

# TALON MARKS

CERRITOS COLLEGE

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## Save the boobs



Awareness is at an all-time high for the month of October; but, remember, it affects everyone.

DENNY CRISTALES  
Editor-in-Chief  
@Den\_Crist

Halloween, parties and mid-terms are what generally could sum up the month of October for a lot of college students. What has become a well-known concept, however, is pink - pink for awareness, that is.

October is nationally regarded as Breast Cancer Awareness Month. Its purpose is to serve as an advocate for awareness, helping raise funds for further research in order to help prevent, develop treatment or find a cure for the disease.

The month also serves as a support system.

Breast cancer affects both men and women. As of 2014, an estimated 40,000 deaths occur due to breast cancer for both genders, according to the Susan G. Komen website.

Cerritos College is no exception.

Michelle Mancilla, a business administration major, said, "It is important that we come together as a community to advocate and show awareness of breast cancer because many of our loved ones know someone or is someone who has breast cancer."

Students on campus were either in support of the awareness that October

sheds on breast cancer, or knew someone directly who had the disease.

"I have family members who have breast cancer and it's really important for me to support and wear all pink," Arturo Flores, a nursing major, said. "My grandma, she died. It hurts my heart seeing people have breast cancer."

It also impacts Luis Montes, an aspiring police officer.

"Breast cancer, it's sad, my mom's friend had breast cancer and she died. My mom, she cried the whole week.

"I felt sad, too, because she was like family ... we know her daughters, we hang out; we knew them ever since we were little, we grew up together. We always give flowers (to the dad) ... we visit every Saturday, every week and always ask how they are doing."

Students like Melody Ortega, a radiology major, knew people who were diagnosed who quickly prevented the cancer from spreading.

According to the American Cancer Society, breast cancer, on average, is usually found after the symptoms have already been developed and matured; the website recommends consistent screening tests, devices used to "screen" your body of symptoms before a disease becomes prevalent.

Trustee John Paul Drayer also had an experience with the disease; his mom died in 2003 as a result of breast cancer.

She came to Cerritos College part-time and never got to finish and attain her A.A. degree due to the cancer. She kept fighting, however.

"When you almost die and are close to death, you kind of look at life a lot differently.

"She became outgoing in some ways,

but she was also scared ... It was always in the back of her mind. It's something you don't have control over," Drayer said.

The athletics department also shows its pink-support.

For instance, the volleyball team, for the fifth-straight year, has been a part of the Dig Pink campaign from the Side-Out Foundation.

"We believe education is key to increasing knowledge about the disease, and fundraising is essential to support further research," head coach Teresa Velasquez said.

For a month, a lot of effort is put forth in recognition of a cancer that hits thousands.

For students like Jennifer Sandoval, an undecided major, it's important to understand what the awareness month really means; even for Maritza Suzanna Olmos, a math education major, she stressed the importance of donating.

According to Mancilla, paying it forward to at least one person is reward enough.

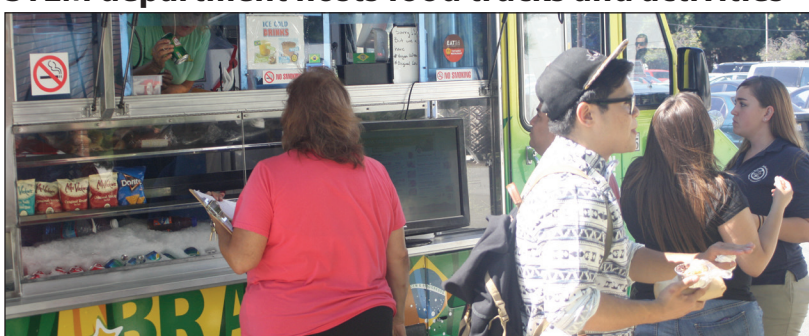
"If I can help spread the word for other women to go get checked out for breast cancer, it really would be a rewarding way to outreach and do my part for Breast Cancer Awareness Month."

For more regarding Breast Cancer Awareness Month, go here: <http://www.nationalbreastcancer.org/breast-cancer-awareness-month>.

### NEWS

FULL STORY ON PAGE 2

STEM department hosts food trucks and activities



### ARTS

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Check out a preview of the new 'Super Smash Bros.'



### SPORTS

FULL STORY ON PAGE 9

Volleyball 'digs' for a cure with Side-Out campaign



## STUDENTS DON'T LIKE WHAT THEY

## Students surprised by Fresh and Natural's "C" rating by the Health Department.

DENNY CRISTALES  
Editor-in-Chief  
@Den\_Crist

Fresh and Natural, deemed to be a healthy replacement on campus, is anything but, according to students.

Luis Villalta, a physical therapy major, said, "It's a school, so shouldn't it be an 'A' (rated) place?"

A "C" rating planted on the wall, right behind the counter of Fresh and Natural, has students wondering how the new vendor has been marked with such a low score.

According to Tiffany Nguyen, the manager of Fresh and Natural, the "C" rating comes as a result of a few things.

She mentioned how employees were taking breaks in the back kitchen, drinking water, and how someone even cut himself while cooking and tended to the wound and continued to work without proper sanitation policies, such as wearing a glove.

Among other things are no labels on the foods and some flies coming through the kitchens.

The official report states possible food-borne illness and environmental hazards.

"Really, I'm just surprised," arts major Kristofer Garcia said. "Obviously, (Fresh and Natural) should take it up a notch and change the cleaning process, or whatever. I guess you can't always believe what you're getting as a student."

Director of Purchasing Mark Logan has already revealed a course of action.

"The college is aware of the grade and is currently looking into the nature and the reason for the grade. The college will also be asking for a remediation plan from Fresh and Natural to increase the grade to an 'A.'"

Dean of Student Services Gilbert Contreras said a private meeting with representatives of Fresh and Natural will take place Wednesday. The purpose of the meeting will be to touch base on why the vendor got the grade it received and what can be done to combat it.

"Right now, we're working with and communicating with Fresh and Natural ... we scheduled a meeting to try to get information on the 'C' rating. But, just in general, to share the concerns that students brought forward about cleanliness and some other issues that have come up, like pricing."

"We take it very seriously ... Students pushed very hard to get (Fresh and Natural) here, we're hoping the issues are addressed, promptly."

Fresh and Natural debuted at the beginning of the fall semester, splitting off and occupying two spaces - One: Bowl and Market Deli and Burdogs Gourmet Eats. Fresh and Natural replaced Frantone's and Chicago Harv's.

Student reactions were that of surprise, and some students even gave some personal experiences, as well.

Janice Craig, a business major, described how her food was apparently poorly made, with her breakfast burrito being too "buttery" and "oily," with the addition of the meat, such as the bacon, not being cooked well, or the potato being hard.

"I went to go tell (the employees) 'Hey, I need to get my food well done, because this is not well done' ... and it takes (the cooks) about 15 minutes to finish a breakfast burrito."

Elizabeth Jaime, a sociology major, said, "I was shocked at first; I actually really like the food; only sometimes I know that it's not (Fresh and Natural's) best."

PHOTO ILLUSTRATION BY DANIEL GREEN/TM



**STEM:** Luz Brandsgard, a sociology major, helps her daughter Haylee look into the telescope. She likes exposing her daughter to new things.

GUSTAVO LOPEZ/TM

## STEM hosts Open House

MARIA LOPEZ  
Online Editor  
@mlopeztweets

Science, Technology, Engineering and Math got a chance to shine on campus with the annual STEM Open House. Children, parents, students and the community at large got a chance to see a variety of STEM focused activities and lectures.

The event took place last Friday from 1 p.m. to 5 p.m. inside various buildings on campus. It included 15 different sub-events, all relating to STEM and the department. Some of the titles of these events included "Fun Physics," "Chemistry can be FUN," "Cyber Security" and "3D Printing Demonstration."

Something new this year was the arrival of three food trucks.

Marnie Arcilla, president of the STEM Club, says that she likes the idea of having the food trucks on campus for the event. "I went to the Kogi truck. The only Kogi that I've gone to is the one in (Los Angeles) and that was too far of a drive; so then, when I heard that (STEM was) organizing to come here, I was like 'I'm definitely going to be there.'"

One of the main attractions outside were the telescopes that professor Thad Szabo and the Astronomy

Club placed by the Physical Science and Technology Building.

Attendees were given the chance to see through a variety of telescopes. Luz Brandsgard, a sociology major, brought her daughter, Haylee, along with her. "She loves learning. We love to expose her to different stuff."

She says she takes her daughter to observatories to look through telescopes and hopes that Haylee's enthusiasm for learning grows.

Glen Horn, mechanical engineering major, was at the Open House representing the Cyber Security Club and said, "I like to promote the program to other students here on campus because it's a really good program."

Arcilla, president of the STEM Club, enjoyed the attention that the STEM department was getting from the community.

Ice cream a-la-chemistry was made in the booth where the Biology and Chemistry Club was stationed.

This Open House was a first for Richard Hargrove, biology major.

"(We're) giving people free ice cream. It's cool, you're letting people do Chemistry. People who never really actually get to do Chemistry or never had Chemistry, they could do some. I think this Open House is pretty good," he said.

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—Makayla, Liberal Arts student

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**Time to inspect:** Two building inspectors performing assesments on the structures on campus will be at school for the entire week. According to David C. Moore, director of Physical Plant and Construction Services, inspectors come every three years for on-site assessments. This is a shot of the Liberal Arts Building.

MARIA LOPEZ/TM

# Inspections on campus

## Building assessments happening all week.

JENNIFER MEDINA  
News Copy Editor  
@JenniferMed10

Two building inspectors were on campus this week, starting this past Monday, performing building assessments of all structures on campus. “The state maintains a database on community colleges and the buildings, so every three years (inspectors) do an on-site assessment,” David C. Moore, director of Physical Plant and Construction Services, said.

“(Inspectors) verify that the buildings that are in the database are correct, that the square footage (of each structure is) correct, that the use (of each building is) correct and then (they) also assess the condition of the building; this is called an existing conditions assessment.”

Even though the inspectors are not here to try to remodel or reconstruct anything, students think that someone should take a look at just the basics of the classrooms and the sizes.

Students expressed their opinions about some things they think that the school should improve on. Chemical engineering major Joshua Peralta, said, “I think the building structures are OK, especially like the science and the math ones; the only thing is I think that maybe (the buildings) should have more mobility access.”

He added, “I also think that the older buildings, like

the chemistry and science rooms, when it comes to sitting down we have to sit on the stools and that is a bit uncomfortable, at least to me; maybe the only thing that the school would need is more lecture halls.”

Cristina Hernandez, a child development major, also thinks that some classrooms are uncomfortable, “I think that the older buildings, like the ones in the library building, need more space or more seats because it’s too crowded.”

While students that have been at Cerritos College for a good time agree that some things need to change, new students think that the buildings are decent.

Alyssa Perez, an undecided major, said, “I think the buildings are really nice; I’m new here, so I think that everything is OK. I have all my classes in the new buildings, so the new buildings seem very OK to me.”

## Webinar advocates student say

LUIS GUZMAN  
Managing Multimedia Editor  
@ruben\_lguzman

Congress to Campus, a non-profit organization made up of former congress members, held a webinar to garner democratic participation from students this past Monday at the Teleconference Center.

The webinar was dedicated to community colleges. It is a pilot program that Congress to Campus is currently trying out, making Cerritos College one of the first campuses to participate.

The focus of it included many topics, such as economy, jobs, student debt and income inequality.

Panelists, like representatives Phil English, Bob Walker, John LaFalce and Barbara Kennelly, talked about using different kinds of energy sources and tax reforms to create discussion on how to stimulate the economy.

Students from the audience asked questions regarding military spending and about how the United States government can ensure the public about its abilities to get things done.

Professor Sunday Obazuaye, one of the faculty at Cerritos College who organized the webinar, made a plea to students that they should participate in the democratic process.

Obazuaye said that students should not complain about certain issues regarding the U.S. if they don’t speak out or vote.

He said that the purpose of the webinar was to bring congress to the students and bring an awareness as to what congress does.

Congress to Campus brought a bi-partisan panel so that students can hear different views and opinions on the topics that were discussed.

Professor Terrance Mullins thought that Cerritos College students dominated the Q&A portion of the webinar, even though there were other community colleges in attendance.

“They’re trying to figure out a way, these members of congress, of moving the economy forward into a more future way of (expanding) the economy,” Mullins said.

Congress to Campus is planning another webinar Oct. 21; there will be different speakers and a different topic.

## “I need my space.”



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## A food drive, job fair and Zombie Fest discussed by ICC for month of October

GILDARDO AQUINO  
Staff Writer  
@Talon Marks

A food drive for students in need, a fall job fair and Zombie Fest were some of topics brought up for September’s Inter Club Council meeting. The ICC meeting took place last Thursday in BK 111 and BK 112.

Every last Thursday of the month, the ICC meeting takes place and one member of every club shows up to get information on upcoming events and get information on how to do fundraisers to make money as a club.

One focus as of now is a food drive that will start on Wednesday; the food is for students that can’t afford any food and are in need.

Suleyma Castillo, commissioner of ICC, said, “There were students who were referred by professors or by counselors because sometimes the student starts talking to professors and counselors and they become comfortable with them and trusted them with their situation.”

The food bank started about two years ago, since the Health Student Services were getting students asking for help.

“From what I was told, there are times where

no one shows up and there are times where in a week (the food bank) get(s) about six students,” Castillo said.

Students can make donations of canned foods at the ASCC office, located next to the bookstore.

All clubs are also encouraged to participate and donate and to make sure that if a club does donate, that it get signed off by an ASCC representative.

The food drive will end the day of Zombie Fest, Thursday, Oct. 30. There will be different events taking place for this year’s Zombie Fest. One of the events is a pumpkin carving contest, which will focus on which pumpkin is the funniest, scariest and most creative.

The costume contest will also have a scariest, most original and best group category.

This year, the Zombie Fest committee is trying to do something different; it’s trying to make a day event and a night event, that way, students that come at night could get a piece of the fun.

ICC clerk, Janet Parga, said that the committee has different ideas, but it’s not for certain.

“Maybe doing like a maze outside, like around six or 7 p.m., and then have students go through it.”

This is an individual and club contest; the ap-

plication is due by Thursday, Oct. 23, by 3 p.m. in the ASCC office. There will also be a job fair taking place at Falcon Square on Tuesday, Oct. 21, from 9:30 a.m. to 1 p.m. Jiffy Lube, FedEx Ground, the Los Angeles Police Department and Chipotle Mexican Grill will be among the variety of employers on campus.

The next meeting is Thursday, Oct. 30.

Relive last year’s  
Zombie Fest.



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



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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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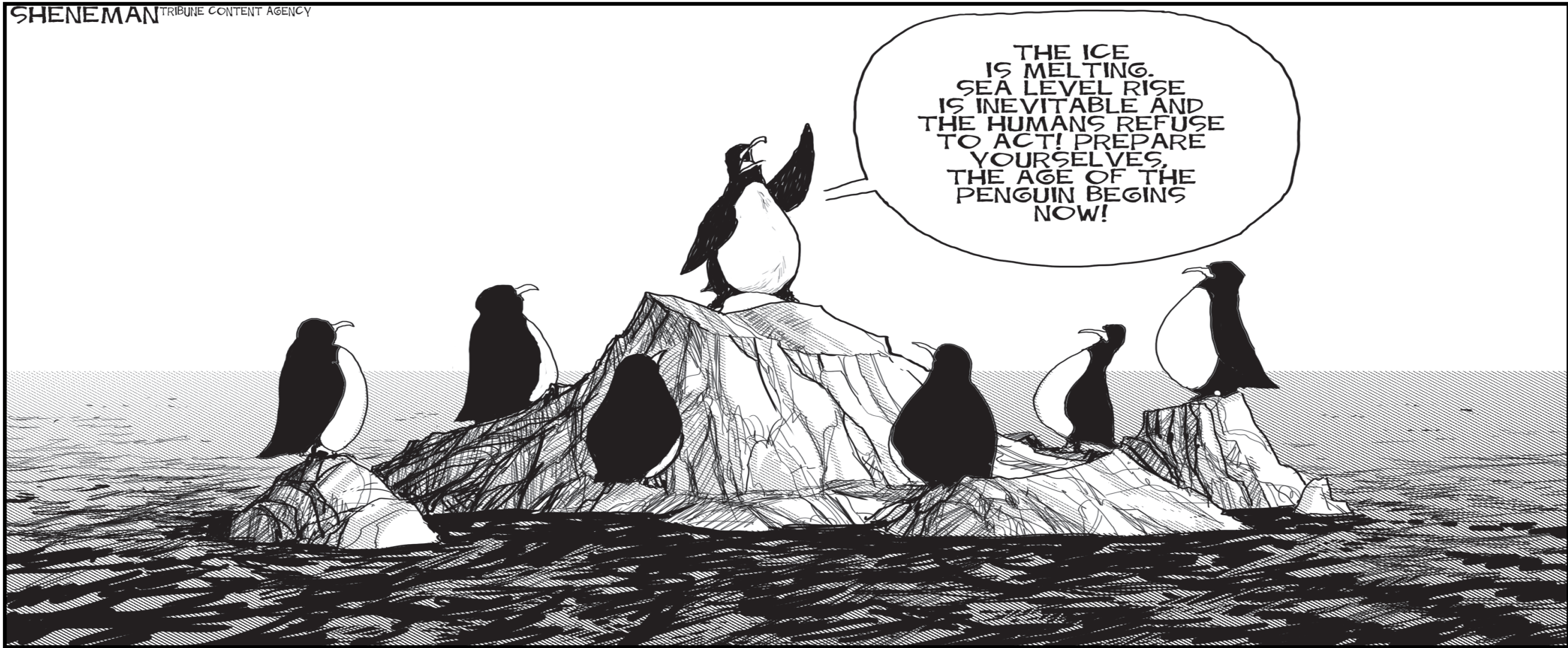
**Journalism Association of Community Colleges**

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EDITORIAL

SHENEMAN



SHENEMAN/MCT

Students have the power to change the community

Cerritos College is going through significant changes that can have an enormous impact on students, and these changes can have repercussions for us in the long run.

Elections for board of trustees can bring a different dynamic to Cerritos College. The board can make decisions on student success, programs and services.

Why are these elections important? It is because the board of trustees was one of the reasons why Cerritos College was put on sanctions by the accrediting commission when it made its accrediting review last July.

Students should care about this; their future at Cerritos College might be affected.

If Cerritos College doesn't satisfy the accrediting commission with the follow-up report that has to be done by March 2015, then there is a possibility that the school might face the danger of losing its accreditation.

Losing accreditation can mean that many degrees Cerritos College offers will not be valid anymore; those degrees would just

be another piece of paper.

The City College of San Francisco is an example of a situation that Cerritos College doesn't want to go through.

What makes this situation incredible is that this is happening to one of the biggest community colleges in the nation.

The City College of San Francisco is in danger of losing its accreditation and it has ongoing trials to fight for it.

That's a very difficult situation for the students to experience, some students are tasked with finding another college to study at.

But students don't even know about the school receiving sanctions from the accrediting commission; they don't even know who the board of trustees are!

So, it's important that students should be aware of who the board of trustees are.

Board of trustee elections are coming up in November, and it is important for people to know who the candidates are.

Even if you don't want to vote, just familiarize yourself with who the groups that are a part of Cerritos College are.

If you want to see the school run in a good way, board of trustees is one of the groups that has a direct impact on Cerritos College.

Students should stop living under a rock and start knowing what is going on in our community.

Don't be the student that complains when worst comes to worst in regards to Cerritos College, and, in the end, did nothing about it.

Students shouldn't make complaints about school if those complaints could have been addressed at the climax of the issue.

At the end of the day, students have a say in how the school is run.

There may be people at school who make the final vote, but we, the students at Cerritos College, have the power to make changes for the good of the community.

New food vendors turn out to be not so 'Fresh and Natural'



LUIS GUZMAN

Managing Multimedia Editor



@ruben\_lguzman

Fresh and Natural getting a "C" rating is not acceptable for Cerritos College students. The students deserve something better than this.

At first, it was a good idea having a new food vendor coming into the mix at Cerritos College, with promises from the student government that this new vendor, Fresh and Natural, will be a healthier choice.

Frantone's and Chicago Harv's weren't vendors that showcased or promised healthy food choices to the students.

That's what made Fresh and Natural so enticing for the student government, it made the switch from Frantone's and Chicago Harv's.

Some students got excited when they heard this news, it was a good change from what they have been eating for the past years.

But do the students' opinions change with

Fresh and Natural's new restaurant rating? It should be something that students should be concerned about, especially if the result they expected does not pan out.

Students were promised a vendor that would offer healthier food choices, but that was far from reality when Fresh and Natural got that "C" rating this fall semester.

It's an ironic situation because Frantone's and Chicago Harv's had an "A" and a "B" rating, respectively.

Naturally, students are going to make this comparison with what Fresh and Natural got.

Not a lot of information has come out about the specifics on why Fresh and Natural got the rating it got, but it had to get the rating for a reason.

This should change, the students deserve better than this. I'm not saying that we should get rid of the new vendor; doing that would be something that would be too rash at this point.

However, there are standards that Fresh and Natural needs to comply with.

Who in his right mind would want to eat somewhere where the food is not being handled

properly? There are students on campus that expect cleanliness when having food prepared.

It's not like we're asking for five-star-restaurant-quality vendors each time a new vendor comes to Cerritos College.

The school has been making strides already with projects like Go-Green, hydration centers and bike stations for the benefit of the students.

Even the prices of the new vendors are much more pricey than what Frantone's and Chicago Harv's had for food options.

With that being said, Cerritos College should give Fresh and Natural a chance to right the wrongs that have been committed.

Maybe ASCC should act upon this and give the vendor (split into two) a week or two to make necessary adjustments.

Students should give Fresh and Natural time to change the rating; maybe have it close down for about a week, so that Fresh and Natural can improve on that grading.

Student government should take this as a lesson and think twice about who it is that the school is going to bring in the future.

If it doesn't make efforts to change, then Cer-

ritos College should think about kicking the vendor out.

As an institution, Cerritos College has to be progressive when it comes to issues like this. Cerritos College is a progressive college, and it shouldn't stop being progressive now.

When we got something that can be a problem in the future, we should fix the issue before it turns into a much bigger issue.

What if students got sick? Having food poisoning and diarrhea is not something that a student would want to enjoy at all.

Cerritos College should pay attention to it if it doesn't want to face any problems with complaints.

Students have classes and individual problems to worry about; jobs that should be committed to; and other responsibilities that should be attended to.

If students want to see this problem fixed, they should address their concerns at an ASCC Senate meeting. Let's have one less issue that we should have to worry about.



What do you think of the food vendor getting rated a "C"?

COMPILED BY:  
ABRAHAM VENEGAS

PHOTOGRAPHS BY:  
ABRAHAM VENEGAS



GABRIEL GUERRA  
Architecture major

"I didn't think the (vendors) before were rated that well, either; the quality never seem(ed) too pleasing. (I'd) rather go off campus and eat somewhere than eat here."



VANESSA ACOSTA  
Math and Criminal Justice major

"If (the vendor is) new, (it) should have started good on the spot."



GERARDO PORTILLO  
Film major

"It bothers me because I (had) eaten there before. I knew there was (a) "C" rating, so I don't see myself eating there again."



CAROLINA LOEIA  
Business and Accounting major

"I think that it's bad because (the vendor is) supposed to be serving the best for our school."



LUIS MACHARIGUE  
Social Work major

"I think that it is terrible, especially since (the vendor is) new."

# FINAL VERDICT

## The Big Picture



Android (52%) Apple (42%) Windows (2%) Other (4%)

This pie chart represents the number of students that carry each type of phone on campus. The other represents the percentage of students that do not carry an Android, Apple or Windows phone.

We’ve been talking about phones for a long time; now, it’s time for the final showdown.

GRESTER CELIS-ACOSTA  
Opinion Editor  
@GresterC

For the past few weeks, staff members here at Talon Marks have written and discussed about which smart-

phone is better. We interviewed 100 students on campus and made a poll of Cerritos College students, a free speech zone that samples the student population’s opinion on the matter and a few other ways.

These polls represent the number of students that carry an Apple, Android or Windows phone.

The poll also shows whether students liked or disliked their phone and whether they should switch to a different phone or not.



Scan to read Eduardo Alvarado’s opinion on why Android phones are the best.



## Android

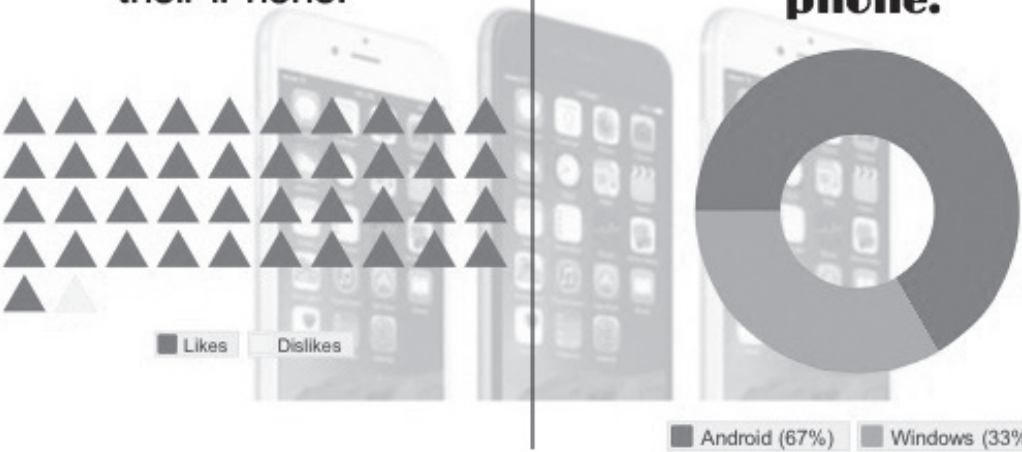


46.1% of Android users would switch to either Apple or Windows phone.



## Apple

97.6% of students liked their iPhone.



21.4% of iPhone users would switch to either Android or Windows phone.



## Windows

50% of Windows phone users liked it. While the other 50% disliked the phone.



100% of Windows users would switch to an iPhone.



Scan to read Samantha Vasquez’s opinion on why Apple phones are the best.



Scan to read Grester Celis-Acosta’s opinion on why Windows phones are the best.



What phone is better Apple, Android or Windows?

COMPILED BY:  
NICOLETTE AGUIRRE  
PHOTOGRAPHS BY:  
GRESTER CELIS-ACOSTA



LIZETT HERNANDEZ  
Business major

“Android, because I’ve had a Windows, I’ve had an iPhone and they suck...they’re just a hassle and Android gives you mostly everything.”



JESUS LARA  
Automotive Repair major

“I find Apple a lot better because it’s easier to understand the process of using it.”



LIZZET ALVAREZ  
International Business major

“I say Android because you can do many more things with it, it’s not limited, it’s not protected compared to iPhones which has restrictions.”

Scan to view “Battle of the Phones” on YouTube and see Talon Marks staffers debate over smartphones.



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

# October is Here!

A month of spooky escapades is afoot for the month of October! So we asked students around campus what their favorite activities are for the season.



PEARCE CORDRAY, ENGINEERING MAJOR  
“I like to scare kids and watch horror movies.”



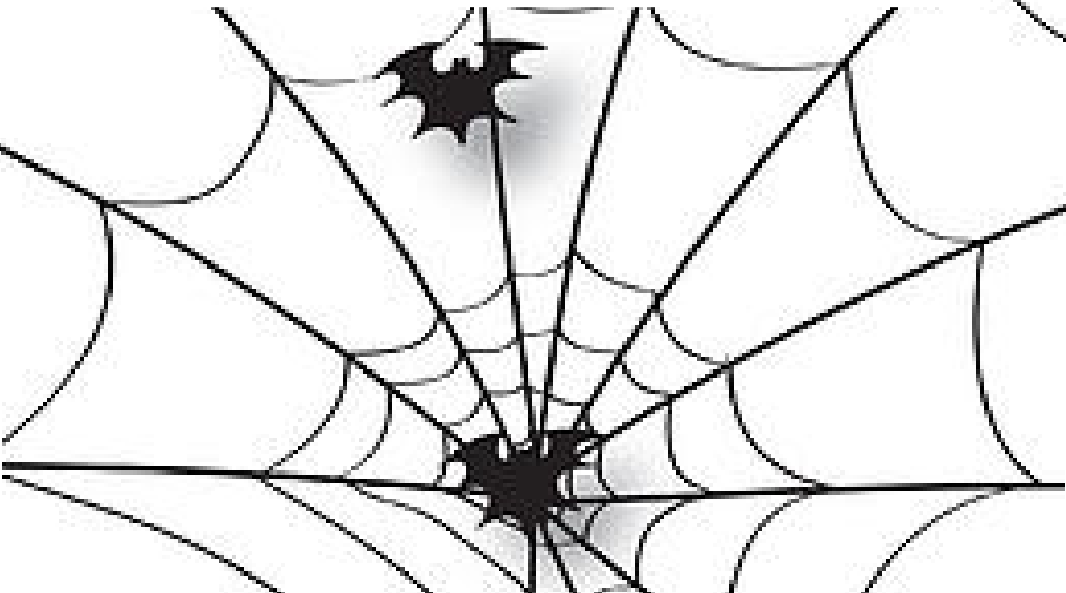
ANDY NUNEZ, BIOLOGY MAJOR  
“I like to go to Halloween and costume parties.”



JACI NAVAS, COMMUNICATIONS MAJOR  
“I like to helps kids dress up, paint their faces funny and give them candy. I also enjoy going to Hollywood Horror Nights.”



GABRIELLE BUCKLEY, MEDICAL ASSISTANT MAJOR  
“I enjoy watching horror movies and going to football games because that’s when football comes back.”



COMPILED BY: KATHERINE GRIJALVA  
PICTURES BY: NICOLETTE AGUIRRE



PHOTO TAKEN FROM INSIDE THE MAGIC WEBSITE  
**Get spooked!** Halloween Horror Nights, presented by Universal Studios Hollywood, is open from Sept. 19 to Nov. 1. Jaci Navas, a communications major, mentioned it as enjoyable.



**RYUJI HIGURASHI/CAPCOM**  
**‘Smash’:** “Super Smash Bros.,” the fourth installment in the Nintendo fighting franchise, hits stores for the 3DS console this Friday, with the Wii U release coming along “Holiday 2014.” One of the new fighters in the game is Mega Man (center).

## ‘Smash’ on the go a reality Oct. 3

DENNY CRISTALES  
Editor-in-Chief  
@Den\_Crist

A new “Smash Bros.” game hits the shelves, but this time – it’s portable!  
The popular Nintendo series “Super Smash Bros.” will release a fourth installment in the series this Friday for the Nintendo 3DS. The Wii U version will be released “Holiday 2014,” according the official “Smash Bros.” website.  
This is the first time ever in the series that the game will be released for a portable console.  
“Smash Bros.” earned popularity for the unique premise that the games are based on – gather a bunch of Nintendo characters, put them in one game and have them duke it out for supremacy.  
The original idea just took off.  
The game started off on the Nintendo 64, moved on over to the GameCube with “Melee” and previously finished off with “Brawl” on the

Wii.  
Each time, new wrinkles and gimmicks were added to the project.  
This time, the gimmick manifests itself in real life – in the form of mobile gaming.  
A demo for the 3DS version was released Sept. 19. Two weeks later, it can be said that the core concept of the game retains the same fluidity and fun that the console version has on its mobile iteration.  
With the short list of characters (Mega Man, Mario, Link, Pikachu and Villager) that the demo offers, the sampling of the game gives insight on what’s to come Friday – dropped classes and “sick” call-ins to work, because some sure-fire fun is in store.  
The new items available can be over the top, (... If you thought the blue shell in “Mario Kart” was bad ...) but it’s a welcome addition for casual players; for you hardcore gamers out there, the techniques and kinks known throughout the years for this franchise are still there, but a slight

adjustment is needed, for sure.  
The adjustment is not necessarily in the game itself, it’s more about learning to play on the 3DS. Not once is the smaller screen a nuisance, but having the buttons crammed together on the device, and having some controls assigned to certain awkward positions can get some getting used to.  
But that’s not a game-changer, by any means.  
Eventually, it becomes natural.  
At long last, this Friday, it’s here; and, boy, are we all ready to “smash,” or what?

Scan to watch a trailer of “Super Smash Bros.”

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FROM LECHECAFE.COM

## ‘Open Mic’ at cafe

DENNY CRISTALES  
Editor-in-Chief  
@Den\_Crist

Along with the open-mic are performances from musical guests, including Bustop Prophet, Bret L. Thompson and AC the PD.

Patrick Jordan, a facilitator of the event, said, “Definitely on a personal note, I’m very excited (and am) looking forward to getting involved with the local artists and working with the awesome staff at Leche (Cafe).”

The cafe is also promoting its 20 percent discounts for students, as well as new menu items that will be featured over the next months, according to Jordan.

Leche Cafe had a mic-night before back in February. Its promotion this time is through the use of a hash-tag on Twitter: #FirstFriday. It’s to commemorate the start of a new month.

To secure a spot for Friday, contact: loopykatt@hotmail.com.

With available spots declining and word of the event being spread by its representatives, Leche Cafe and Bookstore hopes for a crowded house this Friday at 7 p.m. for “Open Mic” Night.  
Leche Cafe and Bookstore is located at 11723 Firestone Blvd. in Norwalk.  
For one night, individuals who registered with Leche Cafe for a spot will be able to have a set time up on stage and say whatever it is that they need to say.  
The mic-time can range from poetry, comedic acts, narratives and even some singing.  
Singing is already something that’s been booked for the event, however.

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## An insight on “pink” and how clothes raises awareness.

LARISSA CALDERON  
Staff Writer  
@Talon Marks

Fashion is used to support breast cancer.

The purpose of Breast Cancer Awareness Month in October is to help support and fund research for a life-threatening disease that affects people every year.

One of the most popular forms of spreading awareness is through fashion. Notable organizations, such as The National Football League, Avon, the Breast Cancer Awareness Campaign, the Susan G. Komen Foundation and other private organizations have made the pink ribbon a part of their fashion statement.

The color pink being associated with breast cancer awareness was first seen during the Susan G. Komen Breast Cancer Foundation's “Race for the Cure.”

The foundation has been handing out bright pink flyers to breast cancer survivors since the late 1990s. In the fall of the following year, the foundation gave out pink ribbons to every participant in its New York City race, according to thinkbeforeyoupink.org.

Since then, the pink ribbon is used to raise awareness of breast cancer all over the world.

In 2009, the NFL began its campaign “A Crucial Catch” in partnership with the American Cancer Society.

Its main purpose is to spread awareness of “the importance of annual screenings, especially for women who are 40 and older (www.nfl.com/pink).”

During the month of October, NFL players, coaches and referees wear pink apparel to raise awareness for the cause. All of the apparel worn is available to purchase at an NFL auction.

Fans can bid for pink merchandise that

has been worn and signed by the players. The auction includes jerseys, cleats, helmets, gloves, footballs and more.

Since the start of this campaign, the NFL has raised \$4.5 million, with 100 percent of the proceeds going directly to the American Cancer Society.

With pink being largely stereotyped to be a feminine color, computer science major Semajay Solomon disagreed and found the color to be a non-factor when it comes to the purpose.

“It's not like (you're) just putting on pink just because you think it looks cute, (you're) doing it for a specific reason, so I think the color is kind of irrelevant.”

The Internet has also helped spread breast cancer awareness through fashion. The site cafePress.com helps private organizations design and sell their merchandise to fund their cause.

The Breast Cancer Awareness Campaign uses this site to sell its own merchandise, from funny T-shirts that say “fighting cancer and still fabulous,” to mugs that say “keep the lumps out of your cups.”

Ten percent of all proceeds go toward the Breast Cancer Research Foundation and can be found at cafePress.com/bca2014.

The Loma Linda University Health Department of Plastic Surgery uses a more direct approach to help the campaign for breast cancer; by hosting an annual Breast Cancer Reconstruction Pink Runway event at the Riverside Convention Center.

The purpose of this event is not only to raise awareness of breast cancer, but also awareness of reconstruction surgery options for cancer survivors.

This event includes educational seminars about reconstructive surgery and also hosts a fashion show that features the breast cancer survivors and reconstruction patients as the models.

Luis Montealegre, economics major, said, “This is beneficial in two ways - it helps raise awareness for the cause while also providing the patients with confidence to go out there and feel sexy and comfortable in their own skin.”

PHOTO ILLUSTRATION BY DENNY CRISTALES/TM

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# Coach of the year once again

Ruben Gonzalez wins it for the second time in his career.

MONICA GALLARDO  
Sports Copy Editor  
@Talon Marks

Looking at women's soccer head coach Ruben Gonzalez's overall record (194-17-14), it is no surprise that for the second time in his career he received the National Coach of the Year award for the 2013-2014 season.

He was presented with the award at a coaches convention in Philadelphia after other coaches across the state voted for him.

"I've been blessed and fortunate to have won other coaching awards. I think that comes with the success of the team, and here at Cerritos College, we consider ourselves a family," he said.

His many accolades include leading the Falcons to the first ever National Title in 2008, winning the West Region Coach of the Year four times and South Coast Conference Coach of the Year six times.

Athletic Director Dan Clauss said, "Coach Gonzalez is one of the hardest working coaches we have. He's a relentless recruiter and he has a very good relationship with the athletes. He cares a lot, and all of that combined makes for a good program."

As a boy growing up in Paramount, he began playing soccer at the age of 11, taking after his father who was also a soccer player.

"My father was always about discipline and I saw how he would get up at 5 a.m. to go to work," he said. "He'd work overtime. He came into this country illegally. [It's] just the way he (was as) a human being, so I think you kind of learn from that."

Gonzalez values any knowledge that he can gain. "I have a younger brother who played for the U.S. Under-20 National team and [I] learn from him even though he's younger than me. You learn from everyone."

He uses that knowledge to help his team consistently be successful.

"Every year it's a different group of young women and it doesn't get any easier. We try to keep them motivated and explain to them that we expect to win every game. We preach to them that we have to prepare for every game."

The care and determination of his athletes is evident to Gonzalez. "It's a lot of hard work. We have a weight training class Monday and Wednesday from 6 a.m. to 7 a.m. and on Sunday mornings we have practice," he said.

Goalkeeper Savannah Pilovsky said, "He's there if we need to talk, he's good at motivating us. It's well-deserved and I hope he gets it again this year."

Defender Kimberly Oliveras added, "I really like his style of coaching. He knows what he's doing, and in order to get us (to) where we want to be, he knows what training and drills we need in order to be successful."

Gonzalez recalls one particular moment that he treasures more than others.

"Even now I get a little teary-eyed. In 2006 I lost my mother to pancreatic cancer and in 2007 we [Cerritos College] were playing for our first state championship and we were just happy to be there."

He recalls coaching the Falcons against the No. 1 team in the country and trying to encourage them while his two best players were injured.

"Deep down inside as a coach, I didn't think we had a chance. Well (the athletes) proved me wrong," he said.

With the Falcons down 1-0 in the 88th minute, one of his players managed to tie the game, sending the sidelines into a frenzy. Three minutes later, another player, who was right-footed, scored the game-winning goal with her left foot.

"Those that believe in God, I believe my mom, an angel of mine watching out, made it happen. To me, it was a miracle."

He seeks to continue the success of the women's soccer team. "That's our goal - to get these young (women) the opportunity to get an education, have a great experience here, continue to win and move on to the next level."

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# ‘Digging’ for a cure

Volleyball uses October as leverage for breast cancer awareness.

ARMANDO JACOBO  
Sports Editor  
@Talon Marks

As October approaches, people often prepare for upcoming Halloween weekend festivities.

Most overlook the fact that October represents Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease.

The Cerritos College volleyball team will be participating in the Dig Pink Rally, sponsored by the Side-Out Foundation for the fifth consecutive year.

The team distributes T-shirts that can be purchased at the Physical Education Department, advocating breast cancer awareness as well as promoting the Dig Pink Rally insignia.

“I think it’s a good motivation and we always tell (the athletes) why we fundraise,” Teresa Velasquez, head coach, said.

“Every year we raise at least \$500; (we) try and (increase) that goal to six, \$700 every year but we try our best to try and support the program for breast cancer.”

Beginning on its first home game for October, the volleyball team will have attendees for the match-up contribute donations and will also be selling its trademark breast cancer awareness T-shirts.

This year will be a tad different from previous years.

Instead of charging at the door for entry, people wearing pink will be admitted for free, but donations will still be accepted.

The Dig Pink Rally also gives the Falcons an opportunity to change the simplistic blue and

white school color scheme and incorporate pink to the game-day uniforms.

Sara Hickman, outside hitter, said, “I don’t really like the color pink but it’s for a good cause so I’m excited because it’s the only month we get to change up our colors and change up our style; you know, kind of support a certain cause that everyone is supporting, so it’s exciting. We’re looking forward to it.”

Natalie Caravantes, setter, feels like the color depicts more than that and brings a hint of concord that the team has been preaching throughout the season.

“I like the color and (it’s) empowering in the sense that it supports breast cancer.

“I think it’s good for the team, it brings a sense of unity,” she said.

While it looks forward to its first October home game, the volleyball team is also focused on its next game against El Camino College (8-2) in an away contest.

Despite its inconsistencies on the court and currently riding a two-game losing streak, the volleyball team is confident enough to overcome its skid.

“We want to play together; basically, our thoughts are that we know we have the talent, we know we have the strength and right power, but sometimes we play as individuals, and our goal for El Camino is to play as a team, to keep our energy up and if we keep our energy up, we can overpower (El Camino),” Hickman said.

The Falcons have high hopes as the team is aware that the Warriors are facing a two-game losing streak of their own.

“It will be a challenge, I think going against (El Camino) is going to be a really great game because (the team is) our rival; (it’s) really good and we feel like we can beat (it); that’s why everyone is excited to play,” defensive specialist Dymond Johnson said.

The Cerritos College volleyball team goes to El Camino College to face the Warriors on Friday at 4 p. m.



PHOTO FROM CERRITOS FALCONS, MANIPULATED BY DENNY CRISTALES/TM



ALEXANDER NAVEJA/TM

Forward: The men’s cross country team are running as a pack during practice.

## Men, women travel for Arizona meet

MONICA GALLARDO  
Sports Copy Editor  
@Talon Marks

Head coach Bryan Ramos said, “It’s going to be a little tough for the men because they’re not used to running an extra mile for that distance, but we put in the work all through summer, all through the season and they are ready for this level.”

Men and women’s cross country travel to Prescott, Ariz. for the Embry Riddle Invitational on Saturday.

The men have stuck to their normal workout routines.

“We haven’t done anything different as far as training-wise. Our main focus is on conference, regionals and state so we haven’t really adjusted any of the workouts,” Ramos said.

Sophomore Francisco Ortiz added, “We’ve been drinking a lot of water.

It’s going to be a pretty hot, dry environment so we have to be out there, prepared. We did long runs, running in packs together, so we can create a better impact on our racing. We’ve been doing core workouts, stretches and cardio.”

Ortiz expects to use the experience from the SoCal Preview Meet as fuel for this upcoming race. “We expect to do better in the upcoming races and we still have a lot of time for a lot of things to improve.”

Coach Ramos said, “We did run an 8-K at [the] Mark Covert Open [in Brea] and my expectations for (the team) is obviously to run better times than what (it) did.”

Ortiz plans for his team to “stay as a pack ... stay focused.”

Sophomore Anthony Lozano was the team’s top runner with a time of 20:37.0, earning 12th place, while Ortiz came behind him at 20:54.4, earning 16th place.

Start time for the meet is at 9 a.m.



GRESTER CELIS-ACOSTA/TM

### FOOTBALL

## Penalties stun Cerritos as it falls to Ventura 35-31

ABRAHAM VENEGAS

When the victory seemed in the bag for the Cerritos College football team, Ventura scored a late touchdown with 13 seconds left to pull a 35-31 win last Saturday.

Tight-end Deon Washington said, “We have to work harder. This is two weeks straight that we defeat ourselves.”

A total of 29 penalties were called during the game, 10 of which went against Cerritos.

“We played well; penalties killed us and the special team killed us,” free-safety Davey Monette said. “We fought through it all, but there (is no) coming back from that.”

The team has two away games (Pasadena City and El Camino) before it comes back home against Allan Hancock on Oct. 18.

## SPORTS RECAP



PHOTO FROM CERRITOS FALCONS

### MEN’S SOCCER

## First home conference game won by defense

SEBASTIAN ECHEVERRY

A physical game in the men’s soccer game’s home-opener had it come up with a win over East Los Angeles College, 2-1, this past Tuesday.

Cerritos College was ball-dominant the entire game; so much so that it scored the first goal of the game.

The goal was scored by Christian Carrillo. After that, East Los

Angeles could not respond, the team playing timid defense.

“The first half, we were in absolute control; we were in absolute control the whole game,” head coach Benny Artiaga said.

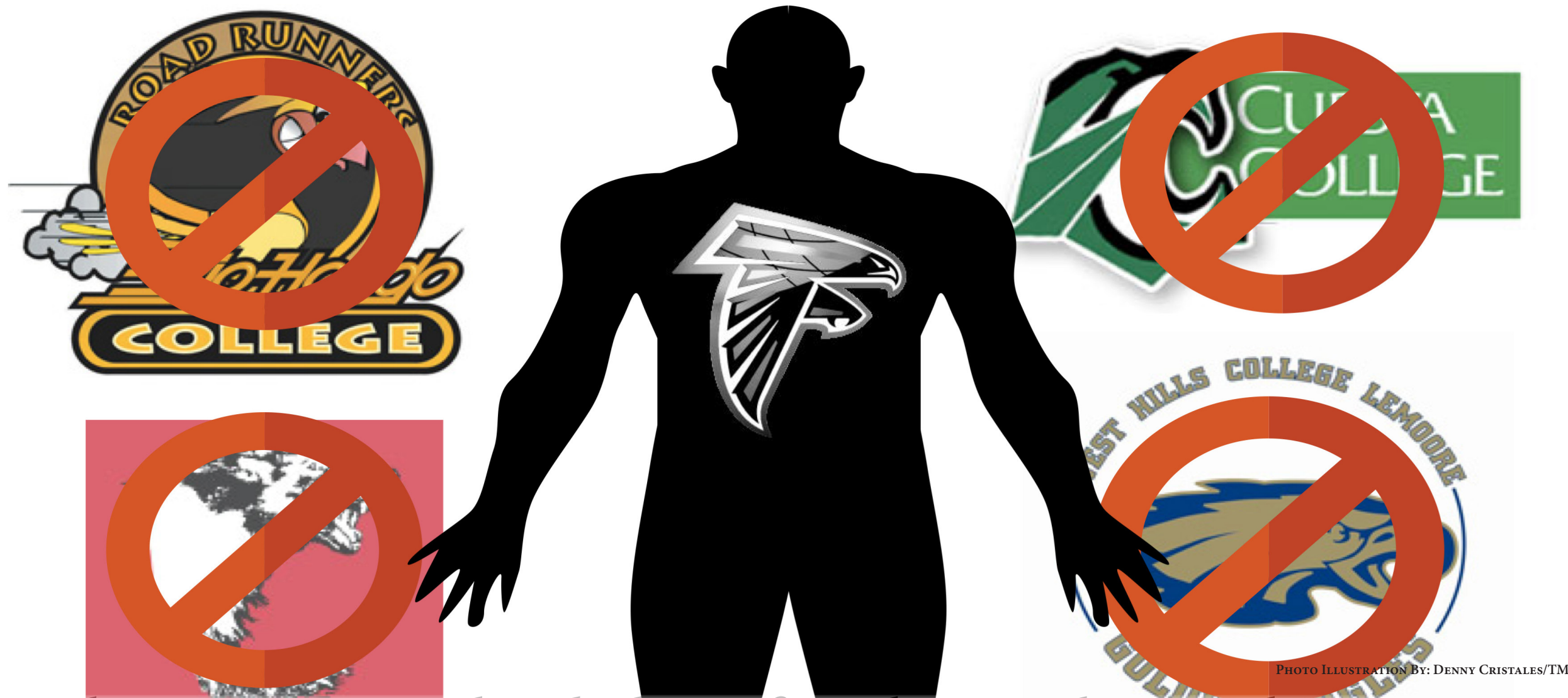
This pushes the team to a 6-1-1 overall record.

The team now goes on the road, facing Long Beach City College.

The game is Friday at 4 p.m.

FULL STORY ON TALONMARKS.COM

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## Falcons unscathed thus far throughout the season

ALAN LEYVA  
Staff Writer  
[@Talonmarks](#)

"I just want to see development in the areas we've been working on, both technically and psychologically," head coach Don Garriott said about the upcoming home meet on Friday against West Hills and Saturday's Santa Ana tournament.

Coach Garriott is anticipating the first home dual meet and he is planning on using his first starters to smash the opposition and kick off the home dual season.

However, he has a different perspective for the tournament. "That's all the same (each) time. That's just practice to get us ready for regional and state."

Coming into this weekend's matches, this year's wrestling team is unscathed with a 5-0 record. "We have a great core of guys wrestling this year. We had the majority of our team last year as freshman," Garriott said. He is also grateful (the team) took care of things off the mat as well. "(The athletes) did all they had to do in classes and stuff so they are all eligible this year."

The team already wrestled West Hills this past Friday at a dual meet and will use a different rotation of wrestlers this Friday, as some haven't wrestled at a dual meet before.

Wrestlers to look out for this weekend are Dustin Kirk, Antonio McKee, Keanu Tom and Robert Chism, as they all won their weight classes; and Clarke and Max Kumashiro who entered the finals.

Garriott said, "I definitely think returning guys set

the tone [because] they've been here, they already know what to expect, things like that. Nothing phases them. The competition in college, every match is tough [and] they're used to that already."

Ability wise, Coach Garriott thinks there's nobody that can touch Tom, as he went 4-0 in the last tournament, but [Garriott] thinks he needs to work on the mental aspect of wrestling. He feels lately he's doing a better job of doing that.

Despite being labeled untouchable, Tom still feels he needs to work on his top game because he feels he is taking people down and letting them up. "I've wrestled everyone else that's pretty good from all the other schools, so, I don't know, I think I should win state this year."

The team is mainly focusing on improving its small

mistakes from the tournament as it had some trouble scoring off tie-ups.

"A lot of times we are tying guys up or getting tied up and we are not attacking from there," Garriott said.

Top-ranked, 133-pounder Kirk is competing both days and is looking forward to seeing the rest of the state's competition that he hasn't faced.

He feels that right now, there is no threat between him and a state title.

"I've been working on everything I need to," Kirk said.

Coach Garriot feels that the mix of experience will make this a good team. "Everyone (seems) to (be) kind of (gelled) together and the team kind of (has) an edgy vibe to it; as long as we can control that, (we) can use it in competition."

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