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C4 initiative aims to increase success

JULIEN GALVAN
Staff Writer
@TalonMarks

The Community College Completion Corps, also known as C4, is a program designed to help out community college students continue their education and transfer or graduate in an efficient manner.

"The C4 program is designed for students to basically stay committed to their studies," Daniel Gomez, political science

major, said. "There's a kind of procedure that's going on that if the student is slowing down or isn't completing (his) pledge, (he will get) flagged; which is like a notification of sort saying basically, 'Hey, what's going on? You seem to be falling behind on your pledge, how can we help you?'"

The C4 initiative is something that has been heavily emphasized and promoted during both ASCC Cabinet and Senate meetings.

Joe Nino, an ASCC senator, said, "79

percent of entering-college students plan to earn an AA Degree, but 45 percent actually do within six years."

That's a 34 percent difference in terms of students being committed to finishing school, yet not fulfilling the standard.

The statistic disturbs those involved with the C4 plan; the idea is to change the way education, or at least the manner in which transferring methods are conducted at the community college level.

Nino said, "The whole thing is that we're trying to change the culture of edu-

cation on campus."

In its entirety, this program can be beneficial toward students, according to C4 affiliates.

It's about finishing up school and not ending up as another statistic; the program will give students a boost in terms of taking classes and finishing up.

ASCC Cabinet convenes every Monday at 2 p.m. in BK 111, while ASCC Senate convenes every Wednesday at 2 p.m. in BK 111, as well.



CARLOS HOLGUIN/TM

C4: Senator Joe Nino talks about the Community College Completion Corps during the Oct. 22 Senate meeting. The program hopes to help students transfer.



CARLOS HOLGUIN/TM

Ceremony: ASCC President Miles Aiello presents plans for Veterans Day.

President plans Veterans Day event

DENNY CRISTALES
Editor-in-Chief
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Miles Aiello took one look at an article and knew that veterans deserved better than this.

"These veterans have not received the recognition that they deserve at Cerritos College," the ASCC president said.

And that's how one article spanned a chain of events that will lead to a Veterans Day Ceremony in front of the Burnight Center on Monday at 11 a.m.

Veterans Day is a commemorative holiday that honors veteran soldiers who served for the United States.

Aiello feels that the celebration has fallen short and was not a proper testament to the service veterans have provided throughout their life. He wants to hold a widespread celebration on campus and showcase as a "student body, a true 'thanks.'"

The Cerritos College school band and the color guard will be

playing the United States National Anthem at the ceremony.

Veterans will be speaking up about their experience serving the military. Additionally, student speakers will be present, too.

Aiello said, "The event will be a ceremony targeted to shed light on those who have served our country. One of the main objectives for the event is to get numerous clubs on campus involved, to help students grow into becoming leaders and taking ownership and responsibility."

"But, also, additionally, to have the event centered around emotion and to really have the audience captivated by what it means to be a veteran for the United States military."

Michelle Mancilla, business administration major, agreed with Aiello about the event being a proper way of acknowledging the troops.

Veterans that show up will be handed a pin designed especially for them.



CARLOS HOLGUIN/TM

Changing tradition: Cabinet members discuss the fate of the Fall Awards Banquet during the Cabinet meeting of Nov. 3. After much deliberation, Cabinet ruled to keep the Fall Awards Banquet.

Fall Banquet passed by Cabinet

JENNIFER MEDINA
News Copy Editor
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After the ASCC Senate voted to not keep the Fall Awards Banquet, ASCC Cabinet members took their stance and voted to keep the banquet, allowing it to take place.

For the past few weeks, there has been heated discussion, causing disagreement between ASCC Cabinet and Senate members on whether or not to keep the Fall Awards Banquet.

The banquet is an event that recognizes individual involvement in the Cerritos College community, with people being awarded different types of awards.

A previous complaint about the banquet was that there were admitted hints of bias in the way the awards were given out.

Commissioner of Student Out-

reach Araceli Lopez said a few months ago, "I was part of the group that decided who were granted scholarships last semester and I can honestly say there was some bias."

The total cost of the event is \$13,500.

Senator Dayanna Arana said she highly prefers to keep the banquet even though the Senate as a whole decided not to.

"When Senate voted as a whole, my personal vote was to keep it, not just because I want recognition, but because as a senator I am representing all the other students that are involved in school. And it wouldn't be a great opportunity just for me, but for every student that is involved in campus activities."

"I strongly feel as if we should keep it because it recognizes the students for their achievements, not on a standardized educational school-book level, but as the well-

rounded students we have here at Cerritos College."

Arana highlighted the fact that students get proper recognition by also bringing in their families.

She believes that this event is a form of motivation for students to work even harder because not only are awards given out, but scholarships, as well.

Another person that believes that this banquet should be kept is Senator Pro-Temp Aldemar Sanchez.

"I believe we should keep it because it is a great opportunity for students to be recognized for what they've done this entire semester, whether it'd be as a student government leader, a club officer, a club member or a student at large."

During the Nov. 3 Cabinet meeting, while Sanchez was giving his speech, Senator Joe Nino sent a memo to Sanchez in favor of the Fall Banquet, despite not being present.

On the other hand, Student Trustee Daniel Flores took his stance - he disapproves of the banquet.

"I feel that we should cancel the Fall Awards Banquet because there are 20,000 students who pay a few dollars every semester and I think if you were to poll and ask all 20,000 students if they would like to keep it, the majority of them, if not all, would like to get rid of it; because, first of all, they don't know what it is about, and second of all, it does not benefit them in any way or form; it only benefits less than one percent of the 20,000 students we have on campus."

Due to the split nature of the voting - Senate, no; Cabinet, yes - the banquet is currently set to happen.

However, the ASCC Senate has the Fall Awards Banquet as a discussion item for the Nov. 5 meeting.

NEWS

FULL STORY ON PAGE 3

ASET Club builds trebuchet to showcase science



ARTS

FULL STORY ON PAGE 6

Comikaze comes to Los Angeles, cosplayers strike



SPORTS

FULL STORY ON PAGE 8

Carla Harvey reaches 112 goals, breaks record



ZOMBIES ON CAMPUS



Survive if you can: A student tries to run through a maze while zombies try to kill her by tearing off green tape that represented her life. Students racked up points by getting past zombies or by helping comrades.



Truth and justice: iFalcon Club President Michelle Mancilla dressed as Wonder Woman for the event. The iFalcon Club dressed as the Justice League and won the pumpkin contest for the funniest carving.

Students try to survive running through zombie maze while collecting food for charity

GUSTAVO LOPEZ
News Editor
@Gus_Lopez07

“It feel good. I celebrate. I eat brains,” Greg Guier, culinary arts major, said in zombie character after winning most creative costume (a chef zombie) in the Zombie Fest costume contest.

The Zombie Fest took place from 10 a.m. to 12:30 p.m., with a pumpkin carving contest and a costume contest taking place before the Zombie Maze. Guier won “most original costume” while representing the business club.

The other winners were members of the iFalcon Club for group costumes. The iFalcon Club members were dressed as members of the Justice League.

Natalie Romero won the “scariest” costume category.

The winners for the pumpkin carving harvest were Kabarkada Club for funniest, WPMF for scariest and iFalcon for most creative.

Amna Jara, student activities coordinator, said, “We’ve had a committee working on this for a couple months now; our budget was about a \$1000.”

Michelle Mancilla, business administration major and president of the iFalcon Club, said, “We did this to get more involved with the school and get closer as a club.”

She was dressed as Wonder Woman.

The club didn’t run into problems choosing which hero to be, she said.

The Zombie Maze started late due to the fact that the people dressed up were still getting their make-up done.

“Make-up kind of takes a while because we’re trying to be as realistic as we can,” Dayanna Arana, psychology major, said, who was

helping ICC commissioner Suleyma Castillo during the event.

Castillo said, “We’re trying to get students into the Halloween spirit, but mostly this is to collect canned food for the less fortunate.”

Students participating in the maze signed waiver forms, for both the zombies and “survivors.”

The students, or “survivors,” had green tape on their shoulders, which represented their life; if the zombies take off the tape, that would mean the survivor is “dead” and had to return to the beginning.

The survivors would then place a white cone where they “died” and other survivors could pick them up for points.

Students with a lot of points won a Zombie Fest 2014 shirt.

Some students had complaints about the maze, “It felt unfair,” Omar Alonso, art major, said. “They (the Zombie Fest members) keep coming up with rules and no one told us ahead of time. We weren’t allowed to buddy up or cover it (the tape) up.”

Others had fun, “It was intense. I fell and I scratched myself, but it was fun,” Bryant Vu, computer science major, said.

“I got at least 30 (survivors),” zombie Supergirl, Hope Garcia, graphic design major, said. “It’s fun being a zombie. It was different than last year. I think ICC did a good job setting it up. ICC did an awesome job,” she said.



‘Braaaaainnnss!’ Graphic Design major Hope Garcia showed up to Zombie Fest as a zombie Supergirl. Garcia participated as one of the zombies, trying to catch survivors attempting to escape the maze.

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Four Levels of LEED Certification



LEED certified buildings set for campus

GUSTAVO LOPEZ
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With the approval of the Leadership in Energy and Environmental Design (LEED) certification by the board of trustees, Cerritos has begun working on making the school eco-friendly and promoting sustainability.

LEED is a voluntary, third party rating system for the design, construction, operation and maintenance of green buildings, according to David Moore, director of Physical Plant and Construction Services.

Certification is measured by a point system:

- Certified 40 to 49 points
- Silver 50 to 59 points
- Gold 60 to 79 points
- Platinum 80 to 110 points

The point values are dependent on how many projects, features, such as solar panels or other green technologies the campus has implemented.

The newest buildings are still in the design phase, such as the Field House and Health and Wellness. These are designated as LEED-certified buildings while the buildings that are currently in construction, such as the Fine Arts and Math and Technology Buildings will not be LEED-certified.

Moore said, "You have to design them (the buildings) to be LEED-certified from the design phase."

This doesn't mean that the older buildings are not eco-friendly.

"It is important to note the campus already has a high level of energy efficiency in these buildings."

This is due in part to the California Energy Commission's Title 42 and the Building Standard Commission's CalGreen.

Calgreen and Title 42's standards include windows, lighting fixtures; these standards are mandatory by the state.

Even the day-to-day operations of the campus are eco-friendly, if not strictly counted by the LEED point system.

"From an operation standpoint, we're using cleaner chemicals and we recycle the paper that comes in," Facilities Manager Tom Richey said.

According to Moore, this is the college's first attempt at LEED, and will only be aiming for the 40 to 49 point LEED-certification.

"I think we'll just aim for the LEED-certified buildings; see how that goes and how it impacts our budget."

The budget is being measured in percentages instead of solid numbers, because the estimated budget is subtracted from the college's overall budget.

One to two percent of the LEED costs will go to registration, architect and third-party fees.

Moore said, "Construction costs are kind of unknown. It can be as much as five percent or as much as 20 percent. It all depends on the level of certification, materials being used, how big the building is being built. There's a lot of variables."

Being a part of a volunteer program, the campus will not receive any financial help from the state.

"I think it's good that the school is doing this," Lindsey Guevara, interior design major, said.

"There's no monetary benefit, nobody is giving us incentive to do it. It's just the right thing to do," Moore said.

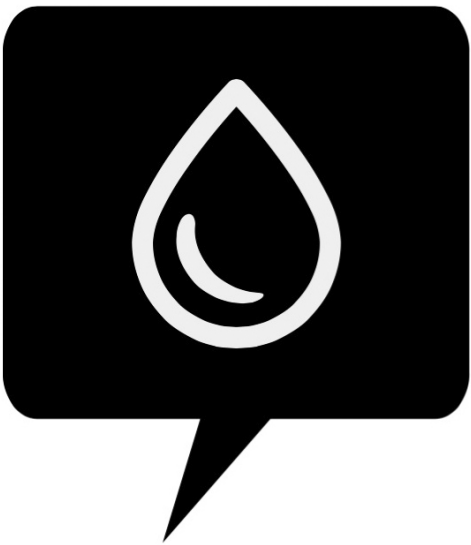
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ASET looking to new heights

KENIA TORRES
Arts Copy Editor
@TalonMarks

"I was thinking we should build some rockets; I do not know how, but somehow we will create them," Jesus Cahuantzi, president of the Applied Science Engineering and Technology Club, said.

"My teacher in high school - Mr.Guzman - would talk about different programs here at the school ... I came across the ASET Club. I was interested, so I talked to the adviser of the club, (Professor) James Henriquez."

The ASET Club has been a part of Cerritos College since before 2004, according to Henriquez.

This club is here to have students incorporate things they learned in class and bring them to life.

It is mostly a hands-on experience when it comes down the to the projects and ideas that the students have.

For any science or engineering majors, the projects the club has can be useful for career knowledge, or anybody in general that wants to try something new and challenging.

Sergio Serratos, a civil engineering major and secretary of the club, said, "I started this semester; it (the club) had diminished for some time, and now we brought it back up."

"Most of us here are all going toward the engineering field."

The original idea was to do small

projects, but since the club has become involved more and more with its members, Cahuantzi came up with an idea, "We decided to make a giant trebuchet."

A trebuchet is a type of catapult. The trebuchet took about three weeks to build, according to Henriquez, "I am excited to see how much dedication all our members have put in."

Home Depot helped the club get the materials it needed to build this project.

Nikki Alvarado, a member of the club, said, "I want to make my mark in the club and see how I can help out."

Cahuantzi said, "I'm excited with what can be done in this club."

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EDITORIAL

Green buildings are worth the extra cost

Leadership in Energy and Environmental Design is an eco-friendly and innovative approach to a building's structure and setup; a slightly elevated increase in cost is nothing compared to the "green" future in the long-run.

LEED is a voluntary, third-party rating system for the design, construction, operation and maintenance of green buildings, homes and neighborhoods.

At a Sept. 17 board of trustees meeting, the design and development of buildings and structures on campus were LEED certified for the Cerritos College campus, approving environmentally-friendly implementations to all construction plans toward buildings or anything.

All in all, the implementations can lead to about a one to two-percent increase in the total cost of construction, according to David Moore, director of the physical plant and construction services.

A slight increase in cost is acceptable for such an addition to the construction plan, but it has to be done right. There's already been an elevated cost as there is.

During a Sept. 30 board of trustees meeting, David El Fattal noted that the construction bids were at a higher cost than previously estimated, jumping from \$37.5 million to \$43.1 million.

This pushed back a few dates in terms of estimated completion times for buildings.

Now, if these increased costs aren't particularly damning, then these LEED

certifications - which are, again, a one to two-percent increase - are acceptable and doable.

One to two-percent may not seem like a lot, but when dealing with such a significant amount of money, it makes all the difference.

What also is to note, however, is that these estimated cost increases that El Fattal noted were after the board of trustees meeting that the buildings were approved to be LEED certified.

This means that these increased costs have the LEED implementations factored in.

But finance is one thing, what about the impact this will have on students?

Well, money for construction is used for just that - construction, so students need not worry about classes or anything like that being messed with.

No, having such a strong push and a significant amount of resources and time being put forth on these construction bids showcases that quality is of importance for those in charge of the construction program.

One thing illustrated by Moore is that having the LEED implementations saves a lot of energy; with water being conserved and less debris being utilized for construction.

Barring all the construction price increases and the details involved with that scenario, the LEED implementations are a welcome addition to Cerritos College.



CARLOS MARQUEZ/CONTRIBUTOR



Should California pass a law for assisted suicide?

COMPILED BY:
KATHERINE GRIJALVA

PHOTOGRAPHS BY:
NICOLETTE AGUIRRE



DISON LAM
Linguistics major

"I guess 'yes,' because it's pretty much up to the individual what (he) want(s) to do."



BRITTNEY JACKSON
Nursing major

"I'm against it because of my religion. God created us and he knows the time when we are going to live and where we are going to die. Why put an expiration date on us?"



JESUS PIMENTEL
Physical Education major

"I don't think so, because there could be help. And there are things that could make (the individual) happy through the time (he) left."



RENEE LIM
Music major

"I think it should be up to (the person). Other people shouldn't dictate people's lives. It's sad to see (people) go, but it's their life."



YESENIA ARAUJO
Dental Assistant major

"I'm against it because why not live the months that you have left."

PRO: Doctor-assisted suicide should be allowed



This opinion will be unpopular for many, so I'm just going to put it out there.

People should be allowed to kill themselves. Before you accuse me of advocating for people to kill themselves, allow me to explain.

Recently, a woman named Brittany Maynard announced that she was going to kill herself. Maynard had been diagnosed with brain cancer.

In a video discussing her choice, she explained that she had six months to live and planned to use a combination of medication to end her life.

This emotional issue has reignited the old debate about whether people who are sick deserve to make a choice about how they die.

It can be hard to discuss these topics because of their sensitive nature.

Everyone has lost someone or is currently losing someone that is going through some sort of illness. And we all want that person to hold on in order to get better.

Unfortunately, the reality is that not everyone can get better.

Sometimes medication or therapy is just delaying the inevitable.

Who are we to ask someone to hang on when he doesn't want to? We can support him and love him, but at the end of the day, we can't carry his burden.

Why should a person who is in pain and is slowly dying live an extra two months of pain because we are uncomfortable with death?

When talking about those people with ter-

mental illnesses looking to end their lives it's easy to overlook one of the most important questions.

Do they really want to die?

Obviously they are trying to end their lives, but do they really want to die?

I'm willing to bet the vast majority would rather not be dying at all. This is not a suicide like we are probably used to.

This is not the same issue as a depressed person trying to kill himself. A person with a mental illness can receive treatment or medication to try to get cured.

We can and should help the mentally ill in order to help achieve a full life.

Sadly, this is different than someone who has gone through every treatment and has seen every doctor and has been told there is nothing more to be done.

Some people will hear this and fight on. They will have hope and rely on family, friends or God and they might pull through by some miracle.

But it should be a choice, and this choice should be in the hands of the person with the illness alone. Not doctors, the government or even family.

To be perfectly clear, I'm not advocating for assisted suicide in the sense that I believe those people who are sick should be encouraged to end their lives.

However, I believe that whatever time someone has left should be spent doing what he wants. Whether that means fighting, knocking stuff off a bucket list or ending life on individual terms.

When I started this article Maynard was still alive and before it was printed she ended her life.

While I'm not happy that she's gone I am happy that she was able to live and end her life on her own terms.

CON: Doctor-assisted suicide is not the answer



Should people be allowed to end their life on their terms? Nope.

Recently, the media has brought forth an interesting story about Brittany Maynard. Maynard, 29, ended her life on Nov. 1 after being diagnosed with Stage-4 glioblastoma last spring.

Maynard moved to Oregon, one of the the three states that has the Death with Dignity law.

The other states that allow people to do this are Washington and Vermont.

The end-of-life care law allows terminally-ill individuals to request permission from their physician to end their life with barbiturates.

Maynard should have kept fighting her glioblastoma.

Yes, she planned out her month to experience new endeavors with her family but she could have remained alive for an extended time and gained even more experiences.

If she would have taken chemotherapy and medicine, she could have lived out the remainder of her days to the fullest extent.

Now that Maynard discontinued her life, many others are going to do whatever they can to get Death with Dignity laws in their state. That is not the way to go.

If someone is choosing to end his life with barbiturates, he is basically giving up on life ,

literally.

A majority of people are always told to try their best and never give up throughout life. If they're unable to, they usually get the "at least you tried" talk from family and friends. This works for many situations, such as school and work, but not death.

Think about how it can affect everyone in someone's life if a person chooses to die, especially relatives and companions. Grieving begins when the choice is made to end a life with medicine. Family members will know that their loved one had lost all hope, even though they themselves still had plenty in their heart. The family is practically planning a funeral with an exact date to attend.

There is always more to life. Something new is happening all the time, each day. It's worth staying alive one more day and living out the many wonders of the world.

The fighting should never stop and the hope should never die. If Maynard or any other terminally-ill patient would just continue living and at least try to beat any diagnosis, people might find a cure. There is such a concept known as a miracle. Anything can happen.

California, along with other states, should not approve any Death with Dignity laws and people with life-threatening diagnoses should consider their loved ones when making such an impacting choice.

Keep in mind, how awkward is it to walk inside a doctor's office and schedule an appointment to die?



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RECENT EPISODE: "Sit-down with Robert Chism"



Comikaze 2014, from left to right: An Elvira cosplayer stops to take a picture with C-3PO and R2-D2; Rocket Raccoon and Star Lord were spotted hanging out with Bombshell and Retro Harley Quinn and a mother and her son cosplayed together as Raven and Beast Boy from Teen Titans.

Comikaze takes over Los Angeles

NICOLETTE AGUIRRE
Associate Arts Editor
@Nicolette093

BANG! POW! ZING!

Stan Lee's Comikaze hit the Los Angeles Convention Center for three superb days. It began last Friday and ended Sunday, attracting three times as much people this year than last year, which had about 55,000 attendees. Comikaze is quickly expanding annually, not only with fans, but with artists and vendors, as well.

It is Los Angeles' first and only large-scale multimedia, pop-culture convention with a diverse fan base and agriculture. Comikaze brings together people of all ages, races, different places and different genres.

It has everything from comics, to anime, to sci-fi, fantasy, horror, gaming, movies, music and a whole lot more that any fanboy or fangirl could possibly want or see.

There were artist and merchant booths that sold exclusive or limited-edition items like artwork, T-shirts, comic books, collectibles, toys, action figures, autographed movie posters, souvenirs and so on. There were also panels, autograph sessions and photo opportunities with famous actors and actresses, artists and cosplayers.

Some of the guests of honor for Sunday were Stan Lee, Elvira-Mistress of the Dark, Jewel Staite from Firefly and Stargate: Atlantis, Comic book Artist J. Scott Campbell, Yoshiaki, prolific musician and drummer of X Japan and others.

In one of the spotlight panels, Lee and Yoshiaki talked about the digital graphic novel based on Yoshiaki called "Blood Red Dragon." Lee elaborated on who drew and wrote "Blood Red Dragon," and mentioned that Todd McFarlane (artist and writer) collaborated with him on this project. The two also answered a few audience questions and showed a short clip of what "Blood Red Dragon" will look like.

The "Teen Titans Go!" voice actors Hynden Walch (Starfire), Scott Menville (Robin), Khary Payton (Cyborg) and Tara Strong (Raven) talked about life as these bizarre and funny characters.

They answered fan questions, mentioned some memorable moments and shared which episodes from "Teen Titans,"

the original series, and the "Teen Titans Go!" series were their favorites, or that gave them "the feels."

Other cool guest members were a few of the original Mighty Morphin Power Rangers - Walter Jones (Zach; Black Ranger), David Yost (Billy; Blue Ranger) and Steve Cardenas (Rocky; Red Ranger). They had a meet-and-greet with fans, signed autographs and took pictures.

Exhibits, like the Hollywood Sci-Fi Museum, included Kip from "Knight Rider," and the DeLorean from "Back to the Future."

The Video Game History Museum allowed people to play arcade games or game consoles. Lee's Mega Museum had action figures, figurines, movie props, character



Games for days: Carlos A. Gonzalez, undecided major, spends time at XD LAN while playing League of Legends. He visits the cafe regularly to enjoy playing his hobby.

Video game cafe, a futuristic hang-out for all ages

GILDARDO AQUINO
Staff Writer
@TalonMarks

XD LAN Internet and Gaming Center gives Cerritos College students another option on what to do to kill time between classes, or to do work in a hip environment.

Francisco Carrera and Jose Saldana are brothers who partnered up to give students and the community a place to have a good time with gaming consoles and also allow students of all ages to go in and do school work.

The center opened up last November and is located at 10929 1/2 Alondra Blvd., offering 350-megabit fiber-optic connection, PCs, printers and Xbox One and PlayStation 4 usage.

If you need to study alone or in a group, the cafe also has a student lounge.

Cerritos College students seem to take advantage of this location not only for gaming, but also for school work.

"They (the students) come in to do their school

work and use Microsoft Office to do their reports; some students don't have printers so they come in to print out their work," Carrera said.

XD LAN is the only center around the Cerritos College community that has reasonable prices, according to its members.

Carrera mentioned that at the moment, the cafe is not offering any Cerritos College student discounts, but he is working on it and will get that resolved in the near future.

Going inside the center, there is a video-game futuristic vibe that provides an enjoyable atmosphere.

Carrera mentioned that customers come in frequently because of all the options the cafe has.

"We're told that our computers are better," he said.

Carrera's service with computers come in handy; all the gaming services make XD LAN stand out.

At the moment, the cafe is open Monday through Thursday from 10 a.m. to midnight, and Friday and Saturday from 10 a.m. to 2 a.m. The cafe is closed on Sunday.

For more information on rates and availability, you can log onto www.xdlan.com or call at (562) 406-2640.



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Water Polo prepares for last games

MONICA GALLARDO
Sports Copy Editor
@radioeggs

The South Coast Conference Tournament will give the women's water polo team a chance to play against Rio Hondo College again after splitting both decisions earlier this season.

"We lost the first time we played (Rio Hondo), and the second time we won, so I'm hoping now that we've played twice, we have another win," team captain Carla Harvey said.

Rio Hondo College topped the Falcons by just one point on Oct. 22.

A win against the Roadrunners means the team will face Mt. San Antonio College, who the Falcons

lost to.

"Hopefully we do beat (Rio Hondo) because I would like to play [Mt. SAC] again before the season's over," Harvey said.

To prepare for this tournament, the team has continued its usual practice of scrimmage games and shooting.

"We basically focus on drills, what drill we're going to run in a quarter, our 6-on-5; we're just practicing on the little details," Center Celeste Ibarra said.

Head coach Sergio Macias said, "We just have to stay focused and gain some confidence."

The Falcons will close their season with this tournament on Thursday. Macias said, "Hopefully [the women] look back knowing that they played their best."



ARMANDO JACOBO/TM
Going for the goal: The women's water polo team practices for the final tournament of the regular season, being played in a three-day span at Mt. SAC on Thursday.

Men's water polo optimistic in going far in SCC tournament

Utility Carlos Abrego is hoping to face Long Beach City College at this weeks' South Coast Conference Tournament.

"We're hoping to see Long Beach in the finals and we really want to beat (it) because (the team) beat us last year," he said.

The Falcons hope that this season's improve-

ments help defeat the Vikings, who they lost to 12-5 on Oct. 8.

Driver Max Gomez is also anticipating a match against the Vikings, as well.

"(It is) the top team we want to face," he said.

The Falcons defeated Mt. SAC on Sept. 24 with a score of 8-7.

The team has been training harder and has improved its overall chemistry to prepare for this tournament.

"We've gotten a lot smarter the past couple of months," Utility Jesus Munoz said.

This tournament is pivotal to the Falcons' post-season aspirations.

"If we place first we'll have a good spot in the playoffs, so we're fighting for a good seed," Munoz said.

Abrego added, "It's conference, so it's what we've been working for the whole season."



ALEXANDER NAVEJA/TM
Running to qualify: The Cerritos College men's cross country team is prepared to qualify for the CCCAA State Championships.

Cross country hopes to qualify in CCCAA Regional Championships

ALEXANDER NAVEJA
Associate Sports Editor
@TalonMarks

Both cross country teams will be traveling to Woodley Park on Friday for the Southern California Championships.

If all goes well for the men and women, they will advance and go on to participate in the CCCAA State Championship race.

The best 10 teams from the north and the south will participate, with an addition of four teams from each region. If there are 25 individuals that place in the top 25, they will qualify to race in the State Championships.

The teams know exactly what's at stake for this meet and to be able to take part in the CCCAA State Championships.

Head Coach Bryan Ramos said, "This is a big meet. It's a regional meet, so all the Southern California teams that qualify for conference will be running here."

"Definitely the competition will be top notch. It's almost going to be a preview of state, just because the north only has two schools that can play a factor in the state meet,"

Ramos continued. "It's the south schools that are the tough teams. It will also give us an outlook on how we will look for the state meet."

He said that this will be a test to see if his team has what it takes to run in the playoffs and be contenders.

Along with how important this race is, there was a lot of preparation being done by both the men and the women.

Men's team captain Anthony Lozano said, "We have been doing a lot of physical work, such as speed work, and we have finally been hitting the track, doing high-intensity workouts with low mileage. I think that definitely prepares us for the championship season because we want to be sharp and quick."

With every physical work, there must be mental work incorporated, as well.

Women's team captain Marylu Pulido said, "Mentally, I don't think about the bad races, I think about the good races that I've done and what I know I am capable of doing. I review the race in my head and how I want to run it; the strategy. I go over what (women) I will run with,

or what (women) will I run behind to pace me."

The men and the women both have the right physical and mental work that they put into this race, and coach Ramos had some good expectations to go with these aspects.

He had different expectations for each team.

"There's definitely going to be a lot of competition, this is regionals and it's important because it's to see if we qualify for the state meet," he said. "For the women, we are fighting for top-three, with five schools that are fighting for the top spots. If we run as a pack, do what we have to do, we can definitely be up on the top-three."

Ramos acknowledged that there's a lot more competition for the men.

"There are about nine schools that are fighting for the top-three spots, but I'm really looking at our top-two guys doing well individually," he said. "Our goal for the men is to qualify for the state meet. Anywhere in the top-five is going to be great in the competition in South California."

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112: In her last season at Cerritos College, Carla Harvey broke the most goals scored in a season record; last eclipsed in 2005. She has scored a total of 112 goals.

ARMANDO JACOBO/TM

Harvey splashes toward the record books

ARMANDO JACOBO
Sports Editor
@_jacobos_armando

She didn't expect to break the season goal record. In fact, Carla Harvey wasn't even going to play water polo for the Falcons this fall semester.

In Harvey's mind, she was done with the sport and ready to move on with her academic career.

Her focus was on becoming an elementary teacher.

On Oct. 25, in a game against Pasadena

City College, the women's water polo team captain scored 13 goals in the team's win over the Lancers, eclipsing the old school record - nine - of most goals scored in a game, a mark she had set out to break since rejoining the team this season.

She realized then that she was eight goals shy of breaking the record for most goals in a season.

"I knew the record was nine goals in one game and I was like 'I want to beat that one, that would be so easy against certain teams,'" Harvey said. "When I did, it I was like 'oh, I actually did it; I didn't even know

I was close to the season goal (record), I just thought I could do the most goals in a game (record)."

In the team's next game against El Camino College, Harvey scored eight goals, rallying her total to 112 total goals, breaking the previous mark of 106 goals.

"I still have three more games, I'm trying to get it up to 130 maybe, probably not going to happen but between 120 to 130, I'll be happy with that."

Head Coach Sergio Macias isn't surprised by the feat because Harvey is such a unique player and a handful for the oppos-

ing teams.

"I'm not surprised at all at what she's accomplished, it's what we all expected from her, so it's not a surprise from me," Macias said. "Carla is a versatile player, she can swim, she's left handed, she can shoot, she can play defense, she can post-up, she can be an attacker, she's a great all-around player and she's a major threat which is why she's able to score so many goals."

Center Celeste Ibarra explained that Harvey is the nucleus of the women's water polo team and takes command of the pool for the Falcons.

"Carla is a 'pusher,' she's the leader of the team and is responsible for telling us what to do. She carries us as a team. She expects a lot from us as much as we expect a lot from her because she broke the record for the school. I mean she just pushes us and she knows our potential," Ibarra said.

The modest record holder credits her success toward head coach Macias.

"I don't even think I'm that good. I played for Sergio (Macias) and that's when he told me that I had a lot of potential, he's the one that really pushed me to be the player that I am," Harvey said.

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