

# TALON MARKS

CERRITOS COLLEGE

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## Vaccines available for students on campus

GUSTAVO LOPEZ  
News Editor  
@Gus\_Lopez07

The SHC has a total of 500 vaccines to administer, according to Hillary Mennella, Interim Associate Dean at the Student Health and Wellness Center.

The Student Health Center has administered 308 flu vaccinations to Cerritos students, faculty and staff.

The SHC ordered 500 doses in the summer and they arrived late August.

“Our hope is to administer them to all students, faculty and staff,” Mennella said.

The vaccinations cost \$5 for students and \$15 for faculty and staff.

Since Oct. 1, the SHC has been administering the flu shots with no appointments necessary and on a walk-in basis.

Vaccine hours are Monday through Thursday from 8 a.m. to 11 a.m., and 1 p.m. to 3 p.m. and Friday from 8 a.m. to 11 a.m.

Students expressed concern over the lack of awareness among students regarding the flu vaccinations.

Vanessa Pena said, “I think it’s very important and people should know about it, but we don’t. It’s not very well advertised.”

308 vaccinations have been administered.

However, many students were not aware of them.

“I didn’t know that,” Dalena Pham, a medical assistance major, said.

Pham didn’t know about the flu vaccinations, but was glad that the SHC was offering them.

“I know a lot of people don’t get their flu shots because they don’t want to go out of their way to go places, so the fact that it’s at the school, that’ll help them,” Pham said.

According to the CDC, flu season is very unpredictable and can vary from season to season.

The most common peak in flu activity is between December and February.

However, seasonal flu activity can begin as early as October and continue to occur as late as May.

The problem with the flu virus is that it can be transmitted before a person knows he is sick.

People infected with the flu are able to infect others beginning one day before symptoms develop, and up to five to seven days after becoming sick with the flu, according to Mennella.

Mennella stresses the importance of vaccination and proper hygiene.

## A Homecoming fit for a queen

Areal Hughes is crowned Homecoming Queen during last Saturday’s football game

LARISSA CALDERON  
Staff Writer  
@Talon Marks

Areal Hughes, representing the Queer-Straight Alliance Club, was in tears last Saturday, when she won the crown for Homecoming Queen.

“Oh, my God, it feels intensely exciting, overwhelming and a true blessing,” she said.

The crowd at Falcon Stadium was filled with alumni, hopeful families and friends cheering and holding posters all in support of the Homecoming Court.

The ceremony took place during halftime of the football team’s game against Allan Hancock College.

When Hughes heard her name she immediately screamed and broke out in tears.

“For me, this means that I just got so much support and love from everyone enough to get those votes in order to win,” she said.

As the queen, she is going to represent students of “every color, every race and every gender.”

Each candidate had about two weeks to campaign for the crown.

Campaigns were organized through the form of flyers, posters, stickers, buttons, giving out candy and promoting the elections through Facebook.

Hughes’ strategy was to be out there campaigning every single day, never letting anyone pass her.

Her pitch to those walking around campus during elections was, “Hey, I know that you think it’s out of your way, but I think you’re headed to where I think you need to be right now, and that is to vote for me.”

The other princesses did not seem to be disappointed or upset with the results; they gained new experiences and were happy for Hughes.

Jaci Navas, who didn’t represent any club during Homecoming, said, “It was so worth it. I might not



LARISSA CALDERON/TM  
Areal Hughes after being crowned Homecoming Queen. The crowning took place during halftime.

have won queen, but

I made it to princess and that in itself I think is amazing.”

She was the only candidate that was running independently. She initially decided to participate to show her more feminine side.

“I got to meet new people, (and I gained) self-confidence and I realized, ‘you know what, I’m beautiful no matter what people think.’”

“Areal really deserved it,” Alejandra Luz, representing

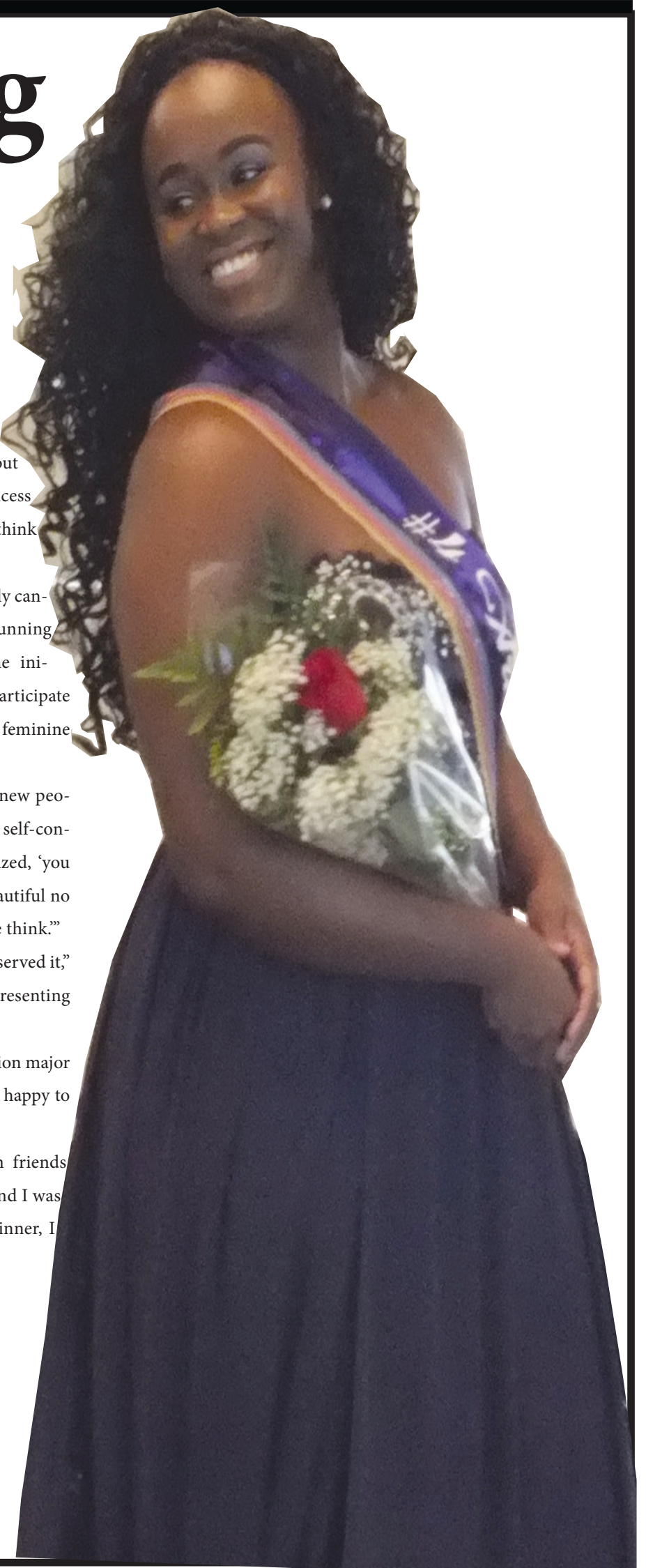
iFalcon Club, said.

Michelle Mancilla, a business administration major and Homecoming Queen from last year, was happy to pass the crown to a friend.

“It feels so good, because, honestly, I’m friends with all of the princesses, so it was so hard, and I was just happy to know that whoever was the winner, I was going to give the crown to my friend.”

The entire Homecoming Court for 2014:

- Marnie Arcillia, Kabarkada Club
- Wendy Sixtos, Child Development Club
- Jaci Navas, Independent
- Areal Hughes, Queer-Straight Alliance
- Samantha Vasquez, Order of the Falcon
- Alejandra Luz, iFalcon Club
- Stacey Sandoval, Phi Beta Lambda



SAMANTHA VASQUEZ/TM  
Fair: Students walked down the library sidewalk during the Job Fair on Tuesday. It was organized by Career Services, hosting companies like Chipotle and FedEx.

## Fair offers employment opportunities

LUIS GUZMAN  
Managing Multimedia Editor  
@ruben\_lguzman

Students packed the library sidewalk at Cerritos College on Tuesday to see the different jobs.

Some of the employers included such names as Chipotle Mexican Grill, Tilly’s and FedEx Ground.

Synnikiu Avalos, business major, felt like there should have been more small jobs.

Avalos had been to 10 booths. Her favorite booths included

Tiffany’s and the World Financial Group.

Jesus Garcia, a program manager for California Education Centers, was one of the employers that was targeting college students for job opportunities.

Garcia has been representing CEC at Cerritos College for about four years.

He expressed that he saw a lot of great candidates and that overall he liked the atmosphere.

“Everybody has been friendly,

the staff has been great and the students are here all the time. Everybody has been coming and going,” Garcia said.

Oracio Perez, nursing major, was planning to go to all of the booths offered at the job fair.

Perez believes that it’s one thing to have the job fair here, but it’s another for the students to grab the opportunity.

“It’s really interesting, it helps out a lot. It’s a lot of opportunities for jobs,” Perez said.

### NEWS

FULL STORY ON PAGE 2

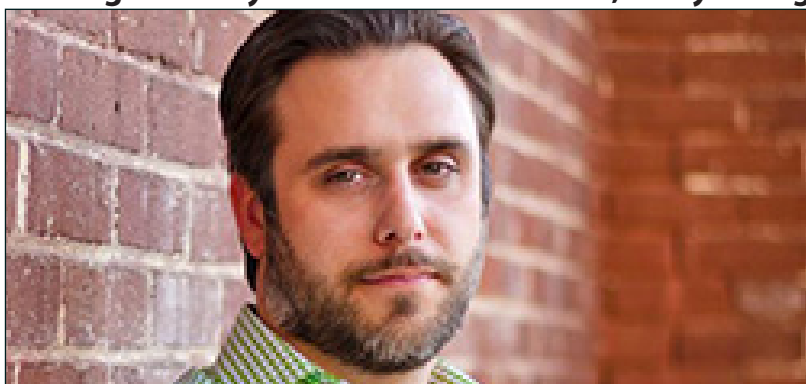
#### Disabled students participate in Mentoring Day



### ARTS

FULL STORY ON PAGE 4

#### ‘Waiting for Lefty’ director talks theatre, storytelling



### SPORTS

FULL STORY ON PAGE 6

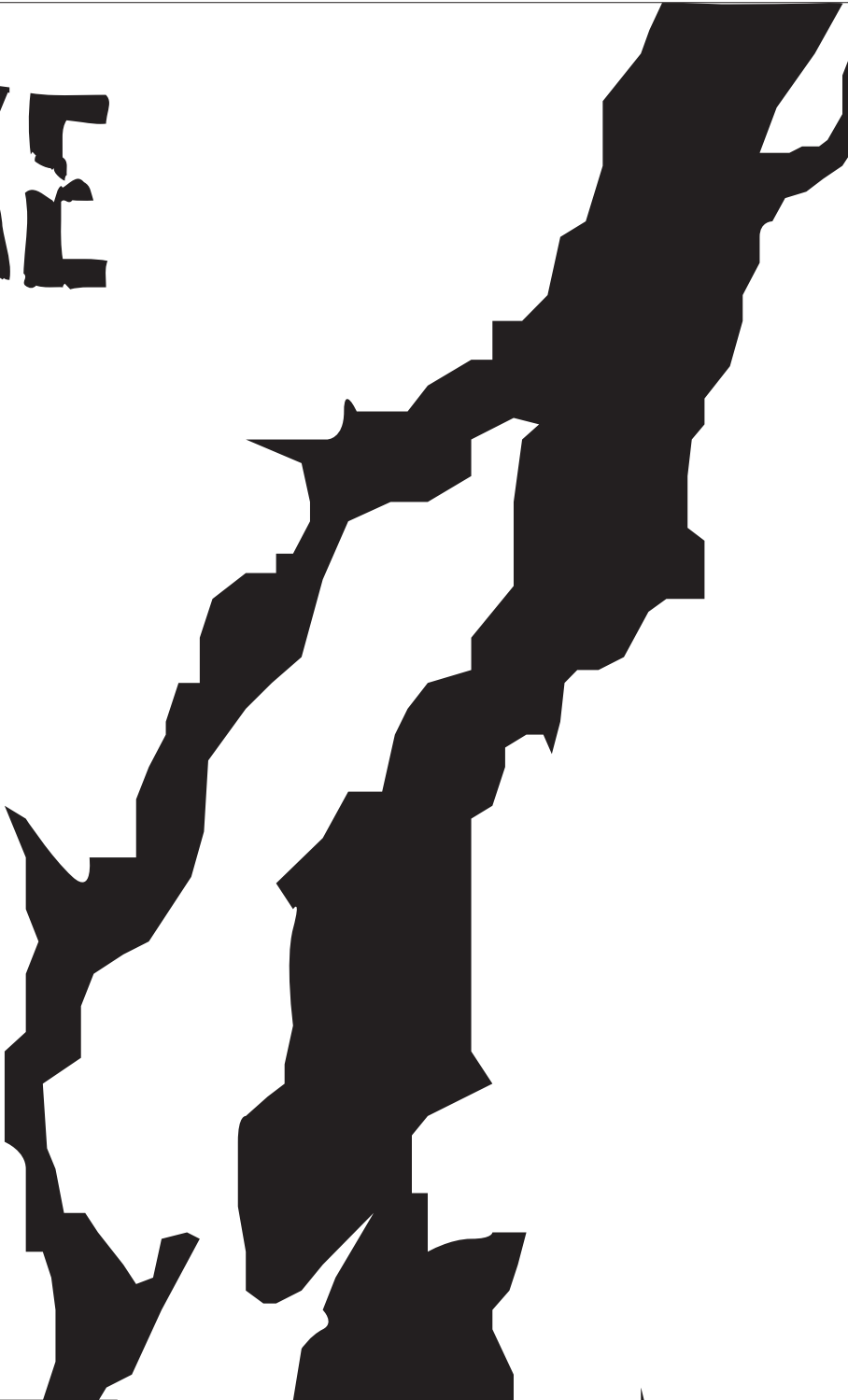
#### Results for regional wrestling tournament





EARTHQUAKE  
SHAKES UP  
CAMPUS

But not really ...



**Safety first:** Officials set up a triage area to practice what would happen in case of a real earthquake. Participants were told to treat the drill as if it were real.



**ShakeOut:** Cerritos College students evacuated classrooms during The Great ShakeOut. Students were led to designated safety areas by professors.

Cerritos participates in ShakeOut

**CARLOS HOLGUIN**  
Staff Writer  
@ch\_woodstock

Occurring just a day before the 25th anniversary of the 1989 Loma Prieta 7.1 magnitude earthquake that injured thousands and destroyed parts of the Bay Bridge, Cerritos College took part in the The Great ShakeOut, a state-wide earthquake preparation drill last Thursday.

Designed to help residents of California work together and prepare individuals across the state for disasters, like the one in Loma Prieta, the ShakeOut gives a good indication on how things would go in the event of a disaster.

The drill is coordinated statewide with over 9.6 million participants in California (<http://bit.ly/1v6ha0l>).

Cerritos College started its drill at 10:16 a.m., with students encouraged to treat the drill as if it were an actual earthquake by dropping under their desks and taking cover. Afterward, students followed their instructors to designated locations on campus.

"If you're in a classroom; since we've been taught as kids - duck under a desk, put your hands over your head to protect your head and wait (for) further instructions," advised Student Body President Miles Aiello.

Groups that traveled by Falcon Square were able to see the Triage Center, where injured students would go to receive aid from a Rapid Response sys-

tem, headed by Dr. Hillary Mennella.

"When we hear a drill alarm, we take our Rapid Response system, and set up in the quad," Dr. Mennella said. "We want to be visible to everyone on campus, so that way if someone is injured in a real emergency, we can help (him) here on the triage quad."

During the drill, building marshalls go from classroom to classroom to ensure that the rooms are empty. Each building has a marshall and provides backup to other marshalls in the event that the building is destroyed or already cleared.

Some students are at greater risk during an earthquake depending on their location on campus. For example, students in the Culinary Arts facilities are near gas lines that could break.

"I think my first thought would be to get out of there, just run," Victor Gonzalez, culinary arts major, said. "Any time you deal with anything in the kitchen, you're dealing with dangerous stuff. You have your fires, you have your burners and, of course, you have gas lines. You definitely need to be aware of that."

After the drill, Aiello encouraged students to think of what they might do during an actual earthquake.

"I think students can put themselves in the situation and ask themselves where they would go, who they would contact and just run the scenario through in their head."

Scan to see a video of the ShakeOut.

<http://bit.ly/1t8Vno5>

Mentoring  
Day welcomes  
DSPS students

**GUSTAVO LOPEZ**  
News Editor  
@Gus\_Lopez07

"Mentoring Day was amazing. It's incredible how every single person with a disability, regardless of (the) disability, can get mentored," Brian Gutierrez, a sociology major, said about Disability Mentoring Day, which took place at Los Angeles City Hall last Wednesday.

Disability Mentoring Day is a nationwide and international event in which people with disabilities can learn about different careers by having a mentor for the day, according to Adriana Miranda, DMD coordinator.

The event takes place every October for Disabilities Awareness Month.

During Mentoring Day, students get to choose someone in a career they are interested in, who is in the field and may also have a disability.

"We are bridging the gap," Miranda said. "Many people don't get close to people with disabilities; not because they don't want to, because they're afraid of not saying the right things or of saying the wrong things or behaving in a way that might offend the person, so it's just lack of knowledge."

According to Miranda, this year's DMD featured an addition of the fire department and the private sector.

The event started off with a breakfast and a welcoming ceremony to all the participants of Disability Mentoring Day.

Cerritos College had the highest number of students attending, with 20.

Among them was Martha and Antonio Lamadrid, a couple in adult education.

"I like how they (DMD mentors) made us feel welcome and not isolated. That gives us the chance to feel more motivated to keep learning," Martha said, who is working on her AA degree in psychology.

Antonio's favorite part of the day was riding on the tarmac at LAX. "It was an unforgettable experience, extremely creative and the people treated us like we were VIPs."

"It's admirable that these people help people like us who are disabled, and there's no way I can thank them for that."

The day came to a close with a dinner for the attendees of Mentoring Day, as well as a speech by Miranda, and the awarding of the Olivia Mitchell Award for Excellence to its rightful namesake: Olivia Mitchell.

Aurora Segura, DSPS counselor, said, "I think the event went great, I think the majority of the students really enjoyed it. They always (do), even if it's not their exact match, they're always happy they learned something from the experience."

Re-Elect College Professor

.....

Dr. SHIN LIU

.....

Cerritos College Board

My Goals #196#

Guarantee Student Achievement & Success

Enforce Student-centered Budget Management

Sustain Quality Education through Integrity, Honesty & Experience

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Assemblywoman, Cristina Garcia

Supervisors, Don Knabe

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Bob Arthur & Dr. Bob Hughlett

Six ABC Board Members

VOTE NOV. 4





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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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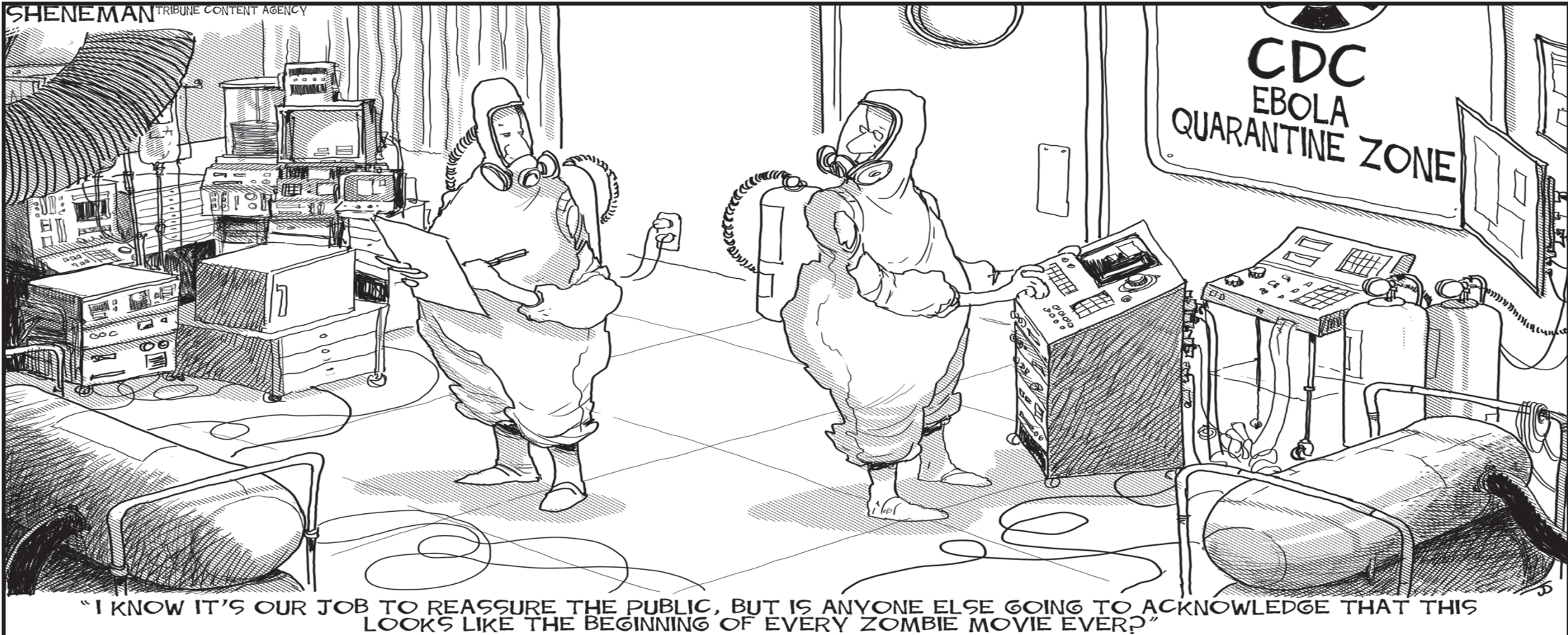
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EDITORIAL



SHENEMAN/MCT

# Stop panicking about Ebola

"Ebola, Ebola, Ebola."

That is one of the many headlines that pops up everywhere in today's news. But is the Ebola virus a big deal in the United States? Should people begin to panic?

Currently in West Africa, where the Ebola outbreak is more prominent than in the United States, BBC reports that more than 4,447 people have died from this deadly disease, as last updated from Oct. 15.

People need to stop panicking so much. Yes, Ebola is an issue that needs to be addressed, but not here in the United States.

Of course, the cause of concern is high because of all the scares that have occurred, like the Los Angeles plane that was isolated because a woman was coughing frequently and said she had just recently came back from Africa. But, that was quickly debunked since she had only visited South Africa, where Ebola is not an issue.

While in West Africa Ebola may be a huge deal, it's not so much of a problem here in the United States at this point in time.

At this point, only three people have been reported to be in-

fectured with the virus - one of those being Thomas Duncan, who was the man that died from Ebola in Dallas. And the others being the nurses who treated Duncan during his time in the hospital.

More than 317 million people live in the United States, according to the U.S. Census Bureau, and only three have been infected. How on Earth is Ebola a problem when less than one percent of all Americans are infected with the virus?

There are only scares at this point because of all the false reports that have been spreading about Ebola.

Perhaps the biggest Ebola scare was when Amber Vinson, one of the nurses who got infected with the virus due to treating Duncan, flew in a commercial plane from Texas to Ohio with a mild fever.

The Centers for Disease Control and Prevention quickly declared that she should not have flown on the plane; and on top of that, schools in both Texas and Ohio were closed because students and staff members were on that same plane.

The fact that schools were closed in two states just shows how much people are in panic mode.

During the time when Vinson got on the plane, she was not positive for Ebola - meaning that nobody would have been infected with the disease.

Not only that, but eventually as the days went by, no one was reported to be infected with the virus. So all the panic turned out to be a mild exaggeration.

The only way that Ebola is transmitted to another person is through blood or body fluid contact. Some of the body fluids that help transmit the disease to another host are sweat, breast milk, urine and saliva.

Ebola is not transmitted through water or air, meaning that the chances of getting Ebola are only limited through physical contact with a person who is infected.

People in the United States should be aware of the Ebola virus, but not so much that they panic.

At least not until about 500 people or maybe 1,000 people are reported to be infected.

Let's hope it never gets to that point, because if it does, the whole world will burn to the ground and die.



## Should there be smoking areas on campus?

COMPILED BY:  
ALEXANDER NAVEJA

PHOTOGRAPHS BY:  
MARIA LOPEZ



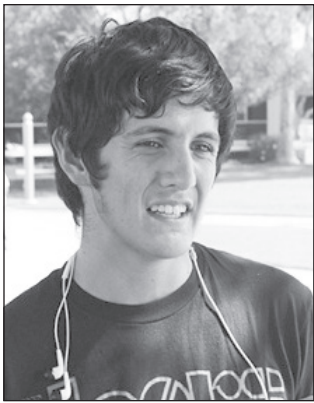
**MADISON VANDAWAY**  
*Graphic Design major*

"I think (if) there could be one that would be fine; smoking spaced out would be OK, and having more than one smoking area would be fine. I'm not opposed to it at all."



**ALLIE GUTIERREZ**  
*Cosmetology major*

"I think we shouldn't have it because people have asthma here at school and if we have smoking areas they can have an asthma attack."



**JOVON OROSCO**  
*Architecture major*

"Yes, because there's people that get disturbed when there's cigarette smoke. And it's very distracting when you have a big test, it bothers you."



**ASHLEY VILLAREAL**  
*Nursing major*

"I know that since I am going into nursing, there should be one, but I'm a smoker."



**DARIO CAPRON**  
*English major*

"I think there should be a smoking area because as a smoker myself, I feel like I'm being a burden and pestering everyone with my smoke."

## Being an introvert is not a bad thing



Are you mostly an introvert? Do prolonged social interactions make you cringe and want to run away? Do you get anxious just talking to strangers you don't know? Would you rather be at home than at a party? If you answered "yes" to some of these questions, you're probably an introvert.

According to the Myers Briggs Foundation, being an introvert doesn't mean that you're shy, it just means that you prefer to charge your batteries in a way that doesn't involve lots of socializing.

People can be both introverted and extroverted, but there are some people who are more introverted than others.

Knowing whether you're an introvert or not is important in accepting your limitations.

Just because introverts are more inclined

to spend their free time alone and doing things that they love, (instead of partying like a crazy person) it doesn't mean that they can never be social with others.

Those who love to have social interactions should take into account that there are others who are not like them.

Likewise, introverts should be considerate toward the people who are extroverts.

Small bursts of socializing is a good thing and some introverts enjoy having a few close friends that they can talk to and hang out with from time to time.

Just don't surprise your introvert friend with an impromptu party and expect him or her to go with you and have a good time.

When looking at the big picture, introverts are not doomed to roam the Earth with little to no human interaction. In fact, humans are naturally social creatures.

Just enjoy watching your favorite show and reading your favorite book. Remember, though, that getting a little human connection every now and then is a healthy thing.

## Students need to keep restroom clean



Everybody has to go to the bathroom some time. As adults, one would assume that everyone would know basic bathroom etiquette.

However, that doesn't seem to be the case for some people on campus. For some reason students out there (you know who you are) don't take other people into consideration when in the restroom. This has to stop right now.

We are all adults here - I think. We should all know that the trash goes in the trash can and that flushing is important after doing your business.

The mere act of flushing a toilet escapes people's minds sometimes. If it's a one time mistake, then that's OK. But, if you constantly forget to do it, then you have a problem, my friend.

I assume no one wants to have to deal with having to flush the toilet after someone else forgot to. If you're OK with that, then you probably have a heart of gold.

Consider the brave people that have to clean

the bathrooms for a moment.

They have a tough job to do: cleaning the toilets, taking the trash out, making sure you can go to the bathroom without any problems.

How inconsiderate can one be to just be gross and leave unspeakable things on the toilet seat?

Please do everyone a favor and make sure you do not leave the stall a mess when you leave.

Putting graffiti on the bathroom stalls also needs to stop.

You don't know what I'm talking about? Check the bathrooms in front of the Teleconference Center.

"Inspirational" quotes and drawings of cartoons make these bathrooms look tacky and dirty. Keep those quotes and life advice on Facebook to yourself. This is not high school anymore. We don't need to know your life drama on the stall door.

Whenever you wash your hands and dry them with the paper towels by the sinks, make sure your wet towels make it into the trash can. This is a simple thing to remember. If the floor is wet and there's trash on the floor, don't add to the mess.

So remember, keep it classy and contribute to the cleanliness, or else we shall all suffer. Not just one student, but all of them.



WATCHMEN



**A creative way of teaching:** English instructor Kathy Hall holds her copy of “Watchmen.” Hall uses the comic book as her required text to teach students English composition.

# A ‘comic’ way of learning

EDUARDO ALVARADO  
Staff Writer  
@EddieAlvaradoTV

Kathy Hall teaches in a not so normal way. Teaching an English class via comic books and presenting at a Comic-Con conference is not the norm, but it's exactly what part-time Cerritos College English instructor Kathy Hall has under her belt.

“That was my brother’s fault,” she said. “I had been talking about how nice it would be to incorporate visual communications into an English class, saying that I wish I could teach ‘[The] Sandman,’ which is my favorite comic book. But, I said it was too long. It’s 75 issues long, it would be too hard.”

Hall, who received her English Master’s Degree from Cal State Northridge eventually chose Alan Moore and Dave Gibbons’ critically acclaimed “Watchmen” comic book series as one of the required texts for her English 100 class.

Moore’s “Watchmen” is a 12-special series from DC Comics that ran from September 1986 through October 1987. “Watchmen” also made Time Magazine’s All-Time 100 Novels list and continues to have a strong following since it was first published in 1986.

Hall wanted to choose a text where every student could start in the same place, as opposed to writing from personal experiences. She said it would be unfair to grade an 18-year-old student compared to a 35-year-old student, who happens to have more personal experiences to talk about.

“[‘Watchmen’] is a text that is composed to within an inch of its life. Every possible rhetorical device is being used. All this stuff about repetition, theme and variation, symmetry, time,” she said.

Her English 100 class goes deep into examining words critically in formal argumentative essays, as well as explaining the importance of certain motifs found within “Watchmen,” with other elements and assignments dealing with the comic.

“I’m really enjoying the class,” undecided major Sotero Lopez said. “I’ve read comic books before, but never in the way Ms. Hall has been teaching us. There’s so much depth into it [‘Watchmen’]. It’s mind blowing really.”

Hall also said she occasionally continues to turn heads when others find out about her teaching methods.

“I expect it. Some people have this view of this world where there’s high art and there’s low art,” she said. “I really resist that. Rather than

treating it like ‘opera is good and rap is bad.’ I’d rather say, ‘well, what are the best operas and what are the best rap songs about?’”

Hall was also lucky enough to showcase her teaching methods at the 2010 Comic-Con in San Diego.

She presented at a conference session entitled “Comics in the Classroom,” where she gave audience members an overview of techniques and assignments for teaching “Watchmen” in a first-year composition course. She also said she was able to thank her brother by taking him to the convention as her assistant with an all-access pass.

She does not only use “Watchmen” as the required text for the class, but uses another comic, as well.

The book is paired with “Understanding Rhetoric: A Graphic Guide to Writing,” which pairs verbal images with visual images.

The book covers what college writers need to know. From writing processes, critical analysis, arguments and presentation all in visual images that brings rhetorical concepts to life, using examples from Youtube to Aristotle.

Although there are students who enjoy the class, others feel out of place. “I find it hard. I had never opened a comic book in my life before,” Accounting major Brandyrae Kennedy said. “Which makes it that more difficult to not only read it, but then have to write a paper relating to it.

“At the end of the day, Ms. Hall is a really great instructor and has a passion for the material, which in the end, outweigh the negatives,” she said.

Hall has never stuck with a class as long as her English 100 class. She said that every semester, she tends to rewrite her classes and has been wanting to rewrite this particular class for a couple of years now, but for one reason or another, she has not changed it.

She has no concrete plans on bringing in a new comic or a more traditional text as of now, but hints, “There are some newer comic books that I’m very interested in looking on how I may apply them to the class. There’s one called ‘Ex Machina’ ... it has a marijuana legalization issue that is really a different perspective on the issue of marijuana legalization.”

Instructor Hall teaches English 100 with “Watchmen.” Catch her class before she rewrites her course and decides to shelf “Watchmen” once and for all.

## Slay’s love of theatrical storytelling

JENNIFER MEDINA  
News Copy Editor  
@JenMed10

“Choose a job you like and you will never have to work a day in your life.”

For “Waiting For Lefty” director Kevin Slay, this quote by Chinese philosopher Confucius has become a reality in his life.

Kevin Slay is a part-time theatre professor at Cerritos College who is currently directing the featured play “Waiting For Lefty” at the Bur-night Center.

But he doesn’t only teach and direct theatre here, he also teaches it at many other schools.

“The really glorious thing about what I do is that my job is my heart and my passion, and not (everybody) gets to do what they love to do as their job,” Slay said.

“So, I’m fortunate enough that I’ve been able to figure out how to do that. As much as it is my career, it is also my heart.”

His fascination with theatre is the storytelling aspect of it.

His passion for telling stories began at a young age; Slay loves drawing in an audience and making people think about what is being told.

He said, “I’ve always liked plays that are provocative and that engage an audience intellectually and emotionally; that provokes people to react and challenge them to what they think they believe or reinforce what they believe.”

Slay’s motivation is reading. He said that if a story makes him keep flipping the page, that’s when he knows that it is something that he wants to direct for other people; he wants people to get as excited as he gets while watching the play come to life.

“I prepare for my plays by reading the plays over and over and over and doing research analysis and watching things about different plays; historical analysis. I build my own schedules, I stage my shows.

Slay’s current project, “Waiting for Lefty,” is about the true events that happened in 1934 in New York during a series of major strikes that were happening all over the country.

“I’ve always loved ‘Waiting for Lefty.’ I’ve always liked political plays. This is a play that deals with political issues that today we think about much more differently than we did in the 1930s, like communism.”

He illustrated how perspectives change. He said it’s interesting to see how the view on communism has changed since the 1930s, to present day.

### TM CLASSIFIEDS

#### JOBS

Health and Fitness  
Top nutritional company with world's most famous doctor seeks 2 key people for health and fitness industry. Flexible Hours. Contact Scott at 310-428-3680 or scott@mytruehealthandwealth.com  
Email scott@mytruehealthandwealth.com

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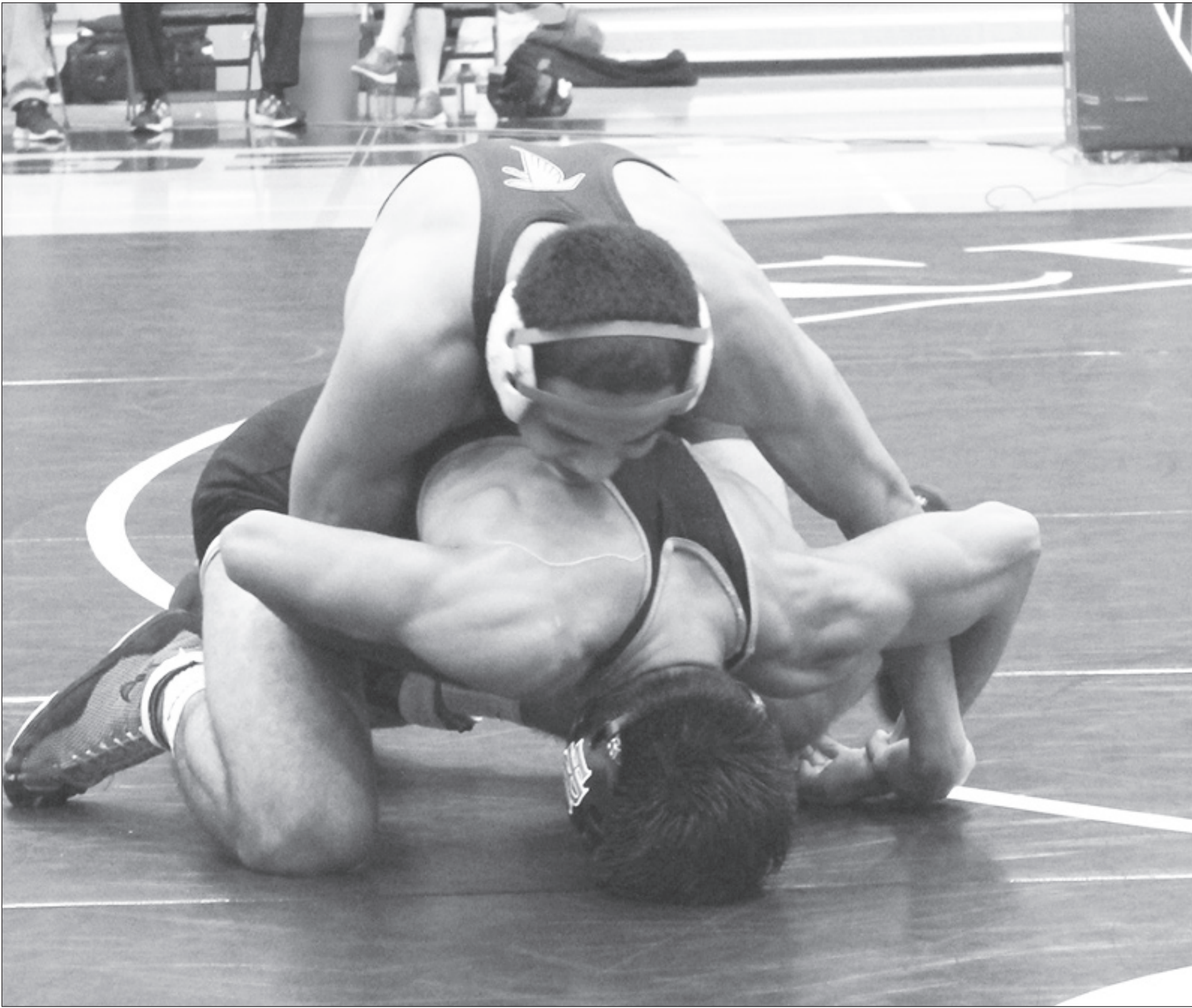
#### WORKSHOP

Free Time Management Workshop  
By C.C. Music Club  
We will be offering a free Time Management Workshop on  
Tuesday, Oct. 28 @ 11 a.m. in BC-51

#### EVENTS

Library Club Book Sale  
Wednesday, Oct. 29 from 9 a.m.-Noon  
Located at the library's main entrance  
Price ranging \$1-5 per book/textbook





**Pinned for the first time:** Eric Ambriz (top), 140 pound weight class, has a tight grip on his opponent. The Falcons, ranked first in the state, lost their first match of the season, succumbing to a narrow 23-21 final score.

ALEXANDER NAVEJA/TM

# Wrestling gets pinned for first loss

The wrestling team walked into the Southern California Regional Tournament undefeated.

ALEXANDER NAVEJA  
Associate Sports Editor  
@Talon Marks

Wrestling's undefeated record was snapped when it lost to Mt. San Antonio College, 23-21, last Saturday at the Southern California Regional Tournament at home.

The men felt good going into this tournament with a perfect record and no team having an answer to the perfect record.

"I felt really good, I felt like the team was well prepared. We had a long week of practice, we felt good and we just wrestled," Jesse Gomez stated as he mentioned how he felt about the tournament.

With big tournaments like this one, the men would have to do some preparations to be able to take on the competition.

Head coach Don Garriott said, "Same way we do each day. We get in here, work on technique, conditioning and the fundamental aspect of it. Our training never ends. It's more what the individual does outside of this room, whether it's running on (his) own, watching (his) weight, that's what's going to make a difference."

Not only does the coach have to do the training and work on the techniques with the wrestlers but it's up to the wrestlers to maintain their weight.

The wrestlers would use everything they learned in practice and all their preparation

to win their first match in the tournament against West Hills College with a final score of 55-0.

That would lead the men to having a very strong mindset throughout the rest of the tournament.

Then, the wrestlers would use the strength from the first match to carry the team to another win against Cuesta College with a final score of 28-12.

Eventually, the team would lose by two points against Mt. San Antonio College, 23-21, along with the undefeated record.

Despite getting its first loss of the season, the wrestling team will still move on and will prepare for upcoming matches.

"I felt like we wrestled really well on (our) feet, really good on the takedowns. I believe (we) got 75 percent of the takedowns in the matches," Coach Garriott said as he stated about his team's strengths.

Not only did Garriott think that there

were some strengths, but the wrestlers did, as well.

"(I) took down my opponent pretty easy. I was able to take him out," Gomez said.

With the loss, the team sees things that needs improving.

"We were not as good getting off bottom as we have been. Guys were riding us out a little bit longer than what we should have, which makes us a little bit more tired than (we) should have been. It makes us more tired when you fight off bottom and it tires you out, so that is what we are going to focus on," Coach Garriott said.

"I need to work on my shots and know that I can execute the right shots, so it's a mental thing, as well," Dylan Clarke said, as he stated that he needed to work on his mental game.

The team's next meet is against the very school that beat the Falcons - Mt. San Antonio College. The match is Wednesday.

## The Falcons defeat Allan Hancock on Saturday

ABRAHAM VENEGAS  
Staff Writer  
@Talon Marks

Jimmy Walker's 49-yard touch-down pass to tight-end Ainslie Johnson in the fourth quarter was the difference maker for the Cerritos College football team when it defeated the visiting Allan Hancock College, 19-12, last Saturday.

Coach Frank Mazzotta accredited this win to the defensive squad having a great performance, as well as quarterback Walker.

"Jimmy made two great throws, and the reason I say 'great' is (because it's) something that doesn't come off (like) that all the time."

Cerritos were already up in the score within the first minute of the game when wide receiver Justin Caines caught a pass from Walker who went 61 yards for a touch-down.

Afterward, the Falcons failed in their one-point conversion after Brandon Romero's kick went wide.

The Falcons would go up 13-3 near the end of the first quarter after running back Joseph Donnell's one-yard run for a touchdown, after defensive back Anthony Murray's punt return for 69 yards.

After the first quarter, Cerritos would struggle offensively as the the Bulldogs were able to catch up by the end of the first half, down 13-12.

Both teams neutralized one another in the second half as nothing of real note offensively happened in the third quarter.

Running back DeVonte Carter was instrumental for the game-deciding touchdown as his three consecutive runs helped the Falcons gain the necessary yards on their own 39-yard line.

Then, Walker spotted Johnson alone and threw it for a 49-yard touchdown pass to put Cerritos ahead 19-12 with 9:27 left in the fourth quarter.

Cerritos' defensive line forced Allan Hancock's offense to be kept at bay, as its pressure forced errors.

Walker said, "Our defense was lights out tonight. (We) use(d) plays when we needed to, force(d) key turnovers and really pick(ed) the offense off when we were struggling."

The Bulldogs were forced to a fourth and 20 situation in the last drive thanks to defensive end Alex Jones sacking quarterback Curry Parham for a loss of 10 yards.

The Falcons have a Northern League record of 2-1.

## Tournaments and conference rivals await the water polo teams

Men's water polo is set to have its third home game of the season.

MONICA GALLARDO  
Sports Copy Editor  
@Talon Marks

The men's water polo team has been working on communication as it prepares for this weekend's Golden West Tournament at Cerritos College.

Utility player Carlos Abrego said, "As a team, we're all focusing on communicating with one another to have better team chemistry, and individually, we each know what to get better at."

Initially, communication did not come easy to the team due to a new roster, but Abrego hopes that the improvements will play a factor in the team's upcoming games.

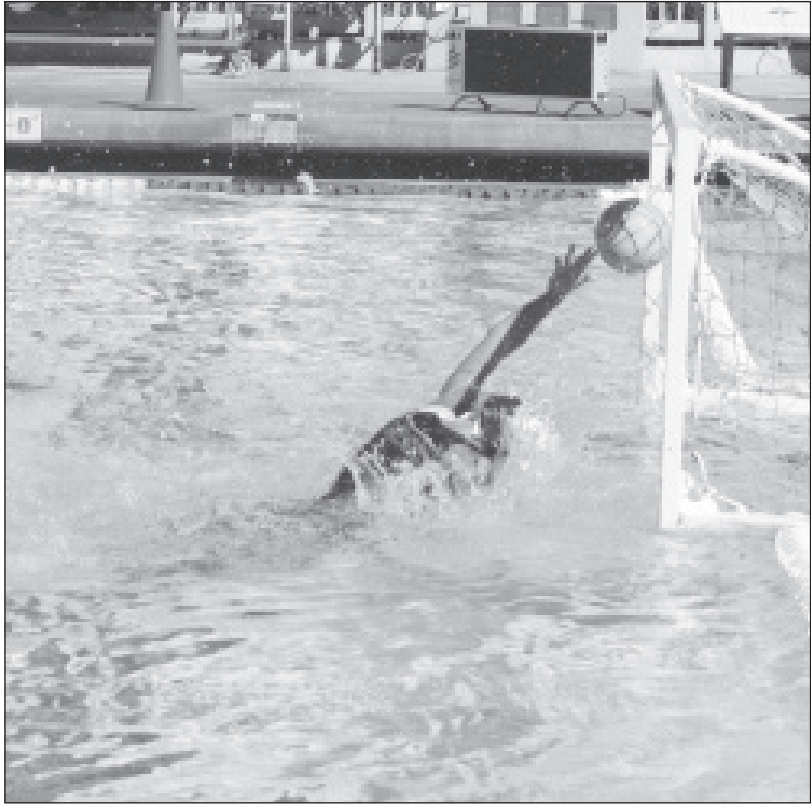
"We're better acquainted, we all know one another's names and we can give one another a signal with our eyes. We know where we want the pass, the ball to be put in," he said.

The team has also been working on defense, conditioning, passing and 6-on-5, head coach Joe Abing said. "Every part of the game, we've continued to work on."

Home advantage is another factor that the Falcons hope will be beneficial because "you have your own fans here, you have your school pride here cheering on," Gonzalez said.

Abrego added, "I think it makes us feel more comfortable. It's our house and we don't want to lose or be disrespected in our own home."

The team will play Riverside at 10:15 a.m. and Orange Coast at 2:30 p.m. on Friday. The following day, it will face American River at 7:45 a.m. and San Joaquin Delta at 1:15 p.m.



KRISTOPHER CARRASCO/TM

**Reaching for first home win:** Women's water polo has taken a new approach for its conditioning for games, as of late. It hopes to win in back-to-back games Wednesday.

Women's water polo focused on getting first home win of the season.

MONICA GALLARDO  
Sports Copy Editor  
@Talon Marks

Women's water polo captain Carla Harvey believes the team is ready for its back-to-back conference games against Rio Hondo College and East Los Angeles College on Wednesday.

She said nothing negative about the game being back-to-back.

"It's mental, because if you think you're tired even if you have an hour or a three-hour break, then you're going to play like you're tired."

Attacker Kristina Ramirez agrees. "I just think we're really prepared. Hopefully we can pull out

some wins," she said. "It's all mental. We have to push ourselves."

As preparation, the team has intensified its practices to improve its overall conditioning.

Harvey said, "We're running a lot. We have harder practices, we're conditioning more, getting ready for the week."

Head coach Sergio Macias added, "It's my job to get (the team) in shape and if I feel (the team is) being lazy in the pool. I want to make sure I get (the team) into water polo shape first. I want (the team) to be challenged every practice."

He hopes that the stronger conditioning will prepare the women for the consecutive games.

"I think our [women] should be a bit tired, but that's why we train and they knew this ahead of time, so it's not a surprise."

Game times for both matches are 3 p.m. for Rio Hondo and 5:15 p.m. for East Los Angeles College.





**A convincing home victory:** The women's soccer team beat El Camino College, 12-1, Tuesday. The team faces ELAC next.

# Shutout streak ends

## Women's soccer wins, anyway

ABRAHAM VENEGAS  
Staff Writer  
@Talon Marks

Forward Ashley Anaya Webb propelled the Cerritos College women's soccer to an astounding 12-1 victory over visiting El Camino by scoring four goals on Tuesday.

This is the biggest blowout win over a conference opponent this season as Cerritos has six wins and only one loss as it sat first in the South Coast conference.

"It's a good feeling obviously," Webb said about her performance. "It's a nice confidence boost (but) it's always nice seeing your teammates put it in, too."

The game got off to a lightning start with the Falcons being up 2-0 within the first 10 minutes. Webb scored the second goal, her first in the game; by rounding off the goalkeeper and putting the ball passed the net.

Midfielder Cassie Reyes made it 4-0 in the 30th minute, as she sent it to the left corner.

Cerritos made it 6-0 right before halftime, when a scramble in the box led to forward Tiffany Castillo to hit the post only for Webb to tap in for a goal.

A score of 6-0 at halftime might lead teams to become too relaxed or not play at the same pace in the second half, but coach Ruben Gonzalez told his team to not be concerned.

"Don't worry about the score. We want to continue getting bet-

ter every game and get better and compete for a position to be out there."

Ten minutes into the second half, Cerritos already made it 9-0 as it had complete control of the ball and played with such fluidity that El Camino could not keep up with it.

The Warriors did manage to put one goal, as an opening in the Falcons' backline sealed a goal. Gonzalez contributed this goal to a lack of communication in the defense.

"A couple of the (women) hadn't play(ed) in the back together so that kind of hurt us a little bit, but it's a learning experience."

A nice pass by midfielder Esmeralda Verdugo into the box had Jazmin Aguas control the ball and slide it passed goalkeeper Kristyn Houts to make it 11-1 in the 73rd minute.

Seven minutes later, Cerritos made it 12-1, when a through-ball was sent only for Castillo with a right-leg shot into the net to make it the final score.

After the game, defender Alex Kidd said of her team's performance, "We just work(ed) hard ... (tried) to get our stats up and work(ed) together to get as many goals as we can to prepare for finals."

The Cerritos College women's soccer team's next game will be Friday, playing home at East Los Angeles at 4 pm.

### MEN'S SOCCER



ABRAHAM VENEGAS/TM  
**Keeping balance:** Midfielder Ludwig Vargas trying to capture an air ball. The men's soccer team's next game is against ELAC.

### Conference rival ELAC next in line for the men's soccer team

For left-back Michael Bautista, the next matchup is more about knowing what the men's soccer team can do, as opposed to what the next opponent is capable of.

"We are not very sure of what's to come, but I think we are prepared as a team."

The next match is against East Los Angeles College on Friday at 4 p.m., a conference rival.

The last time the two teams met was on Sept. 30, where the Falcons secured a 2-1 victory at home.



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