

TALON MARKS

CERRITOS COLLEGE

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WEDNESDAY, SEPTEMBER 28, 2016

VOLUME 61, NO. 05

FIRST ISSUE FREE, ADDITIONAL COPIES \$1



TERREL EMERSON/TM

Professors Rally: Professor Solomon Namala, instructed the faculty members to stand at the board meeting so that board members would face empty seats after board members returned from closed session. The teachers were upset with the way the board was treating them.

CCFF receives approval for new contract

ETHAN ORTIZ
Editor-in-Chief
@EthanEnvy95

For the Cerritos College Faculty Federation, months of solidarity sparked a domino effect that would ultimately lead the union to receive the negotiated contract agreement.

Prior to the meeting, CCFF President Solomon Namala led the rally.

Rally Together

“Our rally [...], is a celebration of the culmination of our struggle to get a contract,” he said.

The months of rallies culminated at the board of trustees meeting on Wednesday, where the faculty ended up derailing the board agenda.

A disappointed crowd of faculty members walked out the room shortly after the board came out of closed session, with no answer on whether or not the con-

tract between the district and faculty union would be approved, followed by the board members discussing the school budget.

Taking a Stand

The union showed camaraderie as members discussed a plan outside the board room.

“Unless we are united, and we show them tonight, and we stay there, then we will not have this issue.

“There’s no need for them to review the budget, they have reviewed the budget for a long time,” Namala said.

Librarian Stephanie Rosenblatt helped lead the charge, while Namala stepped back in the board room, and passed out papers with numbers of other faculty from different schools, in order to get more people in attendance.

The budget was discussed for well over an hour before CCFF began chant-

ing outside of the board room.

Political science professor Dennis Falcon led one chant shouting, “What do we want!?” and the union responding “A contract!”, “When do we want it?!” “Now!”.

Getting Attention

Rosenblatt rang a cowbell and continued with another chant.

The chants caused the board meeting to head into recess and President Jose Fierro had to explain to the union to calm down, so the meeting could continue.

Causing a Standstill

“What I’m trying to do is get us to at least finish the meeting, so we can go back to closed session and finish the discussion, so a vote can be taken.

“The recess essentially was called until the noise is

[stopped],” Fierro said.

He and the union agreed that once the recess was over, the board would take 15 minutes to discuss the contract.

An hour later, trustee John Paul Drayer came out to an anticipating crowd, shortly followed by Sandra Salazar.

Several members of the audience shared their displeasure with them on how it was taking so long to get everyone out.

Once most of the board members returned, with Carmen Avalos absent, President of the Board Dr. Shin Liu revealed that all seven members approved the contracts.

There was little to no reaction, as the CCFF walked out and rallied once more in celebration, leaving the board in silence.

Namala thanked those present for the hard work and expressed how the next goal is to help get Prop 55 passed to ensure the con-

tract would remain the same.

CCFF Granted Contract

The night ended with tears, looks of happiness and relief in many faculty faces.

Kimberly Rosenfeld, chief negotiator for the summer, said, “As a negotiator, it was highly frustrating at times, I think CCFF always tried to approach the table with an open mind and collaborate [...], it’s a test of patience and resolve.

She continued, “We feel wonderful because after mediation didn’t work, we were pretty frustrated, we were really downtrodden over it [...], beat up, we felt that we had done our best.

“When the dynamics changed at the table, I think we were all really happy.”

CCFF’s Top Four Contract Benefits:

source: ccffcerritos.org

Fully paid health care
A 16 percent increase to maximum contribution for medical insurance to \$23,500
C ompensation for department chair responsibilities
T en percent wage increase for full-time faculty and a 16 percent increase for all part-time faculty for the July 2015-18 contract

Scan the code below to view additional photos online from this event



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

OrgSync changes public profile settings

KARLA ENRIQUEZ
Managing Editor
@karlamenriquez

Kinesiology major Julia Plecnik doesn’t mind if her information is shared with other students to see on campus engagement community Orgsync.

At the beginning of fall semester, students with public profiles didn’t realize that Orgsync displayed their personal information.

The platform is used by campus departments, organizations and clubs to digitally connect and organize students.

“I don’t care, people can find you online, they can search for you on Google and find

you on the White Pages,” Plecnik stated.

Information, such as the person’s phone number, mailing address, and e-mail address, was visible for others to see.

The privacy settings were changed by Orgsync by overriding the system and information is no longer visible.

Student Activities Coordinator Amna Jara said, “So what happened was, when students were creating their profiles they were making their profiles public, so just like Facebook when you create your public profile anybody has access to it.

“What students didn’t realize is that when they made their account public [people] could go to Orgsync.com, look up the

Cerritos College community and look up memberships and be able to get their e-mail address if they had their account public.

“Most people made their accounts private so nobody could see their personal contact information, but what I’ve done is I had Orgsync override, even if students say that they want their account public. I don’t think they understand what that really means, so Orgsync is overriding their public account to not show their personal information.

However, there is at least one student profile whose full information is still displayed.

Journalism major Peter Choi said, “I de-

cided to make it public.”

Choi said he made the choice to leave his profile public because he wanted to be more available to other students.

Not everyone on campus felt at ease over the former Orgsync privacy settings.

Speech pathology major Synthia Rios said, “You’re basically giving away your privacy, your information is in the hands of people you don’t know.”

Kinesiology major Jose Lopez agreed, “I think that information shouldn’t be available to everyone whether it be mail or e-mail and everyone should be aware.”

Some students felt that having this information public could have been danger-

ous.

Biochem major Cynthia Robles said, “That’s giving out private information that can make me vulnerable.”

Jara expressed that she doesn’t think there is a need for a student’s personal information to appear on the system when contact is readily available through the online community.

Orgsync has a messaging feature where students can get in touch with each other should they see the need.

The platform has been available for Cerritos College students since spring 2016 and has picked up momentum in the fall semester as Jara moved to a paperless only system.



Budget Update: President Jose Fierro presenting the 2016-17 budget to constituents on campus. The presentation gave an update on enrollment and the school's deficit.

Fierro gives update on budget

BENJAMIN GARCIA
Co-Multimedia Editor
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Student retention and bringing in new full-time students is imperative for Cerritos College's future.

That was the overlying message at the 2016-17 Budget Forum where President Jose Fierro presented the budget for this school year.

"We increased the number of faculty (23 new teachers and nine new counselors). We increased the salaries of all the employee groups. We had a dip in enrollment, which is obviously going to impact our budget," he said.

The more full-time student equivalencies Cerritos College receives, the more resources the school is given from the state.

The state counts how many units are being taken and one whole full-time student equivalent

is made up of 12 units.

For every full-time student equivalent, the school receives about \$5,000. The resources from the state are meant to cover salaries and operations.

Budget Manager Conrad Selorio said, "When you have revenue versus your expenses you want to have a surplus. About a hundred full-time student equivalents is roughly to \$500,000 in revenue."

"Retaining students is a big part of [what Cerritos College faces]. If you don't have students, you don't have revenue."

Selorio helped create the budget by analyzing positions from systems, historical data from the year before, and the status of new hirings on campus.

According to Fierro minimum wage increases will have an impact on the budget and the school will have to find additional streams of revenue to

balance the budget; layoffs are highly unlikely.

Fierro continued about the deficit, "We are working to make sure our projections are good."

"We are looking for cost effective solutions to our deficit of \$3.6 million, but it is important to remember we had savings of five million that would carry over."

Some of the strategies to retain and introduce new students are implementing the concurrent enrollment, opening more courses that are in high demand, and creating more online and hybrid classes.

Sally Havice, Faculty Coordinator for Student Grievance, Mediation, Conduct, and Title IX Progression, said, "I think that there are people in the community who haven't received the message yet."

"The high schools don't want to tell the students that they don't need to get a diploma to go to college."

Students overlook job opportunities provided by campus

MONYCA CEDILLO
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Cerritos College and AT&T held an employer panel to inform students on how they can apply to work at AT&T, and what the company has to offer them.

The Employer Panel Question and Answer Session took place on Tuesday at SS140 with only four people in attendance.

Based on the number of audience members not a lot of students were interested in AT&T as a place to work.

Retail Sales Hiring Manager MJ Mouangsavanh was in charge of answering questions about how students can be hired by AT&T.

"We are looking for students who are bilingual at some language like Spanish, Vietnamese, Chinese and people who are not bilingual, but actually if you are bilingual you take a test and if you passed, you start [earning] \$14.84 an hr," Mouangsavanh stated.

She also gave some tips as to what she, as a hiring manager, was looking for in a resume.

The first thing she said was that the resume should not be more than two pages and not to write your skills separate, instead, you can write how you have used those skills in the jobs that you had.

She said that the company wants to help their employees to succeed in their professional life.

AT&T supports employees in continuing their studies and getting a degree by helping them to pay for their education.

When she asked why people went to an event, someone answered because the Career Center sent them.

Naila Salguero, communications major, expressed, "I think this is a good event but not a lot of people know about it."

"We should have promoted the event for students because there are so many great opportunities for people that are interesting."

"Big companies like AT&T are giving job opportunities. If we promoted the event, a lot of people would be interested."

Salguero works at the Career Center and she said she signed in and grabbed some flyers because she wanted to let other students to know about the opportunities that the Career Center is giving to them.

She stated that she was not interested in applying for an AT&T job.

Andrew Gallegos, an undecided major, said, "This is actually good because this is a job opportunity. I think it will help everyone right now with a little extra money."

He continued, "Seems like an opportunity to take."

Salguero said that the Career Center has a lot of help for students, but students don't go and ask for it.



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Production and printing of TALON MARKS is partially funded by the Associated Students of Cerritos College.

Facilities and academic supervision are provided by the Journalism Program.

Newsroom offices are located in the Fine Arts Building, Room FA42.

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650

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Vol. 61
© 2016 Talon Marks

Fall 2016
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EDITORIAL



You are what you read and watch

You've heard baby-boomers say things like "Blah, blah, blah. Millennials are stupid. Fire burns. Technology is bad. Thomas Edison was a witch."

Being on one's phone more than grandma is not in and of itself a habit deserving of condemnation.

One is, however, wasting the blessing of nearly boundless information at the tips of one's fingers by spending hours upon hours on the objectionable BuzzFeed.

The truth is this: pseudo-journalistic articles such as "Obama Signs Executive Order Banning The Pledge Of Allegiance In Schools Nationwide," from the fake abc News website and "Horrible Facebook Algorithm Accident Results In Exposure To New Ideas" from The Onion are not intended to help the viewer in any way.

They are published to generate a steady stream of revenue that flows directly into the the media elite's.

Today's media is an illustration of the laziness on the part of the authors for a number of reasons.

Media is churned out of the machine quickly because of the author's emotional involvement; the opinion of the author is the sole purpose of the article existing, the consumers hears the opinion and confuse it for fact; and opinion, as Plato said, is really the lowest form of human knowledge.

Today's media is sensationalist and reactionary, it caters to the lowest common denominator: sex and sexual repression, violence, and deeply-rooted yet irrational feelings that incite idiotic adoration of baby animals and ill-will against fellow man.

This has caused chronic mass-phobias against people of ethnic, religious and sexual minorities.

This has also caused a chronic dependency on

so-called "political correctness" and "safe-zones" for people who are unwilling be challenged with opposite points of view.

Today's media is not in the least bit informative in a way that assists the individual in contributing to society because it's only purpose is to stupefy, sedate and entertain the masses; especially targeting young people to turn their brains to mush and fill their heads with capitalistic propaganda.

That's why irrelevant pop stars, mass-murders and Republicans are brought on late night TV.

The uniformed and simplistic state of society is a smoking gun in the hands of the corporate media groups, but it's the consumer's fault too.

It is not hard to open a good book or a newspaper to expand one's mind.

It is much easier to open People magazine or The Inquirer and vegetate to the rumors of homosexuality and love affairs, misogynistic body shaming, or utterly meaningless, soft-ball interviews that don't have any kind of pertinence outside of the individual reader's own vanity.

The consumers, millennials being the most prominent demographic, opt for the latter out of laziness.

For the same reason, consumers are more likely to turn to a program like TMZ. The show is more entertaining to the people who give more importance to celebrity than to impactful happenings in the turbulent political atmosphere the U.S. finds itself in.

As a result, the political media outlets focus only 8 percent of the coverage on policy, according to a study by Harvard.

Donald Trump saying things like "she's bleeding

from wherever" gets more attention than his statement suggesting climate change is a hoax created by the Chinese to stall Western productivity.

No one is paying attention to the fact that if he were elected president, he would not respect the Paris Climate Agreement.

Get off Tumblr where wacky memes of North Korean dictators are shared.

Get off Twitter where pettiness trickles down from half-witted celebrities to the common folk.

Get off Facebook where middle aged farts spewing out status updates about millennials wanting everything for free.

Stop being lazy with where you get your information and start giving a damn!

It is the millennials' jobs to support journalism by supporting legitimate media and consuming worthwhile content so that it could become what popular media outlets are inclined to produce;

In doing so, revive the once great power journalism possessed in order to bring truth to people, to keep authority figures honest - and to comfort the afflicted and afflict the comfortable, as Finley Peter Dunne said.

It is the millennials' job to take back the media from the grasp of the bourgeoisie, who use it for their own selfish ends and who push an agenda that only serves the few, and report the stories that actually matter in the world.

In this way, we would prove once and for all that generation Y is the most ethical generation, the most intelligent generation, the kindest generation, and the most industrial generation.

My depression is not yours to wear

Chantal Romero
Platforms Editor
@chantal_marie_

Depression seems to be the new iPhone 7 of illnesses because somehow everybody wants to have it, show it off, and wave it as if it were a prideful flag to have.

What is wrong with society? Why are millennials making a disease the 'it' thing through which they justify their laziness, ignorance, and sensibility? This is just another disgusting and disgraceful thing this generation has been putting out in the world.

Depression is a serious mental illness that affects and claims the lives of many. Don't wear depression like a new pair of Jordan's.

Making this disease trendy undermines the severity of the problem.

As a person who has to deal with depression, I find this trend insulting.

Urban Outfitters once sold a crop top with the word depression all over it, so you were literally wearing depression.

A posed "depressed" photo or comment that attracts likes and makes you feel better, is an inaccurate portrayal of the problem.

Depression isn't something that most patients like to advertise.

In fact, most patients take a long time to admit suffering from depression because they feel that if they admit to having depression, they would be seen as weaker beings of society.

Depression is a monster that likes to act as a friend. One might believe one is doing well and that life is finally falling to place, however, our beloved friend will come and visit unexpectedly. It reveals itself as an anxiety episode, lack of hunger or motivation to get out of bed, insomnia, and in severe cases it shows up as a death desire.

It rarely shows up as a need to post a picture of how "I couldn't get out of my pajamas for the day" or a snap of why I'm 'so sad.'

During these hard days, I don't yearn for your likes on social media.

A depressed person doesn't need approval to justify their hopelessness.

How many proclaim that they are depressed, simply because life has become a little tough?

Feeling bad for a couple of days about your current life situation is simply letting yourself feel; it's a basic part of the human experience.

Depression happens when the grieving period lasts longer without a reasonable cause and affects daily functions.

I'm not asking you to feel sorry for me or others battling this monster, I'm asking that you understand.

Understand that not every single day is a bad one- in many cases most days are fine.

However, understand that when patients are having bad days it can be really bad.

They don't know why they're sad, why they need to cry or what's not allowing them to get out of bed today.

That's where depression becomes the biggest creep. It takes over your entire body and mind without an invitation.

Clinical depression is not something that shouldn't be self-diagnosed. If you are concerned about your mental health, make it a priority to visit your doctor and seek help.

Next time you're about to post a picture on social media saying you're depressed simply for the likes, reconsider your actions and how this affects those who actually have to struggle.

THE ENVELOPE

God bless Ameri-kkka

BENJAMIN GARCIA
Co-Multimedia Editor
@pieloverable

White Americans are the biggest terrorist threat in the United States; it's a non-issue; there is no controversy. Your head will explode when you read the following sentence. It's a fact.

But establishment media's favorite pastime is to report skewed news about people of color being violent, unsophisticated, or sexually perverse.

Muslims are targeted for the acts of lone-wolves executing terrorist attacks; black people are the subject of a disproportionate amount of reporting on drug abuse (violent or not) and gun violence, and are vilified when they fall victim to hate crimes; Hispanic people, as Mr. Trump so kindly suggested, are portrayed as rapists and murderers.

The corporate overlords manipulate the media for a number of reasons.

They care to push their own agenda that protects their white, protestant, male selves from a certain sizable loss of privilege.

That explains many white peoples' attitudes towards safe spaces for ethnic minorities. They are skeptical because they feel excluded from a service that does not specifically cater to them; they feel threatened by viewpoints that contradict their own experiences.

This explains why they are likely to side with law enforcement in cases of police brutality, they have no historical experience with police brutality. Instead, they prefer to find petty crimes to pin against the victims, such as selling untaxed cigarettes, in order to justify police officers executing black men, women, and non-binary folk on site.

The idiotic All Lives Matter movement never existed before Black Lives Matter, therefore people who are uncomfortable with this sentiment must believe they are superior to black people in some way.

The presence of a fascist agenda in the establishment media is why no small number of white people feel uncomfortable when someone expresses sympathy for the Black Lives Matter movement or membership to a Hispanic honor society; or when a mosque is built in their neighborhoods.

Crimes perpetrated by white people, especially against people of color, do not get reported at nearly the same rate.

After 9/11, hate crimes against Muslim people have increased steadily. According to a study by Cal State San Bernardino, in 2015 the United States saw a 78 percent increase of terrorist attacks against Muslim people living in America.

Scholars of hate crime attribute this to backlash against the actions of a few lone-wolves and Trump calling for a ban on people who practice Islam.

The abominable Brock Turner, the Stanford rapist, was released from jail after only serving three of his six months of jail time for assaulting an unconscious woman.

The constituents of the corporate media care to make as much money as they can off of the privileged, prejudiced and all together stupid people in America whose antique and bigoted feelings are awakened by confirmations and justifications of nationalism and white supremacy.

In this case, as in so many others, feelings are completely irrational; for this reason the racist narrative does not appeal to thinking people.

Furthermore, all Trump supporters are insensible sheep in the the elites' stock and are not in any-way intellectually capable of having an original idea or thinking for themselves. But you already knew that!

F S Z

FREE SPEECH ZONE

Should women express their sexual desires?

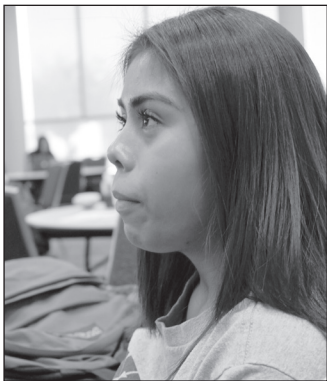
COMPILED BY:
CHANTAL ROMERO

PHOTOGRAPHED BY:
KARLA ENRIQUEZ



RICHARD SANTOSCOY
business major

"I think women should have equal rights and they should express how they feel about sex."



DEMI ALVAREZ
criminology major

"I think they should. I've always thought that it was a very big double standard. Men don't get judged as harshly as women. Women get plastered as the one who carries the scarlett letter A, but for men it's just their nature."



LAYLA SAAB
marketing major

"It's not that it's wrong because she's a woman, but expressing your sexual desires should only be between you and your partner. It shouldn't be said to the whole world."



BEVERLY FOSTER
business major

"I think they should, because women enjoy sex as much as guys do, but when women say they enjoy sex they get slut-shamed for it. But when guys do it, it's considered cool."



CHRISTOPHER MARTINEZ
psychology major

"I don't see why not. Definitely. If men do it, women should too. Gender shouldn't be an issue."

THE DEBATE

What women don't mean by having sex on the first date: don't judge me

CHANTAL ROMERO
Platforms Editor
@chantal_marie_

You've matched someone on Tinder, OkCupid, eHarmony... So what's next?

Both of you have arranged to meet and as the anxiety builds you begin to wonder what the night has in store for both of you.

Will you click? Will the spark be there? Will you have sex?

Considering sex on the first date can be nerve-racking, however, actually going through with it brings a moral dilemma.

What will he or others think of me if I do?

While a person can't control how others perceive her, here's a list to give them an idea of what she definitely doesn't mean.

1. I'm a slut. Slut-shaming is never okay. Women don't want to be addressed by a derogatory term simply because she engaged in coitus.

2. I want to have your babies. We just met, you need to stop assuming that simply because we are women, that we will get emotionally over attached and immediately feel the need to tie you down.

Here's some knowledge for you; having sex was strictly for pleasure purposes. Believe it or not women also like to have sex just for the sake of having it.

3. I do this all the time on a first date. Just because a woman has sex with a man on the first date, it doesn't mean she does this all of the time and if she did, what's the problem?

4. I'm only using you. If a woman has decided to have sex with you chances are that there is an attraction there and that the date went well. Nobody should be using anybody for sexual purposes.

5. You can hit me up whenever you want sex. Women definitely do not mean that. Their world doesn't revolve around your sexual needs, unless she explicitly says so.

6. I don't like to be taken seriously. A woman's sex life doesn't determine her philosophy about life. Sex shouldn't be a determinant of a woman's worth.

Some women find it empowering to claim their sexuality. Don't take that away from her.

Society already takes plenty away from a woman.

If you find yourself judging someone based on their sex life, you need to ask yourself if you're judging her counterpart as well.

Try and stay away from subscribing to the double standard.

Women are capable of leading a lifestyle filled with morals and self-respect, even if they decided to drop it on the first night.

Don't ruin your reputation, keep it in your pants until you really know him

MONYCA CEDILLO
Co-Multimedia Editor
@mony_cedi

If a woman has sex on the first date her reputation will be ruined for life. She should be aware that society harshly judges women who do this.

She will be seen as a person without morals who doesn't take herself seriously.

Women shouldn't engage in this sort of behavior because they should be taking care of themselves.

If you want to have sex with him, you should wait until you know him better.

It's only the first date so you probably only know minimal information like his name, phone number, and maybe his occupation.

You don't know his medical history, so don't risk it.

Many people are infected with sexually transmitted diseases, you don't want to be one of them, this will only affect your reputation.

Take the time to know him better and have sex responsibly.

Although most men like to have sex before marriage, when they are looking for a wife they are interested in someone who has self-respect and doesn't engage in first date sex.

They don't want to be associated with a woman who holds that reputation.

If you're interested in getting married, you're seriously damaging your chances by giving it up on the first night.

Women have to understand that women are always scrutinized for this behavior.

For men, it's different. When a man has sex on the first date it's considered an achievement and a victory for him.

Many men believe that the amount of women they've slept with correlates with their manhood.

Men tend to speak about their sex life with their peers and that directly affects a woman's reputation.

A woman can't think of herself as getting a trophy every time she has sex with a man. She shouldn't be proud of lending herself to this lifestyle.

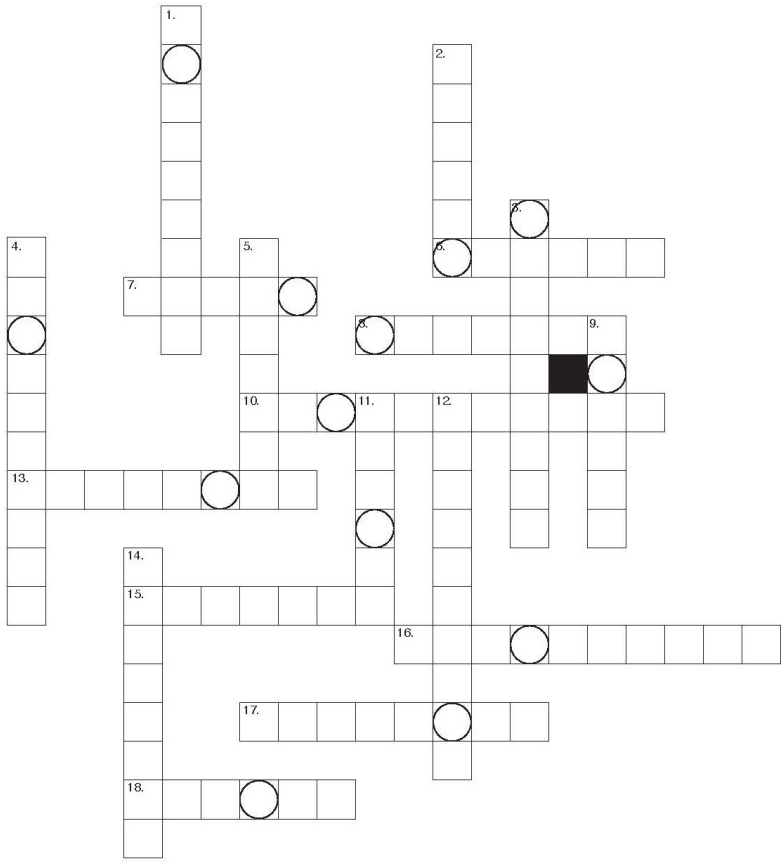
She shouldn't be vocal about it either, that's not ladylike.

A woman must also be aware that the criticism does not only come from other men, but other women as well.

When a woman learns that another woman has had sex on the first date, they assume that she leads a promiscuous lifestyle.

A woman's reputation is fragile like that. Next time a woman decides to have sex on the first date she should think twice before doing so, if she doesn't want to ruin her reputation and destroy her life.

National Newspaper Week Crossword



Complete the crossword and win!

- The contest is open to everyone
- Submit completed crossword puzzle by noon on Oct. 3 to FA-42
- You will be entered in a drawing for an In-n-Out or Starbucks gift card
- Winner will be announced and contacted by 5pm on Oct. 3

Unscramble the circled letters to find out what brings these together.

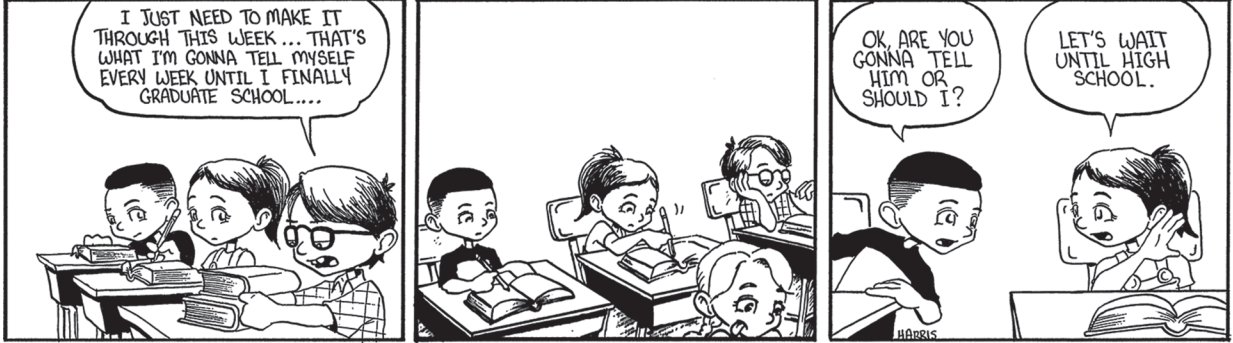
Down

1. friendly neighbors
2. upright entertainers
3. the three R's
4. secret knowledge
5. a, an or the
9. competitive play
11. shopper's friend
12. "champagne wishes and caviar dreams"
14. pundit's bread and butter

Across

6. numbers all in a row
7. from floor to ceiling
8. becomes aware
10. library desk
13. cinema offerings
15. court's statement
16. observer
17. daily occupation
18. rank and file formation

GREEN APPLES by Jeff Harris



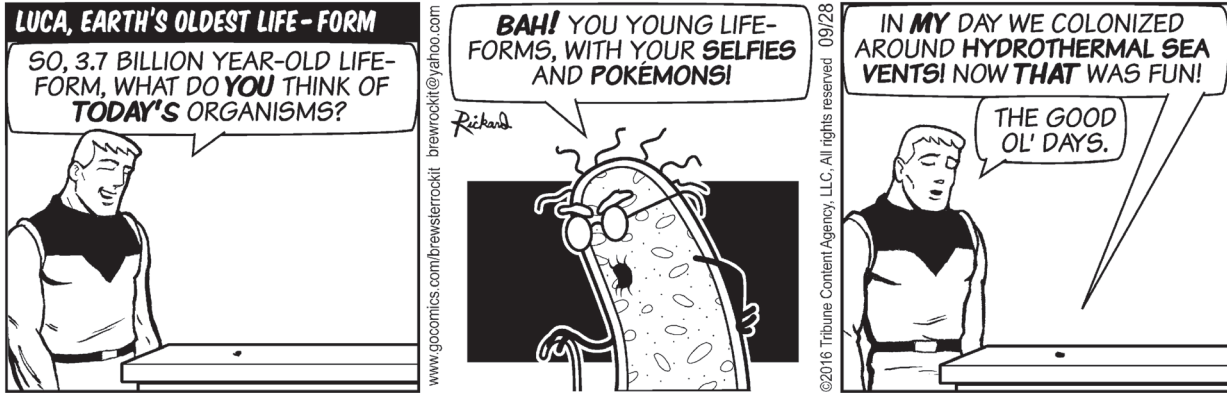
Imps! by Jeff Harris



Best in Show



Brewster Rockit





Panel ready to help: From left to right Chief of Campus Police Tom Gallivan, Title IX Coordinator Dr. Valyncia Raphael, member of District Attorney Office Brian Soo-Hoo, and Kristen Gardenhire, staff at the Long Beach Trauma Recovery Center at the Break the Cycle presentation on Sept. 21. Soo-Hoo advised to report abuse as soon as possible.

Sexual abuse and Sexual harassment topics for the Break the cycle forum

MAX PEREZ
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Strong and sensitive material such as sexual abuse and sexual harassment were the topics of the Break The Cycle forum held on campus on Sept. 21 in FA 43.

Students and faculty alike asked questions and participated in the discussion to better inform themselves on sexual abuse, and what resources and options are available.

Humanities instructor, Julie Trager, who is passionate about these subjects, helped put together the forum to bring these issues to the forefront.

"I thought there was a need on campus to have a forum where faculty, staff and students could discuss issues of sexual harassment, sexual abuse and bullying," she said.

The forum was led by a moderator as well as four panelists that discussed different aspects of sexual assault and the survivor's options.

The panelists were, Chief of Campus Police Tom Gallivan, Director of Diversity, Compliance, and Title IX Coordinator Dr. Valyncia Raphael, member of District Attorney Office Brian Soo-Hoo, and Kristen Gardenhire, who works at the Long Beach Trauma Recovery Center.

Each panelist gave different pieces of information and advice to inform the audience members.

The one piece of advice that seemed to come from every member was to "report [the abuse]."

It does not matter how long sexual abuse or harassment has been happening, or how long ago it happened it was encouraged to report it.

Starting with Gallivan and ending with Gardenhire, each outlined the process of how sexual assault abuse and harassment is reported and ultimately how it is handled.

Gallivan expressed what the campus police role is in the process of dealing with sexual assault and stressed that the department is there to help everyone.

"Campus police is a resource," he said. "Contact us."

Raphael helps students who are dealing with these types of issues and gives as many resources as possible to them

"Educate, Investigate and Remediate," is the job of Raphael to make sure students have a healthy balance between home and school.

Soo-Hoo is a member of the sex crimes division of the District Attorneys office who was able to shed light upon what happens when someone files a report and what options are available for those who do.

He also spoke of how it is important to file as soon as possible to help build a case.

The final panel member was Gardenhire who works at a trauma recovery center in Long Beach. She discussed the different types of trauma and how her facility is fully equipped to offer coun-

seling to anyone who has suffered any type of trauma.

Title IX was another topic brought up, it is an educational amendment that ensures no student can be denied any educational benefit based on gender or sex. It also protects them from other types of discrimination.

A key part of any forum is the audience, as people are expected to participate in asking the panelists questions.

Questions were asked throughout the event, the majority of questions were anonymously written on index cards.

Although there was a number of those who participated, many people left throughout the forum only leaving about half the room by the end.

For this type of event some audience members felt that the lack of an audience hurt the effect of the forum

Nursing major, Jorge Michael Loulakis, felt that the size of the audience was an issue and needed grow to accomplish the forum's goal.

"There wasn't that many people," he said, "I'm wondering how they are going to get more people to show up."

Political science major Kelly Myers shared this concern saying, "I thought it was very informative, I just wish there were more people."

Break The Cycle is hosting a second event with new panel members on Wednesday, from 5 p.m.-6:30 p.m. in room FA 43 addressing the same topic.

Gilman Study abroad Scholarship available

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Biochemistry major Kevin Gallegos said, "If I could do an internship for a pharmaceutical company in Japan, that [would be] amazing."

The Benjamin A. Gilman International Scholarship provides the opportunity to study abroad to intern in a different country or learn a critical need language.

The scholarship offers \$5,000 to use toward a study abroad program and \$8,000 to use toward an internship opportunity in languages such as Arabic, Azerbaijani, Bangla, Chinese, Hindi, Indonesian, Japanese, Korean, Persian, Punjabi, Russian, Swahili, Turkish and Urdu.

An orientation was held on Friday, to discuss the requirements for the application and deadlines.

Application deadlines for spring 2017 and summer early application for 2017 is Oct.4. The deadline for summer 2017 and fall 2017-18 is March 7.

Apply at www.iie.org/gilman.

Students that are highly considered are those that have a high financial need, are first-generation college students, have disabilities, come from community colleges and minority-serving institutions and major in underrepresented fields of study such as STEM.

The eligibility requirements are as follows:

- Having US Citizenship
- Being an undergraduate student
- Being a Federal Pell Grant receiver
- Having academic credit
- Having no travel warning (Mexican states not currently on a travel advisory are eligible)

Gallegos said, "I don't think I'd want to go to Europe [...] because [Director of Scholars Honors Program Timothy] Juntilla mentioned to stay away from Western European countries.

"Also, I feel like that is very cliché; everybody wants to go to Europe. I want to do something a little

different."

Juntilla said, "There is no GPA requirement on the scholarship so it's open to anybody, but realistically, a B-average student is probably the bottom for this.

"If you're at a 2.7 [GPA] and you're saying 'I'm a Spanish major and I want to go to Spain to study Spanish and I look at your transcripts, because these are things you would upload, and I'm seeing you are getting C's in Spanish the question comes up to anybody reviewing the essay 'Do we really want to send someone to Spain to get C's in a Spanish class to Spain?' That person doesn't seem as passionate or compelling."

Juntilla encourages students to think more about study abroad opportunities. This is the first scholarship he is promoting.

Gallegos acknowledged that he would want to study abroad for experience. "It just sounds so interesting. On paper it is hard to describe yourself, so something like this is pretty big.

"It highlights your personality [and] it describes you as outgoing and actually involved and interested in your field."

Kaser Flower, sociology and kinesiology major, said, "I thought [the presentation] was informative. I found it useful for the exposure to the topic. However, I asked a lot of questions because it didn't address my concerns the way I would have liked it to. I will be visiting Juntilla and I do plan on doing this."

He is unsure of where to study abroad.

"Perhaps Africa or Singapore. [There are] different reasons for every place [because of] insane poverty and being a sociology major, I want to change the world. Maybe [I will] learn a new language in Morocco. Arabic is a close language to that of my mother tongue and the more languages someone knows the better," he said.



Snapchat away: Chantal Romero (left) and Briana Velarde (right) demonstrate the most used Snapchat filter. The update allows two people to have a filter at the same time.

MONYCA CEDILLO
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Snapchat: 21st century communication

Social media is taking the world by storm. Facebook, Twitter, Instagram and Snapchat are some of the most popular social media apps of this time.

Snapchat is currently the most popular because you can't see the pictures after 24 hours.

Even Instagram followed Snapchat's footsteps and let users have a story.

Now users can not only post a picture on Instagram, but they can create a story. After 24 hours of posting or uploading, it disappears.

Maria Lopez, undecided major, said, "I actually have the beta app of Snapchat. I think [it allows] me to have

all the updates for it first. I can help test new filters and I love to take selfies."

Snapchat Beta lets users test drive the newest features and receive the latest code updates to help to improve Snapchat.

"I love Snapchat so much because after a day my pictures are deleted from my story. I try to use all filters to have better selfies and videos of my friends, family and me" Lopez said.

Lopez gave some tips on how to grab the attention of followers on Snapchat.

For example, the duration of a post is important. The application gives the option on how many seconds people are going to see a picture. If people see a picture for ten seconds, they are going to get bored and they are going to skip

the picture or even the entire story.

Another tip is when you film a video, try not to put your face at the forefront the entire time, switch places or combine one picture and one video.

Lopez also has some tips on taking a perfect selfie.

She said, "At first, people have to find their right and perfect angle and to be honest I had to take a lot of pictures to find my perfect angle. The light in the room or in the place that you are is very important, too."

She also mentioned, "You have to grab the phone a little bit above your head, and see that your face isn't at the center of the camera. Your face has to be at least in 1/3 of the camera and a little bit at the sides of the screen."

Another tip is to use the filters,

emojis, stickers, and text.

"For videos I use the filters. My favorite filter is the dog face," she said.

On the other hand, people don't want to use Snapchat because they think it is addicting. Guadalupe Sanchez, nursing major, expressed, "I don't use Snapchat because I see many people use it a lot. My sister and best friend are always taking selfies and they actually take pictures of their food."

Like Sanchez other people don't want to get distracted from their lives just for Snapchat. "I feel my sister doesn't enjoy a moment because she always wants to take a picture or a video of everything that is happening around her," Sanchez said.

Celena's Safe Haven

BRIANA HICKS, KARLA ENRIQUEZ
Editors
@talonmarks

For every Facebook debate, there's the person who claims to be all about peace and love and declares that we need to look beyond race. The post calls for people to be color-blind and unite as one.

This is problematic and tone deaf. Current times detail how racism is alive and well in the United States.

When the color of my skin and the sound of my last name disqualify me from getting a job, you can't

ask me to see beyond color, because the system we operate under isn't doing so.

Or when the curly texture of my hair is seen as unruly and unprofessional for the workplace, you can't expect me to ignore the blatant discrimination.

When one of the presidential hopefuls is inciting hate crimes against people of color and spewing hate toward the Mexican community, I am not allowed to see beyond color.

The system reminds me everyday that race matters when the majority of officials in this country

don't look like me.

Pop culture reminds me everyday that race matters when I don't see anyone I identify with in film, television, magazines, and album covers.

The entertainment industry even goes as far to remind me that the color of my skin matters when it constantly depict kings and queens in Egypt, and Africa with white faces.

And yet we're supposed to accept that this nation is color-blind.

Not when universities are taking away our safe spaces, where we go and interact with people who make

us feel like we belong.

Or when students in the black student union at Cal State LA feel they need segregated housing because they may be tired of dealing with racism.

Not when micro-aggressions are an everyday occurrence and not when my culture and my appearance are the punch line to a joke.

I can't even enjoy a night out at a bar without seeing a young white male wearing a shirt with a noose on it and the words "hang loose," when all races know historically nooses were used to hang people of color. Definitely not when my peo-

ple are dying at the hands of the police and when we're being displaced out of the communities we built, by increasing rent without concern for low income families who have lived there for generations.

Don't ask me to be color-blind when there's discussion about a wall being erected to keep my brothers, sisters, uncles, tias, and abuelos out only because each wants to survive a nonsense war on drugs across the border.

Don't ask me to ignore the fact that black lives are being constantly slain by the hands of majority white police officers. This land belonged

to my ancestors before you staked a flag on it; this land was my land before it was yours.

This land was developed by the Africans you bought, enslaved, and displaced from their homeland. This land flourished on the backs of minorities who worked hard to learn to call this place their home.

Stop telling minorities to ignore the injustices being committed by the hands of racist men and women who have a deep rooted hatred for our people. Racism is alive, and it hasn't gone anywhere.



BENJAMIN GARCIA/TM

Piano Classes: Oscar Franco practices for his recitals. The applied music program provides students with private lessons, Professor Simmons is his instructor.

Applied music program helps student performace

BRIANA VELARDE
Arts & Entertainment Editor
@breevee_

Oscar Franco uses his piano and singing skills to spread out the message of love and hope with his new single. He started learning about music at six years old. He recently released a single called “Enamorado,” which is out on iTunes and a visual to the song can be found on YouTube. “I wrote that song ten years ago to be exact. The story of that song is funny because when I wrote the lyrics I wrote them through difficult moments. I was going through a financial situation with my parents, I guess God gave me that song,” he said. The message of the single incorporates love and hope in this society. He feels that music is a powerful way to be able to spread this message. He plans to put out a full album next year. The process for him writing a song to depends. There are times where he writes lyrics first then the melody or vice versa. Franco explained that it takes consistency to pursue a career like this so he joined the Applied Music Program provided here at Cerritos College. The program offers private music lessons in piano, voice, jazz and acoustic guitar, and all band and orchestral instruments. Music styles

include both classical and jazz. His current professor is Jim Simmons, who is a jazz pianist instructor. “Simmons, my instructor influences me. He has helped me a lot to develop a lot of my skills that I now have and getting better at,” he said. Jazz piano instructor Jim Simmons mentioned, “He plays great and because of his background and being self taught, there’s a lot of things he’s learned his own way. My goal here is to help him fill those gaps that he’s missed and for him to take the next step and transfer.” Franco was born in Mexico and was brought to the United States by his parents at 16. He came to the United States not knowing how to speak English. Not knowing how to speak another language was a huge barrier to Franco and his music. “I was in that transition of being a teenager to being in the 20s, those are years that you take lightly. When I was 25 I knew that I’d be 30 soon so I knew I needed to do something with my life,” he said. Despite the fact that Franco had to transition from Mexico to the Los Angeles atmosphere that’s now what motivates him. He is a father of a two-year-old daughter and a husband. “What really motivated me in life com-

pletely was the day my daughter was born, once you have a child that changes your life. That’s when I realized it’s not just about me or my wife anymore but about the three of us,” he said. Managing his time from being a father, husband, pianist and student is difficult for Franco. Although he has to split his time into all four titles he keeps going because the passion is there. “I’m not doing it for me anymore, my real motivation is my daughter. I want to offer her a better future a better standard of living than what I went through,” he said. Franco has been able to perform with many different artists. One of the artists that he has performed with that is remarkable to him is Chiquis Rivera. He was able to perform at the “Jenni Vivé” tribute concert in Long Beach. “Opportunities come and my experience to play there was great. Playing there I was able to apply everything I learned from a recital class I took here on campus,” he said. Opportunities now involve performing on campus. On Sept. 28th Franco has a recital on campus. Franco also has a second recital coming up on Oct. 26 that will be more of a jazz trio. The recital is a requirement for the Applied Music Program.

Duo pianists kick off piano concert series

BENJAMIN GARCIA
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“The concert was amazing. It was fun, serious at the same time, [while] being exposed to contemporary music, I learned to appreciate it,” music major Oscar Franco said about the concert hosted by the Dr. Christine Lopez and the music department. The concert was held on Friday, Sept. 23 at the Burnight Center. “We know [Dr. Christine Lopez] from the piano world,” explained piano instructor Mark Uranker after the concert he gave alongside fellow piano instructor Althea Waites. Waites said, “We both are friends and colleagues of Lopez, who is the director of keyboard studies here so we have a little bit of a history with Cerritos College. “The musical world, in one sense, is very small. She came to a lot of our concerts. Uranker and I have an association with her. I’ve given recitals here, master classes. That’s basically how it started. We’ve had many many conversations back and forth and that’s how we met.” Lopez wanted to have students become more familiar with contemporary music, which is what was the focus of the concert that showcased Uranker and Waites put on (the date of the concert). The two pianists also expressed an interest in introducing new music and living composers to the public and to students especially. Uranker expressed, “I think here in this venue and in this series, the difference [between performing for a college audience and a regular one] is that we talk and explain the music. “Everything would be in the notes and we would just play and go off stage but as far as the repertory pick, I think that there wouldn’t be any difference. We picked this [...] because Dr. Lopez wanted to have some modern music in the program.” There was a piece titled “Bristol Cone and Pitch”, in which the pianists are expected to clap and stop on the offbeat. Uranker explained that it adds a special affect and a

visual element for people to see, so the composition becomes more than what is heard. He continued, “It is unexpected so I think that’s also part of it. I think that’s why we should not bring [conventionalism and perfectionism into] music.” Waites added that oftentimes composers do that to insert whatever they feel would enhance the performance. She has seen clapping, sides of the fists or clusters inside the piano. There’s all kinds of ways to interpret that. “I’ve had to do a lot of unorthodox pieces on the piano, where you actually walk out and you’re play acting while you’re playing. There’s one piece by a Michigan composer where the page turner is supposed to forget to turn your page and you really get involved in the drama but it’s a lot of fun. “There’s all kinds of things. Of course you have to be open to do that to make the piece affective. If that’s what the composer wants then [...] you have to respond to that. You can’t say I don’t want to do that. It’s about being open and trying to create in the best possible way, whatever is needed to make that piece happen.” Uranker expressed his gratitude in giving a concert on a Friday afternoon, explaining that he hopes the audience left being interested in new pieces or ideas of possibility. Waites added, “I think you have to be willing to grow and never feel like you’ve arrived. I’m 77 years old and I still feel like I’m evolving and learning as an artist and as a musician. “I like to feel like there’s always more to discover and there’s more to learn. It doesn’t mean we don’t know anything. My teachers used to always say, ‘serve to be the best you can be.’ If you get 80-85 percent on any given night or performance, that’s okay. She continued, “If you get 90 percent then [don’t] bank on that because we aren’t perfection.” Uranker concluded, “It’s not a good concept for art.”



BENJAMIN GARCIA/TM

Piano Concert Series: Piano instructor Mark Uranker believes that one should never stop learning. “It’s not a good concept for art.”

Ty Dolla \$ign’s new album brings ‘Dolla Day’



BRIANA VELARDE/TM

Five Dollar Concert: Ty Dolla \$ign performs during first Inaugural “Dolla Day.” The concert was at the Hollywood Palladium on Sept. 25 in Los Angeles, California.

BRIANA VELARDE
Arts & Entertainment Editor
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The singer, rapper, songwriter and producer Ty Dolla \$ign is keeping busy. Less than a year after the release of his major label debut album, Free TC, he is back with his latest album, Campaign. On Sunday, Ty Dolla \$ign held a concert at the Hollywood Palladium called “Dolla Day.” He headlined the concert with surprise guest. Tickets for the concert ran at \$5, nothing more, nothing less. The sold-out show was livestreamed on Tidal. The concert was also a platform for Hip Hop Caucus’ Respect My Vote Campaign, that aims to get fans of the hip-hop culture more politically involved. Once people got into the event, they were greeted by Tidal with free goodies. A towel, bandana and badge were among the free items. The color scheme at the Palladium coincided with the album cover. Red and white balloons were used as decoration and at the end of the show, were let go over the crowd.

Ty Dolla \$ign started his performance with the songs off his Campaign album. He also performed tracks from the Free TC and his Beach House EP. Days before the concert he announced via social media that anyone who attended the concert would be in for a treat. Artists like DJ Mustard, A\$AP Rocky, Belly, G-Eazy, Kendrick Lamar and Wiz Khalifa were the surprise performances. The crowd went wild once Khalifa hit the stage. Both being from Taylor Gang Records. Phones automatically were held high for that perfect Snapchat video and photo. Speaking of Snapchat, anyone with the app was able to use the special filter. The filter included a cut out of Ty Dolla \$ign from the Campaign album artwork. The frame of the filter was outlined red along with “Dolla Day” in red letters. In the concert Ty Dolla \$ign proved he’s more of a singer not a rapper. If you listen to his songs, every word is a melody. For a \$5 concert, Ty Dolla \$ign put out an amazing show for the city Los Angeles.

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

STEM Student Research Poster Presentations

Thursday Sept. 29 in PST Building West of Main Lobby Entrance 11 a.m. - 12:30 p.m. (NASA, Smart Windows, Codews and Cyphers, and many more)

Fifth Annual STEM Open House

Friday, Sept. 30 from 12:30 p.m. - 6 p.m./Opening Ceremony at Noon “Dinosaurs” Room S-101 STEM Clubs Booths, STEM demonstrations, food trucks and scavenger hunt in the Science and PST buildings as well as outside this area Contact: (Vangie) ereichwein@cerritos.edu

A legacy to never be forgotten: a journey to state championships

Women’s soccer holds undefeated record

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Freshman goalkeeper Arianna Armijo stepped up in a big way adding two more shut-outs to the 2016-17 statistic book, after a Sept. 16 road trip to Washington.

“We have strength in numbers,” head coach Ruben Gonzalez said, “Right now, we are without our first and second string goalkeepers. [Our starter] Ruby Nichols is out with a concussion.”

Her backup, Amber Jung, has also suffered an unspecified injury.

This led to the young but experienced keeper to take the field.

Armijo began her season’s play on the road at West Valley which was followed by a road trip to Vancouver, Washington, where she and the team faced Clark College.

The team completely dominated West Valley with a final score of 6-0 and while shots on target were scarce during the Clark College game the falcons were able to come out with a 2-0 win.

Winning streak to remember

After the extensive weekend of play and travel, the team now holds an undefeated 6-0 record with the last four games being shutouts.

Even though the season started off with strong wins, they allowed a meager three goals to be scored.

Which, to a championship bound team, are seen as mistakes.

Sophomore, and forward, Amber Whitmore mentioned, “When the season first started it was kind of bumpy because there were new players. We have grown [...] we’ve come together as a team [and] it’s as if we are a family [now].”

The Cerritos College women’s soccer team

has had tremendous success over the last five years.

Having won a state championship title almost every year since 2007 this falcons team under coach Gonzalez has become somewhat of an institution.

He says, “The [incoming girls] know they are coming into a championship program. They hoped to follow in the footsteps of past players.”

He added that the aura around the team has become a culture of winning.

Culture of winning

The undefeated record that this season’s team has acquired shows truth that winning is a big part of what being a Falcon here at Cerritos means.

Whitmore said that, “When we hit the field, [we] only think of one thing, which is to win. And that’s exactly what we are going to do again this year.”

Despite having all six games on the road the team has been able to perform at high levels.

Gonzalez said, “We [have a] long ways to go. We’ve had [our] ups and down.”

“As a coach you always want more [out of players],” he continued, “they are a good group of [women] on and off the field.”

Each player on the team is equipped, and plays, with an immense amount of talent.

“[We are] deeper then we have been in the past,” Gonzalez stated.

He continues to speak about how the women work harder in practice because it’s anybody’s opportunity to take the starting position.

Whitmore also said, “The competition was high [because you] were fighting for your starting spot.”

But she said that the team has gotten over

that and that many of them hang out outside of school, and practice.

“[We] all get along very well,” she says, “which makes our chemistry even better.”

A jet setting workout

Having spent so much time on the road together working as a team is key factor in the growth and continued success as a team.

Gonzalez mentioned, “ There’s a combination of both [pushing each other and helping each other out.]”

“[You see] sophomores, and returning players, taking the younger girls under their wings,” he stated.

He also says the intense travel and schedule are in preparation for the playoffs which is always at a quick level of play.

“[We] prepare in preseason for finals,” he stated, “when we set the schedule for the season we set it with the final four game format [in mind].”

He explained that when a team advances to playoffs, and eventually the final, the team will always play one game one day, have a day of rest and then play again.

“That’s why we play, this year, Wednesday and then two days later on Friday,” he finished.

The Falcons are in search of a five-peat this season, and with the way things are looking on the field there is very high possibility that they will get there.

Whitmore stated, “I think for us to keep this winning streak we need to keep the chemistry we have up.”

The end goal is always on the mind of Coach Gonzalez.

“The goal every year is to win state,” he says, “The ultimate prize is a championship and with hard work we will get there.”



PHOTO ILLUSTRATION / MONIQUE NETHINGTON/ TM



The Chatterbox Corner

Jose Fernandez death should be a wake up call for everyone

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The tragic news that 24-year old Miami Marlins’ pitcher Jose Fernandez died in a boating accident the morning of Sept. 25 shook the entire sports world to its core.

I woke up to the news of his unexpected passing Sunday morning and throughout the entire course of the day I was shaken up.

When I was in the 12th grade, my English teacher Danielle Paul told the whole class when someone passes most of the people crying are crying for a selfish reason.

At the time I didn’t understand it, but now I understand that it is possible; that was one of the reasons I took the death of Fernandez so hard.

He had only been in the major leagues since 2013 and he had already captured the National League Rookie of the Year Award and had been named to the NL All-Star Team twice.

Overall, he accumulated a record of 38-17 with an ERA of 2.58. By the looks of his numbers, he was on the fast track to a Hall of Fame career.

I think the slight selfishness on my part is the fact that we will never get to fully see what Fernandez’ career could have been.

The other part of it is as a 21-year old African-American male, I now see that it is fully important to live your life to the fullest while you can.

In the past four months, I’ve

had two middle school friends die and three either family members or family friends die.

When my parents got home on Sunday, my dad asked me to tell him how I was feeling because I was down about it and I couldn’t fully put it into words.

And it wasn’t until the following day when talking with journalism adviser Rich Cameron that I realized I was having trouble accepting his passing.

One reason for the trouble with the acceptance was one major thing: his age.

This is proof that death has no age and no preference. It can truly be unpredictable.

He was a 24-year old man that seemingly had everything that he wanted in his life. Family, money and the job of his dreams.

And despite all of that, his life came to an abrupt end that no one saw coming.

I think that if Fernandez would’ve left anything behind as a life lesson it should be to live life to the fullest and make the most of the days you were given.

On Sept. 1, 2015 Fernandez tweeted out a picture that read, “If you were given a book with the story of your life, would you read the end?”

While some of our answers may vary the fact remains that no one could have expected his life would end the way it had.

While the Miami Marlins’ season must go on, I think its safe to say that baseball has lost one of its youngest and brightest stars.

Rest in peace Jose Fernandez.

Falcons survive narrow 7-3 defeat over the Rustlers

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The Falcons football defense has carried the team all season long, this time linebacker Alex Bush was the leading catalyst.

We’ve all heard the sports cliché “defense wins championships,” but for the Cerritos College football team that has been the storyline all season long.

The Cerritos Falcons got away with a narrow 7-3 win over the Golden West Rustlers

That makes it two straight wins for the team as it will look to make it three straight on Saturday, Oct. 1 on the road against Riverside College.

With the game ending with a score such as it did, it’s obvious the defense was the storyline for the Falcons.

Bush led the team with 12 tackles and 2.5 tackles for loss.

He was the vocal leader for the defense all night long.

“I just try and remind [the team] that we need to come out firing on all cylinders. I truly believe if all 11 of us are on the same page and we focus on our own assignments, we’re going to be extremely great,” he said.

However, it wasn’t just Bush leading the defensive charge in the game.

Cornerback Brandon Ezell stunned the crowd and the sideline with a one-hand interception in the second quarter.

“We were deep thirds and I got a double move and I made a play on the ball,” Ezell said. “I surprised myself a little bit. I realized when I went up with two [hands] I wasn’t about to get it so I had to get that extra reach.”

Prior to the season Elijah Walker said that he felt Ezell was the “most slept on” player in the secondary. Ezell feels that it’s just his job to stay focused on football.

“You just have to have a great mindset, that’s what I’ve been taught since I was little. Just keep playing your hardest every single down, every single play,” Ezell added.

Head coach Frank Mazzotta has said all season long that the team puts the defense in some pretty bad situations on the field.

“We have to give a little credit to our kicking game too, we put [Golden West] inside the 10 [yard line] at least three times,” he said.

Bush, Ezell and the rest of the defense try not to let that weigh too much on their brains.

“As a confident defense, we don’t try (to) think about where we have to start on the field. Our goal is to the every offense on every drive,” Bush said.

The offense was held scoreless for the first half of the game and headed into the locker room trailing

3-0.

That made it 60 minutes without a score for the team dating back to Saturday, Sept. 17 against Palomar.

In a blink of an eye, 13 seconds to be exact, it all changed.

On the first play of a drive starting at the six-yard line with 11:32 to go in the third quarter quarterback Nick Mitchell found Wide Receiver Stacy Chukwumezie deep down the field and it went for a 94-yard touchdown.

Both players went into detail as to what they saw on that game-changing play.

Mitchell said, “I was just reading the coverage and I saw how they were playing our guys and I just trusted the play and let it happen.

Chukwumezie said, “It was just something that I saw the whole game. I told coach [Jeffrey Fischer] and [Dean Grosfeld the [Golden West defensive backs] weren’t respecting us so they didn’t (throw the) deep ball (well), so I took advantage.”

After the game Mitchell called Chukwumezie simply a “baller.”

Chukwumezie has been really coming on as of late after only gaining nine yards on one reception in the first two games.

Since then he has accounted for 168 yards on eight receptions and a touchdown.

“The first two games I don’t think [the coaches]

really trusted me and they didn’t really know what I could do on the field so every week I’m just trying to prove myself,” he said.

That wasn’t the only big play for the Falcons, however it was one of the only ones to not be taken away via penalties.

Cerritos was penalized a total of 11 times for 116 yards, while Golden West was penalized once for 9 yards.

Mazzotta said, “All of our big plays tonight, there was a penalty. We’re killing ourselves more than anything else.”

He added, “Some of those penalties were us just playing hard and some were just stupid.

A lot of the penalties were made by the defense forcing it to stay out there longer than expected. Bush understands mistakes like that can’t be made.

“We just have to be disciplined and remember that we are playing for Cerritos and not for ourselves,” he said.

Despite the penalties, Mitchell felt the team was not lucky in gaining the victory.

“I wouldn’t say lucky at all. We deserved to win that game. We played hard for four straight quarters and we executed when we needed to so yeah I think we deserved to win,” he said.

Mazzotta shared a different opinion.

He said, “You always think luck has something to do with it. But you make your own luck.”

Lack of course awareness leads to ninth place

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Adrianna Velasco led the pack of Falcons through the torturous course at the Huntington Beach Central Park this past Friday. The women competed at the Golden West College Central Park Classic where they were among 17 schools that competed. The women came out of the start really strong and hard. However, the unfamiliar course got the better of them and each runner quickly dropped back in the race. “I think they kind of lost it in the second mile,” said Coach Christopher Richardson, “They lost contact with the actual race and where they should have been.” The women were unable to gauge exactly where their hitting points needed for each leg of the race causing them to really lose it during the second mile. The second mile is where the steepest and most tiring hill of the race is located. Velasco pushed her way up the 200-meter hill but was still deep in a pack of runner, sitting just below the top 30 runners. “They had no frame of reference where they should be in terms of time or mileage,” Richardson said. “This caused some fluctuation between, what we call, our top run-

ners,” he finished. Rather than running in a pack each runner ran, somewhat an individual race. Coach Brian Ramos mentioned, “The women did really well in Southern [California]. This time they completely forgot about everything.” Mentality is everything when it comes to running. Ramos noticed that the girls had a little anxiety going in to the day. “We thought they would carry the momentum on from SoCal,” he said, “They kind of just panicked. “We were completely out of it,” he finished. This team is full of young runners who are still learning to adapt to different more difficult courses. Unfortunately, this is not something they acquired prior to this race as they were trying use a strategy even though they didn’t know what that strategy was. Richardson stated, “They’re trying to preserve something but they didn’t know when, or how, to do so [as far as perception].” Pushing the women to their limits and feeling the fatigue throughout the race is something Richardson would like to see. Ramos finished with saying, “We know what we need to do going forward. That’s sort of the expectation you have with a young team. “The ups and downs [are just] things you learn from.”



Uphill Battle: Sophomore runner Adriana Velasco pushes through a pack of runners as she runs up the back hill of the Central Park course in Huntington Beach. Both the men and women’s cross country team competed at the Golden West Invitational on Sept 24.

MONIQUE NETHINGTON/ TM

Men get it right

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Finally, getting what their coaches have been teaching them all season the men’s cross country runners finished strong at the Golden West Central Park Classic this past Friday. They were able to run as a pack and finish with a total number of 150 points. This placed them in the sixth spot overall out of 19 schools. Coach Christopher Richardson said, “They are learning how to incorporate the strategies and our coaching staff did a good job reiterating that [to the men.]” The team was able to pick up on the small details of the race and learn when the right time was to attack the race with their speed. They have learned the importance performing in and out of races. They are finally grasping exactly what the coaching staff expects from them. Coach Brian Ramos said, “They have been training very hard and really buying into what we have been teaching them.” He continued to say that their attitudes have been great and they are really working as a team to keep each other accountable. The hard work and determination is something the coaches want to see carried over to races moving forward. “The journey and goals we have are not just for practice out,” Ramos stated, “Its being with your teammates and being on top of them [with everything.]”

Heroes get remembered, but legends never die

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One of the youngest, brightest stars in baseball lost his life in a tragic boating accident leaving fans and the entire Major League Baseball at a loss of words. Miami Marlins’ pitcher Jose Fernandez was pronounced dead after a 30-foot boat was found flipped over an embankment. He was only 24 years old. Cerritos College pitching coach Ben Gonzalez said, “Anywhere in life not just [sports], when somebody that dies at that age is just tragic. He didn’t get to fulfill his life. As far as the men we have here it has definitely impacted them, it shows them that we are not invincible. Anything can happen at any time.” Two other men were on the boat with Fernandez and also died at the scene, however, their names have not been released yet until confirmation is received from each victim’s family. The accident occurred Sunday morning Sunday. Police officers did not get the call of the overturned vessel until around 6 a.m. That is where they found the three victims. The entire baseball world was in total shock regarding the star’s untimely death. Less than week before the accident, Fernandez had just announced that his girlfriend was pregnant via an Instagram post. The Marlins canceled the regularly scheduled game that day against the Atlanta Braves. Instead, the team placed a lone hat and flowers on the mound just above an inscribed No. 16 on the pitching mound. The No. 16 was Fernandez’s jersey number. At different points surrounding the stadium, fans by the dozen came and dropped off pictures, jerseys, notes and flowers in honor of Fernandez. The overwhelming outpour of support for not only Fernandez’s

family but the entire Marlins’ organization has been well-documented. Fernandez was a Cuban-born player whose story inspired anyone who heard it. He attempted to defect from Cuba three times before finally being successful. His persistence toward chasing his lifelong dream was inspirational to many. One of them being Cerritos College pitcher Valentin Flores. “He’s one of my idols,” Flores said. “He was Cuban so he was apart of the Latin community and I’m Latin. So it was just crazy because he was a guy I looked up to and wanted to be like.” He added, “He showed me that anything was possible. You can come from nowhere to becoming big.” Flores also called Fernandez’s passing “devastating.” During the fourth and final attempt to flee Cuba, Fernandez noticed that a person on another boat had fallen overboard. At just 15 years old, he sprang into action jumping into the water and swimming to rescue the person in distress. Upon reaching the person Fernandez was shocked to find out it was his own mother. The loss of Fernandez has left people pondering what could have been for the young superstar in the making. Flores said, “He was just getting started. A lot of people talked about him (becoming) a future all of famer.” Gonzalez viewed Fernandez’s his pitching style in a more technical way. “Mechanically, he was compared to a great pitcher by the name of Dwight Gooden. He just had an incredible arm speed, great core, great legs and great strength. He was really aggressive, he went after hitters like nobody else. He believed in himself and he had confidence,” he said.

He also agreed that Fernandez was “well on his way to (becoming) a Hall of Fame pitcher.” At just 24 years of age, Fernandez had already attained the 2013 National League Rookie of the Year and was named an All-Star twice. In just four years of service for the MLB, Fernandez had compiled an overall record of 38-17 with a 2.58 ERA. Those numbers are what most people are having the hardest time accepting because it looked as if he was destined for greatness. One day after the tragic news, the Marlins took to the field in Fernandez honor. His legacy was felt around the stadium like never before. All of his teammates donned his No. 16 black alternate jersey with the team’s white home pants. Before the game, Marlins’ short-stop Dee Gordon took a moment to kneel at the pitching mound, donning the No. 16 and a lone Marlins’ baseball cap. Gordon overcome with emotion was seen from different angles simply glaring at the mound and crying. In the first at-bat for the Marlins since the passing of their ace, it was Gordon who stepped into the batter’s box. Gordon, who is a switch-hitting batter (bats both left and right hand), came up batting right-handed and took the first pitch. After seeing the pitch he stepped out of the box and changed batting helmets. It was then that everyone realized Gordon was wearing Fernandez’s batting helmet. Two pitches later Gordon launched his first home run of the season and was immediately struck with more tears. The Marlins’ would go on to win the game over the Mets 7-3. After the game Mattingly said, “This is [Fernandez’s] day. This is [Fernandez’s] night.”



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