

# TALON MARKS

CERRITOS COLLEGE

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**Every vote counts:** Karen Magana, psychology major, participated in electing ASCC Senate members for the 2016-17 term. Poll stations were open for two days for students to elect new student senate officials.

## Students choose ASCC senators

BRIANA HICKS  
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With ASCC looking to fill seats for senate for this academic year, the two-day voting process came and went.

The senate hopefuls quietly campaigned inside classrooms with 21 sophomores and nine freshmen submitting their names and statements for the ballots.

Sophomore Justin Illescas earned 88 votes, giving him the most votes out of all the students running for senate.

In his statement, he expressed that not only has he previously served on student government in high school, but also served on senate at Cerritos for the 2015-16 term.

He stated, "I believe I have the devotion that it takes to really care about the students' wellness and resources at Cerritos College."

Leila Aboukhalil, chemistry major, admitted that it was her first time voting.

"I think it would be good to participate and [help choose someone who will] advance the college [...] I think the one I voted for will [...] do very useful things," she said.

Sophomore Ryan Kang had one vote less than Illescas, making his total in votes 87. Kang's ballot statement differed from Illescas'. On his ballot, he advocated for student rights and talked about how he's made a difference on cam-

pus by helping preserve the environment through the Go Green Club, and co-founding Student Union Club.

With 83 total votes, sophomore Victor Villalobos was the third student with the most votes. On his ballot statement, he used his previous experience serving on senate and serving as student trustee on the board.

He stated, "Bringing this experience into the senate will allow me once again to contribute to the campus and at the same time lend a helping hand to the new senators of Cerritos College."

Sophomore Joseph Fierro brought in 81 votes. Fierro sat on senate for the 2015-16 term. He used his statement to inform voters of his previous club position and his previous time served on senate.

Voter Zeinab Aboukhalil, civil engineering major, said, "[I voted to] also be a part of enhancing the college and making it better. I've been here for like three years and I haven't seen any change.

She also said, "[...] we need people to make a change for the college to make it better than all [the] other colleges.

"[I think it is] absolutely [important for others to vote] because when you vote, [and] if you participate [...] you feel [like] you're a part of the college. You're part of making it better.



**Making a difference:** Voters Leila and Zeinab Aboukhalil, chemistry and civil engineering majors, said that they are trying to make a difference by participating in voting. Students who ran for ASCC Senate focused heavily on campaigning inside the classrooms this semester.

## Shortage of student IDs coming to an end

The Student ID Center ran out of student identification cards and will receive more soon.

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Online Editor  
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The dilemma of the sparseness of identification cards on the Cerritos College campus may soon be a thing of the past.

According to Interim Dean of Student Services Frances Gusman thousands of ID cards will be on campus as soon as Sept. 26.

"We have made arrangements with the company. We are having 3,000 cards expressed to us and they will be here Monday at 10 [a.m.]," she said.

There are many perks and rewards to having an ID card on the Cerritos College campus and off the campus.

Some of the perks include:

- Discounted Movie Tickets

- Free In-N-Out (when truck is on campus)
- Checking out library supplies
- Printing/Copying
- Setting up counseling appointments
- Financial Aid
- Paying a discounted price at school games

It is only Gusman's second month on the job and she has already come face to face with an impractical issue at her new school. "The new job hasn't been so much an adjustment, what has been more of an adjustment is [the] process.

"How things function internally, the process[es] that are used here are different than the campus I came from," she acknowledged.

Previously, Gusman worked at College of the Sequoias.

ASCC President Saul Lopez was taken

aback at learning of the school's current trouble.

"From my knowledge, the IDs ran out, that's the bottom line. I talked to [Vice President of Student Services] Stephen Johnson [...] and he's actually the one who told me about it," he said.

Lopez also acknowledged the severe urgency for the school to quickly ratify the situation.

"There's always a sense of urgency when it comes to student services not being available because we are all students and we pay student service fees, so there should be a sense of urgency," he admitted.

On the other hand, Lopez found a positive in the short-lived obstacle.

"I asked [Johnson] 'isn't that a good thing?' Because before we ran into a problem where people weren't getting their IDs,"

"It's a mixed bag. It could mean people are getting their IDs or someone dropped the ball," Lopez acknowledged.

People were left asking the question of "how can the school run out of ID cards?"

Computer science major Danniell

Monroy said a little over two weeks ago, he lost his ID card and has had nothing but problems since in trying to claim a new one.

He recalled, "The day I lost it was really frustrating. I looked in my wallet and it wasn't there and I really needed to print something. So I had to get a print card and I lost like 15 cents.

"So the next day I went to the Student Center to ask for a new one, I went there and [was told] I had to pay \$5 for it. Then I was told I had to go here and go there [...] "That was two weeks ago and to this day I haven't been able to get my ID."

The Student ID Center employees refused to comment regarding why the center had run out of IDs.

While it is still unclear who is at fault for the lack of ID cards or if anyone is at fault, the fact still remains that the problem won't be an issue for too much longer.

## Cerritos reviews the year's highlights

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Members of the Cerritos College faculty and staff greeted each other warmly at the 2016-17 Convocation in the Burnight Theater on Thursday.

President Jose Fierro thanked and commended faculty and staff on collective efforts on a successful previous and current academic year.

Over 34 new full-time and 24 newly tenured faculty members were introduced.

Fierro addressed the new faculty and staff by saying, "[with] the level of diversity that we currently have [on] our campus and our new faculty, we should use diversity as a strength, something that will make us better and stronger as we move into the future."

Convocation then switched gears as the 2015-16 accomplishments and highlights were announced.

One of the highlights was the largest graduating class in campus history with 2,600 degrees and certificates awarded, while the Cerritos Complete program provided 600 scholarships to students.

Cerritos College was honored by the city of Norwalk for student participation in the Volunteer Income Tax Assistance Program. The college also received \$1.4 million in grants.

These accomplishments were only a mere scratch in the surface in regard to campus achievements.

Vice President of Student Services Stephen Johnson announced student achievements such as 24 Cerritos College culinary arts students who helped prepare meals for the Golden Globe Awards for the second year in a row.

Two former Falcon athletes, Ameer Webb and Whitney Ashley, competed in the 2016 Rio Olympics, and WPMD's Falcon Spotlight was named America's best student public affairs radio program by the Intercollegiate Broadcasting System.

Faculty Senate President Michelle Lewellen introduced keynote speaker Paula Brown.

Brown, a five year faculty member at LA Harbor College, and the coordinator for the Community College Success Network, was responsible for leading the way to successful understanding and knowledge of varying cultures amongst faculty and students.

Brown said, "I will be working along with the Center for Teaching Excellence [...] and developing a community of practice which will involve many of you [faculty]."

She continued, "The training [...] change[s] attitudes, add[s] to the knowledge of others, and strengthen[s] communication skills. The training is comprised of four modules:

"The first module is meanings of culture and race. The second [module] is exploring mindsets in learning. The third module is exploring the learning barriers such as bias, aggressive and stereotype threat. The fourth module is social capital and learning."

The 2016-17 convocation ended with a newly established initiative, new faculty, and another school year.





**From Silence to Strength:** Guest speaker Maggie Bertram spoke at the event put on by the club Active Minds. She spoke about dealing with anxiety and depression and how the process made her stronger.

# Speaker discusses anxiety

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What started out as a surprise, became a representation of humanity. On Sept. 14, Cerritos College had guest speaker Maggie Bertram, who was invited to speak by Active Minds, who addressed the audience. The event, “From Silence to Strength,” talked about what Active Minds was about and how it can help others out there. Active Minds is a group of people who alert and help those who

deal with mental health. Bertram said, “Cerritos College is participating in a state-funded event where I am able to travel to some school so I can speak out. The grant was from Prop 63, and it lets Active Minds promote mental health around campuses. “The group, Active Minds, just chose me to speak for the event. I was a bit nervous, but [I was chosen] and I couldn’t refuse that offer. “I also served a couple of roles for the group, and Cerritos volunteered to help out. “I felt great at the end, and I loved the participation of the crowd. I look forward to speak again soon.”

The club discussed issues about students who deal with depression, anxiety or any other mental illness. Together, the club seeks out to make sure students have a chance to speak out and can feel free. Bertram spoke about this and a little about her own struggles with anxiety and depression and how she came to a realization and was able to become a stronger woman. Automotive-Electrician major, Hector Aceves said, “I like how she was able to speak out and tried to reach others. “Not a lot of people are comfortable with this topic, and it really is a sensitive [topic], but she was brave

enough to speak out.” Psychology major, Alfred Quezada, said, “That speech felt very inspirational. It was a great way to reach out to more students who deal with it and really need help. “Our community needed this, and I believe it’ll get there. “There are many students who struggle with facing challenges, and there’s really no way to speak out comfortably, but it’s okay because that why Active Minds is here. He continued, “No matter what mental health problem they face, Active Minds will try its best to help, and Bertram continue to inspire me as well.”

# Student ambassador role forms leadership opportunities

The position encourages students to be more aware of community college

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Theater tech major Jeanette McGeisey was one of 40 applicants for the student ambassador position. For her, the job is a way to be more connected and involved with Cerritos College. She wants to be a part of promoting Cerritos College in high schools. “I want to talk to a lot of people, I like to talk to people, I’m really sociable,” she said. McGeisey’s main goal is to help people, “If they need [data] you can tell them the information, things like how to transfer or [information on] any type of major they want.”

### The job

The student ambassador position hiring takes place once per school year during the fall semester. According to the job flyer, it comes with part-time, flexible scheduling Monday through Friday, with occasional weekends, with an average of five to ten hours a week and a pay of \$12.05 per hour. The job also requires traveling to various locations, such as high school campuses and promotional events. School Relations Coordinator Shirley Arceo said, “I developed a new [program] model and I looked at four year universities and modeled this [program] after four year university outreach programs.” Arceo said the job began as a peer counselor position in the year 2000. Student ambassadors served as peer counselors to the students at

Cerritos College. She went to different events to promote and recruit for the school. Arceo said that at that time student ambassadors were serving two different populations because the program was being run out of the counselors’ office. Student ambassadors served the students on campus and the potential students that were being seen outside of the Cerritos campus. It has since been modified and changed into a position of outreach and recruitment.

### The requirements

“I decided to switch my major from psychology to Teacher Trac.”

Christine Soneriu

who has reliable transportation, along with a drivers license and proof of auto insurance are preferred. Arceo explained, “[This is because] the majority of activities are off campus and the student would need to drive to elementary or high schools.” Although, it is not required to be bilingual, it would be a plus when applying for the position. “Since this is a Hispanic serving institution someone who is bilingual in Spanish and English is preferred,” Arceo continued. She also said that preferred does not mean required and there have been past student ambassadors who did not drive and did not speak Spanish. The choice of who is hired is made by Arceo and her assistant,

who is usually a former student ambassador.

### The reward


Student Affairs Assistant Christine Soneriu is a former Student Ambassador. For her, being a student ambassador changed her major and the career she chose to have. She said, “Going out into the field, going to college fairs, and high schools, for me personally was really good. “I was able to talk to high school counselors that were there and figure out what it’s like to be working in a school, and what it takes [to be a counselor], Soneriu said that being a high school counselor was one of her career options, so this was one of the ways being involved in the program was beneficial to her. She stated that the job also helped her develop her communication skills. “At first I would be nervous about doing presentations and through time I’ve presented in front of a group of 100 people by myself.” Soneriu said, “In terms of my long term professional goals [being a student ambassador] has helped. “I was working with students one on one and that’s what made me realize I want to work in schools. She continued, “I decided to switch my major from psychology to Teacher Trac and now I’m going to graduate from Cal State Long Beach.” The student ambassadors would have to be approved by the board of trustees on Oct. 19. After that the 18-week training period will begin before going out to represent Cerritos College.

# Student e-mails coming to Cerritos

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“If it’s a benefit [to use student e-mails], then I probably will [get it],” said undecided major, Liseth Alba. On Sept. 13th, the college launched .edu e-mail accounts for students. Vice President of Student Services Stephen Johnson, acknowledged that the school began announcements regarding the student e-mails a year ago. “A year ago we began announcing in all student e-mails that e-mail will be the way the college will provide official notifications to students. “It will be more timely and convenient for students to receive these e-mails addressed automatically,” he said. In late February, during the two back to back off campus shootings, the college sent out alert messages regarding the incident to certain students on campus. The alerts were only sent to students who had signed up to receive important information regarding the school through e-mail or text messages. According to Johnson, students can benefit from using school provided .edu e-mails by receiving discounts from some popular businesses. As well as, a designated official communication method from the college to students. “We anticipate being able to send messages more promptly and with more useful and convenient


formatting and content,” he said. Sabrina Rascon, undecided major, said, “I’m a little iffy about it for some reason [...] I [thought] it was just a waste of my time honestly [because I would have a] new e-mail, new password, and then for what.” Johnson expressed that the new e-mails will be in place, but not designated as the default preferred during the extended launch period. He said, “Following an extensive awareness campaign, the new .edu e-mail address will be automatically set as the default preferred. Students may then wish to set up forwarding to another or additional e-mail addresses.” Due to the new student .edu e-mails, student’s login information has been changed for Talon Net, Org Sync, and campus wifi. There are no changes for MyCerritos. “We have used a preset six-digit birth date format for the initial default password up to this point. The new student e-mail system is a gmail product using an eight-character format. Johnson admitted that students have been expressing interest in getting the discounts and other benefits of a .edu e-mail address. “Access to discounts that college students can qualify for have been an important part of our work to launch student e-mail[s].” Although Rascon is leery about the e-mail account, she did admit that she may look into the benefits that come from having a .edu address. E-mails are currently in effect.




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EDITORIAL



Kaepernick kneeling down should not be criticized

Since breaking into the NFL, Colin Kaepernick's name has had its fair share of time in headlines, but never before in this way.

Kaepernick made headlines when he refused to stand during the National Anthem during a preseason game in late August.

Before we plunge into this hot topic let's get one thing out of the way:

Can we get away from the 'what' aspect of the situation and tackle the 'why?'

There is an obvious race issue in this country when it comes to the African-American race.

Every country has issues and we not only address them, but we try and police them. Yet, we choose to ignore the ones in our own backyard.

We need to understand that there is a serious problem with racism in this country.

For instance, the Alton Sterling and Philando Castile murders were by police officers that had no right to do so.

In Sterling's case, one officer yelled to his partner that he was reaching for a gun. The other officer tried to restrain Sterling's hands in search of the potential firearm but was unsuccessful. Not reacting fast enough, he drew his gun and ended Sterling's life.

In regard to Castile's case, he notified the officer that pulled him over that he was a registered firearm carrier, but the officer was persistent for his identification. Castile reached for it and the officer killed him.

The issue is that these young men did not have to die a brutal and unjust death. Both were murdered by the people put in positions to protect us.

Kaepernick stated "I wish they treated police brutality the way they treat me for standing up against it" on Twitter.

Let's we forget, it wasn't until 2009 that NFL players were expected to stand during the national anthem but waited in the locker room during the playing of the anthem.

The Department of Defense and the National Guard both handed out over 10 million dollars in five years to NFL teams to stage on-field patriotic acts.

At the end of the day, players are put on stage to display a facade in order to make the NFL look better.

The amount of hate Kaepernick has received since taking a stand toward this injustice is beyond disgusting; it is even coming from his own peers.

People have weighed in about this narrative all over the world, one of which was former safety Rodney Harrison.

According to usatoday.com he states, "Obviously he has the right to stand up for what he believes, but he has to understand there are consequences and might [receive] backlash for what he said. You know a lot of people are criticizing him — I think his heart is in the right place, I just think he was going about it in the wrong way," on SportsTalk 790.

Despite the somewhat half-hearted apology from Harrison, there is still a blatant issue with this form of ideology.

Kaepernick stood by his decision citing that people who major in cosmetology have more training than those given guns to "protect" us.

Furthermore, there has been an out-pour of veterans who support Kaepernick and his decisions.

The hashtag #VeteransforKaepernick began in support of the aftermath of people attacking him, telling him "If he didn't like America, to leave it."

Despite the minute change in posture, in which Kaepernick now kneels during the anthem to honor veterans, he does not seem too apologetic about the situation. He has been seen wearing a Malcolm X hat, a Fidel Castro shirt and socks with pigs in police hats.

More people are starting to join him in the silent protest. Teammate Eric Reid and Seattle Seahawks cornerback Jeremy Lane joined Kaepernick in his protest.

As a result, the Santa Clara Police Department has threatened to stop providing security for 49er games.

We understand that police forces put their lives on the line every single day, however, they do sign up for it.

This nation has taken a major step forward by getting all police officers to wear body cameras. To have officers on paid leave or acquitted of a crime they are guilty of is another barrier to be broken.

Let's all keep one thing in mind too, that as long as our skin color is considered a weapon, we will never be seen as unarmed.

Basic vaginal necessities

MONIQUE NETHINGTON Sports Editor @sniquee94

It's that time of the month again! The time where a woman's uterus decides to fall out of her, leaving behind a trail of blood and disdain.

Yes, that's right. We are talking periods here people.

More specifically, why do women have to pay for them?

On Sept. 13, California Governor Jerry Brown vetoed a bill that would eliminate the sales tax on feminine hygiene products. This can only be described in one word: lame.

Is it not bad enough that we go through the emotional and physical toll that is menstruation, without having to just pay a little bit more for it?

Here's an idea, maybe, just maybe tampons should be free.

Let's get something straight here: we did not ask for this, we were born this way, unfortunately.

Women are being asked to pay a sales tax on something that is an essential need for all women.

It's like putting feminine hygiene products in the same category as a pair of socks. Socks aren't a necessity. They are a luxury. We can all walk around with shoes and no socks all day and be perfectly fine.

A woman can't walk around without a maxi pad or tampon, while on her period, for the simple reason that it is completely unsanitary.

They should really be in the same category as food, which is a necessity, so there is no sales tax.

Anything deemed as a necessity by the government is free from tax.

A woman's vaginal necessities just aren't a priority in today's society.

Tampons are expensive enough already without the sales tax.

Yes, a woman doesn't have to pay for a box of tampons every time she has her period but we have to get one thing straight here: ALL PERIODS ARE NOT CREATED EQUALLY!



FREE SPEECH ZONE

Do you like the new iPhone 7?

COMPILED BY: ETHAN ORTIZ

PHOTOGRAPHS BY: KARLA ENRIQUEZ



JOHAN DELAROSA dental hygiene major

"I have mixed emotions. I like the water proof feature, but dislike that it doesn't have the aux chord."

BRIANA GANDARILLA undecided major

"Yeah, it looks like the iPod. I like the new ear-phone feature."



FLOR VELEZ graphic design major

"It looks nice, a lot of people make a big deal about it. I like that it's fully black."



GABRIEL BECERRA criminal justice major

"It's alright. I like the dual camera feature when you zoom in, it's better quality"



ALEJANDRA WENCESLAO liberal arts major

"Well, I haven't really seen it, but I like the better camera quality."



BENJAMIN GARCIA Co-Multimedia Editor @pieloverable

Break ups, everyone has them but few have them gracefully.

You had your moment of clarity, realized your self worth, and rid of that pesky and unworthy person (probably a male) from your life.

No doubt the deliberation to terminate the relationship to the sound of some soulful sounds; perhaps it was Beyonce who convinced you. Do not hate Becky with the good hair; you are in the same place as her - you were being used just as she was - you are her. What do you do next?

The first step is to withdraw. Take care of yourself. Hydrate by-drinking some tea or lemonade - get your antioxidants so that you can glow. Get some exercise or watch your favorite movies.

THE ENVELOPE

Love & Sex: The art of the break up

Have some fun. Pamper yourself. If you are a materialistic slave of the corporate overlords, buy some new clothes or overpriced food; and if you are not, try volunteering and undermine capitalism.

Meditate on what has just happened and remember all the reasons you love yourself. Start loving yourself. Remember that your former lover did not love you for all or any of the reasons you deserve to be loved. Be at peace knowing that splitting was the right decision.

The next step is to tell those who are close to you. Do not proceed to this step until you are at peace with the course of events. Tell your friends or family in order to get moral support, another perspective, affirmation, or perhaps even a second opinion. If you would feel unsafe or uncomfortable being open at this point, try blogging in a

safe space. Repeat step one.

After this you should decide how you would like to be associated with the person you just ended it with. Would you like to continue to be "friends" with this person? Would you like to never see them again? Which pictures of them should you keep posted online? Is being around them safe? You must answer these questions for yourself.

Lastly, apply what you learned about yourself. If you are ready to see someone again, you should make yourself available by being able to trust being vulnerable in front of them; you should make the process of getting to know someone an enjoyable one by not letting your former lover haunt your life or affect your actions.

It is imperative that you make it possible to peruse the life you wish to lead. Do not be deterred.



Faculty Adviser Rich Cameron

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Journalism Association of Community Colleges

Pacesetter Award 2009-2010





PERLA LARA/TM

**An assertive introduction:** Pamela Sepulveda, licensed clinical social worker and community outreach director with the Casa Youth Shelter gave a presentation on building successful communication skills on Thursday. Sepulveda kept the nine students who attended the presentation engaged by asking them to participate in her demonstrations of behaviors.

## Get what you want with an assertive communication style

PERLA LARA  
College Life Editor  
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The Improving Communication Skills workshop attracted the attention of students like pharmacy technician major Alex Santa Ana and nine other students attended the workshop.

He said, “I thought it might be interesting that I might learn something new.”

Santa Ana was not disappointed, what he found was an animated, enthusiastic presenter that engaged with her audience.

### Teaching with the use of humor

The Thursday workshop was presented by Pamela Sepulveda, licensed clinical social worker and community outreach director for the Casa Youth Shelter.

Through the use of humor and real life anecdotal examples she demonstrated effective, and non effective communication.

She began the workshop by showing a 2006 Cingular cell phone commercial that

illustrated the interaction between spoken communication and body language communication, and how they don't always match.

### Focusing on Communication styles

- Passive communication style type is someone who does not speak up when there is a problem, wants approval and acceptance, and feels taken advantage of.
  - Aggressive communication style type is someone who is unconcerned with others feelings, and uses threats, name calling, and violence.
  - Passive-aggressive communication style type is someone who uses indirect sarcastic mocking, gossips and says one thing but means another.
  - Assertive communication style type is someone who is direct yet polite speaks for self in I statements and is responsible for his own feelings and actions.
- Sepulveda made the PowerPoint lively by acting out examples with the students in attendance.

A student who arrived late to the workshop became an opportunity to demonstrate passive aggressive communication for Sepulveda.

She said “We’re going to stop just for you, everybody already did this [fill out a communication styles quiz].

“I’m talking to you in a very passive aggressive way by saying ‘It’s totally okay that you’re here late’ [...] when Carlos Santiago walked in I was like ‘hi welcome you can totally come in I’ll pause class for you’ did you hear how I was really sarcastic in my tone?”

### Clear examples shown

“Sarcasm is anger’s little friend” and “just because it’s normal doesn’t mean it’s healthy” are two examples of the type of humor Sepulveda inserted into her presentation.

Her clear examples and the handout with all of the PowerPoint slides made the presentation very clear to understand.

Santa Ana said the presentation was “very effective, there were things that I

learned and didn’t know before.”

The main point he learned was how adding but to a sentence deletes every thing said before the but.

For Sepulveda the main point of the presentation is that “there are four styles of communication and most commonly we are trying to be assertive. When we are assertive we have to be cognizant that we are not violating the rights of others because that is how we become aggressive.”

The goal for effective communication is to use an assertive style of communication.

### Signs of miscommunication

Sepulveda emphasized the importance of recognizing the signs of miscommunication.

For example getting defensive, raising your voice and using but in a sentence all lead to miscommunication.

Other barriers in communication include, bringing up the past, judging, blaming, name calling, denying feelings, and thinking of a comeback.

In order to get over these barriers one must remain calm, take a time out if necessary to keep the situation from escalating, and actively listen by using your brain, mouth, hands, and ears to pay attention to the message of the speaker.

### Reaching the goal

An assertive style is “making sure you are giving a voice to your needs and when you are giving a voice to your needs making sure you are doing it while respecting the physical emotional and special rights of others,” Sepulveda said.

With regard to the low turnout she said, “That happens sometimes and I’m hopeful that the people who heard my presentation will [spread it] through word of mouth, [and] tell people how fantastic it was and bring their friends.”

Santa Ana expressed that he would come back for another workshop and that he would recommend it to others.

The workshop will be on Oct. 25 with the topic being intimate partner violence.



PERLA LARA/TM

**Looking to transfer:** Admissions counselor Maria Rodriguez gave advice to theatre major Amy Palma. She was interested in USC and picked up the handouts available to take home.

## Mega Fair gathers representatives from 73 universities for students

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The Transfer Center hosted the University Mega Fair, had 73 out of the 76 invited schools arrive to give information out to transferring students.

The fair was held on Thursday, and the universities that came to Cerritos College had many students going around looking for information.

Evelyn Mattison, administrative clerk, said, “Some of the schools got here early so students were actually coming in at 9. It was supposed to start at 10, but because the universities were here early, they were stopping by.”

Schools like Cal State Long Beach, Dominguez Hills, UCLA and UC Irvine were some of the more well known universities represented at the Mega Fair.

Admissions Counselor Maria Rodriguez represented USC, she explained what the college is looking for in students.

“At the very minimum, we want students to complete a writing requirement, which is English 101, English 103 or Philosophy 103 and the math requirement is Algebra 2 in high school or Intermediate Algebra here [Cerritos

College].

“That makes a student eligible to apply. Beyond that, for a student to be more competitive, they want to make sure that they are completing some of our education curriculum, and that they are taking classes to prepare for their major, [...], minimum of 12 units, ideally closer to 15.”

She added that, there was no minimum GPA requirement, but that the average GPA is a 3.7.

Other schools like UC Santa Barbara are also looking for a good GPA and units.

Krandalyn Goodman transfer admissions counselor at UC Santa Barbara said, “As long as you have [a good GPA and units] then you’re pretty much in good shape to be selected.”

Furthermore, she went on to say why students should transfer to their schools.

“Location-wise, it’s gorgeous, [...], it’s a community-based university where we take pride in community and it’s a very collaborative environment.

“You’re not really competing against your peers, you’re actually collaborating with them,” she said.

Goodman recommended that students pick schools that work with the student’s major.

Adriana Laureano, communications major, visited the UCSB booth, along with at least nine other booths.

She said, “I’m looking forward to going to a school up north, I’m just exploring my options, [...], I have a whole lot of pamphlets in my folder.”

Nancy Alderete, assistant director of undergraduate admissions for UC Davis, explained why the college is interested in Cerritos students.

She said, “Cerritos College has some wonderful students that have transitioned to UC Davis, and have done really well.

“A lot of students are interested in animal science and go on to become veterinarians, and they know Davis has an awesome program.”

Alderete explained that UC Davis is an amazing place in a college town and 70 percent of students do some type of research, so they are exposed to what they want to study before they leave.

The Transfer Center is looking to continue inviting universities for the 4th Annual Transfer Conference on Oct. 7.

“It was a huge success, students came out and I think it was absolutely amazing that the universities participated” Mattison said.



Celena’s  
safe haven  
Column:  
Skin Color

BRIANA HICKS  
News Editor  
@askCelena

It is not a compliment when you tell a black woman that she looks beautiful, and then turn around and ask her what she's mixed with.

Some people may not see anything wrong in that statement, but to others it is offensive.

Basically, you're telling her that black women aren't beautiful unless they are mixed.

For years, black women have been told that their hair is unruly, or their big lips are unattractive, or the color of their skin is too dark.

Society has gone as far as to separate black people by how deep the pigment of their skin is; light skin blacks and dark skin blacks.

Unfortunately, the separation has caused hatred between the two different skin tones, specifically women.

Traditionally, light skin women are known to be associated with the better things in life.

Such as, having the better hair, curlier and less of an unruly look; some have colored eyes, which are inherited from the European genetic traits.

They even have facial features similar to Caucasians, such as smaller lips and a smaller nose.

Historically, during slavery, the black women who had fair skin were kept inside of the house and made into house servants, while the women who had darker skin tones were put to work in the fields.

I can remember when I was little, my mom often told me, “if we were slaves you would be inside the house.”

As a kid, you never truly understand such complex things until you get older and start to see things differently.

On the other hand, darker women are associated more with the big lips, the unattractive hair, the big noses, and the curvier bodies.

The bias toward women with a lighter skin tone, creates hate between black women.

The age-old division of hatred has even spewed over into the eyes of black men.

Black men have been known to go back and forth comparing the two different skin tones of women.

Some black men favor women with a lighter complexion, while others favor women with a dark complexion.

Unfortunately, since black men are seeing one race of black women as two different races, the division of hatred only widens.

The reinforcement that black women are pretty because they are mixed is heavily shown across TV screens in America.

The majority of the black kid actresses on Disney channel are fair skinned. For example, Zendaya Coleman, who is in fact, a biracial young woman.

Her mother is white, and her father is black. Her skin tone is relatively closer to her mother's.

Although she is a beautiful young woman, she is seen as beautiful for her light skin color.

But just because she is a lighter skin color than fellow black women, does not mean she is more beautiful than a darker skinned woman.

What makes a woman beautiful is the very essence of who she is, and that she is able to bring life into this world.

Before you tell a black woman that she's beautiful, and then proceed to ask her what she's mixed with, remember you are reinforcing the idea that her culture is not beautiful and therefore she is only beautiful because she has a multiracial background.



BRIANNA WILLIAMS/TM

**Ready to give:** Mayra Huamani, child development major, a volunteer for the Red Cross (left) and Briana Smith, business major, (right) Huamani is assisting Smith who has decided to donate blood. Smith is donating blood for the first time.

Red Cross bloodmobile on campus

Red Cross collects 143 units of blood potentially saving 429 lives

LIZETTE SAINZ  
Staff Writer  
@talonmarks

More than 1.6 million people were diagnosed with cancer last year. A good amount of them will need blood, sometimes daily, during their chemotherapy treatment according to the Red Cross website.

The American Red Cross came to Cerritos College on Sept. 12 through Sept. 15 for the blood drive, which took place in Falcon Square from 8:30 a.m. to 6 p.m.

Senior account manager for the Red Cross Guinevere Endter said, “143 units of blood, we multiply [143 people donating] by 3 [the number of people each donation helps] that’s 429 lives we saved, 143 people actually do-

nated.

“There were more people who came to donate, but 143 were successful donations.”

Zenia Shah, volunteer for American Red Cross Bloodmobile, said, “Donating blood can save human lives, and by downloading the app donors can track to which hospital the blood donation will be sent to.”

The American Red Cross introduced the first-of-its kind blood donor app that puts the power to save lives in the palm of your hand. Through the app, users can schedule appointments, track total donations, earn rewards and invite others to join a lifesaving team.

The blood donor app is a new way to help meet the constant need for blood.

The features on the app include:

- Finding local blood drives and donation centers quickly and easily
- Convenient, easy appointment scheduling and rescheduling
- Receiving appointment reminders
- Keeping track of total blood dona-

tions

- Receiving special blood shortage alert messages
- Claiming rewards from participating retailers for donating blood or platelets
- Joining or creating a lifesaving team, recruiting other blood donors and viewing rankings on the Blood Donor Teams Leaderboard
- Rating the blood donation experience
- Following the user’s blood donation journey from donation through delivery, when available.

Simply text “BLOODAPP” to 90999\* to get the app that helps save lives; or search Red Cross Blood on the App Store; or on the Google Play store.

Business accounting major Akriti Pokharel said, “It is my dream. I always wanted to donate blood to help another life.”

Mechanical engineering major Josue Diaz said, “I just like the idea of donating blood. I

go out of my way and go donate blood at other college campuses.”

Volunteer from the bloodmobile Daisy Gonzalez said, “Having the bloodmobile come inside campus [makes] it easier to have more walk-in [donors].

“A lot of students are passing by and we approach them, providing information of the following days that the bloodmobile will still be on campus

“In case they decide to stop by, most of the time students do come back.”

She added, “People who donate a pint of their blood can save up to three lives, every two seconds someone in the United States needs blood.”

Jubilee Munozvilla, physics major, said that by donating blood for a good cause, she can also find out what type of blood she is.

Many of the donors understood giving blood is for a cause bigger than themselves.

Nursing major Naomi Write said, “It is for a good cause.”



LESLIE CASTAÑEDA/TM

**Just dance:** Martha Robles enjoys the second day of Zumba class. Instructor Paola Ferruz De Zepeda uses different tactics to dance away.

Dance to a Zumba beat

LESLIE CASTAÑEDA  
Staff Writer  
@talonmarks

“ZUMBA! 1,2,3! ZUMBA!” are the words shouted by the motivational instructor Paola Ferruz De Zepeda while dancing away on the second day of Zumba class, “come on move, push push, dance dance.”

Classes began Monday, Sept. 12 and will continue to be held Monday and Wednesday from 5 p.m. to 6 p.m. in CE-4.

This course is available to any Cerritos College student that has a valid ID and semester sticker; faculty is also welcome to join.

The requirements for this class are to bring tennis shoes, comfortable clothes, water and an energized body ready to workout.

Dionne Gibson, child development professor, said, “It is a really great class and I’m happy to see that five child development majors that I taught are also taking this Zumba class with me.”

The class consists of non-stop movement, merengue, salsa, and hip-hop music.

Ferruz De Zepeda added, “I will also be throwing in

some banda, samba and other genres as the course goes on. It will definitely get harder but I know my students will feel more encouraged and pumped to want to keep going”

Child development major Ashley Reed said, “This class is fun but it is also tough just because there really isn’t a break in between songs, just a quick pause and lets keep it going.

“But I like it because it helps me release a lot of stress and I’m sure plenty of us feel the same way.”

Lucy Conde, child development major, said “This is my first time taking a Zumba class and I really had a good time. It was a great workout.” She was invited to the Zumba class by Reed.

The class was filled with approximately 25 women ready to dance.

Joy Brown, switchboard staff member, said, “I’ve been taking this class for over three years and I love it.

“I’ve had several instructors and they have all been amazing and so motivating. I just have to say this goes out to all the young girls. If a 74 year old can do it, so can they. [People of] all ages can definitely come in here and just enjoy a whole hour of fun!”

EDITORS' TIPS

On how to cope with stress

- “Try to rely on your hobbies to take a break.”  
-Karla Enriquez, Managing Editor
- “Take a job or write to cope with stress.”  
-Briana Hicks, News Editor
- “Meditate to find inner joy.”  
-Monique Nethington, Sports Editor
- “Zone everyone out by listening to music.”  
-Briana Velarde, Arts & Entertainment Editor
- “Do an interpretative dance. Exercise is good for the mind and body.”  
- Benjamin Garcia, Co-Multimedia Editor
- “Talk to anyone who will listen and vent out your thoughts. Chances are they have stress too.”  
-Perla Lara, College Life Editor

CLUB ACTIVITIES

Suicide Prevention Event: Send Silence Packing Exhibit

Thursday, Sept. 29, 9 a.m. - 4 p.m. in Falcon Square.  
Active Minds' Send Silence Packing Exhibit Raises Awareness About Suicide Prevention: Everyone is invited to walk among the backpacks to see the photographs and read the stories attached to the backpacks, many of which were donated by families who lost a student to suicide. Active Minds staff, Student Health & Wellness Center representatives, DSPS counselors and staff, and student representatives will be on hand to provide information and resources. Steven La Vigne • DSPS • x2336

Dynamic Dance Club Workshops

Dynamic Dance Club will be having its dance workshops every Monday and Tuesday at 1 p.m. in CE-4. The club meetings are every 1st & 3rd Monday of each month at noon in CE-4. Contact us on social media through Facebook or Instagram.



# American Horror Story surprises fans with new format

ETHAN ORTIZ  
Editor-In-Chief  
@EthanEnvy95

The American Horror Story series has been home to some intense storylines, gruesome violence and at times excessive sexual behavior. While that's what makes the show stand out, all of that was thrown out the window in the season six premiere.

Since the beginning of the new season announcement, the horror themed drama left everything to the imagination of the audience.

It wasn't a huge premiere, but the one hope is that the series can intensify the story telling, as it felt a bit dry.

For months the AHS social media accounts would post cryptic videos and photos of what the show may be about, but there was no clear answer, just confusion.

No new or returning cast members had been announced, like years before, and most importantly no theme was revealed.

The only thing that was certain was the number six and a question mark.

As the season drew closer, people speculated the theme would be set on a farm and possibly based on true events, and that proved to be right by the time the show ended its first episode of the season.

Prior to that however, the show began quite differently.

AHS season openers normally begin with something going terribly wrong for a person or a group of people, followed by the classic theme song that has adjustments made to fit that particular theme.

It would then show off the main cast for the season.

That wasn't the case this time, as the show began with Shelby (Lily Rabe), and Matt (Andre Holland), talking into a camera, sharing their marriage and home experience set in Roanoke, North Carolina.

While that happened, a reenactment took place and playing their younger selves were Sarah Paulson and Cuba Gooding Jr.

The show was titled "My Roanoke Nightmare" making this season of AHS a documentary series, a first for the franchise.

Rabe made a surprising main cast return. She had appeared in season two (Asylum), three (Coven), and reprised her "Asylum role" for one episode in season four "Freakshow", while Holland made his first appearance on the show.

Both performers played simple,

yet effective roles, as they really dramatized the docu-series they were filming for.

Paulson has been in every season, (Murder House, Asylum, Coven, Freakshow and Hotel), and is set to continue playing a main role, since season two, while Gooding Jr. is making his debut on the show.

The returning Angela Bassett (Coven, Freakshow, Hotel), joined in the middle of the show playing a former cop and the sister of Matt.

Overall there was no clear enemy, and the show felt like it was perhaps paying homage to previous seasons and horror films.

It had a few jump scares, and horror filled cliches that you'd expect in classic films such as running/hiding in basements, trying to drive away, even the cops not doing anything about situations.

It played homage to previous seasons by including ghosts (Murder House/Hotel), had Blair Witch inspired twig dolls, which also went along with season three (Coven) and left many questions to be answered in future episodes.

Dennis O'Hare (Murder House, Coven, Freakshow, Hotel) and Kathy Bates (Coven, Freakshow, Hotel) made small appearances.

By the end of the show, it was revealed that the Roanoke lost colony, which took place hundreds of years ago, would be the central theme of the show.

It would be the first time ever in the series that the show would use a real life mystery to be the main theme, which may be the creepiest part of the premiere.

Overall it was a good fresh start, but it was missing half the cast (Evan Peters, Wes Bentley and Cheyenne Jackson), so it'll be interesting to see how it will move forward.

Not to mention the rumored guest returns of Lady Gaga, Emma Roberts, Taissa Farmiga and Jessica Lange.

It appears AHS is continuing the documentary format, which is a bit odd considering all the seasons are supposed to be connected in some capacity. That should just increase speculation on which characters can cross over from different seasons.



Valorie Curry as Talia in a scene from the movie "Blair Witch" directed by Adam Wingard.

CHRIS HELCERMANAS-BENGE/LIONSGATE/TNS

# Don't go back into the woods

## Adam Wingard delivers a follow-up for Blair Witch fans

BRIANA VELARDE  
Arts & Entertainment Editor  
@breevee\_

The follow-up to the 1999 movie, "The Blair Witch Project," offers 99 minutes of screaming, flash light waving and falling trees.

Set 20 years after the Blair Witch events, the film follows a group of college students and their local tour guides, who enter the Black Hills Forest in Maryland

The group wants to see if the disappearance of James' sister Heather is connected to the Blair Witch.

It was said that a videotape of the incident was found and that Heather was briefly seen in the video.

The video prompts James and his friends to go out into the Black Hills Forest.

The group packed up with its latest technology and navigational systems venture into the woods. As night falls the students realize that they are visited by a menacing presence.

Drones, hands-free recorders and more easily available film making equipment are implemented. The visual flow of the film is fast and implemented to be carefully cut together.

The sound design emphasizes sudden noises above all else, jump scares and light humor.

The film could have been better especially with a director like Adam Wingard. He directed hit horror movies like:

- You're Next (2011)
- V/H/S (2012)
- V/H/S 2 (2013)
- The Guest (2014)

Wingard has announced that his next film will be Death Note, which will be released in 2017.

I was disappointed that we didn't get more focus on James' predicament. One almost expects him to explain more about his sister's disappearance and how it affected his life. There's so little talk about Heather after a while you almost forget that the search through the woods is about her.

What was great about The Blair Witch was its sloppiness in the film-making, which achieves audience engagement, that the film is really found footage and not a film.

In Blair Witch, plenty of video glitches happen on a narrative cue and takes the audience out of the film.

Speaking of taking the audience out of the film, there are jump scares in the film. Jump scares in a horror film seem like they are nev-

er going to die. In the film, there are way too many and seem more like punchlines than actual scares.

The question Blair Witch brings is whether it marks the beginning of a franchise or the end of a found footage genre. It is notable how different the film is, artistically speaking from the original Blair Witch Project.

The acting from the cast is fine, as everyone goes through emotional and physical distress.

The film sticks so lavishly to its source material that it seems like a remake more than a sequel. The mythology of Blair Witch isn't expanded upon in the film either.

Despite these minor flaws, Blair Witch is still a competent horror film.

Those who expect the approach of The Blair Witch Project will be disappointed but those who want scares with energy and ferocity will be happy.

Wingard did a great job with the final act. The final act is where the tension and suspense almost become unbearable.

He continues to lightly add humor as a means to lull his audience into a false sense of security.

It is despairing that the biggest flaw of the film is its association with The Blair Witch Project.

Blair Witch was scarier than it was surprising in this woody return.

# Campus Views

## DO YOU PREFER NETFLIX OR HULU?



Jennifer Vazquez, biology major, "I prefer Netflix, because it's easier to look for stuff to watch and I like to watch Grey's Anatomy."



Eryk Magaña, photography major, "Netflix, I've never used Hulu, you can access it whenever you want. I've been watching Narcos season two."



Priscilla Barragan, history major, "Netflix, because there is more variety and exclusive shows. I have been watching Stranger Things over and over."



Joseph Macias, business major, "I like Netflix, there is a variety of shows. I like to watch The Walking Dead."





**Gaining ground:** Runningback Querale Hall breaks through the line for a six yard run. The Falcons racked up 286 yards on the ground on 52 carries.

BRIANA HICKS/TM

# Cerritos survives late Palomar surge

TERREL EMERSON  
Online Editor  
@sir\_chatterbox

Head coach Frank Mazzotta had to wait until week three of the season but he has finally captured career win No. 250 with a 21-17 win over Palomar College.

“I didn’t even know it to be honest with you. It’s a nice surprise,” he said.

Mazzotta joked that it’s not like he’s only been coaching for five years, he admitted that he has been coaching for a long time.

39 years at Cerritos College to be exact.

He will look for win No. 251 Saturday, Sept. 24 on the road against Golden West College.

The game will take place on the campus of Orange Coast College at LeBard Stadium.

The main storyline of the season has been the defense being put into difficult positions due the offense not being able to move the football.

Free safety Kelvin Murray explained that it is not the defensive’s job to criticize the offense.

“We just motivate them, it’s a process. We just have to get better each day,” he said.

He also expressed that the coaches always preach

the theory of “Do your job.”

“We all just have to play our assignments and believe in what we do,” Murray added.

Unlike the first two games of the season, the offense seemed to finally find its stride in the first half of the contest.

“The key thing with [Nick Mitchell] right now is he’s got to get some confidence.

“We can’t let people play us like that and we can’t throw the ball, it’s absolutely ridiculous that that happened,” he said.

The biggest story-line of the offseason is incoming Oregon State transfer Mitchell and his early season struggles.

“I think we’re starting to gel as an offense. In the first half we showed that we were moving the ball well. I just think we need to keep getting better every week and try to improve,” Mitchell said.

Mitchell went 10-for-18, 153 yards, a touchdown and an interception.

The 153 yards was more than he had in the first two games combined, which he had 133 yards.

Somebody who has been really close with Mitchell since arriving is sophomore running back Kishawn Holmes.

“[Mitchell] is a great player and a great leader. It’s just a matter of him getting comfortable, now he’s starting to get comfortable. Dude is a great player as we [saw] today,” Holmes said.

The entire offense as a conglomerate has been struggling to begin this season, even Holmes.

Last season, Holmes had a string of games between October and November in which he accounted for 685 yards rushing and seven touchdowns.

“[Holmes] had a good night. He played really well, ran the ball well he did a nice job,” Mazzotta said.

“It [has] been the whole team’s struggle, it doesn’t have anything to do with him.

“We replaced him quite a bit tonight and he still ran the ball well. He was a key to winning the game tonight,” he added.

Holmes had his first breakout game this season rushing for 176 yards on 27 carries.

In the first two games, he rushed for 93 yards on 31 carries.

“We started off the first two games slow as a whole and we’re starting to put things together. It was an ugly win,” Holmes admitted.

The team’s struggles started right back up in the second half after the team headed into halftime up 21-7

over the Comets.

Mitchell said, “I think we just need to take advantage of what the defense is giving us.”

Mazzotta wasn’t shy about his feelings about the second half struggles.

“We’re not going to [fix our offense] until we get [Mitchell] better.

“We could’ve thrown for a million yards tonight. He’s got to be better than that,” Mazzotta said.

The game was finally iced by Holmes after a big third down run in which he actually fumbled the ball but was able to regain possession.

“I broke through the [offensive] line and I saw a touchdown [...] The ball slipped because my arm was sweaty and I knew I was going to get the ball back because it was [right in front of me].

“I looked at my running back coach because he had just told me this,” Holmes said with a smile.

While the win was not easy for Mazzotta he believes this win can spark his team toward a big run the rest of the season.

“Winning is like losing, if we had lost again it becomes a habit. Hopefully, we can get back [on track]. We can do it but we have to get better at quarterback,” Mazzotta added.



**Going for the Goal:** Oscar Canela, forward, breaks through the Santa Monica defense to score the teams third goal. This would solidify the 3-1 victory for Cerritos.

PERLA LARA/TM

# Men’s Soccer finally get win

MONIQUE NETHINGTON  
Staff Writer  
@sniqueee

After a dry spell in wins over the last three games the Falcons finally came up with a win.

The team played against Santa Monica City College.

The game changed pace from the usual scoring domination of Edwin Corona.

This past Friday Edwin Corona took a step back from his usual goal scoring role and assisted Hector Jimenez in 1 goal and Oscar Canela in another scoring goal.

At the end of the game, Jimenez helped contribute to the teams score of 3-1 by earning two goal points.

The team played Santa Monica City College in a second to last

home game before hitting the road to play El Camino College at the Compton Center.

Head coach Benny Artiaga said, “It went very well. [...] They came out and play[ed] really hard. [...] We had great ball possession and put two balls away which was very important for us we were happy.”

The first goal came early at the 10 minute mark of the first half.

Jimenez took a cross from Corona from the far post and squeezed past a defender to score the goal.

At the 26 minute mark of the first half Giovanni Garcia also crossed the ball into the middle.

He was able to find Jimenez who once again was able to find the back of the net with just a flick of the foot.

Santa Monica tried to make a strong push toward the end of the

first half.

They were successful in scoring one goal at the 40th minute.

However, they were unable to overcome the scoring deficit.

Mark Calderon said, “We played well the first 35 minutes of the first half, and had a little hiccup at the end caused us the goal, but once we came back in the second half we came back strong. [...] we got another goal in.”

The goal came early in the second half. Once again Corona was able to get his foot on the ball. As he maneuvered through the defence he found Canelas’ foot waiting.

Canela’s final goal of the game only helped seal the fate of both teams.

This was the first win for the Falcons in three games.

Opinion Story

## Bare vaginal necessities

It’s that time of the month again!  
The time where a woman’s uterus decides to fall out of her, leaving behind a trail of blood and disdain.

FULL STORY ON TALONMARKS.COM

Scan to read The bloody essentials



<http://bit.ly/2cPpLQ9>

Men’s Soccer updates

## The Falcons take on the Taft College Cougies

The Falcons took on the Cougies on Tuesday before hitting the road next week to face El Camino Compton Center. The games would in a score of (1-1) tying the game.

Women’s Soccer

## Undefeated womens soccer continues the legacy

The women’s soccer team has already begun a run for state championship win early in the season. After long road games they have come back with a 5-0 record.

Cerritos Volleyball

## Women’s Volleyball takes on losing streak

After a blowout loss to Riverside the women’s volleyball team now holds an even record of 5-5 on the season.

Womens Water Polo

## Falcons place even record at weekend tournament

The falcons traveled to compete at the Riverside tournament last weekend where they finished with a 2-2 record.



# Pure focus on the season ahead

Men’s water polo (8-1) looks to focus on upcoming games this season

MAX PEREZ  
Staff Writer  
@talonmarks

The men’s water polo team is now on a four-game winning streak after its victory over Los Angeles Valley.

The Falcons’ defense was very strong and was ultimately one of the deciding factors.

The defense was able to hold LA Valley to only five goals, which proved to be crucial because the offense was only able to produce seven goals.

Second-year utility player Israel Rodriguez said, “We weren’t com-

pletely together offensively.”

Against LA Valley it was the first time this season the Flacons did not reach double digits goals.

The 18 turnovers the Falcons had is one area the team is going to be looking to fix before its next match.

Coach Joe Abing said, “We need to improve on our mistakes, we are turning the ball over too many times.

“We just need to slow the game down at times,” he added.

Rodriguez feels the same saying, “We were moving a little too fast, and our communication was a little off [...], in the future, we need to communicate a little faster and comprehend each other better.”

Due to the lack of offensive play-making the two freshman goalies had to step up their game.

Both goalies were essential in

this games win.

Standing out amongst the two was Jason Curiel, who had seven saves against LA Valley and assisted on two goals.

Meanwhile, team captain Angel Rojas has now reached the 50 goal mark only nine games into the season, and has more than 20 assists and steals so far and leads the team in all three categories.

At this rate he may be able to hit the 100 goal mark. Last season, he was one goal shy from obtaining that statistic.

Moving forward, the team also looks to keep a strong and even mindset for the rest of the season.

Rodriguez said, “I’m always trying to put it in our teammate’s heads to be humble.”

Driver Cesar Altamirano also feels strongly that no matter the situation the team needs to stay fo-

cused.

“Every time we play it’s a new game, you have to play hard, it doesn’t matter what our record is,” added Altamirano.

This has become the shared mindset of the team this year.

Rodriguez added, “We try not to get big-headed, and try to play with confidence and strength.”

After the victory against LA Valley, the team has a week off before traveling to San Diego Mesa.

The team is now heading into a stretch of games, in which it will play tougher opponents and will start to play more conference games.

Altamirano thinks that because the Falcons are not underestimating any other team, that will be a factor in keeping up this level of play, as well as, “staying confident in each other and playing as a team as always.



COURTESY OF BRYAN RAMOS  
**Rookie takes over:** Freshman runner Cristhian Macias races to the finish while opposing runners trail behind him at the SoCal Preview. The men’s cross country team would go on to place 12th overall.

# Wrestling starts season undefeated

Coach Don Garriot is impressed by early season performances from his athletes but can see room for improvement

DAVID JENKINS  
Staff Writer  
@mr\_snikenej

Over the past two weekends the Cerritos College wrestling team has been off gaining victories.

Starting on Sept. 10 at the Bakersfield Duals, Cerritos went head to head with West Hills, East Los Angeles, Victor Valley and Bakersfield.

The 165 pound freshmen Kennith Kirk (4-0), picked up a victory against East Los Angeles.

The first of many amongst the team that day.

He was also victorious on Sept. 17, at the Mt. San Antonio dual, when the team went up against Rio Hondo.

Kirk was able to point the strength and weaknesses of the team.

“A lot of the things we were doing very well [...] I think was that we were on our feet, we were taking shots.

“Even though our cardio is not all there right now. We haven’t really done cardio. Hope to say, we pushed the pace on everybody we wrestled,” he said.

Kirk even went on to speak on how he individually trained for those duals.

He also stated, “I trained by wrestling lengthier and stronger people because I’m used to wrestling lighter people.

“I went up a couple weight classes since high school so I’ve been wrestling a bit with the taller guys to get a little better.”

The 133 pound team captain Anthony Vargas, was able to be victorious at the Bakersfield dual with a 18-4 win.

Vargas is no stranger to championships nor is there no doubt as to why he’s team captain.

Last year, he was able to get to the finals of the California Community College Athletic Association State Champions.

While simultaneously ending the season with a record of 24-6. He has also come second place at a tournament in Santa Ana. Also winning the Southern California Championship.

With his wisdom and skills he was able to point out and speak on a few flaws and strengths that he saw in the past two duals.

Vargas noticed that conditioning was something that needed to improve.

He stated, “Conditioning, that’s the main thing we need to work on, we’ll get there over the season and as we move forward.

“I don’t think it’s something that we need to be too worried about. Other than that we’re pretty good,” Vargas finished.

He went on the say that the duels are to be examined and used to critique positions.

“We can see little things such as tune-ups, set ups to see the opponents legs and see where to attack”

The team captain is ready for Saturday, which will be a tournament that will take place in West Hills.

Head coach Don Garriot said, “Tournaments are different from duels.

“Duels are more team oriented, where one team goes up against another team, and a tournament is based off weight brackets and is more individual,” he said.

Coach Garriott is presently on his season 11 of coaching the wrestling team.

And has taking the Cerritos wrestling team a long way thought the years.

Both in teams and individual wrestling he has seen his students take all sorts of victories.

From taking 11 individual wrestlers to state tournament.

He also had nine athletes obtain All-Americans honors with about four of those honors getting Individual State Championship.

Also under his belt is gaining two second place positions for his team in the State Championships, both in 2007 and 2010.

And last but not least, leading Cerritos College to its fourth California Community College Athletic Association State Champions in the history of the school.

Garriott liked what he sees so far in his team this semester, but was also able to point out some critique.

He stated, “It’s early in the season so I really felt that we wrestled very well being so early in the season, but weaknesses I saw were our conditioning.

“Guys were getting tired and a lot of the news guys were wrestling with a high school style,

“We need to adapt them more to college which is a little more physical, a little bit more grinding, little things like that.”

Garriott also sees Saturday’s meet as practice stating, “Yeah but, for me, it’s not that important.

“Everything other than our conference duels, and our southern regional duels, our regional and state, everything else to me is just practice.

“It’s just a different opportunity to see what we need to work on the following week and things like that.

“So, will we be ready? Yeah, we’re ready. We will keep progressing and getting better as the semester goes on,” he finished.

# Mental stamina for Cerritos cross country strengthens

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Breakout freshmen seem to be a theme this season for the Cerritos cross country team.

But any runner will tell you that running is ten percent physical and 90 percent mental.

Freshman, and breakout front runner, Christian Macias said, “Mentally we need to stay focus during warm ups and going into the starts of the races.”

Despite having young blood in the mix, both teams have performed at high levels and come out with solid results.

The teams began their perspective seasons at the lancer invitational race, where despite difficult conditions and schedule confusions the teams placed in the top ten.

However, coach Bryan Ramos thought the team under performed.

“As an opener we just didn’t perform to what they were capable of doing,” Ramos said.

“They the heat bother them, they let the dust bother them, they let the course bother them. All the athletes run in the same conditions it wasn’t an excuse that just mentally created an excuse for them to not perform,” he finished.

Even though the team as a whole was thought have under performed, individually there were standout athletes.

For the men sophomore Faustino Diaz started the season off strong by being the teams top finisher.

He finished first for the team in both the Lancer and Fresno Invitational.

Macias also started off strong in his rookie season finishing behind Diaz and by becoming one of two top runners amongst the men.

The women with the help of Rebecca Harris and Adriana Velasco were also able to place in the top ten at both races.

Harris said, “We did really well.

We stayed together as pack and [were] talking during the race.”

She went onto say the encouraging each other and sticking together during the races, “felt like a push.”

The real test for the was a the SoCal Preview Meet in Irvine where both community and university team compete.

Ramos said, “We run the [So-Cal] preview meet as an indicator for what we would do in the Southern California meet.”

Both the men’s and women’s athletes felt they had okay performances but mentality amongst groups were still an issue.

Macias said, “We could have done better. We [really] need to work on staying together as a pack.”

Ramos also stated that, “[The women] did better than week had better. [They] had better ‘packing.’ Our number two runner just really need to move up in the standings.”

This was the first time that most of the women competed against top schools in the state that weren’t community colleges.

Returning athlete Adriana Valasco said, “The [women], I feel, are more confident.

“This was first time they competed [against university] schools,, so feel they have gained more confidence,” she finished

The next race will held Friday at Central Park, in Huntington Beach.

This is course that Ramos calls “brutal,” especially for the men.

“The course is about 30-45 seconds slower for the men,” said Ramos.

The plan of attack for this course is just to attack early and maintain a consistent speed.

Christian Macias went on to say, “We have to come out strong, but not too fast. We have to attack the hills properly.”

Some women have not had the opportunity to tackle this course.

Freshman runner, Rebecca Harris said, “I’ve actually never run there before, but I believe [the team] be ready.”

# The Chatterbox Corner: rookie QB stigma

Rookie quarterbacks starting right away can possibly have detrimental results

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The jump from being the big man on campus to rookie quarterback in the National Football League is one of the largest adjustments to make.

The journey does not end after the draft. In fact, it’s only the beginning for the young athlete.

The quarterback position is one of the hardest positions in any sport to master and coming into your first season at the biggest level in the world only makes it harder.

Not everyone can become an overnight legend as some players have in the past.

In recent memory, the one rookie quarterback that comes to mind with an outstanding first game was Carolina Panthers’ Cam Newton.

In his first game, he went 24-for-37 throwing for 422 yards with two touchdowns and an interception.

On the other hand, former Washington Redskins’ quarterback Robert Griffin III started his NFL career with a 19-for-26, 320-yard performance with two touchdowns.

Keep in mind both of the aforementioned players won the prestigious Heisman Trophy in college.

However, in the case of RGIII his career has been on a steep decline since that opening day performance.

So, we have the case of two start-

ing rookie quarterbacks in their first season and their careers, though they’re not over, almost taking two separate paths.

A lot of teams feel the pressure to start the high draft pick right away in his first season, however, sometimes waiting it out can be more beneficial.

One case that comes to mind is Green Bay’s Aaron Rodgers.

Rodgers sat three full seasons before starting his first regular season game.

Two seasons later, he captured his first Super Bowl championship.

If that wasn’t proof enough, the infamous New England Patriots’ quarterback Tom Brady had a similar situation.

Brady sat under Drew Bledsoe for his first season and was thrown into the mix in the third game of his

second season and he eventually led his team to a Super Bowl title that year.

He was also named to the Pro Bowl that season as well.

Not everyone can have the story of Rodgers or Brady but it is up to the coaching staff and the team’s current situation to ultimately determine that for the player.

While some teams are skeptical to make some of those big decisions, it takes a great deal courage to be able to look your future star in the face and say “You are not ready yet.”

The latest to make that statement? Los Angeles Rams head coach Jeff Fisher.

And with No. 1 overall draft pick Jared Goff currently sitting and learning from the sideline, his story is still under construction.