Hartnell’s Speech Team continues to make history

Congratulations to the Hartnell Speech Team for qualifying five students into the most awaited national competition after a great showing at state championships. These students have qualified for the Phi Rho Pi National Community College Tournament in Washington, D.C. on April 9-15, 2017, a first for Hartnell College. At the state championships in Woodland Hills, CA, March 8-12, 2017, three students took bronze awards, earning each an automatic berth to the national tournament. They are:

- Casie Guido, Bronze, Poetry Interpretation
- Lourdes Tinajero, Bronze, Program of Oral Interpretation
- Paola Delgado, Bronze, Informative Speaking

In addition, Meritzy Ayala in Communication Analysis and Enrique Lopez in Prose Interpretation ranked high enough during the regular competition season to qualify. The Speech Team will be presenting a public Showcase on Wednesday, April 5, 2017, 3:00 – 5:15 p.m. in Room 125 - Building K at Main Campus. This will be a performance of season works to raise funds for the Speech Team. Admission is $5 and seating will be on a first come, first served basis. For more information, email Coach Hough at jhough@hartnell.edu.
Women’s Empowerment Conference 2017

On Saturday, March 11, 2017, The Associated Students of Hartnell college once again sponsored the Annual Women’s Empowerment Conference, in which over 100 guests registered. The event was emceed by Director of Communications, Marketing and Public Relations, Esmeralda Montenegro-Owen, who helped attendees become acquainted by initiating fun and engaging ice-breaking activities during breakfast. After the welcome and light socializing, the attendees picked from a menu of sessions to attend throughout the morning. The workshops included: Self-Care and Wellness via Whole Foods, presented by Sociology Faculty member, Dr. Hortencia Jimenez; Women Throughout History, by Professor Jennifer Grohol; Career and Professional Development, with Mercedes Del Real, Counselor and Coordinator of the Transfer and Career Center - she taught the essential techniques of how to write a winning resume and cover letter; and Social Media Etiquette and Soft Skills with Marci Bracco Cain of Chatterbox PR.

After the workshop sessions were completed, the attendees gathered back together in Steinbeck Hall for lunch while enjoying a fashion show prepared by Hartnell Alumnus, Francisco Juarez. The fashion show displayed various fashionable and stylish looks that are suitable for an office environment and work-related social events.

The conference welcomed Keynote Speaker, Diane Danvers-Simmons, founder of Own it, Feel it, Live it and Spirituality in Stilettos. Diane gave an empowering and enlightening presentation encouraging the attendees to connect to their true source of knowledge within and trust in their own voice because all is designed so that they can: Own their Power; Feel their Spirit; and Live their Lives by their own definition of wit and wisdom.

A special ‘Thank you’ to the Associated Students of Hartnell College, Priscilla Amao, Augustine Nevarez, Laura Zavala, Frankie Juarez, Ema’s Bridal, Brighteyes Bath and Body, TMD Creative, and Diane Davers-Simmons for providing time and giveaways to all our attendees.
RN student is one of four in state to earn NSSI Internship

Yoli Cervantes, President of the Hartnell College Student Nurses Association, has been selected from many applicants as 1 of 4 students to intern at the CNSA’s (California Nursing Students Association) Nursing Students in Sacramento Internship (NSSI) April 3-5, 2017 on Capitol Hill, Sacramento, CA. This experience allows students to learn about the RN role in policy and law, meet and learn from the legislative nursing professionals at the American Nurses Association/California, attend legislative hearings, personally meet the California Senate and Assembly, and gain statewide recognition for Hartnell Nursing and Allied Health through an article in CNSA Range of Motion Newsletter! What an honor for Hartnell to be represented by such an outstanding student. Congratulations Yoli!

Foundation Board – student presentations and match ask from faculty member

The Hartnell College Foundation held its first full board meeting of the year on March 15, 2017 led by Board President, Anne Secker. The meeting was informative as usual and well attended by board members, Hartnell management, and special guests.

Two programs were featured: CSin3 and the Teacher Incubator Program. Student Vanessa Nava in the CSin3 program shared how she earned a place in her cohort. Her motivation is her 2-year-old daughter. She said that the $30,000 scholarship from the Matsui Foundation allows her to be dedicated to her studies and it is great to not worry about having to work.

Student Cindy Cervantes always wanted to be a teacher and when she learned about the Teacher Incubator in King City, the timing could not have been better. She is a mother of two and having all her classes so close to home is such a plus for her and her family. Having these two students speak to this group of Hartnell fans was inspiring.

In an emotional and captivating presentation, Professor Larry Adams presented the board with an endowment matching opportunity. Adams and his wife Elizabeth donated $20,000 to endow a scholarship in honor of Elizabeth and son Chris. You see, in 2011 the Adams expected their first child and they were told he had a rare disease; Elizabeth decided to carry the pregnancy through. Chris was born a beautiful boy and the couple held him for a few minutes and passed soon after he was born. Professor Adams asked the Foundation Board to match his donation. The board took action and in a unanimous
vote, they approved to match it. This endowment allows students pursuing an education in political science, scholarships of $1,000.00. We thank the Adams family and the Foundation for creating this opportunity for our students.

**Planetarium grand opening at capacity!**
The Planetarium in the STEM Center Building had its grand opening last Friday, March 10, 2017 with a full house. Planetarium Coordinator, Andrew Lindsey provided the attendees with an experience from the lobby area, to the dome. The featured show was *Dynamic Earth* and included professors and experts in astronomy. Congratulations! We look forward to wonderful shows this year!

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**Students Visit Sacramento State and meet alumni**
On March 10, 2017 over 40 students attended a field trip to Sacramento State University chaperoned by Counselor, Elizabeth Gonzalez and Counseling Intern, Monica Silva. The students who participated included members of EOPS, Guardian Scholars, TRIO, MESA, DSPS, and Mi CASA. In addition to a guided campus tour and admissions presentation, our students were able to meet up with former Hartnell students who are currently enrolled at Sacramento State. Our Hartnell alumni were able to share their experiences as transfer students with our visiting students, and everyone enjoyed the eventful visit. This field trip was coordinated by the Transfer
Physical Geology Class goes for a hike!
King City students from the Physical Geology class taught for the first time in King City enjoyed a field trip to Point Lobos where Dr. Ana Garcia, featured on the lower right, showed them rocks as old as 80 million years.

EOPS/CARE/CalWORKs Workshop: Public Speaking - “Fake it ‘til you become it”
Workshop Wednesday consists of a series of workshops offered to our EOPS/CARE/CalWORKs students on Wednesdays from 2:00 – 3:00 p.m. The workshop topics range from overcoming math anxiety, scholarship applications, raising emotionally healthy children, crime and violence, team-building and stress management among others. Overcoming public speaking anxiety is a workshop that many students have requested and we were fortunate to have Professor Dr. Marnie Glazier share her knowledge with our students. They viewed a short clip of a Ted Talk from Amy Cuddy addressing how body language shapes who
we are. The short clip was very informative because Amy shared how our bodies change our minds, our minds change our behavior, and our behavior changes our outcomes.

In turn, Dr. Glazier shared a series of high power poses and provided them with the opportunity to practice them. The high power poses included standing with arms on the hips, sitting with hands on head wide open and the significance of opening the chest. The workshop was interactive and students left with techniques they can use when in class, while attending a parent-teacher conference, a job interview or any other circumstance, which requires students to speak in front of others.

Some of the techniques practiced included focusing on breathing, yoga, power poses, engaging in positive self-talk, smiling, laughing, meditating, drinking water and most importantly of all, practicing. Practicing is critical as even small tweaks can lead to big changes. Initially, the power poses felt awkward for some attendees, but Dr. Glazier and Amy in her Ted Talk encouraged all to practice the power poses until they became that which they intended. Small changes can lead to big results. The workshop concluded with students working in pairs and preparing an impromptu 2-minute speech on a topic of their choice. Allowing students to present to a peer on a topic they care about is critical to easing their nervousness. The workshop was informative and the team thanks Dr. Glazier for her willingness to share her knowledge and enthusiasm with our students and we look forward to more faculty collaborations! Link to Ted Talk: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en#t-1205711

MESA speaker Brian Lewis from CPI

Hartnell Alumnus Brian Lewis presented to a large audience of STEM students for the MESA Friday Speaker Series on March 10, 2017. Our students heard about his path from Hartnell to UC Davis, where he obtained a B.S. in Mechanical Engineering. He also spoke about beginning his job at Communications and Power Industries (CPI) in Palo Alto, CA, among which was having to learn the basics of vacuum tubes, including klystrons, electron beams, electromagnetic cavities, etc. Coincidentally, the moderator of the talk, Hartnell Engineering Instructor Melissa Hornstein,
received her Ph.D. from MIT in the very same field of vacuum tubes. Brian outlined his experiences and what helped him from his education to obtaining his position as well as detailing the mechanical engineering of klystrons. During the Q&A period, students asked many relevant questions, including about student life at the university, the work culture among engineering companies, and materials selection in engineering product design. At the end of the talk, Brian mentioned that CPI was looking to hire summer interns who are engineering majors and that any interested student should send their resume along with a cover letter to HR@cpii.com.

Welcome new employee!
Program Assistant for the Transfer and Career Center

The Transfer and Career Center is happy to have Jessica Lopez, as the new Program Assistant I. Jessica is a true Panther; she worked for the HEP program as a GED Facilitator for 9 years. Jessica is also a Hartnell alumna, who took part in the TRIO program while attending Hartnell and completing her AA-T in psychology. She transferred to CSUMB, where she obtained a Bachelor of Arts in Psychology and is currently working on a Master’s in Business Administration. Congratulations Jessica!

First Year First Friday visits nursing and allied health programs

On the second Friday in March, the first year employee orientation program visited the nursing and allied health programs. There, fellow first year employee La'Quana Williams, manager of the Salinas Valley Health Professions Pathway Partnership program, and Iris Medina, SVHPPP coordinator, provided a tour of the facilities on the second floor of Building B. They met with Dean Debra Kaczmar, and the very friendly and helpful faculty and staff in the area. New employees got a look at the realistic hospital work stations that students learn in, saw some of the life-like mannequins in action, and learned about the rigors of each program in the area, including registered nursing, vocational nursing, respiratory care practitioner program, and the EMT program. Hartnell’s nursing and allied health students are so fortunate to be part of this great team!

Photo caption: First year employees at a tour of the nursing education center. Pictured here are Julie Silveira, Jennifer Moorhouse, Jessica Lopez, Jessica Green, and La’Quana Williams.
Student-Athlete Spotlight

In this week’s student-athlete spotlight, we feature Kaitlyn Doyle, a sophomore at Hartnell College and in her second year playing for the Lady Panthers’ softball team. Kaitlyn grew up in Salinas, is the youngest in her family, and has been playing softball since she was three years old. She is a proud Viking from North Salinas High School; there she was part of the varsity squad, and played softball all four years. Kaitlyn is an all-around athlete; she has also been on the Women’s Basketball team and the Volleyball team here at Hartnell.

During her first year of intercollegiate softball, she earned first team all-conference and was third in the state for most stolen bases. Now in her second year as part of the Softball team, Kaitlyn is still making a name for herself. So far, she is on track to break her previous record for stolen bases (35) and has already hit a grand slam this season. She is majoring in Kinesiology and is considering transferring to San Jose State University or at another out-of-state school if given the chance to continue her Softball career. Kaitlyn is a great example of what it means to be a hard working student-athlete; she works two part-time jobs, is a full time student and on top of it all, is a distinguished athlete. Last semester, Kaitlyn made it into the Dean’s list, which requires a grade point average of at least a 3.0! There is no doubt that Kaitlyn is a great example of perseverance and hard work for her peers. Go Panthers!

Split Track Squad Produces Impressive Marks for Hartnell

The Panther Track & Field team headed in two different directions last Friday in hopes of finding the best competition for sprint and distance events. A large contingent of distance runners headed south to Pasadena for the Occidental Spring Break Distance Carnival while a small group of athletes returned to
Cupertino for the De Anza College Invitational. Both sites produced numerous season bests along with qualifying four Panthers automatically for May's CCCAA State Championship in Sacramento.

In Pasadena, sophomore Eduardo Orozco made huge strides in his development with a lifetime best 1:53.77 in the 800m to place second overall among community college students. The mark is a state automatic qualifier and moves Orozco to sixth all-time in school history just ahead of local legend Dick Casper. Fellow sophomore and former King City High School teammate Edgar Bonilla also earned a state qualifying mark running a lifetime best 3:57.45 in the 1500 meters to be the fastest community college finisher of the competition. Jorge Sanchez joined the exclusive sub 15:00, 5000 meter run club with his 14:57.05. The mark is the seventh best in school history and puts Sanchez into the state championship. He was a state finalist and eighth place finisher at 10,000 meters last spring. Joining him in the 5000 meters, Edgar Bonilla returned to the track later in the evening to dip under the State "B" mark with his 15:17.17 pulling Oscar Mora, Jr. (15:19.99) also under the standard. Andrew Martinez (15:25.35), and freshman Patrick Olson (15:27.02) were all close behind. Yvette Felix highlighted the ladies’ efforts with a lifetime best 18:21.06 that improved on her state qualifying time from the previous week by 17 seconds. Felix is now ranked third in Northern California and eighth all-time in school history. Beatrix Duarte (19:19.34), Jocelyn Cervantes (19:20.87) and Olivia Jimenez (19:37.14) all enjoyed significant season bests moving them up the conference rankings. Adam Alnazer (2:00.33) and Elizabeth Hernandez (2:28.83) had season bests in the 800 meters with Sergio Coronel (4:08.71) lowering his best in the 1500 meters. Williams Ordaz (15:47.60), Eduardo Orozco (15:49.34), and Jonathan Saldana (15:52.09) all dipped under the 16:00 mark in the 5000 meters.

For full Oxy Spring Break Distance Carnival results: https://www.directathletics.com/results/track/47545.html

In Cupertino, Joziah Garcia lead the Panthers in the sprints with two lifetime bests at 400 (50.23) and 200 (22.58) meters. He was followed by Jordan Rodriguez in the 200 meters (22.83). Rodriguez also sprinted to 11.22 in the 100 meters. Haley Romero recorded a top 20 all-time mark in her first 100 meters of the season (12.92). Angel Mejia, Jr. lowered his season best in the 1500 meters (4:16.28) with Clemente Villareal prepping for his decathlon with a 110 hurdles season best (16.84). David Thompson took four seconds off his 400 hurdles (1:01.09).

For full De Anza Invitational results: https://www.directathletics.com/results/track/48158.html

Lady panthers fall short against Foothill College but continue on with a great attitude

On March 14, 2017, Hartnell College’s Softball Team faced Foothill College. The Lady Panthers returned to their home field with great momentum built up from their previous wins on the road. They won at Monterey Peninsula College and West Valley College winning both games with scores of (6-5) over MPC and (10-7) over West Valley the previous week. On Tuesday, Hartnell kicked things off leading in the third inning with a score of 3-0. Unfortunately, things did not go quite their way; by the fifth inning, they lost their lead by one run. The score remained at 8-7 with Foothill in the lead. The Lady Panthers were not able to capitalize on their start.
It was an all team effort as the Lady Panthers combined for ten hits and seven RBIs total. It was a tough and hard fought loss and the Lady Panthers are looking forward to focusing on what is next. The final score was 8-7. The Women’s Softball Team will be traveling away for the next game on, March 21, 2017, against Mission College.

Panther Baseball Victorious at Home!

On March 14, 2017, the Hartnell College Men’s Baseball Team hosted Skyline College for their 14th home game of the season. Having previously lost on the road against Skyline, The Panthers were determined to redeem themselves with a little help of the home-field advantage. Skyline College began the game by scoring six runs to take the lead in the first inning. However, Hartnell athletes did not let that slow them down. The team managed to catch up with some runs in the third inning thanks to student-athlete Dom Ramos. He blasted a home run allowing teammates Colby Hirano and Nick Enrico to score. The Panthers kept their momentum strong throughout the remainder of the game and managed to rack up six more runs. Skyline was only allowed to score once more. The Final score was 9-7; Hartnell College had 17 hits in the game. Colby Hirano, Dom Ramos, Adam Tanoue each collected multiple hits for The Panthers. The team’s record is now 9-14 overall and will host their next home game at Tony Teresa Diamond on March 18, 2017,
Spring 2017 Educator in Residence

Dr. Jean Twenge will be returning in April as part of the Professional Development Committee’s Educator in Residence 2017 offering. All employees and students are invited to attend any of the sessions. Dr. Twenge will be with us on Thursday, April 20 and Friday, April 21, 2017 to speak about the “Me Generation” AKA the I Generation. She was our Keynote speaker for Spring 2016 convocation and she will be returning to talk about her new book on the I Generation and her research results. She will offer three sessions. Mark your calendars for:

- Thursday, April 20, 3:00-4:30 PM
- Thursday, April 20, 6:30 – 8:00 PM
- Friday, April 21, 9:00 - 10:30 AM

Location is pending, but more communication will go out to promote these sessions. In between sessions on Thursday, anyone can join us to have dinner with Dr. Twenge in Old Town Salinas. Individuals will be responsible to pay for their own meal. We are excited to have her share with us interesting facts that will allow us to understand students better.

Applications now being accepted for WELI and MILE

The Men’s Institute for Leadership and Education (MILE) Program and the Women’s Education and Leadership Institute (WELI) Program are accepting applications! Continuing students are encouraged to apply for these wonderful and life changing cohorts. Both MILE and WELI provide leadership training, mentoring, and a $2,000 scholarship for those who successfully complete the program.

MILE application requirements:
- Must have a 2.0 GPA
- Must be enrolled in 9+ units
- Must be planning to attend Hartnell in 2017-18

WELI application requirements:
- Must have a 2.5 GPA
- Must be enrolled in 9+ units
- Must be planning to attend Hartnell in 2017-18

Students can now apply online! Go to www.hartnell.edu/scholarships. The deadline is April 10, 2017.
UPCOMING EVENTS

Music Extravaganza 2017
Friday, March 24, 2017
6:00 – 9:00 PM at Mainstage Building K

Walk for Autism
Saturday, April 8, 2017
12:00 – 4:00 PM Hartnell Track
Sponsored by ASHC - $5 to participate

Save the date!
The Hartnell College Foundation presents
Party in the Library 2017 – Catalyze!
Saturday, May 13, 2017
Go to www.hartnell.edu/party for details!

IN THE NEWS THIS WEEK

New LED lights installed at Hartnell after reported assaults

Hartnell notes: Softball team on a roll
http://www.thecalifornian.com/story/sports/2017/03/13/hartnell-notes-softball-team-roll/99145692/
Hartnell College Fall 2016 Honor Roll

Hartnell hosting workshop for potential teachers

Former basketball coach

Getting help navigating local career paths

Alfred Diaz-Infante appointed to SVMH Board