CAMPUS TIMES

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Dancers' step to folk tunes



Reina Santa Cruz

Yael Steinfeld teaches Israeli folk dance to 12 students with a range of dance experience. She tells her students "Don't look at the feet, just enjoy life." She instructs her class from 7 p.m. to 9 p.m. Mondays at the Joselyn Senior Center in Claremont. **See story on page 7.**

Suicide is second in college deaths

Valerie Rojas
Arts Editor

A new school was appealing to Kathy Morrison for the first few weeks. New faces, new surroundings, new professors, a new life. All of these awaited her, and she was excited.

She moved out of her parents' house and straight into the UC Irvine dormitories a few weeks into the summer following her 2002 high school graduation. She spent those last weeks with her closest friends, remembering the past and getting prepared for the future.

The first few weeks were a breeze. She got her assignments in on time. She attended residence hall meetings, bowling parties and movie nights in the recreation center. Everything seemed to be going her way, until she woke up one day and dreaded getting out of bed.

"I woke up and did not want to move," Morrison said. "I no longer wanted to live this life."

Suddenly, she no longer felt that she belonged on the UCI campus. She stopped attending classes regularly and found any excuse to head home to Fontana to visit friends or say hello to her parents. She was not happy in her situation and the effects were evident in her grades.

"Before I knew it, my professors were telling me I was failing," she said.

The people around her also noticed her withdrawal. Morrison no longer wanted to be around the people at her school, they were just reminders of what she did not want to be around.

"The people around me were not the people I wanted to be around. I felt like no one understood me there and no matter where I was or what I was doing, I did not belong," Morrison said.

After weeks of skipping classes, crying herself to sleep and fighting with her parents, Morrison decided it was best to withdraw from the university and head back to Fontana, where she felt she belonged.

Morrison's sudden bout with depression was triggered by the new surroundings and pressure of having to adjust to a new school, new friends, new debt, and new responsibilities.

"I could not stand being there and I did not want to live there anymore."

Luckily for Morrison, now 20, she found an escape before the depression worsened.

Unfortunately, there are many college students who have resorted to a more permanent solution for dealing with the stresses of college life and their battles with depression.

Suicide is the second leading cause of death among college age students. It is second only to car accidents.

More than 29,000 people in the United States kill themselves each year. According to the American Foundation for Suicide Prevention, a suicide attempt is made every minute and every 18 minutes a suicide is completed successfully.

While the general suicide rate in the United states has declined in the last 25 years, the suicide rate for those ages 15 to 24 has tripled.

College students face many sources of stress. There is pressure to get good grades, have a social life, pay off ever-increasing student loans, and still seem composed and happy.

"It is not uncommon on college campuses for students to get stressed out and struggle with mood issues, especially when going through life changes," said University of La Verne postdoctoral fellow Dr. Kirstyn Chun.

The most common cause of suicidal thoughts and attempts is untreated depression. While one-in-four women and one-in-ten-men experience depression in their lifetime, less than one third of those actually seek treatment.

Untreated depression can gradually worsen if left untreated. And depression can lead directly to suicide.

Warning signs of depression may include changes in activity level, appetite, sleep patterns, decreased interest in activities and social withdrawal.

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Some Leos take to politics

Adrianna Gardner
Staff Writer

Despite the general apathy, some University of La Verne students have begun to get involved in the political process in time for November's presidential election.

Weighty national issues such as of gay rights, terrorism, the environment and higher education are finding their way into conversations on campus.

And some students say they are doing their part politically speaking, such as donating time and money to political causes.

"It's not math. It's not science. It's constantly changing and incorporates everything," said James Breitling, senior political science major, who is assisting Ontario City Councilman Alan Wapner, with his campaign for the State Assemby 61st District.

"It's (a) place where you can make a difference and actually see results."

"The Democratic party is my pick," said Will Claiborne, sophomore business administration major and another La Verne student who is involving himself in the political process this election year."That's who I identify myself with. We have similar political views and their direction is where I would like to see government."

But students such as these two are among the minority here as a recent Campus Times poll found less than 10 percent of ULV students voted in the the California presidential primary election last month.

Nationally, the statistics among the 18-25 age group aren't much more encouraging.

Breitling said he believes young people are a particularly difficult group to encourage to vote.

"There's a lot at stake," said Richard Gelm, professor of political science, adding that much on today's political agenda directly affects young people.

Gelm, who would like to see

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Center cuts mental health service

LV schools seek service elsewhere

Nila Priyambodo
Assistant Editor

Tri-City Mental Health Center – which filed for bankruptcy in February – is continuing negotiations with the State of California and the County of Los Angeles to develop a plan to reinstate programs recently cut for cost reasons.

Programs cut by Tri-City, which contracts out to mental health care facilities in Pomona, Claremont and La Verne, include programs in La Verne.

According to Jon Blickenstaff, La Verne mayor, some programs that were cut because of the bankruptcy include counseling in La Verne public schools, such as Bonita High School and Ramona Middle School.

"We had to cut back in services provided in these three cities, including La Verne," Blickenstaff said. "We had to find replacements from other agencies."

Bonita High School Principal Robert Ketterling said that Tri-City provided two part-time counselors that would meet with students several days a week to discuss alcohol and drug abuse.

With the program cuts, Bonita High replaced the Tri-City counseling with counseling from the National Council of Alcoholism and Drug Dependency.

"We had a great relationship with Tri-City," Ketterling said. "I don't really know the new agency that well, but it worked out pretty well."

Other programs effected in La Verne include the LeRoy Haynes Center, a residential and treatment facility for boys.

However, the University of La Verne was one of the few institutions that were not affected by the bankruptcy.

Blickenstaff said that the University, which has internship programs for students who are going into mental health, would continue to work with Tri-City.

Besides the ULV internship program, other programs that were not cut in La Verne include the child outpatient and adult outpatient services provided in the Tri-City Mental Health Center, said Dean Rallis, the attorney representing Tri-City in bankruptcy court.

The child and adult outpatient programs provide services for severely emotionally disturbed children and adults.

These services include individual and group therapy, educational groups, case management, medication support and monitoring, crisis intervention, self-help groups, vocational services and a clubhouse program, which leases houses for consumers in recovery.

Tri-City provides outpatient mental and behavioral health care treatments, prevention and education to consumers and families. In the mid-1990s, Tri-City began to expand its services to other cities outside of Pomona, Claremont and La Verne. However, in June 2003, the expanding services could no longer be funded.

The cash flow problems led to Tri-City filing for Chapter 9, which allowed them to continue operations while resolving the funding problems. According to Rallis, Tri-City had to cut back on staff and services.

Tri-City has been forced to lay off two-thirds of their staff and close all four facilities except one, which is located on Garey Avenue in Pomona.

Robert Rodriguez, city of La Verne councilman, said that closing the other three facilities was necessary because they needed to work with less people for Tri-City to have enough money to fund the health center.

Blickenstaff agreed with Rodriguez.

"Tri-City is restructuring themselves and downsizing staff in order to work itself out of bankruptcy," he said.

According to Blickenstaff, Tri-City is still providing services to 1,500 clients, half of which are children.

"There is less service provided to all cities," Blickenstaff said. "But it is still quite a bit of service. Most cities do not have their own mental health center for low and moderate income families, so 1,500 clients are fortunate enough to have Tri-City," he said.

> 'Tri-City is restructuring themselves and downsizing staff in order to work itself out of bankruptcy.'
> *-Jon Blickenstaff, La Verne mayor*

RA, counselor offer relationship advice

Janelle Krug
Staff Writer

Stu-Han residents recently engaged in a little "Girl Talk," in the Stu-Han lounge during a program that addressed the issues of relationships led by the University of La Verne's counseling center.

College is a time when relationships change, as they can be much different than relationships in high school. The focus of the event was to raise awareness that in college people need to stay true to themselves and take care of themselves.

"Be whole-health people to have more fulfilling relationships," said Kirstyn Chun, a counselor from the University of La Verne counseling center.

"(In) relationships people get frustrated with themselves but there are opportunities to go back, a process people can continue to work on for the rest of their lives."

Girl Talk was a program thought up by Stu-Han Resident Assistant Desiree Quintero, who wanted the residents to know more about services offered by the ULV counseling center.

She also said that there where many women who were struggling with stress, emotions and relationships.

A program like this could help, she said.

"Girl Talk" focused mainly on romantic relationships. First there were quick introductions so all the girls felt comfortable speaking with each other.

Then everyone wrote down on a piece of paper their personal fears about being in a relationship.

A common fear among the group seemed to be forgetting the world around you and losing your friends while you are in a relationship.

Then, as a group, the women made up a Bill of Rights of Relationships. Some of the answers where silly such as "I have the right to listen to pop music" or "see a chick flick" and others where more serious such as "I have the right to be in an argument and not get hit or called names" and "to feel good about my body."

The evening ended with role playing. Chun showed the girls three different ways to tell someone "no:" aggressive, passive and assertive.

The assertive way is getting your point across but doing it in a way that is not hurtful or mean, Chun said.

"I was pleased with the group we had tonight," she said.

For more information about the counseling center call Ext. 4831.

NEWS BRIEFS

USC law professor speaks at law school

Author and law professor at the University of Southern California Law School, Edwin Chemerinsky will address Federal Bar Association members, government employees and students at the fifth annual Chemerinsky Lecture.

"The Future of Constitutional Law" lecture runs from noon to 1:30 p.m. on April 27 at the University of La Verne College of Law and includes the presentation of the Defender of the Constitution Award to U.S. District Court Judge Robert J. Timlin.

For more information, call (949) 852-8240.

Car wash

Phi Delta Theta is sponsoring a car wash from 9 a.m. to 2 p.m. tomorrow and Sunday in the parking lot of McDonald's at the corner of Fruit Street and Foothill Boulevard.

Essay contest gives winner air-time

Political activists and essayists have a chance to win a trip to the Democratic National Convention through the "Speak out for the Future" essay contest. Young adults 18 to 24 are eligible to enter and submit a short essay online. The topic centers on getting more young adults involved in politics.

Other benefits to the winner include addressing the Convention during prime time television.

Commencement speakers 2004:

•*Undergraduate speaker:* Pat Morrison, Los Angeles Times columnist.

•*Graduate speaker:* Rep. David Dreier.

•*Law speaker:* Judge Stephen G. Larson.

•*Doctoral speaker:* Dr. Douglas P. DeVore, superintendent, Encinitas Union School District.

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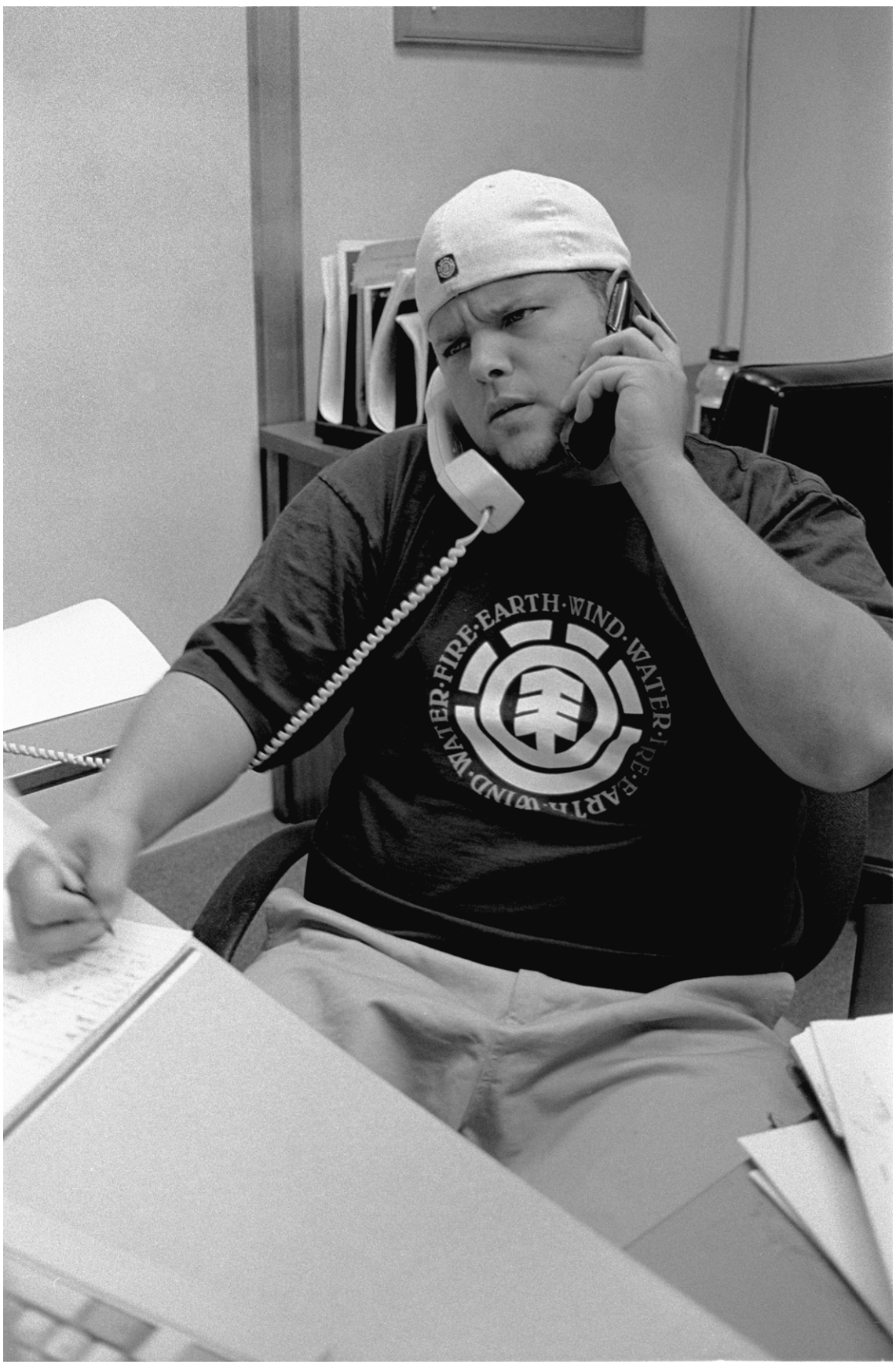
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Jason Cortez

James Breitling, a senior political science major at the University of La Verne, has been involved with politics for five years. He is currently acting as the campaign director for Ontario City Councilman Alan Wapner.

Councilman Wapner, a Republican, for the California State Assembly's 61st District, which covers Ontario, Chino, Montclair and Pomona. At 24, Breitling is one of the youngest campaign directors in the state.

Campaigns...

Continued from page 1

more young people in the process, referred to the 1960s when the youth were active in the civil right movement and participated in sit-ins and freedom rides.

Many factors contributed to the initially poor interest of the young people in politics, Gelm said. Generally, youth are not exposed to social and political issues. ULV does not require students to take a political science class to graduate.

But as the possibility of reinstating the draft becomes more of a reality, there is no time like the present for students to voice their opinions by voting. Gelm said the "future of American democracy" should preserve the health of American politics by staying informed.

Breitling has heeded that call.Duties with on Wapman's campaign trail include running campaign headquarters and overseeing a phone bank. Breitling said that juggling his responsibilities to the campaign and school are a struggle, but the cause is worth giving up free time.

As the presidential race heats up, the country has geared much of political advertising toward youth. Programs such as Rock the Vote, a non-profit, non-partisan organization, which mobilizes young people to create positive social and political change in their lives and communities are one.

Another program called Declare Yourself is a national nonpartisan, nonprofit campaign to energize and empower a new movement of young voters to participate in the 2004 presidential election.

But as the possibility of reinstating the draft becomes more of a reality, there is no time like the present for students to voice their opinions by voting.

Calling all guinea pigs

If you have ever been paid for taking part in any kind of scientific research, please call Ext. 4290 or email us at **ctimes@ulv.edu**.

We would like to talk to you about your experiences.

Graffiti program serves La Verne

Keeping the streets clean

Oscar de León
Staff Writer

At 6 a.m. on a recent Monday – several hours before most University of La Verne students have awoken – Rudy Gama of the city's department of public works is getting ready to make sure this pristine city stays that way.

Gama, 28, who has worked for the city of La Verne since he was 17, is a first responder for the city's very successful graffiti abatement program.

"This is my first and only job," Gama said.

Gama begins his day by checking messages on the graffiti hotline from residents who have called in to report such vandalism on city property. He then goes out – armed with cleaning supplies and paint – to clean the reported sites.

Most of the calls come in over the weekend, he said, making Mondays his busiest.

This particular Monday he's greeted with 25 such messages.

City officials credit the 11-year-old graffiti abatement program, for more than just keeping the city beautiful.

They said removing graffiti helps reduce other more serious crimes.

When on the job Monday, Gama found the letters ABLC written on a wall at the corner of Foothill Boulevard and Emerald Avenue.

He grabbed his bucket of paint and, after a quick assessment that the entire wall needed repainting, he got to work.

He didn't know what the letters meant, he said, but it only takes him about two minutes to get rid of them.

Next he went to a residence at Emerald Avenue and Lemonwood Street. This time, the graffiti was on the sidewalk. Gama aimed a high-pressure water hose at the letters "NWBK."

This failed to do the job so he got out his big gun – a sand-blaster. It fired a stream of hot water and sand that took the paint right off the cement in a matter of seconds.

Gama said that most of the graffiti is found on the corner of First Avenue and B Street.

"That area is considered the barrio," he said.

He added that there is a gang in this area – or the closest thing to one. There are no real gangs in La Verne, apparently.

"I was born in La Puente and there you could see the real gangs." he said.

According to Jeannette Vagnozzi, administrative superintendent for the La Verne public works department, it would be less expensive to create a graffiti abatement program than pay private companies to clean the graffiti around the community.

The city has also found that having an in-house program allows for quicker responses to residents' calls.

Vagnozzi said that a faster response creates fewer incentives for tagging crews to do it again.

A recent city report found that the amount of graffiti in La Verne has dropped dramatically, she said.

Meanwhile, Gama said he enjoys going out on calls, not only because he is helping to keep rid the city of ugly tags and unwanted markings, but also because he gets to work outdoors.

"I love my job," Gama said.



'Plug and pray' not enough

With fall registration beginning next week, a number of University of La Verne students will be forgoing the newly introduced form of online registration and instead shuffling back into the long lines of Woody Hall, obtaining their schedules the old fashioned way.

This online registration process was first used for spring '04 registration, and although the goal was to make the process easier, it has complicated it by spreading the problems to more people, namely the faculty who are now responsible for making sure their students get registered in the approved classes.

Mistakes may have been made, forcing professors to rewrite their corrections into the system, a task that was difficult for many. The burden of registration paperwork has been passed from the hands of the registrar's office to the hands of the teaching faculty and students.

Students were faced with many doubts about this new form of registration, unsure if they were registering correctly.

After completing the registration process online, students had to make a leap of faith that they were successful as it offered no form of confirmation page for them to print out and save for their records.

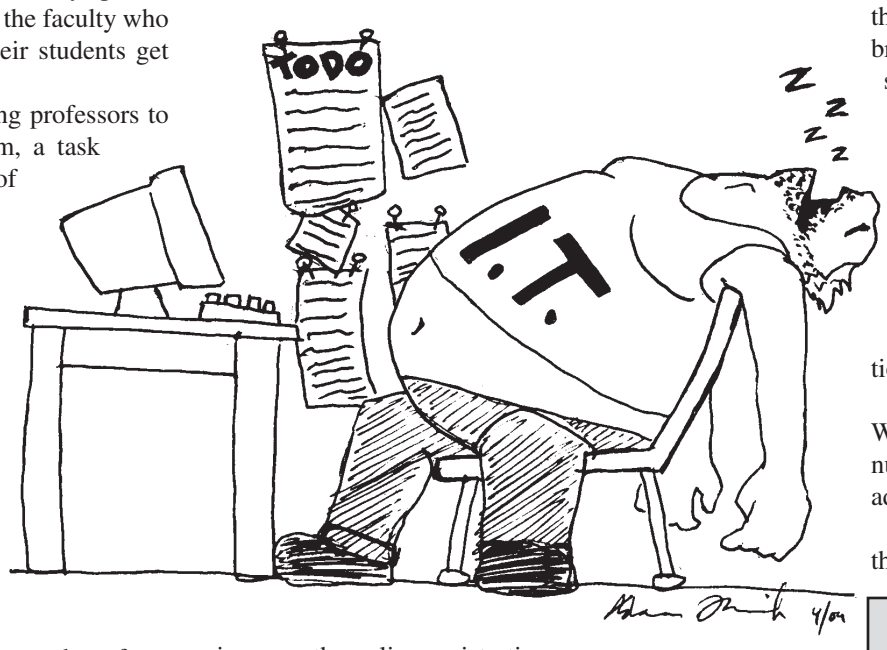
A few students received incorrect pin numbers from their advisors and were unable to access their personal MyULV section of the Web during their designated registration time slot, creating a fear of other students snagging up the most wanted classes.

Still other students were blocked from the system because too much traffic prevented them from logging on.

"It was our first run-through live. Obvious problems came up," said Chief Information Officer Clive Houston-Brown.

Mistakes were bound to be made and problems bound to arise, and hopefully our technology department has learned from this and will improve things for the next time.

After the last online registration process, students were able to complete a survey, which the technology department planned to use to improve the online registration.



"There were combinations of issues that were found, we are trying to make improvements," Houston-Brown said.

The technology department, one of the most well-funded and well-staffed department on campus, has had its fair share of problems in the past.

The Banner system – the main form of student access to grades, records and information – lacks the bandwidth required to properly supply students with the information they want. The system is frequently down, leaving students in the dark.

Such an important system should run through a longer testing phase, eliminating as many bugs as possible, before being let loose on the student body.

Our Web site is not exactly the most impressive university site on the Web. Prospective students who stumble upon the site will most likely be left unimpressed, that is if they can even find it. Entering "**ulv.edu**" into a browser brings users to the login screen for our Web mail system, a confusing page of no importance to any non-ULV student.

It seems that our technology department certainly has the money and the staff necessary to make our University more technologically advanced.

As the technology department strives to improve, the basics of what has worked in the past cannot be forgotten.

While online registration is a step in the right direction, it should not be the only form of registration.

The face-to-face assistance offered by registration in Woody Hall, and the idea that students are more than just numbers, have always been counted among the biggest advantages of a small university like ULV.

Let's not forget about this while moving ahead into the future with fascinating and useful technology.

Letters to the Editor

Dear Editor,

I am an alumnus and was recently browsing the Campus Times Web site when I came across the article regarding the formation of a MEChA chapter at ULV ["MEChA to start chapter, " April 2]. After reading the article, I must admit that I am somewhat confused as to what exactly the goals and philosophy of this chapter of MEChA are, since they seem to contradict those of the national organization.

In the past, I had heard some disturbing things about MEChA, so I decided to investigate for myself. The Web sites of every chapter had a common mission statement, known as "El Plan Espiritual de Aztlán." El Plan is an interesting document. It speaks about Americans of European descent as "gringos" and "gaubachos," calls for a return of the southwest to Mexico, refers to North America as a "bronze continent " for "bronze people," and sounds the rallying cry "For La Raza todo. Fuera de La Raza nada," which means "For the Race, everything. For those outside the Race, nothing." Read it for yourself at **www.berkeleymecha.org/documents/epeda**.

The Campus Times article said that MEChA "opposes racism...and oppression of any kind." Forgive me if I find that hard to believe in light of El Plan. Any mission statement that speaks in terms of racial epithets, ethnic cleansing and the total and deliberate disenfranchisement of those outside the preferred ethnic group seems pretty far from a racially tolerant organization to me. If such words came out of the mouth of a person of European descent, that person would likely be a Neo-Nazi or member of the Aryan Nation. Interesting parallel, isn't it? Perhaps El Plan should be called "La Solución Final."

While it is perfectly reasonable to have student organizations representing the diversity of our society at the University, MEChA is a flatly racist organization that has no place in the atmosphere of multicultural tolerance that ULV strives to maintain. I have no doubt that the administration would never allow the Ku Klux Klan or the Aryan Brotherhood to set up a chapter at ULV, nor should they. Groups that espouse racial hatred should never be embraced by the University.

According to Ms. Bucio, "Many people have stereotypes and think we're radical activists, but we're not." Gee, why would anyone think that about MEChA? Maybe this chapter is different. If so, then it should formally repudiate El Plan as the racist diatribe that it is.

Dan Ross
Class of 2002

Dear Editor,

Since I teach a course on the death penalty at ULV I find it hard not to respond to Taylor Kingsbury's very misleading opinion piece on the Deanna Laney case in Texas ["Mommy's deadly hands found not guilty," April 16]. Laney was found "not guilty by reason of insanity" following a capital trial in Texas and will spend the rest of her life in a Texas institution for the criminally insane. This does not mean that she was "cleared of all charges" and Mr. Kingsbury's notion that Laney will be released when her condition improves is ludicrous. Even the prosecutor in this case agreed that the verdict was appropriate and all of the expert witnesses (including the prosecution psychiatrist) agreed that Laney was insane at the time of the crime.

Interestingly, Mr. Kingsbury seems so upset by this case that his own reasoning appears to go by the wayside. Maybe some reflection would allow him to understand Laney's condition a little better. He suggests at one point that Laney should be doused in alcohol and set on fire, and he suggests expanding the death penalty to include more crimes even though he appears to know nothing about how the death penalty actually works, especially in Texas where discrimination and mistakes are rampant (California's death penalty system doesn't work much better). It is this kind of unthinking response that keeps the dysfunctional capital punishment system limping along and prevents any intelligent consideration of how it might be reformed (or abolished if reforms aren't workable, like most other modern countries have found).

Please, Mr. Kingsbury, next time you decide to write on a topic like this, take the time to learn something about it first.

Ernie Thomson
Associate Professor of Sociology/Criminology

Letters to the Editor

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

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FROM THE EDITOR...

Speaking of distinction



KENNETH TODD RUIZ

With the passing of another academic year, another commencement of the University of La Verne's senior class is upon us.

For the final opportunity to provide inspiring words to this next generation of workforce entrants, the school has managed to put together an impressive list of four speakers for each of the different graduation ceremonies.

For undergraduates, Pat Morrison, a writer for the Los Angeles Times will share her wisdom in Ortmayer Stadium.

U.S. Magistrate Judge Stephen G. Larson will, appropriately enough, address College of Law graduates while Superintendent of Encinitas Union School District Douglas P. DeVore will speak to those graduating from the School of Education.

On Saturday, May 29, the University's graduate ceremony will feature a most distinguished orator, our very own congressman, Rep. David Dreier.

I think it's terrific that Dreier is taking the time to contribute to this esteemed University in the heart of his district. Despite the fact that in my two years here, he has never found the time to return a single phone call from our student press.

However, I learned many interesting things about Rep. Dreier from our very own University Web site.

According to the news release announcing his visit, he has "led efforts to reform Congress and make government more cost-effective, less intrusive and more accountable to the people."

I also learned that he "supports educational reforms designed to provide schools flexibility to reduce class size and expand classroom technology."

Cool. But wait, there's more. Dreier is, according to University Relations, "a recognized legislative leader in trade and technology issues. He believes in increasing economic opportunities for all Americans."

That's an impressive amount of boosterism in a "news" release from our very own University Relations office. And certainly kinder than other opinions frequently expressed about him.

While we're dishing out subjective opinion, the press release might just as easily have described Dreier as "a rabid war-hawk who staunchly opposes the First Amendment and has labored to expand the role of government in people's personal lives through limiting reproductive freedom and curtailing human rights and civil liberties."

Prior to the invasion of Iraq, Dreier said:

"This Congress stands with our President, with our men and women in uniform against the terrorist threat posed by Iraqi dictator Saddam Hussein."

Oddly enough, Dreier has spent more time cutting the benefits of war veterans than he has spent alongside men and women in Iraq. Which would be none.

But really, I think it's great that Dreier is coming.

When I think of the ethos of the University, I think of David Dreier. After all, he is the obvious choice to address a University founded and still closely tied to a church that holds pacifism among it's prime tenets.

Before presenting such partisan opinion as fact, we should remember where we are.

Students and faculty at ULV, an institution of higher learning, are not as easily taken by context- and content-deficient sloganism, whether it spews to the right or the left.

That may fly on either the O'Reilly or O'Franken Factor, but not in an institution that prides itself on the promotion of critical thinking among its students.

I know I'm making the most of my $1600 worth of Core 300.

Kenneth Todd Ruiz, a senior journalism major, is editor in chief of the Campus Times. *He can be reached by e-mail at* **kruiz@ulv.edu**.

Hut delivers happiness to student



BAILEY PORTER

This is for Ken, the Pizza Hut delivery guy I didn't tip. I wanted a pizza. Vegetable topping, no cheese. I ordered it for delivery.

When my pizza arrived I was so immersed in writing my midterm paper for Myth in Literature that I forgot to give Ken, the delivery guy, a tip. Okay, Okay. So it had nothing to do with my meditative state as I stared at my computer screen. I simply am not a math whiz and even simple transactions get me all loosey-goosy.

Needless to say, I felt really, really bad about a second after I closed the door and heard his car roar off and I realized what I'd done.

I called Pizza Hut feeling lame but also a little pleased with myself, knowing I was going to right this wrong.

I asked that a message be related to Ken that he could come by and pick up a tip. Surprisingly this did not phase the girl on the other line – maybe I'm not the only one.

I could only hope.

Ken called me back. Quick to use studying for midterms as my excuse for a mental freeze, I said, "I've been studying for midterms and I don't know where my head's at; I'm so sorry."

He was very sweet, saying it was not a big deal and not to worry. But I think he realized that I would be feeling rotten all night unless he came by and picked up the dollar tip that I owed him. So he said, "No problem. I'll be right over."

So of course I had to give him a bigger tip since I was basically forcing this nice guy to take time out of his delivery schedule for an amount that wouldn't cover one gallon of gasoline.

But he was one up on me again. He showed up with a liter of Pepsi. "Here, this might help you stay up," he said with a smile.

Oh my gosh! It was so sweet. I had to sit down and write about it immediately because it just took me by surprise. Here was this person, a total stranger, who I burned the first time around with no tip and who ended up making my day – no my week.

Meeting people like this is so special because it doesn't happen often. I was feeling horrible; my stomach was knotted and I couldn't concentrate on my essay when I realized what I had done to this guy.

I mean who doesn't give a 20 percent tip, or any tip, besides middle school kids at a local restaurant and that's just because they don't know better.

You know that feeling you get when you know you have just been really stupid and you wish you could take back that moment and not feel so dumb about yourself?

I mean, sure I really felt bad for him, but the truth is, I felt worse knowing I had screwed up.

So for him to come back to the door with a smile on his face and a bottle of soda was just about the nicest thing.

He didn't have to do that, and that is exactly why it made an impact.

This is the kind of thing that encourages me to be appreciative of small gestures of kindness and thoughtfulness delivered by a mere stranger.

So Ken, if you're out there: Thanks for the soda. It helped—I got an A on that paper—and I hope everyone you deliver pizza to is nothing but generous with their cash and appreciative of you getting their pizza to them in 30 minutes or less...or whatever the gimmick is.

Bailey Porter, a junior journalism major, is managing editor of the Campus Times. *She can be reached by e-mail at* **porterb@ulv.edu**.

Too much sleep ends in too little time



CHRISSY ZEHRBACH

I have this theory about sleeping: if the recommended amount of sleep is eight hours a night and there are only 24 hours in a day, one will end up sleeping for one third of the day — eventually one third of their life — should they follow this recommendation. Therefore, to make the most of life, we must stay up and sleep less.

Why sleep for one third of your life? That's an awful long time. If you live to be 90, you will have slept for 30 years, again, given that you abide by this recommendation. Seems crazy, I know.

Now try factoring in the time you may spend napping, that is if you can find the time. You could be sleeping even longer without realizing it. What effect does this have on us?

Just a couple months ago as I watched the news, the newscasters discussed a study that had been performed on sleeping habits and their benefits.

The research revealed that seven hours is the new recommendation; that people who got seven hours of sleep a night were more likely to be healthier and less tired during the day.

The scary twist was that the research also revealed that if someone gets more than seven hours of sleep a night, they have a higher tendency to die at an earlier age.

I know, you can't believe everything you see, or hear as the case may be, on television, but I tend to trust the news, even if it was some random survey facts.

So what this revelation did was change my opinion from we should sleep less, to I need to sleep less or I'm going to die.

For a while I think I was actually in a state of paranoia, thinking I needed to change my habits to avoid the inevitably unavoidable.

I am one of those people who on a daily basis struggle to pry myself out of bed. I'm a fan of the snooze button, and to think, this might kill me? Well, It's not something we should have to consider.

The final piece of information discovered in the research was that, oddly, while more than seven hours of sleep may harm a person, people who slept less than seven hours a night were fine.

Unlike the previous information, this intrigued me, because it supported my theory.

But when you think about it, getting less sleep cannot be healthy either.

Although there are those few nights where those three-hour power naps leave you refreshed in the morning, for the most part very little sleep only makes me more tired (but so does too much sleep, so I don't get it, there doesn't seem to be a happy medium anywhere).

Eventually the missed sleep will all add up, and a good night's sleep is needed — most likely more than seven hours.

So I have come to the decision that I cannot abide by this theory. Why? Because it's almost impossible, and because I love sleep way too much. I would sleep forever if I had the opportunity. I can't get enough.

And with the stress and busyness of college life, we college students need as much sleep as we can get. But then again, with the stress and busyness of college life, it is hard to get good, quality sleep, so sometimes you literally can't get enough. It seems I'm always tired.

So now, after all my rambling, I'm sure you all think I am crazy. Let me just assure you that I am simply sleep deprived – trying to get the most out of life.

Chrissy Zehrbach, a junior journalism major, is sports editor for the Campus Times. *She can be reached by e-mail at* **sqweet@aol.com**.

Leos taking to toking hookah style

Pipes offer new twist on old buzz

Max Zänker
LV Life Editor



Caroline Franke

Aude Laniel, an international student from France, enjoys a zip of double-apple flavored smoke at the Mediterranean Grapevine restaurant on Foothill Boulevard in La Verne. "I like to smoke hookah in a quiet place, chat with my friend and have some tea."

What would you think about a trend that offers smoking without the stinking smell, the hazardous nicotine and the nasty taste, but still leaves you with the relaxing and social element and also gives you almost every taste you like?

Sounds like a fairy tale from the Thousand and One Arabian Nights?

You're not wrong.

The buzz is about smoking the hookah, a water pipe from the Middle East, a trend that has taken California by storm.

"We first only had smoking customers from the Middle East," said Louai Kassuaa, hookah-man at the Mediterranean Grapevine restaurant on Foothill Boulevard.

"But now, also a lot of young Americans come to smoke the hookah, mainly students."

According to Kassuaa, smoking the hookah is absolutely safe for your health, as the water filters out the tobacco and lets only the flavor through.

The hookah consists of three main parts: the head, the water body and the hose with the mouth piece.

The ceramic head ends in five holes, where the flavor is put on. The flavor is covered by foil with holes in it and with burning coal on top.

When the user sucks on the mouthpiece, he makes the coal glow and heat up the flavor.

The smoke of the flavor is then filtered when it goes through the water before it hits the smoker's mouth.

"You are normally not supposed to inhale the smoke," senior Sophia Andary said. "But it is not as harsh and dangerous as the smoke of a cigarette."

Another tip, that Andary has for new smokers, is not to face the mouthpiece a person with the mouthpiece when passing it on. "It is considered very offensive to do that, the mouthpiece has to face yourself."

Andary has her origins in Lebanon and also spent her childhood there.

"The hookah is a main part of our culture there," she said. "It is a social thing to have it with a coffee or a tea after dinner or in a restaurant. Every household has one."

In her home country, the pipe is called argilly. The Egyptian name is shisha and the Persians call it nargily.

Andary is happy to see that the hookah is becoming popular in California.

"I like it because they are trying our bombastic food and getting to know our culture," she said.

"The majority of non-Arabic's that try it are young people, even though you have to be 18 to smoke."

French international student Aude Laniel is also a big fan of the Middle Eastern way of smoking.

"I like smoking the hookah because, unlike a cigarette you can't get addicted," she said.

"I love going to a typical place and see the different cultures there."

Andary gives a big responsibility share of the new hookah popularity to the media. "You can see it in movies, on TV, for example in dating shows like Elimidate," she said.

"Everybody wants to try it and it's not as harsh as a cigarette."

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War in Iraq weighing heavily on ULV senior

Husband on duty in Iraq with Marines

Kenneth Todd Ruiz
Editor in Chief

Rebecca Cote is your typical over-committed, over-achieving University of La Verne student. As a senior journalism major, she is busy with a full load of classes, including editing the La Verne Magazine and finishing her senior project.

But unlike most college students, her thoughts are often continents away.

Rebecca is also a newlywed, and her husband of five months, Shawn Cote, is a marine currently operating in the embattled city of Fallujah in Iraq as part of U.S. efforts to pacify the city.

"He can't tell me exactly where he is, but he drops hints that make it clear," she said.

In the three years since they met, Shawn has spent more time abroad than at home. First in Afghanistan as part of "Operation Enduring Freedom" and then in Iraq for "Operation Iraqi Freedom."

These names define chapters in their relationship and her life.

After Shawn returned from Iraq in September, the two married. Before the year was out however, he received new orders. He would be going back. Rebecca darkly refers to this as "Operation Iraqi Freedom Two."

"He was promised he wouldn't have to go," she said.

"Just as he was settling in and stopped having nightmares, he received his orders."

> "Every time it rings I stare at the caller ID and my heart stops beating for a moment."
> *–Rebecca Cote, senior*

In what has been the deadliest month for U.S. forces since entering Iraq last March, marines like Shawn, who is based out of Camp Pendleton, have faced off with insurgents in the Sunni stronghold after four American mercenaries were killed there at the end of March. More than 100 soldiers have been killed in Iraq so far this month.

As she speaks, her mobile phone is laid carefully out in front of her. For Rebecca, is not ever a question of remembering to bring it. It is how quickly she can get to it.

"I'm the biggest spaz," she said. "If I go inside somewhere and there is no service, I get out as quickly as possible. Every time it rings I stare at the caller ID and my heart stops beating for a moment.

"I hope and pray it's him, and when it is, I am so grateful. And when is not him, I get so depressed."

Rebecca said that their contact is irregular. He had his own mobile phone in Kuwait, but they were not allowed to take them into Iraq. Shawn, a truck master in the 1st Force Service Support Group, calls when he has time and can get access to a satellite phone.

Continued on page 7

Israeli dance promotes health

Oscar de Leon
Staff Writer

Holding hands, moving to the left, to the right, to the center and every so often making a turn and going back to the same moves, while trying to not lose pace with the music is quite a task.

But Israeli folkdancing is a regular Monday night event at the Joslyn Senior Center in Claremont.

As I pant through the steps that seem to come so easily, gracefully, for the other dozen-or-so members of the class, I question whether my decision to participate was actually the best way to report this story.

"Israeli dancing is for anybody who likes to move and get good exercise," said student Kathy Ables.

Steinfeld, originally from Israel, who has been teaching the class here for about a year and a half. She added that it is also a great way to meet people.

It is a very athletic dance form, I found, though Steinfeld explained there is more to it – a spiritual element – than, say, aerobics.



It can be a healing experience.

"Everybody should do it," said Patrick Nicholson, 79, one of the students, who incidentally, proved to have more stamina than I did, despite being thrice my age.

I found out he'd beed doing this style of dance for 12 years.

Nicholson, who needed to improve his health, started going to Israeli folk dance classes to get some exercise.

"In a couple of weeks I will be 80 years old," he said.

He credits his dancing for lowering his blood pressure and elevating his spirits.

Steinfeld, who grew up on a kibutz, said that is where she was first introduced to dance. "I was living the music," she said.

It was part of her family tradition.

As I try to keep up with these folks, the majority over 40, I begin to get what it is they find so soothing: the music, with lyrics all in Hebrew, combined with the movement. It's repetitive, celebratory.

"Every song in Hebrew is about peace," Steinfeld said. "There are no songs about war."

How timely, I think.

As I begin to catch on to the steps – or so I think – I spot Kathy Ables, 48, one of the students, who moves like a pro.

Again I am humbled.

Ables, it turns out, started dancing at age 8. She used to teach ballet.

At the end of the two-hour class, I feel as if I'd played soccer for at least that long.

Yet, I feel uplifted.

It was fun, and a good deal – I must add – at just $3 a class.

The Israeli folkdance class is open to community members and meets every Monday from 7 p.m. to 9 p.m.

For more information, call (909) 626-7263.

Hookahs...

Continued from page 6

The prize for a hookah is normally about $10.

Every restaurant has it's special blends, consisting of mixed fruits, that comes for about $15. A refill for the hookah costs about $5.

"You should optimally smoke with three people and take your time," Andary said.

The flavor of the hookah mainly consists of half-dried, still juicy and sticky, fruit.

The most famous flavor to smoke is double apple. "Only double apple keeps the flavor for up to 45 minutes to one hour," Kassuaa said. "All the other flavors get lost already after about 15 minutes."

Laniel agrees, whereas Andary prefers melon-mango flavor. "But I always try new ones,there are so many to discover," she said.

Suicide...

Continued from page 1

Other signs include showing some sense of hopelessness or despair, sudden mood changes, and personality differences. More specific warning signs include: mentioning of suicidal plans, giving belongings away, or having attempted suicide in the past.

Many who suffer from depression experience their first bout with the disease while in college.

According to Dr. Laura Smith, director of Barnard College Counseling Services, 90 to 95 percent of college-age suicides are the result of mental illnesses, depression being the most prevalent.

Some of those suffering from depression may turn to drugs or alcohol in an attempt to lessen the pain they feel from their depression. Substance and alcohol abuse often leads those suffering slightly from clinical depression to actually commit rash acts that they would not have committed had they been sober.

According to Richard O'Connor, Ph.D., some young people who have never expressed a suicidal thought have taken their own lives when they were drunk to ease the pain of a disappointment or loss. Drugs and alcohol also have a depressant effect of their own.

College-age students may also feel they are lacking social support. The backing they once received from their family members, friends, or church may no longer be available once they have left home.

These students may find themselves alone and suffer from a more serious form of psychological stress.

But they are far from alone. Numerous community organizations, college groups and national support groups have been established to help students on the verge of suicide.

The Surgeon General has made suicide one of his top concerns and organizations such as the American Association of Suicidology and the American Foundation for Suicide Prevention are striving to equip communities with resources necessary to aid in the fight against suicide. These initiatives prove that suicide is no longer a back room secret, but has been recognized as a national epidemic.

Every community has citizens at risk for suicidal tendencies and it is up to these individual communities to find ways to reach out to those at risk.

Since depression in students seems to be such a serious and widespread trend, many colleges offer students various counseling services on campus. These services are crucial in the move to prevent suicides.

Various programs have been established to help those who feel that their friends or peers may be at risk, receive the information they need to reach out to them.

On the ULV campus students are welcome to participate in individual counseling sessions with trained specialists to help in dealing with suicide or depression, whether they need help for themselves or a friend at risk.

While the help is available, not all who are in need of this assistance actually seek it.

"Some people are not sure whether or not a friend is in danger and they don't want to decide on their own, but if you're a little bit concerned, call us, to see if there is reason for concern," Chun said.

The ULV crisis center can be reached at (909) 593-3511, Ext. 4831 from 10:30 a.m. to 4 p.m. on week days. In cases of emergency, a professional can be reached at Ext. 4650.

Light for Life, a foundation centered in San Diego, is geared at reaching out to the youth and those affected by the loss of someone young and dear to them. The organization encourages peer outreach, claiming that nearly 78 percent of adolescents turn to their peers before turning to an adult.

The Jed Foundation, a non-profit organization started by parents of a University of Arizona sophomore who killed himself, publishes **www.ulifeline.org**, a Web site dedicated to assisting students with suicidal behavior.

Ulifeline.org is a free service that allows students to receive online assistance and questions to answers and problems they may have about suicide. Once a university is registered with **www.ulifeline.org**, a student can log on and receive personal mental health services, including a self-evaluation test.

Many organizations offer information on warning signs for possible suicidal behavior in people who may be at risk.

Because untreated depression is the most threatening cause of suicide, most stress the importance of detecting depression before it is too late.

Web sites such as **www.mentalhealthscreening.org** offer information about local mental health screening sites in various areas. These screening tests are used to detect depression before it is too late and connect those at risk with help from the treatment of a health care system.

Suicide is a serious subject and one that should not be taken lightly. Every year college campuses across the nation and the world lose members of their student body to this killer. But as outreach progresses, there is hope that those at risk for suicide will get the help they need before it is too late.

"I know that my situation was not as serious as some other students who feel they can't handle life anymore. Luckily for them and anyone else at risk, there is help. They just need to get it," Morrison said.

War...

Continued from page 6

"They have lousy reception," Rebecca said. "If any bombs are going off, you can't hear a thing and the conversations can be very short."

Some weeks she speaks to him three or four times, but when he is on the road, on a mission, she can go days without hearing from him.

Danger is never far from any marine in a combat zone, and with regular attacks on vehicle convoys, Shawn's responsibility for his battalion's vehicles worries Rebecca.

"The people getting killed and kidnapped are from these convoys," she said.

She said it is better for her sanity not to follow the news.

"I go on the Camp Pendleton Web page to find out who died that day," she said. "I check Yahoo! News, but that's it. It's amazing to me that what the media reports and what the military reports are entirely different things."

She said that despite media reports of quiet in Fallujah during what is being called a cease-fire, military Web sites such as Camp Pendleton's describe ongoing violence.

"He tells me not to worry and that everything is okay, but I think he says it as much for him," she said.

But life has to be lived, and for Rebecca that means immersing herself in school. Shawn is only paid around $20,000 a year for serving his country, and the two hope to purchase a home eventually.

"Its a lot to deal with," Rebecca said. "But I've always been one of those people, the more I'm overwhelmed, the better I do with things."

She find support through friends of hers with husbands deployed overseas, and distracts herself by taking brush to canvas.

"I oil-paint to take my mind off of things," Rebecca said. "I promised I would make him a painting while he was gone."

> "It's amazing to me that what the media reports and what the military reports are entirely different things."
> *–Rebecca Cote, senior*

Despite claims that the military presence will be scaled back after the transfer of power back to Iraqis in nine weeks, she said Shawn is not scheduled to return home until October.

"He may stay longer," she said.

"I don't really agree with us being over there, but he tries to reassure me that he is doing a good thing. Shawn has a sense of duty to his job, and even more so, to the men in his unit."



Arts, etc...

HAPPENINGS

Faculty Recital

The Spring Concert Series presents a faculty recital featuring Paul Stein on violin, Gloria Lum on cello and Timothy Durkovic on piano at 8 p.m. on April 27 in Founders Auditorium. Admission for ULV students is free and $5 for the public.

Strikin' out with Brian and Sara

Listen to the Brian and Sara Show from 11 a.m. to 1 p.m. every Tuesday, Thursday and Friday to win tickets to the Rancho Cucamonga Quakes baseball game and gift certificates to Applebee's in San Dimas. When the umpire yells "Strike three, you're outta there," be the designated caller at Ext. 4777.

An Afternoon with Sam Maloof

Meet woodworker Sam Maloof and see his work at an interview session at 1:30 p.m. Saturday in the Millard Sheets Gallery at the Fairplex. General admission costs $25. For more information call (909) 865-4560.

Arts Festival

For two days starting tomorrow, the City of San Dimas is holding a National Western Art Exhibition at the San Dimas City Hall Plaza. Among the items featured are pieces by artist John Edward Stevenson. The exhibition will be open tomorrow from 9 a.m. to 5 p.m. and on Sunday from 9 a.m. to 4 p.m. Admission is free. For more information call (909) 599-5374.

World Music

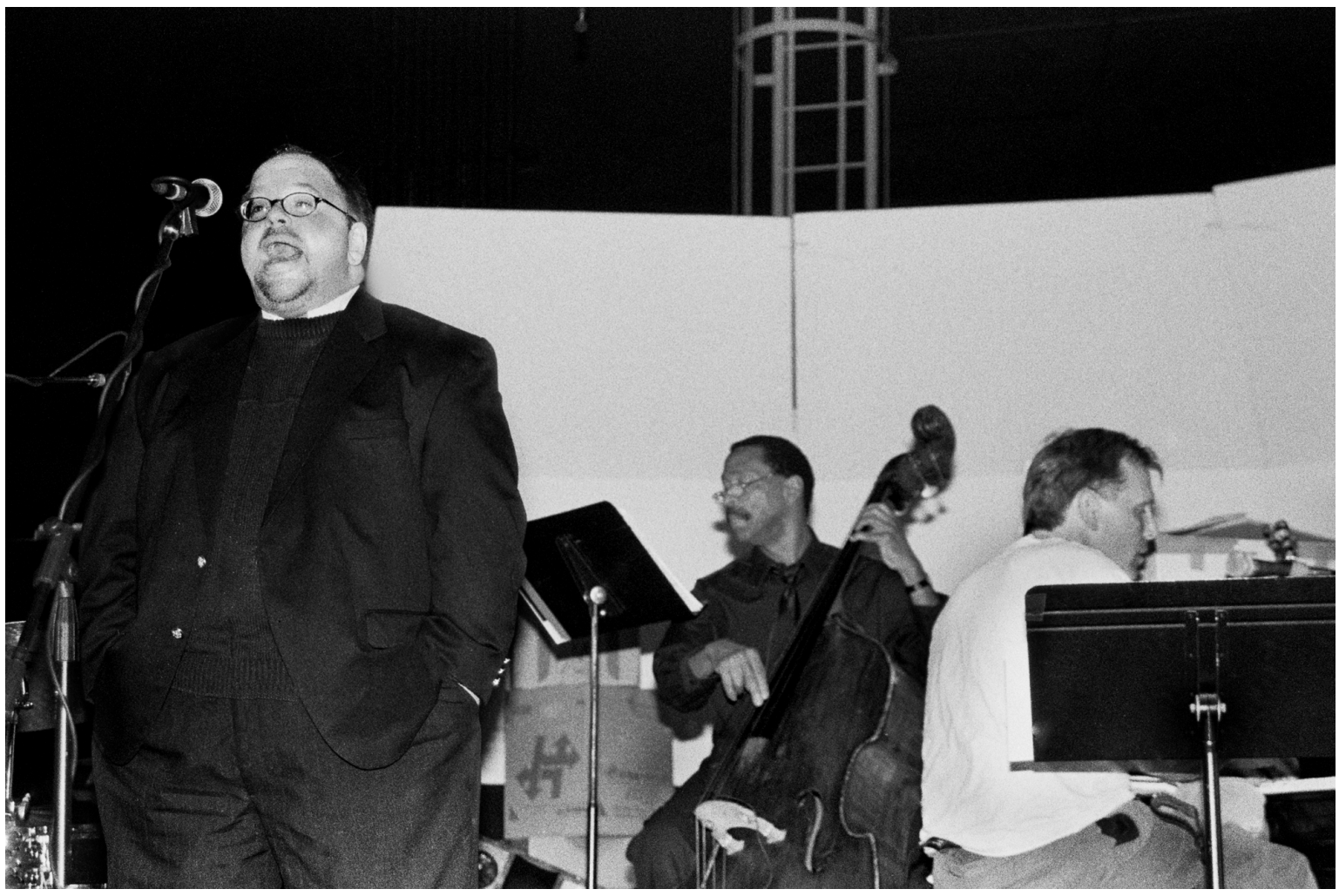
Watch the Balinese Gamelan Ensemble, featuring musical director Nyoman Wenton and dance director Nanik Wenton, on April 26 at 7 p.m. in the Thatcher Music Building at Pomona College. For more information call (909) 621-8155.

—Nila Priyambodo

Students, faculty resurrect A musical legend

by Erin Zabarnick

photography by Desiree Quintero



Rehearsing "The Music of Cole Porter," Scott Farthing, director of choral studies, prepared for his singing debut before the ULV community. The concert showcased professor Reed Gratz on piano, Arnold Jacks on bass and Michael Bennett on drums. Other performers included Susan Wilson, Tom Scali, Ray Garza, Carmen Trujillo, Kendall Smith, Misa Kitagawa, Ian Gratz, Andy Hansen and Melissa Stahley.

Those in Founders Auditorium on April 16 at 8 p.m. witnessed a tribute to a man who made his mark on the history of American music during the 20th century, when "The Music of Cole Porter" was introduced by University of La Verne music professor Reed Gratz.

The stage for the concert was decorated to look like the backstage of a Broadway play during the 1920s or '30s and it captured the eyes of the audience as they walked inside the auditorium.

The night started off with an introduction and then went straight into the music. In between each song there was a brief speech about Porter's life. The concert was entertaining, and captivating as well as educational.

Some of the singers were a little uncomfortable performing due to the fact that there was no run through of the concert. "Each person practiced on their own or with their voice coach and then they all came and performed for the first time tonight," Gratz said.

Gratz put together the ensemble and also served as presenter, singer, director and pianist. Arnold Jacks, a well-known bass player accompanied Gratz, and on drums was Michael Bennett, senior music major. The concert singers included Scott Farthing, assistant professor of music; alumni Ray Garza and Ian Gratz, – Reed Gratz's son – and Andy Hansen, freshman business major.

"It went well except that I never practiced with drums in the background. But I had a great time and it gave me good experience on how it would be in the real world," said Melissa Stahly, junior music major, who sang "Begin the Beguine."

"It made me a little nervous not to have practice with the group but I think everyone did really well and the show was great," said Susan Wilson, academic advisor for CAPA, who sang "I Get a Kick Out of You."

> 'This concert was an interesting experience. I didn't know who Cole Porter was until I did this concert.'
> *—Andy Hansen, freshman*

Other concert singers were Misa Kitagawa, senior music major; Kendall Smith, senior music major; and Carmen Trujillo, senior liberal studies major.

Porter created the wonderful songs performed at the concert, including "Night and Day," "So In Love," "I Love Paris," "What Is This Thing Called Love," "I've Got You Under My Skin," "Miss Otis Regrets," and "Dream Dancing," just to name a few.

He is known as being one of America's greatest tunesmiths. He wrote both music and lyrics and created many musical productions.

Porter was born June 9, 1891, and as a young child was surrounded by music. He was given violin and piano lessons at the age of six. Porter studied at Yale, where he wrote the fight song "Bulldog" that is still sung today. After college, he moved to Paris, where he created many of his hits of the '20s and '30s.

"The lyrics were charming and sophisticated yet they could be suggestive and even considered naughty," Gratz said.

Most of Porter's music was used for Broadway plays and many of works have been made into movies. After years of success, Porter was in a terrible horse accident. He endured many surgeries throughout the remainder of his life. Porter's music is still remembered today and is a favorite to many.

"This concert was an interesting experience. I didn't know who Cole Porter was until I did this concert. It was really good for me to work with these people," said Hansen, who sang "I Concentrate on You."

"It was great to play really good music. It was nice to show up and just play these songs like there supposed to be played. I didn't have to worry about executing and worry about playing the instrument," Bennett said.

"I thought it was a wonderful performance," Farthing said. "Porter is one of my favorite composers. I thought it was a beautiful tribute to Cole Porter. I'm so thankful to Gratz for putting this together."

Feedback

The dark side of the tune



TAYLOR KINGSBURY

By previously naming Insane Clown Posse as the worst band of all time, Blender magazine has already shown that it knows music. However, its recent list of "The 50 Worst Songs of All Time" was way off the mark. Instead of digging through the archives to find the most truly wretched recordings ever expunged into the mass consciousness, the list was largely composed of novelty tunes not meant to be taken seriously to begin with. When I think of "Worst Songs" I don't subscribe to Blender's so-bad-they're-good view. My top 10 is comprised of songs from the so-bad-I-would-rather-gulp-down-a-jar-of-week-old-warm-feces-than-have-to-listen-to-them-again ilk. Surprisingly, none of my picks made the Blender list, so here they are for your listening pleasure.

10) The Darkness: "Believe In A Thing Called Love" Yes, I know. This song is inexplicably a massive hit. But, have you really listened to it? Sure, Justin Hawkins has the falsetto down pat, but why is that a good thing? Sorry, guys, I believe in a thing called letting rooster-rock rest in peace.

9) Los Del Rio: "Macarena" Once, this was a Cinco De Mayo standard. Now, is the most surefire way to make your guests leave your party. This square-dance routine for drunken Mexicans was neither sensual nor fun, and stripped of that, and the alcohol, this song just blows.

8) Baha Men: "Who Let the Dogs Out" More like who put this song out? Doomed one-hit wonders the Baha Men are still laughing their way to the bank, as they garnered a massive hit with their ode to…actually, I don't know what the hell it's about. These guys sold a lot of copies of this putrid record, but I don't know anyone who will fess up to buying one. I'm not worried about offending any fans of this track, because if you own this, chances are you're not much of a reader.

7) The Offspring: "Pretty Fly (For A White Guy)" People who thought "Malibu's Most Wanted" was funny still laugh at this laborious yarn about a white guy who acts black. But those of us whose IQs aren't single digit know that there is nothing clever, witty, or goofy about this moronic ditty. Dexter Holland once said that his fans weren't intelligent enough to understand the subtle brilliance of his lyrics. Well, he was right, because the meathead frat boys who made this song a hit really are idiots.

6) Queen: "Bohemian Rhapsody" Before you start firing off angry e-mails, do something for me. Forget all about the driving scene from "Wayne's World." Do not consider Queen's status as certified rock legends. Ignore the legions of bands who praise Queen as an influence. Hold your pity about Freddie Mercury's tragic demise. Put all that aside, and just listen carefully to the song. Is it a rock anthem? Is it an operatic piece? Dude, it's just freaking stupid.

5) Lee Greenwood: "God Bless The U.S.A." Our country had just faced the worst tragedy we have seen on our soil, and our perception of security and serenity was forever altered. So, how did we raise our heads high and spit a red, white, and blue loogie in the face of international terrorism? We made this sappy anthem for flag-waving hillbillies a hit. The "at least I know I'm free" line is laughable when you consider how many inalienable rights we have surrendered since Sept. 11. This song doesn't make me proud to be an American. It makes me want to move to Canada, because if this is how America sounds, then America sucks.

4) The Simpsons: "Do The Bartman" Many of you are fortunate to forget "The Simpsons Sing the Blues," a disc of original songs by "Simpsons" cast members that hit stores during the initial wave of the show's merchandising blitzkrieg. See, the Bartman was a dance that Bart's long-abandoned alter ego did, and this song showed you how to do it. Unlike the show that spawned it. "Do The Bartman" was neither funny nor brilliant, it was embarrassing.

3) Beastie Boys: "Girls" Considering that "Brass Monkey" was basically about drugging girls and raping them, that one could also be a strong contender for this slot. But it is "Girls" (or as they say in the song, "goils") that demonstrates how far removed the sophomoric "Licensed To Ill"-era Beastie Boys are from the respected artists they later became. Never before had a song about such a wonderful thing sounded so unappealing. You know a song is horrible when the band is embarrassed by its existence. If you need proof of this, scan the track listing for the Beastie Boys greatest hits anthology and tell me if you notice anything missing.

2) Cher: "Believe" The surgery-infused, formaldehyde-reeking, forever-retiring cackling mummy known simply as Cher had already earned her slot in the hall of awful fame with her terrifyingly unsexy video for "If I Could Turn Back Time." But with "Believe," she screeched her way to new lows of tunelessness, and made every other piece of music on KIIS-FM sound genius by comparison. There is a Hell, friends, and this song echoes through its fiery corridors.

1) Kottonmouth Kings featuring Insane Clown Posse: "Wickit Klowns" What do you get when you team the worst musical group of all time up with a group of weed-breathing pretty -fly white guys? You get the worst piece of artless vomit ever committed to acetate. When music is this dumb, you're not even surprised that they spelled both words in the title wrong. Over a decidedly unfunky beat that a monkey could hammer out on a drum machine, a half-dozen jackasses try their hardest to convince us they're the hardest dudes on the planet, but Li'l Bow Wow sounds more convincing when he says it. Lyrical gems on this track include "Comin' like a ticking ticking time bomb/tick, tick/boom, muthafu**a." Whoa, guys, slow down; you're blowing my mind. Juggalos world-wide no doubt soiled themselves when they heard this track. However, the rancid mess in their pants has more creative brilliance and artistic merit than "Wickit Klowns."

If you have a top-10 lame songs list, I'd love to see it, so send it my way. But, for God's sake, no mix tapes, please.

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Movie Review

'Kill Bill 2' avoids curse

Max Zänker
LV Life Editor

There is this weird thing about sequels, almost a curse. They can almost never keep up with the first part's brilliance and innovation.

For several reasons, "Kill Bill Vol. 2" is an exception to this concept.

A second part to the first "Kill Bill" was never planned. But as Quentin Tarantino went through the editing process, he realized that he created an opus that could not fit into less than four hours, so he split it into two parts.

Tarantino does not keep his action and blood oriented concept from the first installment of the films, but he replaces it with dialogue, suspense and artful color in the second.

The story is fast paced but it is not the star of the movie.

The Bride, played by Uma Thurman, continues her quest for revenge on her former employer, a killer association, which killed her husband and everyone who attended their wedding.

In last year's "Kill Bill Vol. 1," she already got rid of O-Ren Ishii, played by Lucy Liu, and Vernita Green, played by Vivica A. Fox, which leaves her on the hunt for two more assassins before she can take on the head of their deadly squad, Bill, played to perfection by David Carradine.

But it is not the storyline that will keep the viewer on the edge of his seat for 136 minutes.

The stars of "Kill Bill Vol. 2" are a genius group, led by the gorgeous Thurman as The Bride and the deeply evil Carradine as Bill. Directed by a man on the edge of his brilliance, Tarantino, makes "Kill Bill" an instant hit.

Thurman acts for awards, as she shows of her whole role repertoire, playing The Bride cool, furious, funny and full of every single emotion.

Carradine gives the evil role a new dimension. He is not outrageously evil, but neither is he cold as ice.

Besides the great acting staff, the film has spectacular fight scenes and special effects.

With "Kill Bill," Tarantino has reached a new level.

If "Pulp Fiction" was Tarantino's birth of coolness, "Kill Bill Vol. 2" is his birth of color and art.

In "Kill Bill Vol.1," the dominant color was red and came out of Japanese veins; from all the flying blood, the viewer got the impression that sushi causes high blood pressure.

In "Kill Bill Vol. 2," Tarantino uses color as art. He plays with black and white, puts it together with colorful pictures, it seems like he uses every filter that fit on the camera lens, but the miracle is – it all makes perfect sense.

"Kill Bill Vol. 2" has great dialogue, but it would not even need them to tell the story as Tarantino manages it to transfer emotions from the screen to the viewer's head, and this time almost completely without shocking them with gross violence.

Tarantino dares to enter new territory and experiment with innovative elements like putting the movie into chapters and scores.

He hits a grand slam, as all his experiments work.

If there is anything to criticize about "Kill Bill Vol. 2," than it is that it definitely can not keep up with the first part's brilliant soundtrack.

The film is not only a continuation of the first part, but with it's direction to perfection a piece of art itself.

Poetry reading boosts writing program

Bailey Porter
Managing Editor

Lively jazz music wafted through the nearly empty park, but as students began approaching the mic sharing poetry they brought with them or wrote on the spot, more spectators took notice.

The open mic event, held Tuesday in Sneaky Park, provided a forum for student expression and a chance for modern language department professors Kirsten Ogden and Steve Westbrook to spread the word about changes to the University's creative writing minor.

"Everybody has something to say and what they have to say is valuable and worth listening to," Ogden said.

The event celebrated National Poetry Month.

A $30 prize was awarded to the crowd favorites Adrianna Gardner, sophomore English and journalism major, and Leoni Gardner, a freshman criminology major, for their poem "My Sister."

Adrianna also recited other poems including one titled "Excursion," about how people change in relationships. The poem expressed one person's journey to find out where her partner was coming from in a relationship with two different expectations, she said. "Relationships are not always a two-way street," she said.

Borrowing from a Shakespearean sonnet, junior Sara Lesniak recited one of her favorite pieces, "The Silent Witness," a poem she wrote while studying in England last semester.

Lesniak, one of a handful of creative writing majors at ULV, is also involved in the Alliance of Writers and Editors.

Darnell Gilbert, a freshman English major, performed "Killer Bee and the Butterfly."

He said the idea for this poem came from him looking for metaphors describing himself and his girlfriend.

Other themes ranged from serious issues of politics, spousal abuse and personal discovery to light-hearted tales of monkeys stealing underwear.

Ogden said the students' poetry proves that young people are participating in world events and do pay attention to politics.

It is a great opportunity for the audience to see students' individual capabilities and it provides good practice in public address, Westbrook said.

This was the second open

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Leopards power past CLU



Sara Kirk

University of La Verne sophomore Jonathan Marty got caught stealing second in the fourth inning during the first game of Saturday's doubleheader at Ben Hines Field, as Cal Lutheran's Danny Chaparro (No. 3) brings the ball back to the infield. The first game ended with a 12-4 victory for the Leopards. La Verne ended the weekend series Sunday with a 9-4 victory.

Chrissy Zehrbach
Sports Editor

The University of La Verne baseball team accomplished a task it had not pulled off since 1995 and earned a three-game sweep over California Lutheran University last weekend.

The Kingsmen have proven in the past to be tough competition, but the Leopards attacked like true champions, defeating Cal Lu, 10-4, 12-4 and 9-4.

"We knew we had to play our best game, and we played three of our best games," sophomore Jonathan Marty said.

ULV only relinquished 12 total runs in the series on 21 hits, outscoring Cal Lu 31-12 in the series.

"They had 21 hits in 27 innings, which is under a hit an inning for an offense that was hitting almost .330 coming into that series," head coach Scott Winterburn said. "Our pitchers basically shut them down. They didn't put up a lot of threats because our pitchers were doing a really good job of throwing strikes and commanding the strike zone."

With three additional conference wins, the Leopards are now 22-9 on the season, 11-2 in the Southern California Intercollegiate Athletic Conference; ULV remains atop conference standings.

There is something about this year's team that has more drive, intensity and maybe even talent than in previous years that keeps them winning. They definitely have the heart, and they showed it this weekend.

Rain on Saturday forced the Leopards to continue game three of the series on Sunday afternoon. ULV picked up where they had left off at Ben Hines Field: in the sixth inning with no outs and one Cal Lu runner on first. The Leopards were ahead in the game, 3-1.

Justin Van Duyne picked up where starting pitcher Alan Sarrail had left off. Sarrail had pitched five complete innings, allowing only one run and striking out two. In three innings of work, Van Duyne struck out four batters, giving up three runs.

"We had a lot of confidence in Justin Van Duyne; we've had a lot of confidence in him all year long. He's a starting pitcher that doesn't always get a start in a series, but he always pitches somewhere at the critical time in every series. He's like our go-to guy," Winterburn said.

ULV was relentless at the plate and put up six more runs to take the victory, 9-4.

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Track takes second at SCIAC finals

Jonathan Corral
Assistant Editor

In a strong performance at the Southern California Intercollegiate Athletic Conference track and field championships, the University of La Verne men's and women's track teams put together a total team effort but came up short as they ran into a pumped up Claremont team that swept both the men's and women's team titles, Monday afternoon at Occidental College in Los Angeles.

Both La Verne squads finished second with 117 and 182 points, respectively. Not to be out done, both squads combined for 11 individual conference titles and numerous athletes earned provisional marks for national competition, which take place May 27-29 in Decatur, Ill

"I was really pleased with both teams," head coach Pat Widolff said. "Both of our teams took second and that is a good sign because we have a lot of people coming back next season."

Lakia Sims stole the show for the Leopards, scoring a resounding 36 individual points by winning three individual events and the 4x100-meter relay.

Sims placed first in the 100-meter hurdles with a time of 15.11, which was a personal best, she won the long jump with a mark of 18'6" which ranks fourth in the nation and the triple jump for the second-straight year with a jump of 37'4". Her personal best in the triple jump of 38-4 is currently the seventh best triple jump in the nation. Her marks in both the long jump and triple jump earned her a spot in the national meet.

For her recent accomplishments, Sims was honored with being the SCIAC Female Athlete of the Week for the week ending April 18.

"I am really blessed to have those results," Sims said. "The morning of the championships I woke up sick and I was even sick on the bus. But I have really been looking forward to the SCIAC meet and when I got there I was pumped up and ready to go."

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Redshirts no longer an option

Sara Lupu
Staff Writer

The National Collegiate Athletic Association recently had its National Convention in January, where rules and regulations of Division III athletics were updated and changed. One of the changes that may catch more interest than others from athletes and coaches is the elimination of the practice of redshirting athletes.

"Redshirting" is a term that is common and understood among most college athletes, but may be foreign to others.

The practice of redshirting is easily explained as a student-athlete who practices with the team, but does not participate in athletic contests for that season. When this happens, the athlete does not lose that year of eligibility, but does receive the benefits of coaching and a year of practicing with the team.

"Redshirting is not that common of a practice for SCIAC, so the new legislation should not be that big of a change for our conference," said Kelly Beck, Southern California Intercollegiate Athletic Conference Sports Information Director.

With 413 institutions voting at the convention, the legislation was changed with a 249 majority vote for the change, 163 against it and one abstention.

"Redshirting just was not within the Division III philosophy of having student-athletes get their degree in four years, and the cost of an extra year at a small private college just doesn't make any sense," said Assistant Athletic Director Rex Huigens.

The change in legislation states: "This legislation eliminates the practice of 'redshirting' and is consistent with the Division III philosophy that the highest priority is placed on the overall quality of the educational experience and successful completion of all students' academic progress."

"I did support the change along with our conference," said Athletic Director Chris Ragsdale. "To say that this benefits all student-athletes all the time would not be correct, but ultimately this will work out for the best interest of the student-athletes."

Cases vary from athlete to athlete when it comes to the decision of redshirting.

Redshirting this past fall volleyball season for freshman Allison Dahlgren was a

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Controversy found in sixth-place finish

Erin Zabarnick
Staff Writer

It was a day filled with mixed emotions after the Southern California Intercollegiate Athletic Conference women's tennis tournament was suspended due to the rain.

The University of La Verne squad was set to play Occidental Saturday at the Claremont courts, but 30 minutes into the match the games were cancelled due to the rain. The women waited four hours for the rain to stop but in the end the courts were so filled with water there was no way they could play.

It was decided that finishing the matches would not cause any change to the order of the final conference standings, so all of the matches were canceled, according to the host of the tournament, Cal Lutheran.

"On Saturday we were really optimistic to fight for fifth place. We were all really disappointed," said Desiree Whipperman, senior and No. 7 singles player. "We had just started doubles when they called the game; we had very few errors and were killing them. I think they got scared that we were stepping up and giving them a hard time during the game."

On the first day of the tournament Friday at Pomona-Pitzer, the Leopards lost their first match to Redlands, 5-0, but came back in the consolation round, beating Caltech, 6-3.

Head coach Brian Harrison said this was the farthest the team has come in ULV tennis history.

With one loss and one win in the tournament, the ladies were still in the running for fifth place against Occidental. But when the Leopards did not get to finish their match against Occidental, ULV finished in sixth place.

"The girls were geared up to play Occidental and it was an opportunity lost," Harrison said. "The girls were ahead in the matches against Occidental before the rain started so it was a disappointment to have come so close and not be given the chance to play."

"It really sucked because we didn't get to finish the game. They didn't want to reschedule the game because they said there wouldn't be enough time before the tournament in Ojai," said Michelle Tang, junior and No. 4 singles player.

All-Conference Team and Player of the Year were still announced on time. No one from La Verne made all SCIAC but the graduating seniors, Whipperman ended the year with a 14-9 record in her singles and double matches and Paige Hanawalt ended the year with a 11-5 singles record.

La Verne ended the tournament in sixth place, so it was a victory that the woman had come this far but a disappointment that they could not finish out the tournament.

"I think the tournament gave us a good opportunity to come together. When I started here my freshman year we were in dead last so it was a wonderful experience to get this far," Whipperman said.

"I think the girls really stepped up this year and I think we started scaring teams when they thought they could beat us and they didn't," she said.

Even though the team did not get to play for fifth the season ended in triumph with the squad ranking higher than they ever had before. After the SCIAC tournament, the teams' record is 9-9 overall, 3-6 in conference.

"The season went as expected with us ending the year at 500. The girls were really strong and better girls were playing in the lower spots giving other teams a real challenge. Whipperman, my No. 7 player was definitely a come through player this year," Harrison said. "It was great to see the girls move up through the last three years and it is great to see the graduating seniors Paige Hanawalt, No. 6 player, and Whipperman do so well."

The women's tennis team plans to do just as well next season and improve its SCIAC standing.

ULV falls to Athenas



Jenna Campbell

University of La Verne freshman Suzy Riker dives back to second base to beat the tag by Tina Hamayasu (No.32) of Claremont-Mudd-Scripps. La Verne defeated the Athenas, 11-5, Friday at Wheeler Park. CMS came back to beat the Leopards Saturday, 7-6 and 6-5.

Jamie Mahoney
Staff Writer

The University of La Verne softball team remains in the lead in the race for the Southern California Intercollegiate Athletic Conference title despite losing its most recent series to Claremont-Mudd-Scripps, 2-1, last weekend.

Saturday the team lost two close games 6-7 and 5-6. The Leopards achieved their only victory of the series Friday at Wheeler Park, 11-5.

These were the team's first two loses in conference play this season.

"We just gave up a few very key plays," head coach Robin Haaker said. "They hit the ball where we weren't. The balls really had eyes this weekend."

Freshman Suzy Riker and sophomore Kelly Silagyi both hit home runs in the second game.

"We fought hard," Silagyi said.

The Leopards blew a 6-2 lead in the seventh inning of game one on Saturday, giving up five runs.

"It just goes to show why softball is a sport," Haaker said."Anything can happen."

Despite the two loses in the double-header on Saturday, Haaker was pleased with the team's overall performance.

"Everyone came up in situations and got the job done," she said.

The Leopards' win on Friday was a stunning performance by the entire team.

"We came out and hit the ball and were consistent. When they scored, we answered back," sophomore Amanda Jones said.

The Leopards led the game, 5-0, until the fifth inning when a runner tagged up and scored on a sacrifice fly.

ULV continued its hitting streak in the fifth inning, starting with a single from Silagyi and a two-run home run from junior Amber Guerra.

Senior Elaine Martinez ended the Athenas' run in the sixth with a diving catch in right field.

The Leopards could not carry over their success to Saturday.

"The two losses give us more of a purpose for this week," Haaker said.

The losses to CMS will be a driving force for the Leopards, who need to win two of the three games against Redlands this weekend.

"If we want to win we are going to have to go out and play hard, play to win and play together," Jones said.

Poetry...

Continued from page 9

mic event for the creative writing program. During Interterm, students from creative writing classes read their poems to an audience of 60 at Coffeeberry.

Ogden and Westbrook spent the academic year reworking the minor with encouragement from modern languages director Eric Grekowicz to include 20 units of course work with new and revised classes.

By the 2004-05 catalog, all creative writing classes will be options for online registration, Grekowicz said.

The minor now includes more focused classes like Diverse Discourses, which falls outside traditional genres, allowing for the study of everything from quilting to performance art, Westbrook said.

"This makes it a very exciting minor to take," Grekowicz said about the changes. "It is top of the line and cutting edge."

A creative writing major is available through the special major option, and there has been a great deal of interest in it, Grekowicz said.

Adrianna said she is considering switching to a creative writing major working English and journalism into her studies.

Redshirts...

Continued from page 10

decision she made when she joined the seasoned squad comprised of 10 returners.

"Most freshmen don't really get to play much, and to lose a year of eligibility sitting the bench kind of stinks," Dahlgren said. "Redshirting gave me a year to improve my skills without losing the year, and I don't regret my decision at all."

At first, it may seem like a rash choice to take away the decision of spending an extra year in college for athletic purposes from the athlete, but in the bigger picture it is a step towards evening out national competition within Division III.

"Ultimately I don't think this will affect our athletic program here at La Verne," Ragsdale said. "The interesting thing will be what we do from a recruiting standpoint, especially when we have a large number of returning athletes on a specific team."

According to Ragsdale, the schools that may take the biggest hit with this rule change will be many of the Wisconsin schools and other state funded schools in Division III where paying for a fifth year is not as big a financial burden.

Many of these schools have incorporated junior varsity programs that allow athletes who are not getting playing time on the competing varsity level to still compete. Competition usually happens with other J.V. programs in the area or conference, and in some cases with junior college teams.

This change will not end all five-year cases with student-athletes because it does not stop students from choosing not to participate for an athletic season and starting their eligibility the following year.

Redshirting for medical reasons is still legal in Division III institutions, allowing an athlete who was not able to participate for the season due to an injury or other medical reason cleared by doctors and trainers to keep that year of eligibility.

The new legislation goes in to effect in August 2004.

Intramural soccer comes to a close

Ken Colby
Staff Writer

Intramural soccer came to an exciting end with a victory by Chet's team over Chi Delta Omicron to take home the Intramural Soccer Championship with a 7-6 victory April 15 in the Old Gym.

While the offense of Chet's team was in possession of the ball most of the game, Chi Delta Omicron made the most of its possessions but could not take the win.

The stifling defense of Chet's team, led by junior Chet Jusakul, bent but never broke. Chi Delta Omicron's best opportunity to tie was a diving kick that went off the goal post.

On the first real offensive possession for Chet's team, the players set up a well-executed give-and-go, which gave the team the first goal of the game.

That was the first of many goals by Chet's team; however, Chi Delta Omicron would not sit back and take this, down 7-1 they went on a five-goal scoring run to bring the game within one.

Unfortunately for them, the run was too little too late, they lost the game 7-6, and took second place overall.

"It felt good winning the championship in my first year playing," said freshmen Steven Lane, player on Chet's team. "We had this game won easily; got too relaxed and let them back in."

The same night, a consolation game was played between team Sigma Alpha Epsilon and team Phi Delta Theta.

SAE was determined not to lose two games in a row, and after a hard fought battle, team SAE was victorious.

Intramural sports this winter have been a huge success, with a large number of students participating and watching.

Jay Aguila, who is in charge of the intramural program, was very happy with the outcome of the soccer season, which underwent a change in rules from last year.

"The season went great, it was a little shorter than I would have liked, but it went really well and the players enjoyed it," Aguila said.

However, some students did have a few issues of how it was organized and run.

"Intramurals were horribly organized, players weren't sure when games were and to top it off the referees sucked," sophomore Ben De Ayora said.

But for the most part, students enjoyed intramurals and found that it gives them an organized way to relive their high school athletic glory days, albeit with a little less seriousness.

"The intramural program allows me to play in a competitive game without the pressure of being on a college team," graduate student Alex La said.

An awards banquet will be held in Davenport Dining Hall April 26 for all participants to come and have one last hurrah with their team before the chapter of indoor soccer is closed and the one of basketball opens May 3.

Watch the Student Center desk for intramural basketball sign ups starting soon.

Leos wrap up seventh place

Sara Lupu
Staff Writer

The University of La Verne men's tennis team finished up its season last weekend in Redlands at the Southern California Intercollegiate Athletic Conference tournament ranked seventh place overall.

With a 1-6 SCIAC record, 5-16 overall, the Leopards did not finish where they had hoped, but put up a fight in the competitive conference where the top four teams are all ranked nationally. Redlands and Claremont-Mudd-Scripps look to finish in the top five in the nation, Cal Lutheran in the top 10, and Pomona-Pitzer in the top 15.

"It was a disappointing finish, but this conference was much tougher than it was at the beginning of the season," head coach Steve Bergovoy said.

"We could have been fighting for fifth place, but we just didn't come to play in the second match against Occidental after we dropped the first one to Redlands," senior Jason Cortez said.

The last match of the weekend for the Leopards for seventh place was against Whittier where La Verne took all of the matches in an effort to finish the regular season play strong.

Battling for fifth place earlier in the weekend, the Leopards took on Occidental, where they only earned victories in the singles category from Chad Rodriguez and Cortez, losing the match 5-2.

"We just didn't play up to our potential and ended up in seventh instead of fifth," senior Josh Horwitz said. "Every year we feel like we have a chance and we don't come out and accomplish what we should."

The first match of the weekend for the Leopards was against eventual conference champions, Redlands.

The Bulldogs cleaned up as they swept the Leopards in all of the matches, even though seniors Rodriguez, Horwitz and Cortez put up fights in their respective matches.

Standout doubles Rodriguez and Cortez lost their first match, 6-8, to Redlands' doubles team comprised of Brian Murphy and Michael Thoeresz. The two lost their last regular season match two weeks ago to the same pair with a score of 8-1.

"Redlands just took it out of us with that loss," Cortez said. "We didn't have much else to give the rest of the weekend."

"The team performed as well as possible," Bergovoy said. "They worked hard, their chemistry was great and the records don't bear witness to the heart and fight of this team."

With six players returning to the squad next year, and only three seniors leaving, the Leopards look to be able to lean on experience much more than they did this season.

Baseball...

Continued from page 10

Rain may have delayed Saturday's game numerous times, but it did not stop the Leopards from jumping on an early 2-0 lead in the first inning of game one. Countering the Kingsmen's efforts throughout the game, ULV prevailed. 12-4

In the first game of the series, Friday in Thousand Oaks, the Leopards proved it is never too late to earn the win. Down 4-2 in the top of the ninth inning, ULV posted a comeback, determined not to lose. The Leopards put eight runs on the board, headlined by Marty, who came in as a pinch hitter and hit a grand slam with two outs.

"This group of offensive players is much more versatile than we've had in the past in terms of being able to do what the situation calls for, they've prepared themselves as such," Winterburn said.

"I was thinking don't strike out, just hit the ball somewhere," Marty said. "It was probably the biggest hit of my life. It turned around the whole series and we never looked back from there."

The Leopards not only took the game, 10-4, but gained the needed confidence to continue their success in the series.

"That game was one of the best games I've ever been a part of as a coach. It was a great, thrilling, come from behind, dramatic game, its what you're in it for it's those situations, the lure of the game," Winterburn said.

Track...

Continued from page 10

"I think everyone gave a 110 percent and I am so proud of the entire team," she said.

Other winners on the women's side included the 4x100 meter relay team consisting of, Sims, Deonne McLean, Erica Holmes and Eje Ash. Their time off 48.90 is a conference best and a NCAA qualifying time.

Christy DeLapp won her second-consecutive high jump title by leaping 5'2". Amy Smith won the javelin with a toss of 124'2". Lori Waters won the shot put (45"8') and Ellen Soakai won the discus (134'5"). Waters and Soakai both beat their competition by more than four feet and have already earned provisional marks for nationals.

"As a complete team, both men's and women's, we didn't finish where we would have liked," Gerlaine Kiamco said. "But everyone gave their all and with a lot of people coming back we have so much potential and we will keep pushing to be better."

On the men's side, Roger Logan placed first in the 100-meter dash with a blazing 10.97 just out leaning the second place finisher.

James Chambless just missed qualifying for nationals in the 110-meter hurdles with a time of 14.97. The provisional qualifying time for nationals is 14.90.

The men's 4x100-meter relay team of Logan, Demetric Brown, Eric Thomas and Chambless added another victory to the Leopard total by clocking 42.60 to win the event.

A few school records were also broken in the distance events.

Frank Huerta broke the school record in the 5,000 meters by less than a second with his time of 15:51.84. The previous record was held by Cecilio Barrera with a time of 15:52.57.

Barrera also broke his own school record in the 1500 meters by crossing the finish line in 4:01.41. His previous record stood at 4:02.77.

LEOPARD SCOREBOARD

AT THE BUZZER

Women's Water Polo, April 21

La Verne	4
Claremont	**8**

Women's Water Polo, April 17

La Verne	6
Redlands	**10**

SCHEDULE

Today
Baseball vs. Caltech @ 3 p.m.
@ Ben Hines Field

Tomorrow
Softball vs. Redlands @ noon
@ Wheeler Park

DID YOU KNOW?

Tug-of-War was an Olympic event from 1900-1920.