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DUELING FOR FANS PG.11

FEEDING  
THE NEED

PG.3



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# Volunteer to give thanks

**THE SIGHTS AND SOUNDS** of the holidays are upon us, as Sacramento residents and Americans across the nation begin to decorate their houses for Halloween—some even for Christmas already—and purchase hoards of goods from multiple retail locations.

The City College Panther statue was surrounded by pumpkins for a Queer/Straight Alliance club fund-raiser selling those plump little orange squash. While this was for a noble cause, raising money for a college club, it seems this is what the holidays have become more and more in recent years.

Specifically, Thanksgiving and Christmas have become so commercial that most people celebrate these holidays without even realizing what they're all about.

Other winter holidays such as Kwanzaa, Hanukkah and New Year's aren't so bad, but in particular the celebration of Thanksgiving and Christmas have become more about how much we can eat or how

time of giving thanks and giving back to those who are less fortunate.

Sure, there are food drives, toy donations, soup kitchens and other such events and activities that help promote this idea, many of which are done on the City College campus, but maybe we as Americans should be upping the ante when it comes to helping others.

Statistically speaking, according to [retailindustry.about.com](http://retailindustry.about.com), Americans spent \$59.1 billion on Black Friday weekend alone in 2012. In comparison, there were 636,017 homeless Americans in 2011, according to [endhomelessness.org](http://endhomelessness.org).

Now, of course, the money spent on Black Friday wouldn't be able to feed and shelter all those people, but the numbers speak volumes about the priorities of Americans.

Perhaps it's just the nature of living in a capitalist country, but it's sad to see so many people go without, many of them through no fault of their own, when people are willing to spend so much

help out is by going to [sacramentofoodbank.org](http://sacramentofoodbank.org) and clicking on the volunteer link at the top of the home page.

From there, interested individuals can learn more about volunteering and how they can help the community. For Thanksgiving this year, the food bank is running a turkey distribution line at its facility located at 3333 Third Avenue in Sacramento, which will be held on Nov. 25.

The organization also offers many opportunities for helping out year round, but for those who don't have the time, money or ability to help out all the time, consider lending a hand to a fellow member of the community during the holiday season. Try walking in someone else's shoes and ask yourself how it would feel to be ignored if you were in need.

There are so many ways, whether through City College or elsewhere, to get involved with helping those who are less fortunate than you. The important thing to remember is that while it's perfectly

fine to indulge during the holidays and while everybody is entitled to celebrate life, love and family any way they choose, there are a lot of people out there who have very little or nothing at all.

So, instead of sitting in front of the TV Thanksgiving Day, watching football or instead of getting an early spot in line for that hot new toy your niece or nephew wants, think about collecting clothing for the homeless, volunteering at a local charity or collecting canned

goods for the hungry.

After all, giving back is what the holidays should really be about.

In addition to the Sacramento Food Bank, there are many other places to help out during the holidays.

Visit [sacramento.about.com/od/familylife/a/volinsac](http://sacramento.about.com/od/familylife/a/volinsac) or [sacramento.cbslocal.com/top-lists/family-guide-to-holiday-volunteering](http://sacramento.cbslocal.com/top-lists/family-guide-to-holiday-volunteering) to find plenty of local volunteer opportunities. ■

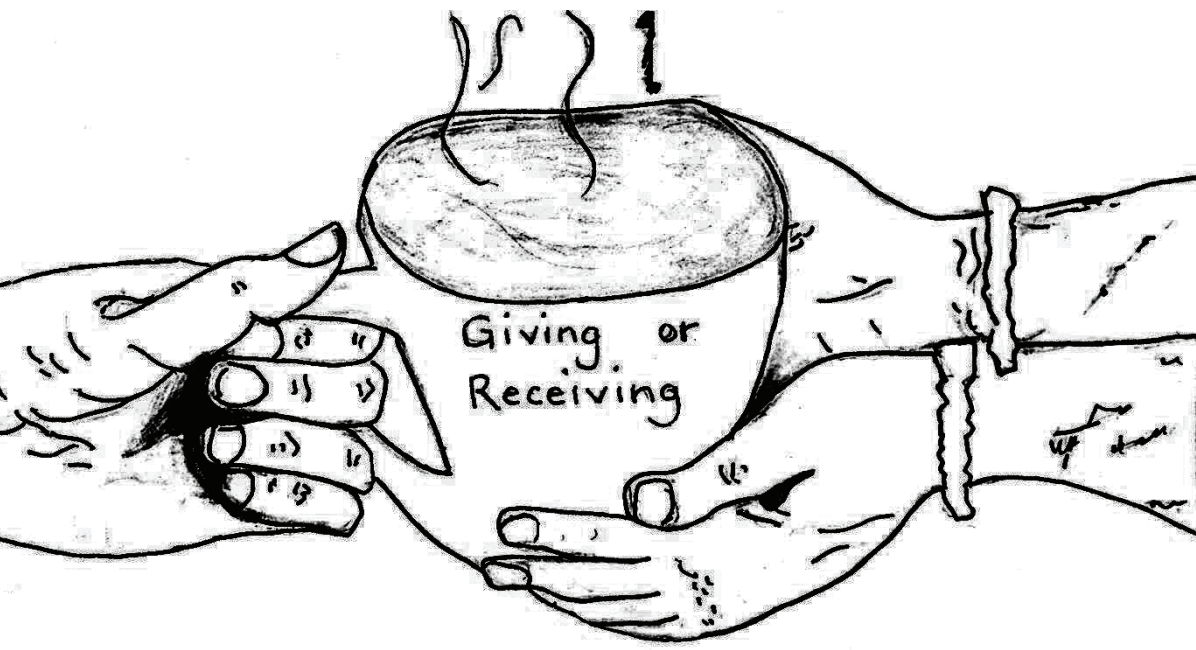


Illustration by Kate Paloy

many presents we can solicit from our friends and family, than they are about giving thanks, giving back or even spending time with those friends and family members.

Black Friday—the biggest shopping day of the year—starts earlier and earlier each year. It has become a new tradition to go sit in line on Thanksgiving or to even go to stores that now open around 8 p.m. on the same day that everybody stuffs themselves with turkey and yams.

All of this makes one wonder why people don't do more for those in need. The holidays have traditionally been a

money on toys, electronics, clothes and other such frivolous expenditures.

There are so many other important aspects of winter celebrations to focus on, but it seems, at least in America, the main focus these days is to spend money. That isn't to say there aren't many people who *do* give back, and that's great, but there is a huge opportunity to help even more, and not only at the holidays, but all the time. In fact, why do we view the holidays as the only time of the year when helping others is important?

One way City College students or those in the greater Sacramento area can

## CITY TALK

### Thanksgiving wishes

**Teri Barth**  
Photographer // [express.teri.barth@gmail.com](mailto:express.teri.barth@gmail.com)

City College students are given the chance to flip the bird this Thanksgiving, telling the Express not what they are thankful for, but rather what they could thankfully do without.



**Kathleen Reilly // cosmetology**  
“Photo-filtered food in Instagram because it's so obnoxious; it's an annoying trend.”



**Shannie Johnson // social sciences**  
“School, math, because I hate it and I suck at it.”



**Nicholas Santos // graphic communication**  
“I wish we didn't have to learn because then there would be no school.”



**Natima Bascaro // biology**  
“Midterms. I feel the midterms are sometimes so close together. Last semester, I had four in one day.”



**Richard Vang // engineering**  
“A lot of prerequisites. The ones that don't transfer [are like] taking a class that doesn't matter.”

## express

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# Food drive season on campus

Donation bins are collaboration between Business Club and Sacramento Food Bank



Teri Barth | [express.teri.barth@gmail.com](mailto:express.teri.barth@gmail.com)

Donation bins are located in various areas of the City College campus.

**Teri Barth**  
Staff Writer // [express.teri.barth@gmail.com](mailto:express.teri.barth@gmail.com)

**CITY COLLEGE'S STUDENT-RUN BUSINESS** Club has teamed up with the Sacramento Food Bank and Family Services to officially host a campus-wide 20th annual Spirit of Giving food drive through Dec. 9, according to Business Club public relations officer Crissy Dawson.

Club members choose a project each semester from among member suggestions by a majority vote, Dawson said, adding that the process of elimination

**“There are starving students as well—a lot are hungry.”**

Joyce Ransom  
COSMETOLOGY MAJOR

wasn't necessary this semester; members quickly agreed on a project.

“The Business Club decided right away, [early] in the semester that we wanted to do a community service project,” said Dawson.

According to Dawson, the club took great care in deciding which organization it would commit to working with. Dawson said club members decided a field trip of sorts was in order and upon touring SFBFS facilities, the organization was determined best able to support the club's desire to help at a more local level.

“We wanted our donations to benefit the community close to Sacramento City College's campus,” said Dawson. “Since a lot of the donations to Sacramento Food Bank & Family Services are distributed in Oak Park, this organization was a perfect fit.”

In addition to the SFBFS structure as an organization, Dawson said the Spirit of Giving campaign—SOG—complimented the club's desire for a project lengthier than those in the past.

“We didn't want our community service to be one-and-done,” said Dawson. “So, we decided to join with Sacramento Food Bank & Family Services' Spirit of Giving drive and to collect all semester long.”

Much of the organization's success is due to donations collected during SOG, according to Donation Drive Coordinator Tarah Frost.

According to Frost, over 23,000 Sacramentans benefit monthly from SOG, which has collected over 4.6 million pounds of non-perishable and canned foods since its inception 19 years ago.

But some City College students question the logic behind the Business Club's decision to host a food drive since its success relies on donations from students who themselves may be in desperate need of a meal.

“Things are a little tight all over; that could be a reason why [the bins are empty],” said Joyce Ransom, cosmetology major. “There are starving students as well—a lot are hungry.”

Joao Don Santo Neto, an electrical engineering major, said he only knows SOG is happening because he saw a donation bin, which are described on the SFBFS website as “55 gallon durable blue plastic barrels are 38 inches tall and 24 inches in diameter, take up as much room as two people standing together, and can hold up to 350 pounds.”

Neto said though the bins are large enough to notice. Unless people are told about SOG, the bins will remain empty.

“We do not have the information to know the drive is going on,” said Neto. “People need to be more outspoken about it.”

Neto said there are simple ways to get the necessary information out to everyone on campus.

“We have events happening in the quad every now and again,” said Neto. “I think it would be a perfect moment to let people know about the food drive and [other] stuff like that.”

Neto also suggested that clubs could easily spread the word about City College campus events if the club presidents

**“We hope that students and faculty remember the semester-long drive while writing their grocery lists.”**

Crissy Dawson  
BUSINESS CLUB PUBLIC RELATIONS  
OFFICER

communicated among themselves and committed to cross-promoting events.

Still, according to City College SOG Food Drive Team Lead Mary Scott, the drive is showing success. Scott said Business Club collections from the six SOG donation bins from the month of October were enough to fill a large shopping basket.

The donation bins, according to Dawson, are easily accessible and conveniently placed across campus.

“Donation bins [are] located inside Rodda North and South, Cultural Awareness Center [CAC], Book Store, Business Building, and Learning Resource Center from Monday, Oct. 14 all through the semester until Dec. 8.”

Dawson said City College donations make a difference and everyone is encouraged to participate.

“We hope that students and faculty remember the semester-long drive while writing their grocery lists,” said Dawson. “We can all pick up just a few extra food items when we go grocery shopping each week, and the donations will really add up to make a positive impact for families in need in our community.” ■

## EVENTS CALENDAR

### HAWAIIAN SOVEREIGNTY

MONDAY, NOV. 4  
NOON – 1:30 P.M.  
CULTURAL AWARENESS CENTER, SC104  
*Presented by Walt Keale, cultural consultant*

### WHAT COMES NEXT

#### WORKSHOP

TUESDAY, NOV. 5  
1 – 2 P.M.  
LRC141  
*Learn about the transfer process*

### EYE FROM THE EDGE

THURSDAY, NOV. 7  
NOON – 1 P.M.  
CULTURAL AWARENESS CENTER, SC104  
*Oakland's history through the life of Ruben Llamas*

### VETERANS DAY

MONDAY, NOV. 11  
*Holiday – campus closed*

### NATIVE/INDIGENOUS STUDENT WELCOME

WEDNESDAY, NOV. 13  
NOON – 1:30 P.M.  
CULTURAL AWARENESS CENTER, SC104  
*All are welcome*

### THANKSGIVING RECESS

THURSDAY, NOV. 28 - DEC. 1  
HOLIDAY - CAMPUS CLOSED



# The high cost of textbooks

Student Associated Council addresses the financial burden of a necessary supply for students

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

**TEXTBOOKS COST MONEY, AND** new college textbooks can cost a lot of money. For many cash-strapped students the high price of a textbook means looking for alternatives to the campus bookstore.

**“When a professor selects a loose leaf edition of a text, it’s because it costs less than the new edition, even though it can’t be resold to the bookstore.”**

Anne Licciardi  
MATHEMATICS, ENGINEERING AND STATISTICS  
DEAN

The Student Associated Council held a special student action committee meeting in mid-October to discuss textbook pricing.

The American Enterprise Institute Public Policy Blog reported last year that the price of the average college textbook had increased by 812 percent since 1978.

Student Senator Gavin Fielder, secretary of public relations for City College’s Student Associated Council, lists textbook prices among the chief complaints the council hears from students.

According to Fielder, students feel the high prices of textbooks are related to unnecessary bundled software and online laboratories.

“Complaints about textbooks and Aramark’s cafeteria are what we hear the most,” said Fielder.

Like most students, Garrick Wong,

nutrition major and math tutor at City College, considers textbook prices a serious issue.

“I can sometimes find the books I need used online,” said Wong. “But it is a problem for me [financially], when I have to buy new and then try to get my money back by reselling.”

Some of Wong’s classmates are pretty savvy when it comes to buying and selling textbooks online, he said, while others borrow hourly-reserved texts from the library, and others trade in photocopied packets.

“I know some students who actually can make money selling copied packets of textbooks,” Wong said.

Anne Licciardi, dean of mathematics, engineering and statistics, said that professors are sensitive to the problem of high textbook prices.

“When a professor selects a loose leaf edition of a text, it’s because it costs less than the new edition, even though it can’t be resold to the bookstore,” said Licciardi.

When textbooks are sold with software that a professor does not require, it is because the publisher is offering them at a discounted rate.

According to Licciardi, City College professors are allowed to select their own course materials. There is a list of approved texts for professors to select from, or they may choose alternatives after having them reviewed by other faculty members.

“The bundled textbooks are usually \$5 to \$10 cheaper than the regular books would be, and we do attempt to



Teri Barth | express.teri.barth@gmail.com

make sure we are getting the best price,” said Licciardi.

The Student Interest Research Group, a national student organization, reported in 2010 that the Higher Education Act [passed by Congress in 2008] went into effect. The key provision of the act requires that textbook publishers disclose prices to professors so they may consider the cost to students.

Additionally, two other key provisions of the act require that texts and

supplemental materials be sold separately and asks that changes in texts and editions be posted at least one semester prior to a change.

The group’s website, [www.studentpirgs.org](http://www.studentpirgs.org), offers shopping tips and alternative online sources for textbooks. ■

## Library copiers disabled for scanning

City College is only Los Rios campus without the option to scan to a USB drive

**Christina Crockett**  
Staff Writer // Christinamae2@aol.com

**AT MANY LOS RIOS COLLEGES** students are able to scan documents, textbooks and any other materials to a USB drive for free, but City College is the only one that doesn’t provide this amenity to students.

**“The only issue that we’re aware of is wear and tear on the equipment and maintenance costs induced from continuous use.”**

Gavin Fielder  
STUDENT SENATE P.R. SECRETARY

It cost 10 cents to print a page on any copiers, printers or scanners on campus, but there is no way for students to download information from one of those devices onto a USB drive.

“The way those copiers—the ones we have now—are set up, they weren’t charging any money for USB ports, so we had to take them off,” said Randy Clem, College Store director.

The copiers cost \$200 a month to maintain, and the few cents that is the students’ fee helps pay that off. But the \$200 a month only covers wear and tear and doesn’t include paper, toner or anything else needed to run each printer, explained Clem.

As soon as they find a way to charge the students for using the USB ports, they will go back on the equipment in the LRC, Clem said.

Gavin Fielder, secretary of public relations for the Student Senate, said, “While the cost, if the college decides to charge for the service, would still be negligible, [having the ability to download information on USB drives] becomes a matter of convenience.”

“It should be free because students should have the resources available when and where they need them, and any required charge creates a convenience barrier as well as another financial barrier, the latter of which, of course, is the last thing any school or student needs,” Fielder said. “It should



Mahalie Oshiro | mahalieoshiroexpress@gmail.com

Copy machines in the Learning Resource Center at City College are available for copying only.

not have a significant financial effect on staff.”

“The only issue that we’re aware of is wear and tear on the equipment and maintenance costs induced from continuous use,” Fielder said.

Despite the inconvenience, some students prefer to print hard copies.

Ashley Parkesn, undecided major, said, “Personally, I like it better just to print out. I only have one class, and it’s easier to just print it out and bring it to class. ■



# Student leader represents

City College student trustee Ricardo Lemus is liaison between district and campus community

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

**THE STUDENT TRUSTEE FOR** the Los Rios Community College District is elected at the end of each spring term to bring a student perspective to the board of trustees, the group responsible for contract, budget and policy decisions for the Los Rios district.

Last spring, sophomore Ricardo Lemus came out on top of what he described as a hard-fought election. “I just figured why not run for student trustee?” Lemus said. “So I ran. I campaigned really hard, and I won.”

**“He is the connection, the liaison between the board and the student association presidents.”**

**Kim Beyrer**  
STUDENT LEADERSHIP AND DEVELOPMENT  
COORDINATOR

The student trustee is responsible for bringing on-campus issues to the board of trustees for consideration.

According to Kim Beyrer, City College’s student leadership and development coordinator, many of these issues are discussed at meetings held with the trustee and student government presidents from the four Los Rios campuses before—and after—being brought to the board.

“He is the connection, the liaison between the board and the student association presidents,” Beyrer said.

Lemus, a kinesiology major who plans to transfer to Sacramento State to pursue a bachelor’s degree in physical therapy, echoed the importance of his communication with the student presidents.

“I rely heavily on each student president to let me know what’s going on on [each] campus,” said Lemus.

The student trustee is the only non-voting member of the board; something Lemus says doesn’t stop his opinions from being considered.

“My voice is heard,” Lemus said. “I do carry influence [on the board].”

According to board member Dustin Johnson, who also served as student trustee during his time at American River College, members of the board take the student trustee very seriously on issues that directly impact students.

**“I get a big joy from helping others and that’s the reason why I got into this role and all my leadership roles in the past. For me it’s all about student advocacy—advocating for the students.”**

**Ricardo Lemus**  
LRCCD STUDENT TRUSTEE

“I think we all take [Lemus’ comments] very seriously,” Johnson said.

“I’m not there on the front lines and in class rooms and might not be aware of issues related to being a student. That’s why it’s good to have a student there to provide us with that context and those insights,” Johnson said.

Lemus has been involved in student leadership at City College for two years, serving both as a member and as president pro tempore of the student senate.

“I get a big joy from helping others and that’s the reason why I got into this role and all my leadership roles in the

past,” Lemus said. “For me, it’s all about student advocacy—advocating for the students.”

Lemus says those who may have issues they want addressed should take them to their student leaders.

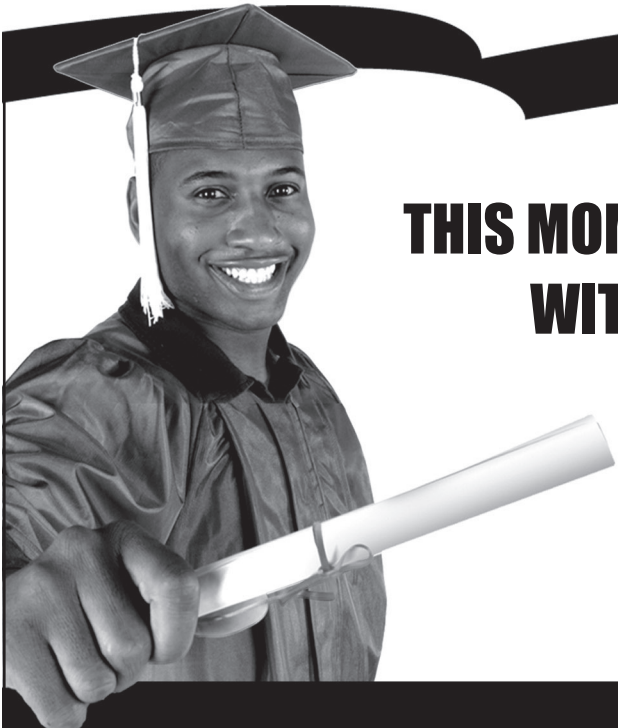
“Vent those [issues] through your student leadership and student presidents,” Lemus said. “If it’s a campus issue they’re there for that. If it becomes a district issue, if it’s a problem at multiple campuses, that’s when I can take it to the board.”

Since taking office in June, Lemus has received only positive reviews from his advisers and his peers on the board of trustees.


“I would say Ricardo is one of the best [student trustees] we’ve had,” said Beyrer. “He’s strong in so many different ways and he’s in it for the right reasons. He really wants to support students; he’s been great.”

Johnson also praised Lemus for his contributions at board meetings.

“Certainly I think he’s made some good comments at the board meetings,” Johnson said. “He provides a good perspective.” ■



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# Empowering through hip-hop

‘Rock the School Bells’ motivates students toward college using modern and creative approaches



Photo courtesy of The Low End Theory Collaborative

The Low End Theory Collaborative celebrates at the first Sacramento Rock The School Bells event in October.

**Harold Williams**  
Staff Writer // haroldwilliams2@yahoo.com

**THE THREE ABCS OF** hip-hop: arts, beats, and culture were most certainly a part of City College’s “Rock the School Bells” event in October.

The annual hip-hop and education conference began at Skyline College in San Bruno and held its first Sacramento event at City College. “The ‘Rock the School Bells’ event has grown considerably since its 2007 inception,” according to the Skyline View student-run newspaper.

“The goal of ‘Rock the School Bells’ is to motivate the students to think about higher education, but how we deliver that message is through a medium that reaches young people, and that’s through hip-hop,” said Tony Davis, a City College counselor and Low End Theory Collaborative member.

The Low End Theory Collaborative, a collection of City College staff members who utilize the hip-hop culture to educate and empower students, connected with members of Skyline College’s RTSB in order to bring the conference to City College.

**“There was a very organic experience, the fact that these two cats who had never made beats together just started plugging in their MPC [music production center] machines and just let everything kind of happen.”**

Adam Freas  
EOP&S COUNSELOR

“We try to use the concepts of hip-hop culture: music, dancing, artwork, and translate it to education and educational success,” said Davis. “We still speak about the traditional educational skill sets such as time management, study skills, and work ethic, but the method is very non-traditional.”

The goal of RTSB is to engage and remind people that there are many positive aspects to hip-hop.

“We are teaching a hip-hop generation, so we’re meeting them where they’re at,” said Davis. “The whole idea of being able to express themselves and articulate their thoughts through words in a creative way is a skill set not particularly marketed by the mainstream.”

“We’ve presented at Skyline College during their RTSB conference in the spring of 2012 and 2013,” said EOP&S Counselor and LETC member Adam Freas. “We really liked what they were doing, so we figured we could do the same at City College.”

**“We try to use the concepts of hip-hop culture: music, dancing, artwork and translate it to education and educational success.”**

Tony Davis  
CITY COLLEGE COUNSELOR

The event featured several workshops that allowed students to engage in critical dialogue through multimedia presentations, including an emcee battle during lunch. After the conference the group went to the community and arts gallery Sol Collective located on

Freeport Blvd where they hosted an “All Styles Dance Battle.”

“I really liked the variety of workshops, and I was impressed with the diversity of subjects, as well as presenters,” said Freas. “I wasn’t able to visit each workshop. However, the one that stood out the most to me was the ‘beat-making’ workshop featuring DJ Epik and Mon\$rock.”

DJ Epik and Mon\$rock, two well-known deejays from Sacramento began their workshop with a brief explanation into the history of deejaying and beat-making. The workshop also included a view into the impact of deejays and beat-making in Sacramento, as well as personal experiences from both deejays.

“There was a very organic experience, the fact that these two cats who had never made beats together just started plugging in their MPC [music production center] machines and just let everything kind of happen,” said Freas. “It was interesting how it took the students’ interest to the next level once the beats started.”

According to Freas, the conference presenters were a mixture of Bay Area and Sacramento hip-hop musicians, graffiti writers and educators who were an extension of RTSB committee members and LETC members.

“We want to make ‘Rock the School Bells’ an annual conference during the fall semester at City College and at Skyline College during the spring semester, but in the meantime we’re hoping to start up a ‘Legends at Work’ hip-hop lecture series featuring producer, deejay, and emcee icons from the Golden Era [1990’s Hip Hop].”

According to Freas, the RTSB committee at Skyline College was able to bring out Stic.man and M1 of political hip-hop group “Dead Prez.”

**“We want to make ‘Rock the School Bells’ an annual conference during the fall semester at City College and at Skyline College during the spring semester.”**

Adam Freas  
EOP&S COUNSELOR


“We would like to have something where we continually engage students from an educational standpoint while using hip-hop as a framework for conversation,” said Freas.

According to Davis and Freas, this academic year’s RTSB event at City College was a great kick-off. Eventually they hope to continue to take the conference to the other Los Rios Community College campuses, as well as Sac State and UC Davis.

“During the spring semester we also hope to do an education and music component like a school park jam, called ‘Schooling in the Park,’” said Freas.

In addition to being City College counselors and members of the LETC, both Davis and Freas teach Human Career Development college success courses with a hip-hop emphasis.


“HCD 310 with a hip-hop emphasis focuses on assisting students with personal and college success,” said Freas. ■



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# Break a leg

City College's active public information officer recovers

**Christina Crockett**  
Staff Writer // [Christinamae2@aol.com](mailto:Christinamae2@aol.com)

**AMANDA DAVIS, CITY COLLEGE** public information officer, is usually very active, running four days a week. But since she broke her fibula Oct. 6, she's had to slow down.

Davis will be recuperating for 10 to 12 weeks to heal what she called "a straight across break" that doesn't require surgery. But she needs a cast for about a month, and then she will spend two months out of the cast in a brace.

"It's harder to get around campus," said Davis. "I have to ask for help when I usually wouldn't, and [I] needed help getting from the car to the office in the first week."

Like many City College students and employees, Davis balances her work life with her home life, which includes her husband, Taron, and their two sons, who are a year old and 2 years old.

She enjoys running. Years ago Davis ran a half marathon, and now she has a jogging stroller so she can take her sons with her.

"It's harder to stay active with the

kids because I want to spend all my free time with them and not my free time doing other things," Davis said. "We find ways to stay active with our kids, be outdoors and run with them and play."

Davis broke her fibula while running to a park near her home. Davis's mother was visiting from out of town, and she had the boys in a stroller at the park.

Davis was running to meet them and got halfway to the park when she rolled her ankle and snapped her fibula down by her ankle.

She called her husband, and he came from the house to pick her up. They went to the hospital and found out Davis's ankle was broken.

"I was in a lot of pain," said Davis, "and concerned about how I was

going to keep up."

Her two boys "are very rough," Davis said. "They want to play, they want to jump, they want me to pick them up." She and her husband have a workout area in their garage, and they exercise together.

She can have her boys with her while she works out, or wait until they go to sleep. And Davis can let the boys watch as she and her husband exercise. It's important to her and her husband to be healthy.

**"It's harder to get around campus. I have to ask for help when I usually wouldn't, and [I] needed help getting from the car to the office in the first week."**

**-Amanda Davis**  
COMMUNICATION AND PUBLIC INFORMATION OFFICER



Kelvin A. Sanders Sr. | [ksanderssr.express@gmail.com](mailto:ksanderssr.express@gmail.com)

Public Information Officer Amanda Davis and City College President Kathryn Jeffery at the Spring 2013 Convocation.

Davis believes exercising "is good for [the boys] to see." It was already in her life, and she also wants her boys to pick up a healthy lifestyle.

"If we want them to be active, loving, intelligent people, then we have to demonstrate that for them," she said, adding, "Kids and people in general pay more attention to what you do than what you say. It's just part of being a role model."

Davis said she does worry about her boys, but she understands that she "can't protect them from everything." She

hopes to always encourage her boys to be active and won't let a little break slow her or her family down.

After she gets her cast removed, Davis wants to go out running again, but she said she'll try to ease back into it. She isn't in a big rush.

"I'm going to do some walking, maybe speedwalking, with the boys," said Davis. "Once you hurt a part of your body, you're just nervous." ■

## Honoring the dead, exploring cultural art

Students celebrate Dia de Los Muertos at Halloween day mask-making workshop

**Isiah Lerma**  
Staff Writer // [isiahlerma.express@gmail.com](mailto:isiahlerma.express@gmail.com)

**CITY COLLEGE STUDENTS MARKED** the midpoint of fall semester with an interactive workshop at the Cultural Awareness Center.

As leaves changed colors and fell, local artist, activist and teacher Xico Gonzales led a classroom of more than 40 students in making papier mâché masks

**"We're all happy to be able to come together like this every year."**

**-Victoria Henderson**  
CULTURAL AWARENESS CENTER FACULTY COORDINATOR

to celebrate Dia de Los Muertos.

"Other than the students coming here just to do art, we teach them the skills to create a community and come together," says Gonzales. "Somebody will make a mask for someone who comes in today, and then hopefully that person will turn around and teach someone else ... so it's all about creating a community."

Student Rose Castaneda, liberal studies major, also believes the annual event is a communal upbringing while teaching the community about Mexican and Latino culture.

"Dia de los Muertos is a day to come together and celebrate our ancestors passing," says Castaneda. "The sacredness of [Dia de los Muertos] has been watered down by mainstream society and is often jumbled together with Halloween; people forget what it's really about."

Cultural events at City College give students a fun, celebratory way to enjoy a break from their studies.

Cutural Awareness Center faculty coordinator Victoria Henderson agrees with Gonzales' positive message the event brought to City College. Events like the mask-making workshop aim to spread and share the many campus cultures.

"I think it's a matter of experiencing one's culture and people sharing that culture. Dia de Los Muertos is where



Tamara M. Knox / [tmrknox@gmail.com](mailto:tmrknox@gmail.com)

Xico Gonzales (third from right, purple shirt) displays the results of a mask-making workshop with students for Dia de Los Muertos (Day of the Dead) in the Cultural Awareness Center on Halloween.

you're honoring those who have passed on, to celebrate [the living] and the lives of those family members who have passed on," says Henderson.

Henderson remained enthusiastic with all the smiling and mask-covered faces across the Cultural Awareness

Center.

"We've had a full room of folks today that came to participate, the energy is high, and we're all happy to be able to come together like this every year," said Henderson. ■



# A new appreciation for life

Cancer survivor Lois Zeimet opens up to City College students about her journey



Photo courtesy of Lois Zeimet

Professor Lois Zeimet with her husband, Stewart, who she calls “my hero, my rock.”

**Jake Patrick Donahue**  
Staff Writer // [jpatrickdonahue@yahoo.com](mailto:jpatrickdonahue@yahoo.com)

**IT BEGAN ON A** relatively routine week in the fall of 2001 for City College philosophy Professor Lois Zeimet: She commuted to work, taught class, commuted home and went to bed. Little did she know that over the next few days she would join the over 200,000 women each year in the U.S. to be diagnosed with breast cancer and that her life would be forever changed.

The discovery came after Zeimet rolled into bed on a cold night and felt a surprising amount of pain and tenderness in her right breast, prompting her to investigate. The inspection exposed a strange mass in the breast. She feared the worst.

“I knew something was wrong,” Zeimet said.

The next day, when she awoke, the 45-year-old professor went about her day of scheduled classes, instructing her students as normal, all the while holding back a nagging trepidation.

After work she went directly to her doctor at the hospital at Travis Air Force Base near Fairfield for examination.

There, she was given a battery of tests—blood tests, mammograms, an ultrasound, etc.—to determine what was going on and what action needed to be taken.

Her hopes that this had all been a false alarm were crushed.

Cancer is the second leading cause of death among women in the United States, behind only heart disease, and

breast cancer is one of the most common forms to attack women. According to the American Cancer Society, about 12 percent—one in eight—of women in the U.S. will suffer from breast cancer, and about 3 percent of women will die of the disease.

For many women, a diagnosis of breast cancer changes everything; coping with the physical and emotional consequences of a battle with cancer can often seem like a burden. According to the National Cancer Institute, 25 percent of those diagnosed with cancer suffer from clinical depression as a result.

Zeimet said she did not experience clinical depression, but said she did suffer extreme grief after being diagnosed with a very aggressive, fast moving and already very advanced form of breast cancer.

“I would lay on the floor praying to die,” Zeimet said.

Her diagnosis and subsequent treatment temporarily prevented Zeimet from continuing her passion: teaching.

“It was like an emergency situation,” Zeimet said. “I had to call my dean and cancel out on all my classes for the rest of the semester.”

After nine surgeries—including three on her breast, one on her arm, removing 16 lymph nodes, a hysterectomy, and a surgery removing 14 inches of her digestive tract—and three and half months of chemotherapy, followed by seven weeks of radiation therapy, the former concert pianist found herself battered by numerous side effects from the treatment.

“It was really nasty stuff,” said Zeimet’s husband, Stewart, of the radiation therapy his wife received. “I would have

to put lotion on her skin because it was so badly burned and blistered, and globs of it would come off in my hands.”

Cancer doesn’t just affect those diagnosed with the illness. A recent study by the National Center for Biotechnology Information established that the incidence of depression in family members of cancer patients may be significantly greater than that in the patients themselves, with up to 40 percent of family members affected.

Zeimet said her husband, who retired as a master sergeant in 1998 after 24 years in the Air Force, was with her throughout her ordeal and was an integral part of her ability to persevere.

“My husband is my hero, my rock. He was right there the whole time,” Zeimet said. “I would not have survived without him.”

She said she also realizes the emotional toll her condition took on her husband and saw that he had to deal with much of his own suffering by himself because she was too sick to be supportive of him.

“On more than one occasion I walked in to a room where he had the door closed, and he would be crying. I had never seen him cry like that,” Zeimet said. “It was really hard on him.”

While Breast Cancer Awareness Month, observed annually in October has passed, Zeimet warned it is important to remain aware all year long.

“With any woman if you feel anything questionable [in your breasts], or

your boyfriend or your husband feels anything questionable, even if you think it’s nothing, it’s really important to get that checked out so they can catch it in time and it doesn’t get that far,” Zeimet said.

Cancer-free for five years, Zeimet is now back to teaching, and said she has a new appreciation for life and for her students at City College.

“I love working with community college students because they work hard, they strive hard, and they really don’t take anything for granted,” Zeimet said. “With community college level students you can make a real difference as a teacher.”

Though she only teaches two classes per semester,

those students who land a spot in her classes said they find her teaching style refreshing and motivating.

“She just really cares about her students, and she really gets you involved in the class,” said Alex Thompson, a former student of Zeimet’s, and now an English major at Sacramento State.

Zeimet said she hopes that her fight with cancer can serve as an inspiration to those of her students who are struggling with hardship in their personal lives. She is very open about her experience in hopes that it will help someone else who is dealing with cancer or who has a loved one with cancer.

“If I can go through this and survive, any one can do it,” said Zeimet. ■

“On more than one occasion I walked in to a room where [my husband] had the door closed, and he would be crying. I had never seen him cry like that. It was really hard on him.”

Prof. Lois Zeimet  
PHILOSOPHY PROFESSOR

“[Lois Zeimet] just really cares about her students, and she really gets you involved in the class,”

Alex Thompson  
FORMER CITY COLLEGE STUDENT



# Never give up

Joan Kudin takes on City College by day and singer and photographer by night



Mahalie Oshiro // mahalieoshiroexpress@gmail.com

Joan Kudin, City College administrative assistant works in the PRIE department

**Priya McCluskey**  
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**THE SINGER STEVIE WONDER** once said, “Ability may get you to the top, but it takes character to keep you there.”

Joan Kudin, a City College administrative assistant in the Planning, Research & Institutional Effectiveness department, who once met Wonder, while working at a record store, has spent her creative life working to improve her abilities as an artist and says she believes that never giving up is the most important motto in life. Kudin is an accomplished nature, art and band photographer whose works appeared at the Komen Artists for the Cure event Oct. 4 and at Body Tribe Fitness, a gym in Midtown, over the summer. Her work was also recently displayed at the Sacramento Arts Festival at the Convention Center in Sacramento the first weekend in November. Two of Kudin’s photography pieces have been selected to show in the art exhibit titled, “Natural Magic” starting Dec. 11 and running through Jan. 14 at the Viewpoint Gallery in Sacramento.

But visual art isn’t Kudin’s only medium—she also once sang with a punk band and occasionally still sings around town.

Through everything that she has accomplished, she says she has never given up.

“If you’re still alive, there’s still hope,” she says.

Kudin also says she believes if people continue to work toward progress, then they are accomplishing something, and they should never settle while working toward their goals.

“I never expected or planned on taking up photography. It just happened,” Kudin says regarding her photography career.

Kudin received her first camera as a birthday gift in 2010. Soon she fell in love with the art.

“I primarily stick to subjects other than human,” Kudin says. She enjoys taking pictures of nature because she does not have to talk to the object. Kudin says she cherishes the silent relationship between her and the object.

Born and raised in Rancho Cordova, Kudin attended Cordova High School for a year and a half and after her parents’ divorce, and struggled in school. She transferred to Kinney High School, a continuation school where she was able to have more one-on-one time with the teachers.

After her 18th birthday Kudin started working at Tower Records in Sacramento. In 2002, when Kudin was in her late thirties, she moved back to Sacramento after working in New York City with Tower Records. She enrolled at City College and received an Associate of Arts degree in Music Performance and then transferred to Sacramento State in 2006 to earn a Bachelor of Arts degree in Communication Studies, with an emphasis in public relations.

In 1983, while working at Tower Records in New York City, she met music sensation Stevie Wonder. She recalls that she was sorting records on the top of the mezzanine in the store, when she saw Wonder walking toward her with his guide.

“It was the most surreal thing,” Kudin says.

Wonder asked Kudin if

remembers it as a deeply memorable, once-in-a-lifetime opportunity. She says she can’t imagine that any other celebrity would sit and talk and share his or her wisdom with her privately.

Other more concrete opportunities started to appear for Kudin after she was offered a job in London to work at Kenwood Manor House in 1986. She worked at the house, which was used in the 1999 film “Notting Hill.”

But she was never far from music. She also worked for the Greenbelt Music Festival in England as a backup vocalist on the main stage for singer and Palestinian activist, Garth Hewitt. “Those were good times,” she says.

In the 1980s she also sang in the band, Still Life, which

**“If you’re still alive, there’s still hope. When you give up, that’s when you start to die.”**

**Joan Kudin**  
ADMINISTRATIVE ASSISTANT

played hardcore punk music in Sacramento. “We only performed once in public, and then I moved to New York City, so the band broke up,” Kudin says.

She has reconnected with the band since then via Facebook but says there is no plan to reunite and play another gig. These days, she still sings cover songs at Old Ironsides and Torch Club with her friends in Sacramento. “I sometimes sing [with] Bill Mylar at the Hippie Hour on Fridays at Old Ironsides,” she says.

She also performs at other area bars. Sometimes it’s blues at the Torch Club or traditional Irish music at the Fox & Goose. Some of Kudin’s favorite songs to perform include “Angel

from Montgomery” and “Give Me One Reason.”

Kudin has now lived in Sacramento for 12 years and says she enjoys being a mother to two sons and a daughter. One son is in high school, her eldest son works in the music department at City College and sings in an indie band, and her daughter dreams of becoming a pro skateboarder. She also loves walking along the American River with her German shepherd, a rescue dog, Captain.

But Kudin says she recently had an eye-opening experience that made her rethink her place in the world. Her mother had bought tickets for her and a big group of friends with Kudin’s credit card. This landed Kudin on the Sacramento Kings season ticket holder’s list and she received an invitation to an exclusive event at Arden Hills Country Club in support of the Kings.

She and her two sons, dressed casually after work, went to the event. Much to their surprise, the room, she recalls, was filled with businessmen in fancy suits and women with pearl necklaces and “shoes that cost more than the amount of money I made this month. It was awkward.” They stood there in jeans and T-shirts, embarrassed by what they were wearing.

When she went home after the lavish event, she told her daughter, “I felt like I was measuring up to a failure or a loser since I couldn’t afford season tickets.”

Kudin says her daughter taught her an important lesson.

“Impressing people with money is really shallow,” her

daughter told her. “Value isn’t in what you own or what you have. It’s in who you are and what kind of person you are.”

Kudin says her daughter’s words of wisdom hit home.

“I had to stop and listen to my own daughter telling me that [money] isn’t important,” she says.

Now, Kudin hopes to inspire at least one student to follow his or her dream and to always work toward a goal, and to do it with passion and humility.

“When you give up, that’s when you start to die,” Kudin says.

See Joan Kudin’s photography at her website: [www.joancarrollkudin.com](http://www.joancarrollkudin.com). ■

## GAMING’S NEWEST CONSOLES

### GET THE DETAILS ON THE PLAYSTATION 4 AND XBOX ONE

The launch of new gaming machines is always an exciting time because new systems don’t hit the market very often, and it’s so much fun to try out the new technology, ogle over the beautiful new graphics and to blast enemies or rush past them at top speeds. Plan to buy a new console? The Express has all the details of what to expect.

#### SONY PLAYSTATION 4

*Release date:* Nov. 15

Price: \$399.99

Specs: eight-core X86 AMD Jaguar CPU, AMD Radeon graphics engine, 8GB of GDDR5 memory, 500GB hard drive.

The new PlayStation console features a sleek look, a brand-new controller design, and an enhanced PlayStation Eye camera (sold separately, \$59.99). Gamers can record and stream live gameplay and use the PlayStation Vita (sold separately, \$199.99) as a second-screen or for Remote Play. A PlayStation Plus subscription (\$49.99 annual) is now required to play online but works across all PlayStation systems and has plenty of benefits like free games each month. Sony also promises future backward compatibility with PS1, PS2, and PS3 games via its Gaikai streaming service.

**Must-play exclusive games:** “Drive Club” (2014), “Infamous: Second Son” (February 2014), “Injustice: Gods Among Us (*Ultimate Edition*)”, “Killzone: Shadow Fall” and “Knack”.

#### MICROSOFT XBOX ONE

*Release date:* Nov. 22

Price: \$499.99

Specs: eight-core AMD processor, 8GB of DDR3 memory, HDMI in/out, 500GB hard drive.

In addition to gaming, the new Xbox can connect to your cable provider so users can seamlessly switch between a session of Call of Duty and the newest episode of your favorite show. The controller has been refined, the Kinect (included) camera has been improved tremendously and the new interface will be cleaner, smoother and easier to use. Everything can be controlled by voice or by using the controller.

**Must-play exclusive games:** “Crimson Dragon”, “Dead Rising 3”, “Forza Motorsport 5”, “Halo 5” (2014), “Killer Instinct” and “Titanfall” (*March 11, 2014*).

**Must-play multiplatform games:** “Assassin’s Creed IV”, “Battlefield 4”, “Call of Duty: Ghosts”, “Madden NFL 25”, “NBA 2K14”, “Need for Speed: Rivals”, “The Crew” (2014) and “Watch Dogs” (2014).

— Daniel Wilson, Editor-in-Chief



# Reservist kicks for defense

City College soccer star pursues dream, counterattacks discouragement



Dianne Rose / Multimedia Editor / dianne.rose.express@gmail.com

Mai Chang, sophomore defender, kicks at the home match against American River College at Hughes Stadium on Oct. 1.

**Teri Barth**  
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**AMERICAN AUTHOR AND POET** Henry David Thoreau once said, “Go confidently in the direction of your dreams. Live the life you have imagined.”

For some, this is easier said than done. Take for example Mai Chang, kinesiology major, an interpreter, caregiver and sometimes provider for her non-English speaking family, and an enlistee of the Army Reserves who also happens to be one of City College’s best female soccer players, according to the team’s head coach Jang-Ha Oh.

“[Chang] is a hard-working lady, very hard working,” says Oh. “Whatever she does, she does best; on the field, off the field. In a game situation, she is the best player on my team right now.”

According to Oh, the team suffers if Chang, who plays the position of defender, is unable to attend a game.

“Without her, our defense has a big hole. She didn’t play [in the] Santa Rosa game and we lost that game badly because she plays really a critical role on the team.”

Still, Chang says her parents are against her spending time outside of the home—and have been since as long as she can remember.

According to Chang, the Hmong culture in which she was raised instills in its members the belief that a woman must maintain a pale complexion if she is to marry well. Chang says Hmong believe pale skin indicates wealth reminiscent of a well-taken-care-of princess who is rich and does not need to go outside to fend for herself.

In contrast, a Hmong woman whose skin is tanned indicates she is more like a

poor peasant who must work outdoors—or even possibly a woman who goes outdoors, disobeying her husband.

“Before I played soccer, my parents always told me, ‘No, stay home. You’re supposed to do this, cook this,’” says Chang. “I was always, ‘Why can’t I go out and have fun like everyone else.’”

According to Chang, when she joined the Army Reserves her parents said any chance of marrying well had been compromised. They also told her she was a disappointment to the family.

But Chang says the level of her family’s disappointment increased when Chang began playing soccer for City College since it was another activity that would darken her pale skin.

According to Chang, her decision resulted in an onset of harsh verbal criticism from her family. Chang says her uncles told her she played terribly, didn’t kick the ball correctly, and was incapable of becoming a good soccer player, but Chang says she refused to let their words discourage her.

“I felt that no matter how much they say anything, I should be using that discouragement for encouragement and I should strive for the best,” says Chang. “That’s what really kind of pushed me for it—how much they said I wasn’t able to [play well].”

According to Oh, although other student soccer players have gone on to join the military after graduation, he says Chang is the first to play soccer while actively serving in Army Reserves.

Oh says Chang’s fellow team members respect her on and off the field, and look to her for encouragement. In fact, according to Oh team morale is noticeably lower when Chang is away one weekend of each month as part of her military obligations.

“All our players respect her; her attitude, her effort, her job, her responsibilities—all those kind of things,” says Oh. “She covers her teammates. They admire her, look up to her and try to do things like

Mai does.” Chang says her teammates are on her mind as well when she’s not able to be present.

“I wonder about how good the practice went, what was learned, and what I missed out on,” says Chang. “I love soccer. I want to be here as much as possible.”

In addition to majoring in kinesiology, Chang says she would like to help Oh build a stronger soccer team.

“I’ve played defense for so long I feel I can really help [my teammates] with their defense,” says Chang. “I see a lot of girls with a lot of potential. I feel [Coach Oh] is focused on plays and so he can’t always focus on particular groups. I think I can help in the future; I’d like to come back and be an assistant coach.”

Today, Chang says her family still would prefer she stay home, but their resentment towards her decisions has decreased.

“When I first tried out for soccer, my parents totally disapproved of me,” says Chang. “I feel though now that my family in general, as of current, they support me. They know that I am an adult and they understand that they cannot stop me from doing what I want, and they know if it’s really what I want, I’ll really go for it.”

Her advice to other women who face discouragement is to do the same.

“Actually, there are a lot of things I would like to tell them,” Chang says. “Don’t ever doubt yourself. Let your team know you’re there for them; make an impact. Play with your heart and be there to win it.”

Chang says her own advice to herself is to never give up.

“I’ll get there,” Chang says. “I’m not sure how long it will take, it may even be a few years, but I know I will get there.” ■

To see a video on Mai Chang, visit [www.saccityexpress.com/marching-to-her-own-beat](http://www.saccityexpress.com/marching-to-her-own-beat)

## GAME RESULTS

(Oct. 22 – Nov. 2)

### CROSS COUNTRY

**BIG 8 CHAMPIONSHIPS**  
City College women’s team – fourth place of six teams

### FOOTBALL

City College – 8, Feather River – 48

### GOLF

**BIG 8 CONFERENCE**  
City College – 392, Tournament #11  
City College – 419, Tournament #12

### SOCCER

City College – 1, Modesto Junior College – 2  
City College – 0, Cosumnes River College – 2  
City College – 0, Santa Rosa Junior College – 3  
City College – 1, San Joaquin Delta – 0

### VOLLEYBALL

City College – 0, San Joaquin Delta – 3  
City College – 1, Santa Rosa Junior College – 3  
City College – 1, American River College – 3

### WATER POLO

City College – 3, Santa Rosa Junior College – 13  
City College – 4, Modesto Junior College – 11

### WRESTLING

City College – 0, San Joaquin Delta – 56  
City College – 55, Santa Rosa Junior College – 6  
City College – 36, Sierra College – 9  
City College – 22, Fresno City College – 21



Get the latest game updates, schedules & exclusive interviews at [saccityexpress.com](http://saccityexpress.com)



# Building a community

City College fencing club hopes to gain support with continual success



Teri Barth / Staff Photographer / [teri.barth.express@gmail.com](mailto:teri.barth.express@gmail.com)

Members of the fencing club parry and thrust at practice in the South Gym.

**Isiah Lerma**  
Staff Writer // [isiahlerma.express@gmail.com](mailto:isiahlerma.express@gmail.com)

**FOR MOST PEOPLE, TRYING** to understand the sport of fencing and how it works starts and stops with swashbuckling pirates, Broadway acting, or whatever they may see briefly on television or the during the Olympics. Because of its lack of popularity it can make it hard for newcomers to gain an interest and understanding in the sport.

Members of City College's fencing club know that, and although the team is very successful in tournament play every semester, the general public's lack of knowledge about the sport combined with the players' expenses to participate in it make its growth a challenge.

A founding member of the club, Jonathan Taylor, computer science major, explained that lack of interest can make it nearly impossible to help the growth of his passion.

"I can't tell you how many times, after I tell people that I fence, people think I actually put fences up for houses," says Taylor with a chuckle. "So spreading the knowledge so that people will come [see us] isn't easy."

Despite the challenges, the team members say they remain proud and motivated to achieve individual success as well as to keep the program viable for the future.

Brian Gillespie, City College biology professor and faculty adviser of the SCC Fencing club since its foundation in 2007, says he has shared his passion and support with the advanced and established members of the club, but also heavily encourages newcomers and beginners.

"The one area that we've always been most successful is in the novice division, or people in their first year of fencing because then at least we're on equal footing with other clubs and universities," says Gillespie.

City College competes in tournaments regularly against the likes of UC Davis, Cal Poly, UC Berkeley, and UC Santa Cruz just to name a few, and City

College remains the only junior college in the area with a fencing club and competes with the top-ranked schools in Northern California, according to senior members of the club.

Gillespie says that successful tournament play is also common for City College at these events.

"To go up against some of these more established programs and universities and to be able to walk away with wins feels good, Gillespie says. "[At] our last tournament last spring at UC Davis, our novices finished first and second, so I'd say we've been very successful for such a small program with almost no funding."

Club veteran and founding member Stephen Crane, broadcasting major, and the most-decorated fencer in the club, says he believes a major challenge to fencing is being able to fund yourself with equipment and other necessities, which can be a turn off for some beginners.

"Fencing is not necessarily the cheapest sport out there, so when we provide some of the equipment to beginners it's coming out of our pocket," says Crane. "A lot of people don't have any previous experience in fencing because it's not a high school sport and it's just not very popular, so financially getting the equipment so we can get people [at City College] to do it can be challenging."

The club members, amid their successes, say they still have goals for the future, which include hosting a tournament for top colleges and universities in Northern California.

Jeffrey Kwong, computer science major and founding member, believes hosting a fencing tournament at City College would be great for the sport and the college.

"Our end goal would be to host

tournaments on the intercollegiate level [at City College] for big universities like Davis and Berkeley," says Kwong. It would show the legitimacy of our sport. It's an Olympic sport and one of the oldest sports still active, and bringing that attention to the school would bring us legitimacy to the community and our campus."

Taylor says that to achieve that goal they would need to raise more money for the program and, hopefully, eventually received aid from the college's student elected government.

Being a strong club with longevity means getting that support shouldn't be out of the question, according to Taylor.

"Tournaments here would add legitimacy to the surrounding community

of City College by bringing outsiders in that may not know about this college," says Taylor. It would raise funds for the program and the school. We have a lot to go for on this, and we have a lot of support."

**Jonathan Taylor**  
FENCING CLUB MEMBER

The City College fencing club most recently competed in its first tournament of the semester at the UCSC 2013 William Nakfoor Memorial Tournament in late October. At the tournament, club president Christopher Guzman earned a silver medal in the Novice Foil division and member Robert Turner tied for a bronze medal in the same division.

Members Stephen Crane and Jonathan Taylor also finished 14th and 18th respectively in the Mixed Epee division, and Thomas Mitchell finished 11th in the Mixed Novice Foil division.

For more information on when and where you can see the club in competition, how to get involved with the team, and everything else on the SCC Fencing Club, visit [www.facebook.com/SCCfencing](http://www.facebook.com/SCCfencing).

■

## SPORTS CALENDAR

### CROSS COUNTRY

**NOV. 8**

at 10 a.m. and 11 a.m. – Nor-Cal Championships at Beal's Point in Folsom

### FOOTBALL

**NOV. 9**

at 1 p.m. – City College vs. Diablo Valley College

### GOLF

**NOV. 5**

at noon – Fresno City College at Bartley Cavanaugh in Sacramento

**NOV. 11**

at 9 a.m. – Nor-Cal Championships at TBA

**NOV. 12**

at 9 a.m. – Nor-Cal Championships at TBA

### SOCCER

**NOV. 5**

at 6 p.m. – City College vs. Diablo Valley College

**NOV. 8**

at 3 p.m. – American River College in Sacramento

**NOV. 13**

at 6 p.m. – City College vs. Sierra College

### VOLLEYBALL

**NOV. 6**

at 6:30 p.m. – Modesto Junior College in Modesto

**NOV. 8**

at 6:30 p.m. – City College vs. Cosumnes River College

**NOV. 13**

at 5 p.m. – City College vs. Sierra College

**NOV. 15**

at 6:30 p.m. – City College vs. Diablo Valley College

### WATER POLO

**NOV. 7**

all day – Big 8 Championships at Diablo Valley College

**NOV. 8**

all day – Big 8 Championships at Diablo Valley College

**NOV. 9**

all day – Big 8 Championships at Diablo Valley College

**NOV. 15**

all day – Nor-Cal Championships at San Mateo College

**NOV. 16**

all day – Nor-Cal Championships at San Mateo College

### WRESTLING

**NOV. 9**

at 9 a.m. – Bill Musick Tournament at Fresno City College

**NOV. 13**

at 8 p.m. – Sierra College in Rocklin

**NOV. 16**

at 9 a.m. – SCC Multi Dual Meet at City College

FOR MORE INFORMATION, VISIT [SCCPANTHERS.LOSRIOS.EDU](http://SCCPANTHERS.LOSRIOS.EDU).





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(Top right) Michelle Higuera, City College freshman, defense specialist/libero digs a ball during the home match against American River College at North Gym on Oct. 4.

(Top middle) Akeya Maddox, No. 12, City College sophomore outside hitter spikes the ball as Chelsea White, Shasta College sophomore hitter attempts to block the spike during the scrimmage match against Shasta College at North Gym on Sept. 19.

(Far left) Erin Platt, No. 4, City College sophomore, utility, goes for the power shot for a goal during the home match against Fresno City College at Hoos Pool on Sept. 25.



(Middle left) Hannah Widman, City College sophomore, goal keeper, warms up before the home match against Fresno City College at Hoos Pool on Sept. 25.



(Middle right) Kayla Smith, City College sophomore, utility, goes for the power shot for a goal during the home match against Fresno City College at Hoos Pool on Sept. 25.

# PANTHERS WOMEN'S SPORTS HIGHLIGHTS



(Bottom left) Jacelyn Neumann, City College sophomore, clears the ball during the home match against American River College at Hughes Stadium on Oct. 1.

(Bottom right) City College women's soccer team takes the field at Hughes Stadium before a game.