

# TALON MARKS

CERRITOS COLLEGE

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## Students use job fair to meet with employers

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For students like business administration major Jaime Salgado, the bi-annual job fair gave students a chance to search for jobs at Cerritos College. The fair was held by the Job Placement Center in front of the library on campus last Wednesday.

Salgado said, "I'm trying to find a job that kind of lies with my career choice of accounting. I've seen a couple places already like H&R Block and other places that kind of go with my career field."

Salgado explained that the job fair is great for students to introduce themselves to the professional world.

"Any opportunity is great for students. I think it's important that students get experience in a professional business environment"

Rose Vasquez, administrative secretary of Career Services, talked about the overall vibe.

"It went very well, it was better than what we expected. There was a lot of people who showed up and most of the employers showed up."

"Overall, all the employers got good contacts, they met with a lot of students. The traffic in every single booth was good; most employers rated the fair excellent."

Radiology Christopher Gonzalez commented on the job fair, "At the moment, I am employed, but it's still good to look around and see what other options are available."

Angelique Kingston, volunteer coordinator for Gerinet Healthcare said, "We'll take any(one) and everyone (who is) willing to gather information about the services that we provide."

Vasquez spoke about the kinds of things students can do to prepare for a job, "Prior to our job fairs, we provide workshops on how to prepare for job fairs and how to put a resume together."

"We do have the job placement office with computers where students can do some research."

The Job Placement Center is planning on doing another job fair in the spring of 2014.

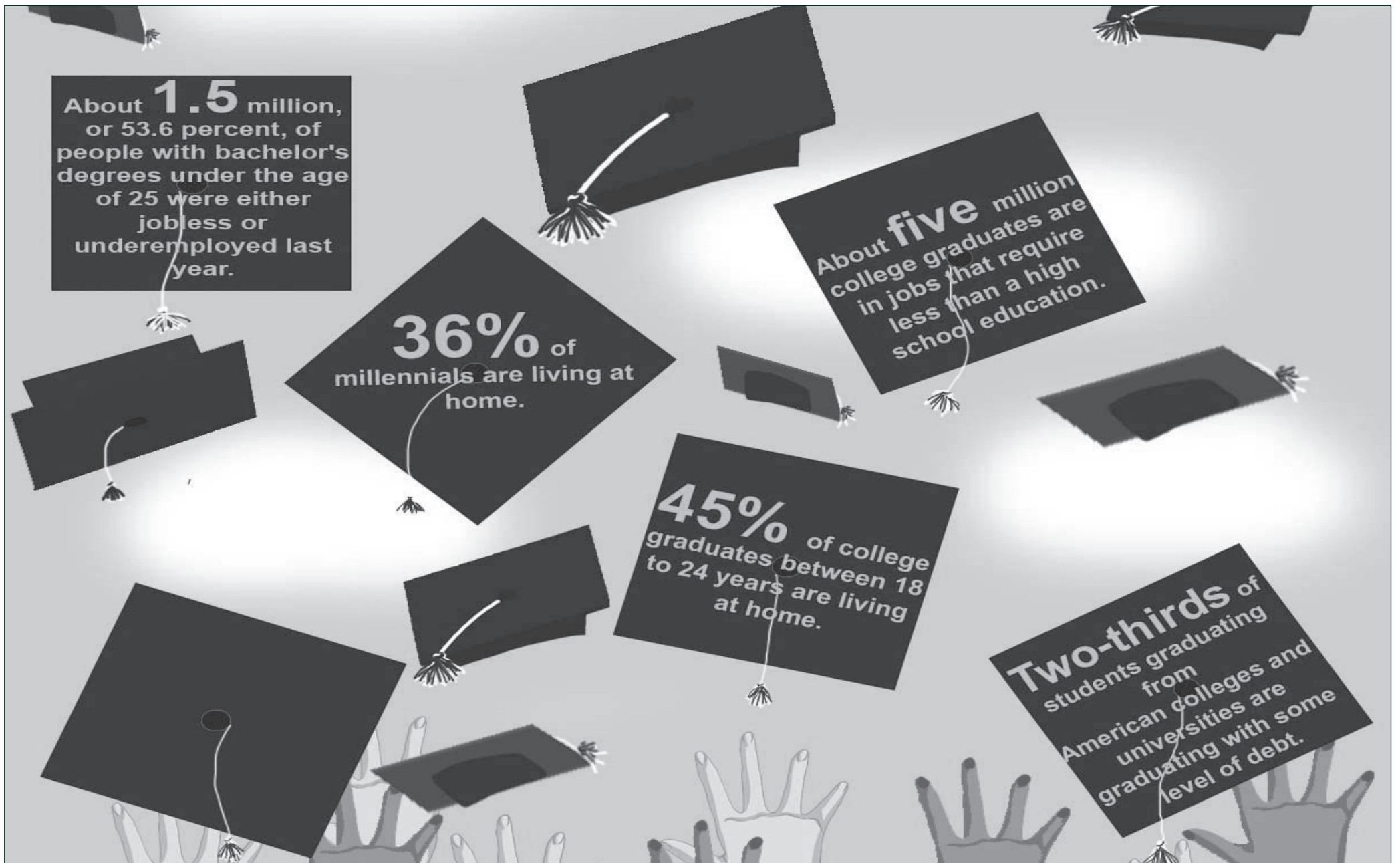


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## American Dream leaves students tired

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Students attend college for different reasons, but a common one would be for a chance at a better life.

"I wanted to get a better future and potentially earn more money," Jose Trejo, mathematics major, said.

Education is said to be a bridge to a better life and has been seen as a crucial part of the American dream.

"Education makes you better," psychology major Hanah Reid said.

"If you're uneducated, you don't really have many chances in the world."

### The price of education

However, while college may have been an option for previous generations, its existence may be the reason so many students feel the need to attend college.

This need has led to a total of \$1.2 trillion in unpaid student debt as of May 2013 accord-

ing to the Consumer Financial Protection Bureau (<http://1.usa.gov/1apgl5n>).

A study from The Institute for College Access and Success (<http://bit.ly/106YcDO>), which runs the "Project on Student Debt," indicates that the average college graduate will owe around \$26,600.

The price of college tuition has been one of the contributing factors to the increase of student loans.

### Leaving college

Some students are finding out that debt is not the only obstacle they will face when they leave college.

While the current job market has been tough for Americans as a whole, new graduates are having a particular hard time finding work.

In a study by Rutgers University, college graduates from 2006 to 2011 were surveyed to determine how they have fared since leaving college.

In the study, 51 percent of the graduates said that they were working full-time jobs

(<http://bit.ly/1jnwIE0>).

Fourteen percent had moved on to graduate school and were either employed full time or part time.

The rest (excluding those who volunteered in the Peace Corps or joined the military) were either underemployed or unemployed.

Underemployment has also been on the rise as 48 percent of graduates are currently in jobs that do not require a four-year degree (<http://bit.ly/124fWnz>).

Some students are taking part-time work, jobs not associated with their major or jobs that do not require a degree.

This is due to desperation as student are unable to find work in their chosen field.

### Returning to the nest

The tough job market and lower paying jobs have had other effects as graduates are starting to return home.

The current economy has caused an increase in the amount of millennials living at home with their family.

According to the Pew Research Center,

21.6 million "millennials are living at home, which is up from 18.5 million in 2007" (<http://bit.ly/16mdYzR>).

### Students look to the future

Despite the numbers, students are cautious, but hopeful about their future.

"I'm not so sure (of the future) because of how the world is right now," Trejo said. "I don't know, even with a college education, if there will be a job"

However, Trejo still believes that going to school can lead to success.

"The American dream can still be realized, but with the current state, it can be harder"

Psychology major German Sanchez is a returning student who says he has experienced the real world and still believes college is beneficial to students.

"Well, it's kind of a little grim to be quite honest," Sanchez said, "but at the same time, I didn't really follow a career I didn't want to do for money."

"I want to follow a career where I'm happy with life and happy with what I do."

## CHP takes to airwaves to educate students

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California Highway Patrol was added to the prominent list of guests that have appeared on "Community College Corner," a radio show at WPMD.

Gayle Parks hosts the show and tries to bring in guests that could help out the students that are walking around campus.

"There is a lot they can learn from tuning into the radio station and if you have a field that you need to go into, I usually bring in a guest so you could have a better understanding of what you need to do."

CHP was on the show for a few weeks to discuss topics such as domestic abuse and drinking and driving, and the latest show was about distracted driving.

Alfredo Perez, a public information officer, talked about the importance of being focused.

"Things that we face on the highway (are) that a lot of teenagers are being killed unnecessarily. Either by being distracted by texting, being on their cellphone, surfing on the Internet (or) looking at their Facebook or Instagram."

Perez gave the example of how people are often attached to their phone and said, "It just seems like whenever the cellphone rings, we are very anxious to answer it or when a text comes in, we have the tendency, without giving a second thought, we just look at it."

Car crashes are the number one cause of death for teenagers, and texting seems to be one of the main reasons why people are distracted while driving.

"(The) worst of all is texting. Texting takes your mind, your eyes and your hands away while you are driving," Perez said.

He then put how fast cars travel into perspective and said, "If your car is driving at 50 miles per hour, the car is moving around 40 feet per

second. So if you look down to check your phone for a second, you have already traveled 40 feet."

The message was directed for teenagers, but it could apply to adults as well.

Gildardo "Demo" Aquino is currently the president of the WPMD Radio and Broadcasting Club and sees the importance of bringing in the officers to talk about distracted driving.

"Things happen in a split second and things have happened to friends of mine that were on the phone and got in an accident from texting."

"Community College Corner" airs every Tuesday at 1 p.m. and can be heard right outside of the radio station or on its 1700 AM frequency.

"I talk about the weather, the sports, the campus clubs and I do giveaways, but you have to be listening to the show," Parks said.

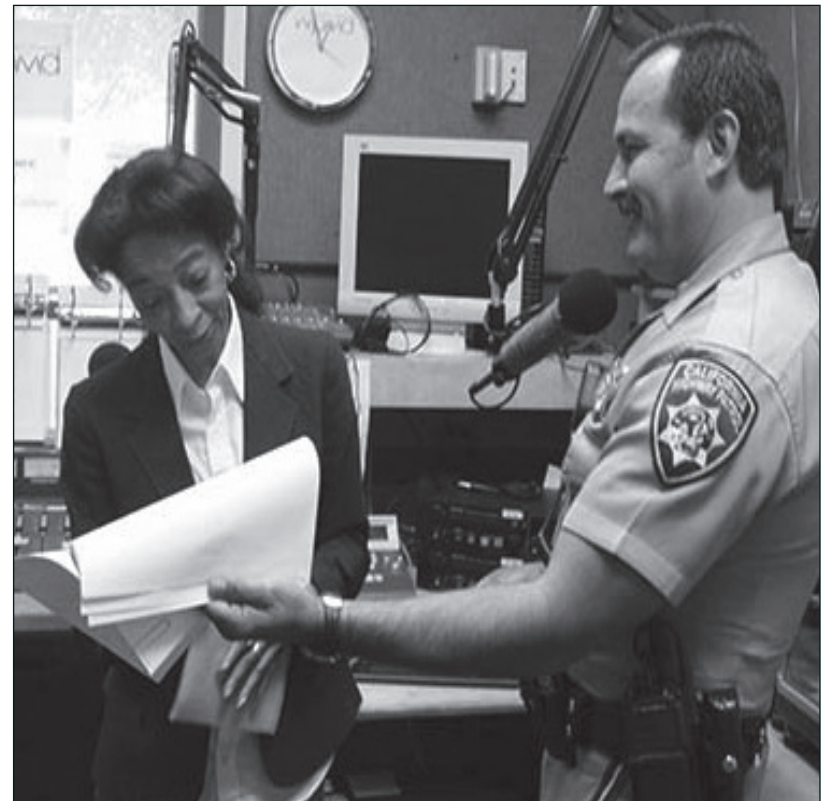


PHOTO BY: GUSTAVO OLGUIN/TM  
Gayle Parks talks to California Highway Patrol Officer Alfredo Perez on Park's show "College Community Corner."





PHOTO ILLUSTRATION BY LAUREN GANDARA/TM

# Mancilla voted new queen

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Michelle Mancilla was speechless when the ASCC announced that she was voted the 2013 Cerritos College homecoming queen last Saturday at the Cerritos College homecoming football game versus Ventura College.

“Now that I’m homecoming queen, I know that I have a responsibility to show up at every event that I’m supposed to go to,” Mancilla said, “and I’m going to represent Cerritos College in a positive way.”

Mancilla gave credit to her friends and iFalcon who helped her campaign. She said, “I owe it all to them.”

Erienne Czernik, her supporter, stood up and cheered when Mancilla was announced homecoming

queen.

“She’s really competitive, outgoing and hardworking,” Czernik said. “She definitely deserved it.”

Czernik agreed that she helped Mancilla a lot, but said, “She did most of the work because she needed to get her face out there.”

Lauren Didio admitted that the experience was stressful, but very wonderful at the same time.

“Just to get on the court was kind of miraculous. I wasn’t expecting that, so to be able stand up there with all these great (women), it’s been amazing,” Didio said.

During the voting of the previous days, the candidates found the campaigning to be time consuming. It definitely put some of them out of their comfort zone.

The campaigning was a learning experience as the nominees faced

roadblocks from their peers.

“It’s kind of hard to get students to vote, because some don’t have an ID,” Jasmine Paiz said, “and some you don’t know, so you have to be very genuine when asking them to vote.”

Stacy Sandoval never imagined herself running for homecoming, but she was glad that she did it.

“The best part was dressing up and feeling like a princess in front of everybody,” Sandoval said.

The 2012 homecoming queen, MarJona Smith-Holieway said, “Giving my roses to the next girl, it was a great feeling to pass (them) down.”

When the homecoming half-time was over, Kryxiane Ramos was ready to move on to the next event.

“I’m relieved that it’s over and I can go party now,” Ramos said.

# School Clubs bring Comic-con to life with Homecoming floats

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Of the many sights seen in the football stadium, superheroes and wizards are not normally among them.

Cerritos College clubs arrived at the field to show off the Comic-Con themed floats that they built for homecoming Saturday.

Phi Theta Kappa was one of the clubs which participated in the event and was awarded with an award for Most Original.

“We did the Pirates of the Caribbean theme. We built a ship and it took us the whole weekend and our funds to complete,” Dennis Garcia, public health major and Phi Theta Kappa vice president, said.

“In the end, even though it was very last minute, we are very satisfied (and) very happy with our results. I think this will be memorable, the most memorable float--perhaps of the whole event.”

Homecoming candidate Kryxiane Ramos was impressed by the work done by the clubs.

“It’s like I’m going into the video games and TV shows that they’re portraying,” Ramos said.

“I love the Zelda one. I played Zelda when I was younger, so this one is one of my favorite ones.”

Ramos also enjoyed the Peanuts float done by the Child Development Club.

Among the winners was the Triathlon Club, which won Realization of Theme for its Justice League float.

“It feels really good, especially because our team put a lot of work and effort into it, and a lot of qualities were displayed that weren’t before,” said electrical engineering major Michael Alvarado from the Triathlon Club.

The International Students Association, which won last year for its “Wicked” theme, won the award for best Utilization of Color for its “Dragon Ball Z” float.

“We had all the members choose. We had a whole list of ideas of what we wanted to do, and in the end they (the ISA’s members) wanted to do ‘Dragon Ball Z,’” Charles Caguioa said.



PHOTO BY: DANIEL GREEN

**Racing to the Finish:** The Triathlon Club decided on a Justice League float which won it the award for “Best Realization of Theme”. The members said that the Justice League was an easy choice for the team due to the theme of homecoming.



PHOTO BY: DANIEL GREEN/TM

Composite Fabrications student William Triay works on a clipboard that he made in the class. Composites can be used to make everything from clipboards, car parts and have been used in space travel.



PHOTO BY: DANIEL GREEN/TM

A surfboard made of a composites. The board was made on site during a class. Students have an option to design and build surfboards as well as other objects for the class.

# Plastics class helps teach students how to design technology for land, sea and space

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After the long hours of studying and classes, many students can lose sight of what they are striving for.

Students from the composite fabrication class got the chance to see what skills they are learning when one of the students, Composite Technologies major John Misumi, brought in a prototype of a car partially built from composites.

“I brought the car here to show the class how composites are used in the real world,” Misumi said.

The car, known as the Vision SZR, is a prototype that belongs to Vision Industries, the company Misumi works for.

Misumi works on the sales side of Vision Industries, but is taking the class to learn more about the hands-on part of the business.

“My background was initially in business and that’s where I got my start in the company. But honestly, my passion is more in fabrication (and) working with my hands and seeing things come to fruition.”

The body and chassis of the car are made out of the same composites that the class is learning how to use.

Terry Price, department chair of the Plastics Technology Department, said that the college has been teaching Composite Fabrication since the mid-1980s.

Composites are substances made from mixing two different materials and are usually lighter and stronger than other metals.

They have been used to build things like car parts, boats, F/A-18s and have been used by NASA to make parts used in aerospace technology.

Currently, the class is learning how to work with the materials by building clipboards.

Eventually the students will be able to build bigger items such as surfboards.

When the students complete the class, they will receive a certificate saying that they have passed the class and that they are qualified to work with different materials.

The program not only helps train the students, but helps them transition into the workforce by arranging interviews for the students.

One of the companies that students interviewed was Northrop Grumman, which has worked with the program before.

The students were taken behind the scenes of the company to see how composites were being used and were later interviewed for positions with the company.

The company has already hired students from the plastics program.

“Everything we saw there just applied to what we learned in class”, composite technologies major William Triay said.

Price said that people who know how to work with composites are in high demand now and that the program is designed to give students the basic skills they need to succeed in the field.

“The industry is looking for problem solvers and team players right now,” Price said, “so (students) know the technology and understand the terminology, understand how to handle these materials properly without contaminating them.”


PHOTO BY: DANIEL GREEN/TM




CAMPUS CLUBS

**Full gallery of the homecoming floats**

To see a gallery of the homecoming floats designed by the clubs, visit our website.



Talonmarks.com



ASCC STUDENT ACTIVITIES

**ICC meeting**

ICC will be holding its meeting in room BK 111 at 11 a.m. on Thursday

Campus Events

**Early Bird Special**

Students will be able to receive breakfast in Falcon Square starting at 7:30 p.m.

VISIT TALONMARKS.COM/NEWS

Blood Drive

**Red Cross on campus**

The Red Cross will return to Cerritos College collecting blood from students. They will be here for an entire week starting Nov. 12 through the 15.

www.redcross.org

ONLINE POLL

**Do you feel hopeful about life after college?**

A. Yes, I do.  
B. No, I'm worried about it.  
C. I'm going to wait and see.  
D. I don't know.  
E. Should I?

VOTE ON TALONMARKS.COM





Pay more and receive

Trying to get out of community college is frustrating, especially when attempting to secure the last few necessary classes.

But now, some community colleges are getting the green light to increase tuition for classes that are in high demand, and this is very good news.

The argument about how college students barely have money to go out or pay for books or even eat a decent meal exists, but hey, it's school's version of supply and demand.

Finding an open core class (e.g., math, English, etc.) is near impossible, especially if you have a late registration.

Then, you find out from a friend that took the class that halfway through the semester, the room is half-empty as several students decided to drop the class because the girls weren't pretty enough.

But, the moment money comes out of your pocket, things are taken a bit more seriously.

A full price of \$169 per unit would be assessed to these classes that are typically four units, totaling \$676, as opposed to \$184 at the community college rate of \$46 per unit.

The classroom would also become a better environment as it would be filled with like-minded students that are focused on getting out.

Repeating these courses could leave a major dent not just in a student's wallet but also on his mind-set.

It also means that students are likely to put off their core classes until the end of their community college career.

These courses could become transitional classes between the community college and university.

After all, the atmosphere would be halfway there. Stop wasting people's time because a career awaits.

Sacrifice away, it will pay off.



ILLUSTRATED BY LAUREN GANDARA/TM

The American dream isn't dead

The American dream for the student isn't looking so good. Some students have a hard time with life after getting a college degree.

According to The Atlantic.com, 53.6 percent of bachelor's degree-holders under the age of 25 were jobless or underemployed in 2012.

It is a disappointment knowing that one has worked so hard to get a degree that after he does get it, he is either getting a minimum wage job or simply unable to get a job.

Many factors come to play in this situation. The job market is so brutal; there are so many people aiming for the same job.

In all actuality, it is also a matter of just staying afloat financially in order to pay for basic needs like food, water and housing.

According to projectonstudentdebt.org, California has a state average of \$18,879 for some students who attended both public four-year institutions and private, non-profit four-year institutions.

Graduating from college should be a major accomplishment in anyone's life, but for the student with debt, it's a nightmare.

No one imagined that the American dream would be like this for college grads.

Students have to know what they want from college and know why they are here.

Don't mess around with college, know the degree you want. Know how to use college to your advantage.

Some college grads don't know where to start because they aren't taught where to start while in school.

There are many things college students can do to survive out there.

One of many things they can do is refine their resumes and cover letters because this would help them when seeking a job.

Or, they can sign up for non-paid internships. College grads can't sit around, be lazy and not do anything.

The major students pick decides how much they will make when it comes to jobs in that specific field.

Some majors that pay the most can give one a fat paycheck of \$100,000 a year (which is mostly in engineering or the sciences) while the less-earning majors will get college grads \$30,000 a year.

This doesn't mean that people should change the major they already have in mind; this should just get students thinking about the money they can earn with the degree they are choosing.

Students should do what they want to do, whatever makes them really happy.

Even with the financial status of the country, students should be optimistic.

Explore all of your interests whether they would be the major you want to do or the money you can make from a major.

Get advice from people who have made it, like teachers on campus.



Unsatisfied by 'Satisfries'

The ongoing campaign to make fast-food healthy continues with 'satisfries' by Burger King and is simply not enough to combat the continuing problems of obesity and unhealthy fast-food.

As obesity has become a growing concern for people in the United States, the need to nitpick and point the finger at others has been a common occurrence.

The food served at places such as Burger King, Taco Bell or Five Guys is filled with an excess of sodium, trans fat and saturated fat.

However, efforts have been made to counteract this ongoing problem.

It began with the introduction of caloric information on the fast-food menus. Then, it continued with the inclusion of fruits and vegetables on the dinner menus.

The problem is that the one guy at your local KFC isn't going to all of a sudden put down his fried chicken in favor of a salad.

It is time to include these healthy choices with items that are already prominent on the fast-food menus to begin with.

For instance, take a Double-Double burger from In-N-Out.

It is apparent that customers are going to continually purchase the burger for its rich taste, but what if the white bread buns were traded in favor of wheat?

Lowering the sodium intake for these "junk foods" would be beneficial as they are typically endowed with salt.

Prepping up other foods in different types of substances, such as olive oil, works wonders regarding a person's health, too.

Fast-food restaurant chains have made an effort to be healthier, but it all boils down to the customers and what they decide to put in their mouths.

A simple change in preparation can be the difference between life or death, literally.



FREE SPEECH ZONE

"What is the importance of a college degree?"



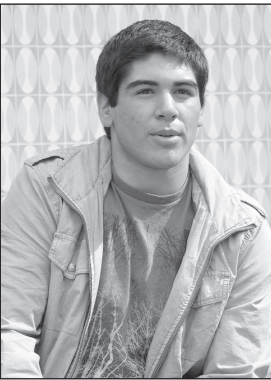
AARON WILLIAMS  
Restaurant management major

"To get money."



ALEXANDER DURAN  
Astrophysics major

"I find it more comfortable if I did get a college degree just so that I do know."



ANDREW BALLANTYE  
Creative writing major

"It's what separates you from the rest of the people who are trying to get the same job or career you want in the future"



GENESIS JIMENEZ  
Psychology major

"You get (a) higher paying job and you won't be rejected as much as if you had a high school diploma."



JACOB ALLEN  
Criminology major

"It gives you higher level of intelligence (over) other people who come out of high school."

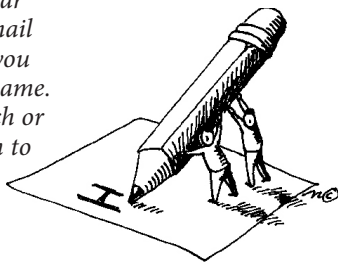


PATTY ESQUIVEL  
Psychology major

"To have a job and a career to make it for a long run."

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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# ‘Dream’ with lovers, asses and fairies

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Four lovers. An ass who neighs. Fairies messing up mortal lives. “A Midsummer. Night’s Dream” is a must see for everyone.

Audience, prepare to get a few hearty laughs when attending this production.

A lot of the scenes are a delight with plenty of hilarious and tear-inducing moments.

The play’s story is about two pairs of lovers who get caught up in a feud amongst themselves in the woods.

Hermia loves Lysander but can’t marry him because Demetrius is betrothed to her, while Hermia’s friend Helena is in love with Demetrius.

All this drama happens while Oberon, king of the fairies, gets his minion Puck to use a magical love potion to get Demetrius to fall in love with Helena so they can all live happily ever after.

Puck, at first miserably fails but the fairy corrects her mistake in the end and everyone lives happily ever after. It is a comedy, after all.

Those who haven’t read the play might have difficulty with understanding it.

Some of the actors who portray

the lovers seemed a bit rushed when saying their lines. Diction could be improved in that area to help those in the audience who have little acquaintance with the play.

When walking into the theater, the stage does a good job in capturing the audience’s attention.

The production staff captured the magical and dream-like aura of the play very well. With their beautiful mix of lighting, music and stage design, this combination is pleasant to the eyes.

The set’s bright and vivid colors captivate the imagination and transports the audience to a world where young lovers quarrel, fairies roam

the woods and a silly acting group practices their play for a wedding.

The 1950s modern twist did a good job of not taking away attention from the play’s story. It offered more current and unobtrusive costumes for a few of the characters, fun music to listen to and a few funny fight scenes with switchblades in lieu of archaic swords.

Oberon the king of fairies and Puck the trickster were entertaining to watch together on stage. Miranda Thomson’s portrayal of Puck and Skylar Johnson’s bigger than life portrayal of Oberon did a good job giving the play funny moments and is definitely worth watching again.



COURTESY OF THEATRE DEPARTMENT

**Pestering Fairies:** A scene from ‘A Midsummer Night’s Dream’ with Miranda Thompson playing Puck while being reprimanded by two fairies on the left.



ANDREW CASILLAS/TM

**Bordering Messages:** Cognate Collective (Misael Diaz and Amy Sanchez) stands next to its creation with little Cochi (pig at top). This couple is close and works together as educators and raises funds for migrant workers.

## Blasting the borders of the Cerritos art gallery

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The Cerritos College Art Gallery hosted another show.

This latest showcase was a mixture of Cerritos College artwork. The Cerritos College Art Gallery’s first art show focused primarily on Marsia Alexander Clarke’s 35 years of work through different media and styles.

This time around, the theme features diversity from a cultural region of the world. The idea is hinted from the title of the event was SUR which is Spanish for “south.”

This showcase features Latin American-inspired artwork.

James MacDevitt, director and curator said, “This show is focusing on artists of Latin American descent or who have had some connection to Latin America because of the fact that Rio Hondo (College) and Cerritos (College) are demographically predominantly Latino schools.”

On the same night of the Cerritos College art gallery opening, Rio Hondo College also hosted a similar gallery show that was meant to be a joint show.

The show’s point was to share common issues and present up-

coming Latino artists to see what they have to say, and it also showed similar struggles evoked through their works.

Cognate Collective was a couple comprised of Misael Diaz and Amy Sanchez who both graduated from UCLA and created a project called “Border Blaster.”

Diaz described the blaster as a “high transmitting radio station that is located in Tijuana, but transmits into the U.S.” The content in most cases is geared to speak to people into other countries to bring notice to the different music styles that are out there.

Many times people living in the United States may hear what may very well be a border blaster on AM stations.

Diaz talked about different kinds of blasters and what they were trying to accomplish in the case of their work.

Their particular station would only play in a short radius and was focused on presenting Latin music and broadcasted no farther than Cerritos Colleges parking lot.

Often times, Cognate Collective will use these devices to make a point about migration and, in another cases, they went to Santana Mexico to evoke some sort of liber-

ating message.

Another artist that was also being showcased that night was Dan Torres, also known as Daino. He wanted to make his experiences relate to other creatures. For example, he compared an ant to a blue-collar worker.

He demonstrated this with the use of the ants holding what almost looks like picket signs in his backyard with sayings such as, “Rise Above,” or the “The End is Near” and “It’s An Inside Job.”

Torres mentioned, “An inside job can be related to the (National Security Agency) issue that’s going on with politics or it can relate to only the ants knowing what’s going on inside their colony.”

Daino has been a working artist for about 18 years. He said, “At first, my work was very traditional (realistic, commercial-like), but it’s changed through the years.”

As his art evolved, he wanted to create different series of work and move on to others.

Interestingly enough, Cerritos College’s art gallery curator James Mac Devitt wrote an essay about Daino’s work, which you can find in the college’s art gallery for the next few weeks discussing contemporary cinema.

Art Gallery

**To whom it may concern**

Located on north side of the Fine Arts Building and hanging off the wall with influence of street graffiti, created by artist Daino who is also featured in the art gallery.

Art Gallery

**Radical Narcissism**

An essay written by Raquel Guierrez will be described and discussed concerning homosexual relations in the community Fine Arts Building FA 43 on Nov. 7 at 11 a.m.

Art Gallery

**Test kitchen: Round 1**

This is a joint conversation about working on the line in a restaurant including rights, getting fired and cooking to survive. It will be held at the Student Center Stage on Nov. 7 at 7 p.m.

MUSIC


**Lou Reed**

On Sunday, songwriter Lou Reed passed away. He was a revolutionary in the ‘50s who integrated grungy guitars and distinct poetic expression and later lead The Velvet Underground in the ‘60s.

Club Event

**Day of the Dead**


Come by Falcon Square on Dia de los Muertos to enjoy baked goods, face painting and presentations provided from the Anthropology Club from 11 a.m. to 1 p.m. on Oct. 31.



WHAT DO YOU THINK?


COMPILED BY:  
ANDREW CASILLAS

PHOTOGRAPHS BY:  
ABRAHAM DAYFALLAH




**DOMINIQUE NEUBLE**  
Nursing Major

“An artist is someone who likes to express (his) feeling(s) and is free-spirited and does what he love(s) to do.”




**DAVID WALKER**  
Physical therapy major

“An artist is someone who expresses (himself) freely without limitations, restrictions or extreme outside influences hindering their thought process.”




**ADRIA HOYT**  
Business major

“I would say someone who can express (his) opinions and translate it into a physical form and get (his) own perspective of it.”



**JUAN REYNOSO**  
Philosophy major

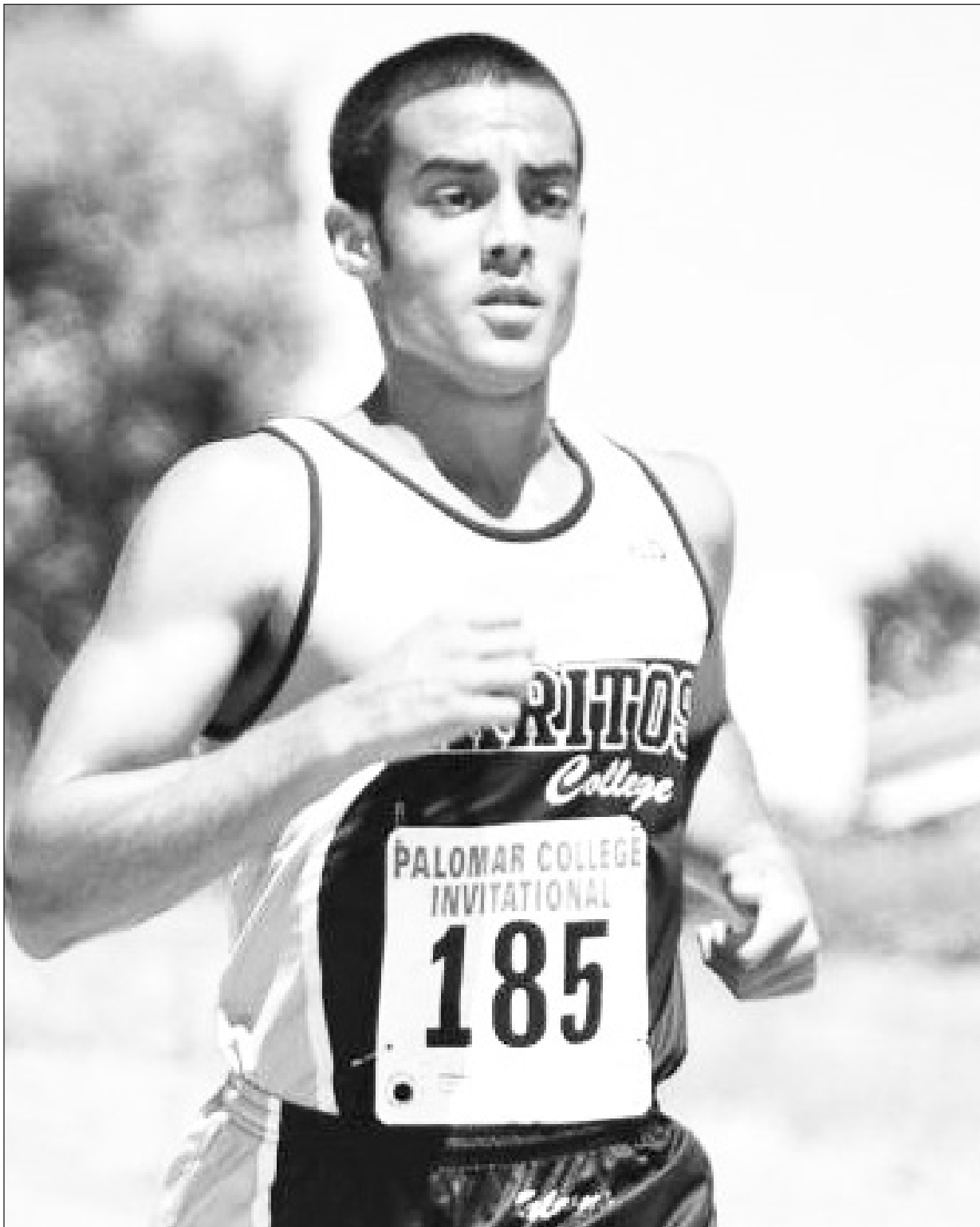
“An artist to me is someone who, through a vacuum of influences, uses said influences to create.



**KIETH JEFFERSON**  
Theatre major

“An artist is someone who is original, who comes up with (his) own lyrics not biting someone else in the past...that is a true artist.”





**Pushing the pace:** Sophomore Jonathan Bazinet participating in the UCLA Invitational at the Rose Bowl. According to cerritosfalcons.com, he placed third in the non-scoring meet.

TAKEN FROM CERRITOSFALCONS.COM

# Solid pace heading into SCC Championships

DENNY CRISTALES

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Christopher Richardson, athletic director of the cross country team, vowed that the mental preparation for the SCC Championships Friday for the men's and women's teams will prove that the defending champions were not "one-hit wonders" last year.

The SCC Championships will be at Heartwell Park in Lakewood, and the teams have been utilizing mental strategies to deal with the likes of Mt. San Antonio College and El Camino College after fatiguing competitions over the past weeks.

Richardson said, "We have young teams, so we strategically set ourselves in a position where we can get ready for conference, and hopefully train through the Southern California Championships and try to make a big push for the state championships."

Last season, the men's team came out victorious against Los Angeles Trade-Technical College in order to win its first SCC Championships in school history.

With new personnel added to the team this season, some of the younger athletes are starting to feel the pressure in running in a high stakes competition, and the extra break in between meets provides time for the team to rest and focus.

"It helps to get over any butterflies or anguish that (the team) might have or even (provide) an opportunity for some people to heal because running is exhausting. The training is tough," Richardson said.

Marco Anzures, cross country head coach, added, "We have been focusing on coming together as a team even more, building our group running skills and maintaining our consistency in training day-to-day."

Development in running technique and taking on leadership qualities were tactics emphasized throughout the season, and the team has been showing "big

time" growth in these areas, according to Richardson.

"Primarily with the development of their autonomy, we've been giving them opportunities to be self-sufficient, and they've taken that and have run with it. It's

“  
***‘Make everyday your masterpiece,’ that’s what we work on.***

— DAVID PLETEZ  
Sophomore runner

nice to see them take ownership of their own training."

Richardson highlighted runners such as freshman Anthony Lozano and freshman Josh Roldan as athletes who have taken a leading role on the team. Additionally, Anzures noted growth within the women's team.

"The women's team in particular has developed a good group dynamic the past several weeks. The athletes have demonstrated a willingness to learn and adapt over the past few months and it has paid off. They are motivated and hungry to do well."

The conference has a great importance for the runners, and a "holistic" effort is what will propel the men's and women's teams to execute the proper running tactics.

"As defending champions, I feel we need to prove we are one of top teams in the conference. Every team has weaknesses. The teams in the conference might have one or two really good runners, but their three, four or five are kind of back. There's this huge gap. We have a real tight group, so if we hold on to that, we can go into this and surprise some people."

Sophomore David Pleitez said, "At first, we had great individuals, but now, I see us as a great team. That is what we need to win. Not as individuals, we need a team."

"Our coach gave us a quote, 'Make everyday your masterpiece,' and that's what we work on."

## Water polo teams travel to face Chaffey College

SEBASTIAN ECHEVERRY  
Associate Sports Editor  
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### Men

After returning from a double win, double loss tournament this past weekend, the men's water polo team is prepared to face Chaffey College on Wednesday at 4:15 p.m.

"It's our last conference game," head coach Joe Abing said. "We are going to have our best game yet."

Preparation for the game has consisted of watching videos of past performances and conducting light practice drills in an attempt to not fatigue the players but to keep their bodies in motion and ready for the game to come.

The team was faced against high ranking opponents including the third ranked team in the state, West Valley College.

The victory against these teams tested the players and they will attempt to recreate the same outcome on Wednesday.

"We were third place in the tournament," Abing said. "There were 16 teams in the tournament. All the best teams in the state were in the tournament, so finishing third was pretty good for us."

Sophomore utility Randy Baldwin, who scored the winning goal, is very understanding of the team's preparation for Wednesday's match. "Now we are just mentally

preparing," Baldwin said. "We are having easy workouts just to keep us tapered so we don't get too tired."

Freshman driver Fernando Lua believes the team is ready for Wednesday's game. "You can feel the energy," Lua said, "we want to play."

The team is calming down its practices and focusing on the fundamentals of the game to strengthen the mind in wake of the upcoming match.

"Mostly just basics," Lua said, "if you're going to catch the ball, catch and shoot don't pick it in the water."

"We are getting the workouts that we need so we could spend the energy in the game."

The six-on-five drill is the main tool for pre-game training. The team works the basics of passing, looking around for open teammates and shooting on the goal.

### Women

Cerritos College was able to pull even at the truWest Battle at the Beach Tournament last Friday and Saturday without head coach Sergio Macias leading them due to the birth of his first child.

Assistant head coach Stephanie Tuning helped lead the team, but saw that the players were taking it upon themselves to step up without the head coach being there.

"We saw a lot more leaders besides the captains. Everyone stepped it up because we know we didn't have Sergio (Macias) there

directing the team. So they lead themselves to those wins," she said.

The attention has turned to its final conference game against Chaffey College on Wednesday at 3 p.m.

"We have to take what they learned from being (able) to win close games and apply (these lessons) this Wednesday against Chaffey. We are pretty much just playing for the third or fourth seed and if we win, we get the three seed and if we lose, we get the four seed," he said.

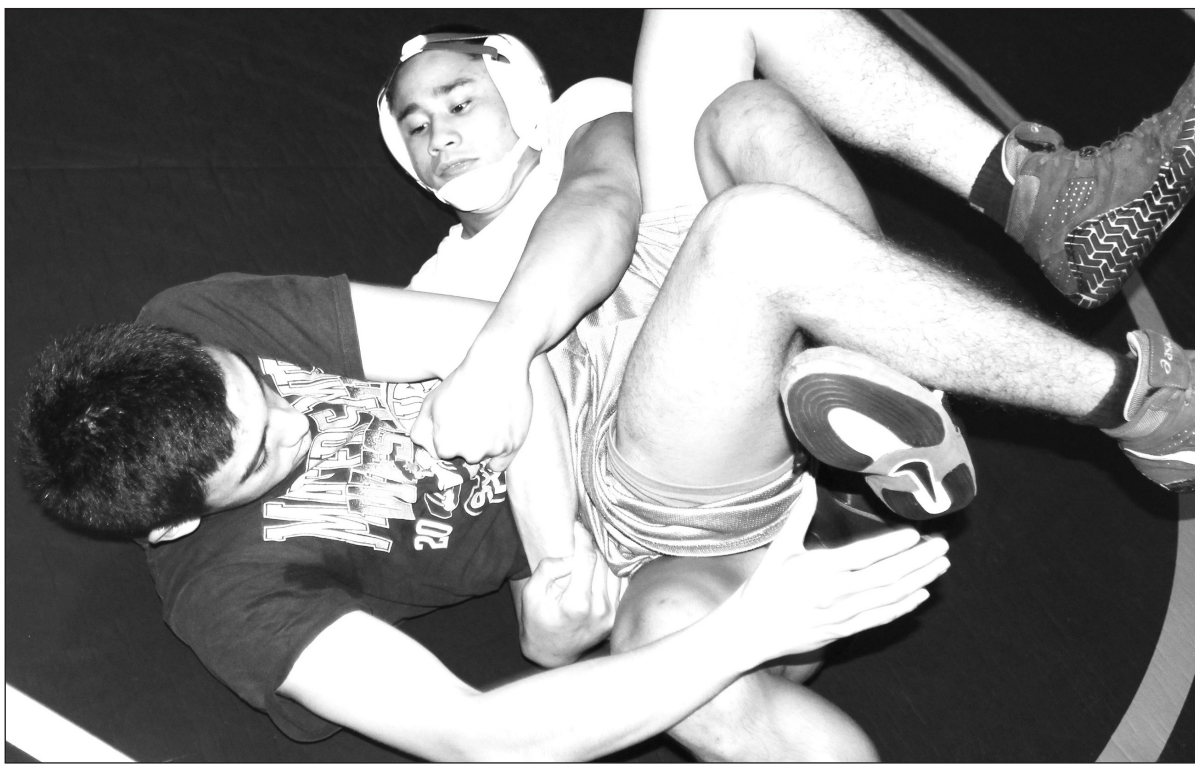
Co-captain and center Catie Tuning sees the game as a challenge and a way to help the team in the tournament.

"It's important because Chaffey is one of the top contenders in our conference, so if we can take them down and show them what we have, then it's good momentum to work off going into the conference championships," Tuning said.

Co-captain Teresa Zuniga said, "It's going to build up our confidence going into the tournament and show us what we need to do to be a contender for the conference title."

Macias has seen the women mature as the season has progressed and the next couple of weeks will determine how much the team has learned.

"They have shown some spurts of confidence and leadership. Next is to play under the pressure and hopefully we can ruin somebody's season," he said.



ALAN LEVYA/TM

**Tenacity:** Freshman Samuel Holandez (top) wrestling freshman Gary Howe (bottom) down on the mat during practice. Holandez noted that the home advantage will boost the team's morale.

## Wrestling team seeks to thrive in its first home competition

EDUARDO MEDINA

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The upcoming wrestling match against Palomar College will be Wednesday at 7 p.m., and the squad is better prepared for this upcoming match after having wrestled against East Los Angeles College last week and winning 22-15.

Head coach Don Garriott said his team had an "overall good performance."

The match against Palomar College was a chance to give his starting lineup a break due to injuries, and it also gave the newcomers a chance to compete and get their names known.

Garriott analyzed on what he had in store in case one of his essential starters couldn't wrestle in the upcoming match.

The wrestling team looked good at the start of last week's match against East Los Angeles College, but its condition seemed to be in need of improvement in order for it to be in tip-top shape when it wrestles against Palomar College.

Freshman Eric Ambriz gave his thoughts about the match lineups against East Los Angeles College, "(I) felt it was a good match overall; (I) felt the team could've done better after watching the fight over. My technique was a little sloppy (and there's) room for improvement, but (I) had good cardio overall."

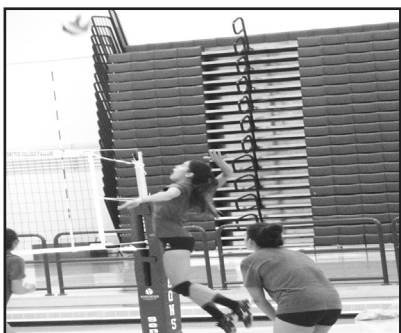
On the bright side, the wrestling team is hosting its first match at home in the gymnasium for the first time in three years since the construction started.

Freshman Samuel Holandez said, "Getting the gymnasium back is a huge moral booster on having home fan's support."

Oct. 25

### Volleyball dominate sets to win 3-0 against Harbor

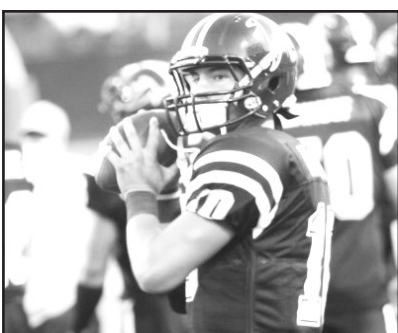
Freshman Jasmyne Roberts had eight kills in the volleyball team's 3-0 win against Los Angeles Harbor College last Friday. Sophomore Chelsea James added six kills and nine total attempts in the victory.



Oct. 26

### Offense clicks in 56-27 win over Ventura College

Sophomore Cody Clements assisted on two touchdowns and had 241 passing yards in the football team's 56-27 win over Ventura College last Saturday. Sophomore Elijah Penny had four touchdowns.



Oct. 29

### Soccer teams are cohesive in 17-0 and 1-0 wins

Sophomore April Juarez led the offense in the women's soccer team's 17-0 blowout win, and the men's soccer team notched a 1-0 victory, both over El Camino-Compton Center College on Tuesday.





# Carrigan Jr. has yet to fulfill potential



**Hustle:** Sophomore wide receiver Ricky Carrigan Jr. in pursuit of the ball in a home contest against Ventura College. He currently has 370 receiving yards in the season.

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Cerritos College athletes find themselves in a battle of sorts. Trying to find the balance between team practices and regular school work is no easy feat. Sophomore Ricky Carrigan Jr. has not only found a balance, he has found a way to stand out from the rest.

The versatile Carrigan plays wide receiver on the football team and participates in the long jump and triple jump events for the track and field team. Carrigan is a weapon on the football field and garners praise from his head coach, Frank Mazzotta.

“He could be special,” Mazzotta said of Carrigan. “He has the potential to be the best we ever had.”

Sophomore quarterback Cody Clements feels that Carrigan is a good teammate. “He’s a good guy. He plays his role well,” Clements said.

Most of his teammates share that same mentality and all sound praise when speaking about him.

Carrigan suffered a slight ankle injury during a football game against Pasadena City College earlier this month. He claimed that although he is not able to put 100 percent of his weight on it yet, he is strong enough to work through it.

Although football was his sport of choice, he decided to give track

a chance at the urging of his high school coach. Even though he did not want to run, Carrigan participated in the long jump event at the Cal State relays.

Carrigan claimed he did OK on the long jump, but he decided on the spot to try out for the triple jump.

“  
**He has the potential to be the best we ever had.**  
— FRANK MAZZOTTA  
Football head coach”

“I didn’t know what it was at first,” Carrigan said, “but I decided to give it a try. My teammates quickly explained what it was to me and I looked up videos on Youtube.”

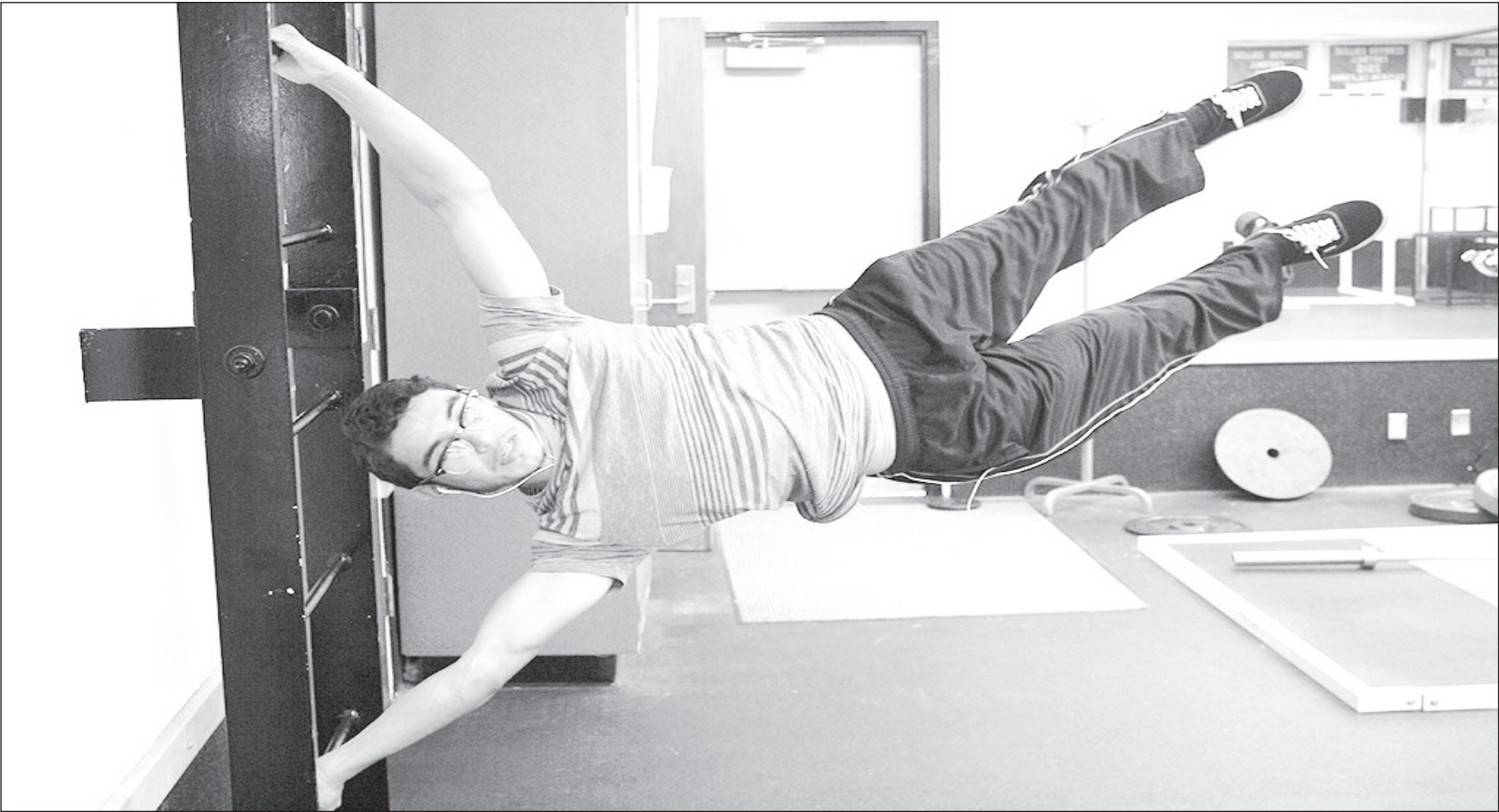
After failing to jump correctly on his first two attempts,

he was able to clear it on the third. It wasn’t until he was back at school the next week that he found out he had placed second in the state and set Cerritos College’s triple jump distance record.

Carrigan continues to work hard to help his teams (the football team and track and field team) win and his athletic ability has drawn the attention of multiple Division One football programs such as Iowa State University.

Carrigan said he has an idea of where he wants to transfer, but remains set that his goals are to win a state championship with both the football and the track team for Cerritos College.

PHOTO FROM CERRITOSFALCONS.COM



**Healthy salute:** Engineering major Nelson Balladares is performing a flag stand hold during his weight training class. The weight training class is one of many physical education classes that are offered on campus.



**Like the old days:** The jungle gym located behind the fitness lab. A quick set of pull-ups or push-ups can be the difference between a healthy lifestyle or an unhealthy, sedentary one.

## Fit for full-timers

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For some students, juggling school and staying fit can be very difficult to manage.

Cerritos College wrestler Java Maglasang talked about how easy it is to not exercise, “Laziness does get in the way because sometimes I don’t feel like doing anything because I’m either to tired from school or work, so I tend to chillout at home.”

Cerritos College offers many classes ranging from personal fitness classes, weight training classes, pilates, yoga and sports related classes.

Ni Bueno, health education department chair, explained how students can start implementing workout plans, “I think what needs to happen first is for a student to sit down and write out (his) schedule.

“Then, (he) know(s) exactly how (he is) spending (his) time and then (he) would know where (he) could fit in time for an activity.”

Kinesology major Kimberly Schotborgh talked about the difficulties with balancing school and working out.

“It’s kind of hard, but if I know that I need to make time to workout either by waking up earlier or (making) room in my schedule to just put my priorities straight and really set up an actual time to workout.”

Bueno talked about what students should do when they eat, “To me, there is no good or bad (food) because sometimes you have to have certain (food) and it’s okay as long as you have a small quantity. It’s all about portion control.”

Another service offered here at Cerritos College is the Pound for Pound program. This program offers free exercise classes, personal diet counseling and a nutritionist.

Bueno gave some tips for those who are barely starting to get fit, “My suggestion to students is to start off slowly. What I find is people try to jump into fitness really quickly. Some say, ‘I’m going to exercise six days a week for an hour a day,’ and that is just putting a lot of pressure on yourself.

“It’s almost like setting yourself up to fail. I always suggest to students to start with one day a week with 15 minutes a day of exercising, after, they have done that after two to four weeks, then they could add another day of 15 minutes a day.”

Bueno said starting with baby steps is always the best way to approach fitness. She also said that students can just partner up with someone else and walk around the campus or they can park farther away.

Nursing major April Martinez talked about what fitness means for her, “I think what defines healthy is overall health, whether it would be physical health, mental health and spiritual health.

“Hav(ing) an even balance of all those things, and eating right, taking care of your body and also taking care of your personal needs (is important).”

Martinez talked about what she does with eating right, “I just try to stay clear of fast-food, I eat a lot of vegetables.

“I try to stay away from red meat, I eat a lot chicken and fish and I drink nothing but water.”

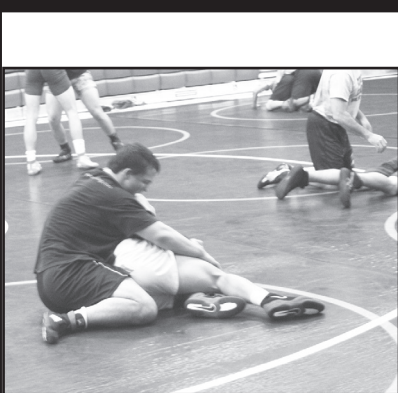
Criminal justice major Sam Holandez talked about the positive effects of working out, “It gives you good self-esteem and confidence toward everything you do.”

Bueno also recommended that students plan one day to see what they can bring to eat from home so they won’t have the temptation to buy food impulsively.

Oct. 30  
**Conference showdown takes place on the road**  
The volleyball team caps off its three game road trip against conference opponent Los Angeles Trade-Tech College Wednesday at 7 p.m. The team has a 6-9 record and 3-4 conference record.

Nov. 1  
**East Los Angeles College awaits volleyball team**  
Returning from the road, the volleyball team has a home contest against East Los Angeles College Friday at 6 p.m. in the Falcon Gymnasium. The team seeks victory after dropping its last two home games.

Nov. 1  
**El Camino College clashes against soccer squads**  
The men’s and women’s soccer team both face El Camino College on away trips Friday at 1 p.m and 3 p.m., respectively. The men’s team has a 10-3-2 record while the women’s team has a 13-0-1 record.



Nov. 2  
**Reno hosts the Lassen Tournament for wrestling**  
Saturday marks the beginning of the Lassen Tournament for the wrestling team, as it will be paying a visit to Reno, Nev. The wrestling team has a 8-3 overall record and a 1-1 record in the Southwest Conference.

Nov. 2  
**One final home game for the football team**  
The final home game of the season will be played against Bakersfield College for the football team, as kick-off will be at 7 p.m. The team has a 5-2 record and is undefeated in the conference at 3-0.