CERRITOS COLLEGE

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Student copes with disorder through art

GUSTAVO LOPEZ News Editor @Gus_Lopez07

Natalie Romero is like any other student here at Cerritos College. She is studying to become a teacher, is a member of the Phi Theta Kappa Honor Society and has a G.P.A. of 3.65. She is on her third year at Cerritos College and hopes to get her AA and transfer soon.

But unlike most students here at Cerritos, she also suffers from complex regional pain syndrome or CRPS, a neurological disorder.

Romero was diagnosed in her junior year of high school and she recalls that it was a painful experience, "It was somewhat of a relief because I'd been going through two-and-a-half years of being told I was crazy and I went through a time when I didn't want to live anymore and I didn't know how to deal with not knowing what was wrong with my body."

I was walking one day and my knee just gave out and that's how I got it. And it just progressed and progressed and it spread (throughout) my entire body."

Romero recalls, "Everybody was running and they couldn't get me under control because I was choking and I told my mom I don't remember what happened because,

mentally, I wasn't there and I blacked out.

"(Doctors) had to put me on oxygen and they had to give me a lot of shots of sedatives to calm me down, and I believe I didn't wake up until the next day.

"They said if it weren't for the fact that that happened, they wouldn't have been able to diagnose me. It's been five years now that I've had this. And, I don't know, if that wouldn't have happened, I don't know if today I would have been able to say I am a CRPS fighter.

One in 4,000 people a year are diagnosed with CRPS, but there is not a sure-fire way to diagnose it with 100 percent certainty.

Romero said, "I think the hardest part about living with CRPS, it isn't the flare ups or the doctor's appointments, it's accepting that I have limitations and that I will never be the same."

A contributing factor that so little people know about CRPS is that, on average, people suffering from CRPS will see five physicians before being diagnosed.

Another obstacle people face is that they're told that the cause of the symptoms is in their head.

See Page 2: "Romero finds new ways to express herself."

Bias a factor in possible

GUSTAVO LOPEZ News Editor @Gus_Lopez07

Many students were surprised to learn that the transfer cost of riding the Metro bus, and, then, a Long Beach Transit or Norwalk bus was now \$2.25 as opposed to the previous \$1.85.

structure and our board ultimately made the decision of doing a oneyear fare increase. Staff had recommended a three-phase approach in terms of raising the fares, but the board opted to just approve a one-

Metro bus prices as of July 1, 2010 \$1.50 for regular fare \$1.85 for transfers

"I don't think the transfers are fair; they're \$2.25. [It's] more money out of (students') pockets. It's basically - how am I going to get to school, am I going to have enough money to get to school and back? That's what I think," Cynthia Rodriguez, psychology major, said.

This new fare structure was implemented on Metro bus transfers. It wasn't the only fare to go up in price.

According to Rick Jager, from Metro Media Relations, "Staff indicated that by 2015, unless the fares were adjusted to the deficit, it could reach a \$38 million growth, to about \$225 million over a 10-year period if something wasn't done."

The new fare structure resulted in a 25-cent increase to regular fare, from \$1.50 to \$1.75. A day-pass will increase from \$5 to \$7, the weekly pass from \$20 to \$25, the 30-day pass from \$75 to \$100 and the EZ Pass from \$84 to \$110.

The las fare hike was in July of 2010, when regular fare was \$1.25, according to the http://thesource. metro.net.

Jager added, "[We] held a lot of public hearings and getting public input in terms of the proposed fare

year increase and then look internally to see if (the board) could save money."

If the three-phase plan had been chosen, it would have resulted in a further fare hike in 2017 and 2020, if the deficit had not been fixed.

The problem with the current deficit is that the fare prices only cover 26 percent of operating cost.

The average Metro fare when discounts are factored in is only 70-cents, according to a media release from Metro.

Jager added, "Normally through a public hearing process, when we go out trying to bridge the deficit, a lot of people may not like the fare increase, but (people) would prefer fare increases over service cuts. So, in order to maintain the level of service that we have, something had to give, otherwise, we'd face a large deficit for the next 10 years."

Some students were surprised when they had to pay more for the transfer, but others weren't.

"I had to find out the hard way," Alexis Diaz, arts major.

"I haven't really looked into it, (the fare is) worth more than I spend on a weekly basis," she added.

Francely Pascual, English major, said, "It (hits) everyone because you have to pay more."

\$6 for a day pass \$20 for a weekly pass \$75 for a monthly pass \$84 for an EZ pass

INFOGRAPH BY GUSTAVO LOPEZ

Metro bus prices as of July 1, 2010 \$1.50 for regular fare \$1.85 for transfers \$6 for a day pass \$20 for a weekly pass \$75 for a monthly pass \$84 for an EZ pass

INFOGRAPH BY GUSTAVO LOPEZ

NEWS

FULL STORY ON PAGE 2 iFalcon holds conference about students and tech

FULL STORY ON PAGE 4 ARTS Does 'Destiny' live up to its hype? Find out if it does



demise of Fall Banquet

CARLOS HOLGUIN Staff Writer @ch_woodstock

ASCC is seemingly at odds on the subject of the future of the Fall Banquet.

Costing \$13,500, the annual Fall Banquet awards students of the fall semester with scholarships to further their academic career. While not as many students apply for scholarships in the fall as they do for the spring banquet, the importance of the fall banquet has recently been in question by various members of the board.

"With more students applying in the spring than in the fall, I think we should keep the banquet," Commisioner of Student Outreach Araceli Lopez stated. "We need to make sure students get a equal oppurtunity to apply."

If plans for the Fall Banquet continue, the ASCC has decided to implement the use of service records to track the amount of hours volunteered at school events.

The more hours volunteered, the better the students' service records will appear.

Service records will also be used to help eliminate any bias when it comes to deciding previous scholarship winners in previous semesters.

"I was part of the group that decided who granted scholarships to last semester, and I can honestly say there was some bias," Lopez said.

"It was evident that there was bias in the selection process of who would earn some of those rewards and scholarships, so I would have to agree with that statement," Student Body President Miles Aiello expressed.

"Specifically, I'm not too sure I know if there were certain individuals in the committee who favored others, because (people) hung out together or whatnot," Aiello continued.

"While the bias should be a concern, ASCC has asserted that this was a practice that was not going to continue.

"The rightful individuals who did contribute a lot to ASCC in terms of volunteering and in terms of promotions and marketing, they didn't get what they deserved. So we're trying to fix that this year."

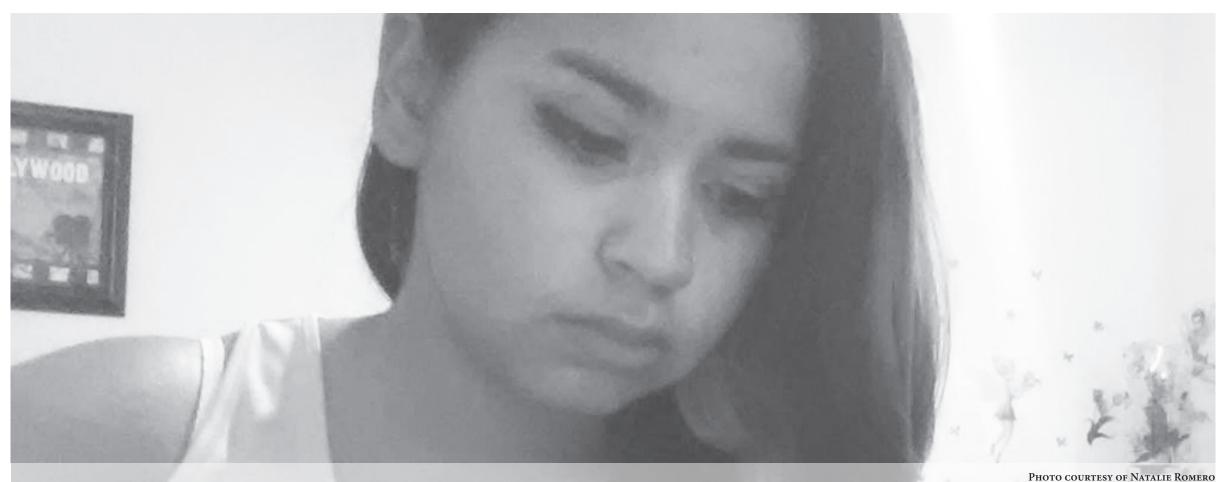
An official decision has not yet been made on the future of the Fall Banquet, but with the event approaching within the next few months, Cabinet will be discussing the event in upcoming meetings.

FULL STORY ON PAGE 5 SPORTS Cerritos athletes scouted at basketball 'jamboree'



2 - NEWS

Wednesday, Sept. 24, 2014 • www.talonmarks.com



Surviving the disease: Natalie Romero was diagnosed with complex regional pain syndrome. While she hoped to be a tattoo artist, her condition made it too hard to do so. She ultimately turned to hand-crafting bows, and sells them around campus

Romero finds new ways to express herself

Jump from Page 1: "Dealing with a disorder through art."

something, or as grave as breaking a bone. CRPS is caused by nerve or soft tissue that does not follow the normal healing path.

Romero was repeatedly told by her friends and even doctors that it said. was all in her head, that she was just seeking attention.

I had a lot of friends who said I was faking it and that I just didn't want to be in school because I was in the hospital so much," Romero said.

She describes it as a painful sensation of your skin peeling off, while her close friend, who also suffers from CPRS, describes it as having your blood replaced by battery acid.

She remembers how much her parents struggled. Romero is the account to focus solely on selling her bows. youngest of three children, her oldest brother suffers from ADHD, and her youngest brother suffers from chronic asthma.

Romero said, "(My parents) struggled for a long time. (My brother) was always in the hospital so (he) kind of had more attention, growing sure. up. So then by the time (my parents) were on their feet, doing what they needed to do, I got sick.

"I felt like it took a big toll on them ... And my mom missed a lot of work; she would spend nights curled up just to stay by my side. They went through a lot, lost a lot of work and lost a lot of money. So, it was hard on them."

Romero has had a lumbar sympathetic nerve block, which was performed to alleviate the pain in her knee due to CRPS. The doctors inserted needles down her spine in the hopes of reversing the CPRS or numbing the pain in her knee, but Romero says she might have suffered CRPS can be caused by something as insignificant as bumping into a flare up on the operating table. She stopped breathing twice during the operation and became violent and had to be sedated by the doctors.

"They [the doctors] told me they had never seen anyone do that," she

Cut off from financial aid, Romero had to come up with a new way "(People) told me I was crazy or that I was just looking for attention. to pay for her school expenses. She got the idea to make bows from her mom, who encouraged her to embrace her creativity.

> "I've always drawn a lot ... I wanted to be a tattoo artist, but my hands hurt so much and I don't have a steady hand."

> Romero first relied on her close friends on social media to promote her bow-making business. She made a separate Facebook and Instagram

"The biggest order I've gotten is 15 bows and it took me two days." Romero said.

She got the idea to spread fliers around Cerritos to gain more expo-

"Mainly, I go off of the customer's opinion because it's not about what I like, it's more to make them happy, because without them, it's nothing."

Despite her limitations, "Knowing that this disorder has no cure is

terrifying because it makes me think this pain will never stop, but if I focus on remission, then I have a life to look forward to."

Romero encourages those who suffer from CRPS or who think that

someone else has it, to reach out to others about the condition, "I can promise you that everyone with this disorder has given up at one point. The one thing with CRPS is that if it doesn't kill you, you kill yourself. "Plenty of people have committed suicide because they didn't know they had it. That's why it's definitely important you reach out to people."

Read the full story on talonmarks.com



Photo courtesy of Natalie Romero Where there's a will, there's a way: Natalie Romero started selling bows after losing her financial aid. She promotes her craft through social media.



Photo courtesy of Natalie Romero

Building a better path for students: Michael Wesch, a writing professor from Mt. San Antonio, spoke to Jane Nazzalk, and others in attendance, after his presentation was over. Wesch is an associate anthropology professor from Kansas State, where his main focus is how technology and media influence education and society.

iFalcon focuses on technology

GUSTAVO LOPEZ News Editor news@talonmarks.com

Michael Wesch, during his presentation at the Center for Teaching Excellence and iFalcon conference, outlined a project he had his anthropology students do. The project consisted of pairing up with someone who was on the opposite spectrum of his personal beliefs and ideologies.

Each pair of students was then asked to provide an unbiased and understanding report on the partner assigned. This project was part of Wesch's presentation during the conference, which took place in the Student Center last Friday.

Wesch is an associate anthropology professor at Kansas State University, who focuses on the impact of technology and media in education and society. His presentation centered on the use of technology and the importance of asking questions in classes.

Wesch said, "My presentation

was to help faculty imagine courses as ways to inspire questions rather than ways to get students to memorize answers. Once you start asking questions, that's the gateway to real learning."

He added that it's important for teachers to engage students by asking real, relevant questions and helping them to try and solve them and apply those solutions in the real world.

Christa Westaway, a part-time English professor, enjoyed the presentation. "It's actually helping in my research for the conferences that I'm going to speak at about student empowerment."

Faculty from other schools were also in attendance, such as life science professor Fazal Aasi, "I've learned so much. There are so many new ideas presented, so if we utilize them, it's certainly going to increase the retention rate and success."

The conference concluded with a presentation on technology and using the Internet as a learning tool.

Scan to watch all the

news for the week of

Sept. 24

Workshop to cope with stress and anxiety

Do you worry constantly? Do you often feel overwhelmed? Anxious?Attend a workshop and learn what stress is and how it manifests in your life at the Teleconference Center.

START TIME: 11 a.m.



Sept. 24 **ASCC Senate to convene** and discuss activities

ASCC Senate will gather around in room BK 111 and 112 to build off of last Monday's Cabinet meeting and discuss items for the future of the campus. START TIME: 2 p.m.

Sept. 25 Clubs to regroup for monthly meeting

I.C.C. will meet in room BK 111 and 112, gathering updates on all the clubs' happenings and what events are set in stone for the following month of October.

START TIME: 11 a.m.

Sept. 26 Homecoming prep starts at Friday meeting

October is Homecoming month, and preparations for all the events that are tied with the voting fest are set to be established in a meeting in room BK 111 and 112. START TIME: 10 a.m.

http://bit.ly/1sm8cvn

$\mathbf{OPINION} - \mathbf{3}$

Wednesday, Sept. 24, 2014 • www.talonmarks.com

EDITORIAL

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TALON MARKS

Editorials express the views of the Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publication's staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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Telephone numbers: (562) 860-2451, ext. 2617 FAX (562) 467-5044

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STAFF

Editor-in-Chief Denny Cristales

Managing Editor Daniel Green

Online Editor Maria Lopez

News Editor Gustavo Lopez

Sports Editor Armando Jacobo



PHOTO ILLUSTRATION BY DENNY CRISTALES/TM

Bus travel expenses becoming an issue

rely on public transportation to get back and forth to school.

Earlier this year, an increase in bus fares were approved, raising the price of a ride from \$1.50 to \$1.75, and a day-pass from \$5 to \$7.

Cerritos College is known as a commuter college, which means that unlike other schools where students have the option to live on campus in dorms, students at Cerritos have to find a way to travel to school every single day.

While some students may be able to afford to drive, by working or receiving help from family, many can't. This forces many to turn to the bus system.

The bus can get expensive, especially if you have to take it all the time.

\$1.50 going one way may not seem like a lot of money, but it can add up quickly when you factor in the return trip bumping it up to \$3 a day.

If you have to take multiple buses, you can save money by get-

The bus fares that took effect last Monday hurt students who ting a transfer for a small increase, but that adds to the weekly expense.

There are options that can help, such as buying a 30-day bus pass, which costs \$75 (which will also go up to \$100 beginning next month), but this is not always the best option for many.

If a student were to ride the bus to school five days a week for four weeks including round trips, he will have to spend around \$60.

In situations like this, the bus pass will cost more, costing the rider money in the long-run.

Students are eligible to receive a reduced fee, but they have to meet certain qualifications. Students must be enrolled in at least 12 units to qualify for these programs.

This is good for students who are taking 12 units, but hurts students who are not taking enough classes to meet this guideline. Some students may work or have other commitments, limiting them from taking a full-time schedule.

One thing that would help is trying to work with the Metro needs to be done to give them a helping hand.

system to come in order to get a better deal for students.

Rio Hondo College has a program called "Go Rio," which allows students to pay a \$7 fee at the beginning of the semester to use certain bus lines.

Students use the bus lines and the school is charged for the bus rides at the end of the semester. While Cerritos College may not be rolling in money, it would be worth it to see if a deal could be worked out with the college and the bus lines.

Students can pay a small fee at the beginning of the semester to be able to receive free passage or a reduced fare. This would be similar to the fee paid by students who park on campus. This would also help to pay the bus lines for rides.

There is no easy solution to the fare increases, but the bus lines are a business that deserves to make money. Seeing as many students rely on buses to get to school, work and home, something

Sept. 24





his or her liking.

balance, focus, sensitivity and brightness; heck, things that Siri can't.

may do a lot of the same tasks that Siri can do, The user can adjust the shutter speed, white but Cortana has a personality and can do other

and, eventually, will give the user a sense of

Sept. 7

Sept. 17

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Pacesetter Award 2009-2010

The phone market has been dominated by the iPhone and Android. What if there was another phone out there? One that is great and refreshing? That phone is, in fact, a Windows phone. Now, I know what you're thinking - "Windows? Please, it doesn't even have a working YouTube app."

While that may be true, Windows has a lot of other great features that makes it better than the competition.

One thing that is prevalent about a Windows phone is the camera. The Nokia Lumia 1020 has the best camera out of any smartphone.

It has a 41-megapixel PureView camera. With it, anyone can take some amazing photos. Not only that, but within the camera app, there are a lot of different settings that the user can tweak to you'll become an instant pro at taking photos.

Both Android and Apple do not even come close to the camera power of this Windows phone. The Galaxy S5 comes with a 16-megapixel camera, while the iPhone 6 comes at a laughable 8-megapixels.

When it comes to what phone has the better camera, the clear winner is Windows.

Since Microsoft released the Windows phone, the operating system needed an upgrade because a lot of features were missing, such as a notification center; being able to customize your home screen more extensively and other features.

Well, with the recent Windows 8.1 update, Microsoft added all those much needed features to its mobile platform and added some extra ones, as well. One of these extra features was Cortana, which is similar to Siri.

Cortana gives users a short-cut to make reminders, figure out the weather, find a place to eat and make other tasks easier.

Now, iPhone fans will quickly say that she is a Siri copy, but that's not entirely true. Yes, Cortana

For example, if you ask Cortana to sing for you, well, she'll literally sing you a song. Also, she has a bit of a personality; if you ask her "Who is your father?" she would respond by saying, "Technically speaking, that'd be Bill Gates. No big deal."

One thing as to why many people stray away from getting a Windows phone is the interface.

The reason for this is because it looks different compared to an Android or an iPhone. Some think it looks confusing; others just flat out don't like it, but the interface is surprisingly simple.

The reason why the interface is simple is because there is only one home screen, and when you swipe to the left, a list of all the apps that are on the phone pop up, all of which can be pinned to your home screen.

On the Android, there are a variety of apps on the home screen, and not only that, but there are these things called widgets, which are almost like short-cuts to access other apps.

The Galaxy S5, for example, has so many widgets, that it can make the user feel overwhelmed

anxiety because it is a never ending cycle of infinite features.

As for the iPhone, it's on the same boat as Windows, except there is no area to place your apps, other than the home screen.

So, if you have apps that you do not want to use anymore, well, they are going to stay on your home screen until you delete them, or make a folder; which can be cumbersome because there will only be folders on the home screen; which in turn, won't look clean and will just look like a clutter of folders.

The Windows phone is in a confident third place when it comes to competing with Apple and Android, but there are features that can eventually give Windows the throne for best smartphone.

On top of that, with its simple and different interface, Windows can eventually have users switch over from the other platforms that look the same and that are too mainstream.

Stay tuned for the final verdict on Oct. 1.





How do you deal with the heat?

GODWIN ALOZIE

Manufacturing Technology major

"I personally hate this heat, but I wear hats to avoid it."



Luz Mora Child Development major

"I use sunscreen, an umbrella and drink a lot of water."

KATHY GASTELUM

Hospitality Management major

"A lot of water. I just have the AC and try to stay inside a lot."



MIGUEL OROZCO Music major

"I always refill water bottles, wear shorts and stay in shaded places."

PHOTOGRAPHS BY: EDUARDO ALVARADO

COMPILED BY:

KATHERINE GRIJALVA

Photography major

"Smoothies! And I just drink a lot of iced water all day."

MARIELA PEREZ

POP: SPREADING CULTURE



B-I-N-G-O! The K-Pop Club played human bingo for one of its club meetings last Thursday. Animation major Julia Izquierda enjoyed playing human bingo during the meeting. She is half-way toward completing the card.

GILDARDO AQUINO Staff Writer @Talonmarks

The K-pop Club is ready to make its club well known and is focused on bringing different events on campus for students to enjoy and learn about the culture.

K-pop is a musical genre that originated from South Korea, and it represents dance-pop, pop-ballad, electronic, rock, hip-hop and R&B.

Last Thursday, the club had its first meeting of the semester and it was an interactive type of environment, with club members introducing themselves, sharing their favorite K-pop group and playing human bingo.

John Kerlagon, president of Kpop club, got the idea of human bingo from the Filipino Karbakada Club.

Kerlagon said, "It's just a great way to get all the people to kind of get to know (one) another a little bit more because then you have all the interests, like there's a bunch of stuff on here.

"I'm a freshman, I love K-dramas; just a bunch of stuff. It's a great way for members to know (people)."

Besides getting to know everyone, Kerlagon announced that the club will be having elections for various positions this Thursday.

Positions available are secretary, treasurer, membership chair, public relation officer(s), I.C.C. representative, event coordinator(s) and a blogger.

The goal of this club is to learn themed words (Korean language) every meeting, and if everyone learns the language, the club will take a trip at the end of the semester and go order Korean barbecue speaking Korean.

"This semester, I want to incor-

porate a lot of Korean culture, as well. Some language, food and customs, all of that. So, hopefully I will be able to get twice as much participation from the club members. We have a lot of great ideas," Kerlagon said.

He explained that after Halloween, he would like to get an event together with the rest of the Asian clubs on campus called "The Taste of Asia." The event would showcase dances related to each culture and each club will sell food, like a fundraiser.

Students that showed up to join the club and were enthusiastic about all the ideas.

Hannah Luong, biology major, is one of the members and explains why she loves K-pop.

"I just love the way it sounds and the meanings it has. It really got me into K-pop, as well as the Korean culture," she said.

She also explained why she got involved with K-pop Club.

"I joined K-pop Club, I believe, in fall semester of last year, and it has been such a great experience, all the members are so fun and so great," Luong said.

K-pop Club is open to individuals that would like to know more about the culture and music. It meets every Thursday from 11 a.m. to noon at the Liberal Arts Building in room 209.



Los Angeles Fair excites, entertains SoCal crowd

4 - ARTS





GILDARDO AOUINO/TM

PHOTO FROM THE 'DESTINY' OFFICIAL WEBSITE

'Destiny' still falls short

Good gameplay and presentation can't lift it past its hype.

> JULIEN GALVAN Staff Writer 🥤 @Talonmarks

Gamers around the world have been waiting patiently for the overly-anticipated video game "Destiny," developed by Bungie, the developers behind the hit Xbox franchise "Halo," for over a year. But does it live up to the hype that has surrounded it for all this time?

All in all, "Destiny" is a solid experience, with intense gameplay and stunning environments. Sadly, expectations fall short, as the clunky multiplayer and the seldom-occurring public events and even the surprisingly short story just don't live up to the hype.

"Destiny's" presentation is a very solid experience, especially the first mission that you have to do on the wastelands of Old Russia on Earth.

The locations include playing on Earth, the

Moon, Venus and Mars. Each location is unique occur, like trading kills, or sometimes, not getand has a stunning amount of detail on each world, from the abandoned facilities on the Moon, to the jungles of Venus and the deserts of Mars.

Character customization is pretty straightforward. You get to pick from three classes - the Titan, Hunter and Warlock. There are also three races to choose from, which include Human, Awoken (like a Space Elf, if you will) and the Exo (a robot).

When it comes to the gameplay of "Destiny," it's a solid experience through and through. It features class-specific features, like the Voidwalker for the Warlock, the Striker for the Titan and the Gunslinger for the Hunter.

Each ability that each character has can be beneficial to the gameplay, especially when either are fighting hordes of enemies, or just one very powerful one.

Even with all of the bells and whistles that the game has, again, it does fall short, especially with its competitive mulitplayer mode called "The Crucible."

It's a very clunky and rigid experience, and the unstable functions can make a player frustrated with some of the ridiculous moments that

ting that kill.

Also, class-specific abilities, like the ones mentioned, are very over-powered and can ruin ones experience.

However, in terms of multiplayer experiences, public events (like in an MMO) occur during story missions on any of the worlds, but, sadly, the events are few and far between.

This game deserves an eight out of 10. It's given due to its presentation, gameplay and cooperative modes that make the experience enjoyable.



KATHERINE GRIJALVA/TM

KATHERINE GRIJALVA Arts Editor 🕤 @KatG_arts

The Los Angeles County Fair, held at The Fairplex in Pomona, offered entertainment throughout the entire summer. The event is from Aug. 29 to Sept. 28 for residents all over Southern California.

The family-friendly event has various forms of entertainment for people.

TM CLASSIFIEDS

JOBS

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CAMPUS LIFE

Do you order shirts for your Club or Greek Organization? Want to become a campus rep & get paid doing it? Email us at Reps@TheNeonSouth.com





Going for a "jam": The SoCal Fall JUCO Men's Basketball Jamboree was held last Saturday at Falcon Gymnasium in order to showcase collegiate athletes and the talents the individuals bring to scouts. Cerritos faced Chaffey in its first game.

A 'jamboree' for the scouts

Armando Jacobo Sports Editor 🔰 @_Jacobo_Armando

With three basketball courts being played simultaneously, hundreds in attendance and 41 schools taking part in the men's basketball jamboree, the event lived up to its name.

Cerritos College played host to the SoCal Fall JUCO Men's Basketball Jamboree, a three-day event that extended from last Friday to Sunday.

The juncture gave players, from 41 community college teams originating in Southern California, an opportunity to showcase basketball talents to scouts and coaches from NCAA-Division-I affiliated programs.

The purpose was solely to evaluate potential recruits, and the outcome of the games did not necessarily count for or against each respective team. The Cerritos College men's basketball team went up against Chaffey College, Riverside Col-

lege, San Diego Mesa College and L.A. Pierce College. The Falcons began the first game sluggish,

falling behind and playing catch-up through most of the match against the Panthers.

Also, the Falcons lost two starters within the first five minutes of the game.

Late in the game, a flagrant foul was called against the team, allowing the Panthers two freethrow attempts and possession.

"It was just a play I was trying to make on the ball and I grabbed one of (the Panthers') players and (referees) called a flagrant foul, but I tried to help the player up; it was nothing intentional," Brain Nebo, guard, said.

The contentious call would decide the fate for Cerritos, giving Chaffey College a two-possession lead and, ultimately, the win.

"(It's) all real lighthearted, we're just trying to get better and figure out the areas where we need to improve, and after one game, I think we're figuring that out already. It's not really a big deal for us, we're just trying to get better," Jeff Gonzalez, forward, said about the end result.

Starting the season with players coming off red-shirt (inactive) seasons from last semester, head coach Russ May came into the fall jamboree anew

"I didn't know what to expect because we have so many new guys, but I thought (the players) performed pretty well. I think (the players) showed that they're good players, very coachable and they're worthy of being recruited," May said.



THE LINE-UP Schools involved in the tournament

Cerritos Cuyamaca El Camino Cypress Bakersfield Moorpark Chaffey Miramar El Camino Santa Monica San Diego City

South West Pierce Valley Mira Costa

Trade-Tech

San Diego Mesa Victor Valley Fullerton Irvine Valley Southwestern

Citrus Santa Ana Los Angeles Rio Hondo Harbor Long Beach City West Los An-Orange Coast geles Los Angeles Los Angeles

Ventura Los Angeles Valley San Bernadino

Mt. San Jacinto Imperial Valley Saddleback Canyons Palomar Los Angeles

College of the Antelope Valley Desert Pasadena Riverside Cuesta Grossmont

Armando Jacobo/TM Passion: Head coach Russ May instructs his players after a flagrant foul was called on guard Brian Nebo. Nebo claimed that it was not intentional

DOUBLE © HEADER

Woes continue with another loss

Sebastian Aguayo Staff Writer 🔰 @Talonmarks

The women's water polo team suffered a 12-4 loss to the Chaffey Panthers, dropping it to a 0-5 overall record last Wednesday at home.

A four-game tournament at Chaffey last weekend had the team split it 2-2, giving it, currently, a 2-7 record.

However, The home game last Wednesday started rocky.

The Falcons drew three turnovers within two minutes of the game.

Kristin Park, goalie, was able to prevent some of the scoring opportunities by blocking two shot attempts; but Chaffey's Erika Obdam was able to shoot one through Park at the 4:55 mark, scoring the only goal for the quarter. Cerritos only attempted two shot attempts.

Carla Harvey, the captain and attacker, said, "We weren't communicating, none of us were in the right mindset, we were playing individually and not as a team."

Things only seemed to get worse over the second half, as the scoring buzzer was set off more than usual. The second half started off with Harvey winning the sprint to start the third quarter, but as fouls and turnovers continued to plague the Falcons, the team conceded a goal when Chaffey's Selena Zapata, scored one on Park.

Cerritos was soon able to answer back as Harvey scorched one past Chaffey.

But it was too late.

Head coach Sergio Macias shared a few thoughts on the loss, as well.

"It starts from the top. There was no leadership. That game, we didn't come out with the urgency and intensity we needed in order to be competitive in that game, and, in a result, we suffered a bad loss."

Coach Macias said changes need to be done.

"We have no choice but to get better. This was a bad loss from us ... hopefully we can bounce back from that."

Next game is Wednesday at 3 p.m. at home against Mt. San Antonio.

A triumph in the SCC opener



"I feel that we played very (well). We gave (Chaffey) no mercy and we didn't stop."

Men's water polo goalie Joseph Owens said that after the team's 17-6 win over Chaffey College last Wednesday.

"I thought our defense was pretty good. We held (Chaffey); had a few goals in the second half," head coach Joe Abing said.

With an additional win against Cal-Tech last Friday, the team now holds a 4-4 record.

Last Wednesday's home game boded the same result.

Despite a slight resurgence in the second half, the Chaffey Panthers ended up falling off the scoreboards.

Despite the dominant win, coach Abing still feels that there's need for improvement, as he said, "Always. We're always trying to get better; like turnovers, we need to do a better job of eliminating. We need to get

in better shape."

After doing his end of keeping the opposition's score at a minimum, Owens feels that the only thing the team needs to work on as a unit is to learn to communicate a little better.

He also felt that maybe some of the referee's penalty calls could have gone the team's way, as well.

"We didn't expect anything less or anything more. Just come in with intensity and that's what happens when you play as hard as you can," Owens said.

Two-meter offensive player Michael Hanna felt this was one of the better games of the season.

"One of the best. I mean, I wouldn't say it was the hardest competition we had, but I feel as a team collectively we just clicked, I guess. I don't know if it's because it's our first home game, (but) we all clicked."

This was the biggest point differential for the Falcons since its Sept. 6 victory over Salem International University at the Navy open with a 19-8 ending. Next game is Wednesday at 4:15 p.m. at home against Mt. San Antonio.

Sept. 21 Women's soccer dominates in Illinois

A 16-0 blowout against College of Lake County catapulted the women's soccer team to a 6-0 record to conclude its Illinois tournament last weekend.

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Sept. 24

Last home stretch for Volleyball before the road

Flip-flopping back and forth between wins and losses in its previous home games, the volleyball team seeks the win against Riverside. The team has a 3-4 overall record.

START TIME: 5 p.m.

Sept. 26

Huntington Beach is next meet for Cross Country

Both men and women's cross country go on the road once again for a meet at Central Park in Huntington Beach for the Golden West Invitational.

START TIME: 9 a.m.

Sept. 27 Football seeks to continue home-game streak

Despite a loss last Saturday against Fullerton, the football team is still undefeated at home. It will seek to continue that streak against Ventura. The team has a 2-1 record.

START TIME: 7 p.m.

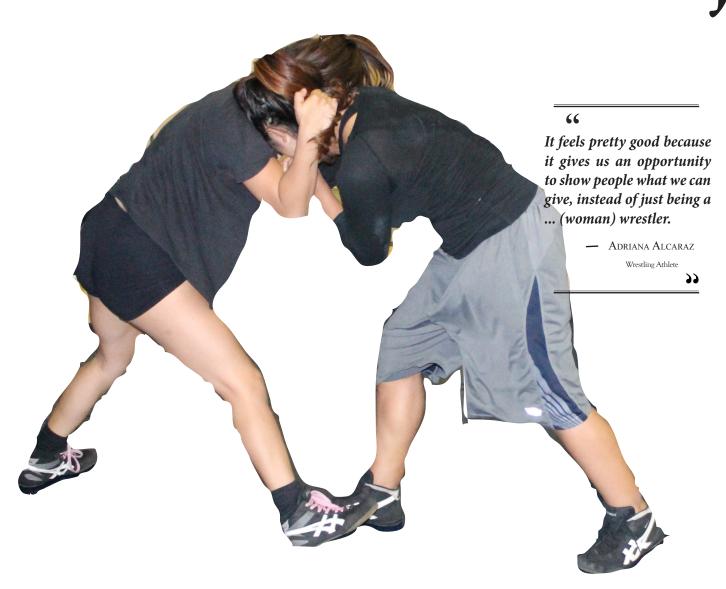
Sept. 30 Home game against East

Los Angeles for the men

In its last home game, the men's soccer team fell 2-1 to Taft at home. This next game against East Los Angeles, it will seek the victory. The team has a 5-1-1 record.

START TIME: 4 p.m.

6 - SPORTS Wednesday, Sept. 24, 2014 • www.talonmarks.com 'It takes more than just being a woman'





Two souls: Adriana Alcaraz and Jennifer Anaya are two female athletes that are part of the wrestling team. "They work hard enough; they should be there," Jesse Mastron said.

Who says only men wrestle?

Alexander Naveia Associate Sports Editor 🔰 @ANaveja21

The Cerritos College wrestling team has two ladies on the team who have the same amount of passion in wrestling as the men do.

"I believe I make an impact because I'm there all the time and I put so much of my time on the team because it's my passion and it's something that I look forward to doing," Adriana Alcaraz said, who is one of the lady wrestlers.

Alcaraz first started wrestling at Downey High School. This is where it started for her, not just because of her literally starting there, but because of the weight-cutting.

She said that when wrestlers start losing weight to make a weight class, they can officially be known as a wrestler.

"Once you cut weight, you're a wrestler, and when I wrestled in high school, I had to cut weight," she stated.

When wrestling comes to mind, it's typically men that participate. In this case, there are two ladies who are participating instead.

But it goes beyond just gender. "It feels pretty good because

it gives us an opportunity to show people what we can give, instead of just being a (woman) or a (woman) wrestler.

"It takes more than a (woman) on the team, you have to put so much effort, concentration and you have to be confident, committed.

"It takes more than just being a (woman). You have to be there and have your mind set already, and it should be there," Jesse Mastron said.

feels good once you go through the stages," Alcaraz said.

Jennifer Anaya is also another female athlete on the wrestling team.

"It feels great being the only other (woman) because it's a hard sport, even for guys," she said."No other (woman) would be able to do this. It's really hard."

This is Anaya's first year of wrestling and she will be starting off as a red-shirt athlete.

"This is my first year of wrestling, but (it's) my red-shirt year. Next year, I need to wrestle harder so that next year I can wrestle. I'm getting better and I feel like it's a passion for me and I really like it," she said.

Lady wrestlers may have a preference in wrestling just ladies, but Anaya had something different to

"I mostly prefer wrestling the guys because I feel like they are going to show us more than what we know. I feel like they are tough on us, and the tougher they go on us, the stronger we get," she said.

Head coach Don Garriott sees nothing wrong with both athletes.

"As long as they show up and they're working hard, then I wouldn't have an issue with it. We don't have a (women's) team, so they're basically training and learning the sport. They're both new to it," he said.

One of the male wrestlers was impressed with the hard work the ladies have put in.

"They work hard enough; they

WRESTLING

Cerritos wins Duals tourney with sweep

A straight-sweep is what the wrestling team accomplished in its season-opener at the Mt. San Antonio Duals.

The team earned victories over Cuesta, Rio Hondo, Sierra and West Hills, 36-10, 36-11, 45-0 and 46-3, respectively.

Standouts were athletes Antonio McKee, Robert Chism and Gary Howe.

Its next meet is against Santa Rosa at 6 p.m. at West Hills Lemore.

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MOUNT St. Mary's ONLINE

Armando Jacobo/TM Vanquishing inconsistency: The volleyball team currently has a 3-4 overall record, right below .500. The team blames inconsistency as the problem, hoping to eliminate it against Riverside.

Volleyball going for a split record against Riverside

Armando Jacobo Sports Editor 🥑 @_Jacobo_Armando

Through seven games thus far in the season, the Cerritos College volleyball team is lacking consistency as it looks to play in its home opener.

After splitting the first two games and falling one game below .500 after the Cerritos Tournament, the Falcons realize that something has to give.

"That shows how we're inconsistent because there are some matches that we should've won," assistant coach Gay Brokenbough said.

Despite the lack of consistency, the Falcons are thriving off of high expectations and expect nothing less.

"I know we could do better, I just know we could do said.

"We have some kinks to work out and once we get passed them, we can ultimately be at our full potential of where I know we can be," middle blocker Lisa Villarroel said.

The team will have a chance to work out those kinks inside of the Falcon Gymnasium.

against Riverside College (2-6); the Falcons have a chance to break even.

With continuity issues of its own, the volleyball team is not overlooking the Tigers despite the docile record that the team currently has.

"(The Tigers) have a middle that hits pretty hard and (the team) hustle(s) a lot to get to every ball," Jasmynne Roberts, outside hitter, said.

Through each game the volleyball team plays, its continuity grows, as it learns to trust and rely on one another.

"Our whole strategy is really ball control, passing and finding the chemistry. Playing with (teammates) more and more, we're starting to find it, it's just not consistent yet. Consistency is what we're really working on," Brokenbough said.

With conference play looming in October, the Falbetter," Jasmine Peralta, who plays the libero position, cons realize that cohesion is an absolutely necessary element to obtain.

> "It'll set the tone depending on how we do, so hopefully we do well," Villarroel said.

The Cerritos College volleyball team is facing Riverside College in its home opener on Wednesday at 5 p.m.



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