 1 or 2 a.m., but that it has become a habit.

"It's hard getting a good night's sleep when I'm involved on campus, at work or doing homework," Martinez said. "But it's all worth it, I'm still here."

A common theme among students, like freshman business administration major Donnell Leffridge, is that they will do anything to make the grade.

Between work, school and playing basketball for the University, Leffridge recognizes that the workload he encounters as a college student is significantly different than the workload in high school.

"I don't sleep because I have work and I'm closing around midnight," Leffridge said. "Then do homework until 4 a.m. Thankfully, I use my phone and laptop, and the light keeps me up until (my eyes) finally get tired."

> 'It's hard getting a good night's sleep when I'm involved on campus, at work or doing homework. But it's all worth it, I'm still here.'
> *—Daniella Martinez, junior education major*

Although both students are still standing strong physically and academically, the study reveals that irregularities in sleep has a direct correlation to academic performance, like grade point average, specifically among undergraduate college students.

According to the study, napping has been shown to improve alertness and performance.

The prevalence of napping among college students and the relation to GPA and circadian rhythm type has been identified to be an evening type chronotype.

A person's circadian rhythm is the body's sleep and wake cycle over a 24-hour period.

A person's chronotype is their body's preference of when they get up or go to sleep.

For example, if you are an early bird and prefer to get up early and go to sleep early, then you have a morning chronotype. If you are a night owl and prefer to go to bed late and get up late, you have an evening chronotype.

"I would like to take naps every day of my life, but realistically I get one every week," said Erin Aschoff, senior kinesiology major. "I normally go to sleep at 1 a.m. but I have class at 7, so I'll have to wake up even earlier because I commute."

Ultimately, our sleeping habits and what cause disturbances in these patterns can all affect the quality of our sleep.

The study concludes that understanding specific factors such as school, work, stress and technology use is the first step to how each individual can get good sleep and improve their overall health.

The study recommends limiting technology stimulation several hours before bed and sticking to a particular sleeping schedule to get a good night's sleep.

Head Strength and Conditioning Coach Matt Durant said that there are two things that college students lack; they do not eat enough and do not sleep enough.

"You don't sleep, you don't perform," Durant said. "Your cognitive abilities drop and it throws off all other daily habits and activities."

Durant said that he has seen his own students and athletes be affected by poor sleeping habits.

He said he has observed that students do not pay attention as well as usual and describes their behavior as "zombie-like."

Durant shared that he read a study that shutting off your phone before bed can add an extra hour of sleep, suggesting that finding a sleep routine can retrain the individual on how to fall asleep.

"We're all routine-oriented. If you're exercising, it's an outlet for your energy," Durant said. "Try stretching, meditating and set yourself up to go to bed and ease into sleep."

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Sigma Gamma Rho gains members

Event marks sorority's fourth year

Dominic Honoré
Staff Writer

The Campus Center Ballroom was alive last Thursday as Sigma Gamma Rho sorority hosted its fourth neophyte presentation since being chartered on campus in 2016.

The first historically black sorority on the University's campus welcomed three new women, all of whom are biology majors, into their Tau Nu Chapter.

Freshman Jazzlyn Johnson and sophomores Dallas Hurst and Alexis Epps performed in front of a large crowd, reciting their organization's history as well as "strolling" choreographed dance routines with enthusiasm and pride.

"It feels really good," Johnson said. "I feel accomplished, and I finally get to wear and represent my letters."

All three women expressed their interest in helping Sigma Gamma Rho grow on campus for the future since most of their prophytes, including their dean, senior criminology major Gracyn Brown, and assistant dean, senior business administration major Tyresha Willis, are graduating.

"Like a seed in the ground, a flower is going to grow," Epps said.

The neophytes also hope to change the way organizations like theirs are perceived.

"Since our organization and chapter is the first black organization to be chartered on campus, it makes a difference," Hurst said.

"There are a lot of misconceptions about what Divine Nines do, what historically black fraternities and sororities are, so we have the opportunity to change that perspective, letting people know greater service and greater progress is our main goal while being educated is the first thing we want to accomplish," she said.

Brown voiced great pride in helping these women become new members of the organization in her first term as a dean.

"Aside from bringing in more members, I think that they really have a chance to make a statement," Brown said. "Because they are so young, they have time to learn what this campus needs, especially in our current environment, and provide it."

Many members of Sigma Gamma Rho were on hand to support their new sisters, including current students from other campus chapters on other campuses, as well as many adult members from their graduate chapters.

Other Divine Nine organizations also attended, including the brothers of Iota Phi Theta fraternity.

Based on this show support, all three women felt that it will not be long before a historically black fraternity will charter on campus.

Johnson's father, Richard, president of the far west region for Iota Phi Theta, agreed.

"I think that other Divine Nine organizations can follow suit with them," Richard Johnson said. "The sisters of Sigma Gamma Rho have done an excellent job, a yeoman's job of embodying what the University of La Verne is all about and helping out with the new vision in terms of diversification on that campus."

Richard Johnson offered advice to his daughter as the leader of the new line under Sigma Gamma Rho.

"Tell your story and write your narrative in a positive way so that you are able to teach others but at the same time get involved with other organizations on campus so that you can learn from them as well," Richard Johnson said. "It's a two-way street."

The brothers of Iota Phi Theta also joined in with their own stroll routines to add to the festivities after the presentation.

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Self care...

Continued from page 5

argued as a lifestyle, an ongoing process individuals can work toward achieving.

According to "A Guide for Psychology Postgraduates: Surviving Postgraduate Study" by the Psychology Postgraduate Affairs Group 2018 study, within the context of students in post-graduate studies, it states that self care is vital, and specifically emphasizes the importance of social support.

The study elaborates on what it calls the "Three C's" of self care: capability, consistency and communication.

Within the realm of capability, evaluating and identifying the changes that can be made in your life leads to setting realistic and achievable goals.

When the goals are met, celebrating these accomplishments can build a sense of self-efficacy, or belief in oneself to be able to perform and succeed.

Having consistency and establishing a routine allows allotted time to be dedicated towards working on tasks at hand.

Not only does this work towards building time management skills, but also prioritizes specific tasks on your to-do list.

Another effective strategy is to solidify a trusted group of people who can act as social support when needed.

Actively communicating with others such as close friends, family and advisors or mentors will build a network of people who can hold you accountable on your journey to better self care.

Self care is unique to the individual and does not have to be difficult, either.

Thoughtfully evaluating and understanding where you are and deciding there are small changes you can make has the ability to lead you down the right path towards a healthier lifestyle.

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Restaurant Review

Tho One serves Thai and American classics

Emily J. Sullivan
Staff Writer

Tho One Thai Eatery has a jam-packed menu with delectable Thai dishes from the Sizzling Seafood Hot Plate, a dish ample with scallops, shrimp, calamari, crab, fish and green mussel to less common dishes like the Thai Omelet stuffed with ground chicken and veggies to the classics like Crying Tiger, a grilled rib eye steak served with hot spicy chili sauce.

The eatery, located on the southeast corner of Foothill Boulevard and Fruit Street in La Verne, has an unassuming aesthetic.

The interior has a do-it-yourself vibe with industrial style light fixtures, charming rustic decor that feels almost truck-stop diner-esque.

The food though, is top-notch; its high-quality dishes are clearly prepared with love and plated with care.

The menu is diverse, offering a wide variety of Thai dishes and American classics like hamburgers and fries as well. The menu is designed as a "choose your own adventure" with core dishes offered with a variety of different proteins to choose from like tofu, chicken, beef or seafood and different levels of spice – mild, medium, hot or extra spicy.

I strolled into Tho One Thai Eatery at 2 p.m. on a Monday, an hour before they close after lunch at 3 p.m.

Their hours vary depending on the day and, during the week, they close between lunch and dinner. I was the only patron dining in, but the restaurant was prepping take-out orders throughout my visit.

I perused the lengthy menu and decided on a chicken wonton soup for an appetizer and the penang curry with chicken for my lunch.

The lunch specials come with a salad, rice and an egg roll.

My salad came out first, a simple dinner salad with crispy wonton strips and a tangy, smooth dressing. It was delicious. I finished it just as my chicken wonton soup arrived piping hot, billowing with steam and the fragrant aroma of chicken broth.

Soon after, my panang curry arrived. The curry was a perfect balance of peanut flavors and spices to kick up the heat, coconut milk was drizzled over the dish, giving the plate a creative and refined presentation.

The portion sizes felt perfect, I had just the right amount of each item. The egg roll was cooked perfectly with a crispy, flaky shell and flavorful filling.

I had water with my meal, but the eatery offers a variety of Thai teas, including the boba teas, a Thai restaurant staple.

The prices were slightly more expensive than their competitors, but the dishes held up to the prices.

I finished my meal by scanning the menu for what I could order the next time I came to visit. Tho One Thai Eatery had me perfectly satiated, yet eagerly wanting more.

Tho One Thai Eatery is located at 2300 Foothill Blvd.

Emily J. Sullivan can be reached at ***emily.sullivan@laverne.edu***.

Workshop teaches photo editing



Nikky Huynh

Joshua Bay, senior public relations major and Adobe Ambassador, demonstrates ways to use the mobile Lightroom application. He demonstrated different tools and adjustments on his own pictures to show their effects. The session, which is the third of four sessions hosted by Bay, was held in the Campus Center Ballroom on March 6.

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Crystal convention is a hidden gem

The California Federation of Mineralogical Societies and Pasadena Lapidary Society (CFMS) hosted the 80th Annual Statewide Show and Convention at the Fairplex in Pomona last weekend.

CFMS, organized in 1936, aims to bring about a closer association of Clubs and Societies devoted to the study of Earth Sciences and the practice of Lapidary Arts and Crafts in the Western United States.

This year's theme was California's National Treasures.

"The theme allows members of the societies to demonstrate their talents and knowledge on the showcase and what it has to offer," said Marcia Goetz, co-chairwoman for the show.

Three rows of booths were filled with minerals, rocks, crystals and fossils.

There were also demonstrations on how to carve crystals, and education booths for kids, and a silent auction.

Jamie Dunkin, a third generation rock collector, said she has had a passion of rock collecting all her life due to her father's fascination with the hobby.

She added that she believes children should be exposed to rock collecting.

"We are so hooked on what we can see our tiny device," Dunkin said. "We need to experience the real world, and it is exciting to discover treasures and different things."

Dunkin was featured on a show called America's Lost Treasures, and she also created a display of her most unique rocks at the Museum of Natural History.

Trish Burr Van Doren, a vendor at the event, buys from miners and importers.

She said she is drawn to the "metaphysical energy of a stone, (or) the energy the stone projects."

–Destinee Mondragon

Restaurant Review

Lounge offers Mediterranean cuisine

Emily J. Sullivan
Staff Writer

Perched on the northwest corner of Foothill Boulevard and Towne Center Drive, Cafe X2O and Hookah Lounge offers the best Mediterranean cuisine on this side of Route 66.

A large circus tent-esque patio covering surrounds the elusive cafe.

Red lights framed the interior ceiling, and big white paper lanterns were strung throughout the patio.

The servers power walked in and out of the kitchen, bringing large trays filled with colorful dishes to their hungry customers – of which there were many.

Outside is a black ornate cage filled with hookahs. Some with big blue glass bottoms and long red hoses used to inhale the flavored hookah tobacco.

Others were replete with intricate designs decorating the base.

All of them are table height and placed next to the tables outside.

Glowing coconut charcoals are placed atop the hookah chambers.

There's an abundance of hookah flavors to choose from, with classics like vanilla and lemon, and more exotic flavors, like Sex on the Beach and Pirate's Cove.

The cafe was packed to the brim.

Inside, non-smoking patrons sipped on wine and ate authentic Mediterranean cuisine, while patrons enjoyed hookah on the patio outside.

Patrons ranged from families with small children to college students enjoying hookah.

There was a large pizza oven in the corner where servers hurried past, throwing in pita bread to warm it up before serving it with hummus sprinkled with cayenne pepper.

A secret off-the-menu flatbread pizza is available to order as well.

The menu offers a large variety of options. There are cold meze items like hummus, garlic paste, tabbouleh, tzatziki and grape leaves as well as hot meze items like falafel, makanek, beef shawerma fries and spinach boreg.

I ordered the sujuk boreg – an empanada filled with Armenian beef sausage and seasoned cheese.

When you cut into the flaky empanada dough, steam billows out from the savory cheese and meat center.

For the main course I ordered the beef shawerma plate, which had rice garnished with chili powder, red onion and parsley, a large pita bread topped with tender slices of beef, a roasted tomato drizzled with tzatziki and a generous plop of hummus.

The huge serving inspired this only slightly hungry patron to devour every bite, and it was reasonably priced at that.

I also enjoyed a sweet sangria, a perfectly sweet and crisp compliment to a very flavorful and savory meal.

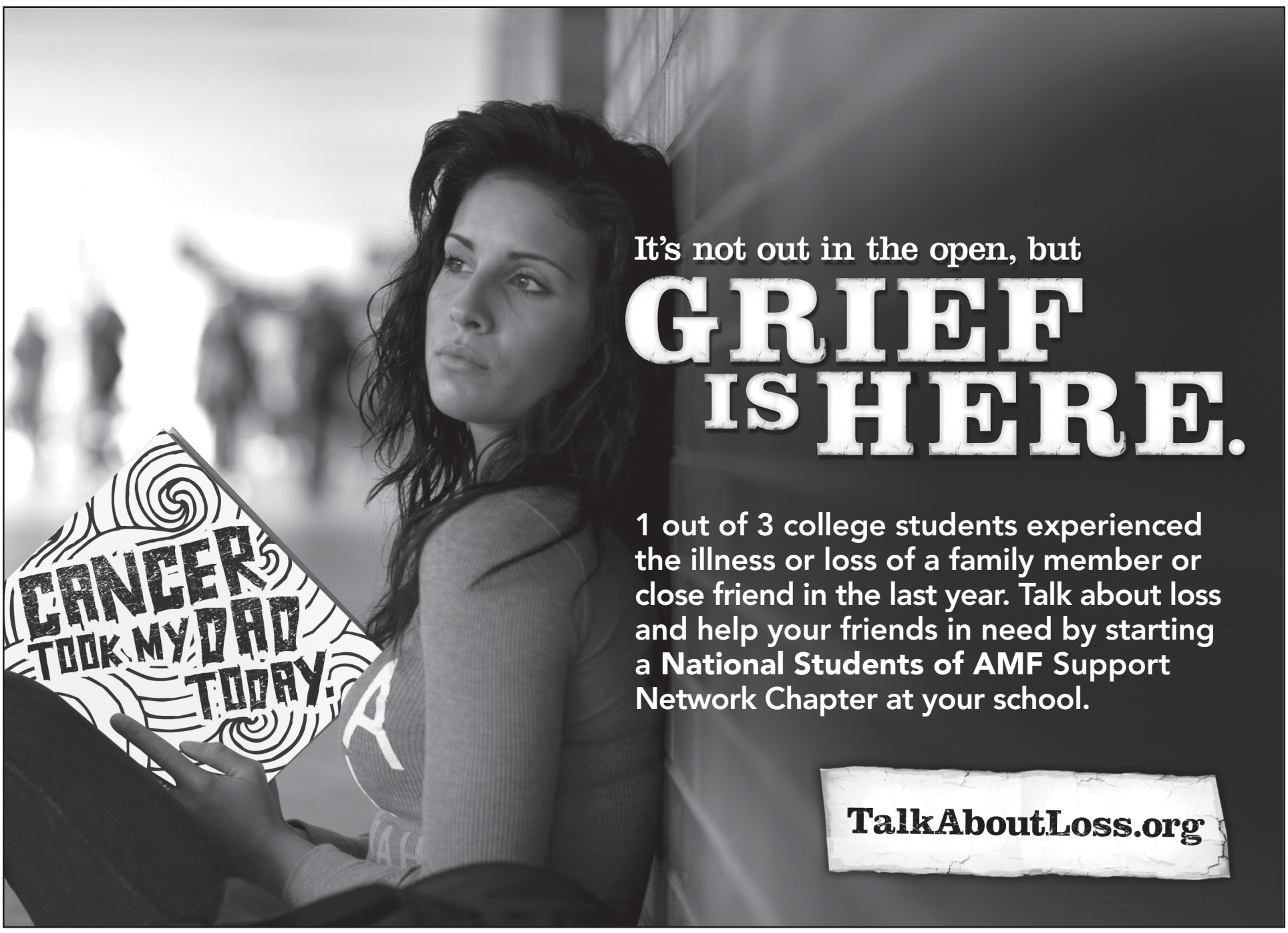
The energetic server had the inside scoop on all the best menu items, the secret off-the-menu flatbreads and the drink specials.

Wine Wednesdays are 50 percent off wine and beer, and Thursdays are 50 percent off beer.

They also bring in DJs on select nights to amp up the vibe.

Cafe X2O and Hookah Lounge is located at 2445 Foothill Blvd. in La Verne, and is open every night until midnight and Sundays until 9 p.m.

Emily J. Sullivan can be reached at ***emily.sullivan@laverne.edu.***





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HAPPENINGS

James Blake

James Blake is a down-tempo artist from the United Kingdom, performing on March 15 at the Fox Theater in Pomona.

All ages are permitted.

For tickets and more information, visit **foxpomona.com.**

Live Music

Come to the University Quad from 11:30 a.m. to 1:30 p.m. March 26 to grab a free self-care kit and enjoy music from a live band.

Admission is free.

'A Star Is Born' Movie Night

Come down to the Campus Center Ballroom at 10 p.m. March 27 to enjoy a screening of Lady Gaga and Bradley Cooper's "A Star Is Born."

The screening will include free food and a giveaway.

Phoebe Beasley

Harris Gallery presents "Unsung Requiem: Lost Then Found," a survey of works by acclaimed mixed-media artist Phoebe Beasley.

The artist talk and reception will be held at 5 p.m. April 4.

'No, No, Nanette'

"No, No, Nanette" is a tap dancing musical comedy performed at the Candlelight Pavilion.

Three couples share a cottage in Atlantic City in the roaring 1920s.

Come down for a musical, comedic portrayal of a blackmail scheme, lies and deceit, romantic misadventures, and misunderstandings.

For ticket information visit **candlelightpavilion.com.**

The Frights

The Frights, an American grunge rock band, will perform April 6 at the Glass House in Pomona. This performance will feature the Red Pears.

For tickets and more information, visit **eventbrite.com.**

—Emily J. Sullivan

Ryan and Friends awaken Irish rhythm

by Stephanie Joseph

photography by Katelyn Keeling



Award winning dancers Tasha and Julia Straszewski perform traditional Irish dances on Sunday in Morgan Auditorium. The dancers were featured in "Spirit of Ireland," featuring Michael Ryan and Friends, as part of the Sundays at the Morgan monthly showcase of music. The next event, Best of La Verne, is on May 5.

An Irish flair filled Morgan Auditorium Sunday as Instructor of Music Michael Ryan and his band performed "Spirit of Ireland" for the Sundays at the Morgan concert series.

The auditorium was packed with audience members as they filed in to watch performances ranging from contemporary styles of music to more lively Irish pub songs in a celebration of Irish culture.

The performers kept the audience engaged with a stimulating production as they encouraged the crowd to clap and sing along with them.

The music switched frequently from serene melodies to more upbeat tempos as the musicians were accompanied by dancers who performed traditional Irish dances.

After the concert, various audience members were complimenting the performance as they made their way to the stage to meet the performers and buy their CDs.

The "Spirit of Ireland" band began with an idea from Ryan eight years ago, and have been together ever since.

"I came up with the idea that I wanted to do an Irish show," Ryan said. "I came up with some of the ballads but did not know too many Irish songs."

"I knew one dancer so I thought, 'OK, I have the music, I have the dancers but I need an Irish pub band,'" Ryan said.

"I sought out the band members, Danny and Dylan, and asked if they wanted to do a show," Ryan said. They said yes and we performed together at the Candlelight Pavilion. That's how we started and kept on going."

Each member has played instruments since early childhood, and said they enjoyed the fun experience of being in the band overall.

> 'I knew one dancer so I thought, "OK, I have the music, I have the dancers but I need an Irish pub band."'
> *—Michael Ryan, instructor of music*

Having developed strong relationships with everyone in the band, they all love to bounce ideas off of each other, they said.

Several members of the band were once students at the University of La Verne, such as bass player Julian Johnson, who graduated in 2007 and was part of the music department during his time on campus.

Ryan sought out Johnson specifically to join the "Spirit of Ireland" group, where he has been playing music with them ever since.

Singer Katherine "Kitty" Tereszczuk, junior psychology and music major, said this was her first time performing with the band.

"In the fall semester, I took his ensemble course and for our recital he let me present a song that I had been working on," Tereszczuk said. "After he heard me sing, he said that there was a singer in his group that I should do a duet with and I thought that would be cool," she said. "It's really fun because everyone is always joking and super supportive."

Flute, penny whistle, singer and wooden spoons player Hai Muradian said, in regards to preparing for shows, it is not a difficult process because they generally already know the songs.

Practicing is more about just finalizing and tweaking the songs, he said.

He and Ryan have been playing together for about 20 years, and he said rehearsals are usually fun and go by pretty fast because everyone tends to joke around with one another.

Michael Ryan and Friends will perform a Spanish-themed concert titled "Gypsy Passion" on April 12 at the Grove Theatre in Upland. Tickets for the show only, starting at 7:30 p.m., are $35. Tickets for dinner and the show, starting at 6 p.m., are $55. All proceeds will go to Providence Children's Home in Kenya.

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Movie Review

‘Captain Marvel’ inspires young women

Christine D. Insigne
Staff Writer

“Captain Marvel,” tells an inspiring, fierce and powerful story of a woman superhero in an unseen time period in the Marvel Cinematic Universe.

Released last Friday, “Captain Marvel” is the first female-led superhero movie in the Marvel Cinematic Universe.

The movie maintains moviegoers attention throughout from intense battle scenes with to the acting that pulls at viewer’s heartstrings--There was never a dull moment.

Before last year’s “Avengers: Infinity War,” the Marvel Cinematic Universe had never before mentioned the existence of Captain Marvel.

When it was revealed that she would be getting her own movie, Marvel fans eagerly awaited the release.

“Captain Marvel,” released last Friday, follows Carol on her journey to becoming Captain Marvel.

The story takes place years before the events of “Avengers: Infinity War” and focuses on the origin stories of Carol and SHIELD agent Nick Fury, played by Samuel L. Jackson.

The movie begins with Carol as a member of the interstellar Kree Starforce, going by the name of Vers.

As a member of the group, she fights to protect the galaxy from an alien race known as the Skrulls, the primary antagonists of the movie.

After being captured by the Skrulls, Vers escapes and makes a crash landing on Earth.

She then meets a young Nick Fury after falling through the roof of a Blockbuster Video store.

She warns Fury about an impending Skrull invasion but the warning appears to have come too late.

As the story unfolds, Carol discovers her true identity while simultaneously exploring her past and defending Earth from an alien interference.

Prior to the release of “Captain Marvel,” the movie received backlash from fans who felt that the feminist undertones would ruin the movie.

During a pivotal scene there is a montage of all the times in Carol’s life when she got back up again after being knocked down. This character was a true representation of role model who is resilient, brave and tough.

Captain Marvel accurately portrays a dominant female lead without coming across as feminist propaganda, while providing a role model one can look up to for children, regardless of gender.

Carol is not only shown as a fearless superhero, but as an amazing and encouraging role model to Monica Rambeau, the daughter of one of her closest friends.

“Captain Marvel” also pays tribute to Marvel’s creative leader Stan Lee, who died last year.

They continued his traditional cameo in all Marvel movies in a scene when Carol encounters him on a train and smiles at him

The post-credit scene, which confirms that Captain Marvel will return in “Avengers: Endgame,” left me wanting more.

Unlike other superhero origin movies, which are known for their lengthy, dull exposition and tendency to only appeal to a specific fan base, “Captain Marvel” maintains broad allure that keeps the excitement going.

With different powerful message about integrity and perseverance and inspiring characters, “Captain Marvel” has elements of a movie that every movie goer will enjoy.

Christine D. Insigne can be reached at ***christine.insigne@laverne.edu.***

Photographer recaptures 1980s L.A. life



Kayla Salas

Photographer Reynaldo Rivera, whose work includes underground fashion and Latinx gay bars, addresses questions Tuesday at Scripps College. Rivera displayed his work in a slide show and discussed the content of his upcoming book, “Disappearing Los Angeles.” He focuses on Los Angeles in the 1980s and 1990s and provides an intimate look at queer and drag culture during this era. Cheap rents, house parties, eclectic fashion, and a trio of Latinx gay bars inspired majority of his work rooted in Los Angeles.





New and seasoned artists featured



Ashley Villavicencio

Malea Aquino paints a patron's arm with henna at the Pomona Art Walk Saturday, the community members come to support their local various artists, who open their studios to showcase their work. The Art Walk is the second Saturday of the month.

Erica Rae Sanchez
Arts Editor

Several artists came together to showcase their talents while selling paintings, handmade crafts and thrifted clothes at the monthly Pomona Art Walk on Saturday.

Vendors gathered together in Downtown Pomona's Art Colony as various groups of community members walked through the street, listened to live music and shopped through the antique stores.

There were artists selling gothic key chains, skull candles, pop-art paintings, horror and fantasy themed paintings, organic candles, and hand-crafted jewelry.

"Different types of artists gather together in one place to share their craft, and that is what I like about the art walk," said Pomona resident Vivien Arredondo.

Crysol Mendoza, an artist from Montclair, began painting because her grandfather was a photographer. He would have her cousins and herself sit around in his studio and paint the pictures that he took.

"He taught us how to paint and how to do a lot of creative stuff and I picked it up after him," said Mendoza.

"I stopped doing art for a couple of years and I picked it back up after he passed away to live through him."

Mendoza first showcased her art that features horror, pop-art, and fantasy at the Pomona Art Walk around two years ago, she said.

"I used to paint and put everything in my garage, and my best friend came over and asked 'why is everything in the corner? Go out there,'" Mendoza said.

Mendoza had to cut back on her full time job because of an increased demand for her paintings and drawings, she said.

"It feels really great because people are always like 'oh my gosh, I know your paintings, I've seen them before' and it is very exciting to know that when someone buys my painting, they have it in their house," said Mendoza.

Another artist, Chino resident Ashley Amaya, sold her pop-art paintings, graphic prints and stickers at the walk.

She found her inspiration to paint at a young age; as she would color with her mom, she developed her passion for art, Amaya said.

She said she loves bright colors and pop-art, and finds her inspiration by going to different museums and looking at the contemporary art.

This was her first experience selling art at the Pomona Art Walk. She has only showcased her work at two other art shows prior to this event, she said.

"I'm still pretty new and I am still trying to figure it out but it has been really fun and hopefully I will come back and [sell at] the Pomona Art Walk again," Amaya said. "You learn along the way and each time will get better and better."

Claire Arredondo, Pomona resident, bought a graphic print of a girl with a flower tattoo on her butt from Amaya.

"I bought this print because I wanted to support the local artists and I love the idea of supporting women," Arredondo said.

The Pomona Art Walk takes place every second Saturday of the month in the Downtown Pomona Arts Colony.

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Vibrant, colorful ceramics shown at AMOCA

Maydeen Merino
Staff Writer

Jo Laurie, curator of the "Silver Splendor: The Art of Anna Silver," spoke about Silver's accomplishments and vibrant ceramic artwork.

The reception took place at the American Museum of Ceramic Art on Saturday, March 9.

The exhibit presented the evolution of Silver's modern ceramic artwork and contained several series of her other work.

The reception, attended by about 50 people, offered a friendly and social atmosphere as guests were offered food and listened to music.

"Her work is emblematic says Garth Clark, who is a ceramic art historian," Laurie said.

The California Gold Rush era inspired artists to use a lot of color and exuberant themes that also included luster. Silver certainly has that technique down, Laurie said.

The exhibit features some of her most iconic work, such as "Teapots: Steeped in Imagination," which are functional teapots created at an abnormally large scale.

Silver's teapots are either oval or circular shaped, with saturated colors and abstract designs painted onto them. This ceramic technique of adding color is a rarity because it makes the process more difficult.

"Her work is so colorful that it just delights people, they enjoy seeing it and seeing all the colors," said Gene Killian, member of AMOCA.

"In contrast to the colorful work that Anna Silver does, a lot of potters just stick with the natural colors of clay, I tend to do that too because it requires a higher temperature," Killian said.

Some of Silver's other work featured in the exhibit included "Vessels: Greek and Early Mediterranean Influences," a series inspired by Greek vases.

The vases she creates were inspired by Greek attic vases, and shared the same silhouettes, proportions and symmetry.

The vases were painted with Silver's unique, radiant colors and brush stroke techniques.

"I am grateful that this place is here for the community, it is a healthy way to spend the afternoon," said Gloria Ostron, student from Mt. San Antonio College.

The AMOCA is one of the few museums devoted exclusively to ceramic artwork on the west side of the United States.

"People should come see the exhibit because it is quintessentially California," Laurie said.

"One element of the museum that they like to stress is if you're here in California, you should be able to see some artists from California; Anna has lived in California almost her whole life."

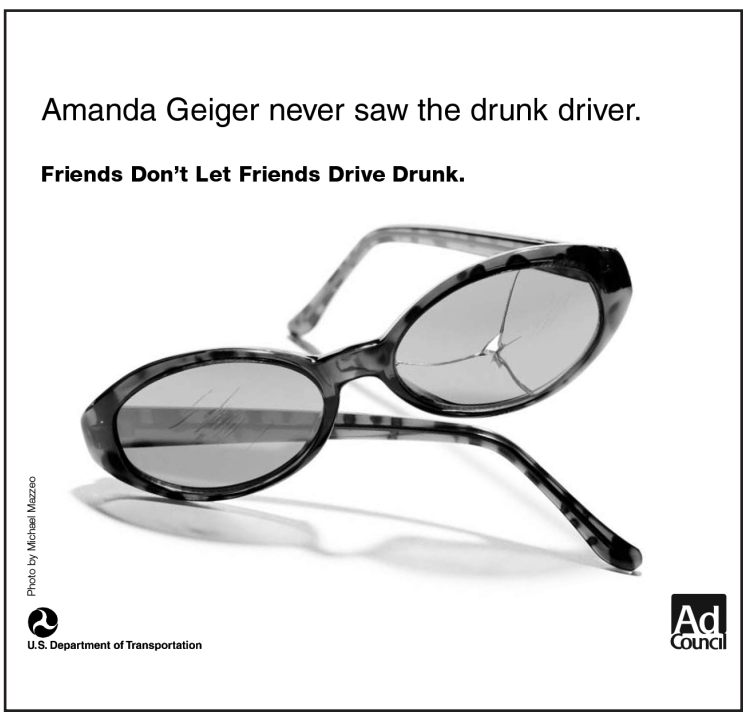
Around 25 people from Southern California lent Silver's artwork to the exhibit.

"Anna Silver is a culture icon in Los Angeles and has been working actively in her studio for over 45 years selling work around the country," Beth Gerstein, executive director of AMOCA, said.

"This is her first museum exhibition and she deserved to have the acknowledgment so that people can understand the breath of her studio practice."

The exhibition will run through Aug. 25.

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Water polo loses tight one to Regals

Joey Matsuzawa
Sports Editor



Molly Garry

La Verne senior attacker Guarina Garcia throws past Cal Lutheran senior attacker Mardell Ramirez at the beginning of the first quarter Tuesday at the La Verne Aquatic Center. The Leopards lost, 13-12. Garcia would record two goals, an assist and a steal in the matchup.

The women's water polo team looked to upset undefeated conference rival Cal Lutheran Tuesday at the La Verne Aquatic Center, but fell short in a hotly contested game that went down to the last second.

Cal Lutheran would take the game, 13-12, in an offensive shootout.

With all of their Southern California Intercollegiate Athletic Conference games decided by four points or less and a strong 14-7 showing against Caltech, the women looked to take it to the Regals early.

Despite Cal Lutheran striking first, La Verne answered back with three goals of their own from junior center Ilene Guerrero, senior attacker Guarina Garcia and a penalty shot from sophomore utility Jassmine Kezman, ending the quarter 4-2 La Verne.

"Cal Lu doesn't do anything fancy but they do everything well," head coach Pat Beamer said. "I'm proud of how we battled because we weren't intimidated by them and it showed, we were ready to bust them in the face right away."

The second quarter was similar to the first, except it was the Regals that had to battle back in a three goal run. Despite goals from Guerrero and senior attacker Victoria Mezack, the Regals were able to claw their way back, ending the half tied at 6-6.

"At the beginning we did everything we had been practicing and then we got caught up and by the second quarter we weren't executing on what we practiced; it was choppy and we weren't moving," Guerrero said. "So what we did in the first quarter didn't transition over to the second."

The third quarter was much of the same offensive battle that persisted throughout the game, as whenever La Verne would take the lead, Cal Lutheran would be quick to answer back.

"Some of the girls get caught up playing their spot and they don't realize what's going on behind them," Guerrero said.

"When you're in there for the whole entire eight minutes of the the quarter, going back and forth it's easy to mentally check-out," Kezman added.

Kezmen leads SCIAC with 40 goals, with she and Guerrero tacking on four goals each during the game.

Coming into the fourth quarter tied at 10-10, neither side wanted to blink first. Garcia would draw first blood in the quarter off an assist from freshman attacker Sage Knowell to take the lead, 11-10.

However this lead was short lived as a penalty shot from Regal utility Nikki Roed would tie the game back up. Next, the Leopards were caught out during the Regals' counterattack, leading to a Cal Lutheran goal, giving them a one point lead.

With just over two minutes remaining, the Leopards were in a position to tie.

Fortunately, Guerrero would come up huge, shooting one in to tie the game back up at 12-12.

However in the last minute, Regal utility Kaitlin Gardhouse would score during their counterattack, ending the game at 13-12.

"I think that we played a hell of a game today. It was really fun playing those games compared to the other ones, just because now I think we're finally coming together and this is our transition point to step up to the next level to compete," Kezman said.

With the loss, the Leopards drop to 3-8 overall and 1-3 in SCIAC. But given how close its recent games have been, Beamer feels the team is close to its potential.

"From last year to this year we're essentially a brand new team. We've worked through a lot of our growing pains and I think the girls are now bearing witness to what we're capable of doing," Beamer said.

The team's next game will be at home versus Claremont-Mudd-Scripps 11 a.m. Saturday.

Joey Matsuzawa can be reached at ***joe.matsuzawa@laverne.edu.***

Leos drop series to nationally ranked opponents

Rex Sample
Staff Writer

The softball team split a doubleheader against No. 7 Berry College Sunday after being swept by Claremont-Mudd-Scripps, 8-7 and 5-3, the previous day.

The Leopards have a tough schedule in a preparation for this year's Southern California Intercollegiate Conference Championship, looking to repeat as regular season champions for a fourth straight year.

"When (teams like Berry) come here to play La Verne softball, they aren't coming to play lower caliber teams," interim head coach Henry Moranchel said. "They come here (and) we set the schedules on purpose to make them better, so regardless of the outcomes of these games we know we are getting a great learning experience."

In the first game against Berry, the Leopards held the momentum both on defense and on offense. This allowed them to control the flow of the game.

Sophomore pitcher Jiana Rojo brought the heat to their No. 7 ranked opponent.

Senior center fielder Carly Condon brought in a run off of a sac fly allowing junior third base Justice Borden to get the Leopards on the board. The Leopards stuck to their independent game plan.

"We focused on ourselves, not worrying about the other team and what they are doing but what we are going to do," junior shortstop Shelby Tevis said.

In the first game, the Leopards held strong and took control early. By maintaining the momentum of the first game they were able to quicken the pace and come away with a win 3-2.

But during the game two, Berry separated from the Leopards, creating a 7-0 deficit to secure the win going into the fifth inning. Berry came out with a big push in the top of the fifth inning to take the momentum, holding it for the rest of the game, winning 9-5.

"Keeping our momentum going in the first game – we were really in the game the whole time and when it's close everyone is in the game," senior left field Rachel Ogata said. "We need to work on our positive energy and even if we are down, we keep our heads up."

The outcome of the games displayed the resilience the team can show its opponents. They came back in the bottom of the fifth inning when they mustered four runs to cut the deficit to three points.

Although the Leopards fought back, Berry was able to hold them to five runs.

Condon said this weekend's competition excited her, as it helped prove they can compete with the nation's best.

"It's a great fact to know that we played the number seventh that's ranked for DIII and we were able to compete with them and it shows that we can compete with any team no matter what they are ranked." Condon said.

Moving forward, the Leopards have a tough schedule, facing three ranked teams.

"The next couple of weeks (have) tons of talented teams, it shows you we just split with the number seven team and played them tough," Moranchel said.

They would go on to lose both games to No. 3 Ithaca College, 6-5 and 8-0, Wednesday.

The Leopards are now 7-7 overall and 3-3 in conference, putting them in fifth place behind Whittier, Chapman, Pomona-Pitzer and Claremont-Mudd-Scripps.

The Leopards host Whittier for a doubleheader at noon and 2 p.m. at Campus West Saturday.

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