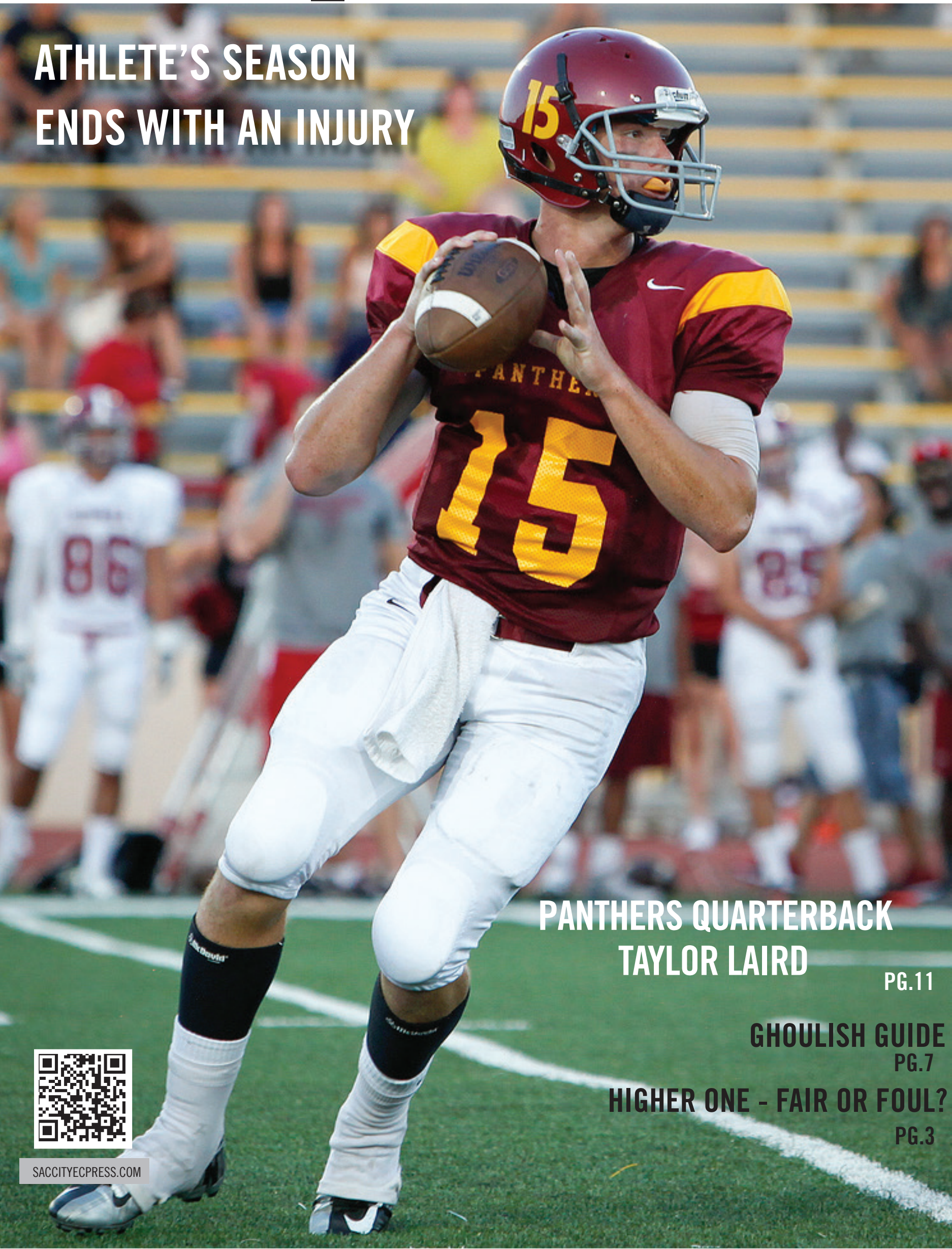


express

ATHLETE'S SEASON
ENDS WITH AN INJURY



PANTHERS QUARTERBACK
TAYLOR LAIRD

PG.11

GHOULISH GUIDE
PG.7

HIGHER ONE - FAIR OR FOUL?
PG.3



Nightmare on Job Hunt Lane

OCTOBER MARKS THE BEGINNING of the holiday season, the onset of fall and the spooks, ghouls, ghosts and goblins that make it obvious it's time to dress up in silly costumes and eat yummy mal-low crème candy corn and Reese's Peanut Butter Cups shaped like pumpkins.

For community college students, though, it can be a time of high stress as we look to finish our last few classes before graduating with our first degrees. On the other hand it can also be a time of excitement for those students just starting college, either following high school graduation or coming back to school for one reason or another.

In either case, the scariest time of the year can bring on nightmares of another kind. Ever thought about what you're going to do when you finish school? With your degree in your left hand and your resume in your right hand, you probably plan to walk up to your employer of choice and instead of asking, "Trick or treat?" asking, "May I have a job here, please?"

Statistically speaking, the résumé probably does more for a student—or former student—than the degree. That's not only a sad reality, but like a papier-mâché ghost dropping down from a tree as kids walk up to a house hoping to add more candy to their pillowcases, it can be terrifying.

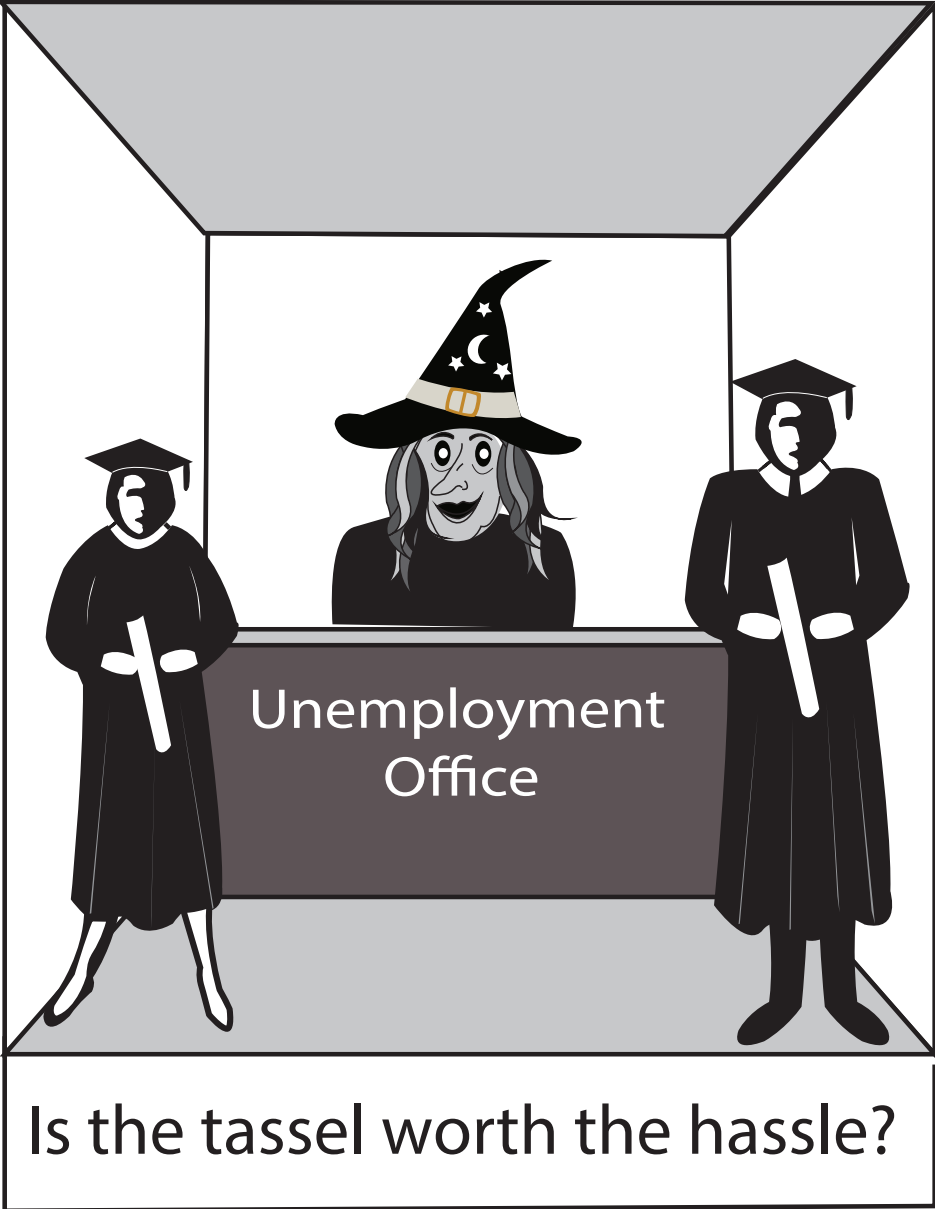
Take for instance, the results of a survey of approximately 1,000 future or recent college graduates conducted and published earlier this year by Accenture, a management consulting organization, which found that "41 percent of workers who graduated from college in the past two years say they are underemployed and working in jobs that do not require their college degrees."

That's not even the most hair-raising part of the findings.

"The research also reveals that, despite their degrees, nearly two-thirds (63 percent) [of the recent graduates surveyed] say they will need more training in order to get their desired job," according to an article posted on newsroom.accenture.com.

Of course, there are other post-graduation worries that keep students up at night. We don't just mean that late-night party, long study session or marathon gaming tournament. There's the horribly horrifying thought of having to move back in with your parents while not only giving up independency, but also having to listen to Mom say, "I told you so."

Not finding a job right after graduation can also make students' spines tingle as they regret taking out all those students loans instead of getting a job to help pay for school. Then there's what might just be worse than Freddy Krueger taking a victim to the depths of hell dur-



ing a middle-of-the-night scare fest: the thought of going back to school because your career choice just didn't pan out.

Perhaps there just aren't enough jobs out there. Maybe you didn't take the time to explore all of your options, or lack thereof, within the field you chose, or maybe you just simply don't like the career field you worked all those years to get into because it didn't turn out to be all it was cracked up to be.

Making the wrong choices now could mean a lifetime of unsettled rage toward your younger self.

But no matter what keeps you up at night, makes you want to sleep in till noon or simply keeps your hair looking like Medusa as you fantasize about turning your professors to stone because they had the nerve to give you so much homework, when it comes down to it, going through college and finding a job in a career field that interests you is one of the hardest tasks you have to complete in life.

Making the wrong choices now could mean a lifetime of unsettled rage toward your younger self. The good news is that there are plenty of things that can be done to ensure this ghastly fate doesn't become a reality.

Internships can help students decide whether they are well-suited for the career they've chosen. Vocational programs take this one step further since many of them have students working, to a certain degree, in the fields of their choice.

There are also career fields like journalism, graphic design, computer programming and many others where it isn't really possible to learn the field without going out and doing the work. This is great because it forces you to try before you buy, so to speak.

Regardless of the career field you choose, keep in mind that like wearing a silly costume to class on Halloween, it's a decision that will stick with you for a very long time. If you're unsure about the choices you've made, talk to a counselor, a parent, someone working in that career field. Make sure you are prepared before you set foot on stage to accept that degree because you don't want your life turning into a scary movie. ■

CITY TALK

Freakish fashion

Teri Barth
Staff Writer // express.teri.barth@gmail.com

Whether it be spooky, outrageous, racy or ghoulish, City College students across campus told the Express what they would most like dressing up as on Halloween.



D-love Thus // major undecided
"Michael Meyers, because he's dope."



Zakiya Fard // major undecided
"I would be Marilyn Monroe because she is just so flawless with her makeup and her hair color."



Rickie Silva // major undecided
"A scary clown of some sort because that's what I always dress up as. It's my favorite thing, and I think it's the most frightening. It's a love/hate relationship."



Nestor Reyna // music
"I would dress as an American gangster. I like them because I've watched some of the movies based on that topic, and it's really interesting to me how they performed."



Danenysha Thompson // early childhood education
"Pinky [the porn star] because it's kind of inappropriate. And because I like Pinky, and I like her butt, and I like her acting."

express

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Higher One receives mixed reviews

Despite student complaints, District believes bank improves financial aid system

Jake Patrick Donahue // Staff Writer // jpatrickdonahue@yahoo.com

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THOUGH CITY COLLEGE STUDENTS have continued to grumble about fees and convenience issues caused by the school's partnership with banking institution Higher One, college and district administrators see the third-party vendor as an improvement to the school's system of administering financial aid to students.

More than 1,600 colleges across the nation have signed up with Higher One to provide financial aid services since the banking institution was founded in 2000.

Since Higher One went public in 2010, its reputation has been marred by student uproar, class action litigation and federal regulatory penalties over fees charged to students.

In 2010, the Los Rios Community College District entered into a three-year contract with Higher One to administer and coordinate the district's \$97 million financial aid program to the four campuses.

According to Dr. Victoria Rosario, the Los Rios associate vice chancellor for student services, 32 percent of City College students receive some form of financial aid other than Board of Governors tuition waivers.

Of those students receiving aid, 69 percent elected to receive their disbursements through a Higher One account, while the rest opted for paper checks or direct deposit.

More than 14,000 Los Rios students were issued Higher One debit cards to manage their financial aid funds.

According to Rosario, "under the contract with Higher One, the Los Rios Community College District is paying Higher One \$21,000 for the 2013-14 academic year, for third party financial aid disbursement services. Of this amount, \$6,319 is from Sacramento City College."

Before contracting with Higher One, a district-wide survey of Los Rios students revealed that 24 percent of respondents relied on check cashing services, which charge high interest rates and fees, to cash their financial aid checks.

According to Rosario, the partnership benefits students because Higher One gets financial aid funds to students faster at lower cost than a check cashing store.

But not every student is pleased with the new system.

"There was a lot of confusion [after the switch to Higher One]," recalled City College sophomore Adrian Shepherd.

The confusion led many students like Shepherd to incur fees for monthly service, debit transactions, ATM withdrawals from non-Higher One machines and other typical account actions.

"When you use the card, if you don't use it as credit, you're going to get all kinds of fees, all the time, on anything you buy... and some places don't accept the credit option, so then you get more fees there," said City College student Anissa Pulido.

City College students Sharon Johnson and Kevin Drew both approached the Higher One ATM in Rodda Hall North Sept. 29 only to discover that the machine refused their debit cards. Johnson



Kelvin A. Sanders Sr. // ksanderssr.express@gmail.com

Students lined up at the ATM in Rodda Hall North to receive financial aid on the college's disbursement day in August.

noted that was not the first time she could not access her financial aid funds due to an ATM malfunction.

"The financial aid system is my primary source of income," Drew said. "There's nothing really you can do when that ATM breaks down, other than go to another ATM and be charged anywhere from \$2 to \$5 in fees."

Despite Johnson and Drew's frustrations, according to Rosario the 10 ATMs spread across the four Los Rios campuses "maintain an average 'uptime' that exceeds 98 percent, which is consistent with general industry standards."

Higher One's public relations coordinator Lauren Perry said in a phone interview that students are "not going to get any hidden fees or charges from Higher One."

"When you use the card, if you don't use it as credit, you're going to get all kinds of fees, all the time, on anything you buy... and some places don't accept the credit option, so then you get more fees there."

Anissa Pulido
CITY COLLEGE STUDENT

The Higher One website outlines its fee schedule for students hoping to avoid unnecessary charges.

According to Rosario, the district has received fewer than five written complaints per year about Higher One fees and no written complaints about disbursement issues since the contract began in 2010.

Though City College and Los Rios administrators assure that the partnership has benefited students, Higher One has encountered serious legal troubles recently.

According to a class action lawsuit filed against Higher One by Ventura College student Sherry McFall, "targeting financially unsophisticated students with excessive bank fees — and using scarce financial aid money to pay those fees — is unethical and immoral and makes it more difficult for students to meet legitimate education expenses."

Speaking for Higher One, Perry emphasized that the class action suit has

"no merit." Perry also noted that "in the last six months to a year [Higher One] dropped many fees."

In 2012 the Federal Deposit Insurance Corp., the federal banking regulatory agency, charged Higher One and Bancorp, its former banking partner, with "unfair and deceptive practices" in violation of Section 5 of the Federal Trade Commission Act in connection with its student financial aid account practices.

The FDIC negotiated an \$11 million settlement with Higher One, which included restitution for approximately 60,000 students. The Los Rios Community College District was not a party to this suit.

Additionally, the terms of the agreement require Higher One "not to make misleading or deceptive representations or omissions in its marketing materials ... and to institute a sound compliance management system." It also places "restrictions on the charging of certain fees."

A subsequent filing with the Securities and Exchange Commission in 2012 reported that Higher One "substantially revised [the] compliance management system."

But the district has no plans to change the current funding mechanism for financial aid.

Los Rios administrators have extended the district's contract with Higher One in 2012 through summer 2017.

"At the time that the Los Rios District revised and extended its contract with Higher One, the District was not aware that Higher One was under regulatory investigation by the FDIC," Rosario said.

According to City College Dean of Financial Aid Christine Hernandez, "Sacramento City College currently offers advice to its students on financial literacy, which is the ability to use knowledge and skills to manage financial resources effectively. This information can be found on the Financial Aid TV link on the college's Financial Aid website (<http://scc.financial-aidtv.com>). The college is also researching additional financial literacy options."

For more information about Higher One fees and how to avoid unnecessary charges, visit: <https://lrccdonecard.higheroneaccount.com/studentaccount/feeschedules.do> ■

EVENTS CALENDAR

ARTS AND CRAFTS FAIRE
TUESDAY–THURSDAY, OCT. 22–24
7:00 A.M. – 7:00 P.M.
QUAD

Live music noon–1 p.m. and 5–6:30 p.m.
Tuesday and Thursday.

BLACK STUDENT WELCOME
TUESDAY, OCT. 22
NOON – 1:30 P.M.
STUDENT CENTER

All students are welcome.

SEED SAVERS ALLIANCE
TUESDAY, OCT. 22
NOON – 1 P.M.
CITY FARM
(BEHIND LILLARD HALL AND THE LRC)
Presented by the City Farm club.

CONGO PRESENTATION
TUESDAY, OCT. 22
NOON – 1:30 P.M.
CULTURAL AWARENESS CENTER, SC104
Presented by Dr. Patrick Cannon from CSUS.

WEAPONS DOWN
THURSDAY, OCT. 24
NOON – 1:30 P.M.
PERFORMING ARTS CENTER, ROOM 106
Performance by Carly Flemings, domestic violence advocate.

COLLEGE 2 CAREER GAME DAY
FRIDAY, OCT. 25
2:30 – 6:30 P.M.
STUDENT CENTER
Presented by Disability Services & Programs for Students (DSPS).

SECOND DISBURSEMENT
FRIDAY, OCT. 25
Big day for those receiving financial aid.

HIGH SCHOOL CONFERENCE
SATURDAY, OCT. 26
10:00 A.M. – 5 P.M.
STUDENT CENTER
Presented by Allianza Club.

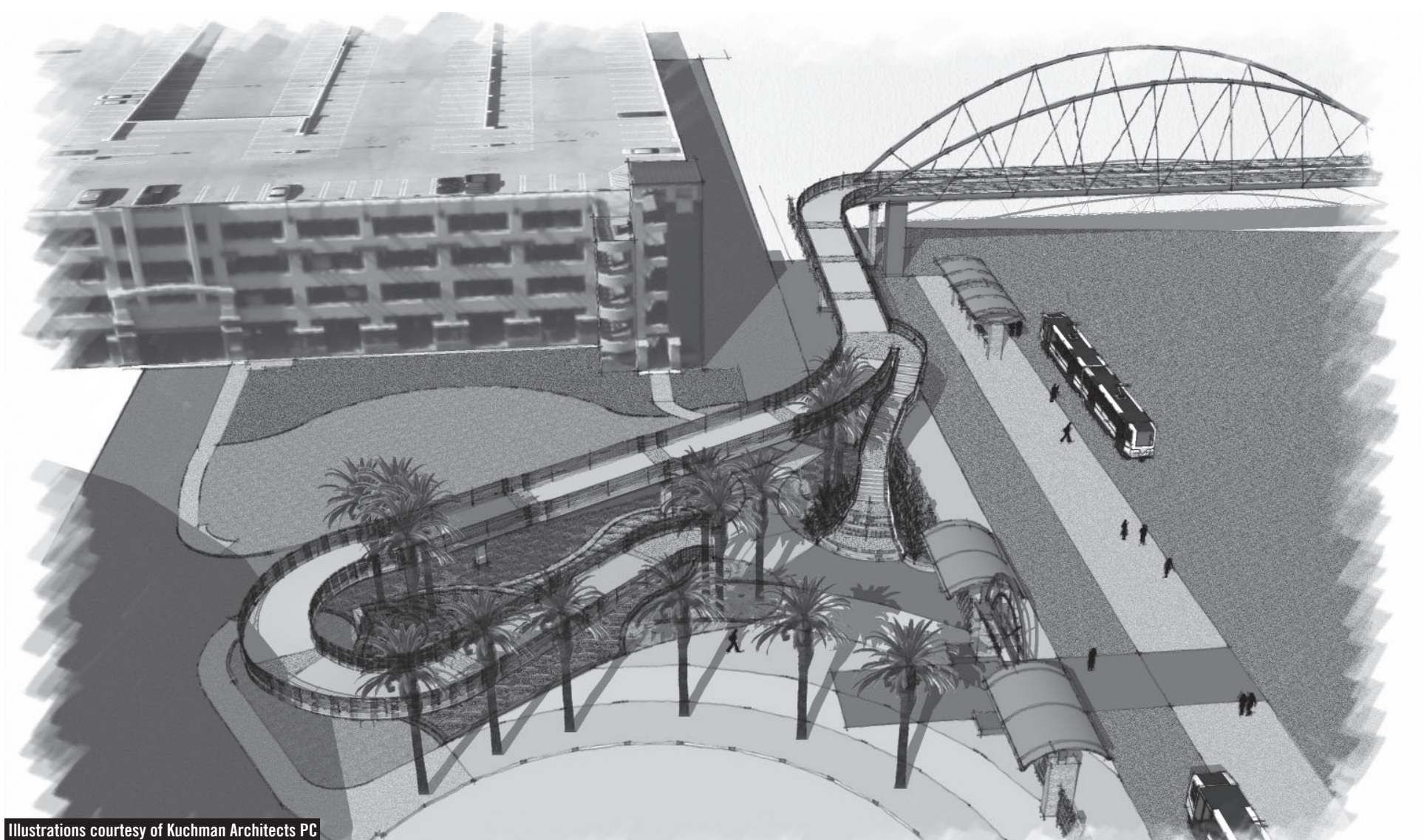
DIA DE LOS MUERTOS (DAY OF THE DEAD)
THURSDAY, OCT. 31
NOON – 1:30 P.M.
CULTURAL AWARENESS CENTER, SC104 & LEARNING RESOURCE CENTER

GAZA KITCHEN
THURSDAY, OCT. 31
NOON – 1 P.M.
RHN258 CONFERENCE ROOM
Culinary introduction to the Gaza Strip.

BREAKFAST WITH BRIAN
MONDAY, NOV. 4
8 – 9 A.M.
STUDENT CENTER
Meet and chat with District Chancellor Brian King.

Curtis Park Village coming together

Construction to begin on development and footbridge connecting City College with new housing and shopping



Illustrations courtesy of Kuchman Architects PC

These Curtis Park Footbridge conceptual renderings were created during the design phase of the project.

Will Ownbey
Staff Writer // will.ownbeyexpress@gmail.com

BIDS TO CONSTRUCT THE Curtis Park footbridge on the eastern border of City College are being submitted, and the components of the long-awaited Curtis Park Village are finally coming together a decade after developer Paul Petrovich purchased the former rail yard location.

The site of the \$250 million development by Petrovich Development Company is adjacent to City

“I think the development has the potential to be a really nice link between the college and the neighborhood.”

Jeff Knorr
CITY COLLEGE ENGLISH PROFESSOR
AND CURTIS PARK RESIDENT

that will be constructed by the city of Sacramento.

Last month Drake Haglan Associates, the civil engineering firm responsible for building the bridge, announced that bids for its construction were being accepted at Sacramento City Hall.

The bidding process will close Oct.

24 with construction of the bridge beginning not long after the qualification of the lowest bidder, according to a memo from the Sacramento Department of Public Works.

City College

Development, said he does not expect the bridge project to affect the campus much.

“They [Drake Haglan] have been very good about working around the college schedule,” said Martinelli, “and sensitive to the possible impact the bridge construction might have on campus.”

The preliminary design connected the pedestrian bridge to the campus parking structure. However, after administration voiced concerns over increased non-student through traffic to Freeport, the current design, which aims to shift some pedestrian traffic around City College, was adopted, according to Martinelli.

City College professor and Curtis Park resident Jeff Knorr said he looks forward to using the new bridge to walk to work. He believes the new development and its connecting bridge will benefit both his neighborhood and the campus.

“I think the development has the potential to be a really nice link between the college and the neighborhood,”

said Knorr. “The residents will be able to access the amenities on campus, and students might feel more a part of the neighborhood.”

Kuchman Architects, the subcontractor tasked with the \$11 million bridge’s aesthetics, will use a variety of talent to integrate art with design.

“We worked together with landscape architect Callander Associates, engineers, lighting designers, metal craftsman, bronze sculptors and others to integrate materials and forms that evolved from functional requirements,” according to information posted on Kuchman’s Curtis

Park Village Bridge project page.

Improvements to the sidewalk and lighting along Panther Parkway were recently completed and were designed to improve safety and minimize the impact of increased traffic resulting from the new bridge. The bridge and improvements were funded by a federal grant, according to Martinelli.

The Sacramento Business Journal reported in an Oct 10 article that Petrovich Development obtained an additional \$41 million loan to complete the project’s infrastructure and assist in refinancing a senior loan.

The first phase of the development began in July with infrastructure construction of streets, sewer and water lines and is expected to be completed by next spring, with actual home construction to follow some time later in the year, according to Trace Johnson, vice president of Petrovich Development.

“We expect home building to begin next year after infrastructure work is complete and final city approval is given,” said Johnson.

Knorr, also poet laureate for the city of Sacramento, praised Petrovich’s willingness to work with the neighborhood

association and make the development fit into the neighborhood.

“He [Petrovich] has worked with the neighborhood association to really make the development fold into the neighborhood and has probably done more than most developers would do in terms of going back to the drawing board.” ■

Trace Johnson
VICE PRESIDENT, PETROVICH DEVELOPMENT



College and the Curtis Park neighborhood near the intersection of 24th Street and Sutterville Road.

Once a rail yard owned by Union Pacific, the 72-acre development will be connected to the campus and light rail station by a new pedestrian bridge. The pedestrian bridge is a separate project

Vice President of Administration Robert Martinelli said the bridge’s construction will begin during winter break, starting on or around Jan. 6, 2014, and is scheduled for completion around the beginning of the 2015 spring semester.

Martinelli, who regularly attends meetings with Drake Haglan and Petrovich

New transfer degrees available

CSUs guarantee admission for students with junior standing by accepting specialized associate degrees

Andrew Avelar

Staff Writer // andyavelar@gmail.com

THE COLLABORATION BETWEEN

CALIFORNIA'S community colleges and state universities is evident in a new group of degrees offered at City College with both Associate of Arts and Sciences transfer (AA-T/AS-T) degrees now available.

These are degrees in certain majors within the community college system that will guarantee admission to the 23 California State University campuses across the state, according to adegreewithaguarantee.com, an online guide established by the

California Community Colleges and California State University systems.

"The potential benefits for our students who complete this degree are significant: they are guaranteed admission to the CSU system," stated Elizabeth Atondo from the Academic Senate for California Community Colleges in her 2011 article "A Degree with a Guarantee?" "Additionally, they will have obtained an associate degree, a significant milestone in their educational career, as well as be prepared to transfer and continue their baccalaureate studies."

There are currently 11 majors with the potential of more to come that City College

students can declare to take advantage of this new type of degree. Establishing an education plan and talking to a counselor can help students decide whether an AA-T/AS-T is right for them.

"Every student is very different and there [are] specific details," said Shannon Gilley, City College transfer director and counselor, "so it's best to see a counselor early and often, as the associate transfer degrees may not be for everybody."

The first step in adding the Associate of Arts and/or Sciences transfer degrees to a student's future academic goals at City College starts at the Transfer Center located in RHN 147 within Counseling Services. Students can make an appointment at (916) 558-2181 or tranctr@scc.losrios.edu.

Students are always welcome to come to the Transfer Center to get help with college research, applications and additional questions," said Juliana Singleton, Transfer Center clerk.

The AA-T/AS-T degrees are intended to streamline the transfer process from California community colleges to CSUs. Students must still follow the General Education-Breadth requirements required for graduation as set by the Counseling department, along with certain course requirements set by the individual major departments.

"[This program] provides a simple, understandable, and workable system for students. First, students would take a set of courses that enables them to gain an Associate Degree for transfer in 25 of the most popular majors and guarantees them admission with junior standing to the

CSU system," said Michele Siqueiros in her August 2013 article "SB 440: Strengthening Pathways to Four Year Degrees."

After these conditions have been met, students have the potential to earn a bachelor's degree in a similar major by completing only 60 additional upper division units within the CSU system, according to adegreewithaguarantee.com.

"It's a win-win," said Gilley. "It's a win for the student and a win for the school, not to mention good for the community. We want nothing more than for our students to be successful when they leave here."

City College provided a tangible resource in bringing multiple colleges together at Transfer Day on Oct. 9. There were plenty of college representatives waiting to promote their schools to prospective students. CSU representatives, including nearby Sacramento, Chico and Stanislaus, were in attendance, along with those visiting from as close as the Bay Area, Silicon and Central valleys and reaching down to Southern California.

"It's a great resource to get access to a lot of the different colleges all in one fell swoop," said Julie Kale, a geology major whose goal is to become a high school earth science teacher.

"It can be really time consuming researching through ASSIST.org [an online articulation guide for prospective transfer students] and researching all the different websites for all the different colleges," Kale explained. "You can get the questions you need answered. Sometimes it can be difficult to find who to talk to." ■



Lisa Silva | lisaannsilva@yahoo.com

Receptionist Juliana Singleton helps a student in the Transfer Center.

Clery Report details campus crime statistics

Federally mandated crime report provided to the public by campus police

Jake Patrick Donahue

Staff Writer // jpatrickdonahue@yahoo.com

THE LOS RIOS POLICE Department released its mandatory annual crime report to the public last month presenting the past three years' crime statistics that show drug and liquor violations as the most frequent offenses on campus.

The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act report has been federally mandated since 1990 and is required for all college and university campuses that participate in federal financial aid and employ a security or police force on campus, according to the statute 20 U.S.C. § 1092(f).

Crimes required for publication in the report fall into 12 main categories that are further categorized by geographic location, action taken by law enforcement and hate crime status of the offense, according to Los Rios Police Department Captain Valerie Cox. Crimes that do not fit into these categories are not required for the report.

All crimes—both those included in the Clery report and not—are required by the law to be published in daily crime logs that must be maintained by the department and kept readily available for review by the public according

to Cox and the statute.

"Throughout the year our crime log is maintained on our website, so you can go there 24/7. Our crime log is linked to our database so as soon as a crime occurs and is recorded as a crime in our system, that crime is captured on our crime log," Cox said.

According to Cox, the availability of crime information to the public is not only legally required but is also department policy at Los Rios.

"A lot of people are not aware of their surroundings, especially at nighttime, and I think that's when the crime rate goes up,"

Domonique Garrett
CITY COLLEGE STUDENT

"I promote transparency. There's really nothing here that we do... where we can't provide [information] for you," Cox said.

"They do a fantastic job [of] a), keeping the crime down and b), making us aware of it," said City College English Professor Steve Passal, who was a witness to an incident recently in which

Los Rios Police were dispatched.

Cox also said she estimated that 70 percent of crimes committed on campus feature non-students as the perpetrator, a threat she said is always present on an open campus.

"There are some people who are coming on [campus] to see what they can take advantage of," Cox said.

The most concerning and frequent crime, according to Cox, is theft, which is not a crime required for reporting in the Clery report. She advises caution when using valuable electronics or displaying valuables.

"I think it's important for students to be cognizant that even though it's an educational environment, that they have to secure their items... even in this environment we have to make sure that we're maintaining safety and security thoughts at all times," Cox said.

The City College general education major Domonique Garrett also expressed concern about personal security awareness and its relation to campus crime.

"A lot of people are not aware of their surroundings, especially at nighttime, and I think that's when the crime rate goes up," said Garrett. ■

Tajik delegation visits City College

Online Express covers cultural exchange in multimedia

Lygeia Andre

News Editor // lygeiaandreexpress@gmail.com

FIVE YOUNG DELEGATES FROM the central Asia republic of Tajikistan spent the week of Oct. 3-12 visiting City College and Northern California.

"[The delegates were] here through the Open World program, which is a congress-based exchange program," said Riad Bahhur, International Studies Program coordinator and history professor. "The exchange happens once they're here between U.S. residents and our guests from the former Soviet republics."

The delegation, their facilitator and a translator stayed with local host families and engaged in cultural and educational activities.

Students from the online Express spent the week documenting the visit for a multimedia presentation that will be available Oct. 23 at saccityexpress.com. ■

City College debuts new logo

New design reflects the goals of Sacramento City College

Christina Crockett
Staff Writer // Christinamae2@aol.com

THE NEW CITY COLLEGE LOGO, featuring three archways side by side sitting atop a foundation, has officially been introduced to campus.

Recently announced by President Kathryn E. Jeffery, the new logo is the product of a lengthy design process that began in early 2009, according to Amanda Davis, communications and public information officer.

According to Davis, the new logo was one of many created by student designers as part of a collaborative effort with the Marketing Team and the Public Information Office over

nity to choose the logo that could best represent the school, said Davis.

The previous logo was of a horse-drawn, pioneer wagon and, according to the Sept. 27, 1976, issue of the Express, “The wagon emblem had never really been lost. Students who graduated with honors received special seals on their diplomas designating the honor. On the seal was the Conestoga wagon.”

“They keep updating it,” said Caroline Harker, City College library archivist, who said she liked the old logo but added that it has changed every so often as “...part of marketing.”

The new logo, according to the City College website’s Style Guide, is meant to bring to mind the “widely recognized” architectural design of the Rodda buildings located on campus.

The Style Guide says that the logo represents a sturdy foundation, “and the gateway to higher education that City College offers to students in the region.”

Student organizations that have been approved by City College can also take advantage of the new logo in their flyers or websites to show their position as an officially recognized organization.

“It has a nice, simple design. It almost looks like the Doctor Who symbol.”

- Sirchristopher Crittenden
ACCOUNTING MAJOR

the course of a year to create a unique design that properly mirrors the goals of Sacramento City College.

The finished designs were presented to a number of constituency groups (Classified Senate, Academic Senate, Associated Student Government, Senior Leadership Team), and input was sought from the entire campus commu-



The initial student design (left) was developed into the final version (right) of the new logo.

“It has a nice, simple design,” said Sirchristopher Crittenden, accounting major. “It almost looks like the Doctor Who symbol.”


The logo has a “traditional feel” to it, according to the Style Guide, to properly reflect the City College brand and its desire to provide its students with a firm tradition of excellence.

“A clear message and consistent visual identity reflect our diverse, but unified, organization,” states the Style Guide.

“In today’s hyper-visual world, a

modern marketing and branding approach is imperative to project a high level of professionalism and trustworthiness,” said Donald Button, a professor of graphic communication who was on the logo committee.

More information about the logo and its history, as well as high-quality variations of the logo and proper placement of it, can be found on the City College website Style Guide, in the Faculty/Staff section under Manuals & Handbooks. ■



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Last-minute Halloween shops to visit

Priya McCluskey
Features Editor // Priyamcccluskeyexpress@gmail.com

WHETHER YOU WANT TO dress as your favorite superhero, a pretty princess or a ghastly goblin, Halloween is drawing near. Do you have your costume picked out for the big day? If you are stuck on where to go to get your frightening, funny or flirty costume, the Express has made up a list of local places to find a last-minute costume.

1. Evangeline's: Located at 113 K Street in Old Sacramento, this shop features three levels of goodies. When it comes time to celebrate

Halloween, the store opens the second and third levels, which they refer to as "Evangeline's: Costume Mansion." According to the store's website, customers touring the two floors ...will encounter various rooms." Rooms include: "The Gothic Chamber", "The Lab", "The Jungle", "Saloon", "Renaissance Room", "Storybook Land", "Disco" and "Circus" room. For more information, visit www.evangelines.com

2. Spirit opens once a year for all of your Halloween needs. This store has multiple locations around the Sacramento area. To look for a store near you check out <http://www.spirithalloween.com/>

3. Halloween City has multiple

locations as well and provides costumes for adults, kids and pets. Yes, pets can dress up too. To find out more, visit www.halloweencity.com

4. Xtreme Halloween is only located in Roseville, 1033 Reserve Dr. Roseville CA 95678, but it is a locallyowned store and is stocked with a variety of costumes. For more information, www.xtremehalloween.com/

5. Party City is a one-stop shop that has multiple locations. The store provides costumes for all ages, costume accessories, costume wigs and last-minute Halloween decorations. To see if this store has what you're looking for, visit www.partycity.com ■

Top 10 Halloween movies

Escape the scary outdoors

PREFER TO STAY INDOORS while the ghosts and goblins come out to play? Creepy crawlers might lurk on the other side of the door; but if you want to stay out of their way and snuggle up on the couch—with friends, a loved one or alone—then check out one of these movies on the list below...but don't get too scared.

1. "HALLOWEEN" (1978)

Memorable quote: "It's Halloween, everyone's entitled to one good scare"

Notable character: Sheriff Leigh Bracket played by Charles Cypher

This movie is about a troubled young boy named Michael Myers who murders his sister and gets put in to a mental hospital. He then escapes on Halloween night to go on a murder spree.

2. "THE SHINING" (1980)

Memorable quote: "All work and no play makes Jack a dull boy"

Notable character: Jack Torrance played by Jack Nicholson

Jack Torrance is an aspiring author who relocates to a eerie hotel to be a janitor with his wife and son so that he may write his novels in peace. Little does the family know, the hotel is haunted and it takes a toll on Jack.

3. "NIGHTMARE ON ELM STREET" (1984)

Memorable quote: "Whatever you do, don't sleep"

Notable character: Nancy Thompson played by Heather Langenkamp

In this film, Four friends all begin to have the same nightmare of Freddy Krueger killing them in their sleep. It is their job to stop Krueger or never sleep.

4. "SILENCE OF THE LAMBS" (1991)

Memorable quote: "A census taker once tried to test me. I ate his liver with some fava beans and a nice chianti"

Notable character: Dr. Hannibal Lecter played by Anthony Hopkins

This chilling film involves FBI trainee Clarice Starling who is asked to visit a maximum-security asylum to pick the brain of former psychologist turned homicidal cannibal, Dr. Hannibal Lecter, in hopes of him helping her catch a serial killer.

5. "THE EXORCIST" (1973)

Memorable quote: "What an excellent day for an exorcism"

Notable character: Demon played by Mercedes McCambridge

When a mother begins suspecting that an evil spirit has possessed her young daughter, Regan, she confides in two priests to try and exorcise the demon to have her daughter back to normal.

6. "THE TEXAS CHAINSAW MASSACRE" (1974)

Memorable quote: [to Leatherface] "You... you d--- fool! You ruined the door!"

Notable character: Old man played by Jim Siedow

In this gruesome film, Sall and her brother who is in a wheelchair travel to a vandalized graveyard site with their friends but along the way they pick up a chainsaw-wielding insane hitchhiker who is out for blood.

7. "JEEPERS CREEPERS" (2001)

Memorable quote: "That's not my scarecrow"

Notable character: The cat lady played by Eileen Brennan

While driving home, two siblings see unusual behavior from a man on the side of the road. They notice that he is an unknown truck driver that is tossing body bags into a sewer near an abandoned church but these siblings get more than they bargained for after an innocent investigation.

8. "WHEN A STRANGER CALLS" (2006)

Memorable quote: "Have you checked the children?"

Notable character: Voice

of the Stranger played by Lance Henriksen

This film is about a young babysitter who starts receiving frightening phone calls from an unknown number. After tucking in the kids, she locks up and sets the security alarm the phone rings once again and she finds out that the calls are coming from inside the house.

9. "THE SIXTH SENSE" (1999)

Memorable quote: "I see dead people"

Notable character: Cole Sear played by Haley Joel Osment

In this twisting chiller, Cole Sear is a 6-year-old boy starts seeing dead people. He becomes a patient to child psychologist, Malcolm Crowe, who is dedicated to uncovering the truth behind Cole's paranormal abilities.

10. "THE RING" (2002)

Memorable quote: "Seven days..."

Notable character: Samara Morgan played by Daveigh Chas

In this film, a reporter is skeptical about a videotape that is filled with nightmarish images and that lead to a phone call foretelling the viewer's death. Rachel Keller, the reporter, watches the video and must unravel the mystery before her own time is up.

— Priya McCluskey

TOP 5 HALLOWEEN COSTUMES

ENTERTAINING IDEAS FOR HALLOWEEN COSTUMES

It's the night before Halloween, ghosts are hanging, spiders are creating their webs among your door and dry ice is fogging up the front entrance.

Only one thing you've forgotten: a costume.

Have no fear, The Express will save you. Here is a list of options for that last-minute Halloween costume to throw together.

1 MILEY CYRUS

Twerk your way through the night in a replica outfit from her infamous Video Music Award show on MTV. This outfit will need a silver leotard with a picture of a bear sticking his tongue out, Easy enough to find, right?

2 PANTHER

Show some City College Panther pride and dress up as a panther!

(The college's mascot should have no problem finding a Panther costume.)

3 iPhone

Every one enjoys checking his or her phone, so why not dress up as the popular Apple phone and have every one checking you out?

4 IRON CHEF

Have a chef's hat? Have an iron? There's the costume!

5 RISKY BUSINESS

Dress up in a classic white button down t-shirt, sunglasses and tighty whities. Tom Cruise could not have made this look any easier in his 1983 film "Risky Business"

— Priya McCluskey

Making smart choices in the City Cafe

Students, staff and cafeteria officials weigh-in on not-so-healthy food options

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WITH THE NATIONAL RISE in obesity, many people, including college students, have become concerned about what they eat.

According to the Center for Disease Control and Prevention, “more than one-third of U.S. adults (35.7 percent) are obese” and “obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.”

“I eat everything from the soup to the sandwich to the pizza. I know the fruit is healthy, and I think the soup is healthy.”
-JASON WONG
STUDENT

For many, it can be inconvenient to bring their food or leave campus to eat. Because of time constraints or lack of transportation, this often leaves one option: the City Cafe.

But how healthy is the food on campus, what steps are the college taking to ensure healthy options for those who want them, and who decides what food is served?

“Food service for the [Los Rios Community College District] was

contracted out in 2003, as I recall,” says Robert Martinelli, City College vice president of administrative services. “Aramark became the food service contractor through a competitive process in 2008. Their contract goes through the end of next year.”

Aramark representatives stressed that on-campus food options are mostly based on sales.

“When we choose what foods are going to be distributed out to the students, we will look at basically what sells and what does not sell,” says Frank Gleason, senior food service director for Aramark, the vendor that provides food served on campus.

Still, Gleason says there are healthy snacks offered, and some sell quite well.

“Some campus favorites are the everyday burger, which is less expensive, and the chicken patty burger, which is a healthier item on the menu,” says Gleason.

City College nurse Wendy Gomez is a part of the campus Food Advisory Group, which makes sure that prices are reasonable and, she says, also helps choose what foods go in to the cafeteria.

“We [the advisory group] make a strong effort on having healthy choices available, such as fruit, yogurt, sandwiches, salads and a taco salad bar,” says Gomez. “I think there are healthy choices if you look for them.”

For students, their food preferences come down to variety, but healthy choices are a concern, too.

City College student Lauren Smith, nursing major, says she only eats in the cafeteria Tuesdays and Thursdays, and she gets coffee in the mornings.

For lunch, Smith says, “I usually get pizza or salad. I wish there was a little bit more variety. If they had a better



The City College cafeteria menu offers a variety of healthy options.

variety and quality, I'd be willing to pay a little more.”

Donald Williams, human services major, said he eats breakfast in the City Cafe Tuesdays and Thursdays, but doesn't worry too much about making healthy choices.

“I get the burrito,” says Williams. “It's got eggs, sausage, cheese and potatoes. To me, it is [a healthy meal].”

Williams added that he thinks his breakfast choices are pretty average and pointed out that the cafeteria does offer healthy alternatives.

“It's the basic breakfast, basic lunch, right? Pretty healthy, I guess,” says Williams. “Plus they do have some salads over there.”

Jason Wong, social studies major, says he eats lunch at the City Cafe every day.

“I eat everything from the soup to the sandwich to the pizza,” says

Wong. “I know the fruit is healthy, and I think the soup is healthy.”

Other students avoid the cafeteria altogether. Robert Curry, office administration major, says he seldom eats campus food, but not because of health concerns.

“When we choose what foods are going to be distributed out to the students, we will look at basically what sells and what does not sell.”
-FRANK GLEASON
SENIOR FOOD SERVICE DIRECTOR, ARAMARK

“I am on a tight budget, unemployed and receiving financial aid,” says Curry.

Though Curry's reasoning for not eating cafeteria food may not be about health, he explained that he does think about his food choices.

“I am into health and wellness,” says Curry. “I do try to eat healthy. [The cafeteria does] serve healthy food, but they also serve junk food.”

Curry also speculated about possible reasons why the college doesn't offer more health-conscious goodies.

“Schools operate on a budget and, depending on how the budget goes, they are able to bring in more healthy foods or just keep what they got because healthy foods tend to be more expensive,” says Curry. ■

— Additional reporting by Arts & Entertainment and Features Editor Priya McCluskey



The City College cafeteria menu includes different kinds of salads.

New scoreboard shines over Hughes Stadium

Administration hopes to take advantage of new addition's state-of-the-art features

Teri Barth

Staff Writer express.teri.barth@gmail.com

HUGHES STADIUM NOW BOASTS a new video display scoreboard after City College's administration concluded it was time to upgrade the board to one that was consistent with of the stadium's 2011 modernization, according to City College Director of Operations Gregory Hayman.

The new board has all the functions of professional team scoreboards, including instant replay and multiple camera display capabilities, Hayman said, and the timing was right to replace the old board.

"[The existing scoreboard] was very low-tech. It was 20 years old,"

"It's pretty technical as far as running [the board] and it requires a specialized person who has the expertise."

Gregory Hayman
DIRECTOR OF OPERATIONS

said Hayman. "The fact we were getting a completely remodeled stadium,

we thought it certainly appropriate that we upgrade the scoreboard at that time also."

The new board is a technological improvement, Hayman added.

"[The old board] had light bulbs you screwed in by hand—it was sorely outdated," Hayman said. "We were able to obtain a new state-of-the-art LED video screen scoreboard."

According to Hayman, voters approved state bond measures over the last several years for Los Rios Community College District renovation projects, including a \$465 million bond in 2002 and another for \$475 million in 2008. The proceeds, Hayman said, have been allocated for modernizing existing campus facilities and for new construction projects throughout the district.

The money from the state bond authorizations is split between campuses, and although projects like the Hughes Stadium renovation were funded by the bonds, the scoreboard was not, Hayman said.

Rather, the \$324,000 scoreboard, constructed by Koch & Koch, Inc., was funded by local bonds, also referred to as discretionary funds, Hayman said.

"[The scoreboard] actually was not part of the bond project," said Hayman. "It just came out of college funds."

To use the board to its full po-

tential though, requires additional funding beyond the initial cost of its construction, said Hayman. And without funding for the extra manpower, the board is being run by one person, sometimes two, as just a scoreboard, Hayman added.

The new board isn't getting rave reviews from everyone, however.

Women's track and field head coach Lisa Baudin said she hasn't seen the board benefit track and field nor has she been informed how, or if, it ever will.

"I don't really know much about it," said Baudin. "I don't believe it is connected for track and field. It doesn't do any service for us. I hope that we can run a meet here and have the scoreboard actually work for our sport—not just football."

Although Hayman said the board is intended to complement every Hughes Stadium event, to do so requires more personnel than currently available. And, according to Hayman, there is no budget available to accommodate the extra manpower.

"It's problematic," Hayman said.

"We'll probably never get a full-time person. It's pretty technical as far as running [the board], and it requires a specialized person who has the expertise."

Since specialized technicians are not

an option at this time, to keep the board running in basic mode, a temporary solution to the problem, according to

"[The scoreboard] actually was not part of the bond project," said Hayman. "It just came out of college funds."


Gregory Hayman
DIRECTOR OF OPERATIONS

Hayman, may be to have a student work the sign each semester.

"I plan on talking to the theater production folks," said Hayman. "It may be an excellent opportunity."

Despite the difficulties with running the new scoreboard, Hayman remains excited about its potential uses in Hughes Stadium.

"It's amazing," said Hayman. "It's very bright, and it's just totally different from the old score board that we did have—it's a real treat." ■



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Cheering for support

City College dance and cheer team wants the school’s dance curriculum restored



Alina Castillo/alinacastilloexpress@gmail.com

City College’s cheer dance performers pump up the audience during club day on the quad.

Isiah Lerma // Staff Writer
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DAY IN AND DAY out, practice after practice, the women of the City College cheer and dance team learn choreography and drill new routines in support of the campus and its many events. But according to coaches and team members, the support is not mutual, and the team is fed up.

Trinidad Stassi, director and coach of the dance and cheer team says despite all the work prepping and fine tuning the team all summer (not to mention time and money donated from coaches and directors) to be ready by the first day of the 2013 fall semester, they received little support from college administration.

Stassi adds that the college currently offers no dance courses, though the team has been successful in competition in years past. Courses in several dance disciplines were offered at City College for many years prior to the current budget crisis.

“It’s unfortunate that we have a campus that doesn’t support a dance program because the fact of the matter is we have students, staff and administrators that support it, but we don’t have a curriculum that supports what we do here,” says Stassi.

Bettina Cochran, current student assistant and former standout athlete of Stassi’s, has been a part of the program since 2009 and says she also believes that City College should offer more dance courses.

“For someone like myself who plans on a future in the dance industry, it was tough being pushed out to [American River College] for programs that offer dance, and even there it’s very minimal,” Cochran says.

Cochran, who has been dancing since the age of 6, has been a part of every dance team that City College offers and is currently helping choreograph routines for Stassi and other coaches. She says she

hopes to one day open her own studio and teach dance to kids.

Stassi says that the cheer and dance program in the past was promised a faculty position to handle all dance curricula, but the college still has not delivered.

“When [former professor of Health and Athletics] Shirley Brown [who was at City College for 30 years], was here, we were promised from the staff here at Kinesiology, Health and Athletics that we would receive a position for a dance [instructor] on a full-time basis, but then they pushed us out of the division and told us to go with Student Leadership and Development because we were ‘not a sport’ but an ‘athletic activity,’” says Stassi.

With over 60 members and many awards from tournament and competition success attributed to the program, Stassi and fellow coaches say they work diligently to ensure support and success for the team and college events. They say all they want in return is to be recognized.

“The only way SCC can have a dance and cheer program is to charter a club,” says Stassi. “So we are a chartered club through Student Leadership and Development. Our program fares well. We will attend the USA Regional Championships in November at UC Davis and then attend Collegiate Nationals [at Anaheim] in March 2014.”

But despite the team’s success, Stassi says she feels the college should listen to what students want and help build a stronger program in which students can take part.

“These students wouldn’t be here if they didn’t want to participate or didn’t want a cheer or dance team,” says Stassi. “[ARC] doesn’t want a cheer or dance team, Cosumnes doesn’t want a dance or cheer team; we want one!”

Dean of Athletics Mitch Campbell explained that it’s unfortunate that City College had to remove the dance classes from the curriculum, but due to the

financial shortfall of the budget crisis, the college was forced to cut back.

“Each class has a certain amount of FTE [Full Time Equivalent] attached to it,” says Campbell. “So each division gets a certain amount of allocated FTE, which translates into the ability to offer classes. When I say we were reduced with FTE, that means we were reduced in the amount of classes that we are able to offer.”

Campbell also remains unsure about the future of a potential revival of the program because of the current budget and FTE allocated to the school.

“I don’t know what’s going to happen in the future,” says Campbell. “If we were to return to our previous number of classes, [adding a cheer and dance course] would be a potential consideration.”

Cochran agreed with Stassi about the balance of support to the cheer team being unequal to that of other similar programs and sports and that a dance curriculum would be beneficial to the students who participate in dance and cheer.

“We make our athletic department look great, and they don’t even support us,” adds Cochran.

Last year, the dance and cheer team placed in the top three at the Collegiate National Tournament, where two-year colleges from all over the country annually participate in competition and where City College has built a reputation for success in the past.

“We always finish in the top three, and we’re going [to the tournament] again in a few more weeks,” said Stassi. “This year is no different.”

Stassi reiterated the importance of college support for a group of people who work hard to make City College look good.

“We want the administration, faculty, and staff to support us,” says Stassi. “We are the spirit of Sac City College. We carry the torch!” ■



GAME RESULTS

CROSS COUNTRY
MT. SAC INVITATIONAL
City College women’s team – 15th place of 18 teams

FOOTBALL
City College – 27, Merced – 38
City College – 13, College of the Siskiyous – 31

GOLF
JAN HIGH MEMORIAL
City College – 80
BIG 8 CONFERENCE
City College – 384, Tournament #9
City College – 391, Tournament #10

SOCCER
City College – 0, Diablo Valley College – 1
City College – 1, American River College – 3
City College – 0, Sierra College – 7

VOLLEYBALL
City College – 2, Modesto Junior College – 3
City College – 3, Cosumnes River College – 0
City College – 2, Sierra College – 3
City College – 3, Diablo Valley College – 0

WATER POLO
City College – 1, Diablo Valley College – 18
City College – 1, Sierra College – 20

COAST/BIG 8 CROSSOVER TOURNAMENT
City College – 3, Ohlone College – 10
City College – 4, Foothill College – 10
City College – 6, Laney College – 7
City College – 3, Laney College – 12

WRESTLING
City College – 38, Shasta College – 12

NORTH DUALS
City College – 55, San Joaquin Delta College – 0
City College – 37, Santa Rosa Junior College – 6
City College – 36, Sierra College – 9
City College – 22, Fresno City College – 21



Quarterback Taylor Laird out for season

City College football star sidelined with injury

Dianne Rose // Multimedia Editor
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AFTER WORKING HARD DURING fall training camp and impressing coaches, Taylor Laird got the starting quarterback position for the City College Panthers, according to the team’s head coach Dannie Walker.

The team won its season opener against Sierra College Sept. 7 in a game that went into overtime. City College won 37-31, and Laird threw for 474 yards and had 5 touchdowns.

And when it came time to play the second game of the season, Laird said that he was ready to go.

“I was very positive and upbeat,” said Laird.

But Laird will no longer be able to contribute to the team after sustaining an injury in the team’s second game on Sept. 17 that will keep him sidelined for the remainder of the season, Laird was helped off the field and looked at by the team doctor Jothi Murali following the season-ending play.

City College took to the field to face American River College. During the first half American River College dominated, according to Laird said after half time, he felt good about City College getting back into the game.

However, the season took a dramatic change for Laird late in the third quarter.

“I went back to pass, I saw the defender coming, and I knew I was going down, and that’s when I heard a pop,” said Laird.

At home that night, Laird’s father said the athlete should get his ankle X-rayed just to be safe. That was when he



Staff Photographer/Dianne Rose/
dianne.rose.express@gmail.com

Taylor Laird, City College quarterback does homework while supporting his team at practice Sept. 25.

learned his season was over, Laird said. At the hospital, Laird learned he had a fracture that cracked all the way through his fibula.

Though Laird’s season ended early, Walker praised Laird’s performance in the first two games.

“His ability to keep the play alive when it breaks down is something a lot of guys can’t do,” said Walker. “He has that special skills set to be able to do that, and his foot work, his savyness, his toughness, all that put into one body 6-foot-3 215-pounds; he makes things happen.”

Laird is now watching the season from the sidelines while sporting an

orange cast representing his favorite NFL team, the Miami Dolphins.

Throughout his recovery time, Laird said he is focusing on being an even better player by working on upper body lifting and bicycling. He added that he’s not letting his injury get in the way of his dreams.

“Oh, at first it was bad, it was rough,” said Laird. “I was upset, but now I am looking at the bright side, and I’m continuing getting bigger and stronger.”

As for when Laird hopes to get back on the field, he said he was unsure at this point when he’ll return.

“It’s hard to tell,” said Laird. “I have an appointment Oct. 31 to see if I can get the cast off; then rehab.”

Despite the injury and Laird having to sit out the rest of the season, Walker compared Laird’s early season accomplishments to a former City College football star and said Laird was on track to being a top player.

“That game and a half [Laird] was playing at a level that we haven’t seen here since 2009 by a kid by the name of Cody Allen,” said Walker. “[Laird] was on pace to do some amazing things here from a leadership standpoint and from an athletic standpoint.” ■

To learn more about Laird’s background, the reason he chose City College, his relationship with his coach, his injury and his potential to be a top football player after he recovers, visit the link below for an exclusive video interview.

saccityexpress.com/injury-takes-quarterback-out-for-season

SPORTS CALENDAR

CROSS COUNTRY

OCT. 31
at 3 p.m. and 3:45 p.m. – Big 8 Championships at Tuolumne Regional Park in Modesto

FOOTBALL

OCT. 26
at 5 p.m. – Feather River College in Quincy

GOLF

OCT. 22
at 11 a.m. – Big 8 Tournament #11 at Kennedy in Napa
OCT. 29
at 11 a.m. – Big 8 Tournament #11 at Spring Creek in Napa

NOV. 5
at noon – Fresno City College at Bartley Cavanaugh in Sacramento

SOCCER

OCT. 22
at 6 p.m. – City College vs. Modesto Junior College
OCT. 25
at 3 p.m. – Cosumnes River College in Sacramento

OCT. 29
at 1:30 p.m. – Santa Rosa Junior College in Santa Rosa
NOV. 1
at 3:30 p.m. – San Joaquin Delta College in Stockton

VOLLEYBALL

OCT. 23
at 6:30 p.m. – City College vs. San Joaquin Delta College
OCT. 30
at 6:30 p.m. – Santa Rosa Junior College in Santa Rosa
NOV. 1
at 6:30 p.m. – American River College in Sacramento

WATER POLO

OCT. 23
at 3:30 p.m. – City College vs. Santa Rosa Junior College
OCT. 30
at 3:30 p.m. – City College vs. Modesto Junior College

WRESTLING

OCT. 23
at 7 p.m. – City College vs. San Joaquin Delta College in Stockton
OCT. 26
at 9 a.m. – Meathead Movers Invitational in Cuesta
NOV. 2
at 9 a.m. – Lassen Tournament in Reno

FOR MORE INFORMATION,
VISIT SCCPANTHERS.LOSRIOS.EDU



Staff Photographer/Dianne Rose/dianne.rose.express@gmail.com

Freshman quaterback No.15, Taylor Laird of City College, looks to throw the ball during the first home game against Sierra College at Hughes Stadium on Saturday, Sept. 7.





Photos by Dianne Rose
Multimedia Editor
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Clockwise from top: (Top) Panthers football team runs onto Don Odishoo Field during the away game against Merced College on Oct. 12.

(Upper right) Nick Whitaker, City College sophomore wide receiver, makes a 70-yard touchdown catch to tie the first home game against Sierra College on Sept. 7.

(Lower right) Arsenio Jackson, City College freshman wide receiver, makes a touchdown catch against Santa Rosa Junior College at Hughes Stadium on September 20.

(Far left) Henry Enyenihi (right), City College freshman runningback escapes a tackle by Merced College freshman defensive lineman Success Chandler (left) on Oct. 12.

PANTHERS FOOTBALL SEASON HIGHLIGHTS

(Bottom left) Bobby Garza, City College freshman wide receiver, makes the catch during the home game against the College of Siskiyous at Hughes Stadium on Oct. 19.



(Bottom right) Giles Guy Williams, City College freshman wide receiver (left), runs in a two-point conversion at Merced College on Oct. 12th.