Campus Times

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Fire burns garage one block from ULV

Marina Bravo
Arts Editor

La Verne firefighters responded to a fire that set a residential garage ablaze Thursday at West A Street near Third street – one block west of the University of La Verne.

No one was injured in the fire, which broke out at around 2:15 p.m. on Thursday. By around 2:30 p.m., smoke enveloped almost the entire block, and residents of the house were evacuated.

The fire department closed off A and Third streets about 20 minutes after arriving at the scene.

In all three paramedics, five large fire trucks and about 30 firefighters showed up as a helicopter circled overhead.

The ULVALERT system reported the fire to the University community.

Fire and police officials said the fire was caused by a collapsed power line behind the building.

The fire was contained quickly. And by 3 p.m. it seemed to be completely extinguished.

Neighbors said they had seen smoke coming from directly behind the house.

"I just heard the fire truck coming down as it pulled over by my side of the street," longtime La Verne resident Tim Sandoval said. "I walked outside and I saw people running across the street with their pets. I said to myself, 'Get out.' I was informed that there were electrical lines dropped in the alley."

Police officers closer to the scene declined the Campus Times' request for interviews.

La Verne Fire Department Community Risk Reduction Specialist Lonnie Shipman arrived at the scene as fast as he could. Shipman confirmed that the collapsed electrical wire had landed in the alley behind the garage igniting the fire.

Apryl Kane and Steven Beaucar, the homeowners, evacuated safely with their two dogs.

They were not home when the fire began.

"We weren't even here," Kane and Beaucar said. "We had just gotten home from the bank. We just saw it when we got home," Kane said. "We got home and we thought it was something else and then we realized it was us."

Their patio also caught fire, they said.

Kane said that she heard popping sounds coming from the fire as it reached her garage. She and Beaucar got home just in time to bring two of their three dogs outside of the house. The third, a black pomeranian did not come out.

"My dog is still in there," Kane said. "I have a fluffy black Pomeranian. She didn't come out and I know she won't come out. She doesn't know who any of these people are."

By 3:30, Kane and Beaucar were not yet permitted to enter their home. Although the fire was extinguished and did not spread to their home, they were still worried about their Pomeranian.

Marina Bravo can be reached at ***marina.bravo@laverne.edu***.



Liberty Belle

La Verne residents Steven Beaucar and Apryl Kane stand outside their home on Third Street with their two dogs on Thursday as they wait for the firemen to extinguish a fire in their garage. The fire was started by a burning power line.

Panel discusses mental health

Cassidy Diaz
Staff Writer

The University's Student Outreach and Support, Institute of Mental Health and Psychological Well-Being, and Counseling and Psychological Services collaborated to present a mental health panel on March 12, in the Quay Davis Executive Board Room.

About eight community members attended the event either in person or via Zoom.

Panelists, including CAPS Director Elleni Koulos, Randall Lewis Center Director Allison Krich, Associate Vice President Marquisha Frost and Student Health Director Rosemary Tilman-Kellum.

These panelists discussed the stressors that create mental health challenges among the University's student population.

They also considered obstacles to attaining mental health support, which include financial resources and cultural or social stigma connected with seeking psychological services.

"Sometimes society thinks that people (with) mental health concerns are … broken," Krich said.

"That's most certainly not the case."

"For many students with combined responsibilities, the newness of attempting to juggle all of that can be rather difficult," said Frost, associate vice president for inclusive excellence and mission integration.

"I think that sends students into this space of hyper-awareness of the fact that they're experiencing a challenge that's not being communicated."

The panelists shared the various support services available to students free of charge.

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Letters to the Editor

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

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Letter to the Editor

Dear Editor,

The Associated Students of the University of La Verne, in collaboration with the Graduate and Adult Student Government, recognize significant concerns regarding the university's calendar transition that warrant broader campus attention. We have observed a process that has moved forward without full consideration of its potential impacts on students, faculty, and staff. The absence of comprehensive dialogue and a thorough assessment of ramifications has contributed to growing uncertainty and concern within the University community.

For many years, student leadership has worked alongside university administrators to provide input and to support a transition guided by the principles of shared governance. Recent developments indicate a departure from this collaborative approach. Current actions do not align with previous discussions and have provided little opportunity for meaningful student engagement.

Given the new implementation timeline, ASULV and GASG emphasize the need for transparent, inclusive decision-making that considers the diverse needs of all students while balancing academic, professional, and personal commitments.

ASULV and GASG urge the University administration to re-engage in good faith collaborations with student leaders and campus stakeholders to ensure that the transition is planned thoughtfully, communicated clearly, and mindful of its impact on students' academic and personal responsibilities.

ASULV and GASG call upon the University administration to revisit the current plan and work in partnership with students and stakeholders to develop a more inclusive and well-informed path forward.

The Associated Students of the University of La Verne
The Graduate and Adult Student Government

On the Cover

Guitarist Xander Vasquez of ZOMBIELOAF rocks out at The Haven in downtown Pomona on Saturday. The band headlined The Haven's March Madness show, which featured five different bands from a range of genres. / photo by Vicente Rodriguez

Cooking class emphasizes teamwork



Mia Byington

Justin Alacron, executive chef of Bon Appétit, leads a cooking class March 12 in The Spot. The class lasted about an hour and a half and covered essential kitchen safety and cooking tips.

Aniyha Williams
Staff Writer

Bon Appétit executive chef Justin Alacron led a cooking class on March 12 at The Spot Dining Hall.

Hosted by the Randall Lewis Center as part of a series of cooking classes, seven students attended.

On the menu was parmesan-crusted grilled cheese on sourdough served with tomato bisque.

Participants learned knife skills and cooking techniques. They followed step-by-step instructions. They diced onions, carrots, bell peppers and tomatoes.

"The message I want students to take away … is the importance of communication," Alarcon said. "Not only working together in the kitchen, but applying those same teamwork skills outside it as well.That's why it was really important for them to step into the kitchen and gain that hands-on experience."

"I really enjoyed how interactive the class was," said Jacqueline Ortiz, sophomore child development major. "Being able to learn how to properly cut ingredients really made me learn something new."

"I enjoy learning more about the different techniques," said Kevin Rojas, junior kinesiology major. "And it's a great way to get involved here on campus while doing something you love."

"I enjoy cooking in my personal life, but I don't always have the necessary skills," Katherine Jimenez, freshman criminology major, said. "Chef Justin's teaching style really made it easy to follow along because he didn't skip over anything, and he made sure we all had the proper utensils."

"I would definitely recommend this class to other students," Fabian Freyre, junior studio art major said.

As the class came to an end and the meal came together, the air was filled with the aroma of the meal they created.

For future classes follow the Lewis Center Instagram page at @ulvlewiscenter.

Aniyha Williams can be reached at ***aniyha.williams@laverne.edu.***

CAB celebrates commuters

Kalayah Frazier
Staff Writer

The Campus Activities Board hosted a Sip Into Spring event Monday in Sneaky Park for commuter students.

Roughly 20 students attended the event, which included a raffle, matcha and coffee, and a flower bar.

Angelica Maria Morales, junior kinesiology major and one of the event coordinators, said she wants commuter students to feel welcome.

"Last semester I requested more commuter events because I noticed over the last couple semesters a lot of students that did not live on campus didn't have a lot of options to take breaks from their classes by doing something enjoyable and fun," Morales said.

"Not a lot of students that live off campus get the opportunity to come on to the school's regular campus activities," she said.

This is because so many campus events happen at night.

Leslie Covarrubias, freshman business administration major, and Jacqueline Lopez, freshman psychology major, both said they appreciated the event and its sentiment. And it's always nice to have a little treat and flowers.

"I feel like sometimes I'm missing out on the college experience of … living on campus in a dorm," Lopez said.

"I like how this event brought me and my friends together (to) hang out," Esmeralda Sanchez, freshman biology major, said.

Kalayah Frazier can be reached at ***kalayah.frazier@laverne.edu.***

Commentary

Food used in fashion is not so sweet



Olivia Russo

For their Fall 2026 collection, Italian-brand Moschino sent a purse that looks like a bag of churros down the runway. These types of ideas are not new to the brand, they sent a McDonald's themed bag down the runway in 2014.

However, this highlights a larger trend that is taking over the fashion world: the luxury of food.

The current inflation rate is 2.4% as of February 2026, and is currently at its lowest since May 2025.

However, that does not mean that groceries are not expensive. The average person, according to the U.S. Department of Agriculture, spends about $429 on groceries every month, and that number continues to fluctuate as different ingredients are at different degrees of availability.

Simply put: A person living alone should not spend that much money on getting groceries every month, it adds up to $5,148 a year.

As the prices get higher, food starts to become a luxury, and using that food for wasteful purposes becomes a status symbol.

Last year, Hailey Bieber starred in a campaign with FILA for a capsule collection the two created.

The photoshoot fits well for both the brand and Bieber's personal style, however two images caught attention.

In one shot, she is distracted and spills an iced coffee cup on the ground, and she trips and spills a large paper bag of fresh produce.

Initially the campaign sparked controversy because it seemed like Bieber's husband, Justin Bieber, does not help her in taking care of their child.

However, Bieber is actively wasting food in the shoot. Whether or not the food in the campaign is real, Bieber is sending the message that food is a luxury for her and she can afford to drop one bag of produce because she can always get more.

Food and fashion have always been linked together.

In 2023, everyone decided to push tomato prints, calling it "tomato girl summer." The trend did not even last through the entire summer and was recently replaced by "sardine girl summer," in 2025.

While food is slowly becoming a luxury, one that someone can just waste for a campaign, the ideal body has not been skinnier.

Just like other fashion trends, a woman's body type is something that can also come and go. In the early 2000's, having curves was something to hide, while the 2010s decade saw the reverse become true. Now, the pendulum has swung yet again, highlighting what can only be called "heroin chic," a time period in which thin, skinny bodies are to be idealed by women.

Now, women are expected to fit the mold of a thin body, just a few years after the body positivity movement waved through the general public, and even the various fashion weeks.

All while following the latest beauty trend of the month, which usually is labeled after some type of food.

With a simple scroll on TikTok, women can find many different makeup looks to aspire to, like "blueberry milk nails," "latte makeup," "glazed donut skin," and many others.

Food is no longer something that people can enjoy, but something to use as a trinket or aspire to look like.

While most of the country cannot afford to buy their groceries every month, influencers on social media use their power to force the same people to want to look like that same food.

It can seem like a fun trend at first, but it highlights a deeper, more sinister, trend at play.

Olivia Russo, a senior journalism major, is editor-in-chief of the Campus Times. She can be reached by email at ***olivia.russo@laverne.edu***.

Happenings

'Proof'

The University of La Verne theater arts department is showing "Proof" by David Auburn and directed by Sean Dillon. The show is about a young woman proving her worth in the field of mathematics while battling with mental illness that plagued her father. Performances are at 7:30 p.m. Friday and Saturday, and at 2 p.m. on Sunday. All performances will be in Dailey Theatre.

For tickets, visit Eventbrite.

'In the Green'

Ophelia's Jump Productions presents "In the Green," by Grace McLean. The show is directed by Beatrice Casagrán and music direction by Rhonda Rubio. The musical follows the story of St. Hildegard, a medieval nun, composer, scientist, writer and mystic trailblazer. The show runs through March 29.

For tickets and information, visit **app.arts-people.com.**

'Interference Patterns'

The Benton Museum of Art at Pomona College is hosting John Sparagana's exhibit "Interference Patterns," which explores art work composed of magazine pages, comic books, artists' books, news images and more. The exhibit runs through June 28. The museum is located at 120 W Bonita Ave. in Claremont. The museum is open Thursday through Sunday.

For more information, visit **pomona.edu.**

Drum and Dance

The University of La Verne music department will have West African workshop featuring music and dance styles from Southeastern Ghana instructed by Greg Riss from Lawrence University. The workshop will take place at 3 p.m. Sunday in the Morgan Auditorium.

For more information, email **music@laverne.edu.**

—Cassidy Diaz

Theater professor Embraces silliness

by Lila Gongora

photography by Jesse Juarez

Hannah Gaff, the University's new theater professor who began here in October, is no stranger to clowning around as a professional therapeutic clown, international theater creator, actor and teacher.

She hopes to bring a sense of playfulness to her students in the University of La Verne theater arts department through physical theater, and the Alexander Technique; that helps actors to better embrace the physicality of a character.

Gaff completed her bachelor of arts degree in theater and classical traditions, at Grand Valley State University in Michigan, then spent time living in the Bay Area.

She went on to obtain her master's degree at Dell'Arte International School of Physical Theatre in Blue Lake, California.

Gaff then spent time working as a professional clown for Clowns Without Borders, an organization that sends clowns to crisis areas around the world.

"In the realm of clown, I found all the things about me that I was afraid people would find out becoming my strengths and this allowed me to be vulnerable and share myself with others," Gaff said. "Clown and play are such powerful tools in connecting us."

She has a physical theater company that often produces acrobatic theater called UpLift Theatre and is the founder of Theater for Climate Justice.

Gaff recently taught at Vassar College in New York.

At La Verne, she teaches three classes. These include Acting Studio, Advanced Acting Studio and Physical Theatre Lab courses.

Sonny Brown, junior theater arts major, is currently enrolled in Gaff's Advanced Acting Studio course.

"When you talk to (her) you can tell she cares about the conversation," Brown said.

"She's taught me a lot about acting and … the Alexander Technique, which is the conscious decision to stop habitual movements like twirling your hair, for example."

Gaff describes herself as someone who has always been outgoing and a storyteller.

She has always sought a way of connecting with others through stories, she said.

"I love theater because it attracts all sorts of people that feel like they don't have a place and we form our own community," Gaff said.

"Art is so important in our world in terms of connecting us and sharing our stories."

Rania Kartouch, senior political science major, is enrolled in Advanced Acting Studio.

"When you're playing a new character you want to completely embody that character and become a clean slate for them," Kartouch said. "Bringing yourself into a role should be a conscious decision, not necessarily something that is happening because you're unable to control your habits."

Courtney Cecil, junior educational studies major, explained one of her favorite parts of Gaff's teaching.

"One of my favorite things in class right now is jump roping while reciting a monologue and focusing on our breathing, while keeping our attention to our audience," Cecil said. "If I can do this here in the classroom I can do this on stage."

Gaff explained that the most important thing to her, in the classroom, is helping everyone find their voice and showing up as their full self.

In her classes, she has developed ensemble rules with her students to hold space in the classroom for the vulnerability that must be shared in the theater.

La Verne felt like home to her because of the strong emphasis on community work and the opportunities the institution provides for students to find a space for themselves.

In the fall semester, she will teach a course titled Theatre and Community for students to create a small performance in the local La Verne area.

Lila Gongora can be reached at ***lila.gongora@laverne.edu.***



Assistant Professor of Theater Hannah Gaff has joined the theater arts department as a new professor. She brings a focus on physical performance and clowning.

Paleshifter rocks out with 'Pleasure'

Story and Photography by Vicente Rodriguez

Editor's note: This interview has been edited for length.

Paleshifter is a local alternative band based in the Inland Empire. The band members – lead vocalist and guitarist Justin Cardoze, bassist Oscar Chilapa and drummer Joshua Tirtasamudra – sat down to discuss their upcoming album, the recording process, preparation for shows and other things. You can find them at **@paleshifter** on all social media platforms and on streaming services.

What is the goal for the album?

Cardoze: The goal for the album is to have the same effect of the end of a good film that you enjoy, that it resonates with you. You think about it and you rewatch scenes in your head and you love the way it translates. So musically I want to do that. Recreate that feeling of a new experience. I love riffs, I love incorporating interesting production into the song. The goal is for it to have a timeless feel to it and you constantly put it in rotation.

How is the recording process?

Cardoze: The progress has been pretty stable. We record two to three songs. The first session was three songs but we try to expedite the recording. We do two songs per session. I record it all myself with all the equipment. Like that, do-it-yourself approach. It's cumbersome a little bit but it's always awesome to hear the results of our performances.

What is the album name?

Cardoze: "Always a Pleasure," is the album name. The meaning of that is a double meaning. You know it was always a pleasure, you could say that sarcastically. Like you get into traffic, oh it's always a pleasure or you like sushi it's always a pleasure to get sushi. So it's ambiguous.

How many songs are on the record?

Cardoze: It's going to be ten songs because a lot of my favorite albums are ten songs, and that's a very consistent amount of songs. So you got five songs side A, five songs side B. We have about 60% of that right now.

Tirtasamudra: It makes it cohesive too. It's not too long, it's not too short. It's right in the middle.

Cardoze: The songs aren't two minute songs either. They're about four minutes, so it's gonna make the record feel longer.

How do you guys settle differences?

Cardoze: We had a little bit of that today. We find a common ground. Always open to new ways of composition. You can't be close minded.

Chilapa: We always try it out. We always run through some ideas and if we all agree, 'Oh this might not work,' or, 'This might work.' We usually just come to this understanding. It's always trial and error.

Cardoze: It's a very healthy way of how we handle differences. It's not like we're going at each other's throats. We're all very nice and respectful of each other. It's cool because what I've learned about being in this band is that if there's a specific demo that we have for the song, it's best to not get married to the idea of it and allow change and allow room for growth. So that way you're not very close minded to a specific way. Allow room for change and embrace it as well too.



Bassist Oscar Chilapa, lead vocalist and guitarist Justin Cardoze, and drummer Joshua Tirtasamudra are the members of Paleshifter, an indie rock band from the Inland Empire. They work almost every day writing new ideas for new songs for their forthcoming record.

'We want awesome fans and we want awesome music and we'll get there. We're gonna show you.'
—Justin Cardoze, lead vocalist and guitarist for Paleshifter

How do you guys prepare for a show?

Cardoze: It's a normal day for me up until we get to the venue. When it's time to leave, there's a sense of anxiety where it's not performance anxiety, it's more of an itch. I just want to get up on stage and start playing. Preparation is to go over the lyrics, make sure I got that straight because there are times where I could forget lyrics. That can happen but no one really notices but it sits with me. I try to go over the parts in my head and listen to the songs or the demos that we have if we are debuting a new song.

Tirtasamudra: To be quite honest, there has been a few shows where we actually didn't even rehearse for it. We just showed up and did it. The thing is we are so well rehearsed and well prepped as a band, even, individually as well too, where going up when we actually do it, it just feels like we didn't need to rehearse.

Cardoze: We've done the last three shows with no rehearsals and we just nailed it, man. Those have been somewhat of our best shows ironically. The biggest response.

Cardoze: At the recent show at the dba we didn't even rehearse, we just played it. And it still sounded good.

Chilapa: Usually for me how I ease my nerves before a show, I like to go to my local pho shop and get a nice grilled pork sandwich before. Only eat a little bit, can't eat a lot or else I'll be sleeping on stage. It helps me calm down.

How does creating a song start?

Cardoze: Creating a song usually starts with the riff. I'll just be jamming on a guitar and if I have to really think about writing a riff it doesn't come through.I let inspiration happen naturally. This new song that we just wrote, the riff came in the spur of the moment. I was joking about, OK I'm going to write this song about my girlfriend and I just started and I wrote the riff literally just looking at her. I played it randomly and I was like, 'Oh wait this might work.' It's just spontaneous, honestly. Then I have to record it and sleep on it. I listen to it the next day and if I still like it then I'll move forward with it. If not then it leaves my faculties. It's no longer in my memories.

Tirtasamudra: What's cool about all of us is that we have similar but different music tastes as well. It's 50/50 but it really meshes well. When it comes to drumming I did grow up on punk and hardcore but at the same time I grew up with very contemporary Christian worship background. There's certain elements I mesh together. If I play a pattern at my church sometimes I'll even implement that onto the records and it allows it to be expanded on when it comes to the creating process.

Cardoze: We incorporate a lot of outlandish influences. We just pull from random things. In the spur of the moment when jamming on the song that we're trying to write it and I'm like, 'Oh wait, this reminds me of this song.' Then we go based on that inspiration.

Chilapa: I just take inspiration from other records and apply it to like our own unique taste. With "Another Escape," that bassline that I wrote was inspired by this song from Mudvayne called "Death Blooms," where the bass player does this crazy gnarly bassline with the vocalist. Where I'm like, 'I could emulate some sort of bassline similar.'

Do you have a release date for the album?

Cardoze: I used to create release dates and sometimes they work and sometimes they don't. It adds a bit of stress and it might not be productive to the album. Sometimes it's counterproductive because then I start to overthink it. Like, do I think I'm going to get this done by the date. It's good to set deadlines because it forces you to actually get work done. But back to release date, I mean early spring but who knows?

What's your overall goal with the band?

Cardoze: To go as far as we can while remaining true to who we are. I don't necessarily want to make it so it's ultra-mainstream but it's just more you're known within the local scene or within the scene out there. Even within the social media where, like, what's the latest, newest alternative band out there, or latest local grunge band? I don't expect some kind of sustainment financially with it. It would be cool but you got to be realistic. But it's to go as far as we can with the music and expand it. Keep pushing out the greatest records we can.

Chilapa: And hopefully start touring with other bands too.

Cardoze: I think that's a great thing that we get to meet bands that we've grown up with and admire and even local bands.

Tirtasamudra: Pretty much the same for me but on a personal level for me if this thing gets big enough it would be cool to retire my parents. I've always thought of that.

Cardoze: We want to experience everything we can before we go. Play the biggest shows that we can and play these awesome venues. If we throw our own legendary shows at unique spots. Like a Denny's or a Goodwill. We want awesome fans and we want awesome music and we'll get there. We're gonna show you.

*Vicente Rodriguez can be reached at **vicente.rodriguez@laverne.edu**.*

Musical navigates grief and trauma

Lila Gongora
Staff Writer



Jasmine Lyn

Mariah Marten, Arianna Nelson and Mads Durbin play the collective role of Hildegard von Bingen's mouth, hand and eye in "In The Green," produced by Ophelia's Jump in Upland. Hildegard von Bingen, the main character, was a writer, composer, philosopher, mystic and medical practitioner during the Middle Ages. The musical is directed by Beatrice Casagran.

Ophelia's Jump Productions, located in Upland, is showing "In the Green," a new musical directed by co-founder of the company Beatrice Casagran. The story is written by Grace McLean and tells a fictionalized origin story of Hildegard Von Bingen. The medieval girl grapples with her sister's death and what it means to feel whole as someone who is broken.

Hildegard was a German Benedictine abbess during the High Middle Ages and is considered to be the first Renaissance woman. She is one of the most well known composers of sacred monophony, and is considered to be the founder of scientific natural history in Germany.

Hildegard goes mute because of her sister's death and is sent to a convent to learn the teachings of anchoress, Jutta, who believes that to be whole one must live as if they are dead.

The young girl is played by three women– Hildegard Mouth, Hildegard Eye, and Hildegard Hand and meets Shadow who is a part of Jutta.

"Playing a character that another actor is playing can be tough, especially a character that actually existed in history," said Danielle Heaton, who plays Shadow. "The music and harmonies between characters are so intricate and can be haunting as they portray how women often have their voices silenced."

Heaton, a long-time performer and Upland resident, said she is ecstatic to work with a cast of all women as she finds that the best shows in the theatre come from an uplifting community of people.

Mary Desmond, an instructor at Vanguard University who plays Jutta, explained that the coordination and harmonies between Shadow and Jutta have been a stand-out part of the production.

"The motion of Jutta's finger leading from her mouth to her surroundings represents her need to be in control as Mary's voice is played on loop," Casagran said.

Artistic choices throughout the musical heighten its intensity in representing the struggles of dealing with trauma. Paintings by the real Hildegard were

Continued on page 7

The Haven fundraises for human trafficking

Marina Bravo
Arts Editor

ZOMBIELOAF headlined March Madness at The Haven. Their intense sound quaked Downtown Pomona on Saturday. The doors opened at 7:30 p.m. and had various local bands. Thinking, Road Trip, The Hell Bombs and Something Somewhere each gave it their all and brought their unique sound.

Damian Torres, the lead singer of ZOMBIELOAF, hosted the event and chose the bands who performed.

ZOMBIELOAF headlined the event celebrating their one year anniversary for their album, Pelican Bay.

Torres shared that the bands chosen to play throughout the show, leading up to their celebration, were all bands that made music that resonated with him.

There were at least 100 people attending the show. At the show Torres also promoted the non-profit organization Saving Innocence to end human trafficking.

"With everything that has been going on with the Epstein files, I only felt it was right to give back to something that would make a difference," Torres said.

"I wanted it to go somewhere that would try and help victims in any way it can."

The first band that took the stage was Thinking, a Los Angeles-based alternative rock band. Frontwoman Jenie rocked the stage with her powerful vocals. The four-piece band immersed the audience with their sound. Their newest single, "Call Me," was a hard hitter.

Road Trip got the crowd to move. The trio brought their everything to the stage. Guitarist and lead vocalist Caden Cantwell, bassist John Mariano and drummer Alex Straniere took up the energy to the next level.

Their song "Mosh Pit" off their album "Off Duty Millionaire" had the crowd two-stepping and moshing their hearts out.

"This is our first time playing here at The Haven in Pomona," Cantwell said.

"We are definitely going to be coming back."

Not only did they give their all but also a little more. Mariano was fresh off a torn ACL injury, with a funny story that had won the audience over. He proved to everyone what it means to truly be hardcore.

The Hell Bombs are a five-piece band from Ontario. Their loud cathartic sound continued to rock the audience.

Lead singer James, bassist Andrew, guitarist Eduardo Sanchez, guitarist Devin and drummer Marcos Picazo moved the audience with their performance.

Their sound was almost bone-crushing and their energy was through the roof. Vocalist James was truly a master at his craft.

"Shout out to Damian for bringing us up here," James said. "Thank you for putting us on."

They brought lights and even chose someone from the crowd to record their set for them. Making it a unique Haven experience.

ZOMBIELOAF took the stage with a loud message. Lead singer Torres, guitarist Xander Vasquez and drummer Jack Blake dominated the stage from start to finish.

Before playing their anticipated set of their album, Pelican Bay, Torres had a message that needed to be heard.

"I know we're here to listen to the album," Torres said.

"But just real quick, F– ICE and free F–cking Palestine. We should all be free to live."

ZOMBIELOAF played two new songs of protest, which made their message loud and clear. They played their album and with each song, the crowd only got louder and rowdier.

Their album was ten years in the making. It represents the band from its very origin up to now. The album had started being recorded back in 2023 but some songs went as far back as 2014. It was born from the Cal Poly Pomona Music Department studio.

They closed with their cover of Limp Bizkit's "Break Stuff," which shook the entire venue.

Torres reminded everyone to take care of each other and to pick each other up if one would fall. He made it a point to thank The Haven especially for always being a space that allows free-speech and creates a place of love.

"Shout out to The Haven," Torres said. "Thank you for being a place where we can come dance and have fun despite all this fucked up shit going on in the world."

In an online post, ZOMBIELOAF shared that they donated all their earnings to Saving Innocence.

"Stay blessed, remember to always support the causes you believe in."

Marina Bravo can be reached at ***marina.bravo@laverne.edu.***

> 'With everything that has been going on with the Epstein files, I only felt it was right to give back to something that would make a difference.'
> *—Damian Torres, lead singer of ZOMBIELOAF*

La Verne extends winning streak

Anisa Salazar
Senior Editor

The women's water polo team gained their second consecutive win, this time against Redlands, 7-4, Wednesday at the La Verne Aquatic Center.

Head coach Robert Echeverria credits the win to strong defense and a good performance by sophomore goalkeeper Miranda Graham.

"We basically shut them out for two quarters in the second half," Echeverria said. "Our defense was hot, and I think that was also a major contributor to Miranda … She's a big presence in the goal, but she also had six defenders willing to battle for her."

Graham had 12 saves with a 75% save rate.

The first quarter set the tone for the game; both teams went back and forth with shots at goal. The Bulldogs scored the first goal of the game, but the Leopards responded with high intensity and a goal shortly after.

The competitiveness on both sides ended the first quarter tied at 2-2.

The second quarter started slightly slow offensively on both ends, but ultimately, the Leopards capitalized on their momentum.

"We've been really trying to push defense, and I think this was a really good defensive game for us, especially with Miranda in the cage," senior utility Brooklyn Young said. "All of us stepped up on defense this game."

Young assisted a goal in the second quarter for junior utility Anika Nichols. The Bulldogs scored one goal, but the half ended with the Leopards on top, 4-3, after a penalty shot by Nichols.

"Our coach being really motivated for us to play hard defense really helped us, especially during halftime," graduate center guard Nancy Trinh said. "He just reminded us that defense wins games, so I think that was really the catalyst for us winning this game."

Nichols said that making sure she and her teammates stayed composed throughout the game was important.

"We tend to panic at times," Nichols said. "When coach gets nervous, we get nervous, an ejection happens, a goal gets scored, etc. We start panicking, making dumb plays, dumb decisions, so playing smart and listening to the advice our coaches give us is definitely something that we really pay attention to."

High-intensity defense from the Leopards in the third quarter allowed the Bulldogs to score only once.

Points in the third were converted by sophomore attacker Madison Coss and Nichols, ending the quarter with Leopards in the lead, 6-4.

When setting up for her penalty shots, Nichols found the courage to get the ball in the back of the net.

"I was very nervous, but a big part of it is, it's for my team, and we all really wanted to win, and that was my role in this game," Nichols said.

The Bulldogs failed to score in the fourth quarter while the Leopards put up high pressure with their defence. Nichols scored her fourth goal with a penalty shot to end the game, 7-4.

"The season is not over, we're just getting started, and I think we're hopefully peaking at the right time," Echeverria said.

Next up, the women's water polo team will play at 11 a.m. Saturday against Pomona-Pitzer at the La Verne Aquatic Center.

Anisa Salazar can be reached at ***anisa.salazar@laverne.edu***.



Jesse Juarez

La Verne junior utility Anika Nichols sets herself up to score against Redlands on Wednesday at the La Verne Aquatic Center. The Leopards took the victory against the Bulldogs, 7-4.

Mental health...

Continued from page 2

Among them, CAPS offers talk therapy in-person and virtually. SOS online forms are a way to alert appropriate campus leaders that a student may be in crisis, either personally and academically.

The panelists emphasized the importance of normalizing talking about mental health issues and finding spaces to feel safe and seek the support they need.

"We are aware that … students have different kinds of personal issues that they're bringing with them (while) trying to navigate through all the new things (they) encounter at campus," Tilman-Kellum said.

Panelists reminded students that it's normal to feel whatever they are feeling, and they are not alone.

They encouraged students to reach out and ask for the help they need.

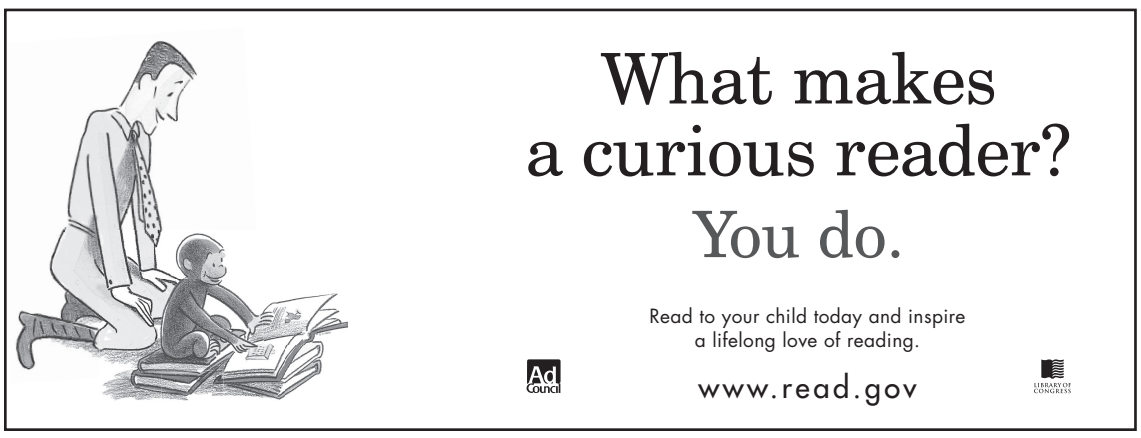
Students do not need a diagnosis or referral to make an appointment with CAPS.

To do so, call 909-448-4105 or email ***caps@laverne.edu.***

If you are experiencing a crisis or mental health emergency, contact Tri-City Mental Health Center in Pomona at 866-623-9500.

If your emergency is life threatening, call 988.

Cassidy Diaz can be reached at ***cassidy.diazgomez@laverne.edu.***



Musical...

Continued from page 6

projected onto the stage.

Hildegard eventually meets Shadow in the underground who reveals the trauma Jutta went through and teaches Hildegard that such trauma must be dealt with to achieve self-acceptance.

"Jutta is a very rigid character, so I love being able to show the arc of where the trauma comes into play in the show and build up such a tense character," Desmond said. "Theatre is where my heart is at and this is different from anything I've done."

Jutta attempts to make herself whole throughout the musical, and is left questioning her actions by the end.

"This is my first time experiencing the show and the music stood out a lot," Courtney Hays, an actor at the Gem Theatre in Garden Grove said. "I think the writing was brilliant and ridiculous to memorize and execute, but the actors were so in sync with each other and it was just beautiful."

The small space provided by Ophelia's Jump provides an intimate experience for audience members as they are able to immerse themselves in the story and live music with refreshments and snacks sold at the bar.

"I think we tell compelling stories in a world that is so difficult and each performance lives only that night, so you get to be a part of something real and discuss it with others," Casagran emphasized. "People learn most deeply from stories and we need to do that in person."

Performances of "In the Green" are at 8 p.m. on March 20 and 21, and a 4 p.m. show on March 22. Additional performances will be at 8 p.m. on March 27 and 28 and 4 p.m. on March 29. Ticket prices range from $40 to $53.

Lila Gongora can be reached at ***lila.gongora@laverne.edu.***

Leopards win with strong defense

Donya Rouzbehi
Sports Editor

The Leopards dominated Minnesota Morris in a 19-1 win in the second game of a Tuesday doubleheader at Campus West.

La Verne took the lead after struggling throughout the first game and losing, 3-2.

Head coach Danielle Kaminaka highlighted the team's turnaround coming from game one to game two.

"We struggled in game one," Kaminaka said. "It wasn't the team that we're used to. So then having the team show up and make that turn, that's really hard to make, to bring that energy and dominate the way they did."

The Leopards' offense shifted the momentum after the first inning, taking the lead early in the game.

Sophomore second baseman Janelle Vega started the offense for the Leopards with a single up the middle and advanced to second on a wild pitch.

Alexis Keifer, sophomore third baseman, followed Vega with a double, placing the runners on second and third base with no outs.

Keifer set the stage for junior catcher Bryce Shroyer, who doubled to give the Leopards a 2-0 lead.

Junior first baseman Kileah Lologo reached on a single before freshman Sofia Carillo pinch ran.

Carillo quickly made an impact by stealing second base.

Freshman designated player Allison Gutierrez added another single to keep the momentum going. Junior shortstop Mikayla Galaviz then singled up the middle, bringing in two more runs to extend the lead to 4-0.

Junior left fielder Kylee Knight added a sacrifice fly to make the score 5-0.

"We had a rough first game, but we turned the second game around," junior first baseman Aleiah Kupihea said. "We had all of each other's backs and came full force with the energy, as well as just picking up our defense and our pitcher."

The offensive onslaught continued in the second inning. After a line out, Lologo came through with a two-RBI single turning the lead to 7-0.

The Leopards kept taking advantage of scoring opportunities. Gutierrez singled, then a wild pitch allowed the two runners to advance.

Galaviz singled to left field with another two runs for the Leopards, pushing the lead to 9-0 with two outs.

Senior right fielder Annica Luna and senior center fielder Allie Colenzo both reached base, then Vega delivered again with a ground-rule double to bring in two more runs.

Shroyer blasted a three-run home run, giving her team a dominating 15-0 advantage.

"This team knows how to stick together and lift each other up," Keifer said. "We work as a team, we're all sisters here. Our passing the bat mentality was strong."

By the end of the second inning, the game was in swift control with well-timed hitting and approach at the plate.

The Leopards scored three more runs in the third inning and another in the fourth before the mercy rule was implemented in the fifth inning.

Angelina Garcia, freshman left-handed pitcher, went the distance, allowing just one run and striking out three.

"I have always strived to stay extra locked-in," Garcia said. "Especially on days when I'm doing great, I'm feeling great and the pitches are working and everything. I know my defense is behind me, always."

The Leopards are 9-8 overall and will play their next game at noon Saturday against Whitworth at Campus West.

Donya Rouzbehi can be reached at ***donya.rouzbehi@laverne.edu.***



Ronald Banks

Junior leftfielder Kylee Knight lays out for a fly ball in the outfield in an effort to end the fifth inning of game one of a doubleheader against Minnesota Morris on Tuesday at Campus West. The Leopards dropped the game, 3-2, but won game two, 19-1



Ronald Banks

Freshman pitcher Alyssa Tafolla delivers in the circle during a crucial inning in the opening game of a doubleheader against Minnesota Morris on Tuesday at Campus West. Tafolla gave up just one unearned run in 5.2 innings, but the Leopards lost in the ninth inning, 3-2.

Leopard Scoreboard

At the Buzzer

Baseball, March 14
Mary Hardin-Baylor – 2
La Verne – 14

Women's Water Polo, March 14
La Verne – 13
Caltech – 9

Softball, March 17
Minnesota Morris – 3
La Verne – 2

Softball, March 17
Minnesota Morris – 1
La Verne – 19

Women's Water Polo, March 18
Redlands – 4
La Verne – 7

Schedule

Friday
Baseball @ Pomona-Pitzer, 3 p.m.

Saturday
Baseball vs. Pomona-Pitzer, 11 a.m.
Women's water polo vs. Pomona-Pitzer, 11 a.m.
Softball vs. Whitworth, noon
Baseball vs. Pomona-Pitzer, 2 p.m.
Softball vs. Whitworth, 2 p.m.

Sunday
Softball vs. Linfield, noon
Softball vs. Linfield, 2 p.m.

Tuesday
Baseball @ Cal State San Bernardino, 5 p.m.

Wednesday
Women's water polo @ Whittier, 7 p.m.

Softball Standings

	SCIAC	Overall
Chapman	5-1	10-5
La Verne	**5-1**	**9-7**
Redlands	2-1	13-4
Claremont-Mudd-Scripps	3-3	9-7-1
Whittier	1-2	9-7
Pomona-Pitzer	1-2	6-12
Cal Lutheran	1-5	6-12
Occidental	0-3	3-11