CAMPUS TIMES

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A&S dean gets grand send-off

Diane Scott
Editorial Director

Emotion ran high at a faculty farewell breakfast buffet for Fred Yaffe, the outgoing dean of the College of Arts and Sciences.

Yaffe is stepping down from his position and he will join the faculty at the University of La Verne in the fall.

About 90 faculty and staff members from across the campus came to the President's Dining Room on Wednesday morning to honor Yaffe and the work he has done over the past six years.

Al Clark, associate vice president for academic affairs, said that he enjoyed working with Yaffe as the dean.

"I'm impressed with his love of the arts and the performing arts," Clark said.

The celebration breakfast event included many speeches by faculty members.

Yaffe also received sentimental gifts to commorate his time as dean.

Sharon K. Davis, professor of sociology, who emceed the event, said that Yaffe was not just a dean, but a colleague and a friend.

That theme was echoed by

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Rafael Anguiano

After six years as dean of the College of Arts and Sciences at the University Of La Verne, Fred Yaffe is stepping down from his position. He will join the faculty in the fall. Before coming to La Verne, Yaffe had 36 years of experience in higher education and had most recently served four years as dean of the College of Liberal Arts and Sciences at Frostburg State University in Frostburg, Md. Yaffe's collection of eyeball memorabilia began on a trip to Paris where he spotted a pair of eyes that looked distinctly like Marilyn Monroe's. He thought they would fit nicely in his visual perception lab at the Eye Research Foundation in Bethesda, Md., where he worked. Since then he has received countless gifts and collected items, all resembling the human eye.

First Person

To shrink your carbon footprint, go vegan

CT editor tries on veganism

Kevin Garrity
Sports Editor

At a time when our planet is in peril, people should actively seek out different things in which they can do to help lessen their footprint on Earth.

Whether it be switching to energy efficient light bulbs, conserving oil by driving less, or changing the basis of a diet and become a vegan.

That's right. Becoming a vegan and eliminating any food produced by animals can exponentially decrease the impact one has on the environment.

The amount of land used to raise the growing number of animals that people are consuming takes up many resources.

Also, transporting meats and dairy from the farm or food processing plant to the convenience of your grocery store uses an enormous amount of fuel, which causes pollution from trucks, trains and planes.

Cornelis de Haan, Livestock Adviser to the World Bank told the Congress of the American Veterinary Medical Association that, "Removing the causes of environmental degradation is often more effective than seeking to control the symptoms."

'My goal was to become a vegan and experience the challenges and rewards of doing something selfless for the environment.'

In a report commissioned by the United Nations Food and Agriculture Organization, the U.S. Agency for International Development and the World Bank concluded:

"Factory farming affects the global land base indirectly through its effect on the arable land needed to satisfy its feed concentrate requirements. Ammonia emissions from manure storage and application lead to localized acid rain and ailing forests."

Being an environmentalist and a believer in animal rights, I thought I would see how difficult it would be to become a vegan.

Factors that usually discourage people from undertaking such a diet might include price, lack of knowledge or lack of access to grocery stores that are vegan or vegetarian friendly.

My goal was to become a vegan for four days and experience the challenges and rewards of doing something selfless for the environment.

There were a few stores that I had in mind when I started researching where I would be able to get my food.

Trader Joe's and Sprouts Farmers Market in Claremont seemed like the best places that would have a wide variety of foods that would feed my diet for the next four days.

I knew soy would become one of the foundations of my new diet and so when I entered Trader Joe's I was on the look out for anything that was soy based.

Soy burgers and soy chicken nuggets caught my eye first and while putting them into my cart I realized that this might not be as difficult as I had originally thought.

How bad could a diet be if you can eat things that taste like burgers and chicken?

I knew I was going to lose the intake of amino acids that one gets from meat so I needed to find foods that would replace what I was about to lose for four days.

However, I do know that losing proteins from meat does not mean that I could not get the essential amount of protein in other varieties of foods.

Martica Heaner wrote an article for MSN Health & Fitness last year (which can be viewed on **msn.com**) that details the misconception of vegans and vegetarians not getting enough amino acids.

She said, "a vegetarian or vegan is unlikely to be protein-deficient if they eat a varied diet that supplies enough calories to

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First Person

International eating adventures

Erin Konrad
Special to the Times

It is common knowledge that PopTarts are not real food. Eating cold pizza in the morning does not constitute as a well-rounded breakfast.

Driving through McDonald's after a late night studying session will catch up to you in the end.

As a college student, I do not always make the best decisions when eating. I grab the quickest, cheapest foods to fill my stomach, and hope that the meal does not completely clog my arteries.

I became a vegetarian in January. Do not ever watch the documentary "Meet Your Meat." and this further complicated my eating habits.

So when I decided to discover various ethnic cuisines near my neighborhood, I figured that I would continue to eat somewhat poorly. How healthy could jambalaya and Armenian pastries be?

However, I was surprised to find that healthy options were available with all of the ethnic varieties I chose.

Now I do not have to settle for a greasy baked potato at Carl's Jr. – I can drive the same distance and enjoy a nice vegetarian Indian curry.

I might miss fries from In-n-Out every once in a while, but I will certainly feel no sorrow getting rid of these love handles, and my cholesterol can thank me for trying these alternate cuisines.

Mediterranean/Greek

There is a family-owned restaurant on Route 66 in Glendora called Zuzu Chicken that offers delicious and inexpensive chicken and falafel dishes.

While my family ordered chicken, I stuck with the falafel plate and the Mediterranean veggie plate.

The falafel came with hummus, tahini, diced tomatoes, and pita bread. The falafel was not dry, and the serving was big enough to sate anyone's appetite.

The veggie plate came with stuffed grape leaves, tabouleh, hummus, eggplant salad (mutaball), and pita bread.

"The only thing I didn't care for was the garlic sauce," my sister Lauren said. "It was way too strong!"

Mediterranean food is a healthy option (if you stay away from the lamb dishes) because the diet consists of lots of fruit and vegetables.

According to a post at **Mediterranean-food.net**, "Olive oil is an important monosaturated fat source. Fish and poultry are consumed in moderate amounts and almost no red meat is eaten."

Also, the hummus served at the restaurant was not too oily, so dipping the other foods in it added additional flavor, without the fat.

Vietnamese

The VN Restaurant on Arrow Highway in San Dimas was a great find for authentic and tasty Vietnamese food. My family and I ordered the deep fried tofu, which was a perfect appetizer without meat, and I had the House Special Egg Noodle Soup.

There were not many options for pho (a traditional soup with noodles) without chicken or beef, but I really enjoyed the broth, veggies, and the tons of noodles that filled the entire big bowl.

The portions were very generous, and it was easy to feel full quickly.

The atmosphere was interesting in this restaurant – the cooks appeared to be Vietnamese, but our waiter was a young Hispanic man.

He was giving free food to another table who seemed to be his family or friends.

Because he was distracted with this party, he often forgot to bring our food out on time, so some people at my table were served ahead of others.

The food was delicious, but the poor service made the experience somewhat disappointing.

Vietnamese food is also very healthy. **Foodofvietnam.com** says, "Vietnamese food includes a wide variety of vegetables and herbs instead of oil, and much of the cooking is done with water or broth."

The most popular dish, pho, (Vietnamese soup), is low in fat and calories."

In a WebMD Weight Loss Clinic story, author of "Quick and Easy Vietnamese" Nancie McDermott, writes, "Vietnam food borrows a little from each culture, but puts it together in a way that is uniquely its own. It's a very individualized kind of cuisine where a lot of the dishes are blended at the table, so the exact combination of what is eaten is often left to the individual diner."

I found this to be true with the apparent influences of French foods on the menu.

I would go back to this restaurant in the future and order another kind of pho.

Indian

In Claremont, there is a fast food Indian place called Delhi Palace Express on Yale Avenue.

Although the food was laid out cafeteria style on large metal serving trays, there were many options at inexpensive prices.

I ordered vegetable korma, which is mixed veggies with nuts cooked in coconut cream sauce, basmati rice, and garlic naan, an Indian bread.

At the Funnfud Blog, vegetable korma is described as a "wonderful way to savor a generous serving of mixed vegetables – loaded with potatoes, peas, beans, cauliflower, carrots, and flavored with a thick paste made from coconut, poppy seeds, tomatoes, onions and Indian spices; the mix vegetable korma is a filling meal."

The people working there were not very friendly, and the food did seem like it had been sitting out for a while.

I think everything I ordered was made a while before I got there, and the only thing that was heated up was the naan.

"I was kind of disappointed in the tandoori chicken," my mom Susie said. "It did not look the same as when I've ordered it at other restaurants."

Although the food might not have been fresh, I would probably try this place again and order something different, just to see if they make anything fresh to order.

European

There is a Euro Bakery and

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> 'I became a vegetarian in January. Do not ever watch the documentary "Meet Your Meat." and this further complicated my eating habits. So when I decided to discover various ethnic cuisines near my neighborhood, I figured that I would continue to eat somewhat poorly.'

Event honors faculty, staff

Jonathan Smith
Copy Editor

George Keeler, professor of journalism, and communications department chairman, was recognized last week for completing 30 years of service at the University of La Verne.

He was among those honored for his service last Friday at the annual Faculty and Staff Recognition Ceremony.

"Awards tend to bring up a flood of memories," Keeler said. "I feel I made a difference in the lives of so many students."

Keeler compared his 30 years here to several popular TV reality shows.

"Being honored is like the show 'Survivor' or the 'Amazing Race," Keeler said adding he hopes to continue teaching for many years.

"It's a short time. I have a lot in front of me. I enjoy the challenge everyday as my students grow toward excellence," Keeler added.

Several faculty and staff members were honored during the event held in the Athletic Pavilion, for such milestones as achieving tenure and promotion to associate or full professor. Honors also were given for five, 10, 15, 20 and 25 years of service to the University, among other distinctions.

"I think it's a wonderful annual event to celebrate the employees, faculty and staff time," said Dean of Student Affairs Loretta Rahmani. "I really truly think that time is a beautiful gift."

Keeler, who started his service at ULV in 1979 has been communications department chairman since 1995. He also served as adviser for many issues of award-winning La Verne Magazine.

Recently Keeler appeared as an expert commentator on the History Channel's "Beyond the War of the Worlds."

Keeler said the award is a testament to his career as a teacher.

Among other honorees, Jeff Nonemaker, the director of international student recruitment and admissions, received the Administrator/Professional Employee of the Year Award.

"I was completely surprised," Nonemaker said. "I didn't expect it. There were other people that probably deserved it."

Nonemaker is in his 26th year at ULV.

Before his current position of the past four years, Nonemaker was the academic dean at the ULV Athens campus for 22 years.

Nonemaker said that the number of international students has increased tremendously since he took his current position.

"I think the group I'm working with now are the nicest, most qualified people I have worked with," Nonemaker said.

Reed Gratz, professor of music, was inducted into the University of La Verne Academy.

The Academy, created in 2006, honors faculty members with outstanding achievements in research, publication and creative activity.

Gratz came to ULV in 1977 and was given the University of La Verne Excellence in Teaching Award in 1991. He has also released 11 albums.

Several other awards were given out during the ceremony.

Many of the ceremony attendees, like Rahmani, enjoyed the event.

"It was fun to see them receive their awards," Rahmani said.

Jonathan Smith can be reached at ***jonathan.smith@laverne.edu.***

CORRECTIONS

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

WEB EXCLUSIVES



The Campus Times Online Edition is linking to blogs written by senior journalism students. Find them at ***www.laverne.edu/campustimes****.*

- **"In and Around Los Angeles"**
  by Susan Acker
  A survey of low-cost adventures in the Los Angeles area.

- **"Gatsby's Go Green Review"**
  by Jennifer Kitzmann
  The Green Gatsby reviews businesses that are revamping their products, old and new, with better ideas for saving the planet.

- **"Art Attack"**
  by Erin Konrad
  An entertainment blog with reviews of local concerts, movies, plays and art exhibits.

- **"Real Style: A Guide to Shopping on a Budget"**
  by Jaclyn Mittman
  Tips on how to shop for great quality items without breaking the bank.

- **"Unseen Aspects of Women Sport Athletes"**
  by Jonathan Smith
  A sports blog dedicated to women's sports at the University of La Verne.

Campus media to see new leaders

Kevin Garrity
Sports Editor

The Campus Times and Leo FM radio station will have new leaders in fall 2009.

Ruby Ballestamon will become the program director for Leo FM for the 2009-2010 school year and Natalie Veissalov will be the Campus Times' editor in chief for the 2009 fall semester.

Ballestamon, who will be a senior, is a radio broadcast major. She has been a DJ for Leo FM since 2007, and next year will be her first year on staff.

"I was actually scared when I first heard the news," Ballestamon said. "I'm excited now that I know I have the program's confidence."

Ballestamon will take over for Hannah Nakama, the current program director for Leo FM.

"Hannah knew everybody on the staff really well," Ballestamon said. "She was able to give pointers and get feedback because her relationship with everybody was so strong. I hope to maintain such a great relationship with everybody."

Ballestamon hopes that this opportunity will lead to her career goal of being a radio personality and then ultimately a TV personality.

"I want more people to know that we have a radio station and turn them into regular listeners and I think we can do that through more promotions and contests," Ballestamon said.

Veissalov, a journalism major who will head the Campus Times, will be a junior in the fall.

"I wasn't expecting this opportunity," Veissalov said. "Our adviser told me the newspaper really needed me and that she was going to nominate me for the position. I was truly honored."

Veissalov hopes to keep the paper at an award-winning level that past editors in chief have demonstrated.

Next semester will be Veissalov's third on the Campus Times staff.

She has been a staff writer and is currently the news editor.

"She is a very hard worker and eager to grow," said Elizabeth Zwerling, associate professor of journalism and Campus Times adviser. "She is very focused and already has the respect of other writers and editors on staff."

Veissalov will replace Susan Acker who is currently the editor in chief.

"Natalie is a genuinely nice person and is very detail-oriented," Acker said. "She is dedicated to the Campus Times and will do an amazing job next year."

"I hope I can be like Susan," Veissalov said. "She is respectful to everyone but she also isn't afraid to speak her mind.

"I have always viewed her as such a professional journalist and I hope I can continue the excellence she provided to our paper," Veissalov added.

As the field of journalism is in a time of dramatic change, the Campus Times will be looking to adopt new ways to keep up with the transforming business.

"The Campus Times will reflect the different writing styles, and various modes delivery that are taking place in the world of journalism," Zwerling said.

"As traditional journalism breaks out of its old mold, we will continue to grow with the times and adapt to new techniques and technologies. I know Natalie will be up for that."

"I hope to bring a fresh perspective to the paper in a more modern way," Veissalov said.

Readers of the Campus Times can look forward to more of an online presence.

Kevin Garrity can be reached at ***kevin.garrity@laverne.edu.***



Rafael Anguiano

Natalie Veissalov and Ruby Ballestamon have been appointed to student leadership positions for fall 2009 in the communications department. Veissalov will serve as editor in chief for the Campus Times and Ballestamon will be program director for LeoFM.

Psychology program receives re-accreditation

Review is every five years

David deBos
Staff Writer

The American Psychological Association has re-accredited the Doctor of Psychology program at La Verne for the next five years.

The program, which began in 1997, offers students a doctorate of psychology in clinical-community psychology at completion of the program.

The APA will revisit the University, first accredited in 2003, again in 2013 for another re-accreditation process.

La Verne's accreditation was headed by Valerie Jordan and Jerry Kernes, both psychology professors at the University of La Verne.

"Dr. Kernes was responsible for overseeing the accreditation process," Jordan said.

"The product of his work is a self-study review of our program," Jordan said.

"It goes through every molecule of the program, every needle in the haystack of our department," she added.

The process itself also requires a site visit from APA members to evaluate both the program and its facilities and resources.

The APA works closely with the U.S. Department of Education to ensure standards are met.

They also work in conjunction with each other to help set guidelines for accreditation.

After the self-study is submitted, the site visit staff remains on campus for two days.

Site visit staff looks at the program's curriculum, staff and its relationships with students.

The Council of Accreditation for the APA then offers its decision.

Kernes said he remembers having a number of 23-hour days during the process.

"It's a never ending process," he said.

"Another function of the accreditation process is restructuring," Kernes said. "It allows our program to improve in some ways."

"We can't do it just during a site view, it's a year-round process in terms of improvement."

One of the concerns about La Verne's Psy. D. program the APA identified had to do with resources.

Kernes said for the program to grow larger, it would require more resources on campus.

If the program, as it is, were to enroll more students, it would run the risk of losing accreditation.

"The ability to grow is a problem the University as a whole faces too," Kernes said.

The Psy. D. program at La Verne currently has 94 students enrolled and admits roughly 20 students every year to partake in the five-year doctoral program.

"In terms of accreditation, it's a U.S invention," said Susan Zlotlo, director of program consultation and accreditation for the APA.

"A lot of other countries have nationally run quality assurance. The government reviews institutions and government stamp," Zlotlow said.

"In the U.S., it's a peer-review model. In the U.S. we get funding for institutions that are accredited."

"I'm very pleased that we achieved a five-year accreditation from the APA," said professor of psychology Glenn Gamst.

"It reflects the hard work of our faculty, staff and doctoral students,"

David deBos can be reached at ***david.debos@laverne.edu***.

Hayes details pioneering legacy

Women educators highlighted

Megan Sebestyen
Staff Writer

During the Civil Rights Movement, a group of women used its authority as educators to fight for equal rights.

A new book set for publication in late 2009 or early 2010 will examine the effect of African American women educators during this time.

Assistant Professor of Education Cleveland Hayes contributed a chapter to this book examining the role of his grandmother as an educator during this time.

"My grandmother is 90. The book puts her story out there for other people to read," Hayes said. "Her story about segregation in Mississippi is very inspiring."

The book, "African American Women Educators: A Critical Examination of Their Pedagogies, Educational Ideas and Activism," is a compilation of 13 chapters written by educators from around the country.

Hayes began work on his chapter, "Why I Teach: An Analysis of One Mid-Twentieth Century Mississippian Educator's Pedagogical Principles and Practices," in 2004.

Hayes said he modeled the chapter after part of his dissertation.

"My chapter is different because I'm writing about my grandmother. The other educators wrote about women they didn't know," Hayes said.

Karen Johnson, leader for the project, solicited the help of 13 professors from around the country to each write one chapter for the book with a focus on a specific woman's influence on the civil rights movement.

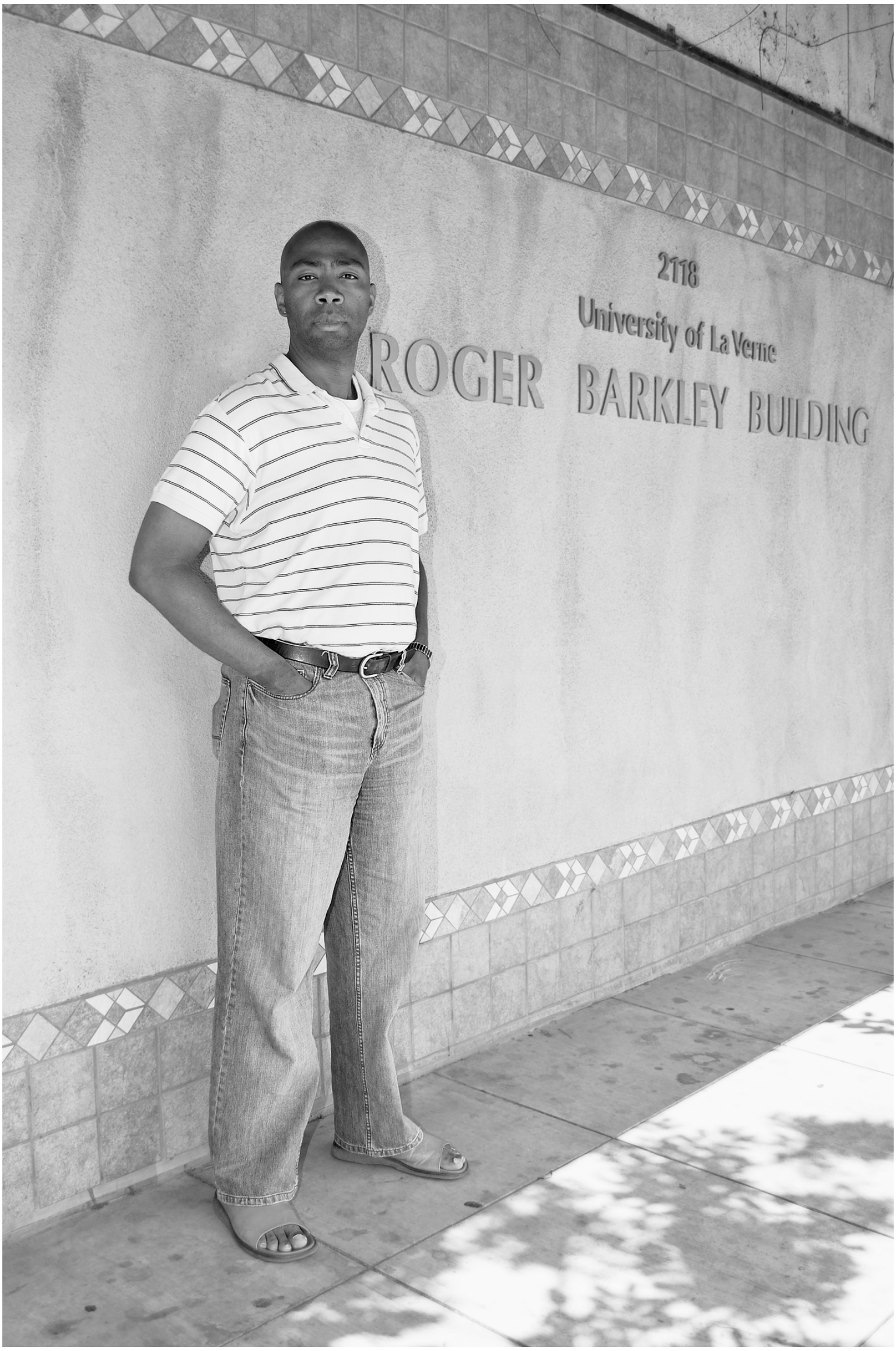
"Last year I was contacted by Professor Abul Pitre, the special edition series editor on African American Education for the University Press of America," Johnson said. "He was looking for book projects and thus conceived of this idea."

Johnson said the contributors are all scholars who have made a name for themselves in this field of study.

"One of my areas of research is African-American education and African-American women educators," Johnson said.

The book is written to serve as a major text for college and university courses that address historical and contemporary issues in education, gender educational studies and African American ethnic studies.

According to the book proposal, the book will connect the historical with the contemporary social activism of African American women educators.



Sherazad Shaikh

Cleveland Hayes, assistant professor of education, has written the chapter "'Why I Teach:' An Analysis of one Mid-Twentieth Century Mississippian Educator's Pedagogical Perspectives and Practices" for the forthcoming book "African American Women Educators: A Critical Examination of Their Pedagogies, Educational Ideas and Activism." The analysis was written about Hayes' grandmother, who was a teacher in Mississippi during the 1950s and 1960s.

The educators cited in the text used their social location as educators and activists to fight the power and oppression during the period from the 1880s to the 1960s.

"For me, my emphasis is to move away from the central idea that all African American teachers in the South had the same experience," Hayes said. "If you read the book, you will see that they didn't."

The various chapters feature women from Mississippi, North Carolina, South Carolina, Detroit and Ohio, all during the late 19th century and early 20th century.

The professors who contributed to the book are based all over the United States.

"I've only met five of the 13 other professors," Hayes said. "We do it all via email."

Hayes said that he is currently working to complete another set of revisions before releasing his chapter to the publisher.

This is Hayes' second year at the University. He earned his doctorate from the University of Utah and taught previously in Salt Lake City.

This will be his first publication.

Megan Sebestyen can be reached at ***megan.sebestyen@laverne.edu***.

Reed links archaeology, media

Angie Marcos
Staff Writer

The media tends to portray the Middle East's archeology negative, said Jonathan Reed, professor of religion at the University of La Verne, in his presentation at the Duke Archeology, Politics and the Media Conference at Duke University last month.

The conference was held on April 23 and 24, and hosted about 20 speakers.

The conference reflected on the effects the media has on how archeology is viewed in the world.

"The media is stuck in the 19th century in terms of how archeology relates to the media," Reed said.

Reed's speech was titled, "The Lure of Proof and the Legacy of Biblical Archaeology: Scholars and the Media."

"Archaeology can't prove one's faith to be true," Reed said.

"There were a wide variety of people," said Milton Moreland, chairman of the archeology program and associate director of religious studies at Rhodes College.

"People who would be able to contribute were invited," Moreland said.

Archaeologists, historians, journalists and film producers were all apart of the conference.

"The speakers were talking about the role of the media in archeology," Reed said.

A journalism representative from the New York Times, who attended the conference, spoke about how journalists approach this conflict, Reed said.

Byron McCane, a professor of religion at Wofford College, delivered a speech titled, "Scholars Behaving Badly: Sensationalism and Archaeology in the Media."

The conference's focus was on how the presentation of the media may be affecting the Middle East, McCane said.

"I spoke during the opening session," McCane said.

"In my speech I tried to suggest some ways in which scholars could behave in ways that would make less likely the phenomenon of sensationalism in the media," McCane said.

> 'The media is stuck in the 19th century in terms of how archeology relates to the media.'
> *—Jonathan Reed, professor of religion*

There was a high level of energy throughout the conference, McCane said.

Moreland presented his speech at the conference titled, "Forged by a Genius: Scholarly Responses to 'History Channel meets CSI'."

"I talked about the genre of film and how it has changed in the last couple of decades," Moreland said. "A lot of documentaries use a lot of high drama now."

These documentaries are, therefore, not as trust worthy or believable to people as they once were, Moreland said.

Moreland said the documentaries are "abusing the field of archaeology."

"Participation was by invitation," McCane said, "The conference was convened by two professors at Duke."

Eric Meyers and Carol Meyers from Duke University were the organizers of the event.

For more information about the conference, call Reed at 909-593-3511, ext. 4366 or email him at **reedj@ulv.edu**.

Angie Marcos can be reached at ***angie.marcos@laverne.edu.***



Rafael Anguiano

Examining a copy of the Codex Sinaiticus, Jonathan Reed catches up on his morning reading. The codex is an early manuscript of the Bible written in the middle of the fourth century, containing the earliest complete copy of the New Testament. The handwritten text is in Greek. Last month Reed delivered "The Lure of Proof and the Legacy of Biblical Archaeology: Scholars and the Media" to the Duke Archaeology, Politics and the Media Conference, an international gathering of Middle East archaeologists, historians, journalists and film producers.

Grad activities scheduled

Spring denotes a time of celebration and at the University of La Verne nearly 1,600 students are preparing to celebrate their graduation. The University will hold five commencement ceremonies to graduate its spring 2009 candidates.

Below are the times and dates of all five commencements, as well as the baccalaureate service.

• **College of Law:** 2 p.m., Sunday, May 17, at the University of La Verne Main Campus, Sports Science and Athletic Pavilion.

• **Baccalaureate Service and Reception:** 3 p.m., Friday, May 22, at La Verne Church of the Brethren, 2425 E. Street, La Verne.

• **College of Arts and Sciences/Bachelor, Master, and Doctor of Psychology Candidates:** 6 p.m., Friday, May 22, at the University of La Verne Main Campus, Ortmayer Athletics Complex.

• **College of Education and Organizational Leadership, Bachelor Candidates:** 9:30 a.m., Saturday, May 23, at the University of La Verne Main Campus, Ortmayer Athletics Complex

• **College of Education and Organizational Leadership, Doctor of Education Candidates:** 11:30 a.m., Saturday, May 23, at the Sheraton Suites Fairplex Main Ballroom, 601 West McKinley Ave., Pomona.

In addition to the regular commencement ceremonies, there are three cultural ceremonies.

Eighth Annual University of La Verne Latino Graduation Celebration: 10 a.m. to noon, Saturday, May 16, 2009, at the University of La Verne Main Campus, Sports Science and Athletic Pavilion.

Ninth Annual University of La Verne African American Graduation Celebration: 3:00 p.m.-5:00 p.m., Saturday, May 16, 2009 at the University of La Verne Main Campus, Sports Science and Athletic Pavilion.

Sixth Annual Pacific Islander and Asian American Graduation Celebration: 11:00 a.m. - 12.30 p.m., Friday, May 22, 2009 at the University of La Verne Main Campus in the President's Dining Room.

For questions contact the office of commencement services at **commserv@ulv.edu** or 909-593-3511, ext. 4765.

–Victoria Farlow

NEWS BRIEFS

Science Presentations

The Natural Sciences Division Senior Symposium will host a presentation of students presenting their senior projects and research.

The presentations will from 9 a.m. to 1 p.m. on Friday in La Fetra Auditorium.

For more information, call Melissa Lau at 909-593-3511, ext. 4652.

Student Employment

For students looking for employment for fall 2009, they should begin looking for employment.

The departments hiring for the fall include purchasing, mail center, theater, athletics, Wilson Library, child development and student life.

For more information, call the office of student employment at 909-593-3511, ext. 4146.

Relationship Discussion

Relationship counselor Vodie Lozano will give a talk on finding and keeping a good relationship, and getting the love you want at 3 p.m. to 4:30 pm. on Saturday, June 6, 2009 at the the Village Book Shop in Glendora.

The village book shop is located on 123 N. Glendora Ave. Admission is $10 at the door.

For more information, call call 626-215-2527.

–Natalie Veisslaov

Support education, accountability

There are six propositions on the Tuesday election ballot.Here are our recommendations for how to vote on each:

Proposition 1A limits state spending and increases the rainy day fund. The general budget is to increase to 12 percent and the money will go to the low economy first and then the schools. If there is any left. The plan is to take future tax revenues and place them into a non-regulated fund whether the economy is up or down. It seems like a good concept, but it needs a bit more work before we decide to place our money into questionable hands. We vote no.

Proposition 1B addresses a payment plan for education funding to address recent budget cuts. Annual payments to school districts and community colleges will begin in 2011 and will last through 2012. Payments will come from the state's Budget Stabilization Fund. This proposition is a good in case 1A falls through to ensure the school systems will receive money. We vote yes.

Proposition 1C is the lottery modernization act. This proposition allows the state to improve the lottery to entice more people to buy lottery tickets. About $5 billion would be borrowed from future lottery profits to help balance the current 2009-10 state budget crisis. Schools will continue to be funded and more people may want to buy into the lottery allowing net profit to grow. We vote yes.

Proposition 1D The state wants to take money from the First Five fund and redirect it to benefit other children so that money will not be taken from the state's general fund. There is currently 2.5 billion sitting in the First Five fund. Some say that using some of that money will protect children's services. This proposition is an update of Proposition 10 to tax tobacco products for child education and development. Not taking money from the general fund sounds good, but the First Five Program says that it needs the money that is sitting in its fund. We vote no.

Proposition 1E Amends mental health services funding and temporary reallocation. The plan is to transfer funds for a two-year period from mental health programs to pay for the mental health services for young children and adults. This will provide more than $225 million in flexible funding or mental health programs. The government is going to take money from a special fund and put it into the general fund for statewide mental services. We vote no.

Proposition 1F concerns elected official's salaries and prevents pay increases during budget deficit years. Currently, California legislators are being paid more than $100,000 annually. They are also given a $170 a day "per diem" expense for every day they are in session and California legislators serve full time. Why should we vote to allow elected officials to get pay raises during years when they do not pass a balanced budget? The answer is we should not. We vote yes.

Keep our University diverse

The budget deficit saga continues at the University of La Verne and now it is affecting a centerpiece of the La Verne community: diversity.

Administration of the Mosaic Cultural Institute, its staff and executive board member positions will be dispersed and relocated, slowly dismantling an organization that we believe is important to support and promote diversity awareness and research on this campus.

Although insufficient funds contributed greatly to the dismantling of the MCI, its end seems to be too convenient.

One issue was lack of space. There is no room to hold meetings or events. It is critical to the success of an organization that sufficient work space is provided in order for it to function properly.

The loss of this organization, however, creates a major problem for students and the University. One of the University's declared promises is to serve students from different cultural backgrounds.

The MCI has served as the source of information and support for club leaders to report to including the African American Student Association, the International Student Organization, the Latino Student Forum, the Sister Circle and the Rainbow Alliance.

Once culturally diverse students learn that they no longer have a center or space to report to, they will interpret it as the University being non-supportive, Multicultural Affairs Director Daniel Loera said.

While these issues have been brewing for a while, the hope was that the new Campus Center would provide necessary resources for MCI. Now that it is being used for other University needs, that option was thrown out the window. And it is a shame, given that the Campus Center was intentionally created to specifically serve the students, or that's what we thought.

For the sake of current and prospective students, something needs to be done to preserve the University's support structure for diversity.

Reconsider men's tennis, too

It has been a month since players and coaches of the men's and women's tennis teams received news that the sport was being placed on hiatus. Now, after much deliberation and re-evaluation of the issue, tennis players are rejoicing, or at least some of them are.

Last week University of La Verne Interim Athletic Director Julie Kline announced that the women's tennis program will continue as an intercollegiate athletic sport. This shed a ray of sunshine for the women tennis players, while the men's tennis team has yet to see the light.

Why bring back the women's tennis team and not the men's? The initial argument for putting the teams on hiatus in the first place was due to lack of athletic facilities. But thanks to Claremont Club President and CEO Mike Alpert, the athletics department has been granted use of the club's facilities for free.

If money is not an issue and facilities are not an issue for keeping the men's tennis team on hiatus, then what is?

Kline said that the expected incoming class and the number of women tennis players returning for next season is the reason for bringing back the women's team only.

Still we think that choosing one team over another based on such projections is not a good enough reason to terminate another.

It would be beneficial for the University to demonstrate how important all its sports teams are, regardless of the size of the team, which could change.

The University prides itself on small class sizes and individualized attention, why should sports teams be treated differently?

It took a lot of negotiating to come up with ideas to save the tennis teams and progress has been made. Perhaps a little more brainstorming will sprout a much-needed solution to saving the men's tennis team.

Letters to the Editor

Dear Editor,

While I greatly enjoyed your Campus Times article ("A Quiet Power: The ancient discipline of yoga enters the 21st century," May 8), I was quite disappointed that you did not inform your readers, the students, faculty, and staff of the University of La Verne, that they can take both yoga and pilates classes at the University! No need to go off-campus to a studio, no need to drive your car and add to your stress, and no need, (for students, anyway) to have to pay a fee for every session! These classes (and other activity classes, by the way) are provided by the movement and sports science department for the benefit of our students, to contribute to their health and well-being.

Monica Matthews (yoga) and Bonnie Murphy (pilates) are two of the finest instructors in their disciplines in the area. The aerobic dance room in the Sports Science and Athletics Pavilion is a terrific facility for both activities. Your article was well-researched and compelling for its first-person take on an activity that many might regard with some skepticism. This makes it even more unfortunate that you did not encourage your readers to try these activities out without incurring significant fees or driving time in our own on-campus classes.

Hopefully, some form of follow-up will rectify this omission. Again, good work on a great article, but I hope you see my point as well.

Paul Alvarez
Movement & Sports Science Department Chairman

Dear Editor,

I applaud the thinking in "Companies should not escape," (May 8) that companies should pay their fair share of taxes. Closing loopholes, no matter in what administration they were created, will go more toward a fairer system of using and collecting tax money.

But let's be fair about it. I watched a student presentation last week where the plan was to pay workers "under the table" as a way to make money and avoid taxes. As long as our students think that is OK, the system will continue to be unbalanced and the few will pay the cost of roads, schools and bridges. If we teach ethics, we should be consistent in our message.

Janis Dietz
Professor of Business Administration

Campus Times
Spring 2009

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FROM THE EDITOR...

Closing a chapter



SUSAN ACKER

Six years ago I was nervous about starting my freshman year in college at Cal Poly Pomona to become a teacher.

Five years ago I was leaving Cal Poly Pomona to attend Pasadena City College with the hopes of becoming a nurse.

Three years ago after coming to the conclusion that I really cannot stand the sight of blood, I was preparing to attend the University of La Verne.

I never could have imagined that I would be graduating next week with a degree in journalism.

During the past six years, three of which I have spent at ULV, I have met a lot of people who mean a lot to me and I know that I would not be here if it were not for them and many people who have given me their love and support throughout my life.

Though this is a very exciting time and I am looking forward to graduation, I am sad that this chapter in my life is coming to a close. I am going to miss ULV and I am going to miss all of my friends.

Following the footsteps of those before me, I want to use this last column as a thank you letter to all of those who have lent an ear, provided a shoulder and said a prayer for me.

Without you all I would never have made it this far.

I also want to dedicate this column to four of the most important women in my life who taught me so much, Mrs. Sowers, Grandma Acker, Grandma Edgeworth and Aunt Rita. I miss you all.

Mom, Dad and Grandpa, thank you for all of your unconditional love and all of your support.

Margo, thank you for being a great little sister and congratulations on your graduation next week. See you in Connecticut.

Thank you Uncle David, Aunt Jeanne, Aunt Debbie, Uncle Stephen, Uncle Jerry, Aunt Rebecka, Katie, Beth, Joe, Bill, Amelia, Thea, Stevie, Eddie and Charles and to the rest of my family. God has blessed me with a good one.

Thank you to all of my friends.

The Abregos, you will always have a special place in my heart.

To Lisa and the girls, JR, Lori and the kids and to Mary Ann, I love you all.

Daja, California is not the same without you. Thank you for forcing me to get out and have fun.

To the Petersons, the Hoffmans, Bob B. and the Turners— thank you for your love and encouragement throughout the years.

Thank you to Davidson Lloyd and the Screen Actor's Guild Foundation.

Now to the staff of the Campus Times, thank you for our hard work. Thank you especially to all of the editors.

You should be proud of the work and all of the late hours you put in to produce such a great paper every week.

And thanks for never missing a beat and for filling in for me when I could not be here.

You have all been so wonderful and I am going to miss you.

Natalie, you will do a great job next semester as editor in chief. I cannot wait to read the Campus Times next semester.

Elizabeth, Eric, Mike, George, Shane, Maia and Gary: Thank you for all of your support and encouragement.

Thank you for being the best professors, advisers and friends.

I am so fortunate that I have had the opportunity to get to know you.

Janice, I have really enjoyed getting to know you this year. You are the best boss and you are an awesome photographer.

I also want to thank everybody else I have not mentioned by name, but who has helped me along the way.

Thank you all. I have been so blessed by knowing all of you.

Susan Acker, a senior journalism major, is editor in chief of the Campus Times. *She can be reached by e-mail at* **susan.acker@laverne.edu**.

America's worst paying jobs



MARK VIDAL

Going out to dinner is always an enjoyable experience for me. There is nothing quite like sitting in a booth joking with friends, being catered to and enjoying a thick juicy steak burger with seasoned fries and an ice cold root beer.

Not until recently did it sink in that this enjoyable experience is made possible thanks to people holding the top four worst-paying jobs in America.

This week the U.S. government released the latest Occupational Employment and Wage Estimates, which revealed that food preparers and servers make on average a salary of $17,400 annually. The person who makes sure that my steak burger is cooked well-done and served without onions gets to say he has one of the worst-paying jobs in America. That is sad.

After memorizing detailed orders, juggling multiple hot plates, satisfying petty customer requests and running back and forth between tables, a server deserves a little more than minimum wage.

Another essential element to my dining experience is the actual cooking of my steak burger. The people standing by a stove all day in a hot kitchen make up the number two spot for the worst-paying job, specifically those working in fast food. Props to them for remembering which order was to be cooked without cheese and bless them for later adding the cheese they were first told to leave it out after being yelled at.

It must be a drag satisfying customers behind the scenes and not getting tipped for it. But we need you faithful cooks and you are very important to us all.

Upon inhaling that delicious steak burger, it is remarkable how the plate it was served on is quickly transformed into a bloody dish of carnage, and meat scattered around slimy ketchup stains. I would hate to be the person in charge of cleaning that mess up.

Coming in at a degrading number three for the worst-paying job is the dish washing gig. It is bad enough having to look at the mess peoples' mouths have created and having to touch it seems like a heroic effort. The task of washing hundreds of dishes, pots and pans, glasses and utensils every day must be a different experience from washing dishes at home. Going home everyday with moist skin and smelling like vomit deserves more credit. Thank you to all the dishwashers who bravely grab that sponge every day.

Among those trailing close behind at number four for the worst-paying job are the bus boys. They may not have to wash dishes but they have to clean the tables people make messes out of, not to mention carry around a bucket of dirty dishes all day. Although it is a plus getting in on the tips, splitting them with servers can not be very pleasant. I would like to give a shout out to all the bus boys who clear tables for the next customers, especially if they happen to be schoolmates. Ouch.

While one can argue that any job is a blessing in today's economy, the nature of such work and the reward for it should be taken into consideration. These people may be working to put themselves through school or to put food on the table for their families. Either way they deserve respect and better treatment for the work they do. So the next time you enjoy a great dinning experience at your favorite restaurant, do not hesitate to leave a generous tip behind to the person who made it all possible.

Mark Vidal, a junior communications major, is arts editor of the Campus Times. He can be reached by e-mail at **mark.vidal@laverne.edu.**

Big fuss over a little puppy



DIANE SCOTT

It has been a month since the Obamas got their new puppy, Bo, and he seems to be settling in, though there may have been a few puddles on the carpet during the last month.

What's more, the whole family is happy, especially Malia who suffers from a lot of allergies.

Now, many in the media seem to think that the Obamas not getting a rescued dog is the worst thing ever. However, given their daughter's allergies, and the limited number of hypoallergenic dogs in the world, is it really practical to expect the family to get a dog from a pound?

Surely the fact that Bo was returned to his breeders and then given to the Obama's shows how they are willing to give a dog a second start at life.

Personally, I have had dogs from both sides of the argument. We have had a second chance purebred, similar to the position Bo found himself in, and I have had a dog from an animal shelter. Both of these have their pros and their cons.

Our purebred golden retriever was the most laid back, child-friendly dog you could imagine. We knew his age, where he had come from, even his special Kennel Club name.

However, he died at only 5 years old, which is very young, even for a purebred. And he died probably because he was purebred, as Golden Retrievers are known for not being able to wake up from anaesthesia.

If he was a mixed breed, he may have stood a better chance.

My current dog is very mixed, she is whippet, bull terrier and Staffordshire bull terrier, all in one little body. I got her from a shelter not too far from my home, just before my other dog died.

While having a rescue dog is very rewarding, once they realize you are keeping them, they love you forever, it is also very very challenging.

It is impossible to know what these animals have gone through in their lives.

When I first brought her home, she was a nightmare. She ate everything in sight. She jumped on tables to eat whatever was left there.

After a lot of training, I managed to put an end to that habit.

But that is the negative part about rescue dogs, some of them need a lot of retraining and I do not believe that a busy family such as the Obamas have the time to spare, doing away with bad habits and installing good ones.

I have had my rescue dog for 10 years now and she is a happy little thing, in comparison to when we first got her.

What I also find very interesting about the Bo story is who is coming out in support of the family. Former Republican House Speaker Newt Gingrich said on WSBTV, "And where they got it from – who cares? It's a nice gesture on Senator Kennedy's part to give it to them but who cares?"

I totally agree with him. Why should we worry about where the President got Bo? We know it was not a puppy mill. We know he is going to donate to the Humane Society. We know he has given little Bo a loving home.

The first family has done exactly the right thing.

They have highlighted the need for animals to be given homes, they have prevented Bo from ever ending up in a pound and they have made two little girls very, very happy.

Diane Scott, a a visiting international student from Great Britain, is editorial director of the Campus Times. *She can be reached by e-mail at* **diane.scott@laverne.edu**.

Dodge, weave, throw for victory

Team Phi Delta Theta wins game



Sherazad Shaikh

Rudy Martinez and Alex Hacker from Phi Delta Theta gains one of the four dodge balls as Ben Van Kleeck and Roger Toledo from Sketches team takes possession of the other ball. Phi Delta Theta won first place in intramurals dodge ball finals May 7.

Victoria Farlow
Staff Writer

Priscilla Saint-Cyr, a freshman athletic training major was left alone on the court to defend Team Sketch in two rounds at the Campus Activities Board intramural dodge ball tournament May 7 in the Sports Science and Athletics Pavilion Gymnasium.

The four day dodge ball tournament ended May 7 as four teams went head-head to battle it out for the championship.

The dodge ball tournament consisted of four nights on April 28 and April 30 and May 5 and May 7.

Each team had to play a game consisting of three rounds.

The crowd cheered Saint-Cyr on as she ducked and swerved around the court desperately trying to stay in the game.

"I was scared but I managed to stay in," Saint-Cyr said.

In the end Team Sketch lost to Phi Delta Theta who were the night's champions.

Four teams played that night in two semifinal games.The winners of those games played in the finals.

The four teams in the semifinals were Phi Delt Theta team, Team Sketch, Team Fastbreak and CAB's team.

The Phi Delta Theta team, led by junior international business and language major Douglas Mendoza, won the first round against Team Sketch, led by Jonathan Elias, a sophomore history and philosophy major.

Team Fastbreak led by senior business administration major Ryan Figgs won against CAB's team led by sophomore liberal studies major and Major Events Co-Chairwoman.

Although problems with the lighting in the gym caused a stall for Thursday's game as well as other past events, the teams and audience enjoyed the tournament.

"The light system is ridiculous but I think we'll have a good night," Intramural Chair and event host, Adan Jaime said.

"It was a hard game," Mendoza said. "I feel good."

Team Fastbreak and Phi Delta Theat team were victorious in the semifinals and moved to the finals games. The Phi Delta Theta team were the winners.

The Phi Delta Theta champions played aggressively, but CAB's team laughed and enjoyed a playful match.

"We have a lot of CAB spirit," Williams said. "We love each other."

Williams was optimistic about the game.

"We suffered defeat," Williams said. "We're just glad we made it to the finals."

Williams said she was thankful that the University allowed them to hold the event in the new gym.

Keith Morando, a junior business administration major and Phi Delta Theata team member felt proud and amazing at the end of the night's game.

"We're a fraternity so closeness is a factor," Morando said. "I think that's why we won."

Victoria Farlow can be reached at ***victoria.farlow@laverne.edu.***

Discussion challenges melting pot theories

Cultures unite into one

Julissa Cardenas
Staff Writer

"Melting Pot vs. Salad Bowl" was the theme of the fourth session in a colloquium series on diversity at the University of La Verne, which took place May 7.

"Melting pot is when all cultures blend together to form one big culture, but salad bowl seems like you come together but are still distinguished," said Daniel Loera, multicultural affairs director.

The facilitators giving the presentation of ethnicity and minority identity were Christopher Liang, assistant professor of psychology, and Leticia Arellano, associate professor of psychology.

Students and many faculty attended, including Zandra Wagoner, assistant vice president of undergraduate programs, and Michael Frantz, professor of mathematics.

"I'm here because I love having these discussions. I have great conversations with all of you, and even though I see you at meetings, it is nice to see you in this environment," Wagoner said to the faculty.

Many were there out of curiosity and to understand the terms melting pot and salad bowl.

"I have heard of melting pot, but salad bowl is not very common," Frantz said.

Explaining the difference between the terms resulted in a discussion among the students and faculty.

Everyone gave their opinions on the two issues.

After discussing the theme of the session, the topic of identity and perception came up and many were surprised to know that there were different stages that altered the perception of the individual.

Liang and Arellano both explained the different stages of minority identity development and the attitudes attributed to the different stages.

According to a chart made by Atkinson, Morten and Sue, there are five stages of development. Stage one is conformity, where the attitude towards self and others of the same minority consists of discrimination and self-depreciating.

Eventually the individual goes to stage five after going through many questioning stages.

Stage five is Synergetic Articulation and Awareness, where the attitude is positive about ones minority group.

"A person can move back and forth or blend one stage with another, there is not one sure stage," Arellano said.

Liang gave many examples about the stages, which consisted of his life experiences.

"When I was young I grew up loving my culture. I loved the food, the music and the television, but I hated some of the views connected to my culture," Liang said. "Asians were considered weak but I knew I wasn't. I realized I could fight back when I saw my sister's college friends stand up to some men's rude comments."

As the life examples and the discussions continued, many realized that they are at one of the stages of development.

"Even now I don't think I'm quite at level five, there is still room for development," Liang said.

The session ended with much still to discuss, but Arellano and Liang were thankful for the audience and the time spent in good conversation.

Julissa Cardenas can be reached at ***julissa.cardenas@laverne.edu.***

Miss Rancho promotes voluntarism



Stephanie Arellanes

Amanda Romero, Miss Rancho Cucamonga, is currently training for the American Cancer Society Relay For Life. Romero will walk the race for her sister, a three-time cancer survivor. The race begins at 8 a.m. Saturday at Rancho Cucamonga High School. She will make a short speech before the group participating in the walk.

LV student takes crown in pageant

Carmin Hermosillo
Staff Writer

Amanda Romero was crowned pageant queen last month at the Miss Rancho Cucamonga Pageant.

This is just one of the many achievements that Romero has accomplished in her 22 years.

The University of La Verne sophomore has dedicated many hours volunteer work in the cities of Ontario, Rancho Cucamonga and Claremont.

"Volunteering is one of the things I think people don't do," Romero said.

Romero, an organizational management major, is also involved on campus.

She is currently a member of Alpha Omicron Pi, is the executive vice president of the College Panhellenic Association on campus for fall 2009.

She will be the director of activities for the Latino Student Forum for fall 2009.

With all of the responsibilities she held on campus she wanted to do something different.

"I needed a new challenge... to get me to that next level," Romero said.

She said she has thought about participating in pageants since she was runner up in Miss Teen Rancho Cucamonga at age 14.

"After that experience I thought to myself I would never do this again. I didn't want to go through the humiliation. Never did I think I would be 22 and be Miss Rancho Cucamonga," Romero said.

"After doing everything else for everyone else, I needed to do something for myself and have some fun, and that's exactly what the pageant was," Romero said.

Since she wanted to get involved with the city of Rancho Cucamonga, this was a perfect opportunity.

Romero answered an ad in her local newspaper to compete in the Miss Rancho Cucamonga Pageant.

> 'After doing everything else for everyone else, I needed to do something for myself and have some fun, and that's exactly what the pageant was.'
> *—Amanda Romero, Miss Rancho Cucamonga*

"The pageant is a non- profit organization and scholarship fund that helps youth build healthy confidence and invest in their futures," said Cindy Jensen, a coordinator of the pageant.

The pageantry consisted of an interview, dance, evening gown and sports wear.

"The judges where looking for the best representative, girls that were well rounded, charismatic, poised and a good role model," Romero said.

Romero felt confident that the judges liked her and the responses to the questions given.

"I got really lucky with my question, I didn't prep for my questions," Romero said.

"I think the best interviews are the ones that you don't prep for. I felt if I practiced too much I wouldn't have fun and I think that is why I won, because I had fun in the pageant."

Miss Rancho Cucamonga's responsibilities will include activities within the city, grand openings and parades.

Romero's win will place her in the statewide contest to be held later this year.

Romero said that she dislikes the stereotypes that come with pageantry.

"It is a really good way for a girl to gain self esteem. I have seen girls who have blossomed," Romero said.

"When you have family or support system on your side that is a stepping stone that is the first step, second will be the willingness to learn. Those are the best cases because there is potential. Third is to practice, practice in front of a mirror."

After she graduates from ULV, she hopes to attend graduate school.

Romero said her family keeps her grounded.

"My father is my biggest fan with anything I will never forget the look on his face ... how proud he is," Romero said.

Her twin sister, Jennifer Romero, is her main drive for success, she said.

"Everything I do is because my sister and for her," Amanda Romero said. "When you love some one so much you will do anything for them."

"We motivate each other, she already has that drive. We challenge ourselves," said Jennifer Romero, public administration major.

"She's one of those people that will always complete a task and succeed."

Amanda Romero's dream job is to be a human resource manager at the Staples Center in Los Angeles.

Carmin Hermosillo can be reached at ***carmin.hermosillo@laverne.edu.***

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Forum recognizes achievements

Banquet supports black men



Rafael Anguiano

Diamond Bar High School student Dejon Carter, along with President Stephen Morgan, La Verne junior James Thorn and Richard Rose, professor of religion, attended the Brothers Forum banquet Saturday. The Brothers Forum recently received the most improved organizational award at the Club Organization Award Banquet. The club became officially recognized this year.

Carmin Hermosillo
Staff Writer

The Brothers Forum held its end-of-the-year banquet Saturday to commemorate the club's achievements throughout the year.

The event, titled "Three Generations," brought together alumni, current student members of the Brother's Forum and prospective students.

High school students, were invited to learn more about the forum and the University of La Verne.

Faculty members such as Richard Rose, professor of religion, were among the guests at the banquet along with University President Stephen Morgan.

The evening started with opening remarks from the Forum's adviser, Eric Bishop.

He introduced the evening and explained the focus of the Brothers Forum.

"Recruitment, retention and graduation, is the ultimate goal for us," Bishop said.

The Forum's purpose among other things is to build a support structure on campus for African American men.

Ryan Figgs, a senior business administrations major is the Forum's president.

Figgs acknowledged the Forum's founders, Robert Lewis and Emmitt Terrell.

Among other events the forum helped to organize was the lecture on campus by Tavis Smiley.

The program continued with Bishop presenting the seniors with sashes.

There were also recognitions given for those who have supported the Forum throughout the years.

Morgan, gave some closing remarks at the banquet.

He said he was proud of the forum.

"It's a place where it holds you accountable as far as your school work," said Karanja Broomfield senior accounting major and member of the forum.

"I was glad to hear the program was still going on. It was definitely something that benefited me in my school work," said Falone Serna, alumnus of the forum and ULV.

"It was an opportunity for me to be around a group of guys to talk about my experiences as a black man, both positive and negative," Serna added.

Serna served as a member of the forum before he graduated in 2002.

He was also one of the guest speakers at the banquet.

Serna expressed his gratitude toward the forum

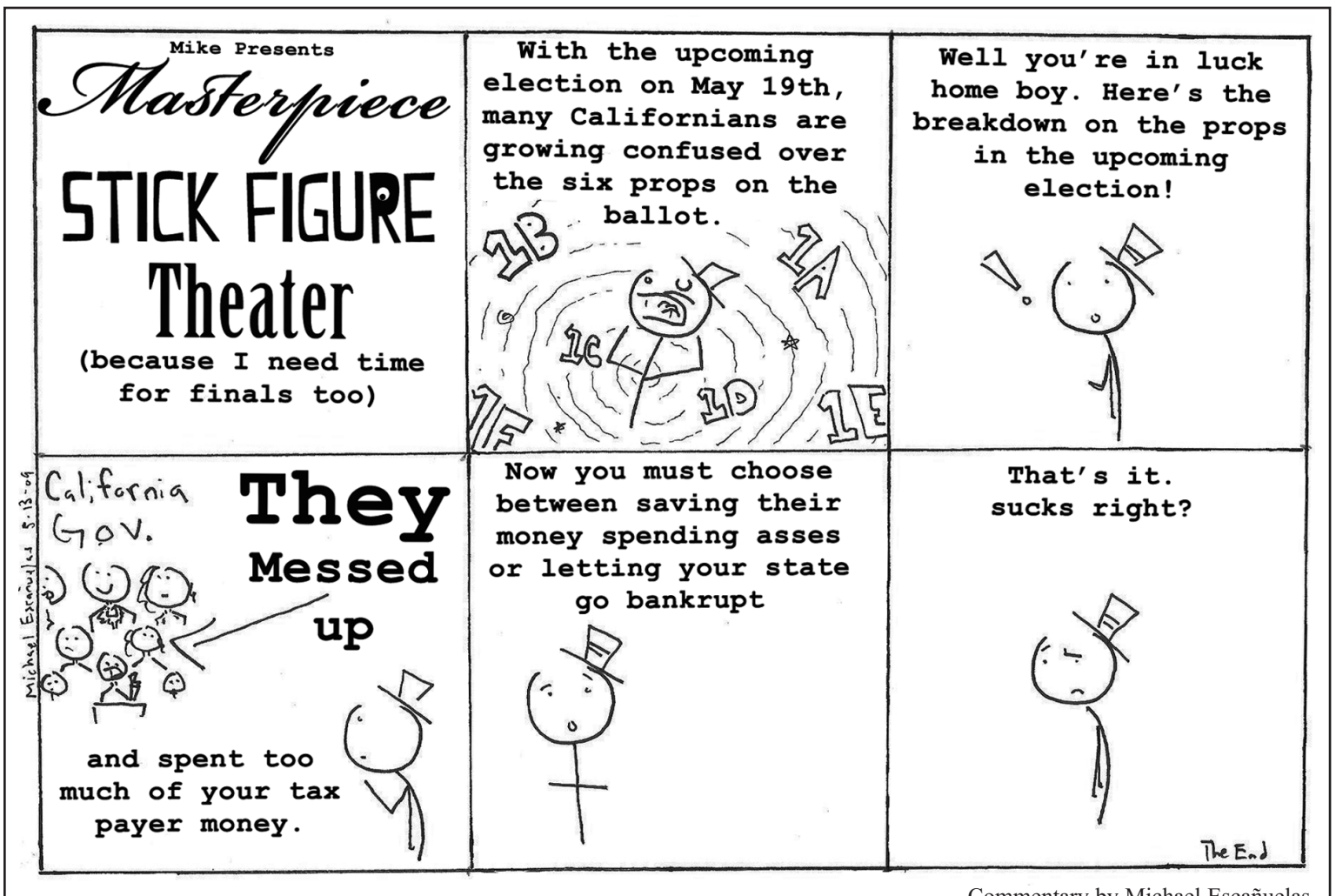
He gave words of encouragement to the graduates and prospective students of the University.

Serna also praised Figgs for his efforts in bringing awareness to the forum and for establishing the forum as an official club on campus.

The forum has also held other social events this year like a game night and a barbeque.

"The purpose of the Brothers Forum is to bring black males together to help each other succeed and reach their highest potential," Figgs said.

Carmin Hermosillo can be reached at ***carmin.hermosillo@laverne.edu.***



Commentary by Michael Escañuelas

On the Calendar

Molecular Biology Lab

Associate Professor of Biology Stacey Darling-Novak will give a lecture at noon May 19 in the President's Dining Room.

Immediately after the lecture will be the Opening of the new molecular biology lab and greenhouse.

The lab was funded by the Title V STEM grant and the greenhouse was partly funded by the Title V grant and a Faculty Research grant.

For more information call, 909-593-3511, ext. 4240 or ext. 4652.

Ride Your Bike to Work

Ride Your Bike to work day was a success on Thursday.

Roger Hardy, deputy vice president for major projects and campus development, was the winner pedaling, 41 miles one way.

Those who who rode to work at least one day this week can still pledge to be in the Los Angeles County Metro's Bike to Work Week Raffle. One of the prizes is an electric bike from Currie Technologies.

To enter, visit **www.californiabikecommute.com/register.asp**.

Pledges must be entered by noon today.

—Christopher Guzman

HAPPENINGS

Naturology

The Harris Art Gallery is showing "Naturology," an exhibit featuring the artwork of current students.

The exhibit, consisting of sculpture and photography, explores natural technologies.

Gallery hours are 10 a.m. to 4 p.m. Monday through Thursday.

"Naturology" closes May 22.

Red Trees

"Before the Red Trees Come" will show at 7:30 p.m. tonight and Saturday in the Jane Dibbell Caberet Theatre.

The performance is the senior thesis of Kristopher Lee Bicknell.

Admission is $3 for students.

Mozart

The Pasadena Community Orchestra will present the May concert at 8 p.m. tonight at the First Church of the Nazarene in Pasadena.

The program will feature the music of Mozart, Verdi, Bernstein and Sibelius.

Admission is free.

For more information, visit **www.pcomusic.org**.

Playhouse

"You Can't Take It With You" will play at the Sierra Madre Playhouse at 8 p.m. Fridays and Saturdays and at 2:30 p.m. Sundays through June 6.

This comedy ran for 837 performances on Broadway and won a Pulitzer Prize and Academy Award.

Tickets cost $17 for students.

For more information visit **sierramadreplayhouse.org.**

Origami

Origami books created by artist Megann Zwierlein are on display through June 21 at the Offramp Gallery in Pasadena.

The gallery is open from 1-5 p.m. on Thursday and Saturday and from 1-6 p.m. on Friday.

For more information visit **www.offrampgallery.com/megannzwierlein.**

—Megan Sebestyen

Children drum in sounds of Africa

by Esmeralda M. Cardenas

photography by Rafael Anguiano

Orange buckets and rattlers replaced the sounds of tiny feet as the children's music club filled Founders Auditorium with music.

Members of the La Verne community attended the Drums of West Africa, a music club for kids, where children were able to participate in the concert with the West African Drum Ensemble.

"The kids music club idea was started as a senior project for a student and now Mu Phi Epsilon has decided to continue it because we enjoy the concerts and promoting music, especially in the community," Sarrie Fleming, former president of Mu Phi Epsilon, said.

Mu Phi Epsilon, an honors society dedicated to promoting music, held the Kids Music Club on Saturday morning in Founders Hall.

With the help of the West African Drum Ensemble they invited members of the community to come with their children and spend the morning playing along and learning about the drums of West Africa.

Mu Phi Epsilon teamed up with the West African Drum Ensemble because of their success in past years.

Steve Biondo, instructor of the West African Drum Ensemble class, educated parents and children on where the music came from and how he taught his class.

"The music is primarily from the Malinke, a group that used to live in the Mali Empire but had split up and become Senegal, Sudan and New Guinea," Biondo said.

"The music we play is 800 years old," Biondo added.

Biondo taught the audience the name of the drums in order from smallest to largest.

Drum names are kenkeni, sangban and dununba, while a drum shaped like an hourglass is called djembè.

Biondo also talked about the three basic sounds the drums made called the bass, tone and slap.

Biondo explained the idea of the oral teaching tradition, which he uses in his class to teach his students.

He uses words and repetition rather than reading notes on paper.

The children were invited to play along with the ensemble on orange buckets and with shakers that were provided for by the ensemble.

"We did this a few years back and we had the orange drums left over," Biondo said. "So many kids attended that we didn't have enough for everyone on stage to play," Biondo said.

At the end of their performance the audience was invited on stage to play with the drums and see everything up close.

The West African Drum Ensemble was possible in part thanks to the students who volunteered their Saturday morning to help Mu Phi Epsilon teach students and play for the audience.

"It feels good to see the children happy," Aldemar Gutierrez, an ensemble student, said. "And they also get to learn new things."

Esmeralda M. Cardenas can be reached at ***esmeralda.cardenas@laverne.edu.***



Nicholas Kienver, 2, of La Verne, played along with Steve Biondo's West African Drum Ensemble Saturday at the Kid's Music Club event in Founders Auditorium. The ensemble, taught by Biondo, teaches students traditional West African rhythms dating back to the 12th century. The Kids Music Club is an ongoing series of free educational concerts sponsored by the music department, offering children a chance to explore the thrill of live music.

Fullerton artists come to Pomona

Art created with rare mediums



Rafael Anguiano

Dewitt Smith and Gia Gaglio learn from Will Andersen the process by which the prints at the "Multiple Originals" exhibit i57 Underground were made. The show opened will run until June 27. Gallery 57 is located at 300 S. Thomas Street, Unit C, in Pomona.

Lauryl Bakke
Staff Writer

Beeswax and carving is just a part of what was used to create artwork on display in the new "Multiple Originals 2009" exhibit.

The work created by 14 artists is on display at the 57 Underground gallery in Pomona.

All of the art on display falls into the category of printmaking.

The displays include the finished art pieces and the die cuts of the pieces along side them.

"They cover the metal in bees wax then carve the image they want into it, next they fill the grooves with acid to burn the image onto the metal with the beeswax keeping the non-carved areas covered," George Anderson, Claremont resident and gallery assistant, said.

"Once the acid is drained they roll ink over the image as if they were painting a house, they cover the image with paper, put it through a press and out comes the image," Anderson said.

There were metal and wooden transfers.

Detailed images were carved in the wood and then covered in ink and put through a press to create some of the art.

Some visitors at the exhibit viewed the images for several minutes then came back for more.

One visitor tried to understand how the process of creating the art was done.

"I keep coming back to certain pieces because I just can't wrap my brain around how much detail is in the image and how it is all meticulously carved then transferred," Chris Witte, a Pomona resident, said.

There were 49 pieces that ranged from images of African women, to animals, to scrolls with multiple Aztec images.

Each piece on display used several different mediums and transfers.

One piece was a series of four nearly five-foot pieces that portrayed the four riders of the apocalypse.

The images that were carved into wood transfers with particular detail showed the biblical, medieval and modern man's revelation of his self destruction.

The images were of men on horses.

One man depicted death, another man depicted war and two more depicted pestilence and famine.

Another group of pieces by artist Thomas Stubbs was centered around chimpanzees and Charles Darwin's ideas about evolution.

They were transfers on copper plates and they had other colors in addition to the copper in the background.

All of the artists in the show were alumni of California State University in Fullerton.

All of the artists received their master's of fine arts degrees from Cal State Fullerton and they have done several shows together.

One of the artists and the host of the exhibit, Barbara McLaughlin, said that her piece titled "Erebus" was difficult to complete.

"It is very difficult to print, to achieve it. I had to use acid and liquid sauter," McLaughlin said. "Let's just say it took months to finish, more than half a semester."

The "Multiple Originals 2009" exhibit is on display until June 27 at the 57 Underground Gallery, located in the Pomona Arts Colony.

The gallery is open from 12 p.m. to 4 p.m. Friday through Sunday and noon to 9 p.m. the second and last Saturday of every month.

For more information, visit **www.57underground.com**.

*Lauryl Bakke can be reached at **lauryl.bakke@laverne.edu**.*

> 'I keep coming back to certain pieces because I can't wrap my brain around how much detail is in the image and how meticulously it was carved then transferred.'
> *—Chris Witte, Pomona resident*

Screenings to show off students' hard work

Videos offer a variety

Carmin Hermosillo
Staff Writer

The communications department is holding its annual student video screenings Saturday.

It is a two part event that is put on by the intermediate television broadcasting students and seniors to showcase their best work and senior projects.

"It's a chance for the students to show off," said Donald Pollock, professor of communications. "They have been working very hard throughout the semester. It will be interesting to see their final projects."

The first screening gives everyone from the intermediate television broadcasting classes an opportunity to submit their best video production.

The entries will include public service announcements, news stories and short stories.

Entries were submitted and chosen by judges on Tuesday to screen on Saturday at 3 p.m.

Intermediate students are putting on the screening for the seniors.

Each intermediate student will have a task during the screening such as setting chairs, playing the videos and bringing snacks.

Both classes are excited to see the projects, since they have all worked together.

"We have all worked together in these classes from beginning to intermediate to advanced, so it becomes pretty competitive and the screening becomes about bragging rights,'' said Garrett Gutierrez, a junior television broadcast major.

The screening is especially important to senior students because they have worked hard all year to complete their videos.

It will be a time for them to showcase their best work.

Students were divided into groups and they were asked to create a video.

Each person was designated as a producer, camera person or editor.

Seniors had to present proposals of their videos throughout both semesters to advisors in order to receive approval and guidance.

Five senior videos will be screened, including "Choppin' It Up," a talk variety show, which senior broadcasting major Telon Weathington is a part of .

"It is a talk variety show geared to teenagers," Weathington said. "What you are creating is a project to go out and show people what you can do, and get a job."

Videos will be critiqued on production, post-production, pre-production and reels.

The intermediate student project screenings will start at 3 p.m. in La Fetra Auditorium, followed by the senior screenings at 7 p.m.

For more information, call Pollock at 909-593-3511, ext 4277.

*Carmin Hermosillo can be reached at **carmin.hermosillo@laverne.edu.***

> 'It's a chance for the students to show off. They have been working very hard throughout the semester. It will be interesting to see their final projects.'
> *—Donald Pollock, professor of communications*

Prism promotes creative writing

Marla Bahloul
Staff Writer

The University of La Verne's Creative Writing department held a launch party for the Prism Review last week.

The Prism Review is a literary journal that includes the work of undergraduate students. It also includes feature stories from writers across Southern California.

Sean Bernard, assistant professor of writing, began by describing the course and introducing the many aspects of creative writing.

He spoke of the Prism Review and its attempts to become publicized.

"This year was the first time we pursued publication on a national level," Bernard said. "We have today two featured readers who will be followed by the (publication's) staff."

The first featured reader was University of Southern California graduate student, Neil Aitken, whose interview was printed in the Prism Review.

Aitken described himself as a nomad, who was constantly on the move.

"'The Lost Country of Sight' moves through geographic and familiar exile emotion. I grew up moving place to place – born in Vancouver, British Columbia, then ending up in Saudi Arabia and then Taiwan," Aitken said.

His book, "The Lost Country of Sight," includes the poems "The Art of Forgetting," "Burials," "Outside Plato's Republic" and "My Father is Landscape."

Both "Outside Plato's Republic" and "My Father is Landscape" received much attention.

"Outside Plato's Republic" takes a shot against the idea that poets should not have a say in society, as posed by Socrates, while "My Father is Landscape" is a more sensitive poem that speaks of Aitken's connection to his father.

The conclusion of Aitken's segment was followed by a brief intermission, which was then proceeded by the introduction of Peter Tieryas Liu.

Liu, who has worked on films like "I Am Legend" and "G-Force" as a character technical director, came to the University to read his feature story.

"Her Brother's Crow," speaks of a shy man in the early stages of building a new relationship.

The featured readers were followed by readings from undergraduate students.

Brianna Chiapellone, Marlain Moreno, Kyle Reed and Alyse Beni all read the works of more established poets, such as John Grey and Jared Harel.

Immediately following were the spring of 2009 graduating Creative Writing students, all reading original works.

Senior, Adriana Serrano, read "The Heart Beats the Shoe's Tale," which she created for her senior project.

Michael Frederick based his monologue off the Faustian tales of Chris Farlow.

A Faustian tale bases itself on sacrificing spiritual values for material gain.

A Faustian tale is typically narrated by a man, whereas in Frederick's case, his narrator of choice was God.

Katarina Woloschuk, the last senior to present, introduced her compilation of five short stories in her book "Mirrors."

Nearly 30 people attended the event in the President's Dining Room.

"It was something different for me, but it was very moving. I would advocate for others to go see it for themselves next time," sophomore Jonathan S. Elias said.

Copies of the Prism Review may be purchased through the University of La Verne. Off campus sales may be dealt with by calling 909-593-3511, ext. 4529.

Marla Bahloul can be reached at ***marla.bahloul@laverne.edu***.

Spring choral recital is last for director

Victoria Farlow
Staff Writer

Director of Choral Activities Todd Harper lead 10 University of La Verne students to the last student recital of the spring semester last Friday.

"All the students studied privately and performed well," Harper said.

The recital, which took place in Founders Auditorium, was also Harper's last recital at the University.

After the semester ends, Harper will go to Providence College in Rhode Island, where he has been appointed choral director.

Harper began at the University in fall 2008 and made his directorial debut in November 2008 at the Fall Choral Concert, "Sure on this Shining Night."

"We have to start all over again," Matthew White, senior public administration major said.

He studied with Harper this year.

White sang "Nina" by Giovanni Battista Pergolesi and "Die Forelle" by Franz Schubert at the recital.

"[White's] progress has shown a true culmination of his hard work," Harper said.

White said "Die Forelle" was the most difficult.

"There were a lot of verses and it was the most challenging in terms of the language," White said.

White, who has studied voice for two years on campus, said it was easier to learn Italian than German.

"'Nina' was more fun but challenging nonetheless," White said. "All the performers were really good. We all worked really hard."

Kelly Maes, a business administration major in the CAPA program, performed "The Water is Wide," a traditional folk song from the 1600s.

Maes takes weekly voice lessons and had been working on the piece for about four months.

"Dr. Harper definitely made the choir a more cohesive group," Maes said.

In a November interview, Taylor Duling, the choir's social chair and a junior music education major said that Harper brought a new vibe to the University's choir and that she was thankful to have such a great motivator.

Maes said that Harper was able to bring every member of the choir together.

"We got to know him and everyone likes him," Maes said.

White said that the choral students will have to trust that the music department will leave them in good hands.

Victoria Farlow can be reached at ***victoria.farlow@laverne.edu.***



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Leos drop two at NCAA regional

Women fall to CMS, Louisiana

Christopher Guzman
Staff Writer

The Leopards softball team completed another successful season finishing second in the Southern California Intercollegiate Athletic Conference with an overall record of 29-17 and earning their second consecutive trip to the NCAA Western Regional Tournament.

The Leopards started off the season slowly, compiling a 9-8 record.

The team really hit its stride entering the Tucson Tournament in Arizona, where the Leopards went 5-0, including a win over defending national champions Wisconsin Eau-Claire.

They continued their strong run compiling a season-high 13-game winning streak.

"I'm extremely proud of where we started and the fact that we finished strong," head coach Julie Smith said.

"Some mid-season pick ups really propelled us into the second half," Smith said.

The Leopards earned the No. 2 seed in the SCIAC tournament falling just short of the finals in a 2-0 loss to Redlands, the winner of the tournament.

They entered the NCAA West Regional in Marshall, Texas as the No. 7 seed where they lost yet another tight game 4-3 to Louisiana College and suffered elimination.

"There were a few games I feel we shouldn't have lost," Smith said. "We made some mistakes but I am proud of them and what we accomplished."

Overall, the Leopards placed seven players on the All-SCIAC team, which is determined by the leagues coaches.

Leading the pack is the SCIAC player of the year Senior Melissa Carlson who finished the season with a batting average of .462 and led the conference in hits, stolen bases and runs scored.

"It was unexpected but it was only possible because I had my teammates and coach around me," Carlson said.

Ashley Meneely, Delaney Baylor, Ashley Paul and Lynsey Padilla were all included on the All-SCIAC team.

Baylor led the pitching staff with 16 wins to go along with a 2.11 ERA.

The Leopards also placed two freshmen on the All-SCIAC team, Diandra Burns and Tara Allis, providing the Leopards with a strong outlook towards the future.

Burns was second on the team in batting average, hitting .427 on the year while driving in 27 runs to go along with five home-runs.

"We're knocking on the door and the kids coming in are going to be a big help," Smith said.

In two years with Smith as head coach, the Leopards have found themselves in the NCAA tournament twice and at the top of the SCIAC conference both years, a great improvement in the program.

"It's been a 180 degree turn around since Julie arrived," Carlson said.

Despite the achievements the team must also suffer some important loses next season when they bid farewell to several key players, including Carlson, Padilla, Meneely and fellow senior Kari Granger.

"We have a strong young team but it's going to be hard," Diandra Burns said.

"It's like losing a big chunk of the family," Burns said.

Christopher Guzman can be reached at ***christopher.guzman@laverne.edu***.

Fedorka named Player of the Year

Aaron Braunwalder
Staff Writer

La Verne junior and stand out golfer Mitch Fedorka earned the 2009 Lee Fulmer Player of the Year Award, given annually to the top golfer in the Southern California Intercollegiate Athletic Conference.

Fedorka, coming off of a stellar year, set a La Verne and SCIAC conference scoring record with an average of 69.29 in conference play and an overall scoring record of 72.63.

Fedorka was an individual medalist at two of the five SCIAC 18-hole tournaments. Fedorka was also a SCIAC conference champion this season.

Although Fedorka plays with highly talented teammates, two of which, Rizal Amin and Andrew Kramer, were named to the all SCIAC first team, with a third teammate, Kevin Smith, named to second team all SCIAC, Fedorka was able to stand out.

On Monday, Fedorka and the rest of his accomplished teammates, helped wrap up SCIAC conference play with a 10-stroke win at the SCIAC 36-Hole Championship in Moorpark to capture the Leopards' third straight SCIAC conference win.

Fedorka was also able to win the individual title.

"Mitch is the kind of guy you love to coach," said head coach Joe Skovron. "He listens, works hard and is always looking to get better."

ULV is currently competing in the NCAA Championships at Port St. Lucie, Fla.

They find themselves in a tie for fifth place after one round.

Fedorka holds a share of the individual lead with five under round of 67.

Collectively the team shot a four over 292.

Methodist University is currently in first, shooting a combined 279.

The tournament began Wednesday and will run through Saturday.

Scores and standings can be accessed on leopardathletics.com

Aaron Braunwalder can be reached at ***aaron.braunwalder@laverne.edu***.

Gonzales earns NSCA award



Sherazad Shaikh

Brianna Gonzales was named one of this year's National Strength and Conditioning Association award winners. She has played volleyball at La Verne for four years as an outside hitter and is graduating with a major in psychology. After graduation Gonzales plans to take time off to play beach volleyball before attending graduate school.

Vegan...

Continued from page 1

meet their energy needs."

Making my way through the aisles at Trader Joe's I noticed a store clerk putting milk onto the shelves so I asked her what were some of the fundamental foods I would need to get in order to maintain a vegan diet.

"There are a lot of different types of milks like soymilks, rice milks and multigrain milks," said Debra McShea, an employee at Trader Joe's for eight years. "Once you get used to them, it is tough to tell the difference,"

"Try and drink a lot more (of these) milks than you are used to because that is an easy way to take in protein without significantly changing your cooking habits."

McShea was very helpful throughout my shopping trip, she suggested certain foods and made sure that all of my nutritional needs were covered.

My next task inside the store was to find a variety of nuts, fruits and vegetables and, lastly, something that would become a staple throughout this experience, peanut butter.

I picked up a variety of fruits and vegetables, as well as juices and soymilk and decided that it was enough for the time being and would get me off on the right track for my new diet.

As the checker scanned the last item, I was expecting to pay much more than if I would have stuck to my normal diet, but I was pleasantly surprised.

When gauging the prices the sum total for the food that would probably last for four days was only a couple of dollars more than what I expected to spend.

It led me to believe it is a myth that the expensive nature of becoming a vegan is a deterrent for people.

The first dinner I ate as a vegan was two soy burgers, orange juice and some peanuts for dessert.

The soy burgers filled me up and I was feeling confident that I would be able to complete the four days I had set out for myself without any hiccups.

After two days of not taking in my normal calories I felt myself becoming more tired throughout the day.

I did not have the same energy in the middle of the day that I usually have after lunch.

Noting this change, I made a conscience effort to eat more during my meals and using the fruits and vegetables as mid-day snacks to give me sugars that my system was lacking. In an effort to understand if it was going to be healthy to maintain my diet for longer than the four days I researched medical articles to see if in fact the vegan lifestyle is a healthy one.

The American Dietetic Association and Dietitians of Canada posted a statement that reassured me that it was in fact a healthy lifestyle.

According to the Association, "Well planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood and adolescence."

My breakfast did not change much during this time. I was able to eat bagels and fill up on fruit salads every morning with a nice cup of coffee.

Lunches usually consisted of peanut butter sandwiches.

In fact, I think I ate at least two peanut-butter sandwiches everyday during the four-day period.

They provided an easy outlet to keep something in my diet that I was used to eating.

The smooth sailing soon stopped when I unknowingly broke my diet.

I was careful with every meal that I ate, reading each label and making sure no animal products were included, until my last day when I had to wake up early for a class.

It ultimately came down to having a 7 a.m. chemistry class that led to me breaking my commitment.

I completely forgot that I was the subject of this "guinea pig story," and I poured myself a bowl of cereal with two percent milk.

I did not realize this error until after my chemistry class when I was documenting what I had eaten the previous night.

I was not ashamed of myself and I did not think that the experiment was now a complete failure.

I rationalized that I was only a vegan for four days and therefore I still had food and drinks in my house that do not fit that category, so a slip up was easy.

After the fourth day was complete I was able to reflect on what I did for the environment if only for four days.

> 'Despite one misstep during my diet, I felt I undertook the opportunity with an open mind and a realization that people should become more aware of exactly what their diet consists of and how that food got to their plate.'

I felt I was doing my fair share for the environment without sacrificing too much.

If becoming a vegan would ensure slowing the rate in which the earth is heating, then I would be happy to make that life change for the betterment of the world.

I found the process to be very doable and not as expensive as I thought it was going to be.

Monitoring exactly what you lose when you take animal products out of your diet is highly necessary in order to get the all the health benefits of being vegan.

Despite one misstep during my diet, I felt I undertook the opportunity with an open mind and realization that sometimes people need to do what is best and most beneficial for the globe rather than indulging in appetites that could be detrimental to our environment.

Kevin Garrity can be reached at ***kevin.garrity@laverne.edu***.

Food...

Continued from page 2

Café on Baseline in Claremont. Its menu is extensive, and it is one of the only places to serve Portuguese food in the Los Angeles area.

I ordered a veggie panini with roasted Portobello mushrooms, yellow squash, zucchini, and onions on foccacia bread. The panini had a really delicious pesto spread, and all of the veggies were grilled.

For dessert, I had a slice of German mud slice cake. It was a chocolate cream cake with whipped cream and a walnut and honey crust.

The service was really quick, and as long as you stay away from the more fatty pork or meat dishes, the options were fairly healthy.

Thai

The Lucky Elephant restaurant on Arrow Highway in San Dimas offers some of the most authentic and delectable Thai dishes in the area.

I ordered mee krob for an appetizer. It is a huge ball of crispy rice noodles in a sweet and sour sauce – it is kind of hard to eat, but worth the trouble.

Its tom yum kai soup is hot and sour soup with straw mushrooms, lemon grass, limejuice and chili—although it is very hot, the heat makes for a layered flavorful soup.

I also ordered green curry with tofu; it was cooked with bell peppers, coconut milk, and basil leaves.

My last dish was pad thai, with thai rice noodles, bean sprouts, and peanuts.

There was chicken in the dish, but I did not eat that.

Among the different cuisines I tried, Thai food was the least heavy.

According to **ThaiTable.com**, "Since in Thailand, good quality, fresh food is readily available for takeout or eating in the office, there is not much demand for processed food

In Thai food, there is no milk, cheese or butter," so dishes often have less calories.

Also, Thai cooking does not usually use olive oil or butter.

"Because the Thai food flavor system's complexity comes from mixing flavor intense ingredients, like fish sauce and lime and hot peppers; there's no need for a fat."

Because of these reasons, Thai food is filling, but does not leave you feeling too stuffed or uncomfortable after eating it.

Armenian: One of my favorite destinations was Vrej Bakery on Foothill Boulevard in Glendora. The bakery has a wide array of Armenian cookies and pastries.

There are also two other locations in Pasadena and Granada Hills.

I tried several different things including gurayba, which is a butter cookie with semolina, Atayef Ashta, which is a pancake dough filled with cream and doused in sugar syrup, maaroon with apricot jam, chocoloate sableh, mamoul pistachio, which is farina with pistachio and rose water, and a shameyat, which is a date cookie.

In an April 2007 article in the Los Angeles Times, Charles Perry wrote "beside their own ancient pastries such as a bready coffee cake called gata, they're into baklavas, Persian fritters and Russian doughnuts.

On top of that, Armenia has cultural ties with France dating back to the Crusades, so a lot of the bakeries specialize in French pastry.

Still, they usually sell some baklavas, gatas, perok (a coffee cake-like fruit tart) and the flaky cookie nazouk."

The service at the bakery was not great. The woman who helped me was grouchy and did not really answer any of my questions about which pastries I should order and what ingredients were in some of the cookies.

However, the taste of the bakery goods completely made up for the lack of good customer service.

I would definitely go to this bakery again.

Southern

I wanted to try Southern cooking, so at the supermarket, I bought two boxes of Louisiana Purchase Bowls: jambalaya and dirty rice. They were super easy to make, but I was not happy with the end result. Both rice dishes were incredibly salty and the rice was a little gummy.

Traditionally, both dishes are supposed to have andouille sausage or meat, but I just cooked the rice according to the package, and this was probably a healthier choice. According to culinary Web site **Epicurious.com**, "meat-heavy jambalaya is a misdemeanor. But toss in chicken instead of andouille sausage and pick a leaner cut of ham – keep the shrimp, of course – and you can dine with a clear conscience."

Blogger Liz Hill, from **bluegrassfoodie.com**, writes that dirty rice is "traditionally made with chicken giblets—gizzards and livers—but like all good dishes of humble origin it's flexible enough to suit the ingredients you have on hand."

I am sure that ordering these dishes in a real Southern restaurant would be a completely different experience, but I was glad that I tried them anyway.

Overall, I had a great experience with this experiment. I learned that most mom and pop operations are not trained in good customer service, but they are still the best places to go for delicious, authentic food.

I just might give up those PopTarts yet.

Erin Konrad can be reached at ***erin.konrad@laverne.edu***.



Track and field end SCIAC meets

Injuries slowed team in '09

Jonathan Smith
Copy Editor

It was a season of highs and lows for the men's and women's track teams, as the Leopards concluded their season Saturday at the Occidental Invitational in Eagle Rock.

Plagued with injuries on both sides, the Leopards showed promise and improvements from last year during several track meets.

During the season the men's team set a school record in the sprint medley.

Also the women's team members had a lot of personal best marks this year.

"We improved throughout the season," said junior James Thorn. "We fought through injuries and a lot of teams stepped it up in different events."

"As a team it was a little disappointing," said junior Seve Villarreal. "We had potential to be one of the top teams in the conference but due to a bunch of un-timely injuries it made things hard."

On the women's side, the Leopards increased their numbers tremendously from last year.

Many of the competitors however were sideline because of several injuries.

Sophomore Corbin Henault said the team did extremely well without several members.

"I think that it's amazing that even on our off days our women sports are competitive," Henault said. "The sprint would have been slightly better but field events stayed healthy."

The Leopards also received a strong showing from dual sport player Clarissa Holz, who placed third in the 400-meter hurdles.

In field events senior Antoinette Borders finished second in shot put, which was the highest placing for both the men's and women's teams.

Borders said she thinks this was a good year for the squad.

"As a team we did pretty well," Borders said. "We had a lot of freshman come in and I'm glad they got to progress."

Borders was the captain of the team this year.

Henault said Borders will be missed.

"We'll miss her; she kept everybody in check," Henault said. "She never had a bad day."

Borders said she never wanted to be the inspirational type.

"I don't really look at myself like that," Borders said. "I'm a member of the team. They're the reason why I stay."

During the Southern California Intercollegiate Athletic Conference championships, the men's team received strong showings from its sprinters.

Senior Nahavi Mendoza finished third in the 800-meters.

> 'I think a lot of our injuries were due to the quality of the track. I really think that the University needs to look into it, not only for the safety of our track athletes, but for recruiting purposes as well.'
> *—Seve Villarreal, junior*

Freshman Marcus Fortugno finished third in the 400-meter race.

In field events freshman Vince Bauer placed fourth in the high jump with a mark of 1.80 meters.

Sophomore Nick McGrail placed fifth in the discus event with a mark of 40.94 meters.

"Our jump team got way better since last year but there is still room for improvement," Villarreal said.

"We also did pretty well in throwing. They worked hard in the weight room which really showed in competition."

Many members of the team felt they had a great year, even with injuries.

"Personally, I made a lot of progress," Villarreal said. "Even though I didn't do as well at the SCIAC championships, I now know what the pressure feels like going into my senior year."

Thorn feels that he made progress as well.

"It was a step in the right direction to get back where I was in high school," Thorn said.

Also members of team said the team could have placed higher in finals if everyone had competed.

"We would've of done better," Thorn said. "All we had to do is get those injuries out of the way."

Villarreal said most of the injuries occurred because of the condition of the track at ULV.

"I think a lot of our injuries were due to the quality of the track," Villarreal said. "I really think that the University needs to look into it, not only for the safety of our track athletes, but for recruiting purposes as well."

Villarreal expects the team to do better next year since most of the team were juniors and freshmen.

"With a healthy team, look for us to do big things next year," Villarreal said. "A couple of us have our goals set higher than just the SCIAC but at the national level."

Many members will be training hard during the off-season.

Both track teams will be looking to improve from this past season both individually and as a team.

"Going into my senior year I have my goals set high," Villarreal said.

"I feel I need to work even harder this off season. I want to go out putting on a show in the SCIAC and get invited to the national track meet," Villarreal added.

Jonathan Smith can be reached at ***jonathan.smith@laverne.edu.***

Yaffe...

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other speakers at the breakfast held for Yaffe.

Davis said that Yaffe's inclusive style of leadership made every faculty member feel important.

"Even though he made the final decisions, he did so with our thoughts in mind," Davis said.

"He really respected his faculty and treated us with dignity," Davis added.

Jay Jones, professor of biology and biochemistry, presented Yaffe with a small trophy, which resembled an eyeball.

He presented Yaffe with the trophy on behalf of the faculty of the College of Arts and Sciences.

He started his speech with a joke.

"Most people think being a dean is an easy job, you have no classes to teach and food at every meeting," Jones said.

However, in his speech, Jones pointed out that being a dean is a very difficult job.

Jones thanked Yaffe for all of his hard work during his time as dean.

Some of the other gifts included a poem written by Provost Alden Reimonenq, a doll of Yaffe himself, presented by Davis, and a scrapbook filled with notes, pictures and memorabilia.

The scrapbook was presented by Aghop Der-Karabetian, associate dean of the College of Arts and Sciences.

> 'Even though he made the final decisions, he did so with our thoughts in mind. He really respected his faculty and treated us with dignity.'
> *—Sharon K. Davis, professor of psychology*

He told Yaffe to think of it as a collective hug from the whole faculty.

"He is more than a dean, he is a friend to the whole faculty," Der-Karabetian said.

Yaffe seemed overwhelmed by the affection shown to him at the breakfast.

He thanked Denise Shiokari, his executive assistant, for organizing the event and for putting the scrapbook together.

He said she was a pleasure to work with.

He also thanked all of the faculty of the College of Arts and Sciences.

Yaffe said it was a pleasure to have worked with everyone in the college.

Yaffe also thanked his wife, Abbie Adams-Yaffe, for supporting him over the years.

"I am flabbergasted and overwhelmed," Yaffe said. "It has just been a very emotional day."

"I don't tear up easily but this has been very heartwarming and humbling," Yaffe said.

Yaffe said that he plans to stay at the University for two more years as the director of the Institutional Review Board for human subjects' research.

"I'm glad I will still be able to work with him at the University for a few more years," Clark said.

Diane Scott can be reached at ***diane.scott@laverne.edu***.

LEOPARD SCOREBOARD

AT THE BUZZER

Softball, May 8
Claremont-M-S–0
La Verne–4

Louisiana College–2
La Verne–1

SCHEDULE

Friday, May 15
Golf vs. NCAA Championships, all day
(@ Port St. Lucie, Fla.)

Saturday, May 16
Golf vs. NCAA Championships, all day
(@ Port St. Lucie, Fla.)

STANDINGS

Men's Track and Field

	Dual	SCIAC	Total
Claremont M-S	7	21	28
Redlands	6	18	24
Cal Lutheran	4	15	19
Pomona-Pitzer	3	12	15
Occidental	2	9	11
La Verne	**5**	**3**	**8**
Whittier	1	6	7
Caltech	0	0	0