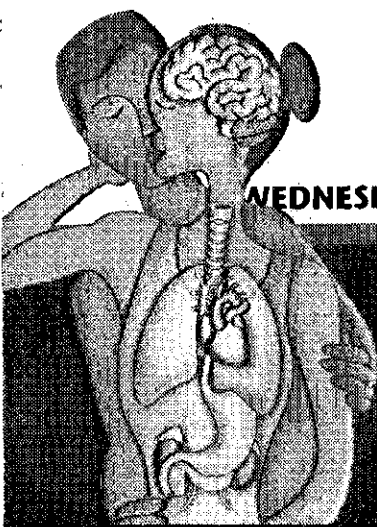


TALON MARKS

CERRITOS COLLEGE



WEDNESDAY February 9, 2005

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Snogging? One-man show

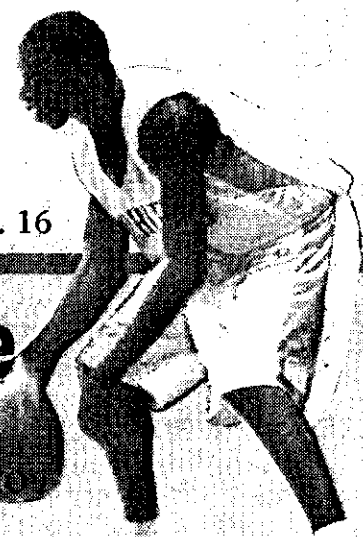
The anatomy of a kiss
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Paul Robeson comes to Cerritos
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Historic triple

Reid leads Cerritos to 93-70 win v. El Camino
See SPORTS page 8



Franco delivers state of Cerritos address

The following is an excerpt from the text of ASCC President Josh Franco's State of the Associated Students Address delivered on Wednesday during the senate meeting:

"Thank You Vice President Romero, accomplished members of the Cabinet, Chief Justice Pro-Tem Cobarrubio, honorable members of the Court, President Pro-Tem Amaral, respected members of the Senate, Director of Student Activities Bogdanovich, esteemed Student Activities staff, distinguished guests, fellow students..."

"I am humbled to address this combined session of the Associated Students in this chamber and as I look into each of your eyes, I see the future."

"The purpose of this address is to highlight our past accomplishments, draw attention to our current efforts and put forward the vision for the future of student government at Cerritos College."

"The successful passage of Cerritos College's \$210 million General Obligation Bond in March 2004 is our greatest accomplishment because it marked the beginning of a new, optimistic era at Cerritos College."

"This past semester, building on the groundwork the GO Bond's passage established, we, the Associated Students of Cerritos College, accomplished a tremendous amount."

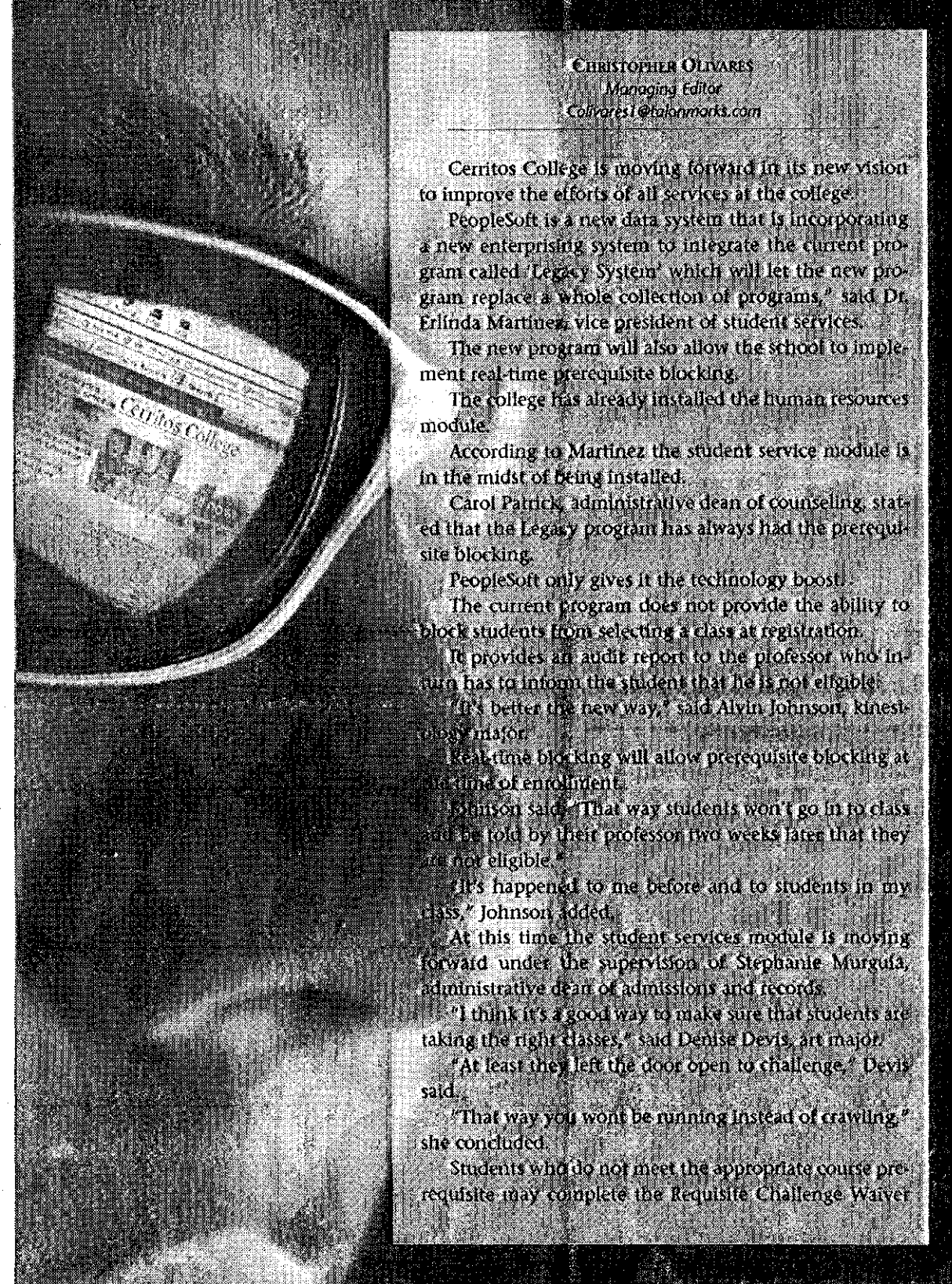
"Recognizing the emerging prominence of the Internet as an information collecting and disseminating tool, we launched GoCerritos.com in August. GoCerritos.com is the Associated Students of Cerritos College student-centered website designed to 'promote all aspects of student life at Cerritos College with a specific focus on student resources, student government and extracurricular activities.' A wealth of information can be found at GoCerritos.com so be sure to visit it often."

"Next, Cerritos College's Homecoming Celebration, held during the months of September and October, was an incredible success." The speech was five minutes long and was also given at last week's Board of Trustees meeting. For the complete speech visit www.talonmarks.com and select Franco delivers State of Cerritos Address.



HERSON PRECIADO/TM

New Vision



CHRISTOPHER OLIVARES
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Cerritos College is moving forward in its new vision to improve the efforts of all services at the college.

PeopleSoft is a new data system that is incorporating a new enterprising system to integrate the current program called 'Legacy System' which will let the new program replace a whole collection of programs," said Dr. Erlinda Martinez, vice president of student services.

The new program will also allow the school to implement real-time prerequisite blocking.

The college has already installed the human resources module.

According to Martinez the student service module is in the midst of being installed.

Carol Patrick, administrative dean of counseling, stated that the Legacy program has always had the prerequisite blocking.

PeopleSoft only gives it the technology boost.

The current program does not provide the ability to block students from selecting a class at registration.

It provides an audit report to the professor who must have to inform the student that he is not eligible.

"It's better the new way," said Alvin Johnson, kinesiology major.

Real-time blocking will allow prerequisite blocking at the time of enrollment.

Johnson said, "That way students won't go in to class and be told by their professor two weeks later that they are not eligible."

"It's happened to me before and to students in my class," Johnson added.

At this time the student services module is moving forward under the supervision of Stephanie Murgueta, administrative dean of admissions and records.

"I think it's a good way to make sure that students are taking the right classes," said Denise Davis, art major.

"At least they left the door open to challenge," Davis said.

"That way you won't be running instead of crawling," she concluded.

Students who do not meet the appropriate course prerequisite may complete the Requisite Challenge Waiver.

Counting down to the hoe down

The annual event is nearing and students are already anticipating its return.

VETIA BOGDANOFF
Staff Writer
Vbogdanoff@talonmarks.com

Looking to enrich your college experience?

According to Dean Ackland, it's what Cerritos College events strive to accomplish.

The 26th annual tradition known as Hoe Down Days, kicks off on March 1 with Western Booth Day in Falcon Square from 10-1 p.m.

Applications for participation in the event will be accepted beginning on Feb. 7.

"The Spring Hoe Down is the event of the semester. It's the equivalent of the Fall's Homecoming. It's a huge event," Ackland said, "the kids really enjoy the first few days."

The school provides the money for the festivities, and campus clubs that want to participate will provide the manpower for attractions such as the carnival game

booths.

The revenue they earn contributes to their club funds.

Featured at the event will be the standard favorites such as the rock wall, a caricature artist and the popular mock trivia game show.

Roberto Navarro, anthropology major, enjoyed last year's rock wall. "The climbing wall and all the people that gather in the mid-day really stand out."

Ackland thought that after several years students would become bored with the trivia game attraction, but found it instead to become a Cerritos College favorite.

The event will be flavored with snow cones and popcorn.

During the evening event known as Activity Night the school will give away free pizza to attendees.

On March 2, there will be a chili cook-off competition, in which students and faculty can enter their special recipes to be judged by a panel, which in earlier years has been composed of the past president and faculty.

Following the chili competition is, as Ackland called it, "The girls' favorite event," the Mr.

Cerritos Contest.

Students such as Teresa Santos, nursing major, would agree with him. "I'm excited to watch. I've heard some good things about it. It [sounds] fun."

Those vying for the title will face a question-and-answer session, and present their talents before the crowd and the judges for 30 seconds each before strutting about in their swimwear.

However, Daisy Benjamin, sociology major, said that she doesn't think many people are interested in the competition, and that most will only vote for their friends.

On the final day, March 3rd, the college will welcome the In-N-Out mobile back to the campus, for an In-N-Out Cookout.

This is a new addition to the fairly traditional event.

While in past years it was customary to serve fried chicken to attendees on the closing day of the Hoe Down, Ackland believes that due to the popularity of the In-N-Out Welcome events, students won't mind the switch.

The cookout will be accompanied by the live performance of

See WESTERN page 3

Bush speech outlines plan

Social security was among one of the many issues that Bush addressed in his speech.

VETIA BOGDANOFF
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President George W. Bush revealed to the nation his plans and policies for the next four years last Wednesday evening.

Standing before the House and Senate amid the sound of applause, he attempted to calm citizen misgivings and uncertainties regarding the condition of the country by stating that the nation is strong and confident due to job increases and a growing economy.

Expressing personal views on the president, Debra Dowdchuk,

court reporting major, said, "I can't stand Bush or anything he says. I'm afraid of him. He seems to have a plan to change the world."

Bush expanded on what he hoped to accomplish during his second term in office.

His agenda carried several controversial issues, such as social security, the war in the Middle East and his support of a federal marriage amendment; he also acknowledged, with several initiatives, the importance of the future generation: America's youth.

Despite the position of the many people who are against



See BUSH page 3

Giving blood to give life

Cerritos faculty and staff line up to give their blood for a good cause.

DIONA CARILLO
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Cerritos College is assisting The American Red Cross and its blood mobile for a two-day blood sucking fest on campus.

This Tuesday marked the beginning.

Volunteers, including students, faculty and others, are welcome to join the blood draining process that continue Wednesday in the student center on campus.

Jaynine Solomon, sociology major said that this was her first time donating blood, and she felt it was necessary because she previously had a sick friend who needed blood donations.

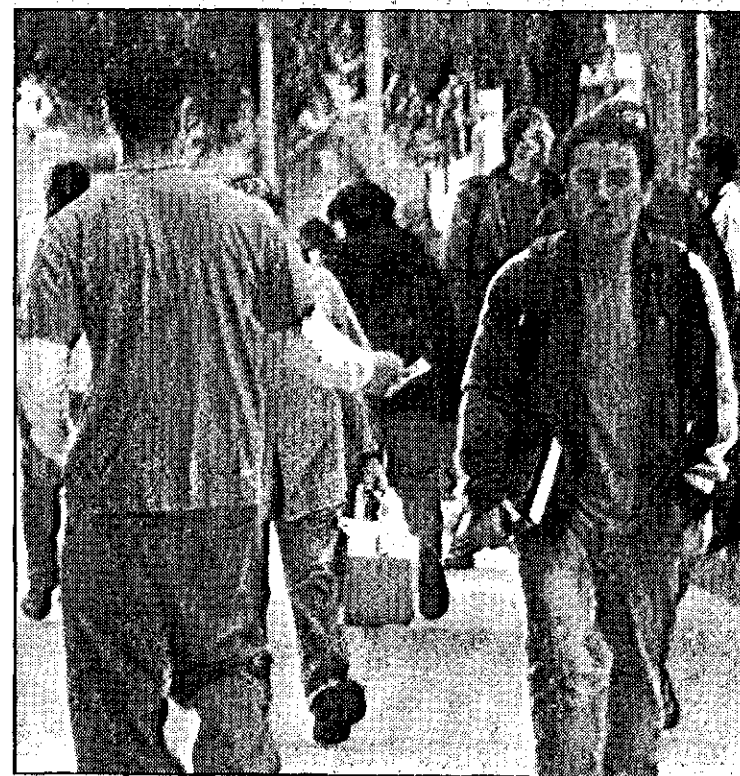
She could not donate blood then because she was underage, but she is happy to donate now that she is eighteen.

Amanda Martinez, nursing major, says that she has donated many times, and she's here donating this time because she gets extra credit for one of her classes.

Although some students may be hesitant to donate blood because they have either never donated before or are just afraid of

See BLOOD page 3

FOUL CHICKEN OFFER



MARIA GUTIERREZ/TM

A representative of Citi Bank hands out coupons stating that students could get a free two piece chicken combo with a valid Cerritos College I.D. That catch is that students must sign up for a credit card in order to redeem the coupon.

NEWS

More appointments for ASCC

ERICK GALINDO
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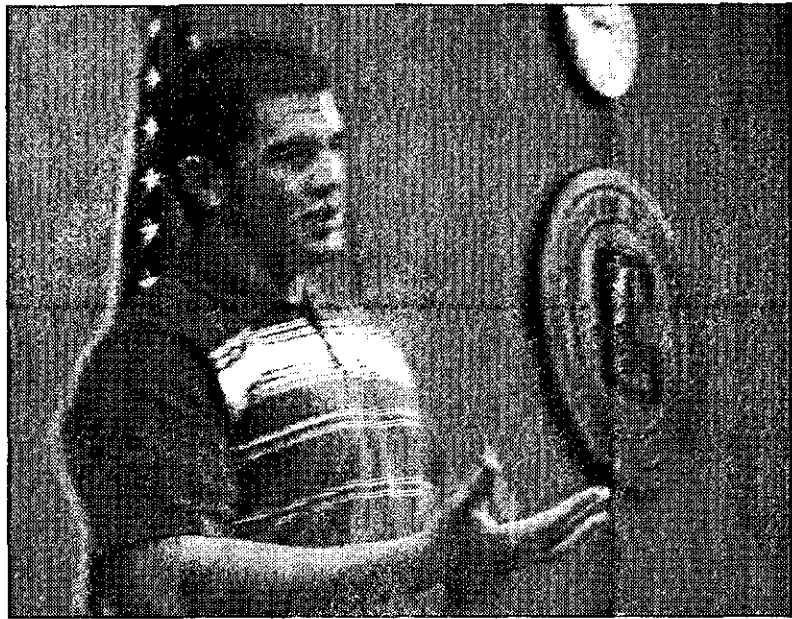
The student government got a little bigger last Wednesday.

The senate approved the appointment of associate justice Raymond Chavez, mechanical engineering major, Anjeanette Barbee, business administration major, as commissioner of financial aid and Crystal Rusing, automotive technology major, as commissioner of vocational education.

This time, the appointments did not include a stipulation of dislike for the Talon Marks.

It also elected a new majority leader and discussed the ramifications of pre-requisite blocking all in the aftermath of President Josh Franco's "State of the Associated Students of Cerritos College Address."

Jerret Henderson, faculty senate liaison, addressed an article in the Feb. 2 edition of the campus newspaper in which he was quoted as applauding the dislike of appointees for the Talon Marks.



HERSON PRECIADO/TM
Approved: Newly appointed associate justice, Raymond Chavez, addresses the ASCC Senate.

"Was anybody from the paper even here?" Henderson said.

"I said something in jest and it was taken completely out of context...so I feel that I was misquoted," he added.

While Henderson did manage to admit, "the paper has got a little better" he also went on to suggest the student government cut the

Talon Marks' funding by a third and that its reporters announce themselves before any meeting.

He went on to complain about some parking tickets he received for which he blamed the daily pass machines.

All three appointees were appointed by unanimous votes with scattered abstentions.

Senator Rebecca Sadler was elected senate majority leader.

According to Saul Romero, vice-president, the former majority leader graduated so a replacement had to be elected. The majority consists of the sophomore senators, which at the time outnumbered the minority by eight.

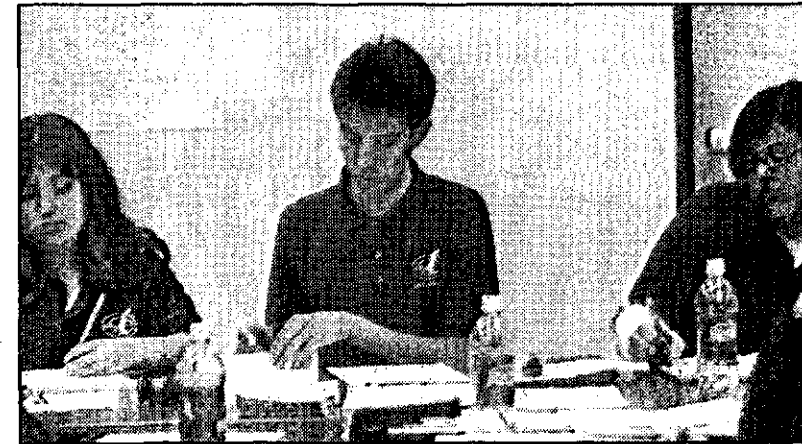
Henderson brought the senate up-to-date on the status of prerequisite blocking.

"At first I thought it was a good idea, but after talking with John Grindle, I changed my mind," Henderson said.

Prerequisite blocking has been around for some time in Cerritos, but the implication of the PeopleSoft program allows the school's computer to automatically block students who do not meet the prerequisites for that given course.

"I am personally against it," Henderson added.

According to Henderson, the school is in the process of developing a program that would suggest an alternative class if a student cannot enroll due to a failure to meet prerequisites.



MARIA LOZANO/TM
Time-off: Franco takes a moment to look over some papers. He and his cabinet discussed issues such as Operation Outreach.

ASCC web site a tool for reaching students

EPHRAIM BARRIOS
Staff Writer
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promote the "In The Loop" newsletter to clubs of all sorts.

Franco also mentioned that Hoe Down Days are running as scheduled and applications for participating clubs were made available Monday at 8:30 a.m.

Laura Cendejas, music major, also said that she wanted the Cabinet to "stress more involvement with the students," in order to bring the community of Cerritos College closer together.

A small document was passed around to all members stating their duty as a commissioner and their roles as a cabinet member. "It's a reason to come talk to me," says Franco.

Before adjournment, Franco stressed freedom of speech and how important it is to do so.

In a final decision the cabinet also donated the contribution of \$1,350.60 to the C.A.R.E. organization.

A little behind schedule, but nevertheless to the point, the ASCC Cabinet met to discuss the "GoCerritos" web site, Hoe Down Days, Cabinet involvement with the students and which organization the ASCC would donate the tsunami funds to.

President Josh Franco reported that the "GoCerritos" web site has been updated, and added that he would like to "encourage everyone to be familiar with the site," so they can recruit students to the various committees offered.

In updating the "GoCerritos" web site, Franco created an online newsletter that involves information about school events and other related material. He asked all cabinet members to

Court meets to discuss important issues

KENNETH PAKINGAN
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Among new agenda, the ASCC Court discussed the upcoming Hoe Down Days, Operation Outreach and election proce-

dures.

The ASCC Court also discussed Operation Outreach, a program which enhances communication between students and the student government.

The purpose of Operation Outreach, as Franco, says, is "to show students that

there is a student government. It's a way to communicate with them."

With three openings for senate and one for chief justice, ASCC Court discussed and organized plans for the upcoming election.

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NEWS



CATHY LOZANO/TM

Building: The structure above left is the foundation for a classroom while the right is to become a laboratory. Construction of the SEM Building was made possible by money allocated by the G.O. Bond.

New SEM building quickly shaping up

CHRISTOPHER OLIVARENS
Managing Editor
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In an attempt to improve the college, a new math and science building is in the works.

As of Feb. 2, the science and math building made its foundation on the site where the Lecture Hall once stood.

Norman Fujimoto, instructional dean of Science Engineering and Mathematics and Computer Information Sciences, said, "the SEM building is tentatively due to be completed on Dec. 13 of this year."

According to Fujimoto, the recent winter weather has not been too bad on construction,

even though the site is two weeks behind schedule, construction is going smoothly.

Currently, the foundation of the building is being constructed; the steel structures, which are being placed onto the site, should be completed in about three weeks, Fujimoto said.

After the foundation is set, set-up of the floors and walls will begin.

The building will house the biology and chemistry divisions, which are currently being housed in the physical and biological science buildings.

The new SEM Building will provide several study rooms, labs, faculty offices and a few lecture halls.

BUSH: State of the Union produces mixed results across campus

Continued from page 1
his social security reform, the president holds on to the hope of placing America on the track to financial security for the good of generations to come.

His idea for the new policy stems from his deduction that, because the government is providing more benefits today to retirees than when the system was established, by the year 2018 the system will be spending more than they receive from tax dollars.

Furthermore, Bush believes that by the year 2042, the social security system would be bankrupt.

He hopes to create a system where young workers would be allowed to remove from their paycheck a fraction of what would normally go toward taxes, and create their own retirement funds for the future.

Hoping, this would place the responsibility into the hands of citizens, making their money inac-

cessible to the government.

Achieving Bush's stated goal that every American will eventually be taking control of his future, rather than depending on the government.

Marchese Paul, English major, said, "I think it's a good idea. As a working student, I would like to have control of my money."

However, Margaret Taylor, intermediate typist clerk in the liberal arts office, said she thinks that leaving the social security system alone is the best plan.

For those age 55 and older, the system would remain unchanged.

When Albert Oregel, education major, learned what the social security plan was all about, he commented, "that seems alright."

Bush expanded his vision for the country by again reaffirming his commitment to bringing peace to the broader Middle East, specifically in Palestine and Israel, which he believes is within reach.

He then turned his focus to the war in Iraq, and to the "victorious" elections held on the Sunday prior to his speech.

Francine De France, instructional dean of humanities and social sciences, believed the Iraqi elections would take place, but she said she would be watching to see if all the minorities will have a

voice.

"For it to be a true democracy, every faction must be represented," she said.

The president also welcomed Safia Taleb al-Suhail, who took part in the elections for a democratic government, after her father was murdered 11 years earlier at the order of Saddam Hussein.

Her words to the nation were, "Thank you to the American people who paid the cost... but most of all to the soldiers."

The president renewed his commitment that the United States would succeed in Iraq, because Iraqis value their own freedom as much as any American.

Nicole Phillips, zoology major, believes the president is "a hypocrite, we need to help the Iraqis, but he wants to control them."

The president then introduced the parents of Marine Corporal Sargent Byron Norwood of Pflugerville, Texas, who had been killed in Iraq.

Many viewers were touched by the event.

Taylor said she felt the solemnity and emotion of the moment.

Norwood loved being a marine and fighting on the front lines against terror. On his last trip home, his mother told him she just wanted to protect him.

His response to her was, "You've done your job, mom. Now

it's my turn to protect you."

Raising another controversial issue, Bush again announced his support of a marriage amendment for the "good of America."

He condemned those judges who think they can "legislate from the bench and try to redefine marriage."

Amber Fontaine, nursing major, said, "I disagree with Bush's policies, and the mixing of religion and state."

She also stated, "It's disappointing that so many people voted for him based on his faith rather than his policies."

Turning his vision again to the future of the country, he proposed a three-year initiative to assist organizations in keeping youth out of gangs, and to instill in boys an idea of manhood that respects women and rejects violence; the program, led by Laura Bush, is part of a larger outreach to at-risk youth.

Further reaching out to the youth of the nation, he announced his plans for making college a realizable dream for many young people by increasing the size of pell grants, a statement which was received with applause.

Stating how she felt about the president, Paul said, "Bush lies a lot, but I have a bit of faith in him this time around."

BLOOD: Students donate time and blood to the Red Cross

Continued from page 1
needles or blood, Christian Alcantara, undecided major, assures them that it's not bad, it's safe.

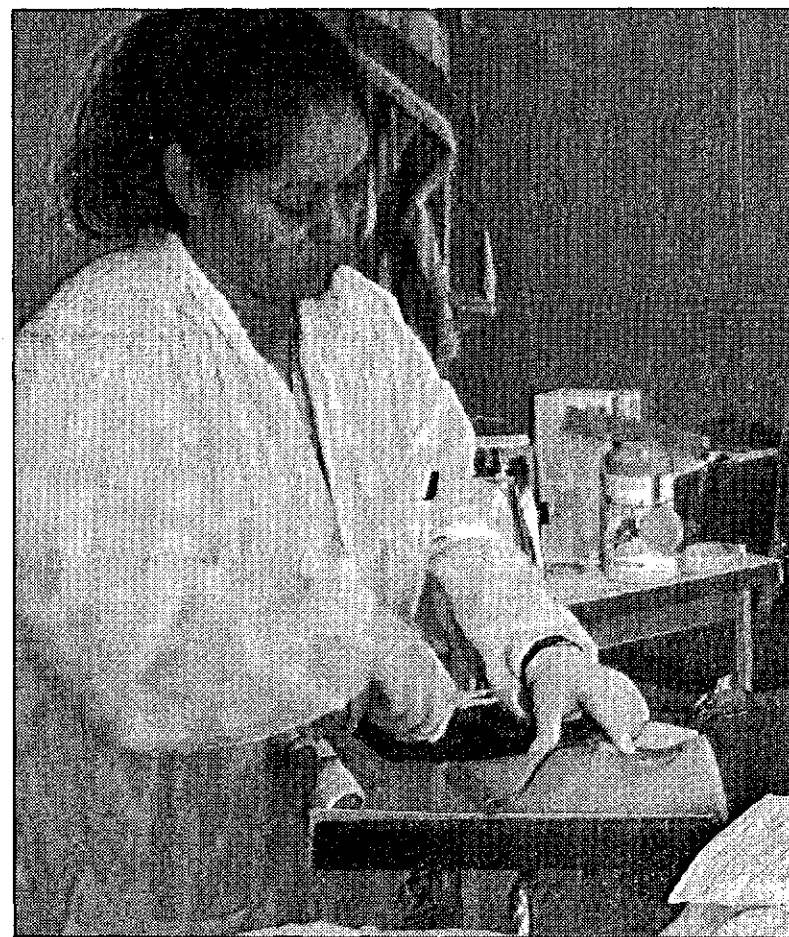
Alcantara is donating because he knows that other people need his blood more than he does right now.

After the whole poking and sucking ordeal, donors are recommended to merge to the resting table for at least 15 minutes where they are greeted with snacks, water or juice and small tokens of appreciation such as stickers and pins.

After Miriam Garcia, communications major, finished her pint donation of blood, she said that she is a regular donor and saw the booth promoting it last week so she decided to sign up.

Garcia also mentioned that she was tired after the whole process.

Jacqueline Lara, business man-



CATHY LOZANO/TM

Withdrawal: Medical Assistant Julieta Rodriguez takes blood.

agement major, says she's a regular donor, but this is only her second time donating on campus.

She donates due to the fact that

she has the universal blood type so she knows she will be able to help a lot of people who are in need of blood.

WESTERN: Students look forward to 3-day event March 1-3

Continued from page 1
fairly traditional event.

While in past years it was customary to serve fried chicken to attendees on the closing day of the Hoe Down, Ackland believes that due to the popularity of the In-N-Out Welcome events, students won't mind the switch.

The cookout will be accompanied by the live performance of the Jim Gibson Band, who's country/rock music, Ackland says, is enjoyed by both students and faculty.

Though the three-day event is a major affair at the college, many students are unfamiliar with the Hoe Down.

George Wagacha, accounting major, said that he had never heard of it, but "it sounds like fun to have people get together like that."

Not seeing any flyers posted for the event, David Robles, undecided, thinks it should be better publicized.

The idea for Hoe Down Days was generated by Phil Houseman, the past Dean of Student Activities. He chose a western theme for the get-together, because it was something that he believed everyone could have fun with.

However, Shawna Bonnema, forensics major, said, "I've seen the Hoe Down, but never gone. I'm not into Western. My parents would like it."

Deadline

March 23 at 4 p.m. is the deadline to apply for appointment to student government.



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A look into foster education

ROSALI CASTILLO
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Many people aren't aware of how many children are without families or living in an unsafe environment.

Cerritos College, along with 16 other schools within Los Angeles County helps provide the necessary steps in becoming an eligible foster parent.

This is called the Foster & Kinship Care Education Program. Program director, Patricia Robbins stated, "it started almost 15 years ago."

This program was developed so that foster parents would be further prepared for the children who may have had a troubled childhood.

These classes take place in the Research and Development Building, which is next to the Campus Police Station.

This program offers workshops that will improve and help form parenting skills whether the child is a foster child or a child who is under a relative's care.

Robbins doesn't actually teach these workshops. She hires the trainers and makes sure the program is run smoothly.

There are several workshops provided in this program and these courses are all free.

The FKCE also helps foster children who have reached 18 years of age enroll into Cerritos College.

That is the only kind of direct affiliation the FKCE has with the actual children.

Some of the workshops are entitled Child Development Ages and Stages, Aggression and Passive Aggression in Children and The Power to Play Along With a List of Others.

The majority of these courses take place at Cerritos College and there are a few workshops that take place at Faith Church which is close to the campus.

However, a person cannot become a foster parent unless he or she gets a license.

In order to obtain this license parents have to go to these workshops every year.

"They have to complete 18

hours a year", Robbins said.

These workshops aren't only for future foster parent, "it can be a normal person who wants to come" and attend these classes, Robbins added.

Many of these workshops are also held in Spanish.

The times of these classes also vary. They are morning, afternoon and evening.

Another way people get involved in this program is through a list of foster parents in the surrounding area from the Department of Children and Family Services.

Schedules are sent out to inform them of the upcoming workshops.

This program doesn't help people become parents but they can stop at the office and they will be given the proper information on where to go to become a foster parent.

OPINION

EDITORIAL



The Talon Marks is a First Amendment publication.

Editorials express the views of the Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publications staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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Rest of the world also needs help

It has been reported that around 70,000 people are estimated to have died in Darfur, many from hunger and disease, while some 1.5 million others have been displaced, many into squalid and dangerous camps.

If the United States is so concerned about people's freedoms, why is it that it is ignoring the ongoing genocide occurring in Africa?

These devastating numbers are increasing daily and even the United Nations have continued to ignore Africa's cry for help.

Since Bush's induction in presidential office in 2000, Americans have heard over and over that we must fight to preserve our freedom.

Not only has this idea been introduced to Americans, but also to third world countries which Bush has felt necessary to invade and control in order to obtain freedom for its citizens.

Bush has even incorporated a war in Iraq to establish a democracy in order to give the Iraqi people freedoms that they deserve.

America is using its power to help those around the world, but is it only if it benefits America?

And why is it that something as big as genocide is being unnoticed or ignored?

More than two million Sudanese have died as victims of an Islamic Jihad (a holy war), and the Western press and governments have responded with virtual silence.

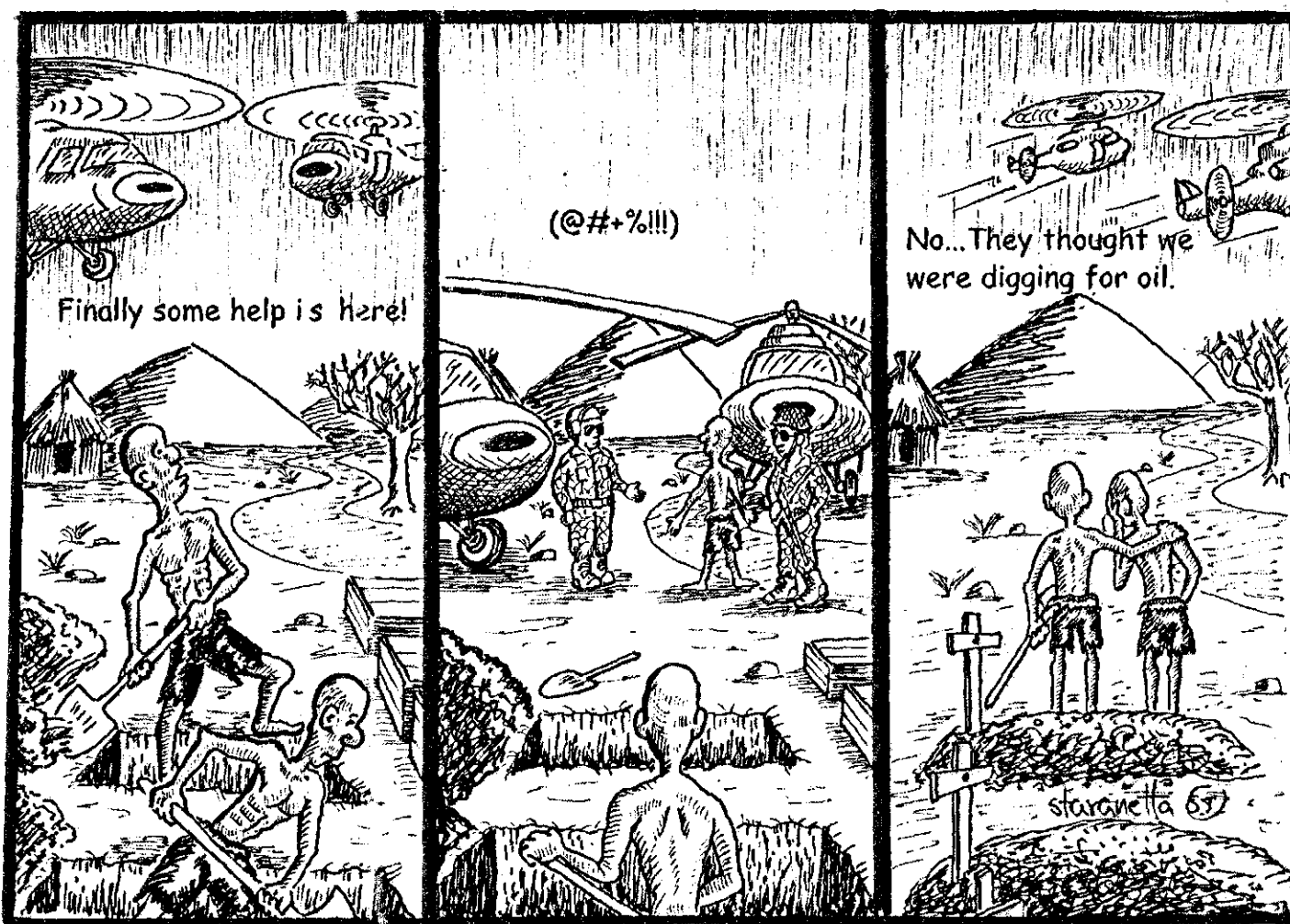


ILLUSTRATION BY ROBERTO ESTARRIETA

The murderers are openly killing in the name of Islam and forcing hundreds to thousands of civilians of Sudan to migrate, which is amounting to an ethnic cleansing campaign.

It has been reported in May that over the last 20 years, three times as many people have died in Sudan as in Rwanda.

Relief agencies are warning that

another 100,000 could lose their lives in the next year.

These numbers are shocking, especially when looking at it as at least 275 deaths a day.

So what are the reasons for the killings?

Could it be because the victims are Christians or black?

Kenneth R. Timmerman of Insight

Magazine, believes that "maybe it's because major oil companies are benefiting from the slaughter.

The idea, say critics, is to exterminate the civilian population so oil companies can operate without interference."

Many say that Bush in fact has taken America to war with Iraq not only to "create" a democracy," but to

stick his fingers in many more black oily dollars.

But to ignore millions of casualties to obtain even more oily money?

It's not only devastating that these people are dying by the hundreds daily, but that we have the ability to help, and nobody is stepping up to save innocent victims from their own murderous government.

Many Americans are proud of what our troops have accomplished over in Iraq, and will continue to agree that it is a much safer place now.

Shouldn't we also feel a need to help the Sudanese people who are experiencing a much worse situation in Africa?

The topic of the continuous murders in Darfur has been discussed by the UN, but continues to be played out for a different date for it believes the process for the Sudanese will be a long-term recovery.

No doubt it will take a long time to help these people mold into a free nation, but America has spent more than enough time in Iraq after already having liberated their country of their "evil doer."

The time to help is now. Not tomorrow, not next month, or next year.

The Sudanese need our help; they deserve the right to live and to live freely in their own country. They deserve our help.

LETTERS TO THE EDITOR are welcome. They may be submitted both online and in person. In all cases, letters must be signed with real names before they will be considered for publication, either online or in print. Campus related issues are given priority. Letters may be edited for length, though online versions tend to include full content, as long as it is not libelous or in poor taste. You may deliver letters to AC 42 or contact the editor by e-mail at editor@talonmarks.com

Love is blind, criticism should be mute

Should people be treated any differently because of the color of their skin?

How about their hair color?

Most of the time, the answer to these questions is no.

So why should anybody be treated any differently because of whom they fall in love with?

Just because a man falls in love with another man, and not another woman, doesn't mean that he isn't a "real man."

Or why is it so taboo when a woman happens to fall in love with another woman?

Isn't love supposed to conquer all?

It is my belief that marriage is the bond of eternal love between two human beings, whether it be between a man and a man, a woman and a woman, or yes even between a man and a woman.

People claim that the Bible says homosexuality is a sin.

I don't recall it ever saying that specifically, but it's open to anybody's interpretation.

In the last few years, many politicians have been trying to ban homosexual marriages.



You may ask. Who's on the front line? Our dear old president, George W. Bush. Is a constitutional ban really necessary? Doesn't this nation's president have more important issues to deal with, like our troops dying in Iraq?

A ban of gay marriages has enraged the gay community, along with people who are supporters of gay marriage.

Laws that have been put into effect, especially in the state of California, have done a moral wrong.

These laws ban the union, in the eyes of the law and in the eyes of the Lord, the rights that they were born with.

Aren't "All Men Created Equal?" Why is it that people cannot see the same

love between homosexual couples that they see between heterosexual couples?

There is no difference!

Love is what brings two people together, and marriage is the way that most gay and lesbian couples want to show it.

So if you ban gay marriage, why not ban divorce?

Gays and lesbians are being stripped of rights that so many Americans abuse.

In today's society many employers will not offer benefits to a gay man's boyfriend because they are not married.

There are some heterosexual people who get married only for the benefits.

How is that equal?

Why is it that the ignorance of some people must be pushed upon society as a whole?

Marriage is the eternal bond of two souls, of two individuals.

It shouldn't matter who they fall in love with.

When gay marriages are made completely legal, the United States will truly be the land of the free.

Dirty little secrets from dirty little men

I have had enough with all the secrecy. I am going to let the whole world in on it. Many have asked those on staff and me how it is we select editors to manage the paper.

We have told you some cockamamie story about the Editor-in-Chief researching and talking to people to come up with the best candidates for the position crap for far too long.

The truth of it all is that all that happens is we ask a prospective news editor if he hates the Poli-Sci club and he must say yes.

We ask the arts and entertainment editor if he hates the Fine Arts division and if he says yes the job is his. In turn the sports editor must decidedly dislike all jocks, and cheerleaders.

So on and so on until we fill all the positions.

Does that not sound utterly ridiculous? Even so, it would not be funny, especially to the discriminated upon groups.

Nod your head this way, (up-down) but in fact the ASCC senate felt it appropriate to do the exact same thing to the Talon Marks-a class



activity and a club.

"Ten openings were filled this past Wednesday, with the dislike for the Talon Marks as one of the criteria for being appointed." Straight from Feb. 2 of the Talon Marks from the story "ASCC appoints four loses one" by Erick Galindo, editor-in-chief.

The story goes on to explain the situation in depth on how an off-color reference by faculty senate liaison Jerrod Henderson was made toward the Talon Marks as one senator was being sworn in.

It needs to be referenced here that it is a well-known fact that Henderson more than dislikes the Talon Marks. At one point he flat out said that he saw no use for it on campus.

It is remarkable that after ASCC asks constantly (rightfully so) that we check our facts, do our jobs correctly and be thorough, a senator can simply throw out comments such as these and not only get away with it, but get a big honking laugh from the senate.

Despite the number of comments he has made and undoubtedly will continue to make, I will always be comforted to know that all he did to get into the position of power he is in is beg for signatures and figuratively raise his discriminatory right hand in the air and swear to hate the Talon Marks.

While I had to bust my ass to get to where I have been and am, I don't write for pay, acknowledgement, awards or even the prestigious Falcons they give at the end of the year (unlike most senators).

I do it because I love to write and I love this newspaper. The truth will always be my only goal and if the senators think that it is funny then so be it. 'Less they forget, what goes around comes around.

FREE SPEECH ZONE?!

February is Black History Month. In honor of Black History Month, what African American figure do you admire most and why?

COMPILED BY: JONATHON JORDAN
PHOTOS BY: CHRISTOPHER OLIVARES



"Colin Powell, because he puts himself up to a high position in life."



"Robert Marley. For his spread of awareness and consciences."



SIMAU TUALITI
cultural anthropology major



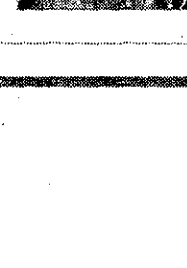
"Jesus, because he died for our sins."



"Rosa Parks, because she didn't let anyone push her around."



"Harriet Tubman. She helped us find freedom."



MONAE BURTON
criminal science major

COMMUNITY

BOT seeks to revise look, content of policy

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The Board of Trustees took a new look at a possible way to revise the look and content of the Board's Policy at last Wednesday's meeting.

Dr. Noelia Vela, Cerritos College president, asked the Board to look at the possible ways they may go about making revisions to Board Policy, specifically the 5000 series. The objective of doing this is to review the policy in place and see if there is a need to make changes to the way they have policy and procedure set up.

Currently, the Board Policy is mixed with both policy and procedure and Board members are looking at possibly separating the two.

Dr. Erlinda Martinez, vice president of Student Services, gave a presentation on how the college and the Board would go about the change.

She said that the templates the college is looking at using come from an organization called Community Colleges League of California, which the college is a

subscriber to. The CCLC is a Board Policy and Administrative Procedure subscription service. Also, she added that 57 of the 72 districts in the state receive the service to look at policy.

Many districts have already revised their policies using the guide that they suggest and some neighboring districts are currently undergoing policy review using the guide.

Dr. Martinez talked about the college's need in differentiating policy from procedure.

"We want to establish the 'what' for the policy as in goals and acceptable practices and the 'how' as in procedures, rules and regulations," she said.

Dr. Martinez said that "the Board represents the public and the policy is the voice of the Board. Also, she talked about the responsibilities of the Board and the CEO (Dr. Vela) to develop and implement the policy.

Along with the presentation, Dr. Martinez also talked about who does what as far as policy and procedure.

The Board is in charge of developing a policy that requires Board



CHRISTOPHER OLIVARES/IM
TAKING A CLOSER LOOK: Dr. Erlinda Martinez gives a presentation in front of the Board of Trustees last Wednesday.

action, and the procedure part is done by the CEO. Appropriate staff helps develop procedures to implement the policy which will be presented to the Board for information.

There were three areas in the 5000 series that were discussed among Board members. First, Board Policy 5001 which talks

about security of the district property, which Dr. Martinez says is mixed with policy and procedure.

She also said that the college's policy is really procedure.

The template that Dr. Martinez and Dr. Vela suggests that the Board separate the two and make the policy part a clear statement that would be shorter than current

policy. The template also suggests adding a reference to the Education Code section that the policy comes from.

Dr. Martinez and Dr. Vela suggest that the policy not have sections within the policy, like the current policy does.

The policy 5005 is quite lengthy, according to Dr. Martinez and the template that is being suggested is only one page.

The last policy in the 5000 series discussed was 5008; that is Driver Clearance the CCLC doesn't have a recommendation for the Board on that part of the policy.

"We are not suggesting eliminating it from the policy because they don't have a recommendation, but we are looking into how to revise it," Dr. Martinez said.

The new policy is a major shift in format of the template. The Board would be able to cross out sections that would not need to be a part of the policy anymore.

Some of the Board members commented on the templates being suggested.

Bob Verderber, vice president of the Board, wanted to know if the Board Policy was online or on a

computer. The policy is available online through the college's web site.

Bob Eppler, Board member, said he would like to see the full set of CCLC templates to see what is there.

Bob Arthur, Board member, also commented on the templates by saying, "I am acceptable to the change. At least from this board member's view I would like to see the procedures that go along with the policy changes."

Dr. Vela said "they would keep the procedures as they are and then go through them."

There was also discussion about the policy and procedures being put into two separate books, but that was quickly turned down by the Board.

There was a question about legal issues that may arise with having policy being changed and making sure the employees know what policy is in effect. Eppler and Eric Gutierrez, board member, would like to consult with legal counsel on some of the issues concerning the policy. Dr. Vela decided not to have action on this matter until the next Board meeting.

Santa Fe Springs community cleans hazardous waste

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Motor oil, paint, paint thinner, household and car batteries are only some of the types of hazardous items that can be brought to the Household Hazardous and E-Waste roundup this Saturday from 9 a.m. to 3 p.m. The entire process only takes a few minutes and you never have to leave your car.

The roundup will be held at the Rio Hondo Fire Training Academy in the city of Santa Fe Springs located at 11400 Greenstone Avenue.

Joe Reilly, senior engineer in charge of the Hazardous Waste roundup said that the event is becoming more popular every year.

A couple years ago they started collecting e-waste that is electronic equipment such as computers and TVs. Since then, the program has seen a dramatic increase in the amount of people attending.

"People want to get rid of their old computers and electronics and this is a way for them to do it properly," Reilly said.

More than 1400 cars passed through this particular event area last year and they collected over 11,000 pounds of e-waste, 300 batteries, 8,000 gallons of paint and 1,200 gallons of motor oil.

From some of the paint collected, latex paint could be recycled and used for painting over graffiti in local cities.

Some household items are too toxic to place in the trash and there is a proper way to dispose of hazardous waste and e-waste.

On Saturday, Los Angeles County residents will have a chance to safely dispose hazardous waste free of charge.

Also many common household products can pose a hazard to the environment if disposed of improperly.

Household E-Waste is described as consumer electronic equipment near the end of its useful life such as computer monitors and televisions. Electronic waste is

a growing problem in communities, although many of these products can be reused, refurbished, or recycled, including items such as VCRs, stereos, fax machines, copiers, computer keyboards and cellular telephones.

Roundup workers will recycle what they can and properly dispose of that which can't be recycled.

They advise residents to leave the products in their original container, then place them in a cardboard box and drive to the site.

Things to bring:

- Motor oil, oil filters, brake fluid
- Used antifreeze
- Paint, paint thinner, turpentine
- Cleaners with acids or lye.
- Pesticides and herbicides.
- Household batteries, car batteries.
- Pool Chemicals
- CRT's, old TV's, misc. electronics,
- Expired pharmaceuticals
- Mercury thermometers
- Thermostats

Things not to bring:

- Explosives and ammunition
- Radioactive materials
- Trash and tires
- Waste from businesses will not be accepted.
- White goods (stoves, fridges, etc.)

How to prepare:

- It is illegal to transport more than 15 gallons or 125 pounds of hazardous waste in your vehicle.
- Bring items in a sturdy box, preferably in their original labeled containers.
- Be prepared to leave your containers.

The free Countywide Household Hazardous Waste and E-Waste Roundup is sponsored by the County of Los Angeles and presented by the Department of Public Works and the Sanitation Districts of Los Angeles County, in cooperation with the cities of Artesia, Bellflower, Carson, Cerritos, Compton, Hawaiian Gardens, Lakewood, Long Beach, Norwalk, Paramount and Signal Hill.

For information on upcoming Roundups, call the Los Angeles County Department of Public Works at 1 (888)-CLEAN-LA, the Sanitation Districts of Los Angeles County at 1-(800)-238-0172.



RAPHAEL MAGLONZO/IM
INTO THE MUSIC: The Southern California Philippine U.S. Veterans Association puts on a dance exhibition at the Festival of Friendship.

Freindship hits Cerritos right on mark at A.R.C. festival

christopher olivares
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"On your mark, get set, go!" said a representative from the City of Cerritos as he started the sixth annual "Festival of Friendship" 5k race last Saturday at the Los Cerritos Mall.

The race path was around the Los Cerritos Mall starting from the Robinson's May courtyard, where hundreds of residents from nearby cities ran to help support the charity organization Association of Retarded Citizens in Southeast Los Angeles County.

The race kicked-off several events, including some that took place at noon, inside the mall.

A.R.C. is a program that helps those citizens in LA County who want a better life while surviving the lifestyles of mental retardation and developmental disability.

"Helping gather local communities come together to put on special charity events to help those in need in the surrounding area, I would like to thank everyone for participating today," said Diana Lemson, executive president of A.R.C.

The festivities began with the race in

front of California Pizza Kitchen where a stage and disk jockey played music to those who finished the race and those who waited.

As the race came to an end and the award ceremony was about to commence Mayor John Jackson of the city of Cerritos said, "I would like to thank everyone for coming out to participate this morning and for helping out with the special cause."

As he spoke, he introduced the Let Freedom Ring Committee members who put the event together alongside the city council members who were present.

The LFRC puts this event and the Fourth of July event together each year. This year's committee members are Betty Hyatt, Judy McNatt, Wendy Wald, Alan Wang, Chuck Carson, Sue Chong, Candy Yee, Ray Chavez and Hannah Wong.

"Willodean Wiswell is one of the original members on this committee; she has been apart of this event for some time and is currently on the committee," said Betty Hyatt, LFRC member.

Two members of this committee are selected by each council member to represent them. They work together and produce this event every year.

As mayor, Jackson declared the top three race winners in the selected categories.

In the age group 65-69 Lakewood citizen Rhea Berg won first place, she said, "I couldn't believe I won first place, I didn't think I heard right."

Berg added, I came out to have fun and run, I did it to help out, having this been my first race and my first win.

The oldest runner in the race was 90 year-old Grace See Wen Chen.

Starting at noon until about 4 p.m. the festivities took place in the center courts of the Los Cerritos Mall. The main event took place in front of the Mervyn's center court where committee members let the festivities move on.

The indoor event had activities that represented the different ethnic groups living in the community of Cerritos.

They ranged from a live Mariachi band performing for the arousing crowds, a traditional Asian dance sequence and a group of martial artists performing their karate moves.

The city of Cerritos has one event that takes place on July 4 in Freedom Park. For more information on future Cerritos events log on to its web site www.ci.cerritos.com.

ARTS & ENTERTAINMENT

One man show at Cerritos



COURTESY OF CERRITOS PERFORMING ARTS CENTER
La Bohème plays Friday and Saturday at the Cerritos Performing Arts Center.

La Bohème: A 109 year-old love story

SUNEM RIVAS
Copy Editor
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Do you enjoy a good love story?

If so, the Cerritos Center for the Performing Arts will host "La Bohème," a 109 year-old opera from Paris, France, Friday and Saturday at 8 p.m.

The opera is based on a novel by Henry Murger titled, *Scènes de la vie de Bohème* and is performed in four acts in Italian with English supertitles.

Supertitles are written translations of the dialogue or lyrics of an opera shown on a screen above the performers.

The Cerritos Center for the Performing Arts calls "La Bohème" an 1890s "story of love and romance, sacrifice and heartache, shown through the eyes of opera's most famous young lovers."

Giorgio Lalov, will direct the opera along with Giacomo Puccini, writer; Giuseppe Giacomini, conductor of the full orchestra.

and Luigi Milica, libretto; and Krassimir Zopolov, conductor of the full orchestra.

Lalov is the co-founder, along with Yves Josse, of Teatro Lirico D'Europa, one of the leading European opera touring companies and currently, the only European company performing two-month or longer tours in the United States.

Since 1986, Lalov has staged over 13 different operas and 2,500 performances throughout Europe, Japan and the United States.

The "teatro" has an orchestra of 50 musicians and a professional opera chorus of 40 singers, with soloists from opera companies like La Scala, Milan and The Metropolitan Opera, etc.

Ticket prices range from \$20 to \$35 and can be purchased at the Cerritos Center for the Performing Arts ticket office located at 12700 Center Court Dr. in the city of Cerritos. You may also purchase by phone at (800) 300-4345 or online at www.cerritoscenter.com.

Love, comedy, poetry and appreciation of an almost forgotten history; this was a sensational performance!

Stogie Kenyatta's one man performance in "The world is my home," The Life and Times of "Paul Robeson" is pure genius.

From the Harlem Renaissance to the personal and political life of Paul Robeson, Kenyatta's performance provides a rarely publicized portrayal of the joys and sorrows of the African-American struggle, and the man who played a major role within it.

The audience walked into a theatre anticipating a show, but was unexpectedly taken back through time, to an era of great African-American history and arts.

Kenyatta plays a total of 10 characters.

Included are Paul Robeson, his father, siblings and other influential people in Robeson's life.

The soundtrack was perfect in revealing the great Harlem Renaissance. Musical classics included artists such as Duke Ellington, Coltrane, Johnny Hartman, Fats Walker and Paul Robeson himself.

The wardrobe provided the scenery with impeccable authenticity. From popular suits to raggedy slum clothing, this was more than a play, this was a history appreciated at the highest level.

The story begins as Paul's father, a runaway slave, awaits Harriet Tubman to lead him toward freedom.

As it continues, the story sheds the most honest portrayal of an



Paul Robeson

African-American intellectual who breaks some of the most crucial racial and social barriers of his time.

As an athlete, lawyer, lover, brother, son, defender of social justice, performer and a man who spoke twenty languages.

Robeson's journey helped

shape the foundation of the social changes that were to come.

He traveled the world delivering the message of peace and justice, while facing enormous opposition back at home.

Despite the constant pressures by the United States, support from his family and nations through-

out the world provided him with a spirit that defied all odds and made him the legend he was.

Kenyatta has imprinted Robeson's memory in all who attended his show, and will definitely do so for audiences to come.

Are you afraid of the dark?



COURTESY OF SONY PICTURES
Barry Watson stars as a man being haunted by the boogeyman

ROSALI CASTILLO
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If you're looking for a truly terrifying film, then look elsewhere.

If you're looking for a film that will keep you at the edge of your seat, in suspense, anticipating the next move, director Stephen Kay brings you Boogeyman.

Boogeyman stars Barry Watson as Tim, a man who has a great job and a growing relationship with his girlfriend Jessica (Tory Mussett).

Watson plays a 23 year-old who tries to hide a haunting fear that has been paralyzing him since childhood.

Every night Tim's father would read him a bed-time story and

many of them were horror stories.

At the age of eight, while Tim's father was checking the closet he was violently jolted and pulled into it; He was never seen again.

Convinced that the Boogeyman won't sleep until he gets him, Tim battles to maintain control over his life.

With many childhood stories of dark creatures lurking in closets, this film sets itself apart by delving in depth into a child's imagination and drives at how one can create his or her own fear.

Boogeyman forces you to look at what developed the fear of what was under your bed or lurking in your closet and why you thought hiding under the sheets would protect you.

DO YOU HAVE MILD TO MODERATE ASTHMA?

- We Are Looking For Volunteers
- Between the ages of 18 and 75
- With mild to moderate asthma
- Otherwise healthy
- To Participate In A Clinical Research Study
- Total of 6 visits to our testing facility
- Lab results available upon request
- Monetary compensation of up to \$595.00 may be paid to qualified participants upon his or her completion of the study

Environmental Health Service
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If You Are Interested Please Contact Us:
(562) 401-7563
(8:00 a.m. - 3:30 p.m.)

Magic 8-ball predicts Grammy's

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It's time for my in depth review of who should and shouldn't win this year at the Grammy's. Given my opinion counts for very little in the eyes of the music industry, it is still my civil duty to this country to let my voice be heard.

Write them down, know them and be amazed at my knowledge of how predictably lame the recording industry can be sometimes.

Enough said, these are my picks for this year's Grammy winners.

.....

Record of the year: Usher's upbeat dance song "YEAH!" should easily take this one.

The Black eyed peas had a good song in "Let's Get it Started."

But in a year where everyone is Usher fanatical, there is no way he'll be losing this one.

One thing is for sure, it won't be Green Day's American Idiot.

Afterall, their unsuccessful run to rid this nation of "Idiots" was a complete failure.

Album of the year: Kanye West is a genius, but he won't win it.

Alicia Keys is beautiful.

Oh yeah, and her music is amazing too, but she won't win it either.

Once again, in a year where Usher dominated the charts, I'm confident in saying that "Confessions" is going to take it this year.

Best new artist of the year is going to be a toss up between Kanye West and Maroon 5.

That being said, I'm going to bet my money on Maroon 5.

Thanks to a successful series of opening concert slots for John Mayer over the past year, the former members of "Kara's Flowers" are riding high these days.

Let's Recap:

• Record of the year: "YEAH!"

• Album of the year: "Confessions"

• Best new artist of the year: Maroon 5

I'll be watching Sunday, but my magic eight ball tells me that me that I am right on with these picks.

SPORTS

Falcons tied for first in conference

INSIDE
THE
NUMBERS

1

Place in the
South Coast
Conference

10-4

All-time
against
LA Southwest

4

Mt. SAC's
ranking when
Cerritos beat
them

67.5

Average points
scored during
Conference
play.

18.5

Average margin
of victory
during the
women's
Conference win
streak.

Despite suffering their first conference loss, the Falcons are still in first.

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Despite a gutsy performance, the Cerritos women's basketball team dropped its first conference game last Friday while hosting the El Camino Warriors, 62-53.

The loss dropped the Falcons (15-12, 4-1) into a tie for first place in the South Coast Conference South Division with El Camino (16-7, 4-1).

Cerritos opened the game strong, gaining an early 6-0 lead.

The game plan was obvious from the start, the Falcons constantly ran a press to put pressure on the ball. It worked well early, but as the game progressed, it began to deteriorate.

Head coach Karen Welliver said, "We tried to press them, because we pressed them the first time we played them, but they broke it better this time."

But their efforts were unsuccessful.

"We wanted to speed up the game. El Camino likes to slow it down," assistant coach Matt Zamora said.

"We tried to rebound and fast break them to try to get a lot of transition points and defend their big girls inside."

However, the Falcons failed to convert on turnovers and fast break opportunities, allowing the Warriors to stay within striking distance the entire first half.

The Falcons entered halftime with a 27-23 lead.

With 15:07 left in the game, Cerritos held a 33-28 advantage. But in a little over four minutes, El Camino exploded on a 14-4 run to gain a 42-37 lead. "A lot of our shots

weren't going in early in the second half," Zamora said.

"And I think we got a little frustrated and started taking shots a little out of character for us."

The Warriors managed to keep the Falcons off-balance with screens and cuts to the basket.

El Camino forward Britney Asher drained one of her three outside shots with 6:14 left in the game, widening the gap to 52-43 and essentially providing the finishing blow.

Welliver said, "We didn't get quite picked up when they started driving on us and they made some three pointers that were big for them in the second half."

Cerritos ended the game shooting a dismal 28 percent from the field, while El Camino shot 46 percent.

"We missed some easy shots, and that led to us forcing bad ones later on down the line," Zamora said.

Should El Camino and Cerritos win-out the rest of their division games and finish in a first place tie, the division championship will go to the team with the higher power ranking.

El Camino went into Friday's game ranked 10th in Southern California rankings. Cerritos was 13th.

Next up for the Falcons is a South Division road game against LA Southwest, Wednesday.

"Southwest, we've already beat twice this year, so we're not going to put anything new, we are just going to refine everything that we've been going through all year," Zamora said.



RAYMOND CONCHA/TM

Staying on top: Daisy Benjamin pulls up for two of her 19 points, as Cerritos loses to El Camino but manages to stay in first.

Just being good doesn't get you respect anymore.

WERNER GOMEZ
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4-1. That is the conference record of both basketball teams here at Cerritos, and no one seems to care.

Year after year our athletic programs are very successful, and no one pays attention.

The only sport anyone seems to care about is the only sport this school is not really good at, football.

Our women's basketball team is tied for first place in the South Coast Conference South Division, and is anybody even watching?

Last year the team finished second in the conference and yet they get no respect.

If the football team was doing this good, the starting quarterback would probably have his pick of any cheerleader he wanted.

The only women sports that get any attention are volleyball, softball and women's tennis, and we all know why people look their way.

I'll be honest, I'm guilty (just like all the other guys) of watching those sports for the eye-candy they provide, forgive me for being a pig.

Last Wednesday, the Falcons beat the No. 4 team in the state, Mt. San Antonio College, but lost to El Camino College on Friday, 62-53.

Niki Sims and Daisy Benjamin, both of whom were first team all-SCC last season, make up the only sophomores on a team that is 15-12 on the season.

This team could end up going to the playoffs and has a chance to win the conference, and yet they play in an empty gym.

Head coach Karen Welliver has been head of the women's basketball program for the past 21 years, and has brought nothing but success to the court.

In the last 20 years, her teams have had 18 20-win seasons and she is one of only seven community college coaches to win at least 400 games in a career.

Her career record is 468-222 (.678), has been named the SCC Coach of the Year three times, and in the last six years completed each season with fewer than 10 losses.

She has coached her teams to the conference championship or a second place finish in 13 of the last 14 years, has won five conference titles and reached the state championships five times.

If this was a men's athletic program, things would be a lot different.

People would actually care, at least a little bit.

Yet, no one seems to notice what a great program we have.

The sad part is that it does not only apply to women's basketball, but also to the great wrestling, soccer and cross country teams we have.

Do not let these programs go by unappreciated, go out and support these teams.

Conference

women 4-1
men 4-1

Comets bring down
Falcons in opener, 9-2

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The Palomar College Comets defeated the Cerritos College baseball team by a score of 9-2 Saturday in the Falcons' season opener.

The 2005 baseball season opener scheduled for Feb. 1 at 2 p.m. against Santa Ana College was postponed due to the unexpected death of Falcons' freshman pitcher Jeremy Lara.

It was rescheduled for March 20 at 1 p.m. at Santa Ana.

Instead, the Falcons played the Comets to begin regular season play but they were dispatched easily as the Falcons played many normally bench-designated players.

"We are missing some guys," head coach Ken Gaylord said about the team's major downfall Saturday.

"We haven't recuperated from that yet," Gaylord added.

Along with the player shortfalls the Falcons are also suffering from short practice times.

Due to constant rain during January, the Falcons were unable

to get the practice time they needed in order to determine a starting line-up.

The comets, on the other hand, were anything but short-handed as freshman right-handed pitcher, Nick Vincent, gave up only two hits during six innings of work.

He surrendered only one run, striking out seven and walking none.

On offense for the Comets, Dylan Parzyk went 3-for-4 with a HR and 2 RBI.

Tony Mortiz drove in four runs and Scott Clement went 2-for-4 with two doubles.

The Comets finished the game with 13 hits and five players had at least one hit.

Palomar improved to 2-1 with the win over the Falcons while Cerritos starts out the season 0-1.

Cerritos will host Los Angeles Valley College at 10 a.m. on Thursday.

The Falcons won't start conference play until March 1, at 2 p.m., against Compton College.

Last year the Falcons went 20-16 overall and 13-11 in the conference.

Cerritos teaches El Camino how to Reid

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The Falcons, led by guard Matt Reid's triple-double, outclassed the El Camino Warriors, 93-70.

Reid's performance, was a rarity for Cerritos, as he was the first player in 20 years to record a triple-double.

"We probably played one of our most complete games of the season on offense and defense," Reid said.

He recorded 14 points, 11 rebounds and 10 assists Friday.

The Falcons dominated from the beginning, taking an early 10-point lead and increasing it to 17 by halftime.

El Camino tried hard to penetrate the Falcons' zone defense, but Cerritos disallowed inside drives, surrendering only a few layups and forcing the Warriors to shoot the ball from the perimeter.

"We really outplayed them on defense, it is something we have to work harder on because it is a bad habit to give up 60 points a night," Reid said.

At one period of the game, the Falcons had a 28-point lead thanks in part to Marcus Outland's five three pointers.

He finished the game with

19 points and six rebounds off the bench.

Cerritos out-rebounded El Camino, 47-33.

Head coach Gary Cain said, "I liked the effort the players put on defense and on rebounding, it truly made the difference on the outcome today."

The Falcons, now 14-11 overall, play LA Southwest next on the road.

The game will be crucial because it will be one of the few remaining South Coast Conference South Division games left on the schedule.

Cerritos is 4-1 in the division and a win against LA Southwest would help the team keep in pace to achieve its goal of making the playoffs.

Cain said, "It is going to be a tough match-up, especially because it is a division game, and if the team keeps its focus and remains on task with its defense and rebounding, then the offense will come afloat just like today."

Center Stanley Gill scored 15 points (10 in the first half), three rebounds, and two blocks.

Jeremy Jones, Jerrad Nutt and Marques Hamilton each had seven points.



RAYMOND CONCHA/TM

Within striking distance: Jaquain Weary contemplates his next move, as the Falcons beat El Camino, 93-70, on a historic night.

SPORTS

Fatigue hurts Falcons

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The Cerritos men's tennis team took on Glendale College on the second of back-to-back matches and lost, 8-1.

Steve Glassey, director of tennis, thought the Falcons gave a good effort, but were fatigued both mentally and physically.

"We played them real competitively, but we were really tired," he said.

Glassey also said that Glendale is one of the top five teams in the state.

The Falcons' only winner was 33-year-old Glen Upshaw, who is also undefeated (3-0) in singles matches, playing out of the sixth slot.

Upshaw, who first played on the squad in 1992, was very pleased with his performance on the day.

"I was up on the first set, won easily, 6-3," he said.

"Found myself down in the second set, 4-1. Won the third set, 7-5."

In their previous two matches, the Falcons beat Southwestern College, 9-0, for their first win and defeated Riverside College, 8-1, for their second win.

"We beat last year's record," said Glassey. "We only won one match last year. We have a lot of promise this season. We have a really good shot of being in the top two."

Cerritos is coached by Alvin Kim, who won five Suburban League titles while coaching at Cerritos High School.

Last year the Falcons, who are now 2-1, went 2-9 overall and 0-7 in the conference.

Marymount is the favorite to repeat as the South Coast Conference Champions.

Cerritos' next game is on Tuesday against Fullerton College, here at Cerritos.

Tennis team gears up for conference

Financially strapped Falcons take match

NANCY ACEVES
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Victory is something the Cerritos women's tennis team accomplished in its game last Thursday against Irvine Valley with a score of 5-4.

Women's tennis coach Roseanne Chatman said, "Very good, it was scary because we beat them last year but when I saw them playing I knew it would be a close game."

Berenice Ceja recorded a 6-4, 4-6, 6-2 decision, seizing a win for her team.

"It was a really cool and intense game, it was a lot of fun too," replied Ceja.

Ceja admitted that more practice would have really helped the team perform better during their games.

"Making less mistakes," is what Kenya Fregoso believes will improve its game.

Fregoso scored in the third spot with a 6-1, 6-0 score.

Obtaining the second spot was Mara Petrini with a score of 6-2, 6-3.

Both women competed in singles play.

After losing 5-8 in the doubles

competition, Carla Gonzalez confessed that, "more teamwork and communication between my partner and I," would improve their chances of winning its next match.

The women's tennis team will be leaving to a tournament next Thursday and therefore need to fund-raise as much money as possible.

By selling Valentine gifts to Cerritos students, the team hopes to fund-raise enough money to be able to attend their upcoming tournament.

"The team is having budget problems," admitted Gonzalez.

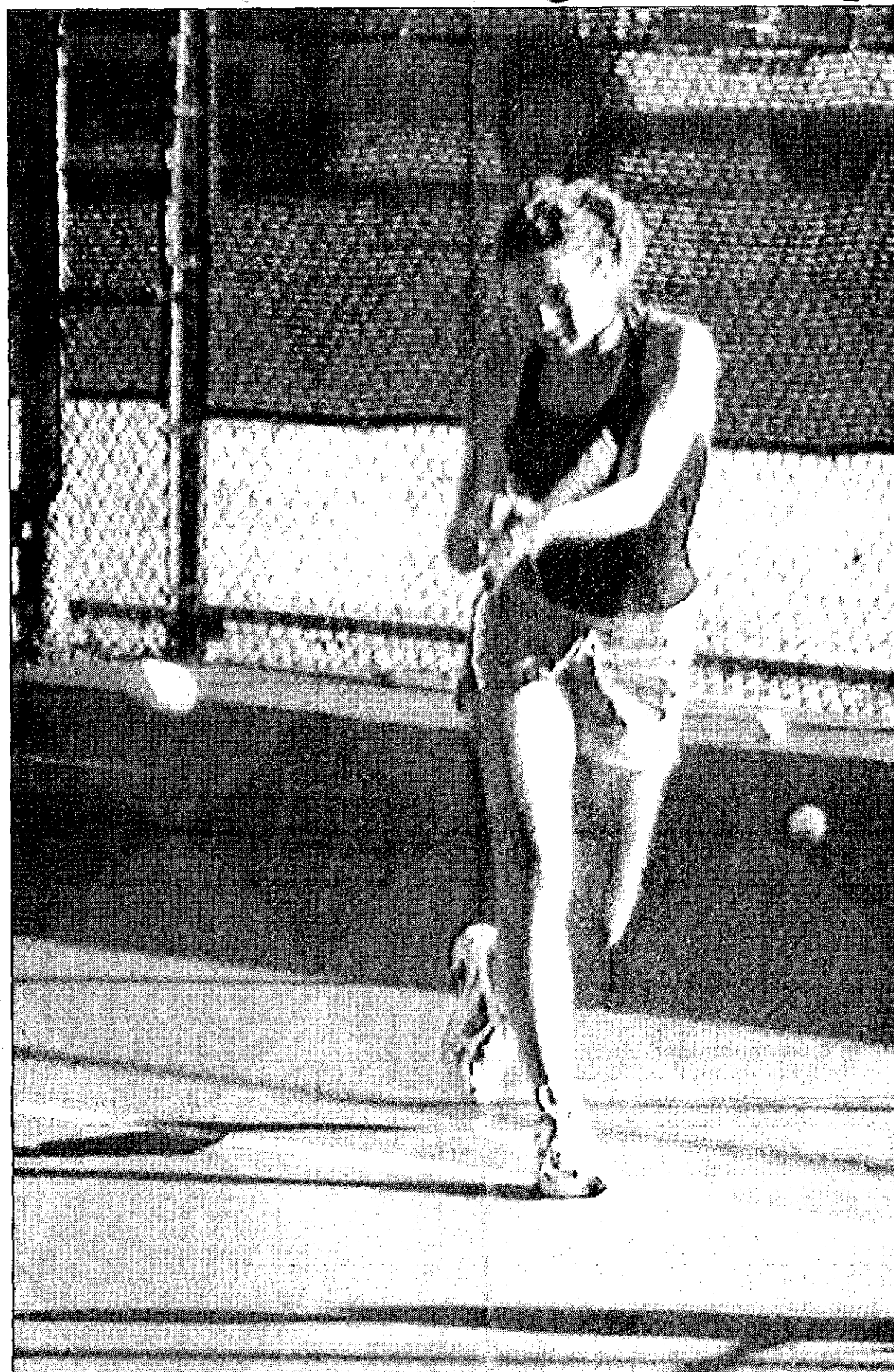
"It's using last year's uniforms."

Coach Chatman explained that these budget problems are the reason why they are fund-raising.

The uniforms are of main concern, but the ability to attend their matches and tournaments is also a dilemma.

"We have a tournament in San Diego and the college does not pay for lodging."

"It is important that we attend this tournament because it serves as an opportunity for the team to get familiar with other players they will be playing against in future matches," Chatman said.



Following through: Women's tennis practices before game against Irvine Valley in which they squeezed out a victory, 5-4.

Women's tennis conference games:

Marymount @ Marymount	Thu, Feb. 17, 2 p.m.
Long Beach City @ Cerritos	Tue, Feb. 22, 2 p.m.
Mt. San Antonio @ Cerritos	Thu, Feb. 24, 2 p.m.
El Camino @ El Camino	Thu, March 3, 2 p.m.
Marymount @ Cerritos	Tue, March 15, 2 p.m.
Long Beach City @ Long Beach City	Thu, March 15, 2 p.m.
Mt. San Antonio @ Mt. San Antonio	Tue, March 22, 2 p.m.
El Camino @ Cerritos	Tue, March 29, 2 p.m.

Flight Schedule

Baseball:

Los Angeles Valley @ Cerritos Thu, Feb. 10, 10 a.m.
Golden West @ Cerritos Thu, Feb. 10, 2 p.m.
Mendocino @ Cerritos Fri, Feb. 11, 2 p.m.

Men's basketball:

LA Southwest @ LA Southwest Wed, Feb. 9, 7:30 p.m.
Long Beach City @ Long Beach Fri, Feb. 11, 7:30 p.m.
LA Harbor @ Cerritos Wed, Feb. 16, 7:30 p.m.

Women's basketball:

LA Southwest @ LA Southwest Wed, Feb. 9, 5:30 p.m.
Long Beach City @ Long Beach Fri, Feb. 11, 5:30 p.m.
LA Harbor @ Cerritos Wed, Feb. 16, 5:30 p.m.

Softball:

Moorpark @ Moorpark Wed, Feb. 9, 3 p.m.
Green and Gold Tour @ Irvine Sat-Sun, Feb. 12-13, all day
Rio Hondo @ Rio Hondo Wed, Feb. 16, 3 p.m.

Men's and women's swimming:

SCC Relays - Pentathlon @ El Camino Wed, Feb. 9, 3 p.m.

Men's tennis:

Fullerton @ Cerritos Tue, Feb. 15, 2 p.m.

Clutch hit wins game in extra innings

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Heroics were in store last Saturday as the Cerritos softball team outlasted the Bakersfield Renegades in extra innings, 2-1.

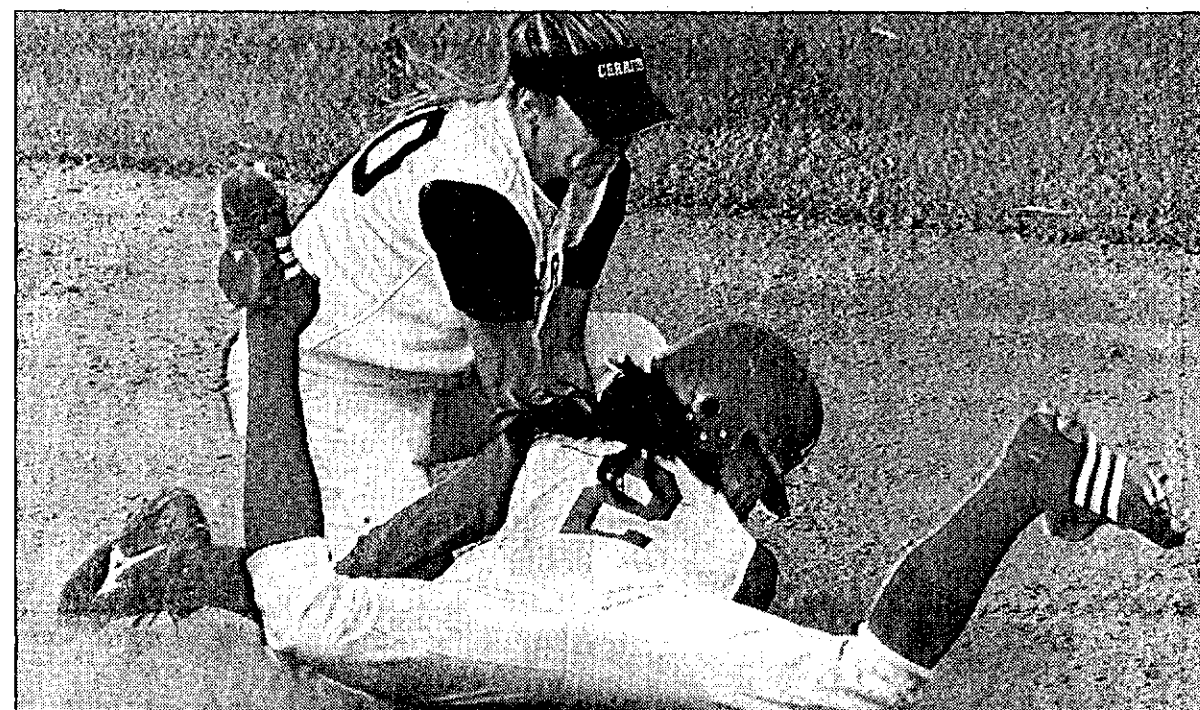
With the game knotted at 1-1 in the bottom of the eighth inning, Falcons' shortstop Nicole Deel poked one over the left fielder's head, driving in Alex Castillo from second base for the game-winning run.

The win pushed Cerritos to 3-0 overall, all games having been non-conference.

Deel, who was two for three on the day, also singled in the bottom half of the third inning to score Cynthia Leyva, accounting for all of Cerritos' runs.

Head coach Kadee Murray was pleased with the dramatic victory. "We are getting better with each game. We are really working hard and continue to battle back."

Falcons' hurler Castillo went the distance, recording five strikeouts while scattering five hits and



You're out: Shortstop Nicole Deel tags out the base stealer at second base. Catcher Melissa Roblato gunned out two runners in the game.

surrendering no walks over eight innings. During one stretch of the game, Castillo retired 11 consecutive batters and 12 of the final 13.

"I just wanted to throw strikes," Castillo said. "They were

good at the top of the order. It was tough."

After allowing two-line drive-hits and one run in the first inning, Castillo settled down and the Renegades failed to hit another

ball hard the rest of the game.

"She is tough. She throws hard, which provides more power to the hitter. The rest of the hits throughout the game weren't that hard. She is a gamer," Murray said.

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A kiss isn't just a kiss

RESEARCHED AND COMPILED BY MEREDITH POLDRACK, LEXINGTON HERALD-LEADER

Smooch. Snog. Tongue hockey. Lip lock. Whatever you call it, two lips touching with a bit of pressure and tongue-wiggling have inspired myriad songs, poems and, ahem, newspaper articles.

Most of us picked up the basics of kissing in

junior high, but our knowledge of the mechanics of this most enjoyable activity hasn't moved beyond first base.

We've provided a primer to get you up to speed on this amazing confluence of hormonal, circulatory and muscular activity.

WHAT'S FIRST, BRAIN OR MOUTH?

The mouth may be the place where the physical fun of kissing begins, but the brain is hard at work before the first smudge of lipstick. Reacting to sensory inputs, primarily from the eyes and nose, the brain and spinal cord set in motion a flurry of activity in the hypothalamus and adrenal glands. Their chemical activity spreads throughout the body, affecting almost every organ. Getting the mouth involved engages more muscles and stimulates increased chemical activity.

EYES: A gaze from your lover can add to the excitement of a kiss by triggering memories and fantasies within the brain. Signals from the visual regions of the brain are transmitted to the hypothalamus, where they influence the start of sexual behavior. A quick peek at your partner's peepers will let you know whether he or she is enjoying it. The pupils will dilate.

NOSE: The nose senses pheromones from your partner, thus increasing or decreasing stimulation. (Some people are never going to smell good to you despite what the ads in certain tabloids might claim.) Most pheromones are blends of chemicals that must be released in precise amounts to function, and they target only members of the same species. Sex-specific smells can possibly raise or lower activity levels of neurons in the hypothalamus.

ADRENAL GLANDS: The thrill of kissing (or any exciting activity) is a major stimulus for these glands, which sit one atop each kidney. Working off chemical cues streaming through the spinal cord, the adrenals start producing and secreting norepinephrine and epinephrine (adrenaline). Norepinephrine is found in the brain, especially the hypothalamus. Like Cupid with a couples quota, norepinephrine swishes around the brain, creating feelings of euphoria. Epinephrine increases heart rate and speeds breakdown of glycogen, the storage form of glucose, in the muscles and liver. You will need this energy if kissing leads to sex.

SEX ORGANS: By now, your body has realized that you aren't politely pecking Aunt Fanny. This can cause a host of sex-prep activities: the vulva, clitoris, penis and nipples fill with blood and become erect; testes draw closer to the body; and glands in the vagina secrete lubricant. Testosterone surges in men and in women. Some scientists suggest that testosterone contributes to feelings of well-being. In men and women, the hypothalamus monitors some aspects of testosterone production in the ovaries and testes.

Herald-Leader researcher Linda Niemi contributed to this report.

SOURCE: "ON KISSING" BY ADRIANNE BLUES; "THE SEXUAL BRAIN" BY SIMON LEVAY; "THE KINSEY INSTITUTE NEW REPORT ON SEX" BY JUNE A. HEINICH WITH RUTH SEASLEY; "THE VISION OF CURE" BY DR. RUTH MCCONNELL; "SUPERIMMUNITY" BY DR. PAUL PEARSALL; COLORADO STATE UNIVERSITY HYPERTEXTS FOR BIOMEDICAL SCIENCES; THE PITUITARY FOUNDATION; SCIOPLASTIC INC.

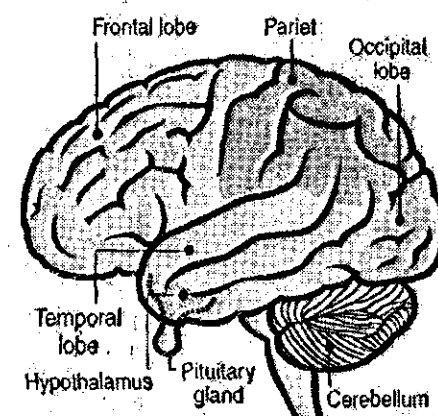
HEART AND LUNGS: Epinephrine and norepinephrine from the adrenal glands cause the heart to beat faster and elevate the blood pressure. This allows more oxygen to be acquired. Breathing may become deep and irregular. During a kiss, the heart can sometimes beat twice as fast as normal. Endorphins can also cause the pulse to race.

CIRCULATORY SYSTEM: Arteries and veins respond to the signals coming from your lips. Arteries convey blood into organs faster than the veins can carry it away. This can result in swelling, such as in the lips and genitalia.

SKIN: With the heart and lungs working hard, the skin can red- den and become clammy. Sweating helps keep your system from overheating. Chemical messages and increased touching can alter skin sensitivity, which can result in tingling and tickling.

STOMACH: Endorphins might make your brain happy, but they can also set loose big butterflies in your tummy. Digestion is slowed so the body can focus on, uh, more pressing activities.

PANCREAS: To keep your energy from fading, extra sugar is being pumped into the blood from the breakdown of glycogen in the muscles and liver. The pancreas keeps blood sugars in balance through secretion of the hormones insulin and glucagon.



BRAIN

As a kiss grows in intensity, neural signals speed from the brain and along the spinal cord, spurring glands and organs into action. Inputs from the cerebral cortex, especially the section called the amygdala, very likely modulate other sensory influences on sexual arousal.

Hypothalamus: The hypothalamus receives inputs from the cerebral cortex, nose, genitalia and sex hormones in the blood and then sets the level of its neurons' activity accordingly. These neurons then send signals back to areas of the brain that influence sexual behaviors and thoughts. During a kiss, the hypothalamus produces gonadotropin-releasing hormone into the pituitary gland.

Pituitary: The pituitary gland secretes hormones that influence all cells and virtually all physiologic processes. The pituitary is stimulated to secrete adrenocorticotropic hormone, which targets the cortex of the adrenal gland, as well as a follicle-stimulating hormone and a luteinizing hormone, both of which target the ovaries and testes.

Neurotransmitters: During pleasurable or exciting activities, the brain experiences a surge in dopamine, endorphins and phenylethylamine. These neurotransmitters attach to pleasure receptors in the brain, and they create feelings of giddiness and euphoria.

Endorphins: These neurotransmitters are released when a stressful or painful situation arises. There are three major types of endorphins, but beta endorphins, found primarily in the hypothalamus, give the most euphoric effect to the brain and are the most effective. Besides behaving as a pain regulator, endorphins are thought to be connected to physiological processes including euphoric feelings, appetite modulation and the release of sex hormones.

Phenylethylamine: This chemical is also found in chocolate, which could explain why chocolate is so good as a pick-me-up.

Dopamine: When kissing, dopamine rushes around the brain. It is released by certain neurons in the brain when pleasure or desire is experienced. It is not a common neurotransmitter: Less than 0.3 percent of the neurons in the brain produce it.

ORAL CAVITY

Salivary glands: The presence of a foreign object, such as a partner's tongue, increases the flow of saliva in the mouth. Salivary glands produce saliva, which is used to moisten your mouth, initiate digestion and help protect your teeth from decay. Saliva secretion is controlled by the autonomic nervous system, which monitors both the volume and type of saliva secreted. Parasympathetic stimulation from the brain, such as simply imagining a kiss, can result in heightened secretion, as well as increased blood flow to the salivary glands. There are three major pairs of salivary glands: the parotid, submandibular and sublingual. Several minor salivary glands are in the lips, inner cheek and linings of the mouth and throat.

Mouth: The lips are loaded with nerve endings. Once stimulated, these nerves send signals to the brain and spinal cord. Five of the 12 cranial nerves that affect brain function are involved in a kiss. This aids in kissing, but ultimately this dedication makes possible the fine lip and tongue movements used in speech.

MUSCLES

A kiss begins with only a few muscles engaged. As the kiss intensifies, chemical messages stimulate more into action. A simple pucker uses only two muscles, the upper and lower orbicularis oris, but a passionate kiss uses all 34 facial muscles. A serious make-out session engages every muscle and tendon in the body.



BUSS BITS

- A passionate kiss burns 6.4 calories a minute. This compares to 11.2 calories a minute jogging on the treadmill.
- Between 10 million and 1 billion colonies of bacteria are swapped with each kiss.
- The science of kissing is called philology.
- Some anthropologists think that kissing began when cavemen and women licked each other on hot days to obtain salt to balance their electrolyte levels.
- According to Dr. Omur Guntukun, a professor of biopsychology at Ruhr University, humans have a strong preference for slanting their heads to the right while kissing.
- Kissing in a loving relationship boosts chemicals in the brain that protect against disease.

ILLUSTRATIONS BY CRAIG JOHNSON/ART