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Indescribable change in a professor's life

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Kimberly Rosenfeld, a speech communication professor and department chair at Cerritos College, received her Ph.D. at UCLA's Graduate School of Education with her dissertation focusing on computer mediated communication, education and philosophy this June.

Before receiving her Ph.D. at UCLA, Rosenfeld received her bachelor's and master's degrees in speech communication at the California State University, Fullerton.

"As I progressed, there were moments of euphoria mixed with frustration and stress that all crescendoed with the writing of the dissertation," Rosenfeld said. "Once it was all over, I felt a sense of pride and serious accomplishment."

"Her colleagues were thrilled when she received her Ph.D.," speech professor Angela Hoppe-Nagao said.

"That's the great thing about working in a college environment, people are very supportive of us continuing on and furthering our education," Hoppe-Nagao added.

One of the biggest hurdles that Rosenfeld overcame was keeping every facet of her life in sync.

"During my Ph.D. moments, I felt like every waking hour was devoted to some form of work whether that was teaching my classes at Cerritos College, attending classes at UCLA, researching, writing papers, caring for my infant son, maintaining my marriage or keeping some semblance of contact with family and friends," Rosenfeld said.

Hoppe-Nagao was well aware of Rosenfeld's multiple challenges and said, "Being successful in any one of those things in and of itself is a remarkable feat, and not only that, but in completing it (Ph.D program) she received a special award for her dissertation," Hoppe-Nagao said.

Rosenfeld realized that her career was something that benefits from higher education.

"The real benefit is the sheer fact that it changes your life. There is a euphoria of learning how to exist in the world differently that is indescribable," she said.

Students see this passion for her academia through her speech classes.

"She has an ability to engage with students, to be extra attentive, to make sure that we understand what's going on," one of her students, nursing major Destiny Poplar said.

"She makes the class enjoyable because every day it's something unexpected and she allows us to have fun with the topic at hand," Poplar added.

Lyzette Purisima, philosophy major, also agreed with Poplar that Rosenfeld has a spontaneous, spunky and approachable personality.

"You don't feel scared or intimidated. Like sometimes, some professors, you don't even want to talk to them," Purisima said, "but her, she's very understanding and she always tries her best for all of her students."

How Obamacare can help students

It will keep people under their parents' insurance plan until they're 26 years old.



Students are able to save money by staying on their parents' plan and can receive assistance if they are on an independent insurance plan.

Students with preexisting conditions cannot be denied insurance.



Students who are small business owners or work for a small business will be able to afford quality healthcare for their employees due to tax credits.

Women will be charged to pay the same amount as men for a premium. Before, women were charged 50 percent more than men.



There will be no more lifetime limits on insurance coverage, helping families from going bankrupt when they get sick.

Piktochart
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INFOGRAPH BY: LAUREN GANDARA/TM

Opening up to Obamacare

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Since being signed into law, the Patient Protection and Affordable Care Act has garnered mixed emotions from Americans such as chemistry major George Mariscal.

"Personally, I do not support Obamacare...I don't agree with every American having to buy health care," Mariscal said. "I feel that a lot of people can't afford it."

While some do not support the bill, some students such as psychology major Nancy Cuyan are not sure what the bill is.

"I wouldn't say I support it or don't support it," Cuyan said.

The Patient Protection and Affordable Care Act, commonly referred to as "Obamacare" was signed in to law by President Obama in 2010.

The bill was the most comprehensive change to the United States' medical system since 1965 when Medicare came into effect.

The PPACA was intended to protect patients better and lower costs to American taxpayers and it has already provided benefits to

college-age adults.

One of the biggest changes has been the extension of coverage for children under their parents' health care provider.

Previously, children were dropped from their parents' coverage when they turned 19 or 22 if they were a full-time student.

The PPACA will now extend coverage until children are 26-years-old, as well as provide a chance to sign up for continued insurance after they age out of their parents' insurance.

The extended coverage will also cover married couples under 26 as well as adults who are single.

Another important part of the bill has been the increased focus on preventative care.

Under the PPACA, insurance companies are required to offer certain services free of charge such as immunization shots, HIV testing and diabetes screenings (Type 2) as well as depression screening.

The law also gives more preventative health care to women who previously paid more than men in health costs, allowing them free access to mammo-

grams, birth control, HPV vaccinations and domestic abuse counseling.

It is also now illegal for insurance companies to charge women more for insurance than they would for men.

While students have access to broader insurance, they still have resources on campus for them to take advantage of.

Vice President of Student Services Stephen Johnson explained that the bill will not have a major effect on Cerritos College.

"We have a very comprehensive set of health services that for a non-residential college that are pretty significant," Johnson said. "We have medical doctors, we have registered nurse practitioners and we have mental health professionals. We have a variety of services that come into the center that we can provide to the students and also all sorts of screening."

One change is that the school is expanding its mental health services by adding a psychologist to the staff.

"(The psychologist will) act as a resource to the mental health

professionals that we already have in mental health services and to anybody around campus for workshops, (and raising awareness), those kind of activities," Johnson added.

Despite the law's expanded coverage, support from the general population has been split and the Republican Party has been fighting against the bill.

Mariscal has no plans to look for insurance, but he acknowledges that he may not have a choice in the future.

"I'm just hoping Obamacare doesn't pass, but it looks like it's going to have to pass if we want to get the government going again."

Scan below to learn more about the new law



<http://1.usa.gov/cUcz8L>

Veterans act with caution during the shutdown

LARISSA MORALES
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Students are beginning to question what the government shutdown means and how it will affect them, but the real crisis is the toll that it's taking on the nation's veterans.

As of now, the government shutdown has not had an effect on the benefits that our veterans receive.

However, if Congress cannot put their heads together to come up with a budget for the next fiscal year, the shutdown can begin to take a toll on veterans all around.

"I know that it could maybe affect the way that we get paid because we get paid through the government like our GI bill and post 9/11 (GI bill)," international business major Raul De Leon said.

De Leon is not afraid that his (or anyone else's) benefits would be withdrawn from him, but rather he's more worried about the fact that the Veterans Affairs' office could be closed, which would affect the hospital's employees as well as the doctors and nurses that work for the hospital.

"Mostly, I think the people are the ones who are going to suffer," De Leon said.

De Leon wasn't the only one who felt strongly about the shutdown.

Jimmy Wilkins, a machine tool technology major, who also served the country in the army during the last draft of 1971, felt that the members of Congress need to stay in a room together until they could reach an agreement on the budget.

"A lot of people are paid by the government and they eventually will get paid. The issue is just when and how.

"They (Congress) go all year long and spend money recklessly in their budget. I just don't understand how they cannot come up with a compromise," Wilkins said.

Aside from worrying about their own benefits, veterans are worried about how this shutdown is going to affect the welfare of the nation and the people who live here.

"I don't want to say bad things about our government, but if congressmen can vote themselves a pay raise and still not service the people like they should, there should be some changes in our government," Cerritos College's Student Trustee Lance Makinano said.

"Obamacare is a main issue, but...many college students here went to the health care/Obamacare seminar that we held on campus and many of them are happy that for the first time in their life, they will actually have health insurance."

"The government needs to know that people pay their taxes. People also work so that the big scope of things can be paid.

"So you have to ask yourself at the end of the day, 'Why does it affect small people like us?'" Makinano said.

The shutdown went into effect last Tuesday and there still has not been a resolution to this problem.



PHOTO BY: LUIS GUZMAN/TM
Nursing majors Ana Codiz (left) and Annie Ayala use a test dummy to practice the skills they learn inside the nursing program.



PHOTO BY: LUIS GUZMAN/TM
Nursing majors Paul Cho (left) and Eric Macalalad (right) practice inserting foley catheters on a practice dummy during a class.

Martial Arts Club teaches both discipline and respect

ALAN LEYVA
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You can see them walking to their taekwondo class in their doboks, taekwondo shoes and belts that indicate their rank, the Martial Arts Club members meet every Monday and Wednesday at 12:30 at Falcon Gymnasium.

The Martial Arts Club's adviser is Cerritos College taekwondo instructor Vicmar Coliflores, who is a fifth degree black belt in the Korean art of taekwondo.

"We're looking to bring awareness to the college that we do have martial arts here at the college," Coliflores said about the club.

"It would be nice to be able to introduce and recognize other styles whether [they are] karate, kung fu [and] muay thai.

"MMA is becoming very popular. Even though our system of training is different, there's a lot of commonality with different martial art styles."

Clint Hankins, the club's vice president said, "The club is about bringing in certain fighting styles instead of just worrying about the fighting aspect of it. We're just trying to share each other's style in a

friendly way, in a nonaggressive environment."

If you're afraid of joining the club because you don't won't to show up to work with a black eye and constantly get asked "what happened?," Hankins said, "If I kick somebody to the face, it's not like they come back in a plastic bag.

"We (train) with respect. We do it with control and not in an attempt to hurt each other."

The club isn't always school-based. On occasion, it gets together and watches taekwondo tournaments and, if some of its members are interested, they can compete in them.

Hankins and Julius Ehua competed in the notable "Jimmy Kim" tournament and actually placed in the top three in their level.

Even though all techniques were welcomed by Coliflores, and now president Rob Flores, he thought that rather than taking class time to talk about these other techniques, it would be better to establish a club.

"We can even go further by establishing ourselves as a club as well, and at that time specifically we would share more different varieties of styles," Flores said.

He said that the club and practice of martial arts go beyond the

whole fighting aspect of it. "There's a lot more to it. It's growing as an individual, and after all, you only strengthen yourself confidence-wise. Not only that [but] you lose weight," Flores explained.

The club doesn't jump straight into a technique. It gradually makes sure you've stretched well so that you are able to do the technique effectively and without injury.

Coliflores likes to show the class self-defense grappling techniques from hapkido once in a while in both the class and the club.

Hapkido's techniques are not so concerned about physical prowess as they are about technique and finesse.

"It (hapkido) looks pretty effective so that you're not even hurting the person. You're just getting them to stop [attacking]," Flores said.

This club is very unique as far as politics go.

When it comes to electing their president and vice president, having a white belt does not meet their minimum requirements.

The club prefers for its leaders to be experienced in and knowledgeable of martial arts, but all other positions are open to everybody else.

Nursing program helps to prepare its students

JESSICA PACHECO
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Cerritos College's nursing program offers students an opportunity to go into the medical field and prepare for a nursing career.

The nursing program at Cerritos College has been approved by the California Board of Registered Nursing and has also been accredited by the Accreditation Commission for Education in Nursing.

Professor Peggy Stuart said that a luncheon is held at the beginning of every semester by the Student Nurses Association of Cerritos College with student attendance being around 150 people.

"Last Saturday, about 50 students and faculty and families joined a Walk for Lymphoma and Leukemia and raised over \$2,000 for the walk held at Angel Stadium," Stuart said.

She also explained that SNACC holds fundraisers and donates money that it raises for the community. There are some requirements that must be met to be eligible for the nursing program.

Nursing major Tracy Nguyen explained how she met the requirements. "I took biology, anatomy, physiology, micros and English 100 in order for me to get in."

The Health Occupations Division's information packet for an associate's degree in nursing gives these admission requirements that must be met: have a high school diploma and complete English 100,

Math 80 and Reading 54 with a passing grade of a C or higher (with the repetition of only one failed course).

The nursing program is not only lecture. It is also a hands on program that helps students practice and improve their skills in labs.

Nursing major Irene Cortes said about the program, "What I like about this program is it tries to make it easy for us to understand and catch up to learn the things we need to learn, like the fundamentals of nursing that we are taking right now.

"It covers as much as it can teach us and gives us important information so we can get to the next level. It tries its best to make it simple for us and it is always helpful, always available and [has] very nice people."

Cortes added that she likes how the nursing advisers and professors answer questions as quickly as possible.

Furthermore, Cortes also said that they prepare before going to the clinical by having practice labs. "We practice in the lab so we will be ready if something comes up".

Nguyen commented about the practice labs the program's students

do. "I really like (them). (There) is a lot of material that we have to prepare for the class but the teacher is really helpful. (The labs) show examples and different steps. They also have mentors to help us if we really need (guidance)."

She also said that the instructors are available at all times and are at the students' service when needed.

Stuart gave her thoughts on how the student nurses were going to be affected by the Affordable Care Act's implementation.

"I do think the new health care law will generate a need for more nurses. It will be positive for our graduates."

She said that the faculty frequently has meetings to talk about changes that occur in the medical field to update its curriculum.

“What I like about this program is it tries to make it easy for us to understand”

— IRENE CORTES
Nursing Major

Scan here to visit the nursing homepage



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Homecoming
Homecoming Elections to be held on Oct. 9 and 10

Elections for Homecoming Court will be held between 9 a.m. to 2 p.m. and again from 5 p.m. to 8 p.m. on Wednesday and Thursday.

VISIT TALONMARKS.COM/NEWS

Fund Raiser
Project Love II 2013 starts on Oct. 8 at 11 a.m.

On Oct 8 anyone is welcomed to come pick a child to send a gift to on the Navajo reservation. Visit LA-D between 11 a.m. and 12:30 p.m. For more info call Professor Burns.

Contact Info: extension 2808

ONLINE POLL
Do you support the new health care law?

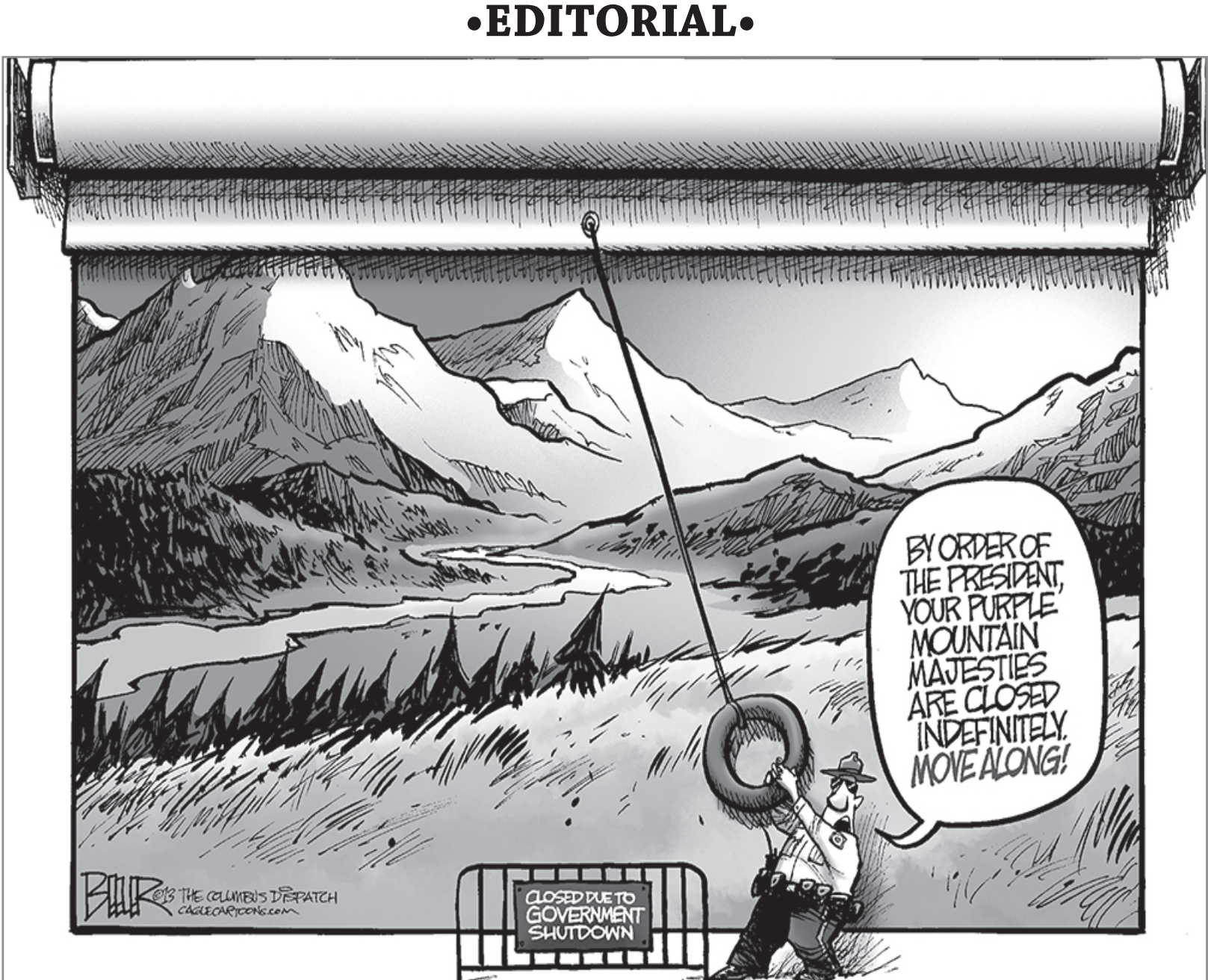
- A. Yes, I think it's a positive step in the right direction.
- B. No, I do not support it
- C. I don't know enough about it to have an opinion.

VOTE ON TALONMARKS.COM



Nicotine testing crosses the line

Flagler County has gone too far with nicotine testing for government employees. The Board of County Commissioners in Florida's Flagler County has decided that its employees shouldn't be smoking. It wants to test people for nicotine for the purpose of saving money on health insurance. Once again, the government has shown its true colors, the colors of a nanny state. Slowly, citizens are having their rights taken away and even legal activities are being targeted. The issue is the idea of nicotine testing. Last time I checked, it was legal to smoke cigarettes in the whole country, with the exception of a few public places like Santa Monica State Beach. However, the Flagler City Council has decided that smoking shouldn't be allowed at all and nicotine testing should be done in order to enforce its views. Those employees who fail to pass the test will be fired and barred from applying for a government job again. The county says that it's a "smart business decision" because it will save money on health insurance. If the government started spending wisely, maybe smokers wouldn't be preyed upon by self-righteous anti-smokers. Time and money should be better spent on more important issues. Nicotine testing shouldn't be a hot topic, especially when it concerns smoking which is a legal activity for those over 18. The victims of this whole mess are the government employees who are people that work hard and have families to support. This country was built upon the tobacco crop; it has never been made illegal because of that. Nicotine testing could lead to even more outrageous things and who knows, maybe the government will start weighing people and firing those whose weight is not at a "healthy" level.



Don't be shut out from the shutdown

A government shutdown last Tuesday has individuals across the country, including people here on campus, talking about what the shutdown actually means. However, most individuals are misinformed about the situation. Research and understanding is encouraged and would go a long way for students on campus. Individuals like to talk and throw in their two cents on a certain situation, but the unfortunate truth is that people like to talk just because they can and a lot of what they say has no backbone to it. Do not be one of these individuals. Read and inform yourself on your surroundings. To put it simply, the cause of the government shutdown is due to the fact that Congress is in disagreement on how certain parts of the federal government should be funded. Specifically, the target is "Obamacare" and individuals in the government refuse to fund such a proposal. Thus, they are temporarily trying to un subsidize more health care for people across the country.

Sounds selfish and self-centered, but what exactly does this entail for students on campus and people across the country as a whole? A simple and necessary question, but it's painfully obvious how many people have no idea what this whole government shutdown situation means. When the news was proclaimed to the entire country last Tuesday, it was unbelievable how many people questioned whether or not school would still be in session. As the saying goes, "keep calm and carry on." Do not fret and worry, it pays to be informed. A majority of the services that are federally funded are shutdown or limited, however everything that is state funded is still alive and kicking, which is why one is still able to attend school and also explains why the mail service still works, as it is independently funded. National parks, law enforcement and immigration programs are also being affected. The collegiate military schools almost had

to cancel their football games because they had a lack of funding for the games at first. All these are things that can be learned by simply typing in "government shutdown" on Google. Or even tuning on your television should do the trick. It's a simple fix. If you don't know something, look it up online, read a book or watch the news. These services are here for a reason, to inform. It's time to develop a sense of understanding about situations. People like to throw stones, cast blame on others and antagonize individuals. Do people even know who is to blame for the shutdown? Instead of making assumptions and dressing the 'enemy' in a black hat, learn the facts. This might not be the most appetizing of topics, but if the idea of your government shutting down does not intrigue you and cause you to question things, something is wrong with you. As redundant as it may sound, inform yourself, gain an understanding and know what comes

Letter to the editor

Dear Editor,
The following is in reference to the Talon Marks editorial entitled "Make Counseling Pain-Free" that appeared in the Aug. 28 print edition of the newspaper.
With 17 full-time general counselors for a current student population of 22,707, there is a counselor: student ratio of one counselor for every 1,336 students on campus.
In addition to having half-hour counseling appointments, we offer walk-in or stand-by counseling once or twice per day so students can get quick questions answered on a face-to-face basis.
This past summer, June through August, 11,178 students were served by the Counseling Division.
The California Community College Chancellor's Office requires counseling faculty to have a master's degree in counseling or a closely related discipline, such as clinical or counseling psychology.
At Cerritos College, we apply local qualifications that are even more stringent than those set by the Chancellor's Office in that we require a minimum of 450 hours of experience in addition to the master's degree.
All new faculty, including counselors, are required to attend two years of new faculty training.
Navigating the college system to achieve a degree or transfer is often complex and sometimes requires extensive and sustained effort on the part of both counselor and student to communicate and understand that complexity.
Students should bring questions and be prepared to take notes at the counseling session or workshop.

Scan to see full letter to the editor



<http://bit.ly/1bFL6Yp>

"Free Speech Zone: What do you think about the government shutdown?"



COMPILED BY:
LARISSA MORALES

PHOTOGRAPHS BY:
LUIS GUZMAN



STEVEN PALACIOS
Psychology major

"It's ridiculous because (lawmakers) wanted to delay something that can help people medically through Obamacare."



ADRIAN PRITO
Communications major

"It's unfortunate that it is happening, but it's kind of frustrating the way the government works and deciding things comes to this kind of a halt."



JUAN REYNOSO
Philosophy major

"It's only a partial shutdown. I doubt they are going to let this ride out. We're not going to devolve into anarchy or anything."



GENEVA RAMIREZ
Teaching major

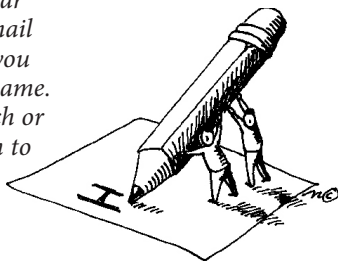
"I feel like the two perspectives aren't coming together and it's not fair to the American people."



TERA LIM
Computer Science major

"I think the major issue with our budget problem deals with the military expenses and the standing army that we have."

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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Awareness: Cerritos College student listening attentively to the video provided by FARM to receive a dollar. The video showed animals being slaughtered and the methods of how Americans get their food produced and the cruel methods it entails.

Guide to singing in tandem

ANDREW CASILLAS
Arts Editor
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“The first time is a mistake, the second, sure, you forgot, and the third time is foolishness,” Dr. DeMichele, who teaches the Community Chorus class at Cerritos College, said.

She also teaches other voice classes located in the music building.

She started teaching at Cal State Long Beach, then taught for a couple of years in the Huntington Beach City School District and then realized that she wanted to do something else.

“I loved teaching high school until I realized the repertoire was always kind of limiting,” DeMichele explained.

This realization led her to get her master’s degree to teach at the college level. Soon after she got her master’s at Claremont Graduate University, DeMichele completed her doctorate in conducting.

“I try to teach the basic techniques of healthy singing,” DeMichele said, which consist of “good

breathing and support, (a) good released jaw for maximum sound and proper body alignment”

She added, “Many students are told at a very young age that they’re tone deaf. That is a very big pet peeve of mine that a student is told that because I don’t believe there is such a thing.”

DeMichele feels very passionately about this issue and she will make it very clear that if you can talk, you can sing. That is, if you’re willing to try.

Tenor in choir and English major Abner Caguioa is in the Community Chorus and noted that, “It’s really fun and, at the same time, it’s really scholarly because it’s about the theory of music and appreciating the music all in one.”

In choir there are many different parts to a piece of music. Bass, tenor, alto and, the highest sounding soprano.

Singing major and vocal performer for opera Zineb Fikri said, “I really enjoy Dr. DeMichele’s choir because this choir was the first time I actually ever saw SATB (soprano, alto, tenor and bass) music.”

Fikri has been singing since she was a little kid. Around 2005, she began to train her voice exclusively. As a college student, Fikri has taken Community Chorus at Cerritos College nine times.

The reason the class is titled Community Chorus is because anyone can join the class with any skill level. to the strong to the weak. If a student’s voice just doesn’t get the hang of keeping tone, there is an elementary class such as Voice I, which is an alternative.

“The way she presents things to you is very calming and reassuring. Dr. DeMichele let’s you know if you might not be able to do this now or today. You will be able to get it by the end of the week,” Fikri said.

She also added, “She’s a very caring person.”

At times, students do find themselves thinking that they have mastered a song and they don’t need to do any more work on it. However, it’s important to know a great deal of time and effort goes into making a piece of music perfect, especially as a whole.



Engaging: Dr. DeMichele conducting the motion of the music and expressing to her students to stay focused and absorbed.

ARTISTS SOCIETY

Drag King and Queens, Strut what you got

Contestants needed for a drag show being run by the QSA

Contact:
CerritosQSA@hotmail.com

Fashion Show

Project Nunway LA

A runway to help the discontented and disprivileged. An event to raise money for charity in Long Beach at 6 p.m. at MADhaus
624 Pacific Ave., Long Beach

VISIT Projectnunwayla.info

Demo Debate

The speech and debate team will hold a demo debate on implementing a policy on increasing use of green technology.
Oct. 16, 7 p.m. in S 201

Paid to learn a truth

ABRAHAM DAYFALLAH
Staff Writer
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Paying students a dollar to watch a video, two activists from a group known as 10 Billion Lives visited Cerritos College to teach the students a thing or two about becoming a vegetarian or a vegan on Wednesday.

Todd Lee and Angie Fitzgerald work together as a part of an outreach of the Farm Animals Rights Movement to spread the word on going meatless.

In order for the organization to receive any attention, they hand out dollar bills to anyone who watches the four minute film.

“We don’t see it as a bribe, we see it as an incentive,” Lee said about paying students.

He talked a little more about the emotions evoked from the video and its purpose.

“We give a dollar so people can watch the entire thing. It’s a really hard video to watch, you see a lot of harsh realities. That’s not easy. No one enjoys watching it, so the dollar is the incentive to stay and finish the video and really receive that positive message at the end,” Lee said.

Fitzgerald added, “We know that students are busy and that they don’t have a lot of time.”

We’re hoping that the dollar is a good enough incentive to get them to stop for the four minutes.”

After watching the video, people are meant to leave wondering what other options they have in order to not eat meat, dairy or anything from a land animal.

Lee recommended Trader Joe’s and Fresh and Easy as some options to shop at for a vegetarian or vegan meal.

“The place that I hit up the most is Trader Joe’s. They got a lot of meat and dairy substitutes and they are very affordably priced,” Lee said.

Lee also mentioned some good places to eat at for a vegetarian or a vegan which include The Veggie Grill, Chipotle, Z Pizza, Native Foods and the Veggie Wokery.

“My favorite chain is the Veggie Grill. One hundred percent plant based, all vegan (and) very, tasty for sure.

Fitzgerald also recommended just simply reading a book to learn tips on becoming a vegan or vegetarian and what either lifestyle consists of.

“There (are) so many books at the local library if you just go to the vegan section,” Fitzgerald mentioned.

Literature about vegans helped Fitzgerald. “The book that helped me (become) vegan was called ‘The 30 Day Vegan Challenge’ by Coleen Patrick-Goudreau. The book taught me enough to empower me (and) to realize it is important to not be consuming dairy as well,” she said.

Joseph Beshir, a civil engineering major, participated in watching the four minute video.

“They said that I get a dollar if I watch the video, so it seemed interesting,” Beshir said.

“Not only did \$1 take full effect for this tour, but it also handed out some good information on animal farming.”

Beshir thought the video was just for land animals.

“Fish live in the water and I don’t think you can see any fish cruelty.”

The employees of 10 Billion Lives mention that this video was about farmed land animals, but they said that the sea life is also being harmed.

“Sixteen billion aquatic animals are killed every year,” Lee said.

Fitzgerald added, “We are not proponents of eating fish either; our oceans are definitely overfished by catch.”

Lee and Fitzgerald get paid to be full time animal rights advocates by this organization.

Becoming a vegetarian can be a huge step forward. The 10 Billion Lives video can be viewed online and even offers free movie tickets when you watch it online.

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Source: Scarborough Research 2013, R1

Volleyball team joins foundation to 'dig' for cure for breast cancer

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Head coach Teresa Velasquez is proud to have her volleyball team be a part of Side-Out, a foundation where schools from across the nation help raise awareness and funds for breast cancer research.

Athletic teams from across the country will partake in Side-Out's Dig Pink program in order to inform individuals on the importance of breast cancer, how it affects people and to help eliminate it from the world.

"This is the fourth year we have participated (in) this cause," Velasquez said. "We need to help. We're all women and you never know what can happen. It can happen to anybody, friends and family."

The Cerritos College volleyball team hosted its first Dig Pink themed game last Friday at home in its 3-0 victory against Los Angeles Trade-Technical College, while home games this Friday, against El Camino college and next Friday, against Mt. San Antonio college will also be used to help promote the foundation.

Donations can be made at all home games at the front door, in addition to buying pink and black t-shirts from the team at \$10 each in order to help support the cause.

"It's a good cause," sophomore libero Ashley Castro said. "I like how our whole team is into it. We're getting pink shoe laces so we can get pink on the court while we're playing and our fans will have pink shirts as well."

"We want to show that we care and that we are aware of the problem that is breast cancer," she added.

The ultimate objective is to raise money by selling merchandise and have all proceeds go to the Side-Out program to help aid breast cancer research.

The volleyball team has been a part of the program for the last four years, but this is the second time since 2009 that the team can help promote Side-Out in front of its home fans since the Falcon Gymnasium was under reconstruction during 2009.

"The last time we did this, we made about \$500, so now we're trying to reach the \$700 mark," Velasquez said. "Hopefully now with the gym, we'll have more people coming in than before and all the fans can wear pink in order to show their support for the foundation."

Velasquez said that she first learned of the program online.

When she learned about the purpose of the foundation and how many people from across the country were a part of it, it gave her the motivation to provide support as well.

"It's great. I think it's awesome having the team think about this problem. It's nice to be a part of it and help. There's a lot of people

"I think it's really good for us to be part of something bigger than just Cerritos College or volleyball."

—CRISSY SILAVONG
Freshman setter

who require the best treatment possible. As a woman, you never know if you can have it, so I'm proud to be a part of this. It's very important," Velasquez explained.

Freshman setter Crissy Silavong believes that the program is a good way to help individuals with breast cancer and also make a difference in the big scheme of things.

"I think it's really good for us to be a part of something bigger than just Cerritos College or volleyball. We're all contributing toward a bigger issue in the world and I think it's going to be good for us to be a part of it," Silavong said.

"The main emphasis of this program is awareness and creating awareness around the school. As volleyball players, we are close to other athletes and the rest of the (student) body, so we're just trying to spread the word out," she added.



Leading the charge: Head coach Ruben Gonzalez conducting and directing the team during practice. He has led the women's team to two national championships and three state championships.

Coach puts passion into coaching

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Women's soccer head coach Ruben Gonzalez has been coaching soccer for 22 years and also played as a defender because of his height.

Gonzalez started coaching at Cerritos College in 2005.

Ever since then, the women's team has won three state championships in the last six years and two national championships.

Gonzalez talked about why he likes soccer, "It's just a passion. It's in your blood; it's the culture that is instilled in you."

"My father is from Guadalajara, Mexico and I got to go to a world cup in 1986 in Mexico. Just through the years, you have always been surrounded by the game of soccer. I followed Mexican soccer and now the Spanish league and the English Premier league."

Before coaching, Gonzalez played for Cal State LA under Leonardo Cuellar, who is currently the head coach of the Mexico national women's team.

Gonzalez said about his experience coaching here at Cerritos College, "It's great, I

learned from other coaches I worked with.

You learn every day from players and assistant coaches, and it's an honor to be able to coach here at Cerritos College. We have established a great program, I think we have one of the top programs in the country."

Gonzalez went on to talk about the major accomplishments he has had at Cerritos College, "Winning our first state championship in 2007 (was great), but I think the greatest accomplishment is moving players forward to four-year schools and having them get an education."

He jokingly said, "Working with women, it's always a challenge."

Gonzalez went on to elaborate, "It's a great experience, but it's a challenge. Everyday is something new and you try to get them to work together."

As for his inspiration, Gonzalez talked about this father, "He was a man who came to this country illegally."

"He would get up at five o'clock in the morning to go to work. He instilled the hard work and dedication."

"He didn't want us to work in labor jobs,

so he always wanted us to go to school. He's always been my inspiration and he's at all my games. That's what keeps me going."

Freshman forward Carolina Ornelas said about Gonzalez, "The head coach is really nice to us; he's like a father to us."

Ornelas, who is in her first year of playing with the team, talked about how much she has developed. "I learned a lot from him ever since I came here. I have done better ever since I got out of high school."

Sophomore goalkeeper Alexis Carrillo had some thoughts about Gonzalez, "He is a really good coach. He knows what he is talking about when it comes to soccer."

"He knows what our best features are and what position we should be in and what we should be doing."

She continued, "He is very nice. He cares about his players, he cares about us."

Sophomore forward Claudio Lopez gave her thoughts on Gonzalez, "As a person, I think that he is awesome because not only is he helping us out on the field, but he also helps us on our education. He worries about our grades. He keeps us on track"



Get that out of here: Freshman middle blocker Brianna Gutierrez spikes the ball back toward Los Angeles Trade-Technical College in last Friday's match.



Intensity: 197 pound freshman Christian Sanders wrestling during practice.

Wrestling team seeks to redeem itself at Mt. SAC

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133 pound sophomore George Mariscal is aware of the mistakes he and the team have made in previous competitions and hopes to rectify those mistakes in an away competition against Mt. San Antonio college Wednesday at 7 p.m.

"There are always those mistakes that teams are going to encounter in the season. The way we're progressing right now, we're really addressing those mistakes," Mariscal said.

Last Saturday at the Santa Ana tournament, the team placed fifth, right beneath fourth seeded Mt. San Antonio, and head coach Don Garriott believes the team needs to wrestle with more passion if it's going to come out victorious.

"Some of our guys need to wrestle with a little more heart. That part where two guys are even (in terms of) strength and one guy just needs to dig down deeper and fight for it and want it more. I think a couple of

our guys need to do that."

The team has been consistent and has been adjusting to any flaws in its technique.

"We're coming along right where we should be," Garriott said. "All the things we're working on in practice, we are seeing improvement in tournaments. It's always going to be a process, it's not like we're there yet, but it seems everything we're working on is improving."

149 pound sophomore Brian Simmons noted that the team has to be vigilant and said, "We have to keep the points close."

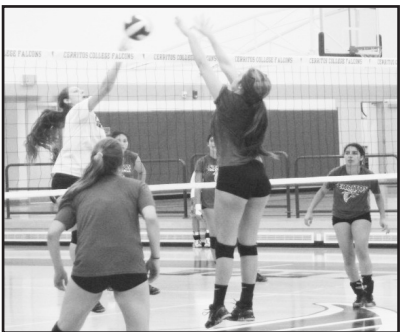
"I feel this performance will determine how we will be seeded in the regional tournament," Mariscal said. "If we go into this tournament well prepared, it can serve as motivation to win this dual."

275 pound freshman Julio Flores added, "We need to get people healthy. If we get everybody in the right weight, we should do pretty well against Mt. SAC."

Oct. 9

Wrestling and volleyball teams travel away for competition

Mt. San Antonio College will host the wrestling team at 7 p.m., while the volleyball team travels to East Los Angeles College for a match at 6 p.m.



Oct. 9

Water Polo teams both await visitors in contests

Women's water polo has home matches against Pasadena City College and East Los Angeles College at 3 p.m. and 5:15 p.m., respectively. In between both games is men's water polo facing Los Angeles Valley College at home at 4:15 p.m.

Oct. 11

Women's soccer plays at home while cross country goes to the Rose Bowl

Women's soccer continues its home stretch with a game against East Los Angeles College at 4 p.m. The cross country team will then go away to participate in the UCLA dual meet at 9 a.m.

Oct. 12

Football team hosts Palomar College at home

Attaining a 2-2 record with a win against Pasadena City College, the football team seeks a winning record against Palomar College at 7 p.m. at home.





Vigilant and ready: Sophomore goalkeeper Alexis Carrillo intercepts the ball and prevents it from entering the goal while doing a soccer drill during practice. She has 17 saves in 7 games played this season and has seeks to improve as the season progresses.

No quit in Carrillo after ACL injury

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With all the time and preparation that goes into getting an athlete ready for game day, people can think that an athlete is set for any possible situation. Injuries tend to happen unexpectedly as in the case of sophomore goalkeeper Alexis Carrillo.

Carrillo was participating in a scrimmage match in Mexico during March 2012 when she tore her ACL.

ACL is the abbreviation for the anterior cruciate ligament, which is one of the four ligaments that connects the knee to the upper leg. Tearing of the ligament usually happens when a person plants his foot and turns or pivots suddenly, or is struck by another object.

Carrillo said the injury happened during play when she came out to clear the ball to end the opposing team's attack.

"When I cleared it, my foot was facing toward the left and the girl came from behind me and stepped on the back of my foot. When I tried to turn, the top half of my leg turned with me while the bottom half stayed in place and popped," Carrillo said.

When the injury happened, Carrillo was faced with a different kind of challenge.

"She got a little depressed," sophomore forward Claudia Lopez said. "She was upset."

Carrillo had knee surgery to repair the ligament and then had to endure seven months of rehab and training to get back on the field.

"When she came back, she was slow and scared to go

out for the ball. As time progressed, she looked like her old self again," sophomore defender Jasmine Cornejo said.

Carrillo believes that the injury shook her confidence on the field.

"This is my first season back. It's interesting. At first when I started, I was scared that I was going to get injured again, but now, I'm used to it and back into it again," Carrillo said.

Although it wasn't an easy road through rehab, the team was supportive of Carrillo and felt that she still had the talent to be an impact during matches.

"We weren't really sure if she was going to be the same. She was really beast before, but she proved us wrong and came back just as (good). She works really hard on and off the field so we're confident in her abil-

ties," sophomore midfielder Lyanna Farran said.

"I have faith that she'll be just as good than before she got hurt," she added.

Carrillo seems to have gotten past her injury which she claimed was extremely painful, and she has set her mind on the team's future.

"My goal is to get the shut-out record with the team. The current record is 17, so the team would have to get to 18," Carrillo said.

The team has successfully kept five schools from scoring this season, netting them five "shut-outs."

More importantly, Carrillo also said that winning another state championship is the primary goal of this year.

NIGHTS WEEKEND

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