

TALON MARKS

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Veterans receive a helping hand for the holidays

The Veterans Resource Center tries to gather food for veterans at Cerritos

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'Tis the season for giving and that's exactly what the Veterans Resource Center at Cerritos College is doing for Thanksgiving.

"This year we had a really difficult time with our veterans having food," said Nancy Montgomery, Associate Dean of Health, Wellness and Veterans.

Despite the numerous programs that there are for veterans, many of them are finding a difficult time having enough money for food.

"This is for veterans who are really struggling right now," said Glen Pena, a social work major who is also a 10 year Marine veteran, "their G.I. bill is just not cutting it and some of them have families and they just cannot afford it."

The Veterans Resource Center and Montgomery plan to pass out the bags of food along with a \$20 gift card to Stater Bros. grocery store.

There will be between 40 to 50 bags that will be given out and the list has already begun to rise.

The operation is being taken discretely because many of the veterans are afraid to ask for help.

Johnathan Jones, a nursing major and Navy veteran said that many veterans will not ask for help because many of them didn't have to ask for assistance when they were in the service.

"I have mixed emotions about it. The majority of the emotions are good because of the simple fact of, you never know what anyone is going through whether they're

a student, whether they're working so it's a great idea, but I think there should be more flyers or something of that nature to post around."

Montgomery said that veterans need to meet a certain requirement in order to receive the bags but did not say what the requirements were.

According to Pena, he was given the chance to help with the operation because he knows many of the veterans on a more personal level and knows the veterans who will need the assistance more than others.

"This came about because one of our region 8 colleges said that they had done it for their veterans and I thought 'why are we not?' so I called our staff and said we need to do this because our food needs are so great," said Montgomery, "We have guys who haven't eaten for days."

The Public Affairs at Cerritos College, was the one that donated the reusable Cerritos College bags that the food is going to be given out in.

Wednesday will be the day that people will come and help put the bags together and by the end of the week the bags will be given out so that the veterans have enough time to buy the items they need for Thanksgiving.

The food that will be handed out is being provided by the general food bank on campus and some food will also be donated by Associated Students of Cerritos College.

"Our ASCC group on campus did a Zombie Walk and they had a canned drive that donated to our general food bank for the campus, and we use a special outside fund from the student health services, not the fee, and what we do is go and purchase more of that food and we go off of donations from the campus," said Montgomery.



PHOTO BY: JUSTINE YOUNG/TM
Giving back: Joseph Ierro, a 19-year-old political science major, clutches a stress ball while donating blood. The Red Cross was parked in front of the bookstore collecting blood from students from Tuesday to Friday

Every drop of blood helps

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The American Red Cross hosted a blood drive in Falcon Square, drawing potential donors to line up and wait patiently by the parked truck.

The blood drive, which lasted Tuesday to Friday, is the second drive held this semester with the first being held in September.

"We have a long-standing history with Cerritos College," Tracey Rivera, registered nurse and supervisor of the blood drive, said.

Over 170 students showed up and 132 units of blood were collected in two days during Sep-

tember's blood drive, according to Rivera.

Sixty units of blood were collected on Wednesday, and Rivera said the same was expected to be collected on Thursday.

The recent typhoon in the Philippines, which has killed over 3,900 people, according to the BBC, was one source of motivation for some students, prompting them to donate their blood.

"There was talk about the typhoon and making donations, so I decided to head over today," computer commission student Adrian Verdi said.

With her blood type being universal, journalism major and first time donor Zeinab Chahine

felt compelled to donate.

"I've always wanted to (donate blood)," Chahine said. "It made me nervous at first, but it's a way to help people."

Being a believer in the the concept of paying it forward, psychology major Elizabeth Ibanez felt the need to come out and donate.

"If something (bad) happens to me in the future, I'm hoping somebody else would be able to help me too," Ibanez said, who has been donating blood since her freshman year of high school.

The American Red Cross is always in need of blood donations.

According to the Red Cross' website, more than 41,000 blood

donations are needed every day, and every two seconds, a person in the United States is in need of blood.

Around 15.7 million blood donations are collected each year.

Despite these numbers, only 10 percent of eligible donors donate each year.

The Red Cross holds over 200,000 blood drives each year and 80 percent of all the blood collected comes from mobile blood drives such as the ones held at Cerritos College.

In total, the Red Cross is the source of 40 percent of the nation's blood supply which goes to around 2,700 hospitals across the United States.



PHOTO BY: GUSTAVO OLGUIN/TM
Change of Menu: Biology major Francisco Urrea eats Taco Bell at the Food Court. Cerritos College may soon have more food choices on campus.

Food Vendor Task Force looks for options

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ASCC President Juan Ramirez is part of The Food Vendor Task Force that will have to put together a proposal to the Board of Trustees for the potentially 16 new vendors that could be on campus by the end of the Spring 2014 semester.

"We just meet every other week on Tuesdays and discuss issues like how we can address the needs of the daytime students and the nighttime students, because they have different needs in relation to food," Ramirez said.

All of the vendors, including the current vendors on campus, will also have to go through the a process and be graded on a 1-100 point scale.

The process is going to continue until February and March of 2014, but the main focus of getting a new vendor will be having healthier options for the food on campus.

"There is actually an evaluation committee that is going to be reviewing these applications, but in relation to healthy food it looks like we just

might pull it off. The students just might get what they want, which is the healthier food franchise here on campus," Ramirez said.

The points are based from the vendors experience and qualifications to their menu offerings and pricing, which accounts for 40 percent of the score.

To get an idea of what the students want on campus, Ramirez worked with Mark Logan and conducted a survey during the beginning of the Spring 2013 semester.

Seventy-seven percent of the people that responded said that they eat on campus at least once a week and 43 percent of them spend around five to eight dollars a day on the food.

Thirty-nine percent of the students requested that a Subway would be put on campus and healthy fresh food was one of the qualities that students were looking for.

"Yes. This is one of the initiatives. ASCC has been actively working with (the) Purchasing (Department) on this initiative for about a year and was also one of the reasons why a food services survey was conducted last year," Logan said about getting healthier options on campus.

Criminal justice major Alec Torres can see how getting more options on campus can change the way people eat.

"It would actually help people out and have a diet from that. It would benefit more people to help them watch what they eat and it will benefit Cerritos (College)," Torres said.

There will be another survey conducted toward the end of the year and Ramirez plans for there to be a prize for the respondents.

"I am planning on actually taking money out from my own account to pay for a raffle prize, in order to encourage students to fill out this survey, because we need this information when we go up to the board and present the awards," he said.

The board then reviews the vendor's qualifications and will award them with three-year contracts throughout the 2016-2017 school year with two one-year options after. The urgency to go healthy has been happening all over the country and it is now in full force here at Cerritos College.

"They notice the demand for different food here on campus. So with the demand for change, eventually comes change," Ramirez said.



PHOTO BY: LAUREN GANDARA/TM
Looking to the skies: Cerritos College Astronomy Club president Hugh Rivera and treasurer Enrique Rueda stand in front of their table, selling donuts to raise money for their club's field trip to Joshua Tree.

Astromomy Club tries to raise money for trip

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Cerritos College Astronomy Club president Hugh Rivera and treasurer Enrique Rueda have a goal to raise money for their club field trip, selling donuts on last Wednesday in Falcon Square.

On the table with the sugary sweets was a poster board displaying the different planets and constellations that the club will be viewing when they get to Joshua Tree, which is located near Big Bear Mountain.

Rueda said, "Joshua Tree is a preferable place because it is away from

civilization and we're surrounded by hills and mountains which will block and cover light pollution, which will allow us to see the stars and the night sky a lot better."

He said about fundraising, "Astronomy itself is not really that popular but the donuts, the sugar, is definitely bringing in the students."

The club had sold over 10 donuts and are hoping to sell more so that they can afford to rent a bus to take the students to Joshua Tree.

Rueda added that there were also many students who signed up to join the club.

Rivera said that there are already over 30 members in the club, however, not all of the members will be attending the event.

Rueda added that anyone interested in attending the field trip is welcomed. The club will announce the official date of the trip once it has collected all of the funds.

He said, "Over 10 (students) will join us on that trip."

Rivera said about the types of heavenly bodies the club might see, "Jupiter might be there, Saturn might be there, last time Venus was present, most likely we'll be observing neb-

ulas, the Orion Nebulae and the Andromeda Galaxy."

He added that he wants to see if the club can catch a binary star because binary stars are hard to see.

"(We want) to let students experience something different that they don't normally see in the cities because there's too much light pollution, they can't see (anything)."

"(They see) an average of 20 to 30 stars. When they go with us to Joshua's Tree, the luminosity is so low that you can see about hundreds to thousands, even close to a million stars."

Social Equality Club hopes to start change on campus

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The Social Equality Club is a new organization on campus in which its sole focus is to highlight the social inequalities prevalent on campus and to provide solutions to such matters.

Child development major and co-founder of the club Jennifer Ovalle said, "Our mission as the Social Equality Club is to promote social justice throughout the campus and the community. We plan to achieve these goals by providing students with a safe space to exchange ideas, brainstorm solutions and put our plans into action."

Co-founding the club with Jimmy Valdez, Ovalle said that they both thought up of an idea last September about creating an organization on campus that "would focus on building a student voice for educational equality and reform."

"We brainstormed and eventually decided that we not only wanted our campus to have a space accessible for students to begin having conversations around issues revol-

ving around educational equality, but equality and social justice in general, so we decided to become an official club this semester," she said.

Ovalle believes it is important to promote awareness on social inequalities and figure out solutions to these problems.

The club has since acted on this stance by implementing paid internships on campus.

"The internships will revolve specifically around educational reform and will teach students how to become leaders within their own schools and communities by teaching them how to put our ideas and problem solving methods into actions."

Earvin Chavez, a member of the club, feels everything the club is doing is of great benefit to the students on campus.

"I feel the first step has been taken toward making a difference, and that first step was the creation of the club. The creation of the club is an achievement in itself because it shows that students can collectivize into a group for social justice."

The Social Equality Club is still in its early stages and is attempting

to establish itself and maintain a type of stability.

There has been a sense of support for the club, however, and it seems as though it is attaining some ground.

"(The Make it Happen Club members) said they will provide logistical support, and advice on how to concrete the club," Chavez said.

Internships are only one way the club is hoping to make a difference. It seeks to promote itself and provide awareness by doing other things, such as bring up issues of poverty or overall educational plans.

"As for particular campaigns, we are actually in the midst of deciding that as we speak," Ovalle said.

"Some ideas that have been brought up include educational reform, homelessness (and) poverty. We want to find ways to bring positive changes to not only our campus but our communities, so that all who are served by the college and our communities can benefit."

Chavez said, "I believe once we establish ourselves as a formidable force, then word of mouth will serve as the best advertisement."

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Campus meetings

Senate
Senate will be meeting in BK 111 on Wednesday at 2 p.m.

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

Cabinet Meeting
Cabinet will be meeting in BK 111 on Monday at 2 p.m.

Holiday

College Campus closed for Thanksgiving

Cerritos College will be closed on Nov. 28 and 29 for Thanksgiving break. The campus will be open from Monday through Wednesday.

Myths dispeled and facts presented at anti-rape workshop

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One in every four women becomes a sexual assault victim or is involved in an attempt on a college campus, according to Cerritos College speech instructor Minodora Moldoveanu, who was the speaker at the Women's Self Defense Seminar on Friday in the Social Science Building.

Even though she was not a victim of rape herself, Moldoveanu said that when she became aware of the topic, she found it interesting and started to do a lot of research on it.

She said in the seminar, "Sadly, we live in a rape-infested society."

"The youngest rape victim is four months old (and) the oldest rape victim is 93 (years old), so if you're anywhere between those two ages, you're likely counted."

Moldeveneau said that rape is a gender-based crime, making it more likely for a woman to be raped over a man unless the man is sent to prison. She said it is gender-based because 99 percent of men commit rape.

Moldeveneau also provided a list of myths that make victims less likely to report the crime:

- Women want to be raped.
- Sexual arousal leads to rape.
- Most rapes are in dark alleys by strangers who act extremely violent toward the victim
- Rape involves physical force
- The victim has to be physically resistant for it to be considered rape
- Weapons need to be involved
- Rapists are mentally unstable and of lower economic status

She added that sexual assaults are more likely to occur between acquaintances, mostly on dates and to women between the ages of 17 to 25 years old.

She said that out of everything she discussed in the seminar, the most important thing a person can do to prevent from being attacked is "assertiveness, standing up for yourself and saying No and then doing the necessary physical steps to make sure that someone understands."

To prevent from becoming a victim herself, Moldoveanu also took self defense classes and showed the group of students at the seminar different techniques in order to defend themselves.

She said gauging the eyes, a kick to the groin and simple punch to the nose will help to get you out of your predicament.

She also mentioned how a person should speak up if they are feeling uncomfortable, even if the other person

has no intention of doing so and could possibly feel offended.

Moldoveanu said that almost every semester she has a few students that will go and discuss what happened to them because of her knowledge on the subject.

"My goal is for them to deal with the problem so they can lead close to normal lives as possible. And I'm not a counselor either so I'm not trained to counsel them to help them deal with it, but what I can do is point them out to resources."

"I've pointed women out, before, to our Health Center because I know that they have some psychological services or they get referred to psychological services."

She said that even though she has not been a victim herself, based on what she knows, she is still able to empathize and understand the students that come to her and share their experiences.

Cynthia Arellano-Lavariere, another speech instructor, and psychology instructor Michael Farris are co-advisors for the Gift of Inspiration Falcon Team Club, who held the seminar.

- Arellano-Lavariere explained why the GIFT Club decided to host this seminar, Arellano-Lavariere said, "The GIFT Club is to bring together the community so like everyone on campus. We want to bring the community, faculty, staff and students so we figured it was something that was needed, like an awareness."

"We've had some things happen on campus and a lot of students were afraid so we figured that this was a good topic right now."

Since Moldoveanu has spoken at Cal-State Long Beach about the issue of sexual assault, Arellano-Lavariere decided it was a good idea to bring her in to speak at Cerritos College.

"It was a great turnout. I think we're going to have another (seminar)."

Right now, (Moldoveanu) is talking to the Long Beach State team to come and perform, so they do a performance and then she speaks."

Whether or not this seminar had a strong impact on the students that attended, Arellano-Lavariere said, "A lot of people came out and they were clapping and excited and also some were emotional. I did have some (students) when I was out (in the hallway) and I did talk to them and made sure that they were OK."

"It's a very difficult topic and so, if we do offer it again, (we will) definitely be prepared. I think we were fine (this time) but there are people that this is a very emotional topic (for them). Even if they aren't victims themselves, they maybe know a victim or are afraid for whatever reason in their life, so that's a really scary thought."

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TALON MARKS

THE LEGEND CONTINUES

OPEN HOUSE - THURSDAY IN FA 42 AT 11 A.M.



“How do you prepare for the next semester?”

COMPILED BY:
LARISSA MORALES

PHOTOGRAPHS BY:
ABRAHAM DAYFALLAH



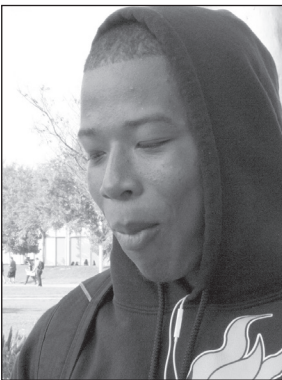
OMAR CORTEZ
Business administration major

“I get everything personal out of the way and focus on more studying and everything I failed on the previous semester.”



ANDREW ROGERS
Theater major

“By registering for the classes (I) need to take or finish to get the credits (I) need to transfer to a university.”



JERRELL BRADFORD
Psychology major

“I don't really prepare. I just go right into it and take it head on!”



ANDREW BALLANTYNE
Undecided major

“I get my books based on whatever I really need because I don't get a lot of financial aid.”



ROBERTO JUAREZ
Theater major

“I schedule for my classes, take a look at everything I have coming up and I plan accordingly.”



ABEL OSORIO
Chemistry major

“I see the reviews for the teachers and see what other students say about that teacher and what I should be prepared for.”



Larissa Morales
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Theaters are here to stay

With movie theater prices on the rise, many people are opting out of heading to the theater and are choosing to stay home and watch their favorite movies in the privacy of their own home, but where is the fun in that?

Sure, you get to stay home in your pajamas and eat from your own kitchen, but that's where people need to stop and re-evaluate their decisions.

Society has become so spoiled that people are being offered things, which were once valued, to their front doors.

Don't you remember the days where we would beg and plead with our parents to take us to go watch the newest cartoon that was just released?

A lot of theaters, yet not all of them, offer discounts for college students and even offer discounts for a movie that is shown on a certain day.

The overwhelming smell of popcorn and the idea that you're about to watch a movie on a very large screen is enough to excite anyone!

It's also exciting to get dressed up and enjoy a nice night out with your family, friends or maybe a special someone.

Some people say that the reason they choose to watch films at home is because movie stars already make so much money that they don't need any more.

Just because a movie star makes a lot of money from a flick, that doesn't mean that he isn't losing anything by you choosing to stream it for free from your house.

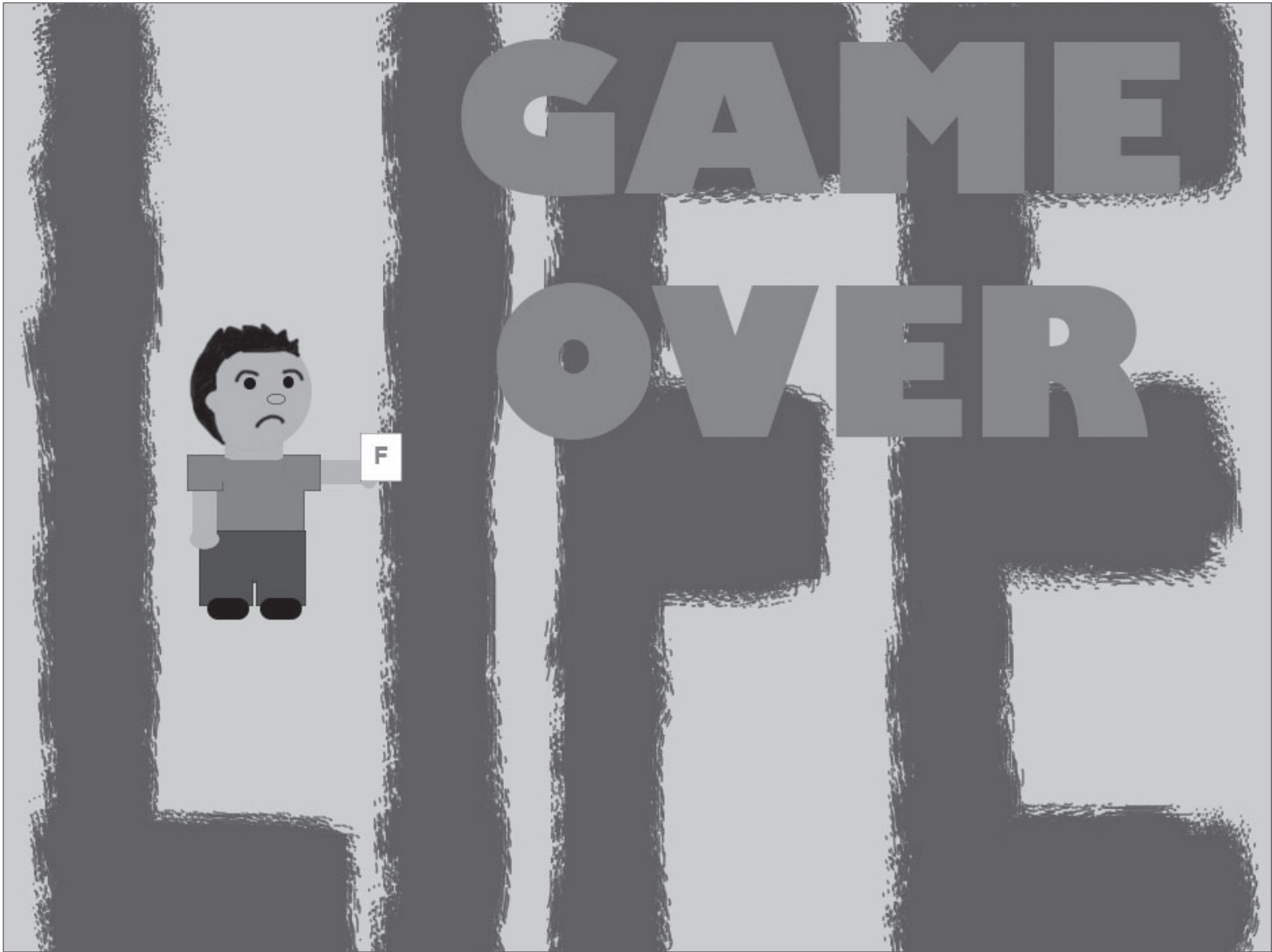
With all of the millions of dollars that go into movies, how do you think the people who create these films for you get paid?

People will invest in certain movies to be created in order for them to be successful.

We need to take off our blinders and see that movie theaters and their prices are not going to get any better if we choose to stay home instead of going out to see these films.

So, try something new (or do something you used to do) and enjoy the movie theaters!

•EDITORIAL•



LAUREN GANDARA/TM

Prepare so you don't fall behind

With the end of the fall 2013 semester getting closer and closer, it is now time to start planning for the next semester.

The first step that needs to be taken is scheduling an appointment with a counselor to see if you are on schedule to graduate or transfer.

Counselors are here to help you, so use the resources that are available!

Everyone waits until the last minute to see a counselor, so schedule an appointment as soon as possible because it becomes nearly impossible to see one toward the end of the semester.

Community college used to be a two year process, but due to more people going back to school, it has become more of a three year journey.

Therefore, establishing an education plan with your counselor is crucial to getting out of Cerritos College as fast as possible.

Taking classes that go toward your general education and your major should be a priority over the classes that you want to take because they sound fun.

The next step is to know what options are available to you.

There are plenty of programs that are available to you to help with the transfer or graduation process.

“Degree with a Guarantee” is one of those programs that map out what classes that you would need to take to get to the university level.

It also gives you a bump in your grade point average that will give you a better chance of getting into the school of your choice.

Another program is available to first year students is the “First Year Experience.”

This program puts students in groups and has you take certain classes together.

This allows you to be able to have people that you see on a regular basis and can help you form study groups.

Plus, first year students usually don't know what college is going to be like, so this helps the transition from high school to college feel more natural.

After that, you must put together a schedule before your registration date that can realistically fit your schedule.

You don't want to barely start picking your classes as soon as your registration time starts.

Also, make a couple schedules just in case you are not able to get into some of the classes that you have on your schedule.

Once you have a schedule, make sure that it compliments what you already have on your plate so you don't end up overcompensating for

time that you don't have.

If you have prior engagements, such as work or volunteering, your school schedule needs to be flexible enough for what you have to do.

You don't want to take all of these units and not have time to study or do your homework because you work so many hours a week.

Then again, you don't want to under fill your schedule because it will only make you go to school for a longer period that you really have to.

The final step is to see what books you need for the classes you register for weeks before the classes even start.

This gives you time to find cheaper prices for these expensive books that you need and you can have them when your classes start.

Having the book before the class start allows you to become familiar with what you will be going over the entire semester.

You don't want to be two weeks into the start of the semester still waiting for the book that was ordered on the first day of class.

Following all of these steps will help get your next semester started smoothly, and you will be prepared for all of the classes that you need to take.

Part-time job is a plus

With the economy running as quickly as it can into the ground, students are left wondering if it is even worth going to school. What should they do about making more money?

Should students consider having a part-time job or simply just stick to going to school until they eventually can achieve their associate's or bachelor's degrees?

People may believe that mixing school with work is a bad combination, but it is an independent challenge that crosses barriers within yourself which allows you to try harder in school.

Juggling a part-time job and wanting to still maintain that “A” in all your classes can be difficult, but the choice is always left up to the student.

If you have a job and go to school, some of the benefits are that you can afford to go out shopping, go out with your friends, spend time with your loved ones and even catch an overpriced 3D movie in the theaters.

One person cannot rely alone on school, he needs to have some form of income, no matter how you look at it.

Yes, there is a downside to having a part-time job and still maintaining a steady grade in one's classes due to the lack of studying.

If you are a part of the working class, you not only lose focus on what your true ambitions and goals are with continuing your education, but you also just simply might give up school altogether.

Having a job is just another bump in the road that will actually make it far easier on yourself to want to finish school faster because you know the money is coming out of your own pocket.

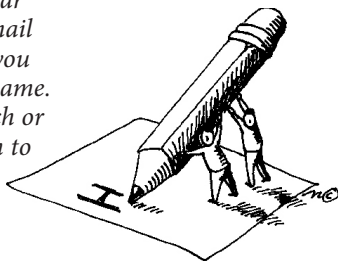
You only can limit yourself for far too long to what you can physically obtain and achieve, but if you truly set your mind to it, anything is possible.

If you have a part-time job, make sure to leave enough time to study and never allow your work to control who you are. It's only a stepping stone, not a permanent aspect of your life.



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Grand Drag Supreme named at QSA show



Empress: Kevin Ojeda as Evolution is awarded winner of Grand Drag Supreme. She was accompanied by Veronica Pop, an actual Drag Queen who performs Friday nights at the Shark Club, and Austin Garcido, the president of QSA.

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"This show was to really show the subculture of queers and homosexuals. This drag show is to showcase what (the) QSA is about. Hopefully, the show will get everyone in the room singing along and having a good time," Ron Cordova, nursing major and judge to the first drag show hosted by the QSA, said.
Daniel Schapper, member of the QSA and linguistics major, explained what a drag show is, "In drag shows, most kings and queens do lip syncing and some do comedy skits and others can do anything that pertains to entertainment."
The event was to be held Nov. 7 at 11a.m. and ended up being delayed until 11:45 a.m. due to the disc jockey's late arrival.
Despite the postponed introduction,

the event was anticipated twice as much by half of the Student Center filled with folks yearning to witness the kings and queens walk with sass and flaunt what they got.
With the delayed show, anthropology major Lauren Didio helped pull things together, "What I kind of did, even though I was just a host, was pull everything together and get organized. I wrote my script and talked to everyone and calmed some of the people because a lot of the cast was freaking out."
Once the show kicked off, there were five total kings and queens participating. The show's contestants in chronological order: Dana Ramos (psychology major) as Dan Ramsbottom, German Sanchez (psychology major) as Gem Piaf, Diamond Bracamontes (psychology major) as Papi Dulce, Colston Westbrooks (political science major) as Colstina Blue,

Kevin Ojeda (sociology major) as Evolution.
The first part of the show consisted of lip syncing.
Next, after all the contestants finished, the kings and queens continued on with the talent portion of the competition, which included floor stomping, body rocking and providing the audience with humor.
The last part of the competition commenced.
Didio as the host asked a variety of questions and this was one, "What would you change about yourself and why?" These questions were an attempt for the participants to look introspectively in an effort to show their true heart.
At the end of the show's three components, there was a clash between Papi Dulce and Evolution.
This ended up in a tie leading to a tie-



Mr. Suave: Papi Dulce struts down the cat walk, taking off his jacket and showing off the gun show for free.



Still king: Despite being in second place, Diamond Bracamontes still was victorious as the king of the QSA's drag show.

I've found out that it's really fun."
Dancing wasn't the main purpose of the event. There was a greater reason behind the drag show for Evolution.
"I feel like me doing this makes me an example in a way. This was a voice for gay people and that we do exist and that we're proud of who we are and that we're here."

Scan to view the Grand Drag Supreme Slideshow
[QR Code]
http://bit.ly/17mzLZi

Talk of radical narcissism

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In an age dominated by follower counts and selfies, narcissism is seen in everyday life.
While some consider narcissism to be more of a negative quality, former Cerritos College student Raquel Gutierrez thinks differently.
Gutierrez's essay, "Radical Narcissism," embraces the importance of being in love with oneself and exploring who you really are.
Gutierrez held a reading of her essay Thursday accompanied by the musical styling of artist Gabie Strong.
"Radical Narcissism" is a personal history that tells the story of her life growing up as a queer Latina in a world filled with gender norms and customs that just didn't match.
Touching on issues such as gender identity, exploration of oneself and culture, "Radical Narcissism" does more than just tell a personal story.
"(The essay) allows for people to rethink notions of collectivity, the organization of the self and how people perform their identities," art gallery director James MacDevitt said.

Being big on audience participation, Gutierrez started off her performance by asking everyone in the audience to describe what "humanities" meant in one word.
The room was quiet as Gutierrez began reading her essay, but as time went on, the room was filled with the dark sound of Strong's bass.
"The musical accompaniment

added layers of evocation to my experience," MacDevitt said.
Gutierrez held a question and answer session following the reading where spectators responded to the essay and asked questions to get more insight on the essay and who Gutierrez is as a person.
"Radical Narcissism" left the audience with new ideas of the meaning of narcissism and the strain societal norms can cause.
"I think it's necessary as young, brown, queer and first-generation college students to be narcissistic," Chris Albidez, a friend of Gutierrez, said.
"Society has a certain idea of how things should go and nobody actually pays attention to it," woman studies major Chris Andres said.
"What people don't realize is

that it's kind of trapping in a way."
Gutierrez is no stranger to the constricting gender norms that society has set in place.
As a young adult, Gutierrez didn't exactly follow the norms set for women; she often chose to wear band t-shirts and Dr. Marten boots over dresses and skirts.
"We don't have to follow strict templates around identity," Gutierrez said.
"We have a lot of freedom to play with identity markers and explore and examine categories as possible sites of liberation or oppression.
"That's the journey, you either arrive to something or you don't, and that's OK, too."



Love yourself: Raquel Gutierrez reading her essay and speaking about embracing the importance of loving who you are. Her essay is in the perspective of a lesbian who embarks on a journey to find who she is.

THEATRE
'Rebel Without a Cause' auditions
Auditions for the production are open to all students. Auditions will be held Dec. 9 and 10 from 6 - 8p.m. in the Burnight Studio Theatre.
Visit : http://bit.ly/1fTyNGf

The Cerritos College Library Club cordially invites you to the 7th Semi-Annual Poetry Night Event!
Event will take place on Thursday, Nov. 21 from 5 - 8 p.m. in LC-155 (Teleconference Center)

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Athletes triumph in Paralympic event

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A paralympic event funded by Shoe City and supported by the Cerritos College track and field team, was held last Saturday at Falcon Stadium with 43 athletes from 13 states and two countries participating for a \$10,000 shared prize.

Competitions ranging from 200-meter wheelchair races, shot-put and long jump were part of the meet, as athletes with disabilities displayed their talents, and how unphased they are by such limitations.

Various athletes ended up splitting the \$10,000 purse, with the likes of shot-putter Jorge Tarazon, earning a \$750 share, and fellow shot-putter Stephanie Timmer, earning \$450, based on how well each individual placed in his respective competitions.

Sophomore track and field runner Carissa Saenz was one of many in attendance who was assisting in the event, and was not only impressed by the performances given by these athletes from across the world, but inspired.

"It's amazing," she said. "It's crazy how they can compete or run faster than people who don't have any disabilities. It's really cool."

Timmer was a part of the shot-put event, and although she claims that her performance was not up to par with previous competitions, she is content and happy with how the event was constructed.

"It was great. For a smaller event, an inaugural event, it was really great. The coaches were great, and I couldn't complain about the weather either. It was fun."

Timmer's achievements in Paralympic competitions alone are impressive enough, as she was recently a part of the 2012 London Paralympic Games, but the fact that she is blind, along with fellow shot-putter Jorge Tarazon. Both are able to compete without allowing themselves to be hindered by such limitations, and this instills inspiration.

"I hold the American records in shot-put and the javelin," she said. "This is kind of the offseason right now, so we don't get to do a lot of training. We come here to see how we're doing throughout the winter."

Tarazon was able to break one of his personal records in the shot-put, despite being in the offseason.

He said, "I like the whole aspect about friends throwing against each other and competing. It's a real big event for it being the first time. I think it was about

90 people, so I'm looking forward to coming back next year."

According to Christopher Richardson, cross country and track and field director, the event originally was not supposed to be held at Cerritos College, but in San Diego, however scheduling conflicts caused the event to be moved.

"We got a lot of really great competitors. It's the first one, so it's kind of inaugural. We're trying to raise awareness and keep things going."

"It's been fortunate that, not only athletes, but students that we've mentioned it to, have helped out with this event. So, we have a lot of people from the community coming out and giving support."

Richardson went on to say that the purpose of this event was to promote a type of awareness for the Paralympic athletes that were present at the competition.

"I knew some people at the Olympic training center and (it) mentioned our facility, so we're fortunate enough to work out some dates."

"It was kind of strange because we have the cross country state championships coming up, and the week prior we had the regional championships, so this is kind of the only weekend that was available."

"This is the last disabled, or Paralympic event, of this year, so it's pretty cool. It's fun to watch."

As all the Paralympic athletes have come together for one event, the relentless and tenacious work they have displayed has become infectious.

"I think a lot of our athletes (cross country runners) are enjoying a lot of these (Paralympic) athletes persevere and go through these challenges, and still have the energy, the passion and the fight to become really competitive and excel at this sport."

Scan to watch a video highlight of the event.



<http://goo.gl/Kqf5ua>



Soaring above limits: Rudy Garcia-Tolson participated in the men's long jump ambulatory. He notched 5.15 meters in the event, tying up at second place with fellow long jumper Ahkeel Whitehead.

ABRAHAM VENEGAS/CONTRIBUTOR



Off to the races: Austin Pruitt competing in the 5000 meter dash wheelchair race. He finished with a time of 14:18.23, beating his seed time of 15:26, and ended up winning a \$150 share of the \$10,000 prize.

ABRAHAM VENEGAS/CONTRIBUTOR

Road to the playoffs

Tactics will ultimately dictate who wins title

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In a sport where many tactics offer different routes to victory, the Cerritos College men's soccer team is focusing on the use of ball possession and making the ball do the work for it.

The team will apply these principles when it participates in the first round of the Southern California Regional Playoffs on Saturday.

"We're going to definitely work with the ball. That's got to be the main focus," head coach Benny Artiga said.

All the teams participating are not aware of the opponents they will face in the playoffs due to alternating scores in the power rankings.

The Falcons will be working on their ball possession and resting those that are injured.

It was shown in last Friday's home match against Mt. San Antonio College that when Cerritos College does not possess the ball, it can become disoriented and beaten.

Beating Cerritos College 2-0, the Mounties took away the ball from the Falcons in a very dynamic way.

Sophomore midfielder Thiago Lusardi said, "I feel like (Friday) was our worst game of the season."

Artiga has studied his flaws and, like any tactical coach, will address the flaw to the team for further correction.

"The only thing we have to change now is go back to the things that made us successful all year. We need the ball."

He hopes that with the week off, injuries that have negatively impacted the team's ability to be at its full potential will have time to heal for the playoffs.



SEBASTIAN ECHEVERRY/TM

Vigilant: Sophomore goalkeeper Benito Gonzalez attempts to block a ball at practice. He has nine saves in the season and has a saving percentage of .692.

Bull's-eye set on the defending champions

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Taking the conference by storm with a 4-0 away win against Mt. San Antonio College, the Cerritos College women's soccer team remains unvanquished with a 19-0-1 record, and it looks forward to the Southern California Regional Playoffs on Saturday.

The defending national and state champions seek success in the playoffs Saturday, and desires to capture its fourth state title in the past six years.

The one, sole tie the women's team has sustained was against the very team it defeated last Friday, Mt. San Antonio College.

Tying up at 2-2 last time around in an uncharacteristic performance, the women's soccer team executed well.

Sophomore defensive midfield-

er Lyanna Farran wants the new players coming in to give it all they have on the field.

"They have to go out hard every game and play like it's their last."

The target has been painted on the back of the Falcons, as the team has the defending title.

"Other teams got stronger this year," sophomore midfielder Claudia Lopez said. "We got stronger, too, but that doesn't mean that they are going to take it easy on us."

Seeding is currently being determined, but the women's team's record gives it an edge over last year. Head coach Ruben Gonzalez has "an experienced team" at his disposal ready to defend the title.

"I have 10 sophomores, and eight of those 10 sophomores played a big part last year when we won the state, and national championships. They know what it takes to get it done, and the freshman have gone under their wings."

Nov. 21 to 23

Men's basketball look toward tournament

The men's basketball team will face its first opponent, College of the Canyons, in the Irvine Valley Tournament on Thursday at 2 p.m.

The men's team has an 0-2 overall record.



Nov. 22

Mira Costa College faces off women's basketball

The women's basketball team has started off its season with a record of 1-2, and seeks to come out with a victory in an away contest against Mira Costa College on Friday at 3 p.m.

Nov. 23

Wrestling participates in East Los Angeles Brawl

An 11-3 overall record and a 4-1 conference record has the wrestling team confident for the East Los Angeles Brawl on Saturday at 9 a.m.

Freshman Dustin Kirk leads the team with a record of 25-4.

Nov. 23

Cross country prepares for championships

The CCCAA State Championships will commence for the men and women's cross country teams on Saturday at 10 a.m.

The meet will be held at Woodward Park in Fresno.





Out of reach: Golden West College attacker Taylor Isaac scores a last second shot over Cerritos College goalie Alfredo De La Mora. De La Mora led the team in steals with a total of 50 during the season, according to cerritosfalcons.com.

One final home outing for the volleyball team

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Falling short of head coach Teresa Velasquez's expectations and missing the playoffs, the volleyball team will conclude its season Wednesday at home against Los Angeles Harbor College.

"I was thinking we were going to make the playoffs because we have a good team. Through the transition of playing, you never know what's going to happen," Velasquez explained.

Dropping its match against Pasadena City College 3-1 last Friday, the volleyball team holds a 8-13 overall record and a 5-8 conference record.

The sets were closely contested throughout the match, just as they have been the same way throughout the entire season, but the volleyball team could just not capitalize on its strengths when the competition got heated and down to the wire.

"We have the ability to beat any team, but we are lacking the communication and the bonding," freshman setter Michelle Barba said. "There are a lot of strengths and weaknesses, and I'm glad we know what our weaknesses are."

Freshman Sara Hickman, right side hitter and middle blocker, said, "We played well as individuals, but not as a team. When we play as a team, we're a lot stronger than people think, but we played on our own."

There's one final chance to rectify the flaws in the team's tactics on Wednesday, and Los Angeles Harbor College will be at the receiving end of what Hickman calls an "all-out" effort.

"(Los Angeles Harbor College) is not nearly as dif-

ficult as Pasadena (City College) or any of the teams we have played, but coach always said that if they can put a ball over the net, then you have to respect them."

In its previous match against Los Angeles Harbor College, the volleyball team came out victorious 3-0, and the team was spaced out and executing well on offense, with at least ten players unleashing one kill, according to cerritosfalcons.com.

"We were close every game we played this season, but we didn't make it."

— TERESA VELASQUEZ
Head coach

Freshman outside hitter Nicole Spigner said, "This is not how the season should have ended for us. We should have won more games than we did. We're going to push through it because we're a better team than that."

With only two sophomores this season, the freshmen will make a return for next year, and that's when everything that has been learned will be applied.

Velasquez said, "The team will learn from this. The experience will make the difference because now, the team gets nervous and with being nervous, the team makes a lot of errors."

The final outing of the season for the volleyball team will be at 6 p.m. at home in the Falcon Gymnasium.



Season ends for water polo after tournament loss

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A triple ejection in the Cerritos College men's water polo's 13-9 loss to Golden West College ends the team's season with an overall record of 16-14 and a 5-2 in conference play last Friday.

The conclusion of the game left players and coaches confused after the second round of the Southern California Regional Tournament.

"(The referees) kicked out two of (Golden West College's) guys and then immediately after kicked out our guy. I'm actually still confused about (the call)," Cerritos College head coach Joe Abing said.

Golden West's head coach Scott Taylor was just as confused and said, "I don't really know. I think they finally figured it out that it was the right call, but I'm not really sure of the exact situation."

Cerritos College driver Miguel Garcia was able to shed some light on what had happened in the pool and said, "There were two guys drowning one of our guys, so they ejected the (Golden West College) guys. Then after our guy came up, he drowned one of them, so he got ejected too."

The Cerritos College team came into the game as the seventh seed and was able to put together a second half comeback that fell short against the second seed Golden West College.

Garcia, who had two goals

and three assists, felt that the men played better with their backs against the wall in the second half.

"We just didn't really want our season to end, so we just really gave that extra push to see if we could come back. We had nothing to lose," he said.


Two-meter offense player Michael Hanna credited the adjustments that were made during halftime and said, "We just made sure that we pressed out on (Golden West's) shooter, tried to help each other on defense and (had) smarter passes on offense."

However, the 9-3 score from the first half was just too much to overcome, even though Cerritos College was able to outscore Golden West College 6-4 in the second half.

"(Playing) a team like Golden West, if you get in a hole like that, it's hard to beat them," Abing said.

Golden West College finished the regular season first place in the Orange Empire Conference and had a record of 23-3.

Taylor credited Cerritos College for its effort in the second half and said, "Cerritos (College) did a good job continuing to play and (the team) played hard the whole way and (it) did a great job of coming back in the game, making it tough for us the whole way."





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