

TALON MARKS

CERRITOS COLLEGE

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PHOTO ILLUSTRATION BY TERREL EMERSON

Candidates fight for endorsements

KARLA ENRIQUEZ & BRIANA HICKS
Managing Editor & News Editor
@karlamenriquez & @askCelena

For the incumbent trustees and their challengers, the future holds an upward battle as the November election process kicks off with four district area seats open.

The Faculty Union hosted the first of two forums to get to know the incumbent and challenging candidates before the Committee on Political Education makes endorsement recommendations.

The first forum took place on Aug. 16 from 2 to 5 p.m.

Cerritos College Faculty Federation President Solomon Namala stated that the final authority that endorses is the executive board of the faculty union, but the forum was open to all, so faculty had a chance to give feedback.

The candidates present the first day were:

- Luis Melliz, Area 2
- Martha Camacho-Rodriguez, Area 1
- Tammy Ashton, Area 2
- Catherine Godinez, Area 1
- Sandra Salazar, Area 6 (incumbent)

The forum gave the candidates 30 minutes each to speak, consisted of pre-written questions and an open forum for the public.

Area 2 Challengers

Melliz, who was a student at Cerritos College, said that he is running because "there are issues and I'm concerned and I would like to address them."

The Area 2 challenger was a mentor to troubled youth in his community of Bellflower and at Cerritos College through the Puente Program.

He listed transparency and accountability as two important values.

Melliz is challenging current Area 2 Trustee Carmen Avalos, who he claims is not doing her job.

"I've been to more board meetings than the

incumbent," he said to some laughter.

Avalos said, "For him to discredit me that is just politics."

She said that the board is in part diverse because of her and has always been about supporting students.

Avalos credits the board with the extended library hours, Cerritos Complete, and K-12 Bridge Program as improvements it brought about.

Melliz credited himself with having helped elect a sizable amount of the board, "I was involved in the process."

If elected, Melliz wants to stray from making decisions based on ideology but on what is best for students and professors.

"Without good professors there is no good student and without good students we don't have a good work force," he said.

Melliz is a proponent of open-door policy and engagement in order to work together with faculty and listed higher transfer rates as one of his goals as trustee.

Running for Area 2 is Dr. Tammy Ashton, also a Cerritos College alum with a legal background and PTA member involvement for Imperial Elementary, Old River Elementary, Stauffer (West) Middle, and Warren High School in Downey.

She believes in open communication with faculty and stated she has questions about the finances of the college.

According to her promotional pamphlet, her goals are, "promoting fiscal excellence, expanding technology as a tool for instruction and being responsive to the concerns of the community."

Avalos said she is running again because "there is work to be done." She expressed that the board needs someone with experience.

"Been there done that," Avalos said referring to her experience and why she's running.

Area 1 Challengers

Camacho-Rodriguez, running for Trustee Bob Arthur's seat is an educator for the Compton Unified School District.

She noted that she values open dialogue with faculty members.

Camacho-Rodriguez weighed in on reliance on adjunct labor.

"If you know that your classroom generates an x amount of dollars and you keep getting an overload [...] and we're not looking to meet student needs now we're looking as a Wal-Mart mentality that we're going to save money.

"The purpose of education is not to profit from budgets," Camacho Rodriguez said noting the importance of transparency.

Her opponent, Godinez is a community volunteer who currently runs the Youth Cheer and Football Organization in Downey.

New to the process but willing to learn Godinez stated, "[...] I am not here to follow people. I'm here to make a change [...] make progress."

"I know what some of the struggles are from going to junior college, I know that going to a classroom where there is 120 students for one teacher should not even happen."

Area 6 Incumbent

Salazar, the Area 6 incumbent, spoke of her positive relationship with the faculty union and listed herself as a progressive labor friendly candidate.

"I fight for fair wages, benefits, [and] working environment," she said.

The trustee stated her disappointment with how long wage negotiations dragged on.

"I think it's bittersweet, I think it is good news, but at the same time I wish we wouldn't have failed mediation be at the heels of fact finding [...]"

Her biggest accomplishment is the collective effort in student completion, seen in the largest graduating class for the college in spring.

Faces of the Trustee forums

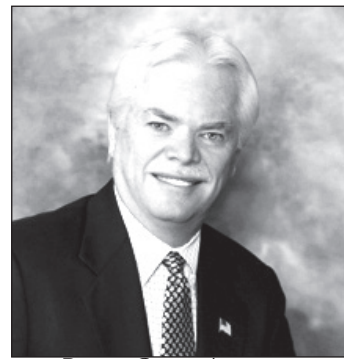


PHOTO CREDIT/CERRITOS.EDU

NAME: ROBERT "BOB" ARTHUR*
SEAT: TRUSTEE AREA No. 1
PLATFORM: REVENUE



PERLA LARA/TM

NAME: MARTHA CAMACHO-RODRIGUEZ
SEAT: TRUSTEE AREA No. 1
PLATFORM: TRANSPARENCY



PERLA LARA/TM

NAME: CATHERINE GODINEZ
SEAT: TRUSTEE AREA No. 1
PLATFORM: MAKING CHANGE



PHOTO CREDIT/CERRITOS.EDU

NAME: SANDRA SALAZAR*
SEAT: TRUSTEE AREA No. 6
PLATFORM: STUDENT SUCCESS



PERLA LARA/TM

NAME: TAMMY ASHTON
SEAT: TRUSTEE AREA No. 2
PLATFORM: MOVING FORWARD



PERLA LARA/TM

NAME: LUIS MELLIZ
SEAT: TRUSTEE AREA No. 2
PLATFORM: GRADUATION BOUND



KARLA ENRIQUEZ/TM

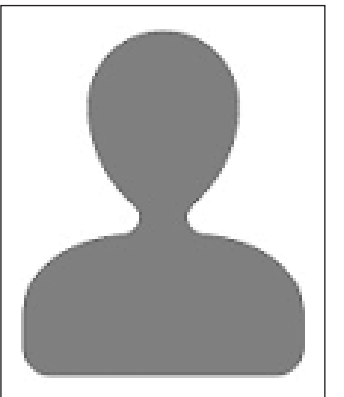
NAME: KEN GLENN
SEAT: TRUSTEE AREA No. 4
PLATFORM: PROBLEM-SOLVING



PHOTO CREDIT/CERRITOS.EDU

NAME: MARISA PEREZ*
SEAT: TRUSTEE AREA No. 4
PLATFORM: PROGRESS

* indicates Incumbent



Side Note:
Incumbent Carmen Avalos (Area 2) and candidates Claudia Murillo (Area 2), Rosa Barragan (Area 6) and Tom Chavez (Area 6) did not speak.

Read Part II on Page 2

Tentative agreement established for Cerritos faculty federation

BRIANA HICKS
News Editor
@askCelena

After long drawn out months of nonstop back-and-forth negotiations and contract proposals between the District representatives and Cerritos College Faculty Federation (CCFF), the two have finally reached a tentative agreement.

A tentative agreement is an agreement that is not certain or fixed, but instead provisional.

Both teams are working on editing the final documents before ratification.

According to Cerritos College President Jose Fierro, one of the reasons it took the two parties so long was that their needs and requests were extremely far

apart.

"Both CCFF representatives and district representatives were able to keep the communication lines open to find creative solutions to reach a tentative agreement," he said.

Fierro felt that the agreement was balanced and within the best interest of everyone involved.

He also said that both parties addressed the issues of longevity, class size, part-time faculty job security, faculty office hours and department chair structure.

CCFF President Solomon Namala acknowledged that quite a few things changed in terms of salary, and that the agreement reached is not exactly what the faculty wanted, but it was a compromise.

"Full time faculty got a 10 percent raise over three years. Part-time faculty got anywhere from 14 to 16

percent raise, again, over three years, that's in terms of salary," he said.

"Full-time got two more steps added because some faculty were stuck at step ten, whereas others could go up to 30 years. So we added two steps for those other faculty [members]," he added.

He acknowledged that more importantly, for students, part-time faculty will now be able to offer more office hours, when before it was only up to eight hours of office time in a semester.

Also, department chairs will now be compensated not only during the regular year, but in the summer as well.

Fierro believed that another reason that added to the drawn out process was the fact that they had to address more than a handful of items, and it needed

to be done properly.

"Both teams needed to be creative and open to different approaches. It is a time-extensive process," he said.

Namala divulged that class size is a big issue that hasn't been completely resolved and that it would be good to have smaller classes because it helps students succeed, but the issue is more suited for faculty senate.

Fierro has expressed that he's confident that the two teams will use this experience to continue to build positive relationships between one another.

As for both parties, he added that due to the fact that they were able to reach a mutually agreed upon tentative agreement, it will allow them to begin the new academic foundation year with a positive foundation.

Dr. Fierro's anniversary marks historical change

TERREL EMERSON
@sir_chatterbox
Online Editor

An increased graduation rate, and number of degrees and certificates, as well as the largest commencement class in Cerritos College history are just some of the milestones President Dr. Jose Fierro has accomplished in his first full year on the job.

The graduation rate increased by 1.7 percent in his first year. Just 0.3 percent shy of achieving his two-year goal.

Lastly, spring 2016 housed the largest graduating class ever for Cerritos; handing out approximately 2,600 degrees and certificates.

The number of degrees and certificates increased by over 10 percent.

Culinary Arts major Eric Anaya said, "It shows that people are listening. His words reached out to them and inspired them to graduate and not just hang out here for like six years."

However, none of the aforementioned accomplishments are Fierro's personal favorite.

"I would say the development and implementation of Cerritos Complete. The feedback I have received from students and parents has been amazing.

"We have 600 students in this program attending Cerritos College at no cost to their families. Many of them [would] not have been able to go to college without this program," he said.

Despite his title, Fierro has never been an 'I' guy, he's been more of a 'we' person.

That in turn has contributed to his success and the success of his students.

"I use the word 'we' because we are a team. Together we can achieve higher results," Fierro said.

Architecture major Sandra Pulido said, "He's mostly thinking team effort, whether it's losing or winning he's involving everybody."

As President, Fierro deals with almost any and everything. However, according to

him, the most important thing he's learned about himself in his first year is he still has a lot to learn.

He said, "During my first year at Cerritos Col-

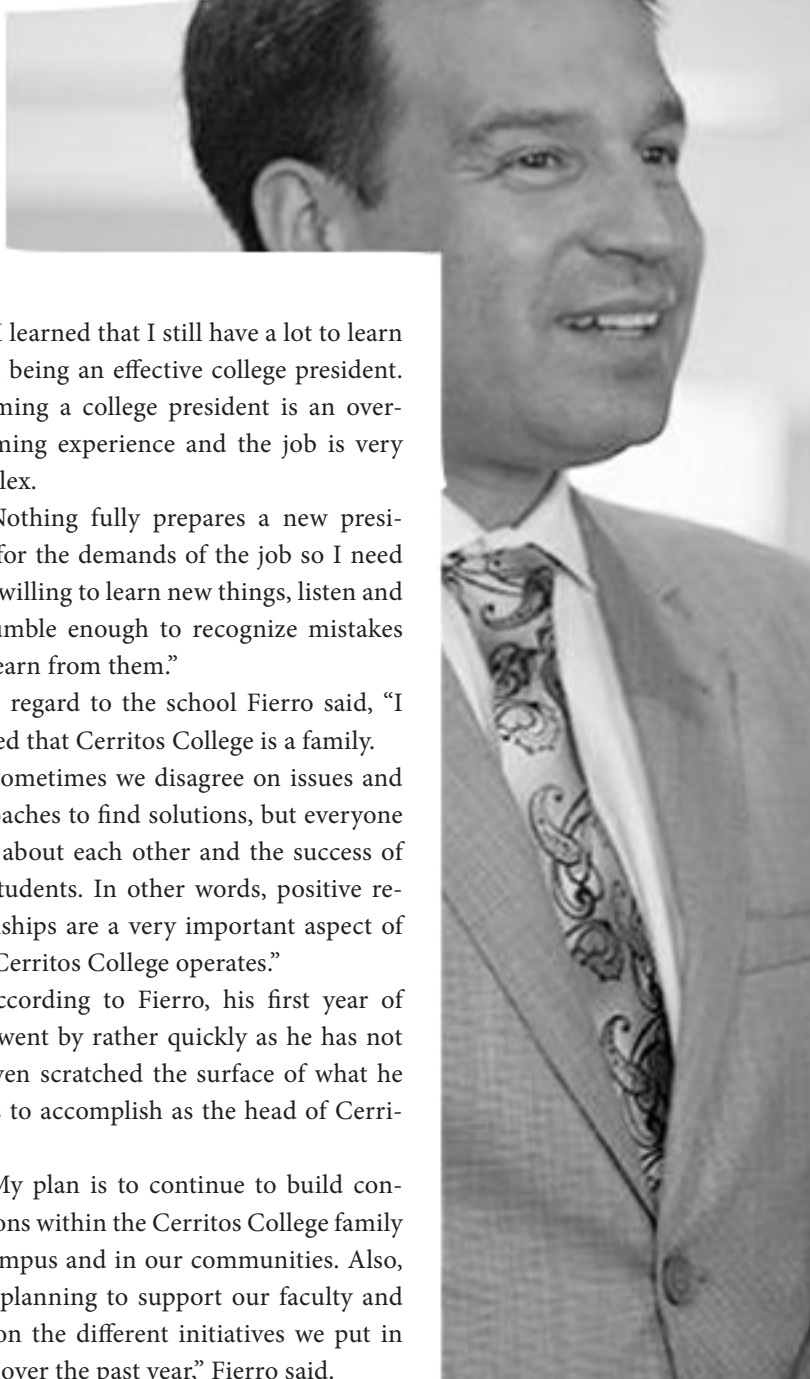


PHOTO ILLUSTRATION BY BRIANA HICKS

lege, I learned that I still have a lot to learn about being an effective college president. Becoming a college president is an overwhelming experience and the job is very complex.

"Nothing fully prepares a new president for the demands of the job so I need to be willing to learn new things, listen and be humble enough to recognize mistakes and learn from them."

In regard to the school Fierro said, "I learned that Cerritos College is a family.

"Sometimes we disagree on issues and approaches to find solutions, but everyone cares about each other and the success of our students. In other words, positive relationships are a very important aspect of how Cerritos College operates."

According to Fierro, his first year of duty went by rather quickly as he has not yet even scratched the surface of what he wants to accomplish as the head of Cerritos.

"My plan is to continue to build connections within the Cerritos College family on campus and in our communities. Also, I am planning to support our faculty and staff on the different initiatives we put in place over the past year," Fierro said.

Pulido added that a brighter future is on the way for Cerritos.



BRIANA VELARDE/TM

Ask and respond: President Dr. Jose Fierro, answered questions from faculty and staff during Presidents Hour on May 12.



KARLA ENRIQUEZ/TM

Getting to know you: Dr. Fierro greets community members at the welcoming reception held in his honor.

Vying for endorsements

Continued from page 1

about bringing more revenue into the school.

Board of trustee hopefuls showed many different characteristics aspiring to be endorsed by the Cerritos College Faculty Federation (CCFF).

Area 4 trustee member Marisa Perez, kicked off the lobbying campaign on Thursday.

Perez addressed the small crowd of faculty and guests by telling them a little about herself. She acknowledged that she currently serves on several boards within Lakewood.

"I just want to continue to serve my community[...]and I think it is an honor and a privilege to be a public servant," Perez stated.

When she first ran for her current chair, she genuinely connected with members of the CCFF that endorsed her, ultimately playing a big role in why she won the election.

Mending Broken Relationships

Due to the fact that tensions have been at an all time high between the board and CCFF due to wage negotiations, the faculty members wanted to know how she planned to mend the relationship.

She said, "We had tossed around the idea of having more of a formal discussion[...]like a night out where you can just talk person to person and get a better understanding for who they are

Perez said that three years ago she suggested to her fellow board members that the faculty needed contracts, and everyone laughed at her.

She suggested that her high disapproval rate with faculty members is from other board member[s] "having it out for her."

The trustee said, "I think maybe I would rephrase that. They're not 'out to get me,' they just don't like me or respect me. "Again, it distracts from what the mission [is], that we're all here to serve [...] as members of the board to represent our community."

Searching for Other Alternatives

Area 1 trustee Bob Arthur followed Perez on the floor, he spoke passionately

"My goal for this term would be to work with the administration and the board of trustees to look toward creating new revenue streams for the college, so that the institution won't be so financially dependent on revenue streams from the state," he said.

Arthur also suggested trying to increase enrollment by providing students with the things they need to succeed in their classes to them at no cost.

Some faculty members were concerned about Arthur being at the Republican National Convention as a delegate for presidential candidate, Donald Trump.

He addressed the public's concern by assuring them that he was one of the few who voted against the party's platform and his support for Trump will not affect his policy making.

A New Face

Area 4 candidate, Ken Glenn, addressed the faculty members last for the day.

"My platform would be to run and represent all the employees, the unions, the teachers and especially the students.

"[...] One man can't solve all the problems, but one man can give 100 percent of his time and effort to try and solve the problems. That's where I want to try and help people here," Glenn expressed.

Concerning the broken trust between the board and CCFF, Glenn presented the same idea as Perez but less formal.

He agreed that there should be a dinner where the two can come together and vent their frustrations with one another.

Glenn also spoke about trying to convince the board to use some money from the \$500 million currently being saved in their reserve account.

"It should go to some kind of good use, and from what I'm gathering in the time right now, it's not.

"[...]And if it's going to take raises, or some program, I would love to work on that," he said.

According to CCFF President Solomon Namala, the recommendation from C.O.P.E. on who CCFF will endorse will take place this week.

Cerritos acknowledges managers

PERLA LARA
@pslalarala
College Life Editor

Exemplary and outstanding service are just two of the requirements for the Outstanding Manager of the Year Award.

On Wednesday, Director of Information and Technology Patrick O'Donnell and Director of Educational Partnerships and Programs Sue Parsons were acknowledged among family, friends and coworkers; as they gathered outside the Cheryl A. Epple Board Room to celebrate the award and enjoy iced tea and cake.

From a pool of over 40 managers, only two were chosen to receive the prestigious honor.

For both honorees it was the first time winning the award.

O'Donnell and his family have a long history at Cerritos College.

He has worked at Cerritos College for 12 years after graduating in 1996.

He said he returned because, "This has always felt like it was my home, my mother worked here as well. She retired from here as secretary for faculty senate for many years. It just always felt like home, I was happy to come back."

Parsons has a long history with Cerritos

in her own right, after being with the school for 31 years.

She began as a Math professor and created the Teacher Track program in 1999.

Only to be hired as the first Director of Educational Partnerships and Programs and has been in that position for the last two years.

"I was very surprised [to receive the award] I do a lot of work with people on campus and I thought when Renee [De Long] called I thought it was about something else we have been working on. Yes, I was surprised very honored, touched and humbled," Parsons said.

For AnnaBelle Parsons it was no surprise her daughter won the award.

She said, "She's been doing that since she was a little kid, she's humble[...] she's done a lot. She started when she was real young doing a lot, like in eighth grade, [receiving] girl of the year and all kind of wonderful things."

According to Dean of Counseling Services Renee De Long, this was the first time the Outstanding Manager of the Year Award was celebrated with a cake celebration.

De Long who is also the President of the Association Of Cerritos College Management Employees (ACCME) explained that winners are selected after being nominated by someone on campus.

She said, "What happens is the president from ACCME, which is me this year, but it wasn't me this last time because I just became the president, sends out an email telling anyone on campus we're looking for nominations for Manager of the Year Award if you would like to nominate someone go to this link and tell us who [it is] and what impact [the person has] made on you."

After the nominations are made an ACCME subcommittee decides who the two winners are.

The two winners will embark on a very different path for the next year.

O'Donnell said, "There are so many things, we're working on a couple of new buildings coming online, expanding more wifi on campus, [and] the new blue cones were putting more of those in place there are so many projects."

According to Parsons she is retiring at the "end of September."

Her plans are to "do some traveling, do some volunteer work, get back into shape, and eventually do some other work down the line.

"I have a lot of students that were in the Teacher Track program I'd like to see some of their classrooms and do some volunteer work that's the plan," she added.



PERLA LARA/TM

Celebrating achievements: Patrick O'Donnell Director of Information and Technology (left), Cerritos College President Dr. Jose Fierro (center) and Sue Parsons Director of Educational Partnerships and Programs (right) posing in front of the cake for the Outstanding Manager of the year award celebration. Both O'Donnell and Parsons were first time recipients of the award and they shared the moment with family and friends.

Semester sticker gives benefits to students

PERLA LARA
College Life Editor
@PSLaraLara

A student planner, a free In-N-Out burger, and participation in student elections are some of the benefits to having a fall semester sticker.

Studio art major and staff at the Student Activities office Alexis Rivera said, “With the semester sticker you can get a free [student 2016-17 planner], and an In-N-Out burger.”

The sticker is also used to keep track of who participates in the Homecoming and ASCC elections.

Rivera said, “When you vote you show your ID and we mark the sticker to show that you voted.”

The planners include some upcoming campus events, ASCC meeting times and locations, a short description of the student services available and the phone number to contact them. Also the phone number and websites to various hotlines and helpline organizations.

Students can pick up a planner at the Student Activities office while supplies last.

As of Monday afternoon 340 out of 1,190 had been picked up by students.

Administration of Criminal Justice major Karishma Vekaria, did not know about the benefits provided by the fall 2016 semester sticker.

However participating in the ASCC elections is something she would be interested in.

Vekaria has not gotten her semester sticker, she said “I

haven’t gotten it yet [semester sticker] the lines have been long.”

Thinking of students like Vekaria who wait until after the first weeks of the semester to get their sticker, the semester Welcome Day In-N-Out event was moved to Sept. 7.

Student Activities Coordinator Amna Jara said, “The reason we moved Welcome Day to Sept. 7 is to give students more time to get their semester sticker so they can get their free In-N-Out burger.”

Club Info Day will also be on Sept. 7 Jara said, “We wanted to combine the two events so that Club Info Day could have a larger crowd.”

For students like nursing major, Sofia Santoro, the semester sticker is something she needed for tutoring. She said, “I got my student planner, I like it.”

However, she did not know that with the semester sticker you also get a free In-N-Out burger.

American Sign Language major Fernando Reguma also did not know the benefits that the semester sticker gives.

He said he was planning on getting a planner and would be interested in student elections.

He got his sticker during the first week of the semester, so he could use the library and the Student Center.



PERLA LARA/TM

Ready for photo: On Thursday four days after the start of the semester, students wait in long lines to get a new ID and semester sticker. Returning students had the option of standing in a shorter line if they kept their old ID’s and just got a new sticker.

Waiting and thinking of Fall 2016 goals

LESLIE CASTAÑEDA
Staff Writer
@talonmarks

The beginning of a new semester is always something to look forward to, but something students have to deal with are long lines.

Students encounter lines either at the Financial Aid office, the Counseling office, and at the Student ID Center to receive their fall 2016 semester sticker.

Despite the long lines, some students understand and don’t mind the wait.

Psychology major Alexis Guzman said, “I understand why the

lines are long. The line to get my ID is the only long line that I’ve had to deal with this week.”

Biology major Rebecca Martinez said, she felt as though the lines were long but that she was okay with them.

She mentioned waiting helped her kill time during the long breaks between the four classes she will be taking throughout the semester.

Architecture major, Levi Flefil, who is taking five classes this semester said, “I don’t feel as though the line is too long. One line I did not have to wait at was the Financial Aid line because I was able to use the QLess app to save time.”

The QLess app allows you to wait in a virtual line instead of a real one. With the app you can step away from the Financial Aid area and come back when you get a text saying your turn is approaching.

She also said, “I am feeling positive about this semester and I’m looking forward to going to class because I am content about how great the professors are.”

Psychology major Jessica Garcia, who has been a student at Cerritos College for two years said, “I haven’t really had to deal with long lines, but I’m not too fond of the chaos in the parking lots. This is one reason I enjoyed the summer

semester because there were not a lot of students.”

Garcia added, “I am looking forward to all of the things I need to learn in my Research Methods class and doing my own research. It’s an exciting part of my education.

“Since this is my last semester, I am also looking forward to finishing my classes, being able to transfer and seeing where life is going to take me.”

Despite the hassle of long lines to begin the semester, most students are excited about the prospect of starting the long awaited semester.



PERLA LARA/TM

Waiting for Subway: The space in the Cerritos College student center where Taco Bell used to be is now under construction. Students can hear the sound of construction taking place.

Semester starts with no Subway and four microwaves

PERLA LARA
College Life Editor
@PSLaraLara

Returning students who expected to enjoy eating Subway on campus during, fall semester will only see a coming soon sign and hear the construction noise behind walls.

However, there are four microwaves ready for use.

Subway is set to replace Taco Bell because Taco Bell’s contract expired over summer.

According to Student Activities Coordinator Amna Jara, having Subway replace Taco Bell is not a simple task.

Subway is a corporate business, which means all of the kitchen equipment has to come from their corporate office.

While construction is taking place students have the option of buying food from Burdog, The Bowl, or using the microwaves installed in the Student Center.

The four microwaves in the student center are all 1,000 watt and can be used free of charge. However, users are expected to follow a couple of do’s and don’ts

The microwave rules are:

- Cover your food when it is being cooked
- Clean up any spills you make
- Don’t leave food unattended
- Do not interrupt other peoples cooking.

The other option, the Cerritos College Culinary Arts Café, inside the Student Center, will remain closed until Aug. 30.

First semester student Alejandra Rodriguez said, “[The school] has a nice selection of food, I haven’t tried it. I’m looking forward to the Subway I would pick it over the other food.”

First semester student Eddie Candelas agreed with Rodriguez.

Candelas toured the campus with his high school auto mechanic teacher and class and saw the Student Center before construction for the

Subway began and now he is looking forward to the opening.

For second semester student Taima L. Carper the addition of the Subway, “seems refreshing.”

She mentioned that the addition of the microwaves is not something she would be using.

However, Art major Simone Issac said, “I’ll probably use the microwave, I bring my own food from home because it’s less expensive than eating here.”

Business major Yuliana Estrada also makes her own food at home to save money being on a student budget.

“The microwaves are a life saver, we [students] had to go to the Elbow room to [use the microwave] but now we can do it here, [and] it’s much closer,” she said.

She added, “I know everyone is excited about Subway, [because they want something they can get quick and eat quickly.”

Subway will open later in the semester.

Five tips for new students from Talon Marks Editors

ED BOARD
@talonmarks

- Editor-in-Chief Ethan Ortiz said, “Always arrive to class early. It is best to be prepared and ready to learn rather than showing up late and trying to get out notebooks and paper to take notes. Also, make sure to study for every exam, because it is better to be safe rather than sorry.
- Managing Editor Karla Enriquez said, “Don’t go a day without looking at your class notes. You want to be able to retain all of the information you learned. Getting to class early and reviewing your notes before class has been effective for me.”
- Online Editor Terrel Emerson said, “Take care of business right away. There’s always time to party and live the college life but studies should always come first.”
- Sports Editor Monique Nethington said, “Don’t be afraid to fail because failure is how you learn. Also falling asleep in public is a socially acceptable thing.”
- Co-multimedia Editor Benjamin Garcia said, “Carry your phone charger wherever you go. Don’t forget to hydrate, carbohydrate, moisturize, exfoliate, and be your self. Worry about what you’re wearing.”

UPCOMING EVENTS

Event name	When	Place
Foundation scholarship Workshop	Aug. 24 11 a.m.-12 p.m.	BE 122
Foundation scholarship Workshop	Aug. 24 3 p.m.-4 p.m.	BE 122
Women's Equality Day	Aug. 25 11 a.m.-12:15 p.m.	SS 137
CSU application Workshop	Aug. 25 11 a.m.-1:30 p.m.	BE 120
CAFE and Falcon Room Restaurant	Aug. 30 11 a.m. - 1 p.m.	Student Center
CSU application Workshop	Aug. 31 4 p.m. - 7 p.m.	BE 120
Choosing a major Workshop	Aug. 31 2 p.m.- 3:30 p.m.	BE 121

Student releases album

An album about life, relationships and romance.

GUSTAVO LOPEZ
Freelance Writer
@gus_writes107

The light start of the song "Stranger" is a dreamy contrast to the opening lyric, "Yes, you made me hate myself, that's why I miss you all of the time," in Gemma Castro's five-song "Gemma EP" released on Aug. 16.

She explained that the opening song represented her, "It was kind of a ballad time day-dream, I feel like I'm always super imaginative, always in my head, sometimes not in a good way."

She is taking a semester off from her music major, and is looking to work more on her music projects.

Castro showcased her talent along with Zineb Fikri, another vocalist student in the campus' 60th Anniversary celebration on Sept. 17, 2015. The duo sang with Grammy-award winning Latin jazz artist and Cerritos College alumnus Poncho Sanchez.

"I've been singing since I was a little girl, I was always in love with the idea of singing," she said. Castro sang in elementary school, choir, and is studying jazz voice. She said she has only been composing and using her voice for her own music in the last two years.

The end of "Stranger" concludes with the phone ringing and Castro's mom asking her to pick up the phone.

She said that the album is a sort of loose narrative, one that was ever-evolving depending on the situations in her life.

"The narrative changes meaning to me the more the situations in my life change, but it's mostly about relationships and liking people and all the nonsense that goes with all the romance, not all the songs are romantic in context. It's also how I feel about people," Castro added.

The album shifts gears on the fourth track, an ephemeral melody cut by sirens, and Castro's voice, reciting a spoken word dialogue of indigenous roots, colonization and rebirth.

The fifth track of the album is sung in Spanish, in the fifth track, "Tu Me Acostumbraste," a melancholy song of remembering and longing. Castro described herself as a very sensitive person, who loves making sounds and music.

"I think that's the best thing I got out of this, of course music is made to share.

I felt like there are things I had to get out of my system and this album helped me get that out," she said.

She started writing the album in May, after leaving the project for another.

"If I were to count in hours, it would be for sure more than a hundred. It's what I really love to do, it's definitely a lot of work and the weeks leading up to it I was barely getting any sleep but I enjoyed," Castro said.

She described the experience as cathartic, like a weight had been lifted off her shoulders.

"It's a big deal. For so long, I was intimidated by the idea of it, but just to get the first [song] out of the way was a great relief."

For Castro, the songs started out as medleys in her head, followed by piano and her voice. She laid the bare bones of the song, going back to it and constantly adding new layers of sound and instruments. The last three weeks of making the album, she had friends come in and play instruments to add.

According to Castro her roots and inspirations for singing are jazz. She was also inspired by film scores or composers like Ennio Morricone, adding natural sounds and dialogue to tell a story.

This is the reason she made the decision to add natural sounds to the EP.

"I just kind of wanted to stay true to life and who I am. I wanted to be authentic," Castro said.

She's grateful for the positive feedback she's gotten from its release and is positive about the future.

"The feedback has been really beautiful I'm super grateful that people listened to it, it's a great feeling," she said.

She joked that her family was a bit confused by the nature sounds and the voices, but were very supportive. It amazed her that people she didn't know had heard her album. "I'm grateful that it's a super positive for someone, but personally having these songs exist helps me."

Castro also said she didn't think about how to promote the album until it was done. When the album was just done, she just started sharing it on her social media accounts.

She plans to change and plan before releasing another album.

"I want to start playing these songs live, do videos, and definitely make more songs, because of time, for sure next year it'll be a longer album. The songs on this EP were chill and nice, relaxing, maybe for next time I want something a bit more complex," Castro said.

She remembers the project as daunting but something she had to get done regardless. After its release, Castro encourages other artists to push through and create.

"Do it because you'll enjoy it, because you're capable and the only way for it to happen is if you do it. No one is going to change the situation for you," she said.

She added that we're suffocated by music, and that it's intimidating to create something new.

"At some point you have to say I want to make this music, but not because I have to prove anything, but because the songs you make no one's going to make but you," she said.

She described it as wanting to hear something that didn't exist yet. It got to the point where the act of not doing it was more suffocating than avoiding it.

"I feel like a lot of people wait around for someone to tell them 'now's the time,'" she added.



'Sausage Party' is for adult eyes only

GUSTAVO LOPEZ
Freelance Writer
@gus_writes107

Sausage Party has all the three f's for the whole family: food, fun and fundamentally perverse humor. That being said, please don't take your children to see this movie, because if you do, you will scar their psyches forever.

The movie is a thinly-veiled analog of our world, down to the over-the-top sauerkraut bottle screaming about killing the "juice" to the not-too-subtle but extremely funny exchange between a lavash and a bagel, who represent the Middle East conflict of Jews and Muslims.

Sausage Party does a good job of combining raunchy humor with the heavier subjects of existentialism, respecting beliefs and jokes about the male body.

The world of Sausage Party is very much like our own, with different aisles housing different products and nationalities.

The movie opens up in a campy song about the wonder of "the gods", humans and the great beyond of the supermarket. It turns on a dime as Honey Mustard, voice by Danny McBride, is chosen.

He returns later shell-shocked, telling of how gruesome and disgusting humans are, denouncing them as gods.

The titular Frank, a sausage voiced by Seth Rogen, faces a conflict when he and his beloved Brenda, a bun that's sure to give 15-year-old fuzzy feelings in the weirdest way, are chosen to leave to the great beyond.

Faced with the possibility that the gods aren't the benevolent beings they are made out to be Frank goes on a quest for the truth across the supermarket.

The movie does a great job at making the viewer think about Frank and the truth.

Sausage Party gracefully combines these questions of faith, our place (or the food) places in the universe and being true to ones urges.

The movie then completely shatters these themes by throwing in a final scene of a food orgy, which can only be described as a scene that goes on for too long.

Whatever your beliefs or ideas are about the universe, by the movie's end you won't see food the same way again.

Women of Juarez: A look behind the play

BENJAMIN GARCIA
Co-Multimedia Editor
@pieloverable

The curtain will go up on Women of Juarez on Oct. 7, 8, 13, 14 and 15 at 8 p.m. and Oct. 16 at 2 p.m. at the Burnight Studio Theatre.

The play was written by Rubén Amavizca-Murúa and is being dedicated to the community of Hispanic students on campus and the young women and their families being affected.

Director of the play Minerva Garcia said, "The play deals with the murders of the women in Ciudad Juarez, Mexico; right across the border from El Paso.

"Since 1993, close to 800 women have been brutally murdered. Nobody knows if it was the work of a single killer or a group of killers"

She continued, "Most of these women were working at (the factories), the multi-national corporations that made products for the US market.

She said, "That's the mystery revolving around this event, 'Who killed all these women?'"

"Capitalism is a factor. Going to the factories is the only way these women can make a living, by going

to where it is unsafe.

"The play was selected to be put on campus for a younger audience who might not be aware the situation across the border," she said.

"The play gives an inside look into the violence happening to these women but also sheds light on themes of misogyny and rape culture," she added.

Garcia continued, "I am associated with the play because I work for the Frida Kahlo Theater and I know the playwright. As a matter of fact, I got him his first grant to put on the play."

She stated that the writer, Amavizca-Murúa is glad that a college is putting on the play after so many showings at professional venues.

"That's the mystery revolving around this event, Who killed all these women?"

GARCIA
Director

Another factor in bringing the production to light, was the number of roles available for theater stu-

dents with each role being of great importance to the story line regardless of whether of the roles being lead or supporting.

Theater arts major Rebecca Valenzuela said the various roles were both refreshing as well as being equally challenging.

"I've never done a role for an explicitly Hispanic play before, so this is exciting. I feel the roles are important because they all add to the message of the play which is awareness about women being abused and trafficked down in Juarez," she said.

The play depicts Maritza, played by theater art major Dayana Marquez, a peaceful woman who is working toward a good future.

She is at a point in her life where she must pursue her education however she finds herself at a crossroads when she must also decide to go to the U.S. or stay in Mexico.

In the play the character Maritza is raped and murdered thus making her yet another victim.

Isaac Simons-Arraya, theater arts major said, "The play follows themes of desperation as seen through the portrayals of the various characters and their struggles.

"Rebecca's family is from Juarez and she has expressed the pain that her family went through," he noted.

Although the play has many themes that hit close to home it is also a way to connect with not only family but with people.

English major, Christopher Amador said the presence of a Spanish play on campus is a major part of his home life.

He added that being able to bring his Spanish-speaking parents to a play they will enjoy and relate to is a reason why he auditioned for the play.



BENJAMIN GARCIA/TM
Samuel Vidaca marking his monologue for the Women of Juarez play callbacks on August 19. He will be appearing as the first narrator.

Ready, Set, Pokémon GO!

PHOTO ILLUSTRATION BY BRIANA VELARDE
PHOTOS BY KARLA ENRIQUEZ

It's been over a month since the reality game "Pokémon Go" was released. Users of all ages are still downloading the app. If you don't know about the app, let's quickly catch you up.

- 1 The app uses your smartphone's camera and GPS signal.
- 2 It uses a map to guide you toward Pokémon.
- 3 Once you find a Pokémon you must use Pokéballs to try and capture it.
- 4 Once you capture a Pokémon it goes straight into a Pokédex.
- 5 Sooner or later you will run out of Pokéballs and will need to search for a Pokéstop. There are plenty of stops around campus!



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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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EDITORIAL



CARLOS MARQUEZ/TM

Nobody puts budget in the corner

It's no secret that there is a severe lack of student involvement at Cerritos College and even less of a shock, is the lack of knowledge among the students of what actually goes on on campus.

This includes things like special workshops, forums, and even the inner workings of student government.

Students may not know that the budget for school clubs, athletics and other student activity related organizations has yet to be finalized, which is something that should have been done at the end of the last school year.

However, due to the lack of prioritizing by the previous ASCC Senate, the budget could not be finalized and approved for the 2016-17 school year.

According to the ASCC Student Government page on the Cerritos College website, "The ASCC, with the support of the Board of Trustees, provides for a student government that finances, organizes, and directs a variety of programs that enhance the quality of student life at Cerritos College."

This is the mission statement and sworn duties of the elected officials, all of which were neglected and disregarded to handle petty, internal quarrels that had no direct effect or involvement to the student body.

During the last ASCC Senate meeting, the Senate was given an hour to discuss section three of the budget and have it finalized.

The chair allowed senators to speak and give reports. At that time, certain members of the senate pointed out the disrespectful nature in which former

ASCC President Eddie De La Rosa had toward former Vice President Jessica Germata.

This was highly unprofessional, not to mention outright unacceptable behavior considering the budget was pending.

As a result of this decision, the budget and other items were unable to be addressed.

To add insult to injury, the minutes for that meeting were recorded but lost in the memory of a faulty computer, so there is no record of any meetings taking place and what was addressed.

The only ones that suffer now are the student organizations here on campus.

Now forced to work with with the approved budget for 2015-2016, student organizations may be forced to vacate any plans they had set for this year.

This may include any events, workshops or trips that had been planned.

The students have been through enough.

The newly elected ASCC President and Vice President need to have a firm grip on their priorities.

As soon as the senate can convene they should move swiftly and appropriately to get this budget approved and adopted.

For those who intend to run for student government, should self-reflect and think if they are able to handle the politics and drama that come with being involved in student government.

Personal issues and internal strife need to be left out of any professional setting and be handled behind closed

doors.

Future members should reach out to students more so there is a transparency between student government and student body.

There shouldn't be a divide, or an "us v. them" feeling.

Students should feel comfortable going to a student leader, or attending a meeting so they can express their thoughts and concerns.

In turn, students should be informed of what is going on in the school.

With elections just around the corner, it is important to realize that those who are elected are going to make decisions that will benefit and represent the entirety of the student body.

When the candidates advertise themselves around campus asking for votes, students must take a minute and listen.

Don't vote for the sake of voting.

If one cares and is involved one must educate oneself to make an informed decision that can serve the student body.

It's time for this school to come together as one entity that looks out for each other.

Once ASCC resumes its duties, it should focus on prioritizing issues that affect who they represent.

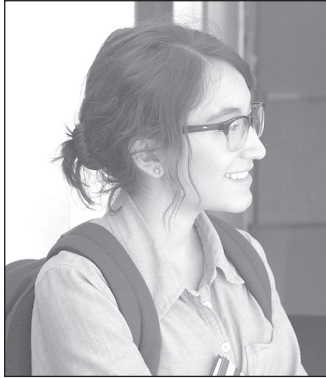
A stronger effort should be made to minimize the gap between students and their representatives to become effective.



What are your thoughts about QLess?

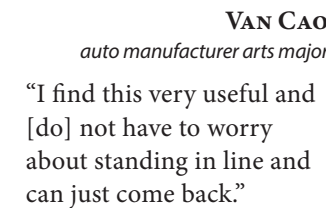
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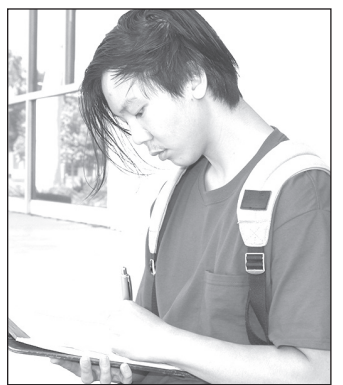
DIANA CHAIDEZ
undecided major

"I think it is a pretty awesome app that they have... [students] don't have to be standing, waiting [in] line; if you have to go to the restroom you don't have to [wait] in line and they will let you know when it's your turn."



VAN CAO
auto manufacturer arts major

"I find this very useful and [do] not have to worry about standing in line and can just come back."



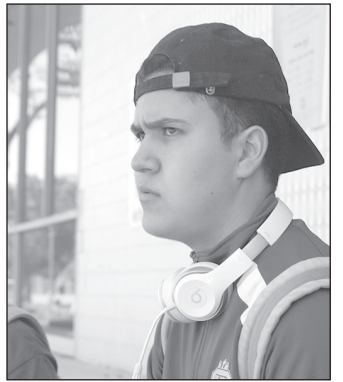
JOYCE KONG
art/graphic design major

"I think QLess is a very appropriate app that students should know more about because we are waiting in line. People don't have that kind of time."



JESSE NAVARRETE
business major

"I think that QLess is a very useful tool for students here at Cerritos College to conveniently cut down on time waiting in line and to cut on time."



JUSTIN REID
computer science major



"I just found out about this QLess app. I think it is pretty convenient and gives us, the students, the chance to find out what's going on at school and flexible time frame for them."

Olympics are a waste of resources

JENNY GONZALEZ
Opinion Editor
@jennnnay44

Indifference to the Olympics doesn't even begin to cover the harsh irrelevance for this exhausting frenzy.

Knowing that the games are ending soon is comforting because although they are a long-standing tradition, they are also a huge waste of time and money.

All the Olympics really do is advertise products or celebrity names, like any other event, but hosting the Olympics in Brazil is problematic because Brazil is currently in a recession.

Many have speculated that the Olympics there will generate income and stimulate the economy, thus minimizing the recession.

However, many are not willing to consider how Brazil also has to spend money and resources to make it happen as well, which means that the likelihood of a bursting economy is slim.

The Olympics demonstrate athletic competence and allows for the world to see that. The athletes work under extreme

situations to even qualify to compete. Time, money and resources are spent day in and day out to showcase what human ability has to offer.

For the athletes, this must be a dream come true. They are able to perform and prove to the world how talented and committed they are, but it just seems to be too glorified to be able to properly enjoy. There is so much more involved than mere determination; you also need the right publicist.

Some people want to watch the Olympics without having to wear the merchandise of who they are rooting for. If they are not supporting anyone, but watching merely for amusement, run the risk of being scolded by a fan.

At the end of the day, whoever you support is not as important as the event itself.

Supporting all countries and sports should really be the main priority because even though it is cut-throat competition and "the point of competition is to have only one winner", excessive enthusiasm is unnecessary and fuels nationalism in a world ridden by political conflict.

The Envelope: self-awareness manifesto



BENJAMIN GARCIA/ TM
Spillin' the tea: Monique Nethington, Journalism major, is drinking tea and reading about the universe.

BENJAMIN GARCIA
Co-Multimedia Editor
@pieloverable

The world would be a better place if people introverted more.

Politicians would think before they make a decision, so as to bring the most good to society, instead of forming a rash opinion without having all the facts, and defend it in its infancy as a matter of pride.

Parents would realize how their actions and words affect their children's self-esteem; trying to defeat

age and reverse wrinkles makes young people not look forward to transitioning into that chapter of life themselves; projecting the way a sex "should" act is harmful.

If one believes the way one is treated is a result of all of one's peers "having it out" for them, that person might be the party in error.

Perhaps if a person gave more attention to their inner attributes the person would be able to undo the prejudices society has conditioned the person to adopt and reduce negative emotions.

Perhaps one would look within and go on to recognize the humanity in other people, even the ones with profoundly opposing views.

People would stop thinking that they are better than others who do not share similar ideas (on the other hand one would have to be a proud wacko bird to be a Republican such as Ted Cruz).

Protesters and counter-protesters could stand in harmony and be unified by one common goal, to

make this life a happy and fruitful one and promote the happiness and fruitfulness of their neighbors.

Hate would stop being preached in churches, spewed by the establishment media, perpetuated by the police force, nurtured by our leaders and public figures, or minimized by members of the majority.

Perhaps everyone would reflect on what they have accomplished and how they have benefited the welfare of their community; and understand that what they strive for in life is not an absolute guarantee of happiness but a symbol of status, often times as consolation for what they can't have.

They would know that giving into the illusion of importance through useless pieces of finery makes a person a victim and slave of the corporate overlords; and as a result the working masses would be motivated to seize the means of production, eradicate the presence of capitalism, and give the power back to the people!



DARYL PETERSON
Play Maker: Ricardo Colin takes the ball down the field. Colins is not returning for this season.

Failure not an option

MONIQUE NETHINGTON
Sports Editor
@talonmarks

Cerritos College Men's Soccer coach Benny Artiaga had some strong feelings about last soccer season.

"Last year was absolute failure," said Artiaga when asked about last season.

The 2015-16 men's soccer season was the first time in the years since Artiaga took over as head coach that the team had not advanced to the post-season.

Although the team lost a key player and team captain in Christian Carrillo Artiaga has high hopes for this season.

Setting Goals

He said,"We have very key players in Luis Garcia our attacking center mid. We have Austin [De Medeiros] returning"

"Probably are most important player coming back [...] is Ivan [Vasquez] our center back from last year. He has the leadership experience."

He also mentioned the return of a few redhirt sophomores, such as Jose Mora and Edwin Corona, who were on the 2014 state championship team.

The team had a snail's pace start last season going 0-5-2 during the preseason.

"Even though we did not make playoffs we closed the season really strong," Artiaga said.

The Falcons ended the season in third place and a five game shutout missing the playoffs by just one game.

"We played well at times. We ended up losing late, or blowing leads or [were] unable to hold leads. This year I don't foresee that happening," he said.

Continuing off the momentum the team had at the end of last season, this season hopes are to show they are still a dominant force on the field.

As opposed to last year this team is stacked with experience, athleticism and cohesion.

"In retrospect, it is probably a good thing [that they redshirted]. Now we are loaded with experience," he said.

Experience will be essential with the team having, in Artiaga's opinion, one of the toughest in the state.

"With they way our preseason you get punished for making mistakes," he says, "Our lack of depth and our lack of experience ultimately what did us in."

Building off mistakes

With the powerful, attacking strategy Coach Artiaga always plays the team is now in the condition to successfully carry it out.

New goalkeeper, Ivan del Campo says, "The team chemistry is divine."

With the team's first game coming up quickly the only game plan they have going in is to smash Citrus College.

"This year, from day one, we are going to show we are the top team in the state of California," said Artiaga.

For any team the ultimate goal of any season is to win the title, but Artiaga sees winning as something that means much more.

He says, "A state title will open up so many more doors. That's means our team will have come together."

So the bar for this season, and for any season, is to bring home the state championship.

While Artiaga feels effort and participation are key things it does not show the growth and success of the team.

"Last year, even our freshman saw that our system works and that you can have good results," he said, "You just [have to] believe in what we are doing."

Del Campo said, "[I'm] just excited how much better it can get as our journey continues."



DARYL PETERSON
Field Switching: Carolina Jaramilla sets up to cross to switch the field. The team went on to win state.

The sense of glorious fifth

DAVID JENKINS
Staff Writer
@talonmarks

At Cerritos College, very few individuals have the privilege to gaze upon and know about the women's soccer team.

With four state victories in a row and being raked No. 2 in last year's nationals, this team has many things under its belt.

According to the Cerritos College athletic website, the team was 11-0 here at home and 9-0-2 in away games.

Overall the Falcons scored 105 goals.

Adjusting to the system

This doesn't come with hard work alone but with the strategic teamwork from both the coaches and the players themselves.

Head coach Ruben Gonzalez is a very confident and up-right man who had lead the team to its victories.

Last season came to an end with an undefeated streak of 23-0-3, the team's second undefeated season in three years.

Gonzalez, who has 12 years of coaching under his belt, is confident in his pursuit of history.

He acknowledged that he has a well-balanced team this time around with 10 returning sophomores, 10 incoming freshmen and five transfer players.

One of the sophomores is the ambitious forward, Amber Whitmore, who was present for last season's domination.

The nineteen-year-old has been playing soccer since she was nine years old. She has a strict dietary code, staying away from fast foods, which in her words is "obvious."

She tries her best to stick to "Salads, chicken, rice, all protein stuff, only water and some Gatorade for a little sugar [...] and energy boosting smoothies".

Whitmore does her best to juggle both her athletic time and school work, she says it can be difficult at times but "It's manageable".

Growing fond of winning

She spoke about traveling. It gets her "pumped up" and it comes off as pretty easy.

She said, "I like traveling, it gives us the opportunity to go play other teams that aren't like us. Most junior colleges, they don't get to go out and play other teams and we're like fortunate enough to go out in different states too."

She loves being around the team, she admires the hard work that gets put into the team. Both on the field and off of the field, from morning sessions to afternoon sessions.

One of the 10 freshmen, midfielder Maria Guadalupe Hernandez is an 18-year old, who speaks with excitement about joining Cerritos College and the four-year state champion women soccer team.

She's been playing soccer since she was eight years old.

After playing in high school, she became aware of the taste of being among champions and becoming one herself.

While attending Sierra Vista High School, her soccer team was league champions all four years, only adding to the championship pedigree of the Falcons.

The one of the five transfer students, midfielder Dana Jacobs is 19 years old and has been playing soccer since she was five.

Jacobs transferred from San Francisco State.

She said, "I played at San Francisco [State], it was fun I had a great time [but] I couldn't be there anymore, it wasn't the right place anymore for me."

She admitted she was "a little anxious" coming here, but said the transition has been "super easy."

Jacobs said that Gonzalez and all the girls make it "unbelievable" and feels that she belongs here.

She is appreciative of the new friends she has made.

She speaks very openly about what she wants and expects this year, "I want a ring, I want to win."

Women's Soccer

Fall 2015 Stats

Games: 26

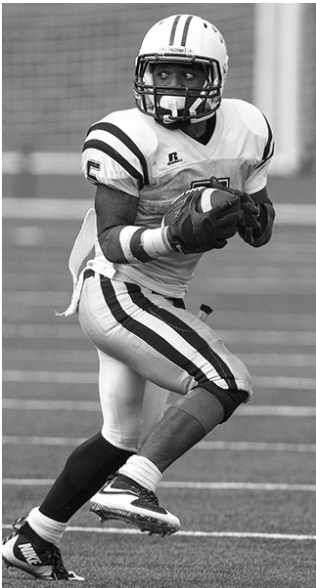
Goals: 105

Overall: 23-0-3 (.942)

Conference: 13-0-1 (.964)

Conference Titles: 9

State Conference: 6



CERRITOSFALCONS.COM
Bird's eye view: Running back Kishawn Holmes catches a screen pass. Holmes is looking to lead the young Falcons.

Young talent leads Falcons

TERREL EMERSON
Online Editor
@sir_chatterbox

Sophomore transfer quarterback Nick Mitchell said the "sky is the limit" on how good this Cerritos Falcons football team can be.

He also said the team is "pretty good right now we just have to keep up the hard work in the next two weeks.

Last season, the team finished with a record of 8-2 in the regular season including a season opening win over reigning state champion Saddleback.

The season came to a close with a four-point last second loss to rival Long Beach City College.

Head coach Frank Mazzotta was excited to finally get a chance to play the Vikings after years of back-and-forth banter.

However, Mazzotta expected them to be on the schedule but to no avail.

"It bothers me because they're nine miles away. We're driving to LA Valley and Long Beach and El Camino, these schools are five minutes away from us, we should play them," he said.

Learning from past mistakes

The three losses came by a total of 14 points.

Mazzotta explained that he has eight plays from each game that he intends to show to the new team as learning lessons. Despite the small quirks the team is excited heading into this new season with a new leader in the huddle, the aforementioned Mitchell.

"We're trying to work with the things that he can do. Right now, I think he's going to be limited in what he does, but he's gotten better," Mazzotta said.

Mitchell has five collegiate games at the Division I level under his belt.

Coming into this season Mitchell felt he has improved on his delivery of the football.

"I quickened up my release. It's something I worked hard on this whole offseason," he said

Offensive line injuries

He will be defended by what some are calling the best offensive line in Cerritos College history.

"Our kids are pretty well coached. I think it's the best offensive line group that offensive line coaches Mike Cardona and Adam Cox have had," Mazzotta said.

With such a big burden being placed on the offensive line, center David Alanouf feels the pressure but isn't worried.

"It adds a little pressure but it also pushes me to lead the line for greatest and win this possible state championship," he said.

One major key for the team is staying healthy on the offensive line.

Last season the team dealt with a multitude of injuries on that side of the ball including Alanouf, who "shattered his ankle," in the season opener.

Despite the injuries last season running back Kishawn Holmes found success, including a three-game stretch where he accounted for 383 total yards and five touchdowns.

"It's crazy. These guys move mountains, they're huge. In terms of stats they should go up a lot. A lot," he said.

New defense

On the defensive side of the ball the Falcons will be working with almost an entirely new defensive line as Raymon Price, David Fangupo and Danny Harry have all moved onto four-year universities.

The secondary lost its fair share of players as well.

Anthony Murray, Thadd Daniels, Deon Smalls and DJ Reed will not be returning to the Falcons this season, a group that accounted for 10 of the team's 15 total interceptions.

"I think we're pretty talented in fact, in some places I think we're better. We're athletic, it just might take some time," Mazzotta said.

Sophomore safety Elijah Walker said, "We have a couple of guys to help in the secondary. We have Brandon Ezell, last year he was slept on."

Mens Football

Fall 2015 Stats

Games: 11

Pts/Game: 34.0

Overall: 8-3 (7.27)

Conference: 5-1 (.833)

Conference Titles:13

Bowl Games: 23



DARYL PETERSON
Side Out: Outside hitter Nicole Spigner sets up her serve against El Camino. They lost all three sets.

Pestolesi brings fresh start

MONIQUE NETHINGTON
Sports Editor
@talonmarks

This year the Cerritos College women's volleyball team is being taken over by 27-year old, first year head coach Kari Pestolesi.

Originally from Huntington Beach, Calif., and growing up with a father who was a coach himself, she understands the nature of competitive sports.

"I'm a coach's kid [...] I feel like I have a different understanding of the game I know how this level works. How they run things at Cerritos is a little different than what I'm used to where but that's easy to get used to."

Avenging last season

Last year, the team had an average season ending with a 16-11 overall record.

Only four players from last season had over 100 kills. No one else had over 57.

Of the four athletes only one is returning, Monica Vega.

She was second on the team with 191 kills trailing only Nicole Spigner.

Two of the four were sophomores in Spigner and Valerie Montoya.

"A lot of girls are actually more into the sport," said the aforementioned Vega.

"Last year I feel like girls just played to play. This year everybody looks like they have love for the sport," she added.

Last season, 10 of the 17 players on the roster were freshman.

This season, the odds are a bit more even with eight sophomores and seven freshmen.

With more seasoned players on the roster this time around, the team hopes to build in skill and technique to produce a winning season.

Making the most of the move

Nicole Flores, who spent last season as a red-shirt, is returning this season with high hopes.

Despite not wanting to compare, she sees the bright side of having a new vocal leader in the locker room.

"We're learning a lot," said outside hitter Nicole Flores, "Teresa [Velasquez-Ortega] was a great coach but I think we are very lucky to have [Pestolesi]."

The team is having to start all over with learning a new coaching style and working with the new players.

"Their brains hurt," Pestolesi said jokingly, "I'm bringing in [my] kind of volleyball."

It's a combination of things she has been taught and played against that she loved, as well as things that she hated which she plans to avoid.

"They are learning pretty much a whole new style of volleyball," she said, "They haven't had a lot of time- its only week two- but it's really cool to see that they are catching on a lot quicker than expected."

In the few short weeks since they began practicing she has seen much improvement in players.

"We are getting to see two different sides of volleyball that benefit us in different ways," said Flores.

The dynamics of the team are changing and they are starting to learn things that benefit them not only as individuals but as a team.

"Its cool to have a coach that played recently and to get the experience that she had. We are getting to learn new dynamics that the [we] can work on to be better as a team not just as individuals," she added.

As the season goes on, Pestolesi wants give her players the tools and experience necessary to continue on in their careers whether it be in school, volleyball or both.

"These are the kind of kids that are just trying and working their butts off to get to the next level," she said.

"My goal is get the student athletes on my squad moved on to the next level whatever that may be," she added.

What's to come

The team is set to start the new season this Friday at home against Citrus College.

Conference play will begin on Sept. 23.