

# TALON MARKS

CERRITOS COLLEGE

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## State relieves students' anxiety, Spring 2012 free increase postponed

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"It [the fee increases for classes] should be null and void. I should get more classes while it's cheaper."

This was anthropology major Valerie Ercxe's thought regarding the potential delay in the raising of fees for classes.

The California Legislature passed a bill that now defers a \$10 fee increase that would have raised fees from \$36-\$46 per unit until summer 2012. This bill is contingent on if the state revenues drop more than \$1 billion dollars below the projections that the state expects.

Sociology major Edger Meda said, "Either way, they are planning to raise the fees. Why delay it until next year or the following year when they can just do it right now? Just do it and get it over with."

This bill now places question marks around the cuts, which were originally proposed to take effect in the spring 2012 term.

If signed by Gov. Jerry Brown, students at community colleges all over the state will be afforded time to reassess the state of their finances and plan accordingly.

Jack Scott, Chancellor of California Community Colleges released a statement regarding this bill.

"I congratulate the Legislature for passing this bill [Assembly Bill Extension 1 x 32] that defers until summer a \$10 per unit fee increase in the event that mid-year budget cuts are deemed necessary.

"Without this change, colleges [are likely] to implement the increases with only a couple of weeks' notice, and administrators would be placed in the untenable position of trying to collect higher fees from students who have already completed registration for spring classes."

Scott continued, "This bill, if signed by the governor, gives colleges and students adequate time to prepare for increased fees if they become necessary."

The potential increase is based on the state of our finances in California. If California revenues drop lower than the \$1 billion dollar projected income, the increase would

take effect.

The increase, which was originally going to be implemented during Spring 2012, will now be deferred to Summer 2012.

Auto Technician and Computer Graphics major Brandon McCovey talked about the positive impact that this decision will have on students hoping finish to up their education.

"I think that it is a good thing because it gives me a chance to get all of my classes done before they raise the prices, so I can get them [classes] out of the way before they raise up anything else."

This change came into effect due to Brown having some provisions in his state budget that he signed in late June.

Due to these provisions, Brown gave the California Legislature until Dec. 15 to perform a month-by-month state revenue review.

The governor previously decided that if the revenues fall more than \$1 billion below where the state projected them to be, then California community colleges will be cut by an additional \$30 million in addition to the proposed increase of the student fee per unit.

Paige Marlott-Dorr, Director for Communications for the California Community Colleges Chancellor's Office addressed her concerns about these changes.

"The decision won't be made until Dec. 15 and many of the community colleges have already started collecting fees for the spring semester so administratively it would be very difficult for them to go back to the students and collect that money," Marlott-Dorr said.

Marlett-Dorr also spoke of the impact that this would have towards students, saying, "For the students it's a hardship if you're planning on \$36 per unit and, for example you took 20 units, then you have to come up with something like \$200 right away."

Computer science major Tobby Coosure shared in the excitement of the new bill, saying, "They shouldn't increase it because not very many people have very much money to go to school. Paying for books is hard and I am barely scraping by to

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"It's not just what we can gather from ourselves, our wealth, our riches, our success, but it's what we can give to our society that makes our society better"

- Lt. Col. Jeff Nagel



Never forgotten: Students observe a video documenting the events of the Sept. 11 terrorist attacks. Attendees of the ceremony included faculty, firefighters, police officers and members of the military.

CARLOS BLANDINO/TM

## Cerritos remembers 9/11

### ASCC hosted a ceremony honoring the victims of 9/11

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Military officials, police officers, firefighters, faculty and students attended a patriotic ceremony at the Falcon Square Amphitheater on Monday to mourn and commemorate the anniversary of the attacks that took place a decade ago on Sept. 11, 2001.

The celebration was hosted by the ASCC and it started with presentations of the Color Guard, Flag Salute and the "Star Spangled

Banner" performed by the Cerritos College Vocal Ensemble.

After the patriotic presentations, guest speaker Marine Lt. Col. Jeff Nagel approached the podium. Nagel began his speech by telling his story with the historic date, he mentioned that he was born on the date and he had two close friends passed away from serving the country like he did. He later continued by quoting John F. Kennedy's famous line, "Ask not what your country can do for you - ask what you can do for your country."

He later explained the significance of the quote by saying, "It's not just what we can gather from ourselves, our wealth, our riches, our success, but it's what we can give to our society that makes our society better."

Nagel encouraged the younger generation by explaining the significance of the phrase 'giving back' and saying, "When there's too many takers and not enough givers, not only will it not contribute to our future success but we will regress as a nation."

Following Nagel's speech, students sat quietly and reflected during Cerritos College's band and Vocal Ensemble performed "America." Flags were waving and hands were clapping during the performance.

"Peace begins with you and me," a quote from a reflection of one of the members of the ASCC read. Other members of the ASCC also read reflections that current faculty and former faculty wrote about the 9/11 tragedies.

The Cerritos College Band performed "Stars and Stripes" after the reflections.

"It was beautiful", ASCC president Jasmin Ramirez said about

the celebration. She continued with, "I was very excited to see a lot of students on campus go ahead and sit down and join us for the event."

Ramirez enjoyed Nagel's

See 9/11 Page 2

### Mobile News

Scan to view slideshow of 9/11 ceremony



http://bit.ly/r27pbc

## Letter from the editor: Students need to remember 9/11 for the right reasons

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It is undisputed that the attacks on September 11, 2001 were some of the worst that the world has ever seen.

The destruction of the Twin Towers of the World Trade Center in New York City, the Pentagon in Virginia and the crash of United Airlines Flight 93 in Pennsylvania are images that send a blistering shock of apprehension into the hearts of many who remember that day.

But the fact of the matter is, when the events struck, many of our students were merely children and couldn't fathom the magnitude of the crisis.

Ten years later, we attempt to look back on that dreadful day and, rather than being able to see how much the world has changed, we only remember the events of that morning to now because this is the

only thing that we've ever known.

This is not to say that the events of 9/11 were insignificant by any means, but if you didn't live near the area, had family or friends in the area, the tragedy may not have affected you much as it would have if you did.

One thing that the attacks have done is build the importance of knowing American history.

An event that has affected our entire generation and the generation before us will be one read (and recounted) by the next generations and it will be something that they are quizzed on in their American history classes.

Rather than just remembering 9/11 as the day that impacted the country, consider how 9/11 affected your life.

Many college students are struggling to get classes due to budget cuts.

But the budget has been altered due to the country having to fund a war.

Much like the Reggie Bush scandal at the University of Southern California, students who were still in elementary school at the time of the incident are being affected by a situation in which they had no control over.

It is quite possible that the attacks could have had a bigger impact than anyone in this country realizes, but it is up to us, the next generation of this country, to remember how it affects us.

It is important for all of us to remember 9/11, but it needs to be remembered for the right reasons. And let's not just stop at remembering the event.

Let's continue to show gratitude to those in uniform by attending and passing the class that they fight for us to be in.

Rather than skipping your Math 60 class, think about the many soldiers who would have been taking that class but couldn't because they were overseas protecting our country.





# CERRITOS COLLEGE News BRIEFS

## iFalcon to host ICC Tournament

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Cerritos College iFalcon club is presenting its first Intner Club Council Tournament on Sept. 22 at 11:30 a.m to 1 p.m, located at the New Fitness Field.

Amna Jara, Coordinator Student Activities, explained that iFalcon has been working on this event for a month.

She also said the cover price for a club to enter the tournament will be \$10 and added that the winning team will receive a scholarship.

Jara also added “I am looking forward to seeing all the clubs out there having a good time.”

President of the iFalcon club Bertha Calderon said that the tournament will be scored through a point system and after five games teams will start getting eliminated.

## History Club gives presentation

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The History Club hosted a Latin America Revolution presentation on Sept. 13 in the Science building room 202.

Cerritos College history professor Walter Fernandez was the speaker of the presentation.

Fernandez and the History club holds presentations like this every year, and focuses on a specific subject of the Hispanic Revolutions.

This year, the focus was on the economic factor of the revolutions.

“For one thing, I think these [issues] continue until today,” Fernandez said.

## Cerritos to host reading workshop

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Cerritos College is offering a reading workshop on Sept. 15 from 2 p.m.-3 p.m.

The workshop is to help students who have trouble understanding what they are reading and make the student a better reader.

Shannon Estrada, Re-entry Resource Specialist, believes that the workshops are quite effective.

“Basically, [the presenters] are just going to go over tips that students can use when [the students] are trying to read text books and a lot of times you read the same paragraph over and over, they’re going to give tips to get past that, on how to just pretty much study more effectively.”



Working progress : Public relations major Casey Miller is rebuilding a computer at the Computers 4 R Kids facility. Miller helps deliver computers to schools and families.

ANTHONY HODGE  
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Public relations major Casey Miller volunteers at a non-profit organization that takes a variety of computers and electronic donations to provide low income families and schools with rebuilt computers and electronics.

The company, known as “Computers 4 R Kids,” has high school and college students volunteering and teaches them to rebuild any electronics that are given to the company, (except home appliances).

Miller said, “As we all know, the future is in technology, and the internet connects us all. And for a child to be able to learn and use [computers] as a tool, they can grow.”

Employers who work at Computers 4 R Kids breaks down computers and remake them to brand new computers.

Computers 4 R Kids has awarded internships to students from schools such as Whitney High School and have given computers to the Long Beach Unified School District and the

ABC Unified School District .

He said, “We also save the schools from having to spend so much money on the Information Technology department. If anything goes wrong with a computer, we provide them with an extra computer.”

Miller said that Cerritos College sends its surplus electronic waste to a recycler.

“It’s unfortunate because I feel that a lot of those resources could be redirected in the right direction,” he said.

James Watson, director of Computers 4 R Kids, talked about Miller’s commitment to the company.

“It makes me happy that someone sees the worth of this program.

“It is a compliment for me to hear Casey say, ‘I like the organization,’” he said.

Melody Ri, physical therapy major and a friend of Miller since the age of five, said, “I think [Computers 4 R Kids] is a great idea.”

Ri said that she is considering joining the program.

Computers 4 R Kids is a California-licensed E-Waste Collector, meaning that the company

ANTHONY HODGE/TM

# Student volunteers with technology

is qualified to take any electronic waste to their company.

For those interested in donating, Computers 4 R Kids is located at 16317 ½ Piuma Ave. in Cerritos.

## Mobile News

Scan to listen to audio of Casey Miller

<http://bit.ly/r27PbC>

## 9/11: Ceremony attendees find tribute to be a memorable one

Continued from Page 1:  
speech, saying, “He was so awesome, his speech was so motivating, it was honestly perfect and fitting for our campus.”

Dr. Linda Lacy ended the celebration with closing remarks hoping students will never forget the innocent lives that were lost. Men and women that serve as firefighters and police officers also attended the event and learned just as much as the students.

Los Angeles County Firefighter Brandon Vouz said, “Even if you’re a student or in our profession, or in any profession, it’s about what difference you can make to help others and making your imprint in our society.”

## Mobile News

Scan to listen to audio to responses from attendees

<http://bit.ly/pyDohU>

## Fee increase: Students have mixed reactions to \$36 to \$46 tuition hike

Continued from Page 1

The Chancellor’s Office is concerned about community college students who are both lower-income as well as upper-income having the means to afford such a dramatic increase.

By the Dec. 15 deadline, the state will know if it is below that \$1 billion projection giving administrators and students time to plan for it.

Surgical technician major Lakeshia Tenner expressed her frustration about the fee increase

in general, saying, “The first one [fee increase] was bad enough so it is kind of ridiculous to be raising them again especially so close together. Enough, especially in this economy.”

California Community Colleges are different than California state schools and universities in that they do not set their own fees. The Legislature and the Governor set fees for California Community Colleges.

Since the increase during the 2010 summer semester, students have seen fees increase 77 percent.

## Zumba Fitness kicks off



Let’s get it started: Zumba Fitness Instructor Janessa Chan (left) leading her group of students through a routine. Chan and her mother Judy (not pictured), are both instructors for the new Zumba Fitness Program.

LAUREN GANDARA/TM

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•EDITORIAL•

# Freshmen arrive unprepared

We've always been indoctrinated with the idea that we need to go to college to prepare ourselves for the future, but what does "prepared" truly mean?

All students have a different mentality when it comes to education; some want to earn a degree, some want to get work experience and others just go so they don't have to be home and hear their parents complain about not having a job.

That being said, with all these different levels of educational priority, are there different levels of preparation, as well?

On Aug. 24, California Watch released an article stated high school graduates may not be as ready for college as they think, and more than likely, they fall into at least one of the aforementioned categories of educational motivation.

What can be done for these students if they don't even know what we want?

We cannot prepare students entering college if there is no set definition for what being prepared is supposed to be.

One thing is certain, however. Students come to community college for one reason: to find themselves.

The message that the community college system has delivered is that of, "Even if you don't know what you want to do, it's OK! Try a few things out with us!"

If we claim that these students are not prepared, there's only one plausible solution to this problem: we help them get prepared.

Not to mention, not all high schools condition students the right way.

Some high schools may tell their students that community college could serve as the proving ground they need to determine the rest of their lives, while other schools may deliver the message to students that if they have no choice but to go to a community college, then they might as well save themselves the two-plus years of trouble, pick up a spatula and start flipping those burgers because either way, that's where they're going to end up.

For that latter group of students, it is absolutely imperative that we, as a community college system, convince them that this is not the prison sentence their counselors made it out to be.

Specific curricula need to be put in place, all according to what the student wants to get out of his college experience.

The college experience for a student fresh out of high school can be compared to the analogy of being a little fish in a big pond. It needs to be our responsibility to teach them that the pond isn't as deep as it looks.



ILLUSTRATED BY ALEJANDRA AYALA/TM

## Lack of nutrition on campus must change



**Lauren Gandara**

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With America's health deteriorating, it is important for our college campus to promote a healthier alternative to fast food being served on campus. Too much fast food on campus makes for an unhealthy group of students.

According to a report by the Centers for Disease Control and Prevention, about one-third of adults and approximately 17 percent of children from ages two to 19 years old in the United States are obese. This has become an epidemic and is increasing little by little each year.

It has even called attention to the President of the United States to inform the country about the problem and how we, as a country, can put a stop to it.

If it is such a problem, then why do we continue to encourage fast food restaurants to come and sell their food to students on campus? We shouldn't.

People all the time complain about their weight and how they don't look like celebrities such as Jennifer Aniston and Zac Efron. They complain about their love

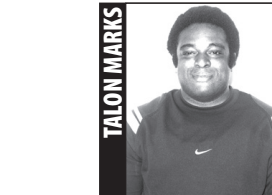
handles and muffin tops. However, when it comes to lunch time, they go to the Student Center and order pizza, tacos, burgers and fries. Oh and we can't forget the large Pepsi.

They do sell boxed sandwiches on campus as well as fruits and such, but only in the bookstore and the Elbow Room. However, there are three Frantone's Pizza stations on campus.

Where do they sell chicken salads and vegetables? The only green that I see is the lettuce in a greasy, fatty, Taco Bell taco or the greasy, carb-infested burgers at Chicago Harv's. A lot of good that will do someone.

There needs to be a few places, not just one, where students can have a healthier choice where everything is not deep-fried or covered in grease. Not everyone likes fast food. However, when you're hungry and don't have time to

go off campus, you're going to go eat what ever there is at campus that is offered.



**Philip Okoli**

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At school, students already have to worry about studying and getting to class on time. Would worrying about the healthy choices of food being sold at school really be a big subject to be worrying about?

According to a survey taken by the Centers for Disease Control and prevention

in 2007-08, 34 percent of Americans over the age of 20 are obese, and 34 percent are overweight, but the problem doesn't necessarily lie in what exactly people eat, but how much of it they eat in proportion to how much exercise they get.

People would rather go to the food court and order a Volcano Burrito at Taco Bell or a few tater tots at Frantone's rather than ordering the healthier sushi meal or chicken bowl at Oh No Tokyo because it's more filling and more affordable.

Some may say that the

Taco Bells and the pizza places don't have any nutritional value to it, but they are wrong.

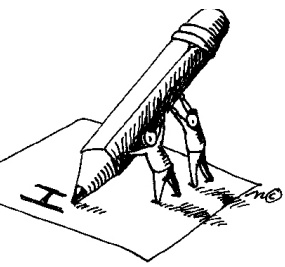
According to the Taco Bell website, one 99 cent soft taco is 210 calories. Though it's small, it is packed with some lettuce and some meat that you would need to go through the day.

With Frantone's, a three dollar slice of cheese pizza has about 272 calories. Though the pizza may have around 10 grams of fat, it's still packed with protein for those who may be working out.

There are still some people out there who may be saying that people won't just eat one slice of pizza, or order more than just a taco, and the calories will build up. At the same time, as long as people get the right amount of exercise the amount of food they eat wouldn't matter.

Dietsinreview.com states Olympic gold medalist swimmer Michael Phelps' diet consists of 10,000-12,000 calories a day. Those calories consist of fried egg sandwiches, pizzas, and pastas.

The reason why Phelps can afford to eat all these foods and still be one of the best swimmers in history is exactly that; he swims for a living.



Did one of us write something that ground your gears? Do you want to congratulate us on the great job we're doing? Whatever the case may be, we would love to hear from you, our readers. Send a **LETTER** to the **EDITOR**. We accept electronic mail at [editor@talonmarks.com](mailto:editor@talonmarks.com) and boring regular mail at our office in **FA-42**. If you want your letter or e-mail to be printed, you must proudly sign it with your real name. Letters in poor taste will not be printed. This means we don't want any hate speech or conspiracy theories (unless they're hilarious). We only edit your letters for length to print them, but they appear in full online. If the subject of your letter is campus-related, then it will be given priority.



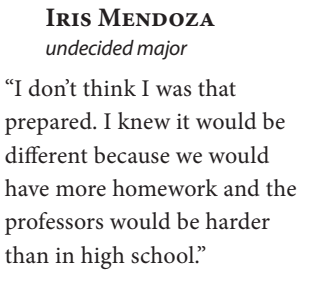
## "How prepared were you coming into college from high school?"

COMPILED BY: ALAN SANCHEZ  
PHOTOGRAPHS BY: STEPHANIE ROMERO



**ASHLEY MENDOZA**  
fashion design major

"I wasn't too prepared because I slacked off throughout high school."



**IRIS MENDOZA**  
undecided major

"I don't think I was that prepared. I knew it would be different because we would have more homework and the professors would be harder than in high school."



**VINEET JAIN**  
engineering major

"I was actually not prepared in that sense, I knew there would be hard work. I would be responsible for myself, but it took me two semesters to actually settle down."



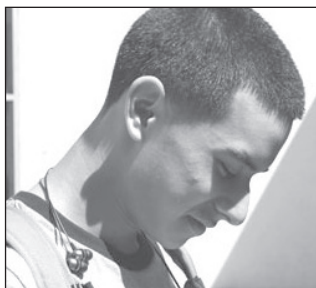
**NICOLAS HERNANDEZ**  
undecided major

"I wasn't prepared, really. I just focused on homework."



**ROBERT ALBANEZ**  
dance major

"I wasn't prepared at all, I didn't know what was coming to me, especially because I was still 17 years old."



**AVA AFSHARI**  
art major

"I was fine coming into college, I just didn't know what I wanted to do as a major."



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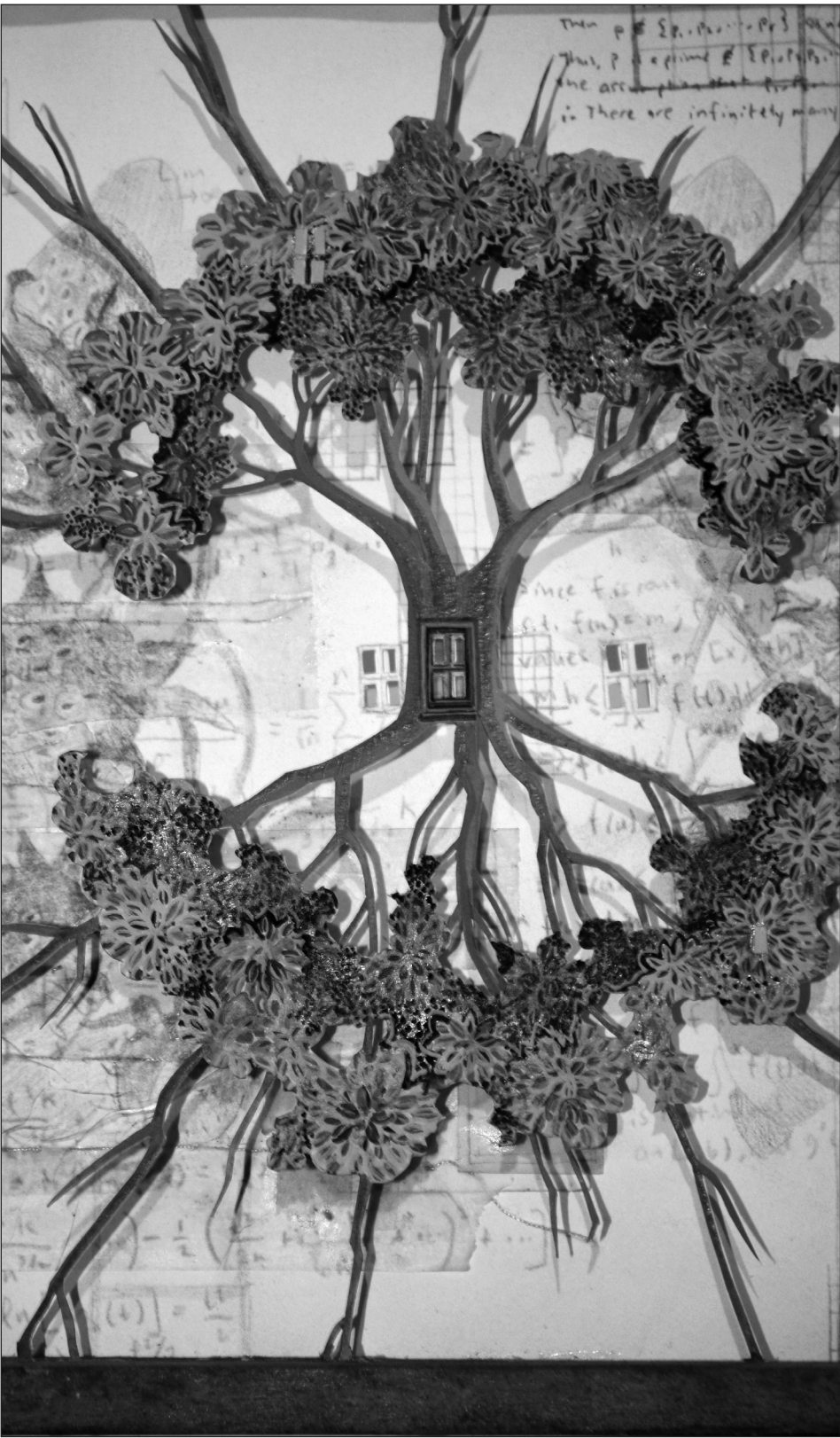
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# Art speaks through instructors



**Teaching the art:** Art Instructor Melissa Kauk displays her piece, titled, "Strange Trees and Strawberries: The Cubby." Kauk used a method of mixed media to portray her artwork.

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The Faculty Art Exhibit is now open to the public at the Cerritos College Art Gallery to anyone who would like to view a portrayal of instructors' work.

The exhibit covers a wide variety of art that shows how diverse instructors are on their view of art.

Art and painting instructor Hagop Najarian painted oil on canvas art, titled, "Many Ways to Tell a Story."

"There are different moods in this painting," Najarian said.

"The (darker)-colored objects are more moody and quiet; the brighter ones are louder."

Najarian painted a screeching bird on top of a house to display how loud it was protecting its own nest and the expression of how humans protect their loved ones.

The two humans in the painting are serenading the animals with their instruments. "We usually take it for granted with the sound of nature," he said.

"The painting is a new direction of where I'm going with how images are used to tell a story."

Professor of art and design Kurt Miller had a piece displayed, titled, "Sacred Text Sacred Space."

Observers from afar expect to see text from these six pieces of six works made of steel of 10-by-22 inches, each backlit with light to stand out, but in this case Miller cuts them out.

"Each of the pieces have cut off space that used to have text from six major religions," he said.

"The reason I did it that way is I followed Buddhism and for a while my thoughts were gone to the notion of emptiness, having emptiness we void any kind of meaning."

Life Drawing Instructor Daniel Du Plessies' piece of art was titled, "Don't Wait too Long."

"Much of my art deals with the theme called 'Vanytas,' meaning, 'passage of time,'" Du Plessies said.

"If you notice in the frame and the art-work itself, there are flowers, leaves, fruit from 17th century artwork that stood for great ideals of beauty, but that may have a limited life span."

Du Plessies made the frame out of wood and made the leaves, flowers, and fruit out of clay. Attached in the middle of the frame is a mirror-like oval object that shows a stormy impression with bubbles.

"It is the idea that time won't wait too long, it won't wait for anyone, do what you need to do," he said.

"This is a fairly dark work because of the coloration; I eventually painted this piece with layers of black cell vinyl paint, it's a certain dark paint that absorbs the eye," he said.

All of Du Plessies' artwork has some element of nature. Lately, he said he has been using a broader content and contrasting nature with more elements.

Art Gallery Curator James MacDevitt produced a catalog that can be purchased for \$25 and can be downloaded from the Cerritos College website for the art gallery, biographies, statements and insight on the artwork by the faculty such as Professor of Art and Design Bonnie Barrett.

Barrett said, "This shows how serious the faculty members are of their artwork and how seriously they are moving forward in the art community."

## Success of 'Contagion' becomes an epidemic

### Movie Review

"Contagion"

**Starring:** Gwyneth Paltrow

**Director:** Steven Soderbergh

**Rating:** ★★☆☆

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With its all-star cast and brilliant directing, "Contagion" lives up to the hype. The movie is about therapeutic experts trying to solve a deadly infection that spreads uncontrollably worldwide.

Returning home to her family from a business trip to Hong Kong, Beth (Gwyneth Paltrow), the protagonist, starts feeling a little bit ill.

Later on, she starts quivering and foaming from the mouth and within a few hours she is pronounced dead at a hospital.

After hearing this, her husband Mitch (Matt Damon) has to deal with having to break the news to their son, who also dies later on from the same illness as his mother.

The film starts out very alarming, but as soon as the doctors get to work on finding the cure and we see more people dying, the film gets very intense.

Damon, as usual, does a very brilliant job acting, especially when he had to play a guy whose wife has just died.

He's not the only member of the cast that does a tremendous job in their significant roles.

Jude Law, as a political blogger and Marion Cotillard, as a supermodel, do a terrific job as well.

Other members of the cast include Kate Winslet, Laurence Fishburne and Bryan Cranston.

It's perhaps one of the most realistic films this year, which kind of makes it predictable.

It's a true to life reaction of a virus that spreads and how people (especially doctors) react to it.

Doctors try to find the cure as quickly as possible and conspiracy bloggers with a large fan base try to connect it to government corruption.

The dialogue isn't rather surprising, the direction and shots are astonishing, the acting is intriguing, and the pace of the film is enough to help the viewer understand what is going on.

The pace of the film is crucial because of the difficult plot or structure of the film.

Director Steven Soderbergh uses a fast-paced style very well throughout the film to reinsure the film's thriller disaster genre.

It is what any thriller junkie can hope for when they step into the theater.

"Contagion" is realistic and can be compared to a version of a zombie movie where if one person is infected it is quickly spread and effects other people.

By all means, this is a thoughtful and crucial film that uses a lot of metaphors on politics and terrorist threats.

Its devastation reveals the moral strength and weakness of people.

"Contagion" does a fine job of giving you paranoia on anything you do by making the audience think of effective long-term consequences, as if you didn't have enough things to worry about already.

## Kardashians set to visit Los Cerritos Mall

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Khloe, Kourtney and Kim Kardashian will be signing autographs for the first 200 people in line at Sears, located in the northwest side of the Los Cerritos Mall on Sept. 18 at 1 p.m.

The Kardashian sisters will meet with fans who have purchased an article of their new collection, the Kardashian Kollection, which is now available exclusively at all Sears stores.

Sears will allow people to start forming line outside the store at 6 a.m.

The purchase must be made between Sept. 16 and Sept. 18 to be eligible for the autograph.

The original receipt must be brought to the event and will only admit one person.

Clothing in the Kardashian Kollection ranges between \$15 to \$99.

In an interview with Good Morning America on Sept. 7, the Kardashian sisters explained their collection.

"We know that our fans want great fashion for an affordable price," Kim, the middle sibling, said.

The collection consists of clothes, accessories, shoes and undergarments.

Khloe, the youngest sibling, expressed that the clothing line is "timeless and something you can keep in your closet forever and ever."

## Heritage inspires painter to move forward

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Originating from an Apache Indian mother and father who is Cherokee and French, Michelle Cody is proud to express her Native American descent in her paintings.

Majoring in sociology and growing as an artist, Cody, also known as "Speaks with Deer," has managed to stand out from her peers in her advanced painting class.

"Since the beginning of last semester, I have not been able to put the brush down," Cody said.

Cody also added that she accepts the verity of being good at painting because of her passion for art.

Culturally, she claims to be very open about the content through any work of art.

In her family background, her mother would also oil paint and put together beaded jewelry.

Because of the lead contained in oil paints in the past, her mother suffered lead poisoning and she was hospitalized for treatment and hasn't picked up the brush ever since.

Cody did, however, start on tole painting and crochet, something Michelle never really picked up on.

A younger family member that is also learning art is Cody's 11-year-old daughter.

"In our culture, we use art as a learning tool and as a teaching tool," she said.

Future plans for Cody would be to help children in poor health through art therapy.

Cody says she thinks of her talent as a gift from "The Creator" and it has been her passion since she was a little girl.

Through her experience, Cody uses art as a form of meditation.

"I go to another place," she explained, "It helps me express a part of who I am."

Considered to be a reserved and quiet person by her peers, painting helps Cody to express her true feelings and emotions on the moment.

However, Cody had lost the sense of inspiration through a series of life experiences,

including that of her husband's death, but she came back through her friend, Peter Ojeda, a man she considers to be her mentor.

"He taught me about life, and how important it is to stay focused and to be a better person," Cody said about Ojeda.

As a demonstration of her gratitude toward the help she has received, Cody made Ojeda a painting, full of detail and a figure of him in the center, taking her only a week to make.

She is now working on setting up a gallery to sell her paintings through the support of a friend who owns a museum.

Tony "Little Hawk", a substance-abuse counselor and Cherokee Native American spiritual healer, is a very close friend and spiritual adviser to Cody.

Teaching Cody how to draw in any

way, "Little Hawk" said, "Michelle has a natural talent. She has a way of bringing forward with what she's thinking."

As a friend, "Little Hawk" strongly supports the idea of Cody setting up her own gallery, and also advised her to take pictures of her pieces so that she may establish building a portfolio.

"She is a very humble and loving person, she has this heart that's as big as the world," he said.

"I will be her friend forever, and even after that."

She has also been a part of volunteering in a companion hospice care, to help family members cope with a loved one's death, or someone who unfortunately awaits it.

A year away from transferring to Cal State Dominguez Hills, Cody wants to receive a bachelor's degree in sociology.



**Cultured Art:** Sociology major Michelle Cody started as a beginner in painting before progressing to intermediate this semester. Cody's Native American roots is the main depiction in her art.

LA RENA WIETRICK/TM



## Benefits are a reason to play sports



**Brandon Rodriguez**  
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Is it for the love of the game? Or is it mainly to keep busy?

In reality, playing college sports for students is basically the only way to get to the next level of education that is desperately needed in these times.

One of the biggest reasons why that statement is true is because of athletic priority enrollment that junior colleges and universities give to athletes, including Cerritos College.

Cerritos athletes also have a separate counselor from regular students, which makes it much easier to plan educational goals and get information.

With things such as scholarships and financial aid, college students are able to pay for classes regardless.

Some students struggle to find classes they need in order to transfer and, often times, students will take that open elective class that's on a Friday afternoon because there is nothing else.

So when a school offers priority enrollment in return for an athlete's use in athletics, many students have no other choice but to join the team.

While some students wish nothing more but to play on the team, others are obliged to play and it often shows on the fields, courts and pools.

Sometimes the truly loyal may not hold the same level of athleticism as other student athletes and often times, they are the ones who get replaced for the more athletic student.

In most college sports, the term redshirt is used for athletes who practice with the team, travel with the team, but don't actually play.

Even redshirt athletes get the same benefits as regular athletes.

Often times, athletes do not even pass the classes and basically prevent others from getting into a class that they had waited to get in for semesters.

Does early enrollment truly help the athlete?

Possibly the hardest time for any student to stay focused on academics is during college, and with extra activities on the side sports may be more of a burden than a help.



GABRIELA RUFINO/TM

**Keep away:** Cosumnes River College Eicka Aredando (left) and Melissa Gomez (right) attempt to take possession of the ball from Cerritos College midfielder Laura Nanez (center) during Friday's 2-1 victory. The Falcons also won on Saturday against Victor Valley College 4-0 to improve the season record to 4-0 on the season.

## Women's soccer undefeated, streak builds

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In the first five minutes of the second half, the Cerritos College women's soccer team was able to make a second half comeback to beat Cosumnes River College, 2-1, in its home opener Sept. 9.

Cerritos Head Coach Ruben Gonzalez said, "No matter what the circumstances, we play to win. It feels good to be on a streak, but we have a gap between our two games, so we need to get through it."

In the beginning of the game, Cosumnes River College and Cer-

ritos were going back and forth progressing down the field with the Hawks Goalie Claudia Lara and Falcon goalie Alexis Carrillo both making goal stops before the 17th minute.

With the score 1-0 at the half, Gonzalez wanted to make sure the women capitalized in the next half.

"I made sure I told them to step it up in second half because they don't want the loss, and it worked, they went in to the next half with way more intensity than the first," he said.

It only took a minute into the second half for midfielder Alexis Ramirez to tie the game after an assist from midfielder Susana Men-

doza.

The Falcons continued to play the way they started in the half, which helped midfielder Laura Nanez score a another goal in the 50th minute with an assist from Defender Veronica Carter.

The loss against the Falcons would be the second straight loss for the Hawks, dropping them to 1-2-0 in the season.

Cerritos would continue their winning streak on Sept. 10 against Victor Valley, defeating them 5-1.

The games first two goals would be scored by midfielder Jennifer Vega in the 20th and 22nd minute.

Nanez would score the third goal with the assist from Vega in

the beginning of the second half.

Nanez leads the team in scoring this season with four goals.

Sophomore and freshman midfielders Susana Mendoza and Veronica Carter would get the final two goals of the game, which Mendoza scoring her first goal of the season.

Sophomore goalie Laura Ropp would make her first start of the season this game, stopping four shots from going in.

The Falcons' next game will be an away game against Palomar College on Sept. 21.

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## Falcons defeat Santa Ana College in home opener without Finley at Gahr

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A short-handed Cerritos College women's volleyball team defeated Santa Ana College in four sets (25-9, 25-20, 21-25, 25-22) Friday.

Associate Head Coach Gay Castaneda feels the team will only get better when sophomore middle blocker Amber Finley returns to the line-up as soon as the team's next game.

"The first set I thought it (the team) came out great. We were fired up and ready to play," Castaneda said, "it was our first match so I didn't know what to expect."

Sophomore setter Guadalupe Garcia stated that the first set is usually a warm up for both teams.

"The first set we beat [Santa Ana] by a lot, so we knew the second game they were going to come a lot harder," she said.

Garcia recorded seven kills and 14 assists and the Falcons led after two sets 2-0, but dropped the third set.

Freshman defensive specialist Katie Christensen thinks the team adapted to the way Santa Ana was play-

ing in the last sets.

She said, "I think we underestimated them a little, so we had to adapt to what they were giving us."

Christensen led the team with ten digs, along with nine from freshman libero Madison Guastella.

Going into the season, the team feel that it faced adversity losing one of the few returning players in starting middle blocker Finley.

Finley injured herself during a scrimmage at Cuesta College on Aug. 31.

Without Finley, the Falcons looked to freshman middle blocker Andrea Garrett, who started in her place.

Garrett stated that if the team was going to win, then some changes needed to be made.

"We worked together more and we are more unified as a team," she said, "Finley is a great addition to our team and we can't wait to get her back."

The team will play another home game at Gahr High School on Wednesday against Fullerton College at 6:30 p.m.



JAMES WILLIAMS/TM

**Prepare for victory:** The Cerritos College volleyball team went up two sets against Santa Ana College and went on to be victorious in the match on Friday. Freshman middle blocker Andrea Garrett replaced the injured Amber Finley.

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# Offensive lineman Palafox ejected during Falcons' loss

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Cerritos College offensive lineman Joel Palafox was involved in a physical altercation with two Cerritos College defensive backs and was ejected during the Falcons' 41-27 loss against Palomar College on Saturday.

"My teammate pushed me and I [punched] him. They made me look like the bad guy," Palafox said, "All I did was defend myself."

The 325-pound lineman said the conflict started because he was sitting on the Cerritos College defensive player bench and his teammates wanted the spot where he was sitting.

Palafox was the only player removed from the game and while walking to the field house, he threw his shoulder pads to the ground.

Athletic Director Dan Clauss, who followed Palafox to the field house, declined to provide any additional details immediately after the game.

Head Football Coach Frank Mazzotta believes that the conflict started because of Palafox's frustration of not playing.

He also argued that Palafox turned the story around and that the defensive backs were actually sitting and that Palafox was the one that approached them.

During the game, Falcons' Defensive Coordinator Tom Caines said, "That guy is not a Falcon, you guys are," attempting to help his team regain focus on the game.

After leaving the locker room, Palafox met with members of his family who refused to leave the campus until they spoke with Mazzotta.



Joel Palafox

Along with wanting to clear up what happened, was Palafox's mother, Leticia, wanted the other players involved with the altercation to also be dismissed from the game like he was.

She also claimed that his ejection from the game was a form of discrimination and that because he is of Native American descent.

Defensive end Dominic Tiapula talked to Palafox after the incident began to die down.

He said he gave his teammate words of encouragement.

"Some people let anger get [the best] of them. Life is too short to deal with this kind of stuff. We are all teammates," Tiapula said.

Palafox's future with the team was answered by Mazzotta, "It may help our team out not having him because I don't think we have two guys on the team that like him."



On the bottom: Palomar College defensive back Brandon Joseph (left) and linebacker David Laughlin (right) pile on top of the Falcons' wide receiver Robert Abeyta (bottom) in the Falcons' 41-27 loss on Saturday. The Falcons open 0-2 the season, the first time since 1977.

# Comets down Falcons, 41-27

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Cerritos College quarterback Brandon Denker threw an interception into the hands of safety Devin Taverna, who returned it 31 yards into the end zone to give Palomar College the score and the 41-27 win over the Cerritos College football team on Saturday.

The Comets handed Cerritos College its second straight loss to open the season, the first time since 1977.

The Comets got the first score of the game with four seconds remaining in the first quarter when quarterback David Fisher threw a

touchdown pass to wide receiver Alex Wheat.

Denker ran the ball into the end zone for the team's first touchdown in the remaining minute of the second quarter.

The Falcons looked to tie the game, but kicker Richard Valencia's attempt was blocked to keep the lead at 7-6.

Cerritos wide receiver Lindsey Anderson had 121 receiving yards in the game and one touchdown, which came in the fourth quarter when Denker threw to Anderson for a 19-yard diving catch into the end zone to tie the game, 20-20.

Fisher responded with a 47-yard touchdown pass to Wheat to

put the Comets back up.

The Falcons scored on their next possession when running back Donald Livingston ran into the end zone to tie the game at 27-27 with 5:09 left to play in the game.

The Comets rushed into the end zone with a touchdown to break the tie and added to their lead when Taverna returned the 31-yard intercepted pass for a touchdown.

Denker finished the game-throwing for 21 completions throwing for 224 yards and two touchdowns that came in the second half.

"Our defense did well, but of-

fense just could not get it together until it was too late," Anderson said.

The Falcons will look to pick up its first win of the season next week on the road against rival Long Beach City College on Saturday at Veterans Stadium.

Cerritos leads the series against Long Beach City College 29-22-1.

The Falcons are also looking to well as keep the Crosstown Cup in their possession much like they have over the last two seasons. Mazzotta is facing off against his former team, as he was an All-American tight end for the Vikings.

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