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SEBASTIAN ECHEVERRY/ TM

**Mental health epidemic:** According to Hillary Mennella, associate dean of student health and wellness, 273 cases related to mental health issues have been brought up to the Student Health Services. A screening conducted on campus found 36 percent of students on campus screened positive for borderline or case anxiety and or depression.

## Mennella finds increase in mental health issues

SEBASTIAN ECHEVERRY  
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Hillary Mennella, associate dean of student health and wellness, said that there have been 273 mental health-related visits plus follow-ups at the Student Health Center.

On Cerritos College grounds, Mennella performed a study using a 14-item standardized screening tool to screen for anxiety and depression.

She said, "36 percent of our students screened positive for either borderline and or case anxiety and

or depression."

Cerritos College does not stand alone in these numbers.

According to Mennella, a 2009 study conducted by the American College Health Association/ National College Health Assessment found that nearly 30 percent of college students at two and four-year institutions experience symptoms of depression.

A percentage that can inflict damage in a student's success path.

She said, "In 2012 a study by the National Alliance on Mental Illness reported that 64 percent of students

who dropped out of college did so as a result of a mental health disorder."

As a result, the research concludes that 64 percent of students dropped out because of a mental health related issue.

Melissa Pham, English major, said, "I think [the increase of people attending the Health and Wellness Center] is due to the pressure to do well and succeed. A lot of people are unemployed because either they don't have degrees or things like that. I feel like the stress increases by what we perceive we should do."

Like Pham, Mennella believes the stress of school takes its toll on the mind of a student.

Mennella said, "College life can be very stressful and may trigger episodes of undiagnosed mental health issues for the first time in a student's life."

According to her, possible variables that add to this can be college life, family life, relationship or financial issues and work can add to the stress.

Drug and alcohol use can exacerbate mental health disorders.

In order to combat these sur-

mounting issues, the Student Health Services has nurse practitioners and a counselor on campus, according to Mennella.

Pham said, "On a personal level I think for me, at least, the way I deal with stress is by talking about it, cause you can't always bottle all of that stress inside of you or you'll just end up blowing up on somebody and you don't want that to happen."

Mennella encourages students to be proactive in seeking help by talking with campus faculty and visiting the center to be looked at by a professional.

## 18-week course could become 16

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The faculty at Cerritos College had a forum in the Teleconference Center on Wednesday, Oct. 29 to decide whether the school will continue 18 weeks of classes or condense the schedule.

The forum was lead by Cerritos College President Jose Fierro, Dean of Liberal Arts David Fabish and faculty senate president Michelle Lewellen.

President Fierro began the forum by stating that he was not for or against the possible switch from 18 weeks a semester to 16.

"If it is not going to provide anything for the student, we're not going to do it," Fierro said.

Lewellen continued the forum by describing the possible schedules that could happen if the move was made.

Two possible 16-week schedule configurations that were offered were having two five-week summer courses and a five-week winter session with a 16-week spring and fall semester.

The other would have one eight-week summer session with a six-week winter session.

Fabish explained the possible downsides of having a shorter schedule would be that classrooms would be impacted and that many rooms would have to be used from 7 a.m. to 10 p.m.

"The average student takes six years to complete a two year course [...] this is a college-wide issue," Fierro said.

## Adjunct professors' hectic lifestyle affect students

SEBASTIAN ECHEVERRY  
Editor-in-Chief  
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No benefits.  
No retirement.  
Only the love of teaching.

Part-time professors spoke with students about their struggle hopping from campus to campus to make ends meet.

"I'm going to have surgery, is that okay," adjunct English professor Lyndsey Lefebvre said as she recalled the moment she once feared to let the school she was working for know if her absence for surgery wasn't going to make her lose her job.

During the campus Equity Week part-time, or adjunct, professors had a booth outside the library with food.

They invited students over to let them know the behind-the-scenes story of an ad-

junct professor.

Traditionally, schools would have more full-time professors than part-time professors.

Adjunct professors were similar to contract employees, they sometimes were specialists hired for a class.

"Instead of that tradition staying that way, it didn't," Lefebvre said.

According to her, there are campuses that have 30 percent full-time employees and 70 percent are part-time.

Lefebvre said that one disadvantage of being adjunct is that her pay is less than those that are full-time.

"At Cerritos College, a full-time teacher in the classroom, doing the same job as me [...] I make 49 percent of what they make, just teaching, so I'm not talking about service hours, I'm talking about in the classroom," she said.

In order to make a living, Lefebvre has to check about five schools in the semester to see if she can pick up other shifts.

She said, "I go to three schools on Monday, and I was in my car for three hours and 40 minutes because I have to leave from home, drive across the county, teach for an hour and a half, come back home, go to another school in the afternoon and from that school to another school."

Historically, adjunct professors tended to be wealthier people outside the institution.

Lefebvre said that money is not what professors in academia discuss, they talk about learning and classroom success.

She said, "As time has gone on, there is less and less full-time faculty and more part-time faculty and that's not good for students."

Richard Bair is an adjunct professor with

the English as a second language program.

He also finds it difficult to make enough money teaching to pay his bills.

Extra activities Bair partakes in, like being a senator for adjunct professors in the faculty senate, does not earn him pay like a full-time professor would make as part of his or her service hours.

He said, "We need a voice on the faculty senate for part-timers and for my department, I wanted to represent my department."

Bair said he started his Thursday morning at 9 a.m. and worked his hours in the Success Center.

He then went home for a nap to prepare for a 5:30 p.m. to 10 p.m. class later on in the day.

"My days are completely long, my sleeping patterns get all whacked, but in order to pay my bills I have to be able to go to three

or four campuses," he said.

Bair knows a part-timer that is working up to 10 hours a day.

"Every month, I'm barely scraping by, and I'm working at two different campuses," he said.

The senator and adjunct professor said he has talked about negotiating contracts state-wise and not district-wise, how it is done now.

He said, "Cerritos College is one of the lowest paid for adjunct faculty, I think it's second to the bottom, so it's really bad."

This lifestyle for adjunct professors puts planning ahead somewhat difficult, given the fact that they have to be flexible in order to pick up other shifts to make more money.

Bair said, "I love my job, I love my students, but I feel exploited."

### NEWS

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#### Book fair brings families together



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#### Celebrating Halloween with KROQ radio



### SPORTS

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#### Football season thus far leading up to the finale







**Promoting literacy:** Expecting mother, Christina Phillips (left) reads 'Llama Llama and the Bully Goat' by Anna Dewdney to her son Owen (right). Like Phillips, other parents and students were able to browse through books that ranged from Pre-K reading level to second grade.

# Book fair brings families together

**BIANCA SALGADO**  
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First time attending the Scholastic Book Fair on Wednesday, Oct. 28, at the Child Development Center, was preschooler Olivia Del Castillo who held a book titled 'Palace Pets: Pet Friends Forever' and remarked in a soft voice, "I really love the book fair."

She came to the fair with her mother, Patty Del Castillo, and after finding a book for herself, Olivia looked for a book for her older sister, Sophia, who is in kindergarten.

Olivia wanted to find a princess book for Sophia because she likes princesses.

She should not have to worry because the Scholastic Book Fair is usually held twice per fiscal year at the Child Development Center.

Office Clerk, Alicia Rosas said the fair takes place "usually in April and October and it lasts a whole week."

The staff at the CDC usually plans it when one finishes so they can add it into their own calendar of events.

Rosas mentions how the CDC obtains books from Scholastic. "By selling books through Scholastic we get points in return, so we can purchase books for our own library here [at the Child Development Center] so it regenerates, you can say."

She explained the benefits of having a book fair, "It re-exposes parents and people to buy books for their children; for literacy and expose children to read more."

The various reading levels of books that were available at the fair were Pre-K along with some first and second grade books plus cook books for parents.

The popular books among children that sold the most are the Pete the Cat series by James Dean, Disney Junior's "Doctor McStuffins," and animal books.

Parent and expecting mother, Christina Phillips has a son named Owen enrolled in the Child Development Center.

The three-and-a-half year-old started attending the CDC at age two and a half.

Phillips read "Llama Llama and the Bully Goat" by Anna Dewdney to her son.

She said, "He loves reading. That's one thing I've done since he was born, just read to him and everyone is always so shocked because he stays in the book reading."

Owen's favorite book series are "Llama Llama" and "Pete the Cat."

She also adds, "I try my best to volunteer, however, I am a full-time working mom."

Patty Del Castillo has been coming to the Scholastic Book Fair every year.

This year marks her fourth time coming because her first daughter, Sophia, attended CDC for three years and now her second daughter, Olivia, is attending the center.

Attendants of the book fair, like Del Castillo, were able to also witness the Harvest Festival which happened in conjunction with the book fair.



**Academic Affairs:** JoAnna Schilling addresses the Cerritos College Board of Trustees. Schilling ran for the president position at El Camino College, but ultimately Dena Maloney won the position.

## Schilling's run for presidency over El Camino College names Dena Maloney president

**KARLA ENRIQUEZ**  
News Editor  
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The run for presidency at El Camino College came to a close for Cerritos College Vice-President of Academic Affairs JoAnna Schilling.

It was announced on Tuesday, Oct. 27 by the El Camino Union that Dena Maloney of Taft College was selected to be the next college president.

Schilling stated that the process was long but instructive.

She said, "I first interviewed with a hiring committee of about 15 people. I was one of five finalists who presented to the campus community at a forum, before having a 90-minute interview with the board."

She recounted that two weeks later the process went on as she became one of the two finalists to interview with the board for two hours before it made its decision.

"It was hard to be in the position of waiting for someone else to make a decision that might dramatically affect my life, but I think it's an important process to go through for anyone," the vice president said.

Schilling continued, "Not getting something you've worked for is often far more instructive than having things come easily."

The vice president of academic affairs declared that the experience itself was great and hailed El Camino as an excellent college.

El Camino Board President William J. Beverly said, "Dr. Schilling was an outstanding candidate who rose to the top in an elite pool of applicants. She will certainly have a distinguished career as a future leader in the community college system."

Schilling expressed excitement about continuing to work at Cerritos College and expressed that in her run she was reminded of the upcoming advancements for the campus community.

She stated, "I believe in having new experiences, whether that is here at Cerritos or somewhere else, so I was excited by a new opportunity, but it also reminded me of all the great things happening at Cerritos and how much I want to be part of that."

"We are just about to launch a new app for students, our completion dashboards, and a new basic skills initiative, and I am really eager to see how all of these things are received by students," she said.


She concluded, "I will continue to work hard for the students at Cerritos, and listen to how we can keep improving on the services, and programs we offer here. I am very happy to be here."

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**Surfing with fans:** Matt Shultz, singer of Cage the Elephant, sings and swims through the crowd during the KROQ Halloween Costume Ball at the El Rey Theater in Los Angeles. Cage the Elephant just released a preview of its upcoming album “Tell me I’m Pretty.”

# Halloween with KROQ

KROQ’s Costume Ball headlines with a crowd engaging performance by Cage the Elephant.

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Matt Shultz, leader singer of the alternative rock band Cage the Elephant, is not only the king of crowd surfing, but became the king of sucking blood at Kroq’s Halloween Costume Ball, on Friday.

Many artists performed sets throughout the night in celebration of Halloween with Cage the Elephant headlining.

The show sold out within an hour of the tickets going on sale and was hosted by The El Rey Theatre in Los Angeles.

Festivities started with Kroq DJ, Jeremiah

Red, continued with the band Peking Duck and ended with the crowd engaging performance by Cage the Elephant.

Cage the Elephant started its set at around 9:45 p.m. and the band opened up with its hit song “Spiderhead,” which is off the most recent album Melophobia.

With no surprise, within the first couple songs Shultz leaped off the stage and swam through the crowd, getting them fired up and filled the room with a lot of energy.

They played hit songs such as “Ain’t No Rest For The Wicked”, “Come A Little Closer, and concluded with the heart pounding song “Sabertooth”

As usual, Shultz went wild and seemed like his feet would never stay grounded to the floor while he performed.

The band will be releasing a fourth album titled “Tell Me I’m Pretty” which is set to come out Dec. 18.

The album was produced by the lead singer and guitarist of The Black Keys, Dan Auerbach, who actually played a few guitar riffs for the upcoming album.

The lead guitarist, Nick Bockrath said he is very excited for the new album and enjoyed working with Auerbach, “I like the song ‘Cold, Cold, Cold,’ a lot from the upcoming,” Bockrath stated.

Brad Shultz is the other guitarist and is also the singer’s older brother and said he enjoyed working with Auerbach.

The band released a song and a preview of the new album last Thursday before the show titled “Mess Around”, which featured some guitar parts by Auerbach.

“I wrote this song a while back ago and then Dan put a few licks over it,” Shultz said.

Cage the Elephant toured with The Black Keys back in Sept. of 2014.

Many of the people who attended showed up dressed in costume.

There was even a \$5,000 costume contest, which caused the El Rey to be filled with many Halloween-spirited fans anticipating the performances.

The winner of the contest wore an oversized head of Vicente Fernandez, a very famous Mexican singer.

## Child Development brings harvest to kids

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In the back corner of the seasonally adorned Child Development Center, in the jungle gym, sat an expectant mother looking after her son, Owen.

Whittier resident Christina Phillips expressed, “It’s nice to see [...] Owen playing with his classmates, it is priceless, I don’t get to do it all of the time.”

Amidst pumpkins and hay, parents and children reveled in the Harvest Festival.

The Harvest Festival took place last Wednesday, starting as early as 9 a.m. and ended at 1 p.m.

“I’m here to support Owen,” Phillips said.

She continued, “I feel that it is very important to come to a school event for my son, I feel like it is more important that anything to be a part of it, involved as a little community.”

The event was put on by Debra A. Gonzalez, atelierista at the Child Development Center in conjunction with Florence Resseguie and Director Debra Ward.

Gonzalez expressed that this is the fifth harvest festival and it is for “our families and our community coming together and just building relationships.”

The festival counted with ample space and different stations for the children and parents to partake in activities such as face painting and pumpkin carving.

“It’s a bigger space, so it’s wider and we have more activities for

the families and children. We have an animated storyteller, straw painting, stained glass pumpkins, a bird feeder, a WIC [Women, Infants and Children] to provide parents with information on resources,” Gonzalez said.

“We also have a book fair for parents to incorporate language and books in the home for literacy. Just coming and breaking bread and just enjoying this day with everybody,” she concluded.

Gonzalez stated that although most food was provided by the Child Development Center, parents donated desserts.

Nutrition Assistant for WIC Martha Reyes, had an information booth for parents with children under five.

“I’m here offering our service and reaching out to parents [...] letting them know about the WIC Program and we have education on nutrition and counseling on nutrition as well, one on one. We try to help them out.”

As the children played in the slides and danced in the hoedown area, parents formed a long line to get their mid-day lunch, which ended in a table full of seasonal cookies and candies.

Long Beach resident and parent Sandra Pak said, “This is a wonderful school, my kids learn a lot while they’re here and it’s just full of fun activities and celebrating good times [...]”

“This is the second year we’ve been at the Cerritos Child Development Center and it’s just a fun day, fun activities for the kids,” she concluded.

## Art Club raises funds with personal work sale

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Returning from a disbanding, the Cerritos College Art Club hosted a sale on Monday that not only generated funds for future club events, but also showcased the talent that members of the club have to offer.

Members of the club joined together and set up the art sale near the Fine Arts Building right outside of the dance studio.

Club members sold their own personal works of art which ranged from abstract to culture-based pieces.

According to Butch Locsin, club president, the Art Club is currently in a rebooting stage as it had disbanded previous semesters ago.

Locsin has since taken it upon himself to rebuild the Art Club with the help of the members.

The club is generating funds in order to host future events like art shows that will promote the students work, as Locsin finds his expression through art to be very important.

“The cool thing about art, especially the way I present it, is that it’s been able to let me express myself. It’s my infatuation for color; I love color and I love exploiting it,” Locsin said.

He had his portrait of Frida Kahlo up for sale as well as a portrait that resembles the imagery of Day of the Dead.

“I have the Frida Khalo right here... Originally, this photo was done in black and white so I had to add color. I used red and green for

the complementary contrast and I had to make up my own skin tone for her,” he said about his piece.

The Art Club will continue to host the sale throughout the week with the help of the club members.

Club members, such as David Solares, were participating in the sale to not only help the cause, but to remind students how important the art is.

“I want to bring the arts back because I feel like they’ve fallen really bad. I want to revamp it in a way because it’s really sad,” Solares said.

He created pieces for sale that were inspired by his cultural background and religion.

Solares mentioned that he came from a religious family, so his piece that depicts two aspects of the Virgin Mary, one normal and the other distorted.

It represents his transition from being involved in his religion, to being much less involved.

“Since I come from a religious background, I printed Mary and the distortion of Mary as a way of communicating that I still come from a religious family, but I am not as religious as I used to be,” Solares said in regards to his piece.

Solares also had his personal stickers for sale that represent his take on ‘Loteria’ and death tarot cards.

The club understands that many art programs are going down the drain and its goal is to not let that happen to students of Cerritos College.

The club hopes to hold art shows and attend art walks very soon.

## Zombie Fest infects students

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News Copy Editor  
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All the monster and ghouls came out to play as the sun fell, during the Cerritos College Zombie Fest.

The Associated Students of Cerritos College (ASCC) and the clubs of Cerritos came together last Thursday to bring Halloween to Falcon Square for campus community.

A carnival-themed maze took over the Falcon Square fountain as a live band provided background music.

Clubs such as the Dreamers Club, had booths dedicated to informing students about what the clubs can provide.

Dreamers Club President Ana Gonzalez said, “We’re out here fund raising and having fun with college students and also bringing awareness to our club, [...] bringing more people into our club, sharing resources, pretty much connect with one another.”

Once students filled out a waiver they were greeted by David Jacob Mireles, art major, who was decked out in a jokeresque outfit.

He expressed, “The maze itself is carnival themed. [...] At nighttime, we’re not going to concentrate on flags, no flags here, no cones; we’re going to concentrate on scares.

“Me, personally, I would assume we’re doing this for the good ‘ole thrill of Halloween,” Mireles said.

The goal of the maze was to make it to the other end without losing flags, losing a flag meant for a metaphorical death.

The flags Heber referred to were belts placed on maze-

goers’ waists as they dodged zombies inside of the wood and tarp made labyrinth.

According to Mireles, the maze was done to represent clubs who were racking up points for a small contest, which entailed a money prize.

ASCC extended Zombie Fest through the nighttime and kicked up the fright factor up a notch as it created a haunted maze at Falcon Square.

The monster filled maze was put together by ASCC and the Cosmetology Club to bring terror to life.

It’s all in the spirit of Halloween and to bring some attention the clubs on campus.

“[We] are here to support our club,” said Vice President of the Active Minds Club Sandra Torres, “ [The club] brings awareness to different mental illnesses and with a hands on approach help abolish some of the stigmas that come with having a mental illness.”

Children, students and parents were all excited to get the spirits scared right out of them.

Many clubs joined in and were able to not only join in the festivities, but also spread their message such as the S.A.F.E. Club.

“[The club] was previously QSA, Queer Straight Alliance, but we wanted to include everyone of different race, gender, and sexual identity[...]So everyone can join and have it not feel so directed toward the LGBT community,” said Celeste Orosco, first-year member of S.A.F.E.

Providing scares and entertainment, Falcon Square became the epitome of the Halloween spirit.



KRISTOPHER CARRASCO/TM

**Getting back on track:** The Cerritos College Arts Club set up an art sale where members feature personal works of art. The club’s goal is to generate funds for future events to showcase the club members’ talent.





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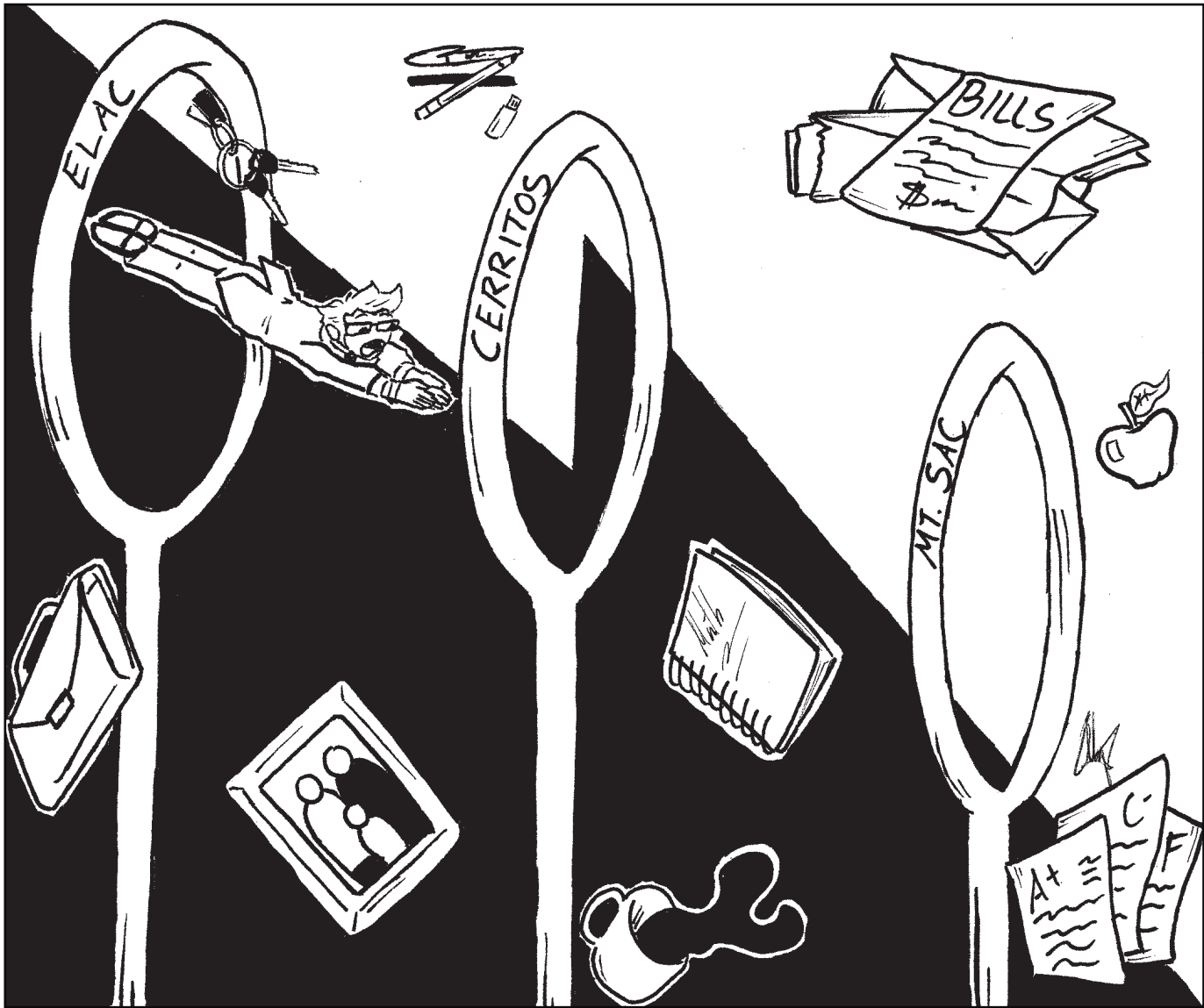
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EDITORIAL



CARLOS MARQUEZ/TM

Work life of adjunct professors affects student body directly

Adjunct professors are starting to take over more and more roles not only in classrooms, but also in places where teacher input can help the school, like Faculty Senate.

The professors blend into the schooling image, they don't wear a sign over their heads that read, "I'm part-time."

A student can't tell the difference.

This can lead to interaction issues because these adjunct professors most of the time hop around from college campus to college campus in order to make enough money to pay off bills.

That's why sometimes teachers bolt out of classrooms and students left are with questions have to wait until office hours, but by then the question can turn into a vague memory lost in the grey matter.

To go from part-time to full-time, an aspiring full-time professor has to go through the same application process as anyone trying to land the job straight out of schooling.

However, schools don't have many tenure-eligible hiring positions.

Tenure means to take permanent position of.

According to the Association of Governing Boards of Universities and Colleges in 1969 part-time employees, or non-tenured employees, was 21.7 percent of the staff.

As of 2009, that percentage has skyrocketed to 66.5 percent.

This creates problems not only for the college and the people involved in the hiring process, but that means students get more professors that don't have the time to sit and discuss class-work because the professor has to get to other classes.

According to AGB.org, adjunct professors suffer from: poor hiring and recruitment processes, limited job security, inequitable salaries and access to benefits, lack of office space, clerical support and instructional materials.

Lindsey Lefebvre, adjunct English teacher at Cerritos College, once had a student ask her about why her classroom wasn't decorated? She replied by saying the classroom was shared by other professors.

The study by AGB.org also states that adjunct professors get no voice in senate, however, that is not true to Cerritos College given the fact that there are representatives in the Faculty Senate like Richard Bair, adjunct professor for the ESL department.

Bair is a representative for adjunct professors in the senate.

However, the downsides do affect students.

AGB.org's study said, "Ernst Benjamin, former general secretary of the American Association of University Professors (AAUP), found that contact time and interaction between traditional faculty and students fostered greater

student success."

But with those traditional full-time employee numbers dwindling, that statement is starting to fall through.

AGB.org said, "However, several other research studies, including a pair of studies in 2006 have suggested that the inaccessibility of part-time faculty to students due to time constraints, a lack of office space and part-timers having to hold jobs at multiple locations has an adverse, negative effect on student outcomes."

The school should look into going back to the traditional method of hiring part-timers.

Originally, they were already employed in the field and taught at a college part-time as a form of specialist in a field; a lawyer teaching law class, for example

And for those that are adjunct, the school should create a program where benefits are given to part-time faculty.

According to the National Education Association, the number of part-time employees hired in 1992 was dominated mostly by part-time faculty.

It shows a chart with specific majors and the percentage of part-timers there.

In the 1992, a study showed that 82.55 percent of full-time professors had more interaction with students outside of the classroom environment.

Campus police oversteps its boundaries

BRIANA HICKS  
Staff Writer  
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A campus cop should never have the right to violently drag a high school student out of class.

On Oct. 26 at Spring Valley High School in Columbia, South Carolina, a young African American girl was on her phone in math class.

When the teacher saw she wasn't participating, he asked her to hand over her phone.

When she refused to give up her phone, the math teacher called in an administrator for assistance.

The administrator asked her to get out of her seat, but she didn't move.

The teenage girl apologized for taking her phone out and pleaded with the school staff.

The administrator called in Deputy Ben Fields to take care of the situation, leading things to go terribly wrong.

Once Deputy Fields got into the classroom, he asked a student close by to move his/her desk.

With the area now cleared, he moved the young girl's laptop off her desk and asked her to move several times.

With this in mind, he had already made up in his mind that he was going to act with force.

The teenage girl refused to leave because she felt as if she hadn't done anything wrong.

She reassured them that she'd only taken her phone out for a second to do something.

According to dailymail.co.uk, Deputy Fields stated, "I'm going to treat you fairly," in response she said, "I don't even know who you are."

From that point, it appeared as though he'd had enough and lost his patience.

He proceeded to flip her desk over on the floor, and dragged her violently out of her seat like a rag doll.

Fortunately, Niya Kenny, a classmate of the victim, suggested to other student to record the incident, which turned out to be the viral video we all had seen on the news and the internet.

Kenny did it for the purpose of proving and having evidence of the behavior of Deputy Fields toward students.

While the incident took place, neither the administrator nor the teacher stepped in to prevent the violence from going any further.

He pinned her to the floor and arrested her.

He was not within his rights to arrest her for refusing to get out of her seat.

What could she have possibly been charged with?

Just because she was in the wrong with using her phone in class, and refusing to leave the room, doesn't make it right for him to react that violently toward her.

In fact, this wasn't his first violent offense against a student.

He had a violent reputation among students; so many students were scared of him.

There should have been a procedure in place for the campus police in cases where students refuse to leave the classroom.

It should be something that protects students from harm, and something that isn't morally wrong for cops.

Things shouldn't have been able to escalate so quickly and there was no need to come to such actions.

This kind of "not-thinking ahead" actions just gives a bad image of what police and especially campus police shouldn't be.

Police officers are there to protect and do what is right, to bring control and justice, not to lose patience and bring fear to the people.

Both the teenage girl and Deputy Fields were in the wrong.

She was wrong for being on her phone and not respecting her teacher's class, and so is Deputy Fields for using excessive force.

But, two wrongs have never made a right, and for that reason Deputy Fields was fired.

My culture is not your costume

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Colorful sugar skulls and bright costumes of famous Hispanic icons have taken over the mainstream in the last two years.

Dia de los Muertos has been a longtime tradition in Hispanic communities and La Catrina (dame of death) has extended a skeletal hand over United States audiences.

While injecting Hispanic culture into a foreign country is enriching and makes others feel at home, appropriation and profiting off a beloved holiday becomes a gross problem.

A clear example of that are Hollywood and Disney films depicting Dia de los Muertos, which failed the Hispanic community when they cast non-Hispanic actors and actresses to fill stereotypical roles.

At one point, Halloween and Dia de los Muertos, which spans two

days, became interchangeable and that is simply not the case.

Sometimes this is done for profit by corporations looking to sell their products, other times it is done by sheer ignorance.

In 2013, Disney tried to copy-right Dia de los Muertos for its profit, ignoring the fact that this isn't just a corporate holiday, but an important part of a culture.

Dia de los Muertos, a conglomeration of indigenous traditions, is supposed to be a two-day celebration in remembrance of all of those who have passed away.

It is celebrated by creating elaborate altars with sugar skulls, the deceased person's favorite food, photos, flowers and so forth.

Unfortunately, this has been mistaken for a Halloween ritual.

Countless folks who ignore the significance of these symbols to a culture don sugar skull painting on Halloween as a trendy costume.

Dia de los Muertos is a celebra-

tion of life.

Halloween on the other hand, focuses on the grim, haunting and fearful aspects of All Hallows' Eve.

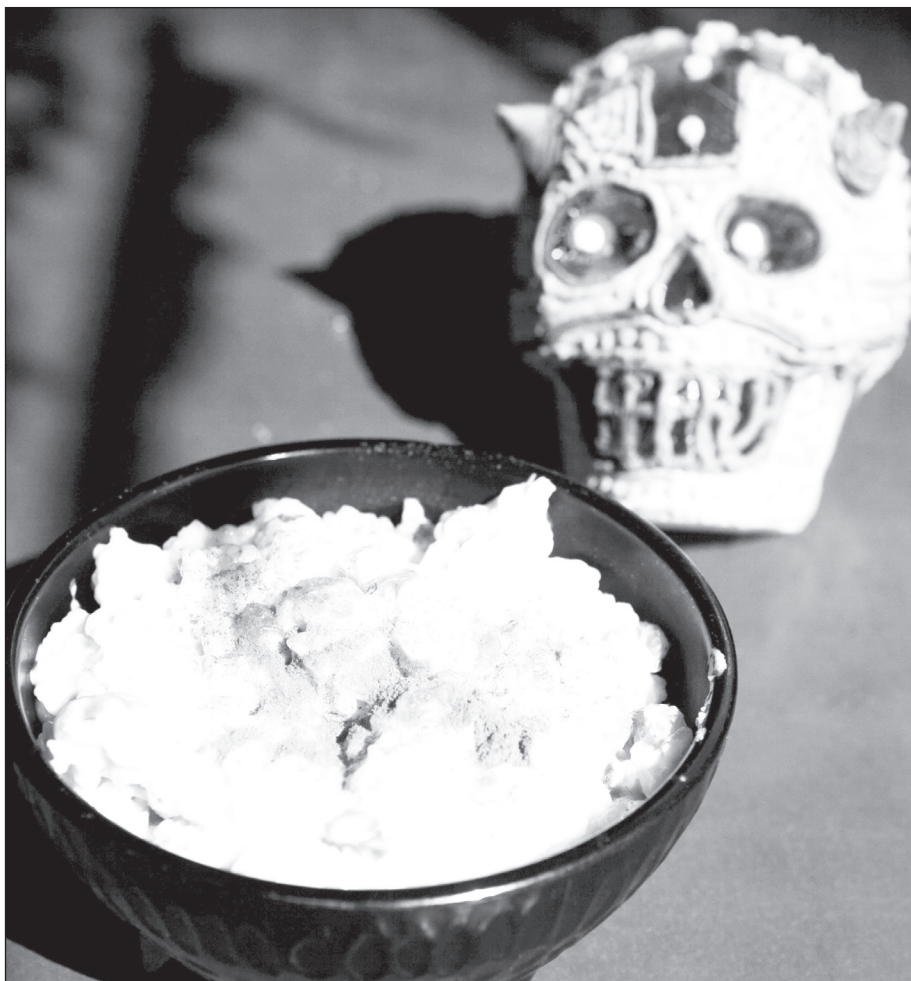
About 2,000 years ago, people believed that ghosts would come back to haunt the living on Halloween, so they would dress up to have them believe they were also ghosts.

This fearful attitude is the main difference between both celebrations.

While holding community events at museums, parks and public spaces brings a warm feeling to those familiar with the holiday, education on the subject should also be included.

There is nothing wrong with wanting to admire a culture's customs and partaking is completely fine as long as someone from the aforementioned culture has invited one to do so.

There is so much to be admired about both quite similar holidays and exploration should be mindful, considerate and with education at the forefront.



LOLITA JONES/MCT



# From professional to student athlete

Carolina Jaramillo went from Mexican Women's National Team to Cerritos star forward

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Carolina Jaramillo has played at the level most athletes only dream of; the world stage of soccer, when she played with the Mexican Women's National Team.

### Background

Jaramillo, who has also played for the Mexican National U20 team as the No. 10 and in the Women's Premier League, is making her mark somewhere new.

She snagged another achievement for her list and broke the record for most assists in one game with 6 assists in the match against El Camino Compton-Center College.

She played with the Xolos, Tijuana's Club team in two WPLS matches, but now plays as a student athlete for Cerritos College, on the three-time state champion soccer team.

The previous record was held most recently by Tiffany Schultz who made 4 assists in one match in 2010. The record was shared by three people and was originally set in 1995.

Jaramillo is an undeclared major and her first and foremost concern is to learn to speak English.

She wishes to continue to go to school after her two years of athletic eligibility at Cerritos are finished.

Jaramillo has dreams outside of schooling, with hopes of someday playing on a European women's team.

"I would like to play for a European team like

Madrid or Barcelona," she said.

But after Cerritos, she wants to find a university that has a good team and good academics.

### Team Bonding

She decided to come all the way over to Cerritos because, "I got some really good information from the college and I became interested in the team."

Amber Whitmore, forward, believes that the team really mixes well.

She said, "It took time for us but we're finally picking up the pieces and we're working great as a team."

Natalie deLeon, center forward, agrees, "We have good team chemistry, I think we all get along and it shows on the field when we can all get along and play together."

The other women on the Cerritos team seem to feel that Jaramillo has upped the team's game play.

DeLeon said, "She know's what she's doing with the ball. She finds certain balls that most players at this level can't. She's obviously really good at soccer. She's really competitive and just being able to play off of her makes me a better player."

Whitney Strickland, forward, reiterates the same feelings as deLeon.

She said, "Well she's definitely like a big changer to our game. It was hard for us to connect, then when she came for some reason everybody finally [connected]."

Strickland said, "She's not selfish, she always likes to give other people chances so she's definitely a team player."

Jaramillo speaks hardly any English, despite that she has still made bonds with her teammates at Cerritos.

DeLeon said, "She's a really cool person, I mean it's hard for us to talk because she barely speaks

English, she tries to learn English and I try to learn Spanish."

She added, "She's well rounded and very down to Earth."

Strickland said, "She may be from Mexico and it may be hard to translate but still she still figures out a way to communicate with us. She's funny, she's nice and she likes to joke around a lot."

### Team Player

Not only that, but [Jaramillo] is said to be a team player and very considerate when it comes to her gameplay.

Strickland added, "[Jaramillo] doesn't think about herself. Overall she's a great player she makes a big difference for sure."

DeLeon said, "Like yesterday she made a comment that she didn't want to score. She wanted to play the ball for other people to score."

"That's really selfless and I admire that. It's a great quality to have as a soccer player," added deLeon.

Jaramillo has played in 11 games during the current season and scored 10 goals. She also made 9 assists in the current season, and made 30 shots on goal. According to the current season stats on Cerritos Falcons website, Jaramillo trails closely behind Natalie deLeon in goals scored and assists.

Jaramillo hopes to assist in bringing Cerritos College yet another women's soccer title during this post season.

"I didn't know," Jaramillo said after learning that she had broken the assist record. "But, I'm happy with the work I'm doing and the goal is clear, to be champions."

The Falcons as a team haven't lost this season with a record of 14-0-3 and look to continue on its month of November when the playoffs start on Nov. 21.



PHOTO ILLUSTRATION BY  
CHRISTIAN GONZALES

NIGHTS WEEKEND

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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# FALCONS IN AILE

## Cerritos gears up for finale against Canyons

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Sitting at the top of the conference with a record of 7-2 the Cerritos Falcons face a must-win game as they square off against the College of the Canyons Cougars on Nov. 14.

### Season Overview

The game will determine who will win conference and who would likely move onto one of the four positions in the playoff bracket.

Quarterback Jimmy Walker acknowledged that playing in the postseason would mean the world to this team.

"It's always good to play in the postseason be it in a bowl game or the playoffs; to get that extra game it's definitely a plus for everyone," Walker said.

Before the final showdown of the season the team finally gets its bye week. Walker feels the bye week couldn't have come at a better time.

"It's time for us to rest up, get healthy. We have two weeks to prepare for the conference championship game. That's really what it's going to be," Walker added.

Prior to the season, head coach Frank Mazzotta said in order to play for a State Championship you had to have luck on your side.

"All I know is we're in the driver's seat and that's a good place to be," Mazzotta said.

After firing out of the gates strong with road wins against Saddleback and Orange Coast, the team fell in its first home game against Fullerton.

That one loss set up a string of five straight wins for the Falcons, including an improbable comeback on Homecoming night against rival El Camino College.

The latest stumbling block the team will have to overcome is the most recent loss to a 2-5 Moorpark.

The game went into double overtime and would end with a walk-off read option by the Raiders as the Falcons fell 41-35.

The team's offense has been on fire

this season scoring over 33 points per game.

Including a 44-point explosion over reigning conference champ Ventura. The defense compliments its offense with 24 points allowed per game.

### Walker's Improvements

Last season Walker accounted for 25 touchdowns, however he threw 20 interceptions.

Before the season kicked off Walker admitted that he made it a point of emphasis to be a year smarter and make better decisions.

So far this season with one more game to play, Walker has thrown 24 touchdowns to just nine interceptions.

"It's a part of the growing process. I had some growing pains last year," Walker stated. "I'm making some better decisions, that's helping me a lot."

Walker has thrown for almost 2,500 yards on 148 completions.

One point of emphasis that stands out is the 49.8 completion percentage.

Despite the positive numbers along with the negative ones, offensive coordinator Dean Grosfeld admitted during the season that he is demanding of Walker.

Yet, he is still extremely proud of him.

"I'm proud as heck of him," Grosfeld said.

Walker attributed to Grosfeld and the coaching staff for why he wanted to be a Falcon.

"[The coaching staff] wanted me to be the best player I can be. That's why I came to Cerritos," Walker explained.

### Holmes Breaking Out

Running back Robert Gordon said before the season it would be a team effort in order to replace the top three rushers from last season.

However, despite that being the notion in preparation for the season, freshmen running back Kishawn Holmes has emerged as the starter and leader of the running back core.

Holmes said, "My mindset going into the season was to work hard and contribute to the team as much as I can. If that means me playing a little bit more then I'll excel in supporting the other running backs."

"We all have each other's backs," Holmes made clear.

Coach Mazzotta has admired the work ethic that Holmes has put in this season.

"We are really pleased with him, he took the time to work his way into the starting lineup. Hard work and dedication, that's just who he is," Mazzotta said as he praised Holmes.

Running back by committee was the case during the first month of the season.

Once the calendar turned to October, Holmes reached new heights.

In the month of October, Holmes attributed for 520 yards and seven touchdowns. Versus 205 yards and two touchdowns in September.

"I don't really worry too much about my stats, I just play. Whatever comes out of it comes out," Holmes said.

This was all done while the offensive line has battled a multitude of injuries all season long.

"It starts with the line and the play-calling," he said.

The offensive line has been plagued with injuries all season long, but Holmes feels as though it's still all about believing in the guy next to you.

"If one person falls another person is supposed to step up and we just believed in the next man. We took each other as brothers and kept going," Holmes added.

### Whitaker's Record Breaking Performance

One of Walker's biggest targets this season has been wide receiver De'Jai Whitaker.

Whitaker, with the help of Walker, shattered the single-season receiving yards record previously set by Dmonique Young.

Walker is still in awe of his teammate's performance.

"It's pretty incredible through nine games to have over 1,000 yards receiving. It contributes to his work ethic and how hard he works," Walker proclaimed.

The previous record was 939 yards set by Young, who is now at Purdue University. Whitaker has eclipsed that number by almost 100 yards as he now stands at 1,027 with one game left to play.

"It means a lot because it's the first record I've ever broken, like ever!"

Whitaker said with a glaring grin.

Whitaker has more than doubled his receptions season to this 49 and his average has climbed from 34.5 to 114.

Whitaker who is usually pretty reserved et has received high praise from his teammates more so his coach.

"He's grown up. [Whitaker] is a triple-jumper, long jumper, he's

a freaking athlete and a half," Mazzotta declared.

### Stingy Defense

Defensive tackle David Fangupo said before the season started that the defensive unit has to be stingy in order to win games.

The defense has allowed 24.3 points per game, much to the enjoyment of coach Mazzotta.

Mazzotta conceded to his defense that "teams are going to score 25 points per game there's no way around that."

The team has answered the tall task when it's needed.

Including the first game against Saddleback as linebacker Keith Walker reeled in an interception and sealed the first victory of the season.

Fangupo stated that it started with the front line of defense.

The front line includes Danny Harry, Raymon Price, Alonzo Hansen and Fangupo have accounted for 169 tackles and 45 of the tackles have gone for loss of yardage.

"We all just lean on each other that's what it comes down to. When one of us are down we all have to pull the slack," Fangupo said. "We're all animals on the line, somebody has to eat. We all came to the party."

The secondary hasn't been shy either accounting for nine of the 11 interceptions.

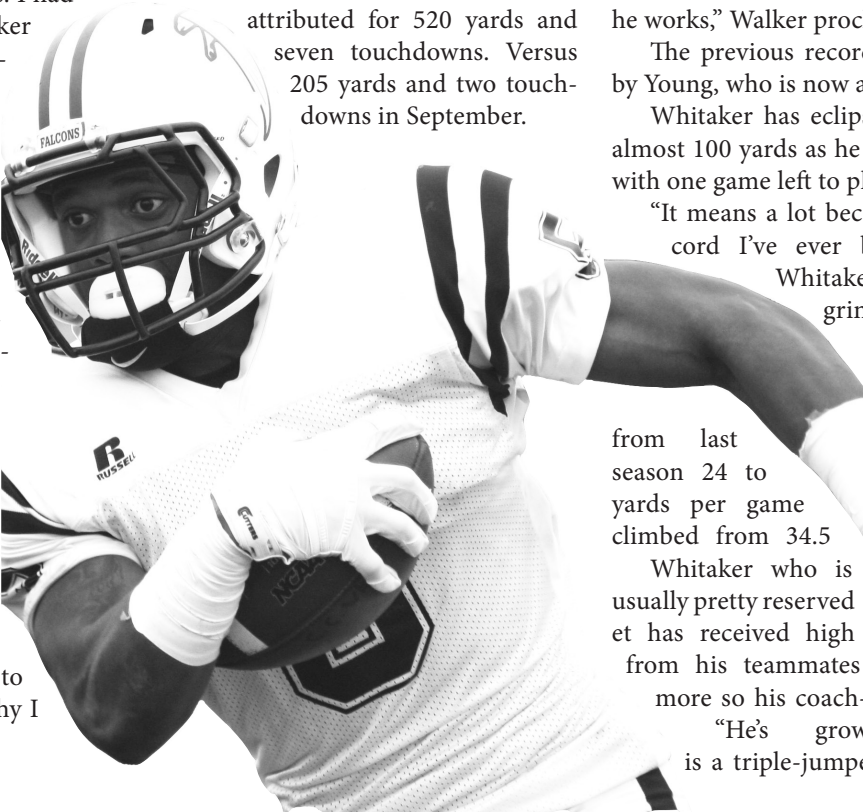
Defensive back Anthony Murray leads the team with four interceptions after only playing in eight games.

His counterpart on the other side of the field is Thadd Daniels, who has an interception on the season as well. They have both admitted to playing off each other's energy.

"We set the tone. Not just for the both of us, but for the team," Murray explained.

Murray and Daniels both had an interception in the same game for the first time this season against Moorpark.

"We do feed off of each other. If I have to make a play I know [Anthony] is holding it down on that side and if it comes my way, it's [on] me," Daniels added.



## By the numbers

<b>Walker's TD to Interception Stats</b> 24:9	<b>Holmes' Touchdowns in October</b> 7	<b>Whitaker's Receiving Yard Record</b> 1027
<b>Defense Turnovers Forced</b> 23	<b>Falcons' Season Record</b> 7-2	