

HEALTH CARE FOR FACULTY REMAINS UNCERTAIN

Emanuel Guadarrama
News Editor

The future of part-time faculty receiving health-coverage benefits remains uncertain.

According to Mercedes Gutierrez, vice president of human resources, “Because negotiations for current and future benefit years remain ongoing, the District is unable to publicly address the matter.”

However, on Nov. 3, in a comment made by Dr. Lynn Wang, the Cerritos College Faculty Federation president, “My knowledge is the administration is waiting for trustees’ guidance on the matter.”

During the board meeting on Oct. 19, 10 faculty members urged the board of trustees to adopt Assembly Bill 190.

AB 190 is an ongoing budget of \$200 million by the state legislature to expand health care coverage for part-time faculty of community college districts.

According to the Cerritos College fact sheet from the Office of Public Affairs from July 2023, the college currently has a total of 3,285 employees, out of those employees, 1,224 are faculty members.

Only 254 of those 1,224 faculty members are full-time as the college tends to mostly hire part-time.

Currently, only 20.73% of faculty members receive covered health insurance,

meaning that nearly 80% of faculty or 92% of all Cerritos College employees aren’t receiving any health coverage benefits.

Dr. Henrietta Hurtado, EOPS professor of counseling, Chicano studies department chair and CCFF communication chair, was the first part-time faculty member from the audience to comment on the matter.

Hurtado talked about how she’s been working at Cerritos College for over 22 years and during her first three years as an instructor she had to travel across the border to receive medical, dental and vision health care at an affordable cost.

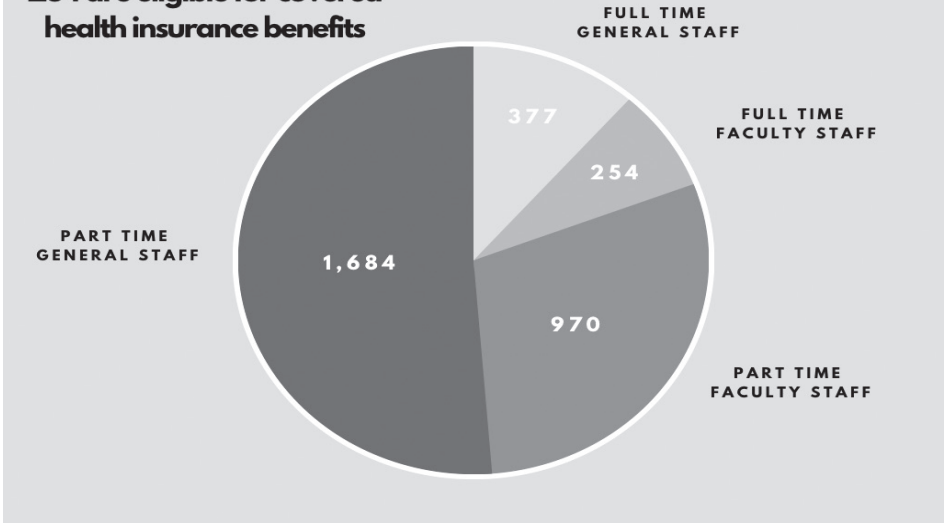
She’s grateful for being able to serve the Hispanic service institutions, students and community but only full-time faculty have had access to health care benefits.

“Health is wealth and you are rich,” Hurtado said, “I kindly ask that you ground your positionality and the continuum of a constructive holistic faculty body.”

Stephanie Rosenblatt, a full-time faculty member and librarian at the district, expressed her gratitude to the board for her fully covered health insurance.

Rosenblatt shared how she had been diagnosed with breast cancer, had to undergo radiation therapy and how she could’ve ended up falling into financial ruin because of it.

The amount of employees at Cerritos College is 3,285, only 254 are eligible for covered health insurance benefits



INFOGRAPHIC BY EMANUEL GUADARRAMA AND JOEL CARPIO

“I have no idea how much any of that cost because I never had to worry about it thanks to my fully paid Blue Shield access plus HMO,” Rosenblatt said.

“I know that you guys aren’t responsible for how healthcare works in the United States but you can do something to make life on our campus more equitable,” said Rosenblatt, “Please make it a priority to take advantage of all of the resources offered by AB 190.”

Dr. Wang then brought up AB 190

again and how several districts such as San Diego, Los Angeles and Los Rios community college districts were completely reimbursed for providing healthcare to their eligible part-time faculty.

“Fully implementing AB190 is a cost-saving measure for our college... it is time to offer our eligible part-time faculty, high quality, district provided healthcare for free.”

THERAPIST DOGS OFFERED TO STUDENTS

Susan Romero
A & E Editor

Cerritos College student health services hosted a pet therapy session on Nov. 1 to help students and faculties de-stress while promoting health services provided by the college.

Blue canopy tents were set up in front of the LRC building and made available from 10 a.m. to 12 p.m. Under the shade, therapy dogs ranging from small to medium-sized waited for students to stop by and play with.

Students were just as excited to see the dogs running around, just as the dogs were also excited to see the students coming around.

Miranda Romo, a graphic design major, expressed how she felt seeing the dogs on campus, “It’s cute, it just makes me miss my dog at home.”

Romo continued that she would recommend others to come to see the pets, “Everyone between classes gets to see dogs... [or] given the time of a three-hour class or two-hour class, just take a break.”

Jamie Burton, a handler with Paws to Share, has been attending events with her two dogs for over a year.

Burton explained a bit of the process it takes to become a handler, “They had to go

PHOTOS BY SUSAN ROMERO

through a vetting process, making sure their vaccines were up to date and temperament tests to assure they got along with dogs and people.”

She also mentioned that through this service, the pets can accumulate community service hours to become official therapy pets.

Not only do they attend other colleges, but they also bring their pets to senior homes and sometimes even elementary schools.

Under the canopy, there were also therapists on site doing their best to inform students of the services the Student Health Services have to offer.

They were handing out pamphlets with general information about the health services, as well as flyers for other workshops they’ll be hosting for Nov.

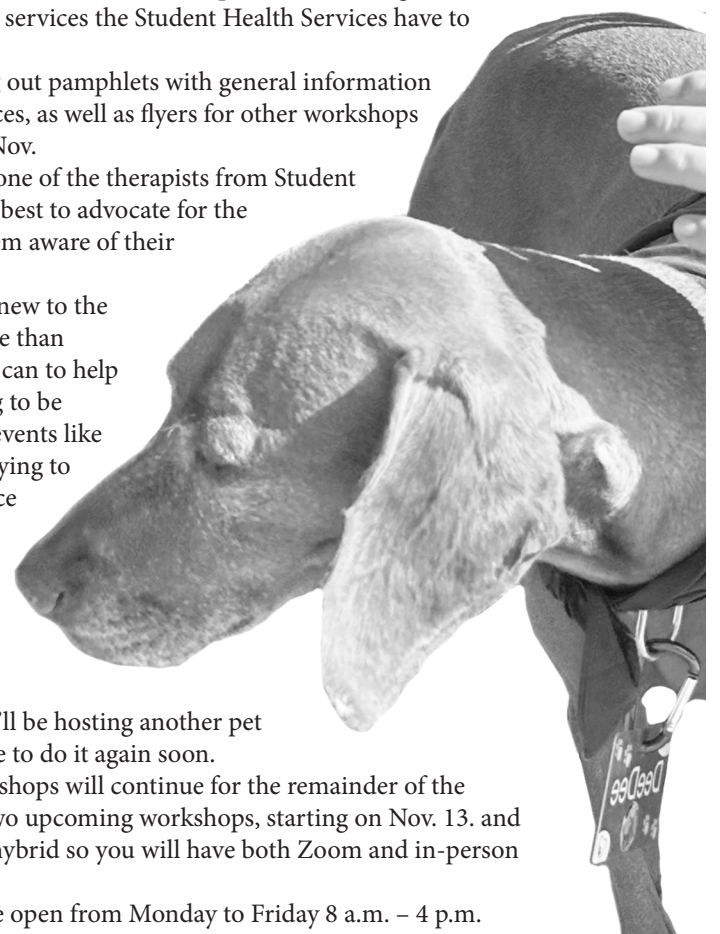
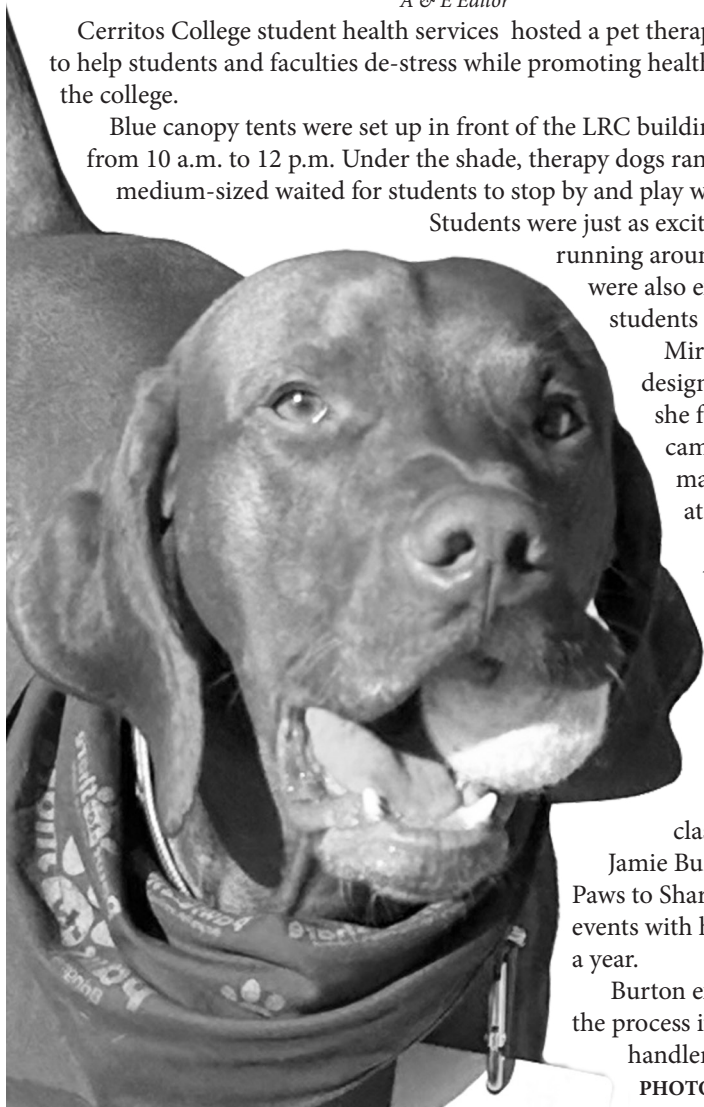
Bernadette Reyes, one of the therapists from Student Health, was doing her best to advocate for the students and make them aware of their resources.

Although Reyes is new to the team, she seemed more than willing to do what she can to help students, “We’re trying to be more consistent with events like these... We’re really trying to have more of a presence cause a lot of the students don’t know about our services is what we’re finding.”

The student health services are currently unaware of when they’ll be hosting another pet therapy event but hope to do it again soon.

However, the workshops will continue for the remainder of the semester. They have two upcoming workshops, starting on Nov. 13. and Nov. 15. They will be hybrid so you will have both Zoom and in-person meetings

Their offices will be open from Monday to Friday 8 a.m. – 4 p.m.



FIRST FALL ORCHESTRA AND BAND PERFORMANCE

Dr. Betancourt successfully pulled off the first fall concert of the semester as he was met with grand applause from the audience. The orchestra, along with some wind instruments, started the show and played a variety of beautiful pieces including Mozart’s Symphony No. 35 Haffner.

ARTS & ENTERTAINMENT

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PRESIDENT SHARES TIPS ON GRADUATING

Emanuel Guadarrama
News Editor

Dr. Jose Fierro, president/superintendent, started his presentation by distributing \$125 gift cards for the bookstore to the student attendees on Oct. 18 at 3 p.m. in the Teleconference Center.

This set an exciting tone for the students and kept them attentive to the presentation as they would need to answer his questions if they wanted a gift card.

Fierro began by talking about the importance of decision making, opportunity costs and what the college's main goal of raising graduation rates was about.

The college intends to raise its graduation rate by 50% within five years. To do so they want to start with first-time fall cohorts by getting them on the fast track to graduate within their first two years.

Currently, the graduation rate for students within their first two years is 14%.

Fierro spoke about the importance of a comprehensive education plan and encouraged all students to get one with their counselor if they hadn't already.

With a CEP students would know how many and which classes they'd need to take each semester to eventually get their degree within two years.

"If you get a comprehensive ed plan, you are 2.5 times more likely to complete your degree program and on time," Fierro said.



Dr. Jose Fierro presenting to an audience of students, Oct. 18. EMANUEL GUADARRAMA

Outside the event were several booths with counselors, so students could meet with a counselor.

Fierro knows that not all students know what they want to study for and how some might end up working in a job field they didn't study for, to which he said, "If you don't know what to do, start with something you have an affinity to."

Brandon Uribe, a business administration major, was motivated to come to the Student Convocation because his business professor talked about it in his class that day.

"I feel like it was very motivational to me and knowing that I'm already on a good track, it just puts a better picture for me in the future. I actually do got this, even if it might take some time," Uribe said.

Students could also still apply the knowledge and skills they learned from other programs into

whichever job field they end up in, even if it's not the one they were studying for.

Fierro then held a trivia for students which excited everyone in the room. Those able to answer his questions correctly would also receive gift cards for the bookstore.

Fierro then explained the importance of time management and how one should spend their time wisely.

Although spending time on leisure activities is enjoyable one must learn to value their time, "The only thing that you can not replenish or buy, no matter how rich you are, is time. What is gone is gone, you cannot get it back," Fierro said.

He also mentioned the amount of units needed to get a degree and how many units one needed to have per semester to get a degree within two years.

Sixty units are needed for a degree, so 15 units per semester, excluding summer, are needed to get one within two years.

Fierro spent the last 15 to 20 minutes answering questions from the students.

When the event ended, students who stayed until it was over, received complimentary gift cards for the bookstore which also had \$125.

Jesus Blancel, a business administration major, said his business professor had told him it was worth checking out and that it'd help him on his career path to graduate earlier.

"I also got a \$125 gift card to the campus bookstore," Blancel said.

Veteran Resource Fair

Nov. 8, 11 a.m. - 2 p.m., Veteran Resource Center

HIV Testing Mobile Unit

Nov. 9, 10 a.m. - 2 p.m Performance Arts North Stage Outdoors

President's Hour

Nov. 14 11 a.m. - 12 p.m. Location TBA

Trivia Game Night

Nov. 5, 5 p.m., S101

Native American Heritage Month

Nov. 16, 11 a.m. - 1 p.m. Falcon Square

LA Regional Food Bank

Nov. 12, 9 a.m. - 11 a.m. Parking Lot 1

KICKING OFF HOMECOMING W/TAILGATE

Emily Maciel
Staff Writer

The Associated Students of Cerritos College put together a tailgate for students, friends and family to enjoy before watching the Falcons take on the Citrus Owls in this year's homecoming game on Oct. 21.

Located in the parking lot right outside the football field, people were invited to learn about campus clubs and student life, receive free items, and play games.

As you entered the event there was a sign-in table where you could receive a free meal ticket and Cerritos College shirt if you were one of the first 100 people there.

The event was a bit small but as you walked through there were plenty of clubs and other campus organizations to view.

Jorge Diaz, Director of the Inter-Club Council, discussed the importance of events like these and the way the students are in charge of

putting them together.

"Students get to come together, especially on a Saturday," said Diaz, "I know we have a lot of family events so hopefully they can come to this event and you know just have fun."

Although the event didn't have the biggest turnout, Diaz didn't let that affect the way he and the others had fun.

He said, "I'm just happy that we were able to make it and clubs are supporting each other."

Diaz emphasized the importance of students getting involved in school events like this one because of the memories they get to make and the people they get to meet.

Towards the back of the event was a popular table being run by Autumn Whetsell, Vice President of the Students for Life club, welcoming people and doing free face painting.

She talked about how she enjoys being a part of putting together events like this.

"I think that it's super fun to come



Students walk around, to see what different clubs have to offer, Oct. 21. JOEL CARPIO

on out with everyone," said Whetsell, "I think it's a good way to get students to interact with each other and just have a good time making new friends."

She is very welcoming along with the other club members and wants everyone to be able to come out and have a good time.

She said, "Come out, see what there is to do because the worst thing that could happen if you don't come is that you miss out on a really cool game

with free things, free food and some fun things to do."

After the tailgate was over, the people who attended the event and were a part of the first 100 in attendance were invited to sit in a student section for the duration of the football game.

Friends and family then spent the next few hours cheering on the Falcons and being supportive of them no matter the score.

OUTOBER HALLOWEEN SCAVENGER HUNT

Susan Romero
A & E Editor
Michael Delgado
Co-Sports Editor

Cerritos College Equity Center held its second pride scavenger hunt on Halloween, the last event for its Oct. series.

The event was for students to look around campus for clues to earn prizes.

Students were handed a sheet with about six riddles and were able to work in groups in hopes the students would be able to identify the next spot for their prize.

The hunt initially took place at the equity center located inside the Santa

Barbara building.

However, the clues led to areas outside the building. The only way the students knew they were in the correct area was if they spotted a rainbow flag

alongside the treats.

The groups could win from first place to third place, however, there would only be one prize given per group.



Students participating in the Halloween scavenger hunt, Oct. 31. MICHAEL DELGADO

Inside the equity center, they had a sign-in sheet that helped them keep track of events students like more, whether it be community events or lectures.

Serena Castro, short-term hourly at the equity center, shares how they come up with events for the equity center.

"Halloween means a lot to the LGBTQ+ community because it'll allow them to actually be themselves without having to worry about as much persecution," said Castro, "So we decided to do something like this for Halloween just because it allows people to have a little bit of fun, just kind of hang out."

10TH ANNUAL DÍA DE LOS MUERTOS ART FESTIVAL CAPTURES CULTURE IN DOWNEY

Layla Hernandez
Staff Writer

Ascending the low, concrete steps entering the courtyard of the Downey Theatre, vibrant garlands of cempoalxochitl marigolds, ofrendas and towering Calavera sculptures.

These works of art welcomed guests to a celebration of Mexican culture and remembrance through art, music and community for the 10th annual Downey Día de los Muertos Art Festival.

Art showcases, activities, local vendors, food trucks and live performances surrounded the theater and Downtown Downeys' Civic Center from 11 a.m. to 8 p.m., transforming the area through the abundance of communal cultural connection.

The theater was transformed into an epicenter of learning opportunities and cultural artistic expression. Presented by the Downey Arts Coalition, the theater lobby transfigured into a gallery, highlighting varying mediums of artwork against the lobby walls.

Día De Los Muertos, often misconceived to be a celebration of death, contrarily celebrates and honors loved ones who have passed, and for many, is rooted in the belief that the bridge of separation from the real and spiritual world is opened, allowing loved ones to revisit their families and friends.

Rosa Álvarez, an artist with the Downey Arts Coalition, shared, 'We want the world to understand that for us, [the dead] continue to live in our hearts.'

Álvarez's embossed metallic works include visuals of florals, skeletons, religious and cultural



LAYLA HERNANDEZ

The community and main stage hosted performances of el baile Folklórico, a form of folk ballet traditional to various regions of México.

symbols, honoring those in her life who have passed, keeping their memories alive.

It is in such a way that a gallery host of visual arts can also become, in many ways, learning spaces. Behind each brushstroke, embossment and placement of a particular object or theme therein lies a story to be learned.

Álvarez continued, 'Entering the gallery, the gallery is a school. We learn what we didn't know.'

'Mexico in art is to teach other people, to teach ourselves the power that art has. There are many people who do not know how to read, but understand with art.'

Exiting the theater, guests were greeted by colorful papel picado strung above Mercado St., a host to small, local businesses and various shops showcasing jewelry, apparel, accessories and hand-crafted artesanías.

Located at the festival's heart, such avenues allowed attendees,

whether in admiration or in seeking a deeper understanding of the culture surrounding Día de los Muertos, to connect with and support local businesses and artists.

Among the line of booths, Cynthia Navarro, a 28-year-old South Central resident, showcased stickers, tote bags, pins and bookmarks among many other pieces reflective of nostalgia and Mexican pride through cultural items such as the Lotería card game, Los Viejos De Michoacán and prints of pan dulces and sweet treats.

Navarro reflected on how her work takes inspiration from her experiences in Southeast LA as a first-generation Chicana, emphasizing the importance of not only being able to tell the story of her experience through her work but also the importance of the exchange of culture within the community.

"It's a great opportunity to discover the cultural wealth of the area," shared Navarro.

"I really enjoy us bringing people together over something that resonates

with everyone, and that there are all these different local businesses and performers that are able to get highlighted during an event like this."

Through Folklórico, dancers honor loved ones through choreography symbolic of the embodiment of loved ones and ancestors who have passed.

With art and creativity bountiful throughout the festival, guests were invited to participate in crafts and activities such as a papel picado demo station, coloring sheets, small musical instruments and a dedicated sidewalk for chalk art.

In celebrating and honoring our loved ones who have passed, artistic expression and community have become central to many traditions, and remain important outlets of cultural expression and preservation.

"Es una manera de concientizar, de hacer y saber que existe amor, respeto y adivinación por los muertos," Álvarez reflected, '[Art] is a way of raising awareness, of doing and knowing divination exist for the dead.'

PHOTO GALLERY: JAMIE BLUE COSTUME SHOW

Layla Hernandez
Staff Writer

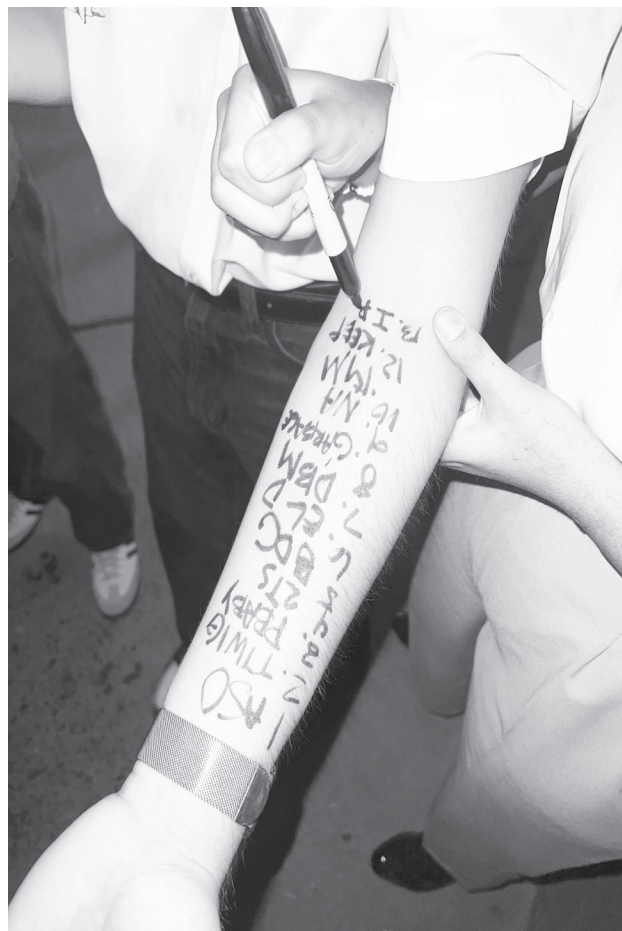
Costumed and crazed, three local bands and their respective fans celebrated Halloween and the shared love of music.

Whittier-based punk artist Jamie Blue celebrated their live debut alongside groups Big Game Hunter and Shoebox Blue with a backyard costume show, hosted in the residential hills of La Habra Heights on Oct. 21.

Off the winding Hacienda Road, the event began at 7 p.m., with music beginning at 9 p.m. Attendees were invited to dress in costume and dance, eat and enjoy live music from local artists, with an afterparty following the event.

With Halloween looming around the corner, the nearly 100 individuals in attendance danced and sang in costume, cheering as the band performed songs such as "All Strung Out" and "El Duende."

Energies soared as the night progressed and the music picked up, with mosh pits rampant throughout the night.



The nights' setlist, written on Esia Medrano's forearm for safekeeping during a performance.



Costumed partygoers gathered beneath a disco skull and danced as Jamie Blue performed.



PHOTOS BY LAYLA HERNANDEZ

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Sat. Nov. 11
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Tuesday, November 14, 2023
6-8pm

Voice Your Support
for Stay Gallery at
Downey City Hall

Located at:
11111 Brookshire Ave,
Downey, CA 90241

Tuesday, Nov. 14 6-8
p.m PST

Redaction:
In our October
11 print, we said
SEACCA abuses
animals in one of our
opinion stories but
their is no evidence to
prove that.

ARROYOFEST ADVOCATES FOR ACCESSIBLE TRANSIT



LAYLA HERNANDEZ

Pedestrian traffic as seen through the eyes of the Arroyo.

Layla Hernandez
Staff Writer

Thousands of LA residents gathered to participate in the 110 freeway shutdown for Arroyofest, promoting sustainable transportation and the natural beauty of the Arroyo Seco corridor.

The second Arroyofest shut down the historic Arroyo Seco Parkway, to pedestrians on Oct. 29.

The festival, which returned for the first time since 2003, garnered mass support as thousands of locals and families from South Pasadena and neighboring cities gathered to walk, cycle, skate or run along a seven-mile stretch.

"The support has

been growing," South Pasadena City Mayor Jonathan Primuth shared, "I saw a lot of our residents participating, which is great. Our city staff comes out and supports the event, it's just well supported by the community."

Festivities for guests extended beyond the freeway shutdown with a 10k run and activity hubs located in parks along the freeway in Lincoln Heights, South Pasadena and Highland Park.

As pedestrians traversed up and down the parkway, the soft melodic notes of a piano could be heard alongside the sound of footsteps, wheels whirring, and the buzz of bicycles.

Stationed along the median on the 110 freeway above Arroyo Park, David Cutter, a pianist and instructor at the Pasadena Piano Institute, expressed his passion for sharing music with his community.

"The piano is in a paradox, it's the most popular instrument and it's also entering the stage of dying art. The finer points are being lost, and so I'm working to save that," Cutter shared, "What makes humans human is art, expressing whatever it is, and it's never been more true."

The Arroyo Seco Parkway initially opened in December of 1940, becoming the first freeway in the Western United States and a prototype for the LA freeway system.

The parkway was initially designed to be a greenway highlighting the natural, scenic beauty of the region, limiting traveler speed to 45mph.

Robert Gottlieb first organized Arroyofest in 2003 as a means of emphasizing not only the historical and cultural significance of the Arroyo Seco but the environmental

issues abundant in the Arroyo corridor as well.

Los Angeles residents and city officials alike recognize the importance of environmental preservation and public transportation.

"It gets me excited because so many people are out," expressed Samantha Salazar, a South Pasadena resident, "It kind of gives a glimpse of what is possible if people put a little more interest and time into planning out a city that is actually created for people to live well and fully."

Cities of the San Gabriel Valley have seen widespread advocacy for more accessible public and active transportation. Thanks to acts such as Measure M, many San Gabriel Valley subregions have been granted funding to invest in active transportation.

COMMENTARY

CHRISTMAS COMES FOR NOVEMBER

Lukas Luna-Arellano
Co-Community Editor

As the season draws to a close, we as a society find ourselves again-glazing over the next calendar holiday, Thanksgiving and once again casting our eyes to year-end finish line: Christmas.

Saint Nick's ever-increasing monopoly on year-end festivities has taken on various permutations, but the most identifiable and most often ridiculed remains of the sonic variety: the damned Christmas music.

Mariah Carey has begun her defrosting process as cosmic horrors beyond the imagination prepare to unleash their eldritch festive jingles upon your local

Walmart.

The reason for the premature festivities should prove little surprise. Thanksgiving is not nearly as sexy.

What respite is there for the casual listener, the average Joe who wants

nothing more than to escape the mind-numbing winter wonderland?

While I might be bemoaned for simply offering up more Christmas music, one would do poorly to underestimate the wide range of seasonal sounds.

It is important to not discount the more interesting sounds offered by the alternative.

"Christmas wrapping" by The Waitresses remains an overlooked classic that provides a far more human and grounded take on the season than we are typically afforded by holiday fluff.

Though the siren song of cynicism proves an alluring one during Christmas time, it is important to appreciate the time of year for what it is,

The coming holidays are ultimately dictated by you alone. Despite what some hijacked traditions may say, this time of year only has to matter as much as you deem it worthy.

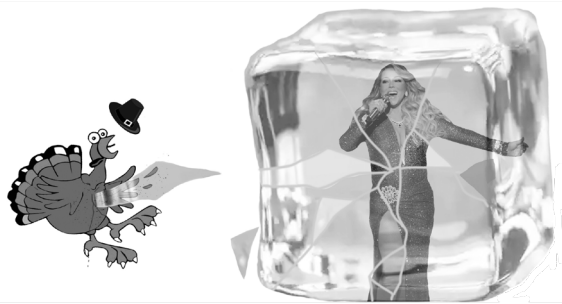


ILLUSTRATION BY ALFREDO MENJIVAR

Is it too soon for Christmas music?



Alfonso Campos
Whole Foods
Assistant Manager

"I think Christmas music should be played after Thanksgiving, because Thanksgiving is its own holiday itself."



Felicia Lipscomb
Amazon Returns
Employee

"After Thanksgiving [...] I know a lot of people think it should be played year-round, but I think it should be played after Thanksgiving."



Ulysses Diaz
Santa Monica
College Student

"We already have Christmas decorations up before Halloween, that's absurd. Like bro, chill."



R Quirarte,
Studio Arts Major

"If it's too far before, it kills the vibe before the holiday. If it's too late, you don't have time to relish it."



Liz Phair at the Wiltern,
doors open at 7 p.m.

Join Us for a Special Event!



Saturday, November 11, 2023 at 3:00 p.m.
Cerritos Center for the Performing Arts
18000 Park Plaza Drive
Cerritos, CA 90703

Tickets: \$10 (General Admission)
Program:
Guest Artist: Liz Phair
Special Appearance: The Wiltern
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies
Specialty: Ladies for the Ladies

Socal Brass at the Cerritos Performing Arts Center,
doors open at 3 p.m.



Rudolph the Red-Nosed Reindeer at the Dowey Theatre,
doors open at 6:30 p.m.

ARTISTS EDUCATE THROUGH ART

Elin O'Hara Slavick along with the SWANS educate about the persistence of radiation over time.

Susan Romero
A & E Editor

The Cerritos College Art Gallery is currently showcasing the art of two sets of groups that represent the traumas and dangers of radioactive contamination.

The main and window galleries hold the art of the solo artist Elin O'Hara Slavick meanwhile the projection rooms hold the art of the recently formed female artist collective SWANS (Slow War Against the Nuclear State) which also includes Elin O'Hara Slavick, Nancy Buchanan, Judith Dancoff, Jane Chang Mi, Hillary Mushkin, Sheila Pinkel, and Lucy HG Solomon (Cesar & Lois).

They held their opening reception in the Fine Arts building on Oct. 30 where each of the artists went up to explain the amount of research it took and how they found they could relate to the pieces.

The images were created by using the process of drawing with



TOP RIGHT: Slavick conversing with a peer in front of her artwork.

TOP: Geographical like images that represent nuclear sites.

ABOVE: Images showing the effects of radiation.



SUSAN ROMERO

a combination of developer and fixer on expired photo paper, which she had found boxes filled within a Caltech darkroom.

Just like Slavick, we found that the fellow artists in the SWANS collective also have a similar story as to what inspired them to express their

emotions over such a topic.

They had fathers who also worked in the nuclear industry before and after World War II and parents who were activists against nuclear annihilation.

It goes to show that the impact of

these nuclear annihilations continues for plenty of years without it necessarily being visible to the naked eye.

The artwork will continue to be showcased until Dec. 8, so be sure to stop by to admire their work as artists.

MUSIC TEACHER PROUD OF FIRST FALL CONCERT

Susan Romero
A & E Editor

Music teacher Dr. David Betancourt successfully pulled off the first fall concert of the season inside the Performing Arts Center on Oct. 27, and expressed his appreciation towards his team.

The setlist was organized to give the orchestra about an hour of play with a 10 minute intermission and then wrapping up the show with a 40 minute performance from the band.

Conducted by Betancourt, the orchestra along with some wind instruments, started off the show and played a variety of beautiful pieces including Mozart Symphony No. 35 Haffner.

They wrapped up their setlist with Danzas Cubanas, beginning with an upbeat tempo leading to an intriguing trumpet solo followed by a flute solo. The tempo slowed down for a bit but ended the piece in its original pace, giving us an experience in both worlds.

The track had a familiar sound from The Incredibles movie and the crowd definitely appreciated the piece.

After the intermission, the band began to tune up in unison. it prepared the crowd for their second half performance.

The band played pieces like Salvation Is Created, as well as up beat pieces like Albanian Dance and Dancing Fire. They did not disappoint the crowd.

The hard work and dedication to perfect each piece is definitely shown in every single one they performed up until the very end. Betancourt also agrees.

"I thought they did fantastically," he said after the show, "one of the most gratifying things is to watch how much work we put into it up to



SUSAN ROMERO

Orchestra playing its instruments during its performance with Betancourt leading them.

tonight and then to watch them peak tonight... like they literally played the best they've played tonight."

Betancourt has been conducting since 1991 but has been conducting at Cerritos College for 24 years.

Betancourt struggled to find a favorite piece from the show, but shared his reason why.

"You're asking a really hard question because I picked the program... I spend so much of my time as an instructor and conductor and if I don't like the piece I shouldn't be picking it for them."

Simply by the way he spoke of his band and orchestra, you can tell he and the team have a really good dynamic to be able to work on this show so well. There were players who played in both the orchestra and band but also others who played more than one instrument.

Rogelio Acosta, one of the trumpet players that played for both the band and orchestra, has also been playing

the trumpet for 8 years.

He expressed his opinions on his favorite piece of the night, "Salvation Is Created, it's just a really beautiful piece and I think it encapsulates our musicianship as a group."

You know the show turned out really well when both the conductor and artists compliment each other as they play and even after the show. The chemistry was undeniable.

Stephanie Herrera was one of the few who played two instruments throughout the show, the piccolo and flute, fascinating the crowd without even trying.

During the Albanian dances, her years of experience beamed through as she played the piccolo solo.

She expressed the amount of work every player had to put in order to have a successful night, "Some pieces in like a week you'll sort of pick it up. Some of them require that extra work, putting in extra time by yourself because three hours once a

week is not enough especially when you're not working one on one."

They promptly got started the very first day of the semester and they kept showing up for 3 hour practices once a week. Although it seems like such a short amount of time, the work and effort was there.

Betancourt gave a friendly reminder at the end of their show that he encourages those who want to pursue anything in music to contact him.

"Those who are thinking about a career in music, I'd hate to see them think about a career but not even pursue it simply because they didn't have an instrument," said Betancourt. "Anything they want to join, the jazz band, band, the orchestra, or just get involved, they can contact me at dbetancourt@cerritos.edu."

If interested in joining be sure to email Betancourt, but also be sure to save the date for their next concert that will take place on Dec. 15.

ARTS

UPCOMING A&E RELEASES

MOVIES



The Marvels
Nov. 10



The Ballad of Songbirds & Snakes
Nov. 17

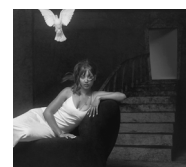


Saltburn
Nov. 22

ALBUMS



Mon Laferte
Autopoietica
Nov. 10



PinkPantheress
Heaven Knows
Nov. 10



Steve Aoki
HiroQuest:
Double Helix
Nov. 17

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MEN STRUGGLE WITH EATING DISORDERS MORE THAN WE KNOW



Young man sitting alone and eating a bowl of ramen.

Mel Ayala
Managing Editor

INSTANT VANTAGE

When discussing eating disorders, anorexia is the most common eating disorder that comes to mind. Often the example of someone struggling with an eating disorder is a woman.

The common notion is that women tend to fall victim to eating disorders such as anorexia and bulimia because they tend to obsess overlooking perfection.

While it is indeed true that women do have a higher number, a whopping 25% percent of people with reported cases of disordered eating are male.

Keep in mind that those are only the reported statistics. Due to the stigma and stereotypes that come with the illness, men are less likely to seek treatment and often go undiagnosed.

There is a clear double standard between men and women when it comes to mental illnesses. Toxic masculinity plays a large factor in fueling and enabling these disorders by treating a very serious condition as an emasculating weakness.

Disordered eating and poor mental health among men need to be taken more seriously and need to stop being treated as a "feminine" ailment.

Men are just as susceptible to having an unhealthy relationship with food and their body image. Men also buy into unrealistic body expectations that are perpetuated by social media, celebrities, and gym culture.

These people take drastic measures to get to their ideal body type, that being a lean and muscular figure to look strong and fit.

Much of the stigma surrounding these illnesses comes from its connections to gay men. It is reported that 10% to 40% of men who struggle with disordered eating are men who identify as gay.

However, it is harmful to consider eating disorders to be a "gay thing." Not only does it perpetuate internalized homophobia, it makes it harder for men to seek treatment.

Like with all mental ailments, symptoms vary. Common symptoms among men with Anorexia and Bulimia include abnormal amounts of exercise, abuse of steroids and supplements, and unhealthy dieting.

People commonly believe that Anorexia is as straightforward as having a restricted diet and that Bulimia is only characterized by vomiting after binge eating.

Men struggling with Bulimia tend to exercise excessively as a way to purge after bingeing.

Contrary to popular belief, not all eating disorders are centered around weight loss.

Oftentimes, eating disorders such as Binge Eating Disorder (BED) are due to an underlying mental illness such as depression. It is reported that BED is the most common eating disorder among men.

Sadly, people who gain weight rapidly as a result of this illness are treated with fat shaming and patronizing advice to just work out and eat healthy instead of realizing the underlying issue.

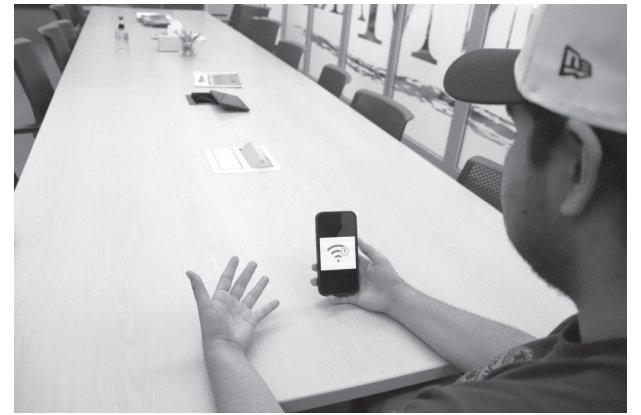
Even more tragic, men don't receive their diagnosis until the more life-threatening symptoms start to present themselves because the warning signs are less "obvious" with men. This means that men are more likely to die as a result of health complications.

Men would likely feel much safer and comfortable seeking help if we as a society eliminate the double standard and bring awareness.

Eating disorders are a very serious mental illness that needs medical treatment.

It would be far more productive to be more inclusive of all genders when it comes to educating people about these disorders.

Doing so can help bring awareness, eliminate the stigma, and make struggling individuals more comfortable with recognizing their ailment and seeking help.



EMILY MACIEL

Student frustrated about wi-fi being slow and Canvas lagging.

CERRITOS COLLEGE NEEDS BETTER WI-FI RIGHT NOW

Vanesa Molina
Staff Writer

Cerritos College needs better Wi-Fi as it disrupts us from being able to work efficiently during school.

We go to school to get work done and learn, but that's hard to do when we aren't provided with strong Wi-Fi that makes class run smoothly for us.

It's difficult when some apps aren't loading and we have to wait because our professors' lesson plans to load.

This is especially hard for students who try getting work done in between classes since that may be the only time they can do their assignments.

It is a struggle to connect to Wi-Fi and even when it does connect, it isn't the greatest and we're tired of it.

It's frustrating having to sit down and wait for the internet to connect again, it wastes our time as we can be doing homework productively during that time but the Wi-Fi lags a lot and at times also freezes our screens and apps.

I have seen several students head to the nearby Starbucks just to get work done when they should just easily be doing that in school where it'd be more quiet rather than having to do their work somewhere loud.

It doesn't help that the signal is not good at school either, I've had my phone go on SOS plenty of times there.

I have tried to text my parents when something important is going on or I have to stay at school longer just so they won't worry and my messages won't send.

As a school, they should be providing us with strong Wi-Fi especially if a lot of their students are paying to be there. It is not fair to students paying for their education and they don't even receive good internet.

Some people just don't have the internet at home or some people just don't find it easy concentrating at home because of distractions like younger siblings, etc. So they decide to go to school to try to get work done, but it's a struggle.

Not to mention the lack of good Wi-Fi can also be dangerous. Say in case of an emergency if we need to call someone it won't be easy and since we do have school police it may be hard for them to be notified if something does go wrong.

School cameras might not work since appliances need internet and that is never good for the safety of the students, and that should be a priority.

No matter the issue, we need better Wi-Fi and the college should fund money for it as it will benefit all students with their grades and keep them safer.

Let Talon Marks know what you think about the wi-fi!



DID YOU PUT YOUR CHRISTMAS DECORATIONS UP ALREADY?

Compiled by: Susan Romero and Diana Morales



Chrishell Pajarillo
Psychology Major

"I already have Christmas decorations up in my house cause Filipinos... stereotypically we start Christmas in September."



Ryan Johnson
Automotive Major

"Nah."



Angel Ramirez
Welding Major

"Nah... we decorate like three days before Christmas."

FALCONS DEFEAT ELAC IN A 5-SET SOUTHERN COAST SHOWDOWN

Michael Delgado
Co-Sports Editor

Third straight victory for the Falcons that helps keep their playoff hopes alive

The Cerritos Falcons volleyball team defeated the East Los Angeles College Huskies in a game that was for the ages.

This was a game that went all five sets, with both teams giving their absolute all to win this game but Cerritos came out on top.

It started with ELAC taking a 1-0 lead to this game, but the second set is where the Falcons woke up and we're getting outstanding play from Erykah Scott.

Scott was responsible for 11 of the 71 total points for the Falcons but she made her impact be known in the second set when the Falcons needed it the most.

The Falcons had full momentum in this second set, players were energized by the crowd's energy in the building.

"When you have people who understand it's so much more fun like when you play in front of your friends, having Commerce Crunch here, we have six players who played club at commerce."

"It's a cool thing and when you got a lot of young kids coming and they get to see players they look up to play this, it makes it really fun for everyone," said Coach Hemmerling.

Cerritos would take the 22-25 victory to tie the game 1-1 and proceeded to win the next set to go up 2-1.

What helped the Falcons win the third set was countless mental



MICHAEL DELGADO

No. 34 Brisa Cortez going for a kill attempt with two players from ELAC attempting to block it.

ELAC would bounce back in the fourth set winning 25-18 to tie the game 2-2 bringing the game down to the final set.

The Falcons would go on to dominate the final set 15-2 giving the Huskies zero chance to win.

"We got the first point, we got the second, we got the third, but we just tell them to be aggressive, they're not gonna back down, they are fighters on the other team and they are always a challenging match for us," said Hemmerling.

Once they took the first lead they never looked back and went on to win

this game 3-2.

In every set, a player for the Falcons stepped in when they needed it the most, players like Brisa Cortez, Jayda Harris-Amete, Jasmine Soto, Madison Borja, and more were key in this victory.

"That's what makes it super hard, and that's what we've been working on is just spreading out our offense, we don't just have one players getting kills like Brisa, Erykah, Jayda, Jas, whoever it's gonna be.

The other team can't just bank on, 'well they're just gonna sit this person,' they have to make the right read and

that doesn't always happen," said Hemmerling.

This was a much-needed victory for the Falcons as this helped keep their playoff hopes alive.

The four game conference losing hurt the Falcons but they have a chance to bounce back from those losses with the final two games remaining on the season.

They currently rank 6th in the South Coast Conference but could end in a four-way tie by winning two of their remaining games against LACC and a tough season closer against Mt. Sac.

SCORE BOARD

MEN'S CROSS COUNTRY
AT SCC
9TH PLACE (260 TEAM POINTS)
ON NOV. 3

WOMEN'S CROSS COUNTRY
AT SCC
7TH PLACE (234 TEAM POINTS)
ON NOV. 3

WOMEN'S WATER POLO
CERRITOS DEFEATS ELAC 10-8
ON NOV. 3

MT. SAN ANTONIO DEFEATS CERRITOS 10-7
ON NOV. 3

WOMEN'S SOCCER
PASADENA CITY DEFEATS CERRITOS 3-0
ON NOV. 3

WOMEN'S WATER POLO
EL CAMINO DEFEATS CERRITOS 10-9 IN TRIPLE OVERTIME
ON NOV. 4

MEN'S WATER POLO
MT. SAN ANTONIO DEFEATS CERRITOS 14-13
ON NOV. 4



LACC STUNS FALCONS IN SCC TOURNAMENT MATCHUP

Michael Delgado
Co-Sports Editor

The Cerritos Falcons men's soccer team lose to the Los Angeles City College Cubs to end their hopes of winning their third straight title.

The Falcons were the third seed while LACC was ranked sixth this game seemed like a favorable matchup for Cerritos.

"The saddest thing is that this team wasn't dangerous, they weren't even putting us in duress," said Coach Artiaga after the

tough loss.

The game started off promising for the Falcons as they went on a took an early 1-0 lead in the first 5 minutes of the game after a goal was scored by Mark Cristino.

Cerritos would add to that lead after Diego Alvarado scored a goal giving the Falcons an early 2-0 lead halfway through the first half of the game, and this was the final goal Cerritos. But the Falcons made the crucial mistake of letting LACC score right before the half ended giving them some kind of momentum going into

the second half that the team desperately needed.

In the second half, the Falcons had no offense going for them and allowed LACC to come into this game after they scored to tie the game 2-2.

Many times in the second half when opportunities came the Falcons way they decided to play it safe and pass on those attempts.

"The sad part we didn't have the capacity to adapt, the fact that we had the ball for most of the whole game, the fact that we were creating and getting into the box," said Artiaga.

This game came down to penalty kicks where LACC took an early 2-0 lead but then Cerritos would make two huge stops and tied it 2-2.

LACC would finally hit the game-winning penalty kick and won the game eliminating the Falcons from the South Coast tournament.

Gut wrenching loss for the Falcons but they will play Rio Hondo for fifth place.



JOEL CARPIO

Tyler Henry squats in frustration after not being able to stop the game winning touchdown.

CERRITOS ON VERGE OF ELIMINATION AFTER LOSS

Joel Carpio
Editor in Chief

The Cerritos football team almost pulled off a huge comeback against the visiting then (7-1) Golden West Rustlers on Nov. 4.

Yet another thriller of a game for Cerritos' season ends in defeat as the chance for another trip to the Western State Bowl game is hanging on by a thread.

The thought of a win quickly slipped out of the Falcons' minds

though as Golden West pulled off a game-winning touchdown with :01 second left remaining in the game.

The Falcons had one play to make things even again but unfortunately weren't able to do so and lost the game with a final score of 21-14. "You play a really good team and you're gonna have some back and forth and you see it went all the way to the end," Fimbres said.

Falcons next game is on the road against ELAC on Nov. 11.

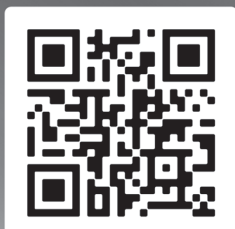


DERRICK COLEMAN

Jose Lopez solo shot.

UPCOMING GAMES

- FOOTBALL**
CERRITOS @ EAST LOS ANGELES
NOV. 11 AT 6 P.M.
- MEN'S BASKETBALL**
CERRITOS @ CITRUS
NOV. 17 AT 5 P.M.
- WOMEN'S BASKETBALL**
CERRITOS @ GROSSMONT
NOV. 15 AT 6 P.M.
- VOLLEYBALL**
CERRITOS VS. MT. SAN ANTONIO
NOV. 10 AT 6 P.M.
- MEN'S WRESTLING**
CERRITOS @ EMBRY RIDDLE DUALS
NOV. 10 AT 9 A.M.
- WOMEN'S CROSS COUNTRY**
CERRITOS V.S. CCCAA STATE CHAMPIONS
AT WOODWARD PARK
ON NOV. 18 AT 10 A.M.
- MEN'S CROSS COUNTRY**
CERRITOS V.S. CCCAA STATE CHAMPIONS
AT WOODWARD PARK
ON NOV. 18 AT 10 A.M.
- BASEBALL**
CERRITOS V.S. IRVINE VALLEY
ON NOV. 16 AT 1 P.M.
- CERRITOS @ IRVINE VALLEY
ON NOV. 17 AT 1 P.M.



FOLLOW US ON



HOMECOMING

DERRICK COLEMAN

Quarterback Andre Lampley carrying and running passed the Citrus defender to try and gain the first down on Oct. 21.

FALCONS' COMEBACK AGAINST CITRUS COLLEGE FALLS SHORT

Joel Carpio
Editor in Chief

Cerritos College stifles as they lose to Citrus College in what was almost a comeback win late for the Falcons.

The Falcons suffered a blowing defeat on homecoming at the hands of the Citrus College Owls on Oct. 21, losing it by a score of 26-31.

Cerritos College's offense struggled to get points on the board early on, only scoring seven points in the first and second quarters.

Citrus College's first drive of the game ended in a fumble from Koy Rikken and was recovered by Cerritos as the Falcons took over the ball on Citrus' 20-yard line which led to a Falcons touchdown.

The Owls would then fumble the ball again on the drive after the Cerritos touchdown with the Falcons recovering the ball.

The Falcons started the drive also with a fumble which was recovered by Cerritos but resulted in a team safety giving the Owls an easy two points.

After the fumble, Cerritos lost all momentum and couldn't get anything going offensively or defensively allowing the Owls to score 31 points in just two quarters.

The tide seemed to turn for Cerritos in the third quarter however when all the chirping and trash-talking Citrus College directed towards Cerritos lit a fire under them.

After not being able to score since the first quarter the Falcons went on a run not allowing the Owls to score once in the second half.

The Falcons started the third quarter with a drive that ended in a touchdown from, running

back, Cheo Medina who rushed two yards into the endzone to make it 13-31 Owls.

Inching closer Cerritos scored two more touchdowns, one in the third quarter and one in the fourth, bringing them within only five points of tying the game.

With the crowd getting more and more into the game the animosity between both teams turned up as the Falcons could feel a win within reach and the Owls felt the game slipping away from their hands.

On the second to last drive of the game for Cerritos, Falcons quarterback Andre Lampley threw a pass to, wide receiver, Michael Bruner in the endzone that would end up being dropped, failing to secure what could've been the game-winning touchdown for Cerritos.

The game turned into a thriller late as the Falcons scored 19 unanswered points, but it was too little too late for the Falcons.

Although the comeback was short the offense showed signs of life in the second half where they scored 19 of their 26 points in quarters three and four.

After the game was over a scuffle broke out in the middle of the field with players from both sides yelling, pushing and shoving each other.

Coach Grosfeld spoke on Citrus College's sportsmanship and constant trash-talking was not happy about it.

"They were horrible, they were like that the whole game and then the official said it the entire game to me and then he says our guys are doing it after and that's totally wrong because the officials never said one word to me, these guys (Citrus College) act like



DERRICK COLEMAN

Citrus College player tackling the quarterback Andre Lampley near the endzone



DERRICK COLEMAN

Defensive back Chandler Nixon and Linebacker Caleb Nuhi-Yandall tackling a Citrus College player.



DERRICK COLEMAN

Citrus College player leaping over Cerritos defenders to get into the end zone for a touchdown.

clowns," Grosfeld said.

Coach Grosfeld then explained what has been frustrating for them through the season so far, "What's frustrating is we've lost 12 guys this season due to injuries, we don't make excuses but when you do that to a football team that's really really hard."

"I'm proud as heck being down 31-7 and coming back and doing what we did that's huge,

it's absolutely huge, so it shows a lot of character, that stuff at the end of the game is all them, their guys run their mouths and do that stuff."

"So, we showed what kind of team we are in the second half, we're a much better team and we'll win the next three games, get into a bowl game and we'll be happy about it," Grosfeld explained.

PLAYERS OF THE GAME



CHEO MEDINA
17 RUSHES
59 YARDS
2 TDS



ANDRE LAMPLEY
12-23 ATTEMPTS
155 PASSING YARDS
1 TD & 2 INTS



CALEB NUHI-YANDALL
10 TACKLES
1 FUMBLE RECOVERY



EJ SMITH
7 TACKLES
1 TACKLE FOR LOSS



GAVIN PORCH
5 RECEPTIONS
62 YARDS
12 YARDS PER RECEPTION



CHASE GROSFELD
4 RECEPTIONS
57 YARDS
1 TD

PHOTOS COURTESY OF CERRITOS ATHLETICS

