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CERRITOS COLLEGE

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Under a magnifying glass



ILLUSTRATION BY: JONATHAN GARZA/TM
Accreditation: Cerritos College takes a good look at itself to ensure that it is meeting the needs of students in preparation of next year's accreditation evaluation.

Cerritos College readies for accreditation

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In preparation for a review from the Accrediting Commission for Community and Junior Colleges (ACCJC), Cerritos College has begun the self-evaluation processes for the college and its services.

"It's a self-reflection," Dr. Frank Mixson, Co-Chair of the Accreditation Faculty said. "It's designed for the college to take a good look at itself and determine how well it is performing or engaging in processes that the accreditation commission feels are important."

The self-evaluation is a process that the college undergoes every six years to determine if it is meeting the guidelines set up by the Commission, or ACCJC, to renew its accreditation.

When a school is accredited, it means that it has met the standards of a board such as the ACCJC.

Recently the ACCJC has come to the attention of many after it announced that the City College of San Francisco failed to meet its standards, making its future unsure.

San Francisco recently brought a lawsuit against the ACCJC alleging bias on the part of the board.

The only college to lose its accreditation has been Compton Community College in 2005.

The loss of accreditation can have a major effect on any public college.

"(It) means you can't receive state funding nor can you receive federal financial aid for your students," Cerritos College President Linda Lacy said. "It, in essence, shuts down a public institution."

The ACCJC reviews colleges on four major

standards such as the college's "mission," student services, resource management, and leadership.

"Each of those four standards then have all these sub-standards," Vice President of Academic Affairs, Dr. Joanna Schilling said, "and they give us very specific questions."

"It's our job to say, 'OK, based on what the standard is, how (do) we measure up against that?"

— JOANNA SCHILLING
VP of Academic Affairs

"Then it's our job to say, 'OK, based on what the standard is, how (do) we measure up against that?"

To better focus on each guideline and determine how well each of the four main areas are covered, different sub-committees were created.

Each committee is dedicated to one of the four major standards and determines if the school is meeting each of the sub-standards.

"Every standard has a committee," Schilling said, "and what they've been working on for the last two years is compiling this report and updating it as new things happen."

According to Lacy, the guidelines given to the college cover as many areas as possible to see if the college is giving students adequate service.

"There are some things that deal with financial aid, there are some of the things that deal with admissions and records (and) whether our student's records are secure."

It is the job of each committee to determine if the standard it was assigned is being met.

If one of the committees decides that its standard is not being met, it is that committee's responsibility for designing a plan to improve the area.

"If you found in the evaluation process (that) there's something you want to work on, then you

would add a planning agenda," Lacy said.

"It gives you an idea of what you want to work for in the next six years."

Currently the college is in the process of completing the draft of the self-evaluation before it is presented for approval to the Board of Trustees in November.

"What's going to happen in September is (that) we (will) go through all the shared governance committees, including the ASCC, and we'll include an executive summary of where we think we are and then links to the full report (online)," Schilling said.

The draft will also be posted in its entirety online allowing anyone to read through the college's findings.

Open forums will be held to gather input from those who want to share their views on the report.

"This is not the opinion of one or two people," Mixson said. "The report should be a strong consensus of the college."

Mixson said that the school wants to go beyond just satisfying the guidelines laid out by the ACCJC.

"Even when we meet the standards, we're still trying to improve. Perhaps we're offering services to students (in person), but we want to offer those services online as well."

"So we're doing a great job in person, but we want to make sure that online students are having the same opportunities for services."

Bookstore helps students hold on to cash

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The Cerritos College Bookstore has expanded its book rental program to increase the amount of textbooks available in the store for rental.

The changes to the rental program came into effect at the beginning of the semester.

According to store manager Mando Quatel, the store had been offering about 20 to 25 percent of textbooks for rent last semester.

"Our goal was that we wanted to be a lot higher than that. We wanted to be able to offer affordable textbooks to the students, and it was definitely an item we were working on with President Lacy, as well as some of the leadership on the campus," Quatel explained.

Currently, the bookstore offers around 43 percent of its books for rent and hopes to increase the number.

With this new "Rent All" program, Cerritos College and Follett (the company that owns the Cerritos College Bookstore) are aiming to cut down on the high prices textbooks generate and leave more currency in the pockets of the student body.

"It's not the full price," Briana Sandoval (criminal justice major) said. "You can use it and then actually just give it back when you're done."

Briana also stated that the program has "saved me money."

Abraham Luna (architect major) believes that Rent All "is cheaper and you pretty much get your money's worth."

It's a big money saver and that's

a big benefit," he added.

Auto mechanic technician Marco Estrada said, "It gives you time to use what you need, then you can give it back. It's a lot cheaper than buying the book."

Still, students like Sandoval like to buy the book instead of renting only if the text corresponds with the course and major they're involved with.

Rent All opens up more opportunities for the college student when it comes to acquiring textbooks needed for the semester's classes.

Cerritos College's campus is one of 15 other campuses that were chosen out of 950 campuses across the nation.

According to store manager Mando Quatel, the Cerritos College Bookstore was picked for a variety of reasons.

"The number one reason was the fact that we had a lot of adoptions into our system already," Quatel said. "With that, they also looked into the fact that they would like to expand the program a bit at Cerritos because we had a very nice selection."

Students can save up to 50 percent off of new textbooks with the new Rent All program.

While the students will be able to rent out textbooks, they will not

See BOOKSTORE Page 2

Scan to visit the bookstore website



<http://bit.ly/15fG6XX>

Gary Pritchard steps in as full-time dean

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Gary Pritchard has become the full-time Dean of fine arts and mass communication.

Pritchard served as interim dean last academic year.

He has been teaching for Cerritos for at least 14 years as a music instructor holding both full-time

and part-time positions. Not only is he a dean of Fine Arts and Communication, he also serves on the Capistrano Unified School District board.

Cerritos College President Linda Lacy said about the decision, "He was the top choice coming from the faculty and we are very pleased with our selection."

Pritchard said about his new position, "I enjoy the work, I like

dealing with lots of challenges. Each day poses a new challenge. I like my work with the faculty, the classified staff, and the students."

Jony Nader, art major and commissioner of convocations and fine art, shares the same views as Gary Pritchard.

"We both believe that this school is full of talented individuals who deserve to have their art seen and admired by their peers. I expect

Dr. Pritchard to work together with myself, the numerous clubs and departments of Cerritos College and the ASCC to bring to light some of the hidden talents we have stowed away within our campus."

Pritchard oversees all the divisions from art and design to theatre and film arts. He talks about how he wants to find ways to incorporate more students.

See PRITCHARD Page 2



PHOTO BY: LUIS GUZMAN/TM
New dean hired: New Dean of Fine Arts and Communications Gary Pritchard (right) advises photography major Ashaka Matthews on his courses for the next .

Elbow Room expected to move in June 2014



GUSTAVO OLGUIN/TM
Out with the old, in with the new: Students visit the Elbow Room to purchase food and drinks in between their classes. Students may heat up their food in the Elbow Room microwave but are limited to two minutes.

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Cerritos College Faculty Senate previously discussed in a meeting that the Elbow Room is going to be turned into a cybercafe and moved into the new Liberal Arts building. However, there seems to be a lack of awareness and excitement by the students and the employees of the Elbow Room about the move.

The Elbow Room is located in between the Social Science Building and the current Liberal Arts building and provides students with food, drinks, and as well as any of the scantrons that students need for their exams.

Many of the students that hang-out out by the Elbow Room said that they don't really use it and that they think the move to the new building will be better for future students to use.

Third year student Lupita Aguirre said she actually didn't know about the move.

Her response to the plans for the Elbow Room was "That's good, we will have somewhere to sit since the sun is always here and I think it will be better.

You'll get to do your homework in there and be a little more comfortable."

In regard to the Wi-Fi that will be available for students, she said,

"That's always a plus, but it probably won't be done for a while so I won't be able to use it."

A current employee of the Elbow Room wasn't even aware of the changes that were going to be made.

Stephanie Wilt, who has been a student at Cerritos since 2008, said that she didn't know about the move and doesn't really use the Elbow

Room unless it's for a scantron when she doesn't have any.

She responded to the news of the move by saying, "That sounds nice."

Another second year student, Luisa Mesa, also didn't know about the move and doesn't use the Elbow room.

She said, "I think it will be better than (the current facility) out here."

The new Liberal Arts Building is currently under construction right next to the Elbow Room and plans to be completed by June 2014.

Scan to view the new facilities plan

<http://bit.ly/1cePUR9>

Bookstore: Cerritos College Bookstore works to improve book prices for students

Continued from Page 1

be able to rent out certain books that require students to remove pages such as workbooks.

Online pass codes and one-time use materials are also not available for rent.

Just last year, projected savings for the students were \$300,000, and the company and school estimate the number will be higher this year with the new Rent All program.

Quatel also said that the rules for the program are remaining the same and that students should not be afraid to use rented textbooks however they need.

"We want students to know you can highlight (and) you can write in the book. We're not going to penalize you for that."

"We want you to be reasonable with it and understand that you're not going to be the only student to use the book."

"Don't highlight all 150 pages (and) don't write on every single page, but use the book like you would (use) your own."

Pritchard: Cerritos College hires interim fine arts dean to full-time dean position

Continued from Page 1

"I am very interested in partner collaborations so I am going out to the Chamber of Commerce events (and) talking about our programs and the type of students we develop. I think our students do a fantastic job of coming up with creative solutions."

In collaboration with the K-12 system that he is familiar with, Pritchard is trying to align the K-12 system with other community colleges, universities, and Cal States toward getting students goal-oriented throughout the state of California.

Gary Pritchard goes on to say, "I think for students, it's good to know that we have some of the best instructors on the campus. The teaching I have observed is excellent (and) the classes that we offer provide a wealth of knowledge about content.

I think our instructors challenge students to become more creative thinkers utilizing a number of different skill sets that can be helpful in the job market and find(ing) a career."

Science teachers present 'STEM Wars' contest

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Move over "Star Wars," there's a new war invading campus. The science, technology, engineering and math (STEM) program is hosting its first ever STEM Wars competition this semester.

Participants will compete in creating an educational presentation where the grand-prize winner will win an iPad.

Chemistry professor Jeffery Bradbury and biology professor Michelle Navarro are the creators of STEM Wars and came up with the concept last semester.

Their objective for the contest is to get students more involved in using technology and to help other students learn chemistry or biology topics using media sources like YouTube.

Students that wish to compete will have to submit a proposal by Friday, Aug. 30 via the event's web-

site and make a creative presentation that involves one of the two topics, meiosis or acids and bases.

The proposal can be a simple description of their planned project.

Bradbury said, "We don't want students to be afraid of the deadline for the proposal because they could probably come up with something at Starbucks with a cup of coffee pretty quickly."

Navarro would like many entries for the competition and is trying to get her students interested in the contest.

"I am hoping we get anywhere from 20-30 entries. It will be exciting if we get at least ten. I am hoping the prizes will encourage people."

Navarro has high hopes for the future of the contest.

"If it goes well this year, I would be excited if other departments in the STEM division would bring forth their own topic."

The winning presentations will be chosen at the STEM Open House on Sep. 27.

While you "take notes," you can follow Talon Marks on:

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www.talonmarks.com

Calendar of Events

28 Wednesday	29 Thursday	30 Friday	31 Saturday	01 Sunday	02 Monday	03 Tuesday
• Senate Informational Meeting at 2 p.m. in BK 111/112	• ICC Meeting at 11 a.m. in BK 111/112	• No events scheduled for this day	• Transfer Admissions Guarantee Workshop from noon - 1:30 p.m. in SS 140	• No events scheduled for this day	• ASCC Court Meeting at 11 p.m. in BK 111/112	• Club Info Day from 10 a.m. - 1 p.m. at Falcon Square and 5:30 - 7 p.m. in the SS building patio • "How to Read a Science Textbook" Workshop at 11 a.m. in LC 206



“Where is the best place to park at Cerritos College?”

COMPILED BY:
LARISSA MORALES
PHOTOGRAPHS BY: JESUS CANEDA



JESSICA PUERTAS
Nursing major

“In the back parking lot because it’s easier to get to my classes.”

KHALID AL-JABAR
Journalism major

“As far back as you can possibly go, but it’s still very bad. You should come early.”



JONATHAN TAUVEVE
Child development major

“The Mormon Institute because it’s a church. We pray and pray.”

JOSE-MANUEL FRAIRE
Music major

“When it’s really packed, all the way in the back. I don’t want to fight everybody for a spot, I just want to get to my class.”



EVA MELGAR
Social work major

“In the back parking lot because my classes are later, so (parking there is best because) people are leaving.”

DEIVY LEON
Nursing major

“On (the) Alondra (side of campus) because it’s closer to classes and there’s more parking.”



•EDITORIAL•

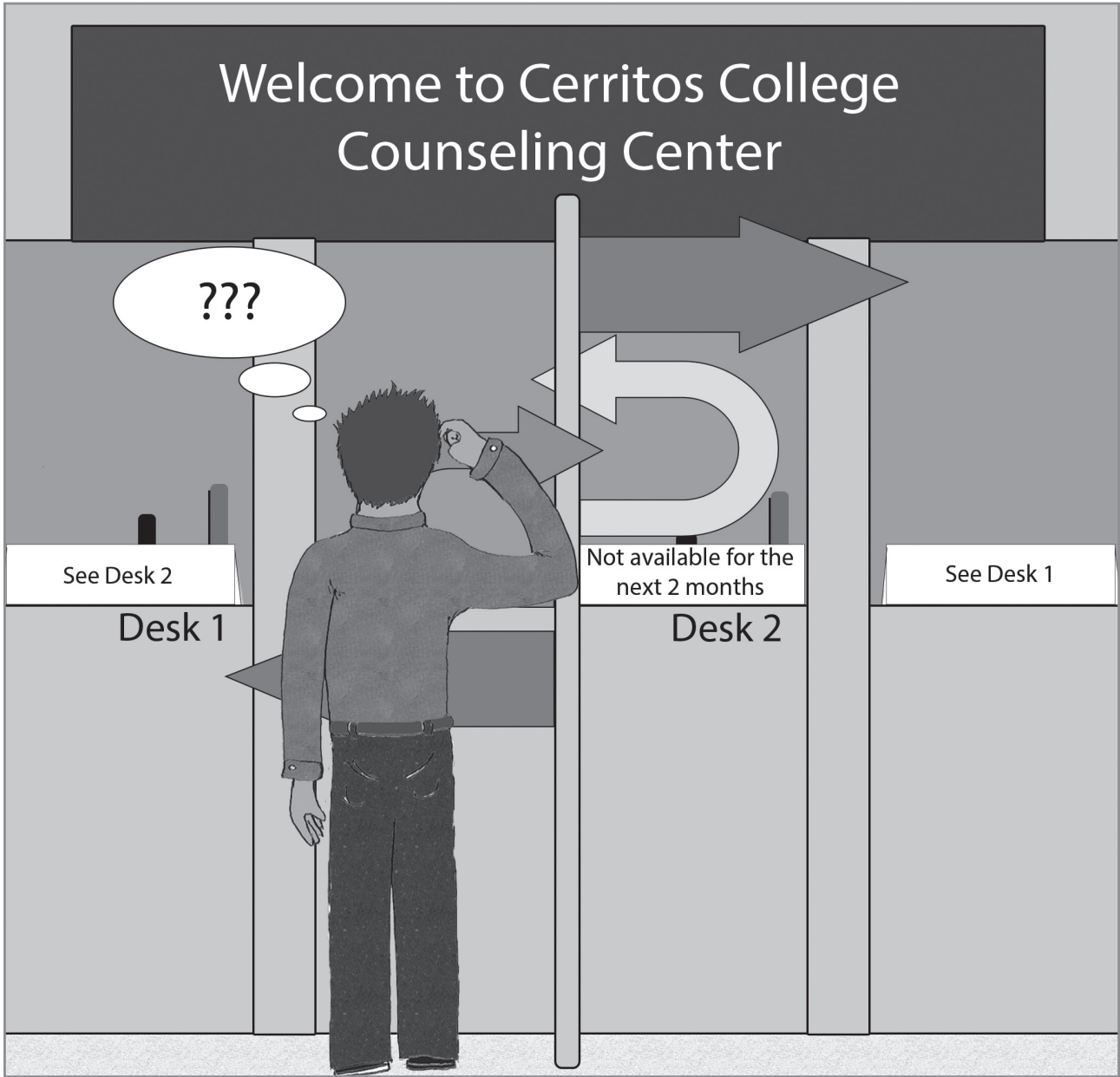


ILLUSTRATION BY LAUREN GANDARA/TM

Make counseling pain-free

Counselors need to create an easier process for students to receive the help they need.

A vital part of the graduation/transfer process at a community college is speaking to a counselor, something that could be made smoother.

Students at Cerritos College must make an appointment to speak to a counselor which is typically scheduled for the upcoming week.

Most institutions prefer for counselors to have a bachelor’s degree, but they might require counselors to have a master’s.

A good portion of counselors have degrees in psychology. However, those with degrees in other areas could find themselves counseling students that are declaring the same major.

Counselors receive on-the-job training more often than not, mean-

ing that if an institution has a good reputation, adequate on-the-job training will likely carry on to the future generations of counselors.

But, if bad, watch out because your education could be at stake.

If guided toward the wrong class, you could find yourself spending more time (and money) at the community college level while a properly-guided student could efficiently breeze into a university.

The process could be improved by counselors abiding by the same guidelines or even coming up with a better form of online counseling.

By designating a counselor to aid students online, the lines would be reduced on campus and would allow for questions to be answered quickly.

After all, counselors have all the necessary tools to research a student’s academic history.

Rather than wait a week for an appointment, simply go online and receive a wait time, much like how companies utilize online customer support.

Cerritos College’s counseling department allows students to email counselors, but a response time of three business days (or longer) is quoted by its website.

When a student sees a counselor face-to-face, he must absorb all the information.

Going back to the online system, a script of the session could be emailed to the student at the closure of the chat allowing for him to reference it anew in the future.

This makes it irrelevant to revisit with a counselor unless new questions arise which can be answered online again.

It sounds easy, so why isn’t it implemented?

Attending a community college is not a let down

Many students feel that community college is a revolving door with the constant disappointment of classes that wind up in their enrollment cart, but I must object.

The attitude toward a community college experience begins with the motivation to succeed, and an attitude of discouragement will bring a student down because of his dwelling on why they should have transferred sooner.

After attending a University of California, I realized that I didn’t understand the level of rigorousness of those courses, and I’ve found that attending community college allows for a smoother transition into that lifestyle.

We have the opportunity to take school slow and see what careers are available to us and work hard to prove ourselves.



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We are able to learn how to manage our education, jobs, as well as our social life, and this experience of living “the real life” as opposed to going to the university--with the only focus being school--really adds an edge to the average college student.

Fees grow higher (and higher), but they still do not compare to the prices that universities demand.

It’s a give and take situation: It takes more time for us to get a degree, but in exchange, we save thousands of dollars.

Community colleges offer quality professors, many of whom also teach at universities as well.

Sometimes, students are one class away from transferring, but that specific class fills up.

Although sympathetic to these students’ situations, I feel they overlook the actual opportunity to be educated--a privilege that many people around the world don’t have.

I feel that in every class I have taken, I have met a student from another country.

These students pay extra money, work through their language barrier, and many succeed in the courses.

It is just embarrassing to hear students drop or fail half of their classes, and then listen to them complain that community college has “let them down.”

If students keep taking classes without dropping or failing, their enrollment dates will eventually get better.



LAUREN GANDARA
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Be aware of available services

Students have no excuse to say that they don’t have any resources on campus to get the help they need.

Running around like mad people during the first week of school, students easily walk past all of the buildings where counselors and tutors are sitting at their desks waiting to help someone.

Many students are oblivious as to the amount of help they can receive on campus.

Instead of going to Student Services, the Counseling Office, and the Career Services Center, they’re complaining to their fellow students about how they can’t find a job or can’t retake a class they failed.

Why go visit the people that can actually help you, right?

Because your peers clearly know what’s best for you rather than the people who are paid to provide students with assistance and have the connections to help you.

It’s not like students don’t know about any of the services they can receive. As soon as you log on to the Cerritos College website, there are a million tabs that link to student service information.

For new students, orientation has been made a requirement as part of enrollment. Going through the orientation, they are given information on all of the services that the college provides for students.

If they decide not to even pay attention during their orientation, well guess what, the buildings are labeled!

One can easily find out what building to go to for information.

There is such a vast amount of services that are available for students such as Student Health Services, the Transfer Center, Career Services, Financial Aid Services, and many, many more.

Some require you to make an appointment while others accept walk-ins, but either way, speaking to someone about a problem or question that you have is not an issue.

Teachers even announce to their students and add the different student-provided services that are available for that specific class (including tutoring).

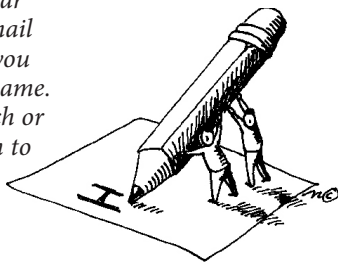
If teachers are pushing their students to take advantage of the opportunities we’re given, don’t you think that we as students should do so?

So just walk in already and get your questions answered.

It’s better that sitting on your butt and waiting for a magic genie to help you with all of your problems.

You might be there awhile as other students walk past you and into a counselor’s office.

Did one of us write something that ground your gears? Do you want to congratulate us on the great job we’re doing? Whatever the case may be, we would love to hear from you, our readers. Send a **LETTER** to the **EDITOR**. We accept electronic mail at editor@talonmarks.com and boring regular mail at our office in FA-42. If you want your letter or e-mail to be printed, you must proudly sign it with your real name. Letters in poor taste will not be printed. This means we don’t want any hate speech or conspiracy theories (unless they’re hilarious). We only edit your letters for length to print them, but they appear in full online. If the subject of your letter is campus-related, then it will be given priority.



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JACC Pacesetter Award
2009-2010

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Strutting your Fall style around campus



Flower Power: Cerritos College student Kimberly Pachecano is heading back to school in style. Her floral top was \$8.50 from a thrift store, her shorts were \$13 from Levi's Kids, and her boots were \$35 from Wild Diva.



Boho-chic: Cerritos College student Holly Redden is staying cool and fashionable. Her shoes are \$20 from Target, pants are \$80 from American Apparel, and her top is \$40, also from American Apparel.

See what students are wearing as part of their 2013 Back-to-School fashion

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Starting out the new school year, many of the Cerritos College's more fashionable students have found it affordable to stay in style.

Some of the biggest trends this fall include a variety of prints, leather, and a return of punk and '90s grunge inspired looks.

You might think these trends may be hard to follow because of the high price of in-trend clothing, but there are students who pull off their individual style effortlessly.

Cerritos College student Millie Dover found her entire punk rock inspired outfit at no cost whatsoever.

Dover said that her sister gave her the leather boots she was wearing and just found her leather jacket and denim shorts.

With inspiration drawn from the likes of Tupac Shakur and Joan Jett, Dover put together a fashionable outfit without paying a single cent.

Liberal arts major Kimberly Pachecano demonstrates the printed fabric trend with a semisheer floral top she got at a high end recycle store for \$8.50.

Pachecano also adds a touch of grunge to her outfit with her \$35 studded boots from Wild Diva and her \$13 Levi's shorts.

Pachecano said she tries to shop anywhere that's not too expensive.

"I do (purchase) a lot of Forever 21, H&M, and a lot of those thrift stores that are a little more high end."

Cerritos College student Crys-

tal Cercedes also exhibits the print trend with a floral dress she said she found at a thrift store.

Adding a brown belt she also found at another thrift store, Cercedes adds some spice to her outfit.

If you have a little extra cash on hand, product development major Holly Redden showcases some pricier styles.

Her shoes are \$20 from Target and her American Apparel top and pants cost \$40 and \$80 respectively.

For all the guys out there, don't think fashion is just for girls or that it takes too much effort. A comfortable yet stylish outfit can be effortlessly put together.

Art history major Rudy Huddleston's tweed sweater, black pants, and burgundy boots together form a perfect back-to-school look that can easily be emulated.

Huddleston got his entire outfit and much of his wardrobe from various thrift stores, but said he also likes to shop at American Apparel and H&M.

Many stores are having their "Back to School" sales, so it's easier to find stylish outfits at affordable prices. Stores like Old Navy, Charlotte Russe, Macy's and Kohl's are having their annual sales. For women, Charlotte Russe gives you a 10 percent discount when you show them your school I.D. Kohl's gives you 15 percent off your entire purchase when you use their promo code.

So whether you shop online, in thrifts, in boutiques or just happen to find something in a lost and found, you're always able to put things together to show your style.



Thrift shopping: Cerritos College students Crystal Cercedes and Rudy Huddleston are keeping it simple and stylish. Both of their outfits come from multiple thrift stores.



Rock on: Cerritos College student Millie Dover is rocking a punk inspired look. Wearing a stylish leather jacket and boots that she found for free, she is showing that you don't have to spend excessively to be in style.

'The Butler' serves the movie goers a snore fest

Movie Review

"The Butler"
Starring: Oprah Winfrey, Forest Whitaker
Director: Lee Daniels
Rating: ★★

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"The Butler," unlike the hype that surrounded it before its release date turned out to be more of an anticlimactic situation than anything else.

The movie itself was too long and the actors even seemed to try and create over-the-top acting reactions.

Lee Daniels' movie not only offers a view of the difficult past that African-Americans have gone through, but also a closer look at one family whose different ways of thinking causes them to separate and live different lives.

The storyline revolves around a man who lives a greater part of his life serving American presidents in the White House.

The movie feels quite long and lasts a little over two hours.

While the beginning seems to be acted out half heartedly by the actors, it later gets a little better

when some key points that changed the way America viewed certain situations get presented.

The all star-studded cast should be enough to get moviegoers into the theatre, and while major American events do unfold during the time period of the movie, they seem to just serve as a backdrop for an even smaller plot between a man and his son and the differences that they represent.

It's not all bad, however. One does not only come out with a bit more knowledge of American history, but also gets to view heavily emotional scenes that changed the way that life is lived today.

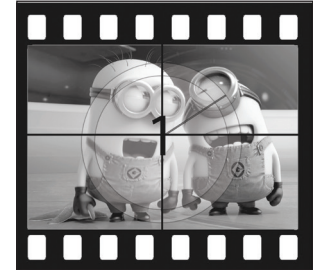
The movie itself deserves two out of four stars.

While historic events are seen in the movie, the misleading previews have one scratching his head when the film turns out to be nothing more than another problem-filled scenario for one specific family.

The movie itself isn't really worth watching if one is looking for a solid, historic, educational-filled film.

However, if you have nothing to watch and just want an eyeeful of a celebrity-filled screen, then this movie is definitely one to go for.

This summer's top 5 blockbusters



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GUSTAVO OLGUIN
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With summer vacation officially over at Cerritos College, here are the top five summer box office movies led by Gru in "Despicable Me 2" and rounded out by the unlikely duo of Bullock and McCarthy in "The Heat."

Attack of the Minions

1 "Despicable Me 2" topped the box office by making more than \$346 million and stars your favorite evil mastermind with his adorable minions turned good by the love of three young orphan girls. Gru (Steve Carell) has put his plans to be a supervillain behind him and has joined the forces of good as a spy to help investigate a crime.

'Steeling' the Show

2 Next there is "Man of Steel," which re-ups the less than stellar movie saga of Superman and came in at just over \$289 million. The movie takes you on the journey of how Kal-El alias Clark Kent (Henry Cavill) got to Earth

and ended up becoming the great defender of Metropolis.

It's a monster mash

3 With about \$261 million, "Monsters University" takes you back in time when the scare team of Mike Wazowski and Sully could not see "eye-to-eyes" during their first semester at Monsters U. It shows how the popular party animal Sully ended up becoming best friends with the studious college student Mr. Wazowski.

Dramatic Ending

4 "World War Z" was fourth with \$198 million and takes the name but not the story of the popular novel by Max Brooks. The film throws Gerry Lane (Brad Pitt) in the middle of the zombie apocalypse that is taking over the city of Philadelphia as he joins a special team in hope to discover a cure for the disease.

Bringing 'The Heat'

5 Last but not least, "The Heat" brought in a little over \$155 million with the comedy duo of Sandra Bullock and Melissa McCarthy. Bullock plays a "by the book" FBI field agent that is paired with a loud, loose cannon cop from Boston played by McCarthy. The dysfunctional duo teams up and tries to bring one of the top drug lords in Boston to justice while also becoming best friends on the manhunt.

There is still time to catch up on these box office hits before movies such as "Thor 2," "Catching Fire," and "Anchorman 2" come out this fall.

A&E Events

- Tuesday, Sep. 3: Culinary Arts Cafe and Falcon Room open @11 a.m. in the Student Center. In the Falcon Room, eating is first come, first serve unless with a reservation.
- Wednesday, Sep. 4 & 5: Club Info Day from 10 a.m.-1 p.m. in Falcon Square.

D-lineman named All-American

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Sophomore defensive tackle David Moala has been named a preseason All-American which has gotten his play and work ethic nationally recognized.

"It's good to get this recognition," Moala said. "But, it is not something to brag about, more like something to live up to."

"We try to stay hungry, David wants to eat," sophomore defensive tackle Kisione Pale explained on the team's desire to continue toward success. "If he eats, we eat, then the linebackers eat, and so forth."

His speed and strength were on display at practice as he fought off a block and was able to stop the running back before he got past the line of scrimmage.

"I was bigger last year," Moala said. "We (all) have a lot of speed and strength this year."

Moala has been described by his teammates as having a strong work ethic and commitment to the sport.

"He works hard," freshman punter Osborn Umeh said. "He has been hitting the weights pretty hard and works real well with the guys."

He added, "He is a strong guy, and that is really hard to find."

The work ethic on the field translates to his relationship with

his teammates.

"We have a better relationship this year," sophomore linebacker Joshua Callier said. "We are like a family and I expect it will help Moala shine."

Head coach Frank Mazzotta knows that Moala has a deep passion for the game of football.

"The one thing about him is that he loves football," Mazzotta said. "He doesn't love a whole lot of things, but he loves football. I know Saturday night he always loves to play. That's always been him."

He added, "When he gets on the field he works as hard as anybody, and that's why he is an All-American. He doesn't cheat it on the field."

Moala's skills have drawn the attention of various programs around the nation such as Houston, Oregon State, Kansas, Hawaii, Utah, and Cincinnati.

"It's a humbling experience and I appreciate every offer I get," Moala said. "As of right now, all schools rank the same. I just have to keep working and looking for the best offer I get."

He and his fellow teammates will play their first game of the season on Saturday, Sept. 7 at Los Angeles Harbor College at 6 p.m.



DENNY CRISTALES/TM
Valiant effort: Sophomore defensive tackle David Moala (right) doing defensive drills during practice. Moala is coming off a freshman year where he had 49 tackles.

MMA fundraiser to be held for wrestling

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"Night of Champions," an MMA fundraiser held by the Cerritos College wrestling team, will take place Saturday, Sept. 7 at the Falcon Gymnasium and will possibly include special guests such as Rampage Jackson and Tito Ortiz.

There will be 15 fights, three of them being championship fights. General admission tickets will be \$25 and ringside tickets will be \$50.

Tickets can be bought at kofightnights.com and from the wrestling team and a percentage of the proceeds will go toward the team.

"I think it's a good way for us to contribute to our school," sophomore wrestler Gabe Ballesteros said.

The event will feature amateur fighters—among them being former Cerritos College wrestlers Tyler Smith and Josh Jones and possible appearances from the likes of the aforementioned MMA superstars.

One of the competitors will be former Cerritos College wrestler Mario Delgado, who was a state champion for the team.

"We have a few former wrestlers actually fighting on the card," freshman wrestler David Acuna said. "One of the main guys is Mario Delgado who currently holds

two titles."

The event will have octagon cages down on the main floor and chairs surrounding it for the ring-side seating and one side of the stands open for general admission, while the fighters will warm up backstage before the fights.

"I think it's a good opportunity," head wrestling coach Don Garriott said. "It's the first time we're doing it. With these types of events, you get a steady venue (and) you kind of get a steady crowd."

Garriott said that the promoter should be able to get (Rampage) Jackson to the event and that he was unsure about the status of (Tito) Ortiz as he might be out of state.

"We're just working out those details right now," Garriott added.

Other fighters that might make an appearance include Emmanuel Newton, a former Cerritos College wrestler who is the number one contender for Bellator MMA and has an interim title fight in November, and Cody Bollinger who will appear on the show 'The Ultimate Fighter.'

"We have an opportunity to make a lot of money for the wrestling team and maybe the whole athletic program," Garriott said.

Freshman Antonio Gonzalez added, "It's going to be a (really) good event and we hope to see everybody there supporting us."

Women's soccer prepares to face its grind of the season

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Head coach Ruben Gonzalez said that he was content with the draw result of the Cerritos College women's soccer scrimmage against Vanguard University on Wednesday, Aug. 21 at the Cerritos soccer field.

The team used the scrimmage as an opportunity to strategically prepare for the season.

Although the score was not kept on the score board, the objective of the game was to evaluate certain strengths and weaknesses the Falcons may be enduring.

"This is a good indication," Gonzalez said. "We played an NAIA school that was ranked number No. 3 in the nation, so this will help us prepare for our season."

The team has been going through many conditioning drills throughout the summer in prepara-

tion for the upcoming season.

"Yeah, I feel like we did a lot to prepare," freshman defender Brittney Padilla said. "We have done a lot of running and scrimmaging."

She added, "I feel like we're ready. One thing we need to improve on is connecting more with ourselves."

Many of the strengths and weaknesses were showcased as freshman forward Nayeli Requejo managed to strike back with a penalty kick against the opposing Vanguard defense.

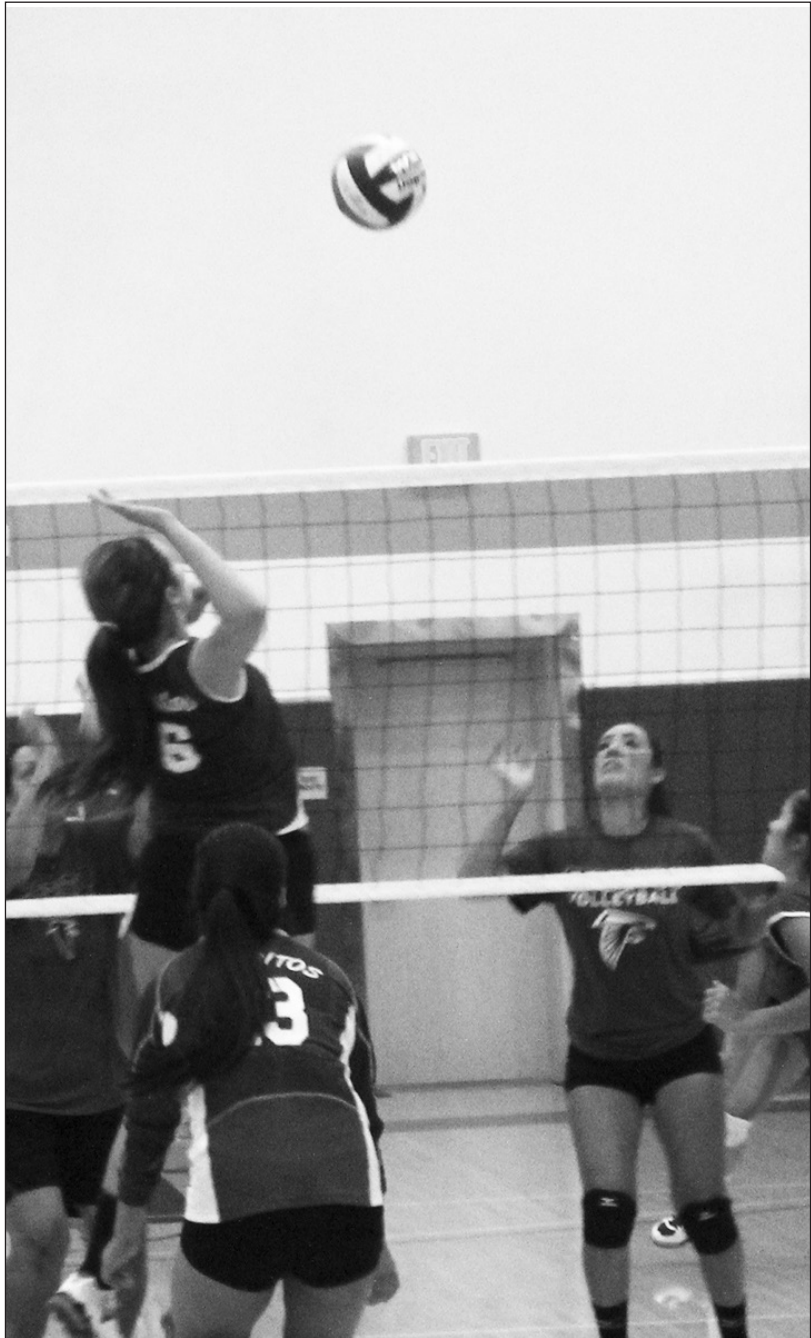
Requejo stated, "I'm glad the team was able to count on me. Penalties are my strong point."

With a scrimmage game already under their belts, the Falcons coaching staff and players have assessed what must be improved.

"We can improve in a lot of areas," Gonzalez said. "We'll get back to the drawing board. Our first official game is next Friday so we're excited to play and get started."

Volleyball ready to face the competition

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DENNY CRISTALES/TM
With force: Sophomore Johanna Peralta spiking the ball during the alumni game.

The Cerritos College volleyball team scrimmaged against former players at its alumni game on Saturday, Aug. 24 at the Falcon Gymnasium in order to get ready for the fall season.

Head coach Teresa Velasquez used this game to gauge how the team is coming along and said, "Well, this is our first scrimmage to prepare for the season. We're using this to see how we will do."

When asked how this past off-season has helped them, team captain Ashley Castro said, "We have been practicing all summer for three hours a day, so we have been working really hard and hope it all comes together."

Coach Velasquez also liked what she has seen from her team this off-season and said, "I think the team looks pretty good. I'm just hoping we can remain healthy and see how we're going to improve. We're using this alumni game to see who is going to be our starters. We're just analyzing our players right now."

Coming off a disappointing season last year, Velasquez said, "Our

goal is to start strong and win. Our defense and offense are well so now we just have to compete and win."

Second year player Chelsea James reiterated the coach's thoughts and said, "The mindset is completely different from last year. We have more chemistry, everyone is united, and our mindset is to win."

The match was a friendly scrimmage against former players, but you could see that the teams were playing with the intensity as if it were a regular season match.






After the first couple sets were over, Castro said, "The first game I think we were kinda nervous, but we got into it and I think we are ready."

The team feels ready and James viewed the scrimmage as a positive test of how good they really are.

"It feels really good cause I have never had this experience and it's always good to play against people that have experience."

The volleyball team starts off the season at home with a match against Imperial Valley College on Friday at 8 a.m.

Calendar of Events

28 Wednesday	29 Thursday	30 Friday	31 Saturday	01 Sunday	02 Monday	03 Tuesday
• No Events Scheduled	• No Events Scheduled	• Volleyball: Home vs. Imperial Valley 8 a.m.	• Soccer (Men): at Hartnell Tournament TBA	• Soccer (Women): Away vs. Eastern (FL) 11a.m.	• No Events Scheduled	• No Events Scheduled
		• Volleyball: Home vs. Fullerton 2 p.m.		• Soccer (Men): at Hartnell Tournament TBA		
		• Soccer (Women): Away vs. St. Louis (MO)				
		• Soccer (Men): at Hartnell Tournament TBA				

New confidence for football this season

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As fall has approached, so has the football season, and with many new faces coming in to play for the Cerritos College football team, head coach Frank Mazzotta said a championship is the goal for his team early on.

“We have several kids coming in right now that are skilled position kids, probably as good as we’ve had in awhile,” Mazzotta said about the new players coming in this season. “(We’ve got) a couple of real nice receivers, a couple of good defensive backs (and) two excellent quarterbacks.”

However, even with all of this new talent, he said that it has been difficult selecting the offensive line and defensive line positions.

As far as conditioning is concerned, Mazzotta said the coaches are sticking to the same routine as they always have, keeping three things in mind: “the speed of the kids, the strength of the kids, and then also (their) brains.”

“(We) try to be faster, stronger, and smarter (than everybody else),” Mazzotta added.

Offensive lineman Zachary Taves, who is coming from the University of Montana, said that he chose to attend Cerritos College because of the good football program.

He said that the conditioning is different than from the University of Montana, but the intensity is still

the same.

“I feel that we’ll be in shape to do anything that comes in our way,” he explained.

Middle linebacker Will Peppard, returning this season after redshirting last year, noted that the team in general has a lot of speed.

“We (were bigger) my freshman year, so this year we’re a lot faster with (our) size –on top of that– and I think we’ll do pretty (well).”

This is Peppard’s third season on the team. He played his first season back in fall 2011 and was redshirting this past season due to an injury.

The way he is preparing himself to return this season outside of practice is by going to the gym four times a week, speed training, and conditioning with his little brother.

Coming from Orange Coast College, running back Elijah Penny said about his new coaches, “You won’t find any other coaching staff that’s willing to work just as hard as you will and do their part.”

He said that as far as his team is concerned, there’s a lot of local talent and thus thinks his team will do pretty well.

Penny said he works with his trainer on speed training and goes to the gym outside of practice.

Coach Mazzotta said of his team, “We’re just in our final phase where we’re working on our speed training that we have everyday. And then we have our weight training, which we do everyday. And now we’re on the field doing the mental part of it (all).”



Freshman wide receiver Ricky Carrigan Jr. makes a catch during practice. Carrigan was awarded Most Valuable Player by his team last year at Cabrillo High School. The team is looking to make an impact when the season begins Saturday, September 7.

NIGHTS WEEKEND

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Are you going with us?

Biode

As a student, you're always on the go, whether you're hitting the beach, catching a movie or, yes, even going to classes. Long Beach Transit is the best way to get where you're headed. Plus, with a Day Pass or Student 30-Day Pass, no parking fees and our Rider Rewards — it saves money you could be spending on all those extracurricular activities. **And for ultra convenience** use our new mobile site **m.lbtransit.com**

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