

# TALON MARKS

CERRITOS COLLEGE

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**Throwing up a protest**

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**Meet the man behind the t-shirt**

New president elect talks about his future at Cerritos  
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## Course book issue up in air

HERSSON PRECIADO  
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A controversy is brewing over books on campus, and it is not about how expensive they are getting, at least not directly.

The issue is over the political science book used by several instructors on campus, "American Democracy, Myth and Reality" published by McGraw Hill and authored by Professors Dennis Falcon, Brian Reece and Victor Obasohan, and the fact that they are now pursuing a new contract for their book with Longman Books.

As the existing contract with McGraw Hill ended, according to Falcon, the professors were looking for an alternative to the current deal they had with the company that locked them into the \$109 book.

The current book comes with a personalized online and compact disc media that prevents it from being reused by someone else the next semester and, as a result, makes it very difficult to resell the book without.

The new company promises to

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## New I.D.s, books discussed by senate

KENNETH PARKINGAN  
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The new I.D.s required for Peoplesoft and plans to lower book prices were discussed by the ASCC Senate at last Wednesday's meeting.

New I.D.s will be required this summer, when the transition into Peoplesoft begins, as Alex Armendariz, ASCC party whip, reported to the senate.

This new I.D. will correlate with the Peoplesoft system.

Student accounts have been changed, and the new I.D.s will read the new accounts.

"We need something that will go along with Peoplesoft," Armendariz said.

Moses Gutierrez, ASCC senator, led an ad hoc book-price committee to find a solution to lower books.

According to Gutierrez, faculty members answered questionnaires and surveys.

The surveys asked about the

See **SENATE** page 3



**Protester:** Alex Arvizu, botany major, marches with crowd of student protesters around campus last Wednesday.

## A.I.D.E. marches on

4/20 took on another meaning when students marched to save education budget

DIONA CARRILLO  
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Fifty-three Cerritos College students walked out onto the sidewalks around campus after gathering at Falcon Square on Wednesday to express their concerns over the dangers education is facing in the state of California.

Flyers were passed out to students encouraging them to participate in the state-wide walkout from 11 a.m. to 3 p.m. and to meet at Falcon Square to protest education budget cuts from Governor Arnold Schwarzenegger.

Students who chose to participate in the protest stood on the stage

"...we're here today to recreate 4/20 as the day that community college students in the state of California took back their education."

**Marcella Sadler**  
Protest organizer

at Falcon Square screaming their concerns for education.

Henry Lopez, chemistry major, said, "My main concern is that education (tuition) may be increasing too much for it to be affordable for everyone."

Lopez added that he thinks if tuition keeps increasing, the middle class will be squeezed out of an education, like the lower class already has, which would only leave the upper white class to continue to be rich and educated.

He believes the government needs to keep tuition affordable so that at least people in the middle and lower classes will have a choice to get educated.

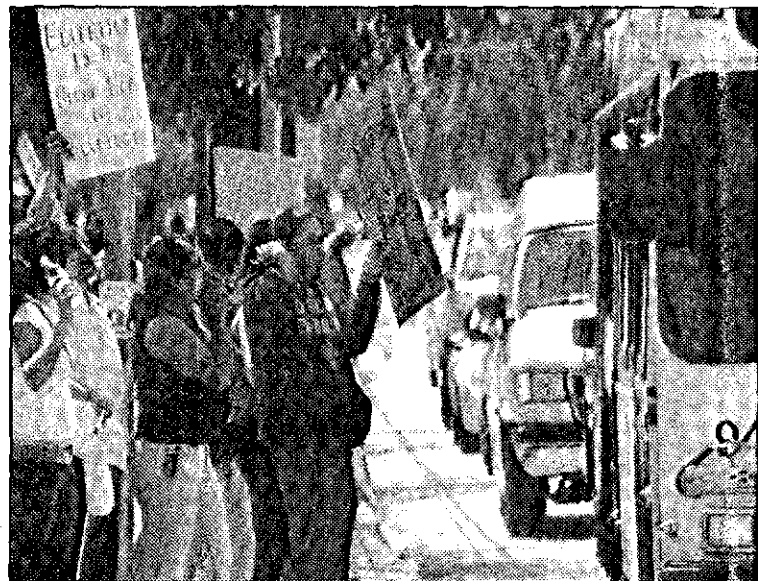
This state-wide protest was held on a day that carries a couple of connotations one student believes need to be changed.

"Today, 4/20, is usually the day when students ditch class and go do illegal drugs and is also known for Hitler's birthday," said Marcella Sadler, peace and conflict studies major.

"But we're here today to recreate 4/20 as the day that community college students in the state of California took back their education."

ASCC President Josh Franco participated in the protest by going on stage to voice what he felt were three important issues that would help increase the quality of education.

See **PROTEST** page 3



**Protest:** Cerritos College students take their concerns regarding education budget cuts outside of campus on the corner of Studebaker Road and Alondra Boulevard.



BENEDICT ORRASE AND MARIA GUTIERREZ/TM

## Amaral wins election

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The reign of current ASCC President Josh Franco is coming to an end.

Paulo Amaral and Charlene Angsuko won the ASCC student body elections last Wednesday and Thursday.

The final vote count was 881 with eight voids.

Amaral and Angsuko dominated with more than 60 percent of the votes receiving 533 total votes.

Opponents Alex Armendariz and Joe Cobarrubio received 350 votes.

The large gap of 183 votes was stunning to some.

"It was a shock to me that we won by almost 200 votes," Amaral said. "It is very satisfying, not only because we won, but because of the increase in voter turnout."

Voter turnout was up by 178 votes from last year.

Last year's voter turnout was eight with two voids.

The endorsement of Franco was not enough to pull Armenda-

See **ELECTION** page 3

## College gets invaded by seniors Friday

RAYMOND GALLEGOS  
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The Cerritos College parking lot was packed with yellow school buses as 1,600 high school students filed into the gym last Friday.

It wasn't easy to keep a group of rowdy students close to the 50 Cerritos College students working the event, Shirley Arceo, coordinator of school relations, commented.

Senior Preview Day consisted of a presentation for students that hailed from 33 different high schools on the advantages of Cerritos College.

Seniors were guided through campus and throughout the stops prepared by the school before they were served lunch in Falcon Square.

There were over 36 workshops to inform the students on what they might like to major in. Plus, many lectures were given on what the campus could offer.

Across the quad, Umberto Solorio, a counselor at California High School, walked a group of students from his high school through the Administration Building and showed them how to register.

"Registration is the first step in coming to college, so I felt this

See **SENIORS** page 3



## 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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# Gas was cheaper under Saddam

Gas was cheaper when Saddam Hussein was in power.

In an outrageous turn of events, the war for oil in Iraq has not only failed to produce weapons of mass destruction, a Democracy or a higher standard of living for Iraqis, but it has also not produced the oil that was supposed to be icing on the cake to eliminating a ruthless villain like Hussein.

Before President Bush announced his war to end terrorism, many proponents argued that getting cheaper gas was only a good side effect of the invasion, not the secret reason.

In fact, it wasn't a secret at all that the country expected gasoline prices to be at 21st century lows.

Merely looking at the gas stations across the street from Cerritos College, let alone across the nation, it is easy to tell that gas prices are rising at ridiculous rates.

Current prices have made it so that even leading fuel efficient vehicles have become gas-guzzlers.

Although recent reports have gasoline prices falling for the first time all year, it is still a problem that remains unchecked by both the Nation's and State's government.

According to a Lundberg Survey of thousands of gasoline stations nationwide, Gasoline prices fell an average of 4.5 cents per gallon during the past two weeks, marking the first time this year that the price dropped at least a penny.

Still, it is remarkable that a fall in gas prices has become headline news. It should have been dropping



ROBERTO ESTARANETA/TM

every day since the U.S. created ties with the nation of Iraq, which is rich with oil, much like the Bush family.

The average price of a gallon of self-serve was \$2.24 across the country, but don't expect that trend to continue.

On Friday, U.S. light crude rose 50

cents to \$54.30 a barrel.

Oil prices are 25 percent above last year's levels.

The rising prices currently have the highest average in the country in San Francisco, where it costs on average \$2.64.

It is ludicrous, to say the least, con-

sidering that many conservatives have been lobbying to drill the reserves in Alaska, while we have all of this oil sitting in Iraq.

The government seems to have forgotten what the rest of the world, not to mention the United Nations, believed we were really after in the

invasion of Iraq.

The diplomacy being used by Bush in tapping the oil is a precedent for his administration, who considers e-mailing Tony Blair every once in a while statesmanship.

The world already thinks we are evil oil seeking pirates, so why not just get the oil already?

You would think that the Coalition of the Willing, might have at least accidentally found some oil while looking for the weapons of mass destruction.

Instead, they have ignored the fact that the side effects of the war have not been good for gas prices, but have worsened the situation.

Why are people lobbying to tap into Alaska's beautiful landscape, when we have this oil in Iraq whose beauty we've already destroyed?

The Bush family should excel in making oil into gas simply because it is what it built its riches on.

The idea of being diplomatic in this venture is simply too little too late.

Diplomacy now comes off as stubbornness to admit to ourselves and the world that we were there for a greedy purpose.

If we simply started digging in Iraq now, instead of 10 years from now, when gas prices will have single handedly raised inflation above Great Depression peaks, then we could alleviate the pocket books of your average college student, private business owner, soccer mom and every other American that cannot afford a diplomatic oil rig.



**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

## Coming together for death

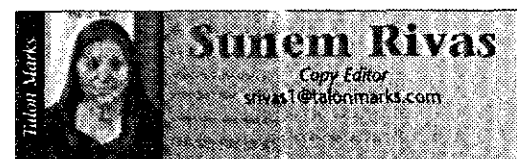
In the past few months, two completely different events have come together in my life and changed my view of death.

- First, the Terri Schiavo case opened my eyes to the fact that unless you specify when and under what circumstances your life should be ended your family is left with the burden and difficult task of guessing for you.
- Second, Body Worlds 2, an exhibit of real human bodies, made me realize that your body doesn't have to become completely useless after death.

Let me explain.

If living meant being completely dependent of someone else, I would rather die.

Until the Schiavo case, I guess I just figured my family would automatically know this and base their decision on my death wish.



But after her story, I realized that unless I leave something specific and in writing my death wishes may not be granted.

That is why I have decided to write a living will by the time I turn 21.

And after visiting Body Worlds 2, (Yes, it is the same exhibit where a plastinated fetus was stolen) I have also decided to donate my body to the world-known organization.

I have never liked the idea of a grave anyway. There are not enough holes in the ground for all of us.

It is just so depressing for people to bury you and then go cry over you being gone every year.

Plus, it is so expensive to throw a little dirt

over your dead body.

I always said that when I die I want to be incinerated and forgotten about. Leave my ashes there and move on with your life.

But after visiting the exhibit, I've realized that my body can be used for something better. It can be used for allowing people like you and me, who are not pre-med students, to take a closer look into a real human body and perhaps gain an appreciation for it.

It is just so amazing to look beyond your skin and realize that whatever great invention humans may ever invent will never compare to the wonders of the human body.

I find it funny that two completely different things came together in my mind as one and made me come to such a conclusion.

However, I think that is what life is all about.

Taking what you experience and feel you can relate to and applying it to your everyday life; and in my case, to your wishes after life.

## Generation falls short of respect

The other day I was window-shopping at various stores in the mall minding my own business.

My day seemed to be ordinary.

But as I walked past an elderly woman, I noticed that she nonchalantly moved her purse from her side to her chest as if she were protecting a football during a game.

I'm not one to get suspicious on such occasions, but this did boggle my mind.

Could it be that I had posed a threat to this woman?

I know I'm not an angel, but I don't exactly fit the description of a gun-holding, wallet-snatching, shoplifting, pot-smoking thief.



I do notice other situations like this where an elderly person would flee a scene or literally hold on to his family jewels.

But is my generation really that bad?

People like me who don't stand very high off the ground would probably lose a battle of tug-a-war with an 80-year-old lady and her purse.

On the contrary, when I do show courtesy

it's shoved back into my face with that "you-don't-know-what-I-been-through, get-out-of-my-face" attitude.

It's almost like there's no way around it. When I get that attitude from elderly people, I do start to think that grandparents need their naps and special senior meals.

Vietnam was a hard time for everyone, but that doesn't mean the youth of today have to feel the wrath of the past.

I'm pretty sure that not all of the youth today is that bad.

The way I see it, you have give respect in order to get it.

## Letter to the Editor Swimming is a sport, so cover it already

Hey Erick, Mr. Editor-in-Chief, there were three articles this issue about baseball, and not once this semester has there been an article about swimming.

Maybe when the spring sports were being

announced, but not once after.

I'm not just talking about the women's swim team, the men deserve a lot of recognition.

They've gone undefeated this season, and

they've got no recognition for it.

I know you don't think swimming is a sport, but there are many people that consider swimming a sport, because swimming is a sport.

fryxspud@yahoo.com

## FREE SPEECH ZONE?!

How do you feel about the new automated prerequisite blocking system during registration?

COMPILED BY: NANCY ACEVES  
PHOTOS BY: NANCY ACEVES



"It sucks. People should be given the opportunity to register for the classes they want."

GUADALUPE VASQUEZ  
zoology major



"I think it's good that they are doing that because a lot of people don't know what they are registering for, especially first time students."

MARIHA BANALES  
sociology major



"It's unfair, everyone should be able to register for any class."

LUZ JIMENEZ  
undecided major



"I can't see any harm in it."

MARCUS MORRIS  
video production major



"It's pretty good. It helps filter out students that are not supposed to be in that class, and it gives students who need that class a better chance of getting in."

Edmundo Correa  
undecided major



# NEWS

## PROTEST: Students march on campus to protest possible tuition hikes

Continued from page 1

"First, it's about communicating with legislation and supporting Bill AB317," Franco said.

Franco also included that students should take advantage of the new automated prerequisite blocking, because it makes it possible for students to follow the process of which courses to take, and when, which will lead to a faster and better education.

He also explained the California Community Systems strategic plan, which sets a direction for community colleges.

He said that community colleges need more effort from students to shape their direction, and encouraged students to go online to learn more about it.

Although Franco showed his own personal support for the issues, expressed in the protest, ASCC fell short of the walkout organizers' expectations.

When some students from the Puente, FMLA, M.E.C.H.A. and the Chicanos/Latinos community medicine club, who originally organized the walkout, asked ASCC for support for the event, they denied it.

"We had it organized, but with

no support it's difficult. We still did our job, but we are students and we should be given opportunities to access certain privileges.

"Clubs have to support themselves, and we need to support ourselves," said Simau Tualili, Pacific Island studies major.

"We're not an organization, so ASCC didn't approve this as an event, and we couldn't get speakers and microphones; we were able to go to the police and get permission for a coalition group, but it couldn't be an event," he added.

Campus Police Lieutenant Richard Bukowiecki said, "We're fine with it (the protest). They've (the students) been very good about following the rules."

After many students chanted, recited poems and screamed out their concerns, they chose to take the protest outside of the campus boundaries.

"I don't feel it's a protest until we take it outside," said Delores Brooks, business major, "because marching on campus is not effective; we should be out in the streets because then it (the protest) will have a bigger impact."

"It's not illegal to walk on the sidewalk, I called the Norwalk Sheriff's station and made sure it would be legal," she added.

Students began marching while chanting, "Hey hey, ho ho, the governor has got to go" and stopped on Studebaker Road to express to the community their concerns; they then settled on the corner of Alondra Blvd. and Studebaker Road.



**Vote!** Cynthia Ho, ASCC acting public relations commissioner, attempts to persuade John Chavez, law major, to vote during Wednesday's presidential election.

## ELECTION: Cerritos' student body elects Paulo Amaral to be its new president

Continued from page 1

riz close enough for the race for the presidency to be tight.

"I was tremendously disappointed," Franco said when he saw that Armendariz did not win.

The week before the elections, Amaral and his supporters were all over campus, handing out flyers and talking with students.

During the same week, both Armendariz and Cobarrubio were in Philadelphia for a national debate contest.

They both went around during the week of the elections to many different classes to gain support for the time they missed while at the contest.

Amaral was at Harvard University during the two days of the elections. He was receiving an award for a business that he owns.

Amaral credits Anguico for the strong campaign that was run.

Many of their supporters were out giving snow cones and popcorn during the elections to anyone who voted, whether it had been for Amaral or Armendariz.

"Many of the people who helped were friends," Amaral expressed.

"I was pleased with the way the campaign went. I was almost 2,000 miles away," he added.

Amaral first day in office will be the first day of summer session, May 25.

Paulo Amaral, ASCC pro-tem, defeated Alex Armendariz, ASCC party whip, to win the role as next year's ASCC President. He sat down to talk about his background and future plans.

**Q:** Tell me about yourself.

**A:** I began by having a strong role in leadership when I came to this country. I began a business in a partnership with my father, since then I have worked more than full-time and attended school full-time also. In the spring of 2003 with the help of some friends I began a club which is named Rotaract Club.

I have enjoyed working with several of the other clubs on campus. In the following semester I joined the ASCC Senate in which I served as President Pro-tem.

**Q:** How has your role in the ASCC helped you?

**A:** During my time as a Senator of the ASCC and a member of numerous clubs and studying full-time, I have made Cerritos College my home.

**Q:** How have you prepared for the role as president?

**A:** Working with several clubs and organizations on campus, I feel I have the knowledge from being on campus to be through about improving the campus. As a current Senator of the Associated Students of Cerritos College I have learned of the good and bad points of the campus from facilities to the administration.

## MEET THE PRESIDENT PAULO AMARAL

BY CHRISTOPHER OLIVARES



Illustration by Roberto Estaraneta

**Q:** Give me some examples of what the ASCC President's job is?

**A:** As president I must represent the student body in all departments and to the administration as well as the board of trustees and the community, business and the government.

It is my job to work hard to facilitate and improve the life of every student that comes to our campus.

**Q:** With Cerritos celebrating its 50th Anniversary, being a potential milestone, as president what kind of impact do you want to make?

**A:** The 50th Anniversary of Cerritos College is a very memorable date.

The Administration for a long time has been planning many events that will occur on campus during that time. We will be presenting our campus back to the community.

As president along with my vice-president we want to present and provide the community with a presentable campus.

**Q:** What is your stance on the tram issue?

**A:** Do you feel it was a bad idea to let the tram go, how do you feel about it?

**A:** When I first came to Cerritos, I saw the tram and I liked them. So I decided to research why we didn't have them anymore. Although it was good for the students it was costly and had lots of time efficiency. The main problem however is the financial problem.

## SENATE: A new idea for curbing book prices is discussed

Continued from page 1

process of choosing books.

## SENIORS: High schoolers get campus tour during preview

Continued from page 1

was very important. We just basically walked through the building

The committee concluded that the high book prices are a result of the publishers.

Professors choose new editions because the older editions are harder for students to find.

To solve the problem, Gutierrez, suggested that the school buy twice as many books for each class.

That way the older editions will be in abundance, thus forcing publishers to hold-off from publishing newer editions.

and I showed the students the services, our tour guide really helped me out as well," he said.

Solorio added, "We talked about counseling, financial aid and all of the support they can get from the staff."

Solorio pointed out that real student testimony would have benefited his young students.

"College is a different place; there are no bells, no rules, like there is in high school."

## BOOKS: Professors involved in dispute with Foundation

Continued from page 1

change several aspects including a choice of different books ranging from \$39 to \$80.

"We will basically be returning to the old way of doing things when it comes to the book," Falcon said.

In the pursuit of a new contract the professors approached Steve Richardson, Cerritos College

Foundation director.

Richardson denied the new deal because of a disagreement on the amount of money.

The Foundation had been involved in different aspects, including distributing royalties, funding the original project and allowing the professors to use school facilities.

As negotiations with Longman continued, the ones with Richardson deteriorated to the point where he prohibited the innovation center on campus from doing any business with them.

He also made it clear to other campus facilities and employees that they should not aid the professors with production of the videos and any other materials they would be creating, according to Falcon.

## DSPS awarded 'Staff of the Year' by Chamber

LOTOsha MARKS  
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Nominated by Dr. Bob Hughlett, the staff of Disabled Students Programs and Services was awarded with the first annual Staff of the Year award at the Sheraton Cerritos Hotel on April 7.

The award was presented by the Cerritos Chamber of Commerce and was "in recognition and honor of the unparalleled commitment, legendary loyalty and unique abilities" of the staff.

According to Robin Thompson, DSPS staff, "We're all very excited and proud that Hughlett would even nominate us."

"It's an honor to work for him and because of him we are such a

close knit family and it takes great leadership to carry that through," he added.

According to Hughlett, "In addition to being technically proficient in one of the most demanding areas of the college, the men and women of the department add a new dimension to the old saying that 'they are like a second family to each other.'"

With seven or eight different organizations and schools nominated, DSPS came out on top.

Judi Holme, faculty/specialist, said, "I'm honored!"

"This is the most fun, yet demanding job I have ever had."

"We are a wonderful and loyal staff and it is in part due to our fabulous boss, Dr. Bob, who is retiring June 30 of this year."

According to that proposed policy, "In keeping with common practice and historical precedent among academic institutions, it is the district's policy that all rights belong to the author unless the district provides extra or special support for that purpose and specifies this support in writing."

Chester went on to say that there is an important question that needs to be asked.

"Was the work done as an employee of the college?"

Despite the disagreements and the investigations taking place in order to resolve the matter, Falcon stated that the contract with Longman was moving forward and that he expects to be signing the contract by the end of the week.

### Twenty Four Seven

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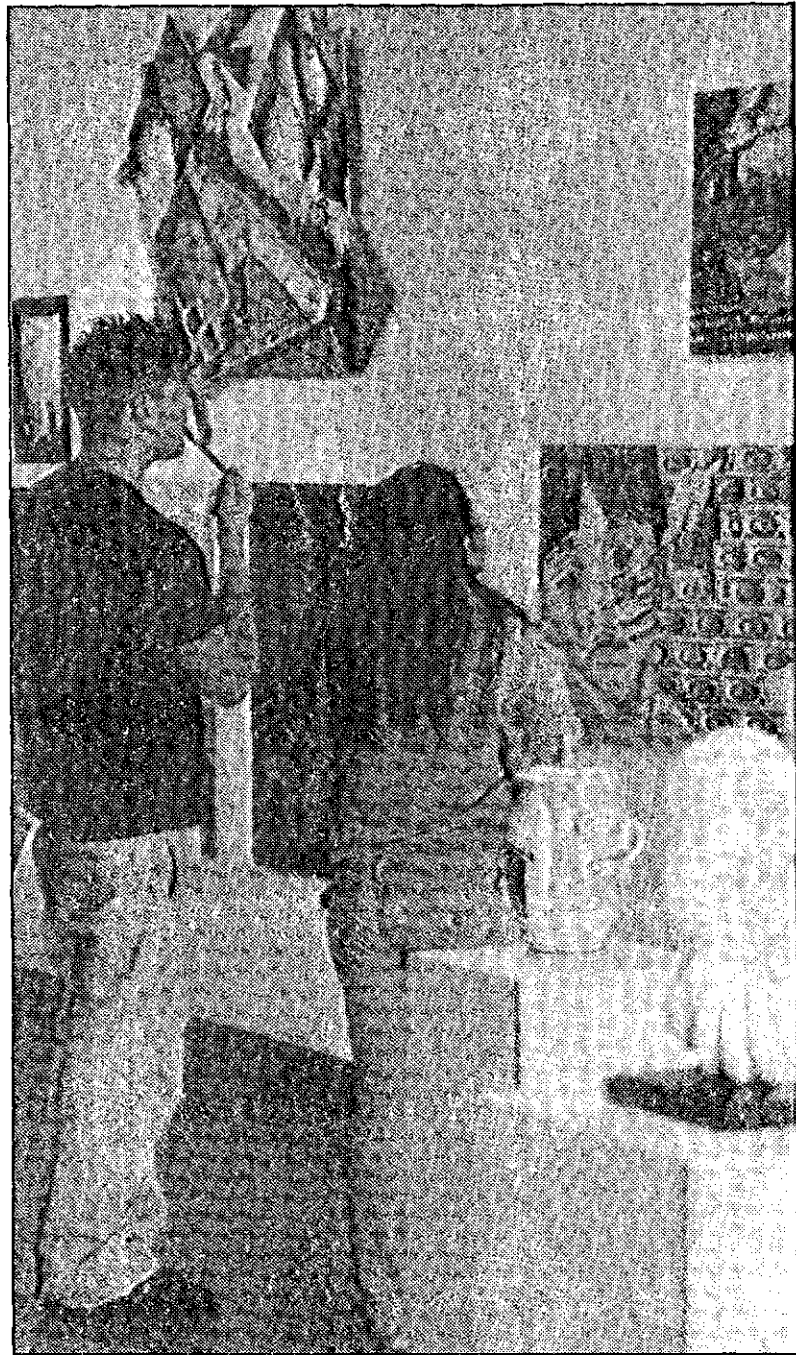
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# ARTS & ENTERTAINMENT

## Cerritos College artists show off their talent



**Art:** Carlo Marini, computer science major, and Cindy Phuong, teaching major, view selections in the art gallery.

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For those who have not seen the student art exhibition posters posted up all over campus, the art exhibit, located in AC-50, opened its doors April 18, and will close them on May 12.

The art gallery is displaying the winning works of the art exhibition. There were awards for works in a variety of categories.

The opening reception for the winners circle was held Tuesday night as the list of winners were announced.

Among these were Wendy Rodriguez, first place photography; Edward Chu, Luis Diaz and Billy Lam, first place computer animation; Ung A., first place figure sculpture; Javier Beltran, first place charcoal on paper; and Erika Magallon first place conte on canon paper.

"Students should come to the exhibit because it is a great opportunity for them to see the work of their peers.

And to also see the different kind of work produced by the different art classes," Andrea Bronte, director of the Art Gallery explained.

One of the students who had her photography displayed was Claudia Camacho, photography

communication major.

Camacho felt very proud of her artwork being showcased.

"It felt weird having my work presented because it's actually the first time my work has been presented; I never knew I had the talent," she said.

The teachers also can express in the joy of presenting their students' work and join in their students' celebration, Bronte added.

Before the awards were announced, Camacho said of possibly winning, "It would be overwhelming. Plus, it would be good exposure even though it is a college award. It sure would look good on a resume."

The awards ceremony also included a reception with music by Gary Pritchard's ensemble class.

Gregorio Lue, director and curator of the Museum of Latin America Art in Long Beach, helped judge the many entries, Bronte said.

The exhibit showcases a wide variety of art ranging from paintings, ceramics, pencil drawings and photography.

Each one of them has many different variations to them.

As usual, the Cerritos Art Exhibit is always free of charge.

For more information on the gallery contact Bronte at (562) 860-2451, ex. 2612 or e-mail her at abronte@cerritos.edu.

### Award Recipients

- Category: Ceramics, Figure Sculpture, Jewelry, Three-Dimensional Design

First Prize:  
Ung A.  
Monkey Madness, 2005

- Category: Painting, Life Drawing, Watercolor, Two-Dimensional Design, Chinese Brush Painting

First Prize:  
Javier Beltran  
Study of Two Nudes, 2005

- Category: Freehand Drawing, Printmaking, Illustration and Rendering

First Prize:  
Erika Magallon  
Still life With Fairy, 2005

- Category: Computer Graphics, Graphic Design and Calligraphy, Lettering and Typography, Story Board Video and Multi Media Design

First Prize:  
Edward Chua, Luis Diaz and Billy Lam  
The Hunt, 2004

- Category: Photography

First Prize:  
Wendy Rodriguez  
Crest Line Fire #3, 2004

## Concert band plays show 'solo'

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"On the double" was the opening march at the Band Exchange Concert performed by the Cerritos College Concert Band Monday night.

The Concert Band, which usually shares the stage with another high school or college band, ended up taking the entire concert when the other school backed out.

"It was a good exercise for the students," Jhon Aranda, director of the band, said.

Aranda also said that he picks pieces he likes to listen to for the band to play.

Monday night he chose eight pieces that exhibited a wide array of musical styles, such as opera, Broadway, 20th century music and jazz.

The repertoire also featured the piece "American Elegy," commis-

sioned in 1999 and dedicated to the survivors of the Columbine shooting, which incorporated Columbine High School's alma mater into the song.

Aranda said that along with the "Fiddler on the Roof overture," it was his favorite piece of the evening.

"Cordoba," "Farandole" and "A Festival Prelude" were also performed as part of the string of music.

Toward the end of the show, Rafael Arenas, music major, was introduced as a student conductor before taking his place in front of the stage to conduct the song "Majestia."

"The evening," Aranda said, "was filled with great classical music."

He added that, "I thought it (the concert) went well, but I'm a bit disappointed at the turnout. I guess we need to publicize it more.

It was a small, but enthusiastic

audience."

The band closed the night with the lighter jazz tune, "All that Jazz."

Ed Onglao, grandfather of Kirsten Campbell, a saxophone player in the band, said, "I like music, and I liked the whole concert."

Besides boasting great music, the concert provided an opportunity for students to enjoy themselves while applying what they have learned.

Rebecca Bertnam, undeclared major, said, "I liked being up there (on stage). I came back (to college) after 20 years to play my clarinet."

Flora Chen, a Warren High School student who plays with the band, said, "When I'm playing, my mind is in the music, and I could feel the pictures (it paints), and it feels good."

The band will perform again on May 20th.

## Recording artist Kelda has cute looks, but not much else to offer

EPHRAIM BARRIOS  
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When I finally had the chance to sit and review this CD, I wasn't too surprised.

The album, entitled Detour, by solo artist Kelda, was an interesting experience even for a music lover such as myself.

On a scale of one to five I'd say this CD is a two, which is not too good if you expect to be a part of VH1's Divas Live.

Kelda takes her audience on many "detours" on this 14-track album, dealing with topics such as finding God, re-uniting with her dad and taking back an ex-boyfriend.

The artist is very talented, playing more than her share of instruments.

Throughout the CD, she backs

up her own voice with acoustic guitar, piano, Rhodes and Wurliizer (whatever that is).

She also produces, writes and sings her own songs.

This could be a bad thing when



**Album:** Recording artist Kelda promotes her new CD, Detour.

your voice is in the same boat as William Hong's (American Idol

fame).

One song that had my foot tapping was number eight, "Stop the Rain."

The lyrics are very politically charged and the song is about why no one cares, but for the most part it's a good mellow song.

In fact, when it comes to her lyrics, she's not too shabby of a writer.

Her songs carry plenty of symbolism and meaning.

Kelda seems like she would be a cross between Jewel and India Arie with a hint of Hilary Duff.

It seems as though there is a little something for everyone with this artist, including those skeptics who don't like her music; after all, she is a cute girl.



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## SPORTS

## Loss leaves Falcons up in arms

WERNER GOMEZ  
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Tensions were high at Kincaid Field last Saturday as the Cerritos baseball team fell to East Los Angeles College, 8-6, in a game highlighted with controversy.

Opposing views from the umpires on the final play left Falcons' head coach Ken Gaylord scratching and shaking his head as his team fell to third place.

"The ump called him safe and the home plate ump called an automatic double play," he said, "which you can't have!"

This was the Falcons' second consecutive loss to ELAC. They are now 18-13 overall and 13-5 in the conference.

With one out in the bottom of the ninth inning, and the Falcons down by two, shortstop Michael Benavente was hit by a pitch putting a runner on first.

Then, Eric Retana, left fielder, hit a groundball to the opposing shortstop who flipped it to second where Benavente was called safe by the base umpire and the throw to first was late.

The base umpire called both runners safe, but was quickly overruled by the home plate umpire, who called Benavente for a dangerous slide and called a double play to end the game.

Benavente agreed that the call was not valid.

"They were complaining that it was an obstruction," he said. "They were saying that I slid



**Spittin' mad:** Falcons' head coach Ken Gaylord disputes a questionable double play call that ended last Saturday's 8-6 loss to East Los Angeles College. Gaylord filed a formal protest following the game.

through the bag."

He also went on to say that the call could not be made because he was called safe at second and therefore you cannot anticipate a double play.

Because of the call, the Falcons are formally protesting the game. How long it will take for a ruling to

be made is undetermined.

Cerritos had only managed one hit through six innings and was down by seven going into the seventh.

The Falcons got two runs in the seventh, and four in the eighth to put them within a run, but they gave up a run in the ninth to put

them down by two.

Jose Reyes, who pinch hit and stayed in to catch, went one for one and drove in two runs, scoring once.

The Falcons played first place Mt. SAC last Tuesday and will play them again on Thursday before hosting LA Harbor on Saturday.

## Castillo, blinding sun guide Falcons to win over Santa Ana

DAVID PEREZ  
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Behind a clutch performance from hurler Alex Castillo and some help from the blazing sun, the Cerritos softball team outlasted the Santa Ana College Dons on Monday, 4-1, continuing its march toward the playoffs.

The Falcons, who entered the game ranked No. 5 in the state, improved to 27-8 overall following the victory.

More importantly, however, the Falcons maintained their hold on second place in the South Coast Conference with an 11-4 mark.

If not for the sun, the game may have turned out differently. It was no more evident of a factor in the game than during a wild fifth inning.

Falcons' catcher Melissa Robledo opened the home half of the inning with a single to center field.

After she was sacrificed to second base, Falcons' center fielder Mayra Oliden doubled to deep right-center.

Robledo had to hold up, unsure if the ball was going to land, and could only advance to third base.

That is when things got tricky for Dons' right fielder Jessica Wardle.

With two outs, Falcons' shortstop Nicole Deel sliced a routine fly ball down the right field line, but Wardle lost the ball in the glaring sun. As a result, both Robledo and Oliden scored, while Deel advanced

to second base.

Kodee Murray, Falcons' head coach, made note that Wardle's error was not as much her fault as it was bad luck.

"What a tough situation for Santa Ana to have the ball get in the sun and not have anything with two outs," Murray said.

Before the bottom of the fifth inning was over the Falcons had brought in three runs, jumping to a 4-1 lead.

Falcons' left fielder Christina Chavez contributed the team's only other run, coming on a solo home run in the bottom of the fourth inning.

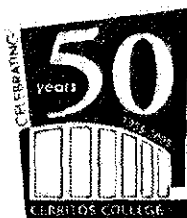
Castillo started the game and lasted six innings, allowing only three hits and one run while striking out two.

Tricia Lee relieved Castillo on the rubber to start the seventh inning. But Lee loaded the bases after recording two outs. Castillo was brought back in to end the Dons' threat.

Although she admitted to feeling a little shaky when she was brought in to close the game, Castillo had a good feel for her pitches throughout its entirety.

"My inside fastball was working today," Castillo said.

The Falcons, winners of 14 of their last 15 games, took a five-game winning streak into their final regular season game Tuesday at East Los Angeles College.



## Cerritos College

## Fitness Specialist and Athletic Trainer Aide Certificate Programs

Students interested in the following areas may want to consider our new certificate programs:

Sports/Recreation, Fitness, Aerobics, Athletic Training, Kinesiology, Exercise Science, Sports Medicine, Athletic Injuries and Sports Nutrition

Completing either of these certificate programs could lead to career opportunities such as:

Aerobics instructor/group exercise leader, personal trainer, athletic trainer aide, physical therapist aide, wellness consultant, fitness coach and recreational leader

## Possible Transfer Areas:

Kinesiology, Exercise Science, Physical Education, Health and Wellness, Preventive Medicine, Pre-Medicine, Pre-Physical Therapy, Pre-Chiropractic, Massage Therapy and Emergency Medical Technician training

## What is a Fitness Specialist?

A fitness specialist understands the components of fitness, has a basic understanding of human physiology, anatomy and human movement, and has a basic understanding of how food affects an individual's performance and health. Effective communication of realistic health and fitness goals as well as providing motivation and encouragement to the client are essential for this specialty. A fitness specialist assists individuals with achieving their goals, living healthier lives and recommends specialists when clients seek advice beyond their scope of practice. "The hallmark of ACE certified personal trainers is their ability to work safely and effectively in promoting better health through physical activity for a wide variety of individuals" (Personal Trainer Manual by American Council on Exercise, 1997).

## What is an Athletic Trainer Aide?

The athletic trainer aide functions as an aide in a clinical setting or in a high school, college or professional athletic training center. The aide assists the certified athletic trainer or other healthcare professionals in the prevention, care and rehabilitation of athletic injuries. This includes assisting in the assessment and documentation of athletic injuries, acute and chronic injury management, treatment protocols, principles of conditioning and management of return to competitive activity. In addition, effective communications skills with athletes and patients as well as medical professionals are required.

## For more information, please contact

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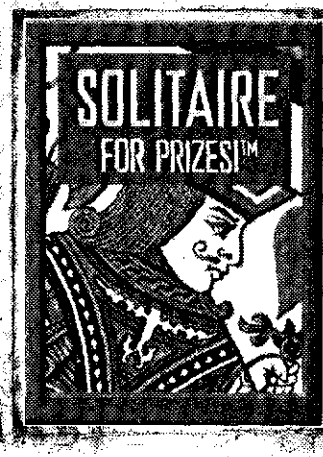
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## LIFE

The names of the women have been changed to protect the privacy of the parties involved.

There are women in our society who are killing themselves right now with a self-inflicting disease. It could be your mother, your sister or your friend.

Chemical dependency is more than just a problem, it is a medically proven disease just like diabetes, cancer and heart disease, and it is just as life-threatening if untreated.

Nationally, almost half of all women ages 15 to 44 have used drugs at least once in their lifetime. This involves approximately two million women who have used cocaine, six million who have used marijuana and four million who have used prescription drugs non-medically.

Women are the fastest-growing segment of substance abusers in the U.S. About 2.7 million American women, or one-quarter of all abusers, misuse alcohol or drugs, according to the Federal Center for Substance Abuse Prevention. But there is little

research on women's stories of how they recover from their addictions.

Sober living homes have been helpful in continuing sobriety amongst addicts, but the bed availability is not evenly distributed between men and women. It is estimated that fewer than 20 percent of the beds are for women, a substantially lower number for mothers with children.

Sober living homes are affordable, alcohol and drug free environments that provide a positive place for peer group recovery support.

Sober living housing promotes individual recovery by providing an environment that allows the resident to develop individual recovery programs and become self-sustaining.

Three women from Victoria's Places, a new sober living home for women in Bellflower, told their story of recovery from addiction and how sober living homes work for them.

Amy, 48, marijuana and cocaine addict, said that she started using drugs at age 17 and felt that she became addicted overnight.

"My family did drugs with me; my parents supplied my weed. They grew it, smoked it; we had an acre growing in our back yard," she said.

"I was around it so much that it did."

n't even faze me. I'd smoke a joint after dinner; that was just the norm. We'd all pass around drugs and say, 'happy dessert.'"

Sarah, 45, methamphetamine addict, said that she first started smoking marijuana and drinking beer at age 10 simply because she liked the way it made her feel.

"Drugs made me feel good. They allowed me not to think about what was going on. They allowed me to stay in a fog and I loved that," Sarah said.

Sarah, whose drug of choice was methamphetamine, said she became addicted to drugs very quickly, which affected her growing up.

"It (using drugs) allowed me not to do a lot of the things I wanted to do growing up. It affected me in ways of jobs, never graduated high school."

"I was a young mother. It affected me all around the board," Sarah said.

"I've been arrested a couple of times; one for being intoxicated on a school campus, another time for transportation of an illegal substance, and those were the only two times," she said.

"The last time was the worst. I should have, in all regards, been caught before, but I just never got caught...that was just the first time."

Although these women grew up around drugs, another woman started using them as a result of

peer influence.

"I was 14 when I first started taking drugs," said Natalie, 40, marijuana and speed addict. "I began taking drugs because it was what everyone else did."

Natalie also admitted to becoming addicted right away, but said it really hadn't affected her until the last five years of her addiction.

"It was fine until the last five years. It took everything that I had; my job, my money, took me away," she said.

For most addicts, it takes an extreme experience to push them into recovery; these three women were no different.

"At my worst I was suicidal; big time. I've been arrested for a DUI, but I had that coming. I've been doing that for about 15 years," Amy said.

"I realized I hit rock bottom when my health was gone, and I was close to death. I couldn't work anymore. I was ready to kill myself."

Now, Amy has been sober for 21 months and believes sober living homes, among other things, help her very much.

"Sober living homes work for me; I can't explain it, but it's like a newfound family kind of thing," she said.

"God helps get me through the day. People are great, but I have an inner spirit; I don't know where it came from."

Health is not the only thing that can be taken away from addicts. Natalie had her health, but lost everything else.

# The house that Sobriety built

Diana Carrillo • Opinion Editor • [opinion@talonmarks.com](mailto:opinion@talonmarks.com)

"I hit bottom when I was homeless. My mom sold her house and gave the keys to the new owners, and I had all my stuff in the driveway and I had nowhere to go," Natalie said.

"I've been clean for 14 months. Sober living homes give me a place to live; they work fine. God helps me get through the day sober. I trust God."

Addicts often have the trauma of losing family, homes and health, but often they find that it is looking at themselves from an outsider's perspective that leads them to sobriety.

"At my worst, it got to the point where I started hanging out with people I never thought I'd hang around with. It got to the point where it was all for the love of drugs."

"I was doing things that I thought never imaginable. I was hanging out with gang members who were doing some really ruthless stuff. It just took me to places at the end that I would have never gone sober," Sarah said.

"I realized I hit bottom when the drugs weren't working no more and after I picked up that case and charges were dropped on me, I was still getting loaded and still doing things I hadn't done."

"I found myself trying to get higher more, but I wasn't getting high anymore. It wasn't working. That's when I knew that something was wrong because it wasn't working any more," Sarah added.

Sarah now has been clean for a little over two years and is thankful for many things.

"I'm thankful I got a second chance. I'm thankful for this program of Narcotics Anonymous and Alcoholics Anonymous, because I never knew any of this stuff existed. I knew about this stuff, but I never thought it would work for me."

"There are a lot of women like me out there in recovery who are just trying to stay clean, so I'm real thankful for the program," she said.

Getting sober has done a lot for these women. As some stated, it's like getting a second chance at life.

In the beginning they used drugs to feel great and enjoy life, but now drugs for them is the end to their lives.

"Just the thought of drugs now makes me feel nauseous," Amy said.

Natalie has also found a new outlook on drugs.

"Drugs make me feel green now. They just make me scared now. I fear them because I don't want to die," she said.

Sarah said, "Drugs now make me feel sick to my stomach."

"I can see somebody getting loaded, like on the street, passing a joint or I smell liquor on somebody and it makes me really nauseous."

"I get scared and I just get really uncomfortable with the fact that it could be me feeling all those feelings again."

"It just makes me sick. It's something I don't want to feel again or go back to."

- \* Between 1986 and 1991, the number of women in state prisons for drug offenses increased by 433%.
- \* 71.9% of women in jail have been convicted on a drug or property charge versus 49.7% of men.
- \* About 62% of women who are suffering from AIDS were infected by injecting drug use.
- \* More than 4 million women need treatment for drug problems.
- \* Binge drinking at all-women schools increased from about 24% to 32% since 1993.
- \* Nearly 4 million American women ages 18 and older can be classified as alcoholics.
- \* 70% of women report histories of physical and sexual abuse.

## Women's drug treatment centers and sobriety homes

- \* Phoenix House, Santa Fe Springs, CA
- \* L.A. Cada, Santa Fe Springs, CA
- \* Angel Step Too, Bellflower, CA
- \* Cedar House, Norwalk, CA
- \* Positive Steps, Downey, CA
- \* So. Cal. Alcohol and Drug Program, Downey, CA
- \* Victoria's Places, Bellflower, CA (562) 866-0690
- \* So. Cal. Alcohol and Drug Program, Downey, CA
- \* Little House, Bellflower, CA
- \* Alternative Options, Cerritos, CA

for more information, visit [http://soberhousing.net/los\\_angeles.html](http://soberhousing.net/los_angeles.html)

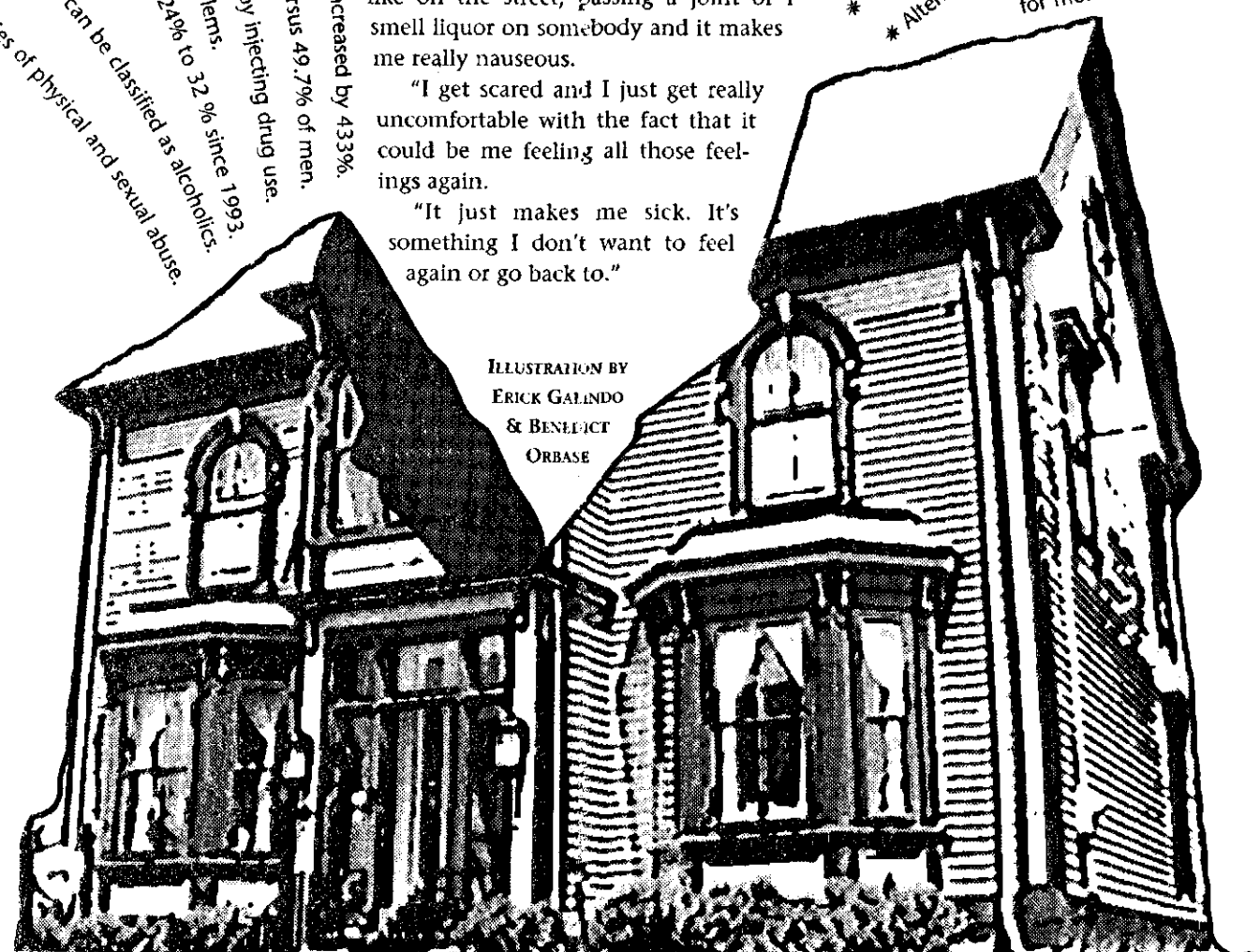


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