

Lariat

the student voice of Saddleback College since 1968



“Blade Runner 2049” doesn’t quite break the mold as much as it reshapes it when it comes to the way a sequel can and should be. // page 11

MCKINNEY THEATRE PRESENTS ‘OCTOBER WINDS’

The Saddleback College wind ensemble and conductor Yorgus Kouritas usher in the spirit of the fall season // page 12



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Campus Police boosts safety after Vegas shooting

DIANA TOMSETH

LIFE EDITOR

The Saddleback College Police Department increased security on campus due to the Las Vegas tragedy. The department presented Saddleback faculty managers a revamped Emergency Preparedness Plan. SCPD wants students and staff prepared to handle any emergency.

“People who have plans, prepare, assess the situation and then act decisively tend to have a higher degree of survival in life threatening events,” Saddleback College Police Operations Lt. Michael Betzler said. “These concepts do not just apply to active shooters but natural disasters, fires, plane crashes, accidents and just about every other possible scenario you can imagine.”

In the Las Vegas shooting, a 64-year-old male opened fire from his hotel room onto a crowd of over 22,000 concert goers on Sunday Oct. 1, which left 59 people dead, including the shooter and more than 500 people injured.

Substitute Emergency Business Community Manager Todd DeVoe overhauled the Emergency Preparedness Plan so that it would be more specific and current to Saddleback College.

Natural disasters, mechanical failures and man-made crisis make up the different types of emergencies the college could encounter. Man-made problems include riots, a nuclear attack or active shooter.

“I would encourage people to view/review the “Run, Hide, Fight” video www.saddleback.edu/police and honestly ask themselves what they would do under a wide variety of scenarios,” Betzler said.

DeVoe said after “Run, Hide, Fight”, then Treat. Lives are saved in tragedies when lay people, a non-trained person/s provides medical attention to others during a crisis situation.

“There is a new push to get people to treat,” DeVoe said.

DeVoe said tourniquets have proven successful in recent tragedies like Las Vegas to help save lives. Companies like North American Rescue, which sell small tactical medical kits, are gaining popularity in workplaces and similar environments.

What people do before first responders arrive is critical to their survival.

“We encourage people to get behind a locked door,” Betzler said. “Statistically, if there’s a locked door barrier between you and an active shooter, your chances for survival are very, very good.”

Since the shooting, SCPD has made a conscious choice to increase security and have a more visible presence on campus. Betzler said they have reminded their staff of the



READY HOUSTON/SCREENSHOT

PROACTIVE: A video posted on the Saddleback Police Department website demonstrates how to deal with an active-shooter situation.

tactics in dealing with such an incident and will continue to receive ongoing training.

“We train and work closely with our other first responder partners at the Orange County Fire Authority, Orange County Sheriff’s Department and others,” Betzler said.

SCPD actively patrols on campus, gets to know students and finds out what is happening on campus.

“We try and get in front of the problems and, so especially when we talk about things like active shooters we get involved in mental health issues, care issues ahead of time to try and get people assistance and help and be part of the solution before it’s a true law enforcement issue problem,” Betzler said.

Saddleback College Police Department prepares the best they can through training, patrolling and vigilance.

DeVoe, who dealt with a mass shooting previously, said he never wants to encounter anything like that ever again. As the first medic to arrive on the scene after a mass shooting at a salon in Seal Beach in 2011, he stresses the need for people to speak up.

“If you feel something about somebody and it just doesn’t feel right, say something,” DeVoe said.

SCPD encourages the “If You See Something, Say Something” campaign. [www.dhs.gov/see-something-say-something-if-you-see-something-say-something-video-drop-30-second-public](http://www.dhs.gov/see-something-say-something/if-you-see-something-say-something-video-drop-30-second-public).

DeVoe said he wants people to feel comfortable to go to the campus police station to report something.

With tensions rising with North Korea, a nuclear blast preparation is another possible threat. Visit www.ready.gov/nuclear-blast.

“Life safety first, property second. You

can always rebuild a building, you can’t ever re-build a life,” DeVoe said.

Betzler said if a fire started on campus, immediate evacuation of the impacted area and assessment of the air quality would take place.

When it comes to the protection of a personal residence, Firefighter/Paramedic Michael Dewese of OCFA www.ocfa.org said he wants people to look at defensible space, leave when fire and police authorities ask and remember to get everything out of the house that is precious in the event of an evacuation.

In the event of an earthquake, people are encouraged to stop, drop and hold.

“I encourage everybody, if you have a first aid kit, disaster kit at home, that’s great. Maybe take a look at it and make sure its up to date. If you don’t have one, maybe take at building one,” DeVoe said.

To prepare for any disaster, individuals are encouraged to have an emergency supply at home, work and their car.

“We actually have what they call CERT (Community Emergency Response Team) and we have some faculty and staff that are trained as CERT responders,” DeVoe said.

Social media and Facebook are great tools to help reunite loved ones in a major emergency. Register at www.alertoc.com to receive alerts on your phone during an emergency in Orange County.

“You can increase your ability to survive a major incident through preparation,” Betzler said.

Saddleback College will participate in a statewide earthquake drill, The Great California Shakeout <https://www.shakeout.org/california/> on Thursday Oct. 19 at 10:19 a.m.

Poet speaks at Ramadan teach-in

DIANA TOMSETH
LIFE EDITOR

Saddleback College hosted Ramadan Teach-in presented by The Equity and Diversity Committee and International Languages Department Oct. 2. The discussion informed others about the Muslim religion.

“During the ninth month of the Islamic calendar ... Muslims are expected to fast for 30 days from Sunrise to Sundown, abstaining from food and water,” said 18-year-old Saddleback College student Nurhan Elgamil.

“I enjoy Ramadan, as it brings spirituality and brings people together. I see my family and friends more, and there are feelings of love, compassion and charity.”

Student Marium Zaham, 18, said every night over the course of Ramadan, she attends the Mosque to pray and takes the time to reflect on her life, where she breaks her fast with her community. Zaham encourages people to befriend a Muslim and learn more about her religion.

“Even though the media is trying to get them to believe that we are terrorists or that we preach violence, the first thing that will pop into their

head is that one Muslim girl from their class who has basically demonstrated to them that (she is) everything that the media says (she is) not,” Zaham said.

Professor of Spanish, Chair of International Languages and Chair of the Equity and Diversity Committee Carmenmara Hernandez-Bravo ran the discussion.

“This is my twenty-fifth time doing this event. Because of all of the rhetoric against Muslims, we wanted to educate students about the beauty of this religion,” Hernandez-Bravo said.

The committee chooses a different speaker from the Muslim faith each year. Speakers range from very devout to hardly religious at all. Male and female representatives are selected to offer a more accurate representation of the religion.

“This year we wanted a female voice,” Hernandez-Bravo said, “especially a feminist female voice, so these students can learn from her a lot of the misperceptions about Muslim women.”

Guest speaker Dania Alkhoui, a 28-year-old Syrian-American sociologist, poet and author, read from her published poet-

ry collections “91 at 19” and “Oceans & Flames.” Through her poetry, she channeled her experience of surviving domestic violence.

“I can’t thrive as a successful individual in society if I’m under such oppression and abuse,” Alkhoui said. Her goal is to educate “society on knowing that any kind of domestic abuse or oppression is not acceptable, nor what God wants.”

With what she shared about Islam, Alkhoui dispelled many stereotypes about the religion.

Alkhoui assured attendees that Muslim women are allowed to drive vehicles. In recent news, Saudia Arabia will allow women the right to drive cars. She wants people to know that this is more of a cultural belief than a religious doctrine.

She said the religion does not have a leadership infrastructure, so it is up to each country, culture and individual to interpret the Koran.

Hernandez-Bravo stated her “If 20 people are left with a different idea, then we have reached our goal.”

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On The Web



WIKICOMMONS MEDIA

ROUTE 91 HARVEST FESTIVAL: An aerial view of the the country music festival and the position of where the shooter was in the Mandalay Bay Rosrt and Casino.

Former Saddleback student among those terrorized by Las Vegas mass shooting

COLIN REEF
EDITOR-IN-CHIEF

Sunday night marks the single largest mass shooting incident in the United States, leaving 59 dead and well over 500 people injured or in critical condition. Fear and uncertainty have overwhelmed Las Vegas and the nation, leaving us begging for answers and wondering how something so evil could have occurred just a state away.

During the final performance, a gunman with weapons stockpiled in his room at the Mandalay Bay Resort and Casino starts shooting into the crowd below.

Stephen Paddock, 64, of Mesquite, Nev., checks into room 135 on the 32nd floor of the Mandalay Bay Resort and Casino, bringing "in excess of 10 suitcases" to the two-room suite. Police working at the Route 91 Harvest Festival respond and converge on the shooter's position. In the ten minutes before the gunman shoots himself, but not after he terrorizes all 22,000 in attendance.

"I'm completely shaken and have few words to describe how ter-

rifying Sunday night was for me," southern Orange County resident Corie Racobs said in a text message.

Racobs and her father were among the thousands of concert-goers in attendance at the Route 91 Harvest festival when gunman and Las Vegas resident Stephen Paddock unleashed a barrage on the large crowd from the 32nd floor of the Mandalay Bay Hotel Resort and Casino. Unfortunately, Paddock took the innocent lives of 59 people while also injuring about 500 more people.

"I watched my life flash before my eyes," Racobs said. "We were right in the middle of the crowd when we heard the first gunshots go off and I watched multiple people drop to the floor in front of me."

Her father and her boyfriend shielded her and a few other friends as the gunfire continued. They remained where they were until they realized the gunfire wasn't going to cease. At that point they decided to flee together as quickly as possible to the nearest covering. None of them were injured and have made it safe back to Orange County.

"I'm just glad I'm safe and will continue to pray for all the other people affected by this horrendous tragedy," Racobs said. "It's still a little unreal to believe something like this happened."

Authorities said an entire sweep of law enforcement databases showed Paddock had no known run-ins with police. Despite the Islamic State's repeated claims otherwise — investigators also could not find any ties to international terrorist groups here or overseas.

He was the son of a notorious bank robber who was on the America's most wanted list early in the 1960s and his own crime demonstrated some amount of criminal planning.

Despite claims by those acquainted with Paddock, the killer's girlfriend, Marilou Danley, said there was no indication that Paddock would become violent. Paddock's brother, Eric, was also surprised by his brother's actions when interviewed.

As information unfolds, the healing and mourning of the victims of the Route 91 Harvest festival continues.

Cal State Northridge partners with KSBR

Radio stations relocate inside the new CTVR studio in LRC

JOSEPH FLEMMING
STAFF WRITER

Saddleback College's award winning radio station, 88.5FM-KSBR, and its Internet radio station, OCRockRadio.com, have been supplying listeners with smooth jazz and hard rock jams since 1975. But this past July, the Radio Program has come full circle to its original roots. With new technology and partnership with California State University of Northridge, students are easily accessible to on-air freedom after just one semester.

"Our job is to be a non-commercial, educational service for people who are either students on campus or not," said James Rondeau, Director of Broadcast Services. "But hopefully we spread a good image of Saddleback and provide a service that other commercial broadcasters don't."

KSBR's digital broadcast requires an HD-capable receiver, available on many vehicle models, as well as Best Buy or Amazon. This new HD programming for KSBR jazz is found on 88.5FM HD-2, with an additional new Latin Alternative channel on HD-3.

KSBR is licensed to be a community service to south Orange County. A 3-time winner of the American Heart Association's C. Everett Koop, M.D. Award questions nothing about KSBR's legitimacy, being the only California station to reach this feat. Along with that they have earned the Associated Press "Instant News" citation, AP's Certificate of Excellence for overall coverage. They have a staff of about fifty students, community volunteers, Broadcast Services Director, News Director, and four part



JOSEPH FLEMMING/LARIAT

LIVE: *KSBR's Garrison West hosts 'The Morning Drive' in the new and improved studios at Saddleback College.*

time employees. Content wise, their focuses include jazz, news, weather, and weekend exclusive showings of reggae, folk and hip-hop. OCRockRadio on the other hand provides a different, more uptempo combination of rock.

Besides music, KSBR-FM carries traffic reports from the Total Traffic Network every fifteen minutes weekday mornings

"Our job is to be a non-commercial, educational service for people who are either students on campus or not."

JAMES RONDEAU

and late afternoons. 88.5FM also has a programming collaboration with KCSN at Cal State Northridge by rotating shows throughout the day during specific time slots.

The initial reasoning for the collaboration was that both stations are on 88.5FM. Because of this, along with their locations being somewhat close to one another, they had two stations on the same frequency. The early morning and late afternoon shows come from Northridge,

while the mid day and evening shows come from Saddleback. Unfortunately, the one problem found was in the middle of their locations, the connection wasn't as powerful, resulting in listeners getting nothing but interference.

"Any place north of Irvine, between Buena Park and Norwalk, there was an area where both stations sort of came in, but neither strong," said Rondeau. "So now with the synchronization (with KCSN), we're both playing the same thing, and they use GPS so that the actual waves coming out of the transmitters can compliment each other rather than fight each other. The result is that that area in between, it may not have the strongest signal in the world but at least you'll be able to drive through and not go crazy because it's constantly changing."

For about 25 years, the Radio Broadcasting Department was located on the second floor of the student services building, down the hall of the cafeteria. This past July they've moved to the basement of LRC, Room 132, which ironically is exactly where the station started in

1975. Besides the room change, state of the art equipment and studios have been added as well.

"The idea of that is to have the space of a television station right next door, so we have a performance space we could use for television or for a band for radio. Because television, radio and web are all kind of converging into the same thing," Rondeau said. "When we do something for radio that has a good visual component, if we do something for television that has an audio component we could put in on the radio, which both can be used on the web."

After taking just two classes, Audio Production (CTVR 110) and Radio Broadcasting (CTVR 113), students are qualified to try out for an on-air shift. These two classes can be taken in the same semester which makes it an attractive experience for students who may or may not be intrigued by broadcasting career opportunities.

"I love music, so why not take a risk?" said Eric Santos, part-time employee of OC Rock Radio. "I signed up for Radio Broadcasting, they told me I'd be on-air, and that got me excited. I was a little nervous when I got on-air, but over time I started playing more music and being on-air I started loving it more."

With additions such as an updated location, equipment, and frequency fix, Saddleback Radio is looking forward to this year, hoping more and more people become interested in signing up. For James Rondeau, it's more than looking forward this year, but into the future of broadcast media.

"Now, it's becoming less about just radio or just television, it's becoming multimedia," he said. "In terms of content creation it's more about telling a story than anything else. More and more, the technical aspects of it, that's becoming so much more less important because a lot of it you could do on your iPhone if you wanted to."

Vegas shooting heats up gun control debate

ADAM GILLES
NEWS EDITOR

The recent mass shooting in Las Vegas by domestic terrorist Stephen Paddock, in which he murdered 59 people and wounded more than 500 others, has reignited debate from all sides regarding gun control and possible actions by the government to place restrictions on certain firearms accessories.

A federal regulation bans all fully automatic weapons for civilian use, except those manufactured before 1986 which must be registered with the U.S. government. Paddock modified some of the rifles that he used in the attack with bump stock devices that enabled him to fire a large barrage of rounds, similar to that of an automatic rifle, from his 32nd floor room at the Mandalay Bay hotel into a crowd of thousands of concert attendees across the street at the Route 91 Harvest Festival.

Historically, shares of stock in leading firearms manufacturers have gone up immediately following a mass shooting in the U.S. due to widespread fear that Congress will enact new forms of gun control, which makes customers rush out to buy more guns, ammunition and firearms accessories.

Shares of Smith & Wesson's parent company American Outdoor Brands Corp climbed 2.3 percent and Sturm, Ruger & Co moved up 3.7 percent the day after the Las Vegas attack. The same shares rose 11.6 percent and 10.7 percent respectively after last year's Pulse nightclub shooting in Orlando, Florida which left 50 people dead.

The majority of major retailers have sold out of bump stock devices in response to possible future restrictions on the devices, which can enable several of the most popular semi-automatic rifles in the country, such as the AR-15 and AK-47, to replicate



ADAM GILLES/LARIAT

STOCKPILE: Various handguns, rifles and shotguns with accessories that can be legally purchased throughout the U.S.

the speed of a fully automatic rifle by using the firearms own recoil to “bounce” the gun back and forth against the shooter’s shoulder, while their trigger finger is stabilized in order to achieve rapid trigger pulls in succession.

Websites such as GunBroker.com have seen a 200-300 percent markup on the devices on the secondary market. Because of how inaccurate bump stocks make a rifle once they are installed, the National Rifle Association does not even allow the devices to be used at their own firing ranges.

“The NRA believes that devices designed to allow semi-automatic rifles to function like fully-automatic rifles should be subject to additional regulations,” said NRA leaders Wayne LaPierre and Chris Cox in a official press release.

In April of 2017, the NRA released a TV advertisement titled “The Clenched Fist of Truth.” Critics released a petition asking Facebook to “remove inflammatory NRA video for inciting violence.”

“This NRA ad is an open call to violence to protect white supremacy. If I made a video like this, I’d be in jail,” said civil rights activist DeRay Mckesson in a tweet from June 29.

The Sportsman’s Heritage and Recreational Enhancement Act, which would allow gun owners to transport registered firearms across state lines, carry guns in national parks and eliminate the \$200 transfer tax on silencers, was also introduced to Congress last month. The vote on the bill was actually scheduled for this past week but has been stalled due to the recent events in Las Vegas.

The opponents of the bill, which would make it easier to purchase silencers, argue that silencers could increase the damage inflicted during a mass shooting because it would make determining where shots were being fired from more difficult for victims and law enforcement at the scene. Supporters claim that silencers are useful for preventing hearing damage among hunters and reduce the risk of disturbing wildlife.

During the presidential election campaign in September 2016, Donald Trump Jr. appeared in a promotional video for Utah-based SilencerCo, one of the nation’s largest manufacturers of suppressors, to promote the company’s products.

“I love your product,” said Trump Jr. in the video. “It’s just a great instrument. There’s nothing bad about it at all. It makes

total sense.”

He added that the companies suppressors could even help get “little kids into the game” of hunting.

Josh Waldron, the interviewer of the video and CEO of SilencerCo, and his wife donated a combined \$50,000 to the Trump Victory political fund as well as donating \$2,700 each, directly to Trump’s campaign.

The NRA publicly endorsed Donald J. Trump early in his 2016 campaign for President. According to a report on OpenSecrets.org, the NRA spent over \$31 million on independent advertisements and other media attacking Democratic nominee Hillary Clinton and supporting Trump.

The NRA has not issued any statement on the Las Vegas shooting.

When asked this week if there would be a political debate on gun control in the wake of this most recent mass shooting, President Trump said, “Perhaps that will come,” but added that it was “not for now.”

The NRA collects \$200 million dollars a year in dues alone from its 5 million members, which consist of only 6-7 percent of U.S. gun owners. They openly spend that money for their political gain while promoting division and social unrest amongst the nation’s citizens. The Trump administration is biased on their stance regarding any form of gun control and are firmly in the NRA and gun lobbies pockets.

Regardless of one’s position in the matter, it is clear that devices such as bump stocks were created to circumvent the laws regarding civilian possession and use of automatic weapons. It is unfortunate that it takes incidents such as mass shootings to create debate on this issue. Despite the sentiments of our current presidential administration, now is the perfect time to talk about gun control.

What the F just happened?

The referees botched the last 2 minutes of the Gauchos-Ventura game

HANNA PETERSEN
CO-SPORTS EDITOR

In lieu of the absence of football this weekend, I decided it was time to discuss the terrible call made by the referees during last Saturday's game at Ventura College. For those of you who weren't there to witness it, here's a recap:

In the fourth quarter, the Ventura College Pirates were up 44-34. The Saddleback College Gauchos had the ball with 2:45 remaining in the game. For the longest time, no one moved, no one talked, and no refs whistled. It wasn't until the I looked down the field that I noticed the clock counting down: 2:45, 2:44, 2:43, 2:42.

The crowd began yelling, pointing and cursing at the refs in an attempt to get them to stop the clock. Some people waved their hands up at the press box to get the announcers' attention to see what was going on. The clock kept counting down for nearly a full minute before the game started back up.

Trailing Ventura by 10 points, Saddleback started on their own 35-yard line with only 2:45 to score a touchdown and field goal that would at least tie up the game. Unlikely as it was, the team had faith that this could be done with the short amount of time they had.

Their hopes were dashed when an entire minute was lost and the Gauchos decided to get the ball as far as possible to keep the Pirates from scoring yet again.

When I asked some of the players a day later, they said they were unsure of what had gone on and the reason for why the clock kept running.

The events of last week's

game shouldn't have happened, according to Clay Travis from Deadspin.com in an article where he explains new clock rules for college football. One of the changes that Travis explained was when the ball goes out of bounds and the next play is about to start, the clock should start on the blow of the whistle rather than the snap of the ball.

But in last week's game, the referees didn't whistle and the ball wasn't snapped, so the clock should not have started.

Regardless of the clock, whether or not the refs had a reason for allowing it to run for so long, the refs' ignorance didn't end there.

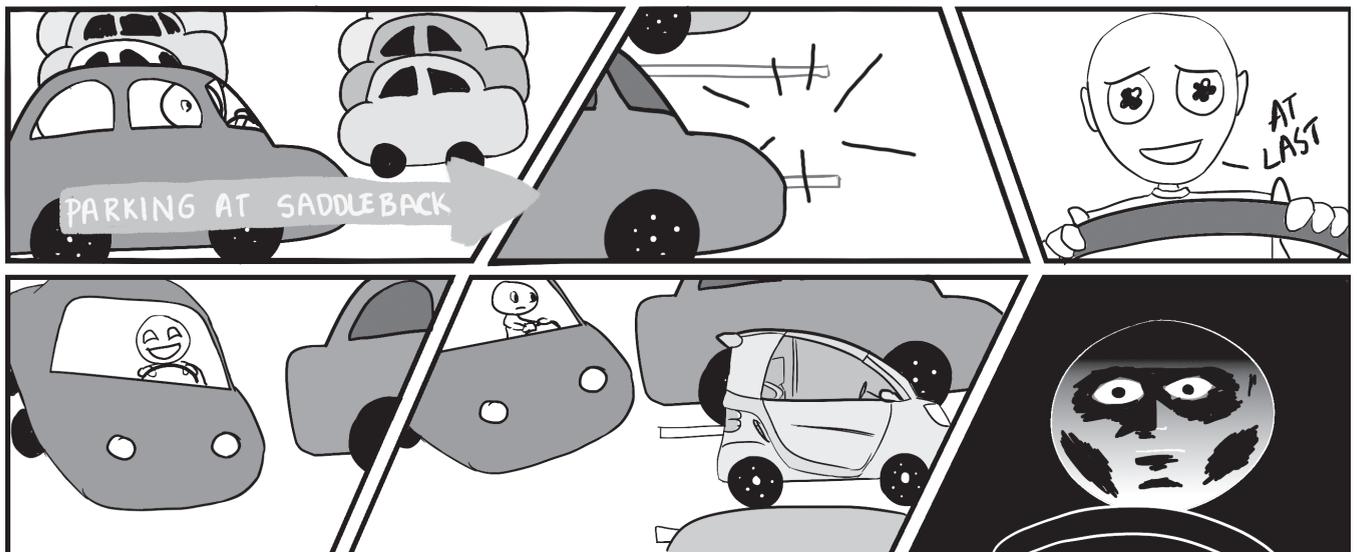
Because Saddleback fans were so angry at what these referees allowed to go on, when the clock ran one second longer than it should have, the referee called out to the press box and asked them to add one second back on the clock. This spited many of the Gaucho fans and caused a major ruckus to go on in the

stands and on the field.

The final and most disrespectful part of the game came after Ventura took a knee and the referees whistled to acknowledge the end of the game. The referees fled the field out of fear that Saddleback fans may become violent. They were oblivious to the Ventura team, who decided to run to the opposite end of the field, insultingly "Nay-Naying" and waving goodbye at Saddleback's team while the Gauchos honorably walked to the Pirates' side to shake hands and show good sportsmanship.

I personally think that no matter if we won the game or not, Saddleback fans would have thought it was an epic game. But the second the refs began to show favoritism and the other team showed their terrible sportsmanship, was when Gaucho fans turned against the game and got angry. While this was no way to conduct a college football game, the question still remains: what the fuck happened?

DOOBLES THE STRUGGLE IS SMART



Chiropractor distresses Saddleback

DJ MCALLISTER
SPORTS EDITOR

Saddleback College's Associate Student Government hosted Dr. Shervin Tabrizi from the Tabrizi Family Chiropractic as part of Mental Health Awareness Week on Wednesday, Oct. 4. Tabrizi came to speak to students about stress and different ways to use the body and mind to combat these stressors.

Tabrizi identified physical, chemical and emotional stress as the three major stressors in our daily lives.

"It's important to understand that there are three different types of stressors. We usually think about stress as mainly emotional, but we fail to look at it like there's physical and chemical stressors as well," Tabrizi said. "If you understand that how you move, how you eat and how you think all contribute to how your body regulates stress, and how it responds to it, then you can start to pinpoint the different types of stressors in your body in those different categories."

When discussing physical stressors, Tabrizi emphasized on the saying "emotion follows motion" which takes in to account our bodies, the way we move and how well we take care of our bodies has a huge impact on our minds on a day-to-day basis. Physical stress plays a huge part in how our bodies respond and function. Tabrizi explained that our physical habits and functions have short and long term effects.

"One of the biggest stressors for college students, is remaining in sedentary position for a long time. Working out should be a good thing, but if you are working out in the wrong forms or position, this becomes physical stressors," Tabrizi said. "If you have a dumbbell that you're lifting, your body is going to change meaning, if you are lifting dumbbells and weights you notice positive change by getting muscle but when lifting wrong you get an injury. Sleeping in the wrong positions is also a physical stressor."

Tabrizi stressed that paying attention to your body is just as important as your emotional well-being and mindset, emphasizing that they all play pivotal roles in how we go throughout our lives in different ways.

Aside from physical stressors, Tabrizi touched on how not only what we do with our bodies can affect our stress levels, but what we put into our bodies also can have a major influence.

"Chemically, what kinds of food you put



DJ MCALLISTER

Review: Dr. Tabrizi discusses the importance of sleep

into your body, whether you're using raw foods to give you energy and let the cells proliferate and use good copies of themselves, or you put toxins into your body that your body has to use energy and fuel to get rid of," Tabrizi said. "You're tired at two o'clock because you've had to wake up at eight o'clock in the morning, to go get Starbucks, even though you slept for eight hours and all the sudden you need a kick-start in the morning which doesn't make any sense. You add sugar and cream into that thing and you end up being tired by one o'clock."

Creating a dependency towards something means creating a mental pattern that favors that certain thing, whether it be an activity, object, etc. By telling yourself you need coffee every morning, you are creating a tendency which alters the way your brain and body feel and function. We as humans are creatures of habit, so it's no surprise that we can fall into the same routines and mental patterns.

"I think there are patterns that we can come out of, finding the patterns of how to deal with fear, anxiety and anger and replacing them with anecdotes of gratitude," Tabrizi said. "Just having something simple to do in the morning, and all of the sudden having a thought process that's going to help you manifest the rest of the day in a positive way."

Dr. Tabrizi treats a wide range of patients, many of the patients are college students. College is one of the most stressful parts of life, therefore has experience in helping and understanding students who are dealing with

a lot physically, mentally and emotionally. He touched on what he finds alarming from his experiences with college students and what they have to tell him.

"I've gotten used to it' is the most dangerous thing I hear, especially from college students," Tabrizi said. "It means that they've developed a pattern of stress that their body has adapted to. If they've adapted to that level of stress, and their pain has maybe gone away or they've learned how to cope with the pain, then there's a shutdown or a decrease in capability of productivity."

Although Dr. Tabrizi is a chiropractor, his discussion was also about general wellness within the body and the mind. Part of being healthy means recognizing negative stressors and dealing with them in order to turn that stress into a positive thing for yourself. He explained how working on yourself as a whole and training the mind to think in positive manners can lead to personal growth and success in all areas of life.

"If we can educate people on how to think as far as their own body and health goes, and help them understand that the best doctor is the one that's within you," Tabrizi said. "If you can get to a place where you can be the best physical therapist, chiropractor, the best general primary care physician for yourself and you're educated enough, it will help you towards living a better life."

Dr. Tabrizi has two offices, one in Mission Viejo located at 28570 Marguerite Pkwy, and the other office is in Costa Mesa at 3140 Red Hill Ave. You can visit his website at www.tabrizi-chiropractic.com

Campus has resources for mental-disorders

DIANA TOMSETH

LIFE EDITOR

Saddleback College hosted a presentation about combating disorders in the Associated Student Government room Thursday, Oct. 5 for Mental Health Awareness Week.

Corrine Werner, M.A., a Clinical Psychology intern from the Saddleback College Student Health Center gave the presentation.

She explained that many students visit the health center due to anxiety and depression, stress related issues with school, relationship problems and suicidality.

“College is an age where a lot where a lot of stressors come about, so I want them to be able to know that they do have support on campus and that we’re here to help them” Werner said.

Werner discussed Bipolar, Schizophrenia, Obsessive Compulsive Disorder and Borderline Personality Disorder in her pre-

sentation. She went in detail about each of the four disorders, including symptoms and ways to cope.

She said bipolar is the most common disorder that she sees students come with, at the health office.

Bipolar is a mental disorder that brings extreme high and low moods.

“Bipolar is often misdiagnosed as either depression or some other mental or mood disorder, so often times we will see kids come in who are maybe just having their first bipolar episode, which often emerges in young adulthood,” Werner said.

She said bipolar looks like mania, hypomania and depression, and combination of some of those. Mania and hypomania specified as the highs include grandiosity, flight of ideas, restlessness, not needing as much sleep, someone kind of all over the place. Depressive episodes which know as the lows consists of very deep depression, loss of

pleasure, hopelessness and fatigue.

“I hope people learn about ending the stigma, and that just because somebody has a certain mental health disorder or anything of the sort, that they are people just like you and me and that these are topics that we should feel comfortable talking about and that we shouldn’t be afraid to speak out about,” said Erica Delamare, Saddleback College ASG President

Bipolar, a lifelong disorder can be managed with medication. Werner talked about the importance of self-care as a way to cope with all of the disorders.

“I actually do use the mental health services here at Saddleback and if anybody were to need them, I would recommend them,” said Jensen Walsh, 19, Saddleback College student

Students can visit Saddleback College Health Center for psychological appointment.

Stress vs. anxiety explained by health center

Speaker also discusses deep breathing, self-help and other coping mechanisms

DJ MCALLISTER

SPORTS EDITOR

Saddleback College hosted a depression and anxiety presentation as a part of Mental Health Awareness Week in the Associated Student Government room on Oct. 3.

A psychology intern from the Saddleback College Student Health Center, Sidhra Vakil, Psy.D, delivered the presentation.

Vakil explained what depression looks like and possible symptoms, such as sadness, a feeling of emptiness or hopelessness, lack of energy, poor concentration and even changes in sleep or appetite. Depression, Vakil went on, can interfere with a person’s daily life, relationships, work and school.

According to Vakil, approximately 121 million people worldwide currently live with some form of depression. Last year in the United States, around 16.1 million adults had at least one major depressive episode.

“Interesting enough, about 1/3 of college students face depression whether they’re diagnosed or not,” Vakil said.

Women are twice as likely as men to experience some form of depression.

The topic of the presentation transitioned from depression to anxiety. Vakil started off by explaining that nearly half of people diagnosed with anxiety are also diagnosed with depression.

“Anxiety is the most common mental health concern in the U.S. 19 million adults are diagnosed, but approximately of the diagnosed receive any kind of formal treatment,” she said.

Anxiety is often linked to the “fight, flight or freeze” response. This is how someone reacts when facing a situation that requires immediate action.

Vakil also touched on stress and the effects it has on people, underscoring the difference between it and anxiety.

“Although they go hand-in-hand in most situations, or people liken them to each other, they stem from different experiences, thought and brain processes and have different effects on us generally,” Vakil said.

“Stress is usually more of a situational case and is a short-term response compared to anxiety, which can be caused by common situations, people, places, etc. In a lot of cases, anxiety can occur any time a person is put in a particular situation, no matter how often or how severe.”

Vakil provided various mechanisms to

cope with any of these mental illnesses. Deep, so-called “diaphragmatic” breathing and progressive muscle relaxation aid in calming breathing, thinking and movement when facing anxiety or stress. Meditation is a common way to help ease the mind and body.

Although she offered several coping mechanisms, Vakil highlighted one mode of treatment in particular, self-help.

“Making personal changes in your lives can drastically help you battle any of these mental illnesses, probably more so than anything I’ve talked about. Changes to exercise or sleep routines and your diet can not only boost your mental health but your physical health as well. Journaling and therapy are also great ways to help yourself clear your mind and express what you’re going through,” Vakil said.

Mental health awareness week is a great opportunity to learn about different workings of the human brain and emotion. This discussion equipped listeners with general knowledge and perspective of several aspects of mental health.

The Student Health Center opens Monday through Thursday 8 a.m. to 5 p.m., and Friday 8 a.m. to 3 p.m. Medical and psychological services are available to anybody who makes an appointment or walk-in. The office can be reached at 949-582-4606.

'Totality' the day the sun disappeared

Stars otherwise imperceptible to the naked eye were visible during August's solar eclipse

COLIN REEF
EDITOR-IN-CHIEF

The Saddleback College Astronomy and Physics Club led by director Tony Hardy presented images, data and video from this year's total solar eclipse titled "Totality"—the Day the Sun Disappeared.

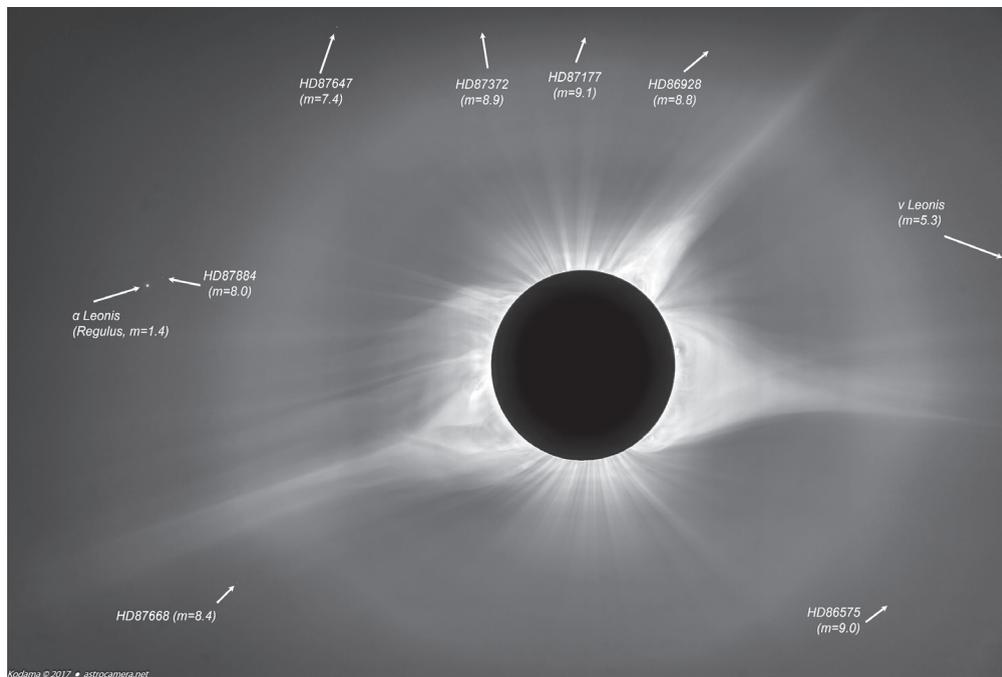
"Our goal with events like this one is to bring people with a common interest of astronomy together, promote education, observe the beautiful night sky and share knowledge about the cosmos," Hardy said. "We are always looking and actively recruiting anyone with any levels of experience from beginner to professionals."

A total solar eclipse occurs when the New Moon comes between the Sun and Earth and casts the darkest part of its shadow, the umbra, on Earth.

A full solar eclipse, known as totality, is almost as dark as night. There are many unique sights and amazing phenomena when viewing a total solar eclipse:

The shadow bands occur about one minute before totality. They are the moving wavy lines of alternating light and dark that can be seen on the ground and along walls. These shadow bands are the result of Earth's turbulent atmosphere refracting the last rays of sunlight.

The diamond ring were seen about ten to fifteen seconds before and after totality, when the



TOTALLY BLACKED OUT: An actual image of the total solar eclipse depicting certain large magnitude clusters such as the star Regulus in the Leo constellation. DAVE KODAMA/ASTROCAMERA

solar corona (the outer atmosphere of the sun) becomes visible. It is seen together with a single jewel of light from the sun, this creates a stunning diamond ring effect.

The Sun's corona exuberates as the diamond ring fades, the Sun's corona becomes more prominent and is visible as a faint ring of rays surrounding the silhouetted Moon.

The corona is the outermost layer of the Sun's atmosphere, and it is around 200–300 times hotter than the Sun's surface. The corona's temperature can reach over one million degrees celsius.

Baily's beads occur about five seconds before totality. They are little bead-like blobs of light at the edge of the Moon. They are created because gaps in the mountains and valleys on the Moon's surface allow sunlight to pass through in some places but not others.

The Sun's chromosphere is

a lower layer of the Sun's atmosphere, the chromosphere, gives out a reddish glow which can only be seen for a few seconds after totality sets in.

"The reason total solar eclipses are so infrequent is because the sun and moon are about the same angular size as seen from the Earth," member of the Orange County Astronomers (OCA) Dave Kodama said. "If we had a Sun-Moon-Earth circular orbits in a singular plane we would have monthly solar eclipses."

On Monday, August 21, 2017, all of North America was treated to a total solar eclipse of the sun. Anyone within the path of totality saw one of nature's most awe-inspiring sights. This path was where the moon will cover the sun and the sun's tenuous atmosphere.

The eclipse stretched from Lincoln Beach, Oregon to Charleston, South Carolina. Observers outside this path saw a

partial solar eclipse where the moon covers part of the sun's disk.

"The bottom line is that eclipses occur in predictable cycles but additional complications make make eclipse predictions tough and tedious," Kodama said. "But the reason this is so significant is that this is the first total solar eclipse to occur solely in the United States since the country was founded. For most Americans, this is the best chance to see a solar eclipse we will have in our lifetimes."

The Club meets for the General Meeting the first Saturday of every month, with workshops, field trips, and star parties scheduled on other days throughout the month.

The Saddleback College Astronomy and Physics Club will be presenting Navigating the Night Sky workshop in three consecutive weeks starting Thursdays, Oct. 12 at 7 p.m.



WARNER BROS. PICTURES/COURTESY

REPLICANTS SURROUND: *Ryan Gosling stars as Officer “K,” middle-left, and Mackenzie Davis, middle-right, as Mariette, alongside Replicant pleasure models, in “Blade Runner 2049,” sequel to the 1982 original.*

‘Blade Runner’ sequel eclipses the original

Director Dennis Villeneuve crafts a hallucinating and mesmerizing visual spectacle

ADAM GILLES
NEWS EDITOR

Hollywood has been awash in uncreative and repetitive sequels designed to distract moviegoers with computer-generated imagery (CGI), quick cuts and their formulaic plots in order to rake in the consumer’s cash. “Blade Runner 2049” (2017) doesn’t quite break the mold as much as it reshapes it when it comes to the way a sequel can and should be filmed.

Much like Ridley Scott’s original “Blade Runner” (1982), Director Dennis Villeneuve brings this film’s aesthetics to the forefront by letting Cinematographer Roger Deakins’ stunning visuals linger on screen for the audience to soak in like a fine painting. You won’t find rapid editing cuts or an abundance of CGI in every corner of the screen to give you sensory overload. Editor Joe Walker’s pace is perfectly blended with the haunting score by Hans Zimmer and Benjamin Wallfisch, allowing Ryan Gosling, as LAPD officer “K”, to be more of a compliment to the incredibly creative visual and audio collaboration than simply the star of the movie.

Similar to the work Gosling did in “Drive” (2011), there actually isn’t an abundance of dialogue for him in this film, which is not to take anything away from his per-

formance, which is vintage Gosling. His strength as an actor is in his ability to convey emotion without having to rely on dialogue to enable his audience to become attached to his character’s journey. “Blade Runner 2049” is a magnificent journey.

Production Designer Dennis Gassner masterfully expands on the Bladerunner universe in futuristic Los Angeles while remaining faithful to the original design of the first Bladerunner film, which is still not showing any signs of being outdated over 30 years later. The visual effects, while stunning, blend seamlessly into the film with just the right amount of pastel colors to highlight the gloomy downtown LA landscape. The color scheme changes when the setting moves to a post apocalyptic Las Vegas, but manages to infuse just the right amount of orange hue to bring life into its dark world.

The supporting cast is stellar and showcases a group of strong female characters. Robin Wright, as Gosling’s superior officer Lt. Joshi, plays to her strong suit as a woman of authority who isn’t easily intimidated. Sylvia Hoeks plays Gosling’s main adversary, Luv, flashing her stone cold demeanor and ruthlessness while also showing her longing to be accepted by her father figure and creator in Jared Leto’s Niander Wallace.

Leto appears to have gone full method

again in this film, with reports that he actually temporarily blinded himself during filming in order to get into character. While his role as the Joker in “Suicide Squad” (2016) showed that he can take things a bit too far on set and off with his character preparation, this time around, much like his turn in “Dallas Buyers Club” (2013), Leto shines.

Dave Bautista, playing Sapper Morton, is a hulking presence in the opening scene and is starting to show his versatility as an actor. Ana de Armas plays Gosling’s love interest, Joi, and despite her stunning good looks, creates an emotional attachment between the two characters and with the audience as well that proves she is more than just window dressing.

Harrison Ford doesn’t return to reprise his role of Deckard until later in the story but it’s worth the wait and the film doesn’t push too hard at trying to connect the dots between the two Bladerunner films. There is enough storyline to please fans of the original while also providing just enough information to let this new film stand on its own as well.

The runtime, at almost 3 hours, might push the envelope for younger viewers of the film, while older viewers and die-hard fans of the original will be wishing there was more by the time the end credits roll. “Bladerunner 2049” is a triumph, just shy of a masterpiece, but definitely a work of art.



ALLY BECKWITT

Saddleback's Wind Ensemble delivers first performance of the season

Maestro Yorgus Kouritas directs the Wind Ensemble for the opening night of the season

ALLY BECKWITT
PHOTO EDITOR

Saddleback's Wind Ensemble takes the stage at the McKinney Theatre on the night of Friday October 6 for their first concert of the year titled October Winds.

Conducted by Maestro Yorgus Kouritas, he led the musical group through seven different pieces, each ranging in style, tempo and difficulty.

They began the night with a piece called Introduction, Song & Gigue composed by Ralph Lehman which integrated a sax-

ophone solo.

"My favorite piece was the saxophone solo," third chair flute and piccolo player Betty Whyte said. "We just got that piece like one rehearsal ago and he is so awesome."

Kouritas then led the band through a slow piece and onto an ensemble that was composed of many different styles and tempos.

This composition was created by William Walton and is made up of nine movements, each ranging in tempos, sound, and tone. In between each song performance Kouritas explained each of the compositions and the background behind the song itself and the composer.

"Originally the nine movements were for solo piano were intended for his niece Elizabeth Walton," said Kouritas. "After a few transformations we received a final wind ensemble version."

Folk Dances the next piece performed was written by Dmitri Shostakovich, one of the

greatest composers and certainly the best to have come from former Soviet Union. During that time in Soviet Union composers were pressured to compose in a specific style that would satisfy the officials. If they did not write in that way they were asked to and followed their own path composers faced the risk of being exiled for many years.

"Folk Dances was the dance of youth, purely instrumental movement intended to lighten up the suites," said Kouritas. "That includes several Russian folk melodies strung together one after the other as a rise to a big finish."

The concluding number was Selections From Porgy and Bess composed by George Gershwin. Porgy and Bess is originally an opera with a libretto written by Dubose Heyward and the opera was adapted from Heyward's play Porgy.

"George Gershwin was a genius of a composer," said Kouritas. "He was the first composer

who in the 20 century combined classical and jazz."

The wind ensemble instruments for the evening were made up of clarinets, trumpets, flutes, horns, saxophones, tubas, trombones, euphoniums, timpani-percussion, a bassoon and an oboe. Two of the ensemble members, Betty Whyte and MaryAnn McNamara, have been a part of this music group at Saddleback since the late 90s.

"Some of our pieces are more challenging and some are relaxing," said MaryAnn McNamara. "Folk Dances, that's a real challenging piece and so I like it for that reason and the Porgy and Bess is fun to play some pop-musical type things just because it is so relaxing and you get to play a more jazzy style music."

The next scheduled wind ensemble performance is dated for December 7 and will be directed by Yorgus Kouritas again.



ALLY BECKWITT/LARIAT

THUMBS UP: (Left) Student Corey Bland gives a thumbs up after a nurse bandaged him up from donating blood. (Right) American Red Cross Supervisor Laura Nguyen and student Corey Bland smile together after Bland's blood donation.

Saddleback College works with American Red Cross to help areas in need of disaster relief

ALLY BECKWITT
PHOTOEDITOR

Coordinating with the American Red Cross, Saddleback College's Associated Student Government and Phi Theta Kappa hosted the first blood drive of the semester which started on Tuesday and continued on until Thursday.

The blood drive was open to anyone that wanted to come by and donate blood whether that be students, staff or even someone who does not attend Saddleback. The process for donating blood is pretty simple.

It is recommended to show up early to fill out all the paperwork for the blood donation and then one of the nurses does a screening of the donor to make sure they are able to give blood.

After they draw the blood ASG provided a refreshment table with complimentary drinks and snacks for people after donating.

The event was organized by ASG's Director of Human Resources and Volunteering Karla Avila and Phi Theta Kappa's Vice President Cole Peloquin. Avila and Peloquin have worked together in the past and have hosted a total of three blood drives together at Saddleback.

Along with help from ASG and Phi Theta Kappa, students at Saddleback were also given the opportunity to volunteer to work at

the blood drive.

"We're always open to having volunteers come out if they want to help out," ASG President Erica Delamare said. "Either with the canteen, which is the table that gives out the food, the reception area, and we have the main desk where people are going to be doing their paperwork."

One thing that Avila was amazed by, and most students don't know about donating blood, is how much of a difference one donation can make. In a car accident someone could need up to 100 pints of blood but also that one pint of blood could save up to three lives. Every single donation matters and can help save so many lives.

"People don't know how much blood is needed" Avila said. "If you can donate it really does save lives. I thought that was pretty interesting. Learning about the fact about how much donating blood can help really motivated me to make this event happen."

Saddleback student Corey Bland was one of many donating participants on the first day of the blood drive. Bland has participated in the last three blood drives that have been coordinated here at Saddleback.

"It's the right thing to do to donate blood," Corey Bland said. "I feel gratification afterwards because I saved a life. I'm not scared of donating blood because you have nothing to fear but fear itself."

The American Red Cross has saved lives other than by blood donation. Supervisor Laura Nguyen has her own personal connection to Red Cross.

"I didn't join Red Cross, Red Cross found me, twice actually," Nguyen said. "The first time they found me they saved my life. Red Cross found me when I was a little girl after the Vietnam War and saved me as well as my family by bringing us all back together after everyone was scattered across the states. They found me again further on in my life after being a pediatrics nurse for seven years and asked me to join the American Red Cross as a supervisor."

After the end of the first day of the drive there were a total of 44 blood donations given. Similar numbers are hoped for after the following two days.

There will also be another blood drive later on in the semester that will be hosted with Hoag St. Joseph Hospital instead of American Red Cross.

The American Red Cross blood drive donations will help go towards helping hospitals for disaster relief. The contributions from the next blood drive with St. Joseph Hospital will go straight back into the community.

Want to know more about donating blood through American Red Cross? Go to Red-cross.org to find other opportunities to potentially save lives.

2016's OEC champs look to repeat their success

Women's golf swings to 11-1 with dominating win in Temecula

AUSTIN WEATHERMAN
MANAGING EDITOR

The Saddleback College women's golf team swept the Orange Empire Conference in a show of dominance at the Temecula Creek Inn Golf Course on Wednesday, Oct. 4. This would not be the first time the Gauchos would display their power as the team as a whole has a 11-1 league record right now along with a third place finish at the Desert Classic at Tahquitz Creek, Palm Springs earlier in September. Head coach Bob Bosanko says that it is the unique team culture the girls have built that makes them so good.

"The girls are coming together as a team and playing team golf," Bosanko said. "They hangout on and off the course so they all get along. They bring their best effort week in, week out. It's all you can ask for as a coach."

The 2017 season marks the fourth year of coaching for Bosanko, but he is no stranger to the Gaucho family. He played football for Saddleback from 1970-1971 as well as returned to coach football from 1990-1997 under Bill Cunerty. Bosanko also coached wrestling at El Toro High School in Lake Forest, California. Last season, Bosanko coached the team into winning the OEC championships as well as leading them to an eighth place finish at the state championships.

Bosanko says another strong point for the team derives from their natural sense of competition.

"The girls deal with adversity very well. If they had a bad hole, they would put it behind them and not let it bother them," Bosanko said. "They are able to move past the bad experiences and compete for the rest of the



AUSTIN WEATHERMAN/LARIAT

DRIVE: *Sophomore co-captain Deanna Pagaduan practices with her driver at the Arroyo Trabucco Golf Range.*

match. They are there to compete and to play hard. Period."

Despite having leaps and bounds in match play, Bosanko is always looking for the next step in each of the team member's game, pointing out that there are still improvements to be made. He says the putting aspect of golf is very serious, counting for half the strokes on a hole. During practice, Bosanko turns what could be tedious drills into a game, the whole team laughing and practicing together as a unit.

Another serious factor that affects scores is the team themselves. In competitive match play, the four scores are taken into account in the final tally. Bosanko says the top two players on the team are assumed to play well while the actual match rests in the hands of the third and fourth player on the team. Sophomore English major and co-captain Brooke Yafckli battles at the third spot every week, bringing her experiences from last year's success to the the new team.

"It was nerve wrecking for all the girls to go to the state championships for the first time," Yafckli said. "We didn't do as well as we had hoped to do, but it gave all of us on the team last year good experience on how to play continuously and help Deanna and I lead the girls to get there and be at a more competitive level."

Yafckli is one of two returners from last season, giving her the edge of experience on the course. She shot an 86 on a par 72 at Temecula Creek, satisfying the requirement for a win that day, but according to Yafckli, she needs to improve.

"I'm working on my putting and using my right hand less in my putting stroke and swing," Yafckli said. "It has been affecting my fairway shots so my irons and my drivers."

After last season's success on the course, Yafckli points back to Bosanko's coaching methods as the starting point to building a strong and close team. The team had not claimed a championship in the conference since Bill Cunerty's last year of coaching in 2006. Plac-

ing dead last in league from 2014-2015, Yafckli says they could not have done as well as they did last year without Bosanko.

"He has told us that he's not a golfer but can coach golf very well," Yafckli said. "He has taken all of our swings to the next level and made us competitive. We would not have won the OEC championships last year if he had not guided us."

Transferring from Marina High School in Huntington Beach, Freshman business major Brittney Do has lead the team's charge this season with her top finishes in matches including scoring the second lowest at Temecula Creek with a 78. Do sits at the no. 1 position on the team, not only putting pressure on her to play well, but also signifying that she is the most skilled on the team. Unfortunately for other teams, Do says the pressure does not get to her.

"I was first all-league my last two years in high school," Do said. "The transition from high school to college has been really smooth with coach Bob walking me through everything. The stress doesn't get to me because I'm just used to it."

She says her turning point of the match happened on hole eight on the front nine when she used her 3-wood fairway club to get her ball on the green in two shots on a par-5 hole.

Not all has been well with the team though as an injury early in the season took out one of their top players, soon quitting the team for good.

Sophomore business major and co-captain Deanna Pagaduan says that even though their roster became shorter, the team became stronger.

"We did lose one person which is sad but it made us push ourselves harder because we still want to win and do our best even with one person gone," Pagaduan said. "We are 11-1 and everyone has been putting a lot of time on the course and the range. Everyone is showing a lot of commitment to their sport and their team so it's really motivating."

Gauchos No. 7 in state after last week

The women's volleyball team split games against Hawks and Chargers

COLIN REEF
EDITOR-IN-CHIEF

The Saddleback women's volleyball team has officially been ranked No. 7 in the most recent state rankings.

The California Community College Women's Volleyball Coaches Association issued their statement this last Monday. The last time they earned a ranking this high was in 1998 when they finished 24-6 and lost in the state championship.

During the course of the season, Saddleback has set the program record for consecutive sweeps in five-set matches (6) and now sits in a tie for third place in the Orange Empire Conference standings.

They put their new ranking to the test on Wednesday when they played the Santiago Canyon Hawks and Friday against the Cypress College Chargers.

The Gauchos made quick work of Santiago Canyon winning all three of their sets by a score of (25-18, 25-16, 25-21). The Gauchos new ranking had ignited a spark in their offense throughout the three sets.

"Their energy was exactly what I had hoped for going into this one," head coach Brian Hughes said before the game. "I want these ladies to focus on their targets, stay calm and play with energy."

Leading the charge was the freshman opposite hitter Helena Lawson and freshman outside hitter Michelle Solt. They each had half a dozen kills in



COLINREEF/LARIAT

DENIED: Outside hitter for the Santiago Canyon Hawks gets denied as she attempts to spike the ball over outside hitter Kendall Nolan and middle blocker Avie Butsko.

"The girls look like they're really having a great time out there together. They're communicating really well and executing all their assignments so it's a real pleasure to watch."

TODD CAMARGO, FATHER OF STARTING SETTER

their impressive match against the Hawks. Freshman starting setter Kiana Camargo played fabulously as well. Half of her assists were outside hitters Solt and Lawson.

"The girls look like they're really having a great time out there together," Todd Camargo, father of Kiana Camargo, said after the game. "They're communicating really well and executing all their assignments so it's a real pleasure to watch."

After an easy win for the

Gauchos they found a much more competitive team in the Cypress Chargers. The Gauchos high morale wasn't enough to suppress the Chargers electric play on the court for the final score of that game on Friday was (25-17, 12-25, 25-23, 25-23).

These two games put them at an overall record of 11-6 and 4-2 in the Orange Empire Conference.

Middle blockers for the Gauchos Courtney Rose, Avie Butsko and Keara O'Brien Pol had a tough time against outside

hitters for the Chargers, Khamis Berneker and Brianna Johnson.

Missed blocks and late reactions on the net made it relatively easy for the two Chargers to receive better opportunities to kill the ball and score points.

Berneker led the Chargers with 16 kills while Johnson was not too far behind her with 8 kills on target. With so many service aces and kill shots it was hard for the Gauchos to keep up in the final two sets.

"We just couldn't react quick enough," Hughes said. "We were out hustled by a team who showed up to play. There's not really much more I could have asked of the girls. They tried their hardest and that's all I can ask for."

They look to redeem themselves next week when they take on The Riverside City College Tigers on Wed. at 6 p.m. and the Golden West College Rustlers on Fri. at 6 p.m.

First year of college may soon be free

AB 19 proposes free tuition state-wide for full-time community college freshmen

DANIELA SANCHEZ
MULTIMEDIA EDITOR

California assembly members have proposed a bill to allow first-year community college students to receive free tuition for their first year.

The California College Promise, aka Assembly Bill 19, has passed through the final hearing last month and now only needs the signature of California Governor Jerry Brown.

The bill itself states that its intentions are to encourage high school students to take college classes by dual enrollment, as well as encourage high school graduates to join colleges who are at transfer-level English and math courses.

The bill is designed to encourage more

students to pursue earning associate's degrees and certificates that could result in more successful transferring rates for community colleges in California.

This writers of this bill want more community college students to be able to transfer to a California State University or a University of California. They want more people to graduate college with a baccalaureate degree, which can allow more students to be employed.

If the bill passes, then it is up to the Chancellor of the California Community Colleges to distribute funding among the community college districts.

The current law states that community colleges charge students \$46 per unit per semester through enrollment fees. Full-time students taking 12-19 units have to pay \$552-\$874 dollars. This doesn't cover other costs such as textbooks and parking.

PEW charitable trusts reports that community college students are still accumulating debt despite the fact that there are lower fees. Students are dropping out because of the debt.

In 2015, the American Association of Community Colleges reported 72 percent of community college students received aid in general. Sixty-two percent of community college students are receiving their aid from the federal government.

This has to lead to some critics of the AB 19, because financial aid programs, such as the Free Application for Federal Student Aid (FAFSA) and Pell Grants, already exist. There is no guarantee that this bill will pass, but advocates of the bill argue that the bill's policies will be beneficial for all of those who qualify for this grant.

The bill is currently sitting on the governor's desk according to the district office of Miguel Santiago, co-writer for AB 19.

It might be too late to help out community college students currently attending this year. In fact, FAFSA has already opened applications this month for the 2018-2019 school year. The deadline to apply for FAFSA is June 30 2018.

Check out Saddleback's Financial Aid website for more information on finding grants and scholarships.



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