Women’s Cross Country has record finish

In an outcome that clearly will go down in history, the Hartnell Women’s Cross Country team placed second at the State Championship on Nov. 17 in Fresno, the best outcome in program history. Said President Lewallen, “I see a Hall of Fame induction in the future. Congrats to these student-athletes and to Coach Zepeda and his coaches.”

The 2018 Hartnell College Lady Panthers cross country nearly traveled border to border in search of statewide respect. In September, they traveled to San Bernadino and experienced their first team loss of the season to Glendale College. The Lady Panthers rebounded with convincing victories in their next four meets all with scores less than 20 points. Even with
setting the lowest team score at the Northern California Championship, they knew this year's CCCAA State Championship would be a battle with a program that had much less to learn and lead by the top returning individual in the state. L.A. Harbor College was the Southern California champion the previous week and was the only team the Lady Panthers had not faced and bested during the season. After 5km of racing at Woodward Park in Fresno, the Lady Panthers found they gave last year's fourth place team all they could handle but would have to settle for a program tying second place finish. The second place tied the highest in program history, but did establish the lowest point total for Hartnell College at the state championship as the first five runners tallied just 99 points to L.A. Harbor with 72 points.

Sophomore Monica Ruelas may have enjoyed one of the most significant one year improvements in the state. Last year, Ruelas was 54th overall in 19:59. In 2018, she jumped all the way to sixth overall in 18:34 to earn CCCAA All-American honors. Ruelas also finished as the top Northern California finisher. Her mark of 18:34 and sixth place makes her the second best performer in program history trailing only Malena Grover who placed third overall in 18:06. Freshman Daniela Salazar has the chance to better both as she was one second and one place behind Ruelas in seventh and 18:35 also earning All-American honors. Those are the third best place and time performances in school history and the fastest by a true freshman bettering Malena Grover's 13th place 18:43 performance from 2014. Salazar was the second regional finisher demonstrating the pair had the potential to take those top two spots two weeks ago. Salazar will be one of three women that will return from the top seven and contend for next year's title which include Olivia Burton of Ventura College (18:18) and Sophia Cortina of Moorpark College (18:30). Sophomore Arlene Diaz Leal made up for last year's disappointing state championship with a fantastic 19th place finish in 19:05. Her place earns her CCCAA All-State recognition and her time was a Woodward Park personal best by 42 seconds. Freshman Isabelle Torres will return with Salazar in 2018 and will bring with her a 36th place finish and a course best of 19:40. Sophomore Maria Aceves regained her health just in time for this final race and finished in a course personal best 19:51. Nina Arias (20:07) and Nerina Campos (20:07) finished 55th and 56th with Campos returning in 2019.

This season was one for the record books for the Lady Panthers. They were victorious for the second year in a row at the Fresno Invitational, won the Toro Park and Pat Ryan Invitational, scored 17 points to win their sixth consecutive Coast Conference Championship, established a Northern California Championship record with 19 points in the victory, and became the only Northern California program since 1984 to place second at the CCCAA Championship more than once. With All-American and all-region Daniela Salazar, all-region Isabelle Torres and Nerina Campos, all-conference Elizabeth Cazares, Maria Hernandez, Shantal Martinez, and Alessandra Filitti returning, the Lady Panthers are primed for another attack on the CCCAA Championship 2019.

Men’s Cross Country finishes strong at State Meet

The men’s team also competed at state, wrapping up their outstanding season with an 11th-place finish.

A streak of three consecutive top 5 team finishes at the CCCAA Championship was broken with an 11th place finish but was highlighted by the outstanding performance by sophomore Jacob Niles in his final race for the Panthers. Niles, who had placed consistently in the top five every meet, would lead the Panthers with his 54th overall placing and eleventh among Northern
California finishers. The mark moves Niles on to the Hartnell College all-time list for Woodward Park. Sophomore Nick Merillana was 63rd and made up for his freshman season with his one opportunity to represent the Panthers at the state championship in 21:43. Freshman Jesus Avalos, in 85th place, will be called upon to lead next year's squad with his 22:00. Sophomore Luis Perez ran his second race after an injury that sidelined him for the Coast Conference meet. Perez placed 93rd, a three spot improvement from 2017, in 22:06. Sophomore Alfredo Mejia, Jr. lowered his Woodward Park time to 22:17 and placed 106th to complete the scoring. Andres Rodriguez (22:43) and Victor Nambo (22:44) competed in their first state championship.

The 2018 season was a rollercoaster for the Panther men, but did include an impressive ninth consecutive Coast Conference title and fifth consecutive individual champion. The Panthers also enjoyed their ninth consecutive top three regional trophy placing second at this year's championship. Sophomore Patrick Olson was the conference champion and repeated his All-Northern California honors by improving from eighth in 2017 to fifth in 2018. Sophomore Alfredo Mejia, Jr. picked up his first all-region honor placing sixth overall after being an alternate at the regional championship in 2017. With next year's returners Jesus Avalos, Luis Meza, Luis Mendoza, Arturo Ponce, James Young, Arturo Chavez, Leonardo Coronel, and Juan Gutierrez III, the Panthers will look to return to the top five in the state.

Applications now being accepted for Hartnell College Scholarships

The general application for the 2019-20 Hartnell College Scholarships Program is open for students who are enrolled in nine or more units and have a GPA of at least 2.7 at the end of this semester.

Students may apply online, where they will be need their student ID number and PAWS password to log in. The application includes a personal statement and request for a letter of recommendation.

Ana Valles, scholarship assistant and financial aid technician, encourages everyone on campus to encourage eligible students to apply for this and other scholarship opportunities. She also is
available to present information on the scholarship program to classes. Contact her at avalles@hartnell.edu.

**Crowd of 300 celebrates the arts at Hartnell’s annual Black & White Gala**

Beginning with hors d’oeuvres and a silent auction in the STEM Building atrium, followed by a special performance of “A Drowsy Chaperone” by The Western Stage in the newly refurbished Center for the Performing Arts, a festive crowd of 300 enjoyed the 2018 Black & White Gala for the Arts on Nov. 17.

It was my honor to thank all in attendance for their support of Hartnell College as a cultural beacon for the region. I also highlighted the combination of private donations and public dollars that enable improvements like those in Building M, which now has an exterior box office and a spacious new atrium.

We also heard from Hartnell alum Sue-Lynn Ansari (photo above), a successful television and film actress who will be sharing her knowledge and experience with our students and the greater Salinas community, which she still considers home.

“If we can really rally the community together,” Ansari told the gathering, “there’s no reason why we can’t see more productions here within the area and more of talent in this area finding their way to Hollywood.”

**Therapist from SVMH trains nursing students on mobility**

First-semester registered nurse students heard Nov. 15 from guest speaker Maria Torres, a physical therapist at Salinas Valley Memorial Hospital with more than 30 years of experience. She presented information and supervised student practice on patient positioning and use of mobility devices such as walkers, canes and crutches.

**Student shares culture during American Indian Heritage Month**

In observance of November as National American Indian Heritage month, the Associated Students of Hartnell College invited members of the Salinas region’s indigenous Salinan tribe to host a cultural demonstration in the Student Center on Nov. 14.

Tribal member and Hartnell student Jon Watkins worked with Inter-Club Council Director Samantha Saldana to arrange the celebration of Native American culture. The representatives
performed a ceremony and shared artifacts. Hartnell librarian and adjunct professor Beth Rosenblum provided Indian literature from the library as a resource to students interested in learning more.

Watkins, who dressed in traditional Salinan clothing and painted his face, instructed students to gather in two circles, hold hands and move in opposite directions as he sang and beat a drum. He then led them to the Quad for a smudging ceremony.

ASHC and President Lewalllen renew “Lights of Love” giving campaign

Once again, the Associated Students Hartnell College and the Office of the Superintendent/President are coordinating a "Lights of Love" campaign to provide gifts for the children of our students, those who are parents and have tremendous responsibilities and face significant financial challenges.

To participate, come to the Office of Student Life, C-140, by Dec. 3 and choose one or more children’s names. Then, by Dec. 5, return an age- and gender-appropriate and wrapped gift with the name securely taped on by Dec. 5.

From Hartnell Athletic Director Dan Teresa

Panthers Football will extend its successful 8-2 season on Nov. 24 at home against Yuba in the Living Breath Foundation Bowl, which starts at 1 p.m. in Rabobank Stadium.

Volleyball hosted De Anza on Nov. 20 in the first round of the CCCAA playoffs and won 3-0 earning them home court again in round two vs. Fresno City College (see below).

Women’s Soccer advanced in the Northern California playoffs by beating Las Positas on Nov. 19. They will play Clovis on the road on Nov. 21. Men’s Soccer lost to De Anza 1-0 on Nov. 19 in a game played at CSUMB, concluding their season with an overall record of 12-4-3.
Upcoming Events

Women’s Soccer vs. Clovis Community College (CCCAA Northern California Playoffs)
2 p.m.
Wednesday, Nov. 21
Clovis

Men’s Basketball vs. Porterville
5 p.m.
Wednesday, Nov. 21
Hartnell Gym

Football vs. Yuba College (Living Breath Bowl)
1 p.m.
Saturday, Nov. 24
Rabobank Stadium

Women’s Volleyball vs. Fresno City College (CCCAA Northern California Playoffs)
6 p.m.
Saturday, Nov. 24
Hartnell Gym

Honoring Our
Student Veterans

November 2018 Events

Brought to you by the Hartnell College Veterans Program and Veterans Club
All Events are open to the public and will be held in Bldg. C

Battlefield Cross Ceremony, November 8, 2018 @12 p.m.
Participants at the Salinas Valley Parade, November 11, 2018 @ 2 p.m.
Viewing of Almost Sunrise, November 15, 2018 @2 p.m.
Thanksgiving Dinner Drive, All November
PTSD Presentation, November 27, 2018 @ 10 a.m.
Dealing with Stress, November 29, 2018 @ 2 p.m.
Paint Night with Vets, November 30, 2018 @ 5 p.m.
In the News

LA Harbor women hit long strides to win CCCAA title; Mt. San Antonio men repeat as state champions
http://www.cccaasports.org/sports/wxc/2018-19/releases/XC_Championship_recao

Local roundup: Hartnell runners place second at state:
https://www.montereyherald.com/2018/11/17/local-roundup-hartnell-runners-place-second-at-state/?fbclid=IwAR1WNIm41c4PoAeig0RGkUtXeXH-X9cnJzrdM49CuZt-4gXyErcIHqp0TyA

College cross country: Panthers looking for redemption: