

# TALON MARKS

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CERRITOS COLLEGE

Volume 51, No. 16

## Blog Spot



## Tuesday Night Journalist

www.talonmarks.com

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The downfall of  
journalism  
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## Spoken Word event struggles to make it

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## Ending hunger one meal at a time

JOHN ACEVEDO  
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The Oxfam America Hunger Banquet, hosted by the Sociology Club, exposed the inequalities of society this past Thursday at the Student Center.

Students and faculty who made donations were given an elite or indigent ticket.

Those who received the elite ticket were given a fancy three course meal, while indigent ticket holders were treated to one serving of rice and small cup of water.

Susana Naranjo, political science major and president of the Sociology Club, said the event was to point out the injustices between the vast, suffering majority and the small, privileged population in the world.

See Hunger page 3

## March will celebrate women

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In celebration of Women's History Month in March, special events, guest speakers and lectures will be held.

Cerritos College has host the occasion since 1977 that has recognized women who have impacted American society locally, and in the following year, Congress passed

a resolution designating

March of every year as National Women's History Month.

This resolution continues to be reaffirmed by Congress.

To find out more about the scheduled events for the month of March, go to www.cerritos.edu/whm

At Cerritos, Maureen May, re-entry resource specialist and Gender Equity coordinator, initiated the Women's History Month program in 1987. Maureen spent 10 years coordinating this celebration until her retirement in 1996.

It will start off, on March 5th-8th a film festival "Water," a film directed by Deepa Mehta about a Hindu girl who is suddenly widowed.

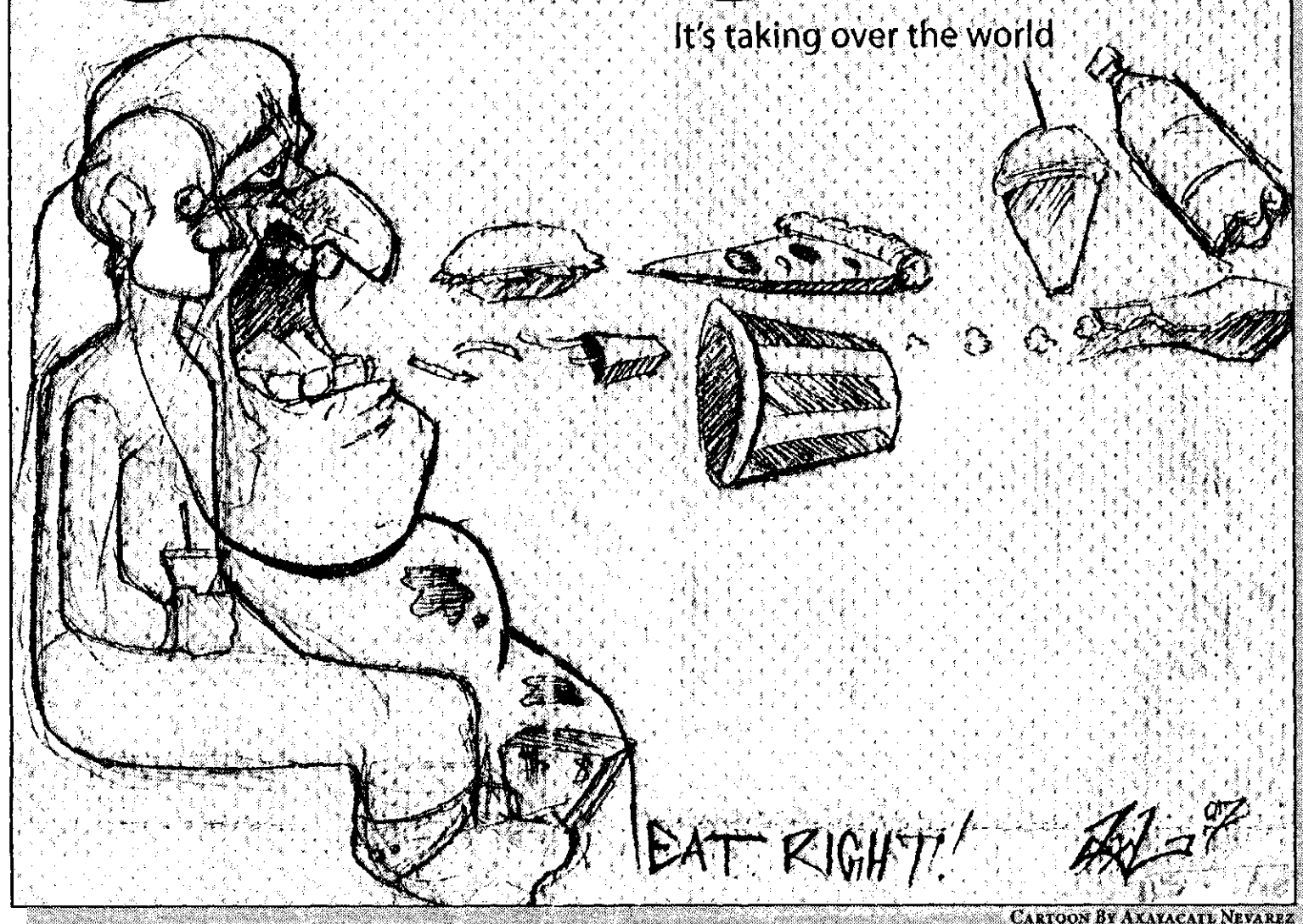
Followed by "Yesterday," a motion picture about a woman living in a remote village in South Africa.

After that is "Leila," a film set in

See WHM page 3

# O B E S I T Y

It's taking over the world



CARTOON BY AXAYACATL NEVAREZ

## THE TRUTH ABOUT OBESITY AND WHAT YOU CAN DO TO PREVENT IT

JONATHAN SANCHEZ  
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It seems that the more we progress as a society, the more we lose sight of that which is slowly weighing down our potential for even greater things - our weight.

Defined by American Heritage Dictionary as being grossly overweight or above a weight considered normal or desirable, obesity is named by www.pbs.org as the second leading cause for preventable death in America, running closely behind tobacco use.

Not to mention, obesity has already began taking its toll on the 64 percent of Americans currently diagnosed as obese.

"Food has become a huge part of our culture," Patricia Gonzalez, nursing major, said as to why obesity is inundating our society.

"We eat for every little event we can."

And not only that, but Matthew Covill, anatomy and physiology instructor, thinks that the food we consume isn't even all that healthy for us, "Eating poorly is a really easy thing to do nowadays.

"The worst food is the cheapest and technology has made bad food easier to get."

Dr. Francine R. Kaufman, former president of the American Diabetes Association, claims that obesity is in the running to be the next nationwide epidemic to hit the U.S. in recent years.

Lori Donohue, registered nurse for the Cerritos College Student Health and Wellness Center, disagrees.

"I think it's already an epidemic

in our country."

Aside from the idea that it's consuming our culture, the main issue at hand is: what is causing the recent escalation of obesity in America?

### Causes of Obesity

Richard Miele, sociology instructor, blames the food industry and it's marketing.

"We've been sold into obesity."

Miele, along with Covill, feel that eating poorly is a really easy thing to do in our modernized culture.

"A lot of how we think about food is taught to us," Miele said, "and we've been indoctrinated by huge corporations and companies over the whole concept of what food and eating is about."

Miele, having spent time in Mexico and various other countries, feels that the reason we have such a distorted idea of portion size, types of food to eat and how often to eat is simple. "Our culture; it is what teaches us how to eat and how much of it to (consume)."

Although ones culture is something you inherit from your ancestors, Miele believes our genes stay the same. "We weren't born genetically wanting to eat more than anyone else (so) it's something we learn."

Donohue feels the cause is far more complex than just our culture.

"Many factors determine (a person's risk of) obesity," she said, "Heredity, societal or commercial influences and the things we learn from our environment, such as what you learn from your family,

all (come into play)."

Gonzalez and Covill agree, but Covill offers another factor: our post-industrial jobs.

"People are less active than they used to be," he said, "In general, the jobs people have (require less activity)."

Vanessa Garcia, biology major, couldn't agree more. "People don't have to (move around) much anymore. If they're hungry, they can go get fast food (from a drive-thru window)."

To that effect, Covill added, "The American diet has changed and people have (in fact) become less active."

Touching upon the topic of what types of food are being consumed, Covill hits at the very notion that we choose what our bodies consume.

"People make their own diet decisions but that always happens under a specific context," he pointed out.

Gonzalez also noticed that sometimes students are limited in their eating choices because of the context they're in.

### Making better choices

"The food offered on campus isn't really healthy," she said. Some students have realized that and have thought of another alternative. "I bring my own food," Belinda Contreras, nursing major, said.

While that seems like a great idea, Andrea Hernandez, liberal arts major, argues that students don't really have the time to prepare their food before coming to school.

"A lot of people don't have time

to eat a healthy meal and would rather just pick up fast food," she said, "(plus), lots of students don't even have time to work out."

### Keeping it off

Hernandez, who is also a fitness coach at Bally Total Fitness in Downey, touches on the notion that most students don't have time available to exercise on a regular basis.

"A lot of people would rather sit at home (during their time off) than go to the gym to work out because it's easier," she said.

Hernandez noted that the few students who do show up to Bally's to exercise are always the same people.

"We have regulars who come in every day and then occasionally we have new people but they stop after a short period of time."

According to Hernandez, many students start off trying to work out, but quickly lose motivation because they don't get results right away.

She feels that with that mind set, no one will get very far, "If you just go for a week, you won't see any change. You have to stick to your plan and be (persistent)."

Many students, like Contreras, find that diet and exercise are the way to go when it comes to fighting obesity.

Along with that, she is entirely against using diet pills to lose weight.

"There's nothing like the old fashioned way to lose weight with diet and exercise," she said.

Hernandez agrees, "While

See Obesity page 3

## Feminism forum breaks walls

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The question of, "Can males be feminists?" was one of four questions posed to students last Thursday during the forum titled, "Unmasking the Male Feminist" in the Social Science Building.

The Philosophy Club and the Feminist Majority Leadership Alliance sponsored the event.

More than 50 students and faculty also heard responses to three other questions about feminism such as: "What is feminism?" "Why should men be feminists?" "How should men express feminism?"

During a panel discussion with:

- Former ASCC Vice President Alex Armendariz
- English major Jonathan Mota
- History instructor George Jarrett
- Economics instructor Solomon Namala
- Philosophy instructor Ted Solze
- and Philosophy/sociology major Guillermo Tellez,

all agreed that what has been defined as feminism has been misleading.

See Feminism page 3

## Vela makes it to finals

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Cerritos College President Dr. Noelia Vela is one of three finalists for Riverside's next District Chancellor.

According to The Press-Enterprise the chancellor manages a \$240 million annual budget for the three-campus system, with sites in Riverside, Moreno Valley and Norco.

Vela, along with finalists Stan Arterberry, chancellor of the West Valley-Mission Community College District; Piedad Robertson, former president of the Education Commission of the States in Denver, are scheduled for two-day visits in March along with interviews with the board of trustees.

Vela, has bachelor's and master's degrees from Illinois State University and an education doctorate from the University of San Diego.

"The Riverside Community College District has a strong reputation," said Vela, 57. "I believe it's an exciting time."



## ONLINE

• Still Life: Spoken Word slide-show-shooting in the dark  
• Video: What I like about journalism



## SSJ club hosts Spoken Word

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Despite frequent technical difficulties, 19 Cerritos College students spoke their minds at the Spoken Word event on Feb. 15.

The event was established by the Students for Social Justice and hosted by Erik Herrera, co-chairman of the organization, in the Student Center.

"I guess there was a pretty good turnout," he said, "but the next Spoken Word event is going to be held off campus."

Herrera believed that the first Spoken Word event, held last Nov. 30 at Café Kashmir in South Gate, was better because it was in a smaller venue and had a more intimate setting.

"Sometime in March we want to hold another one," Herrera said, "and we're going to bring back some of the performers and probably hold it at Café Kashmir again."

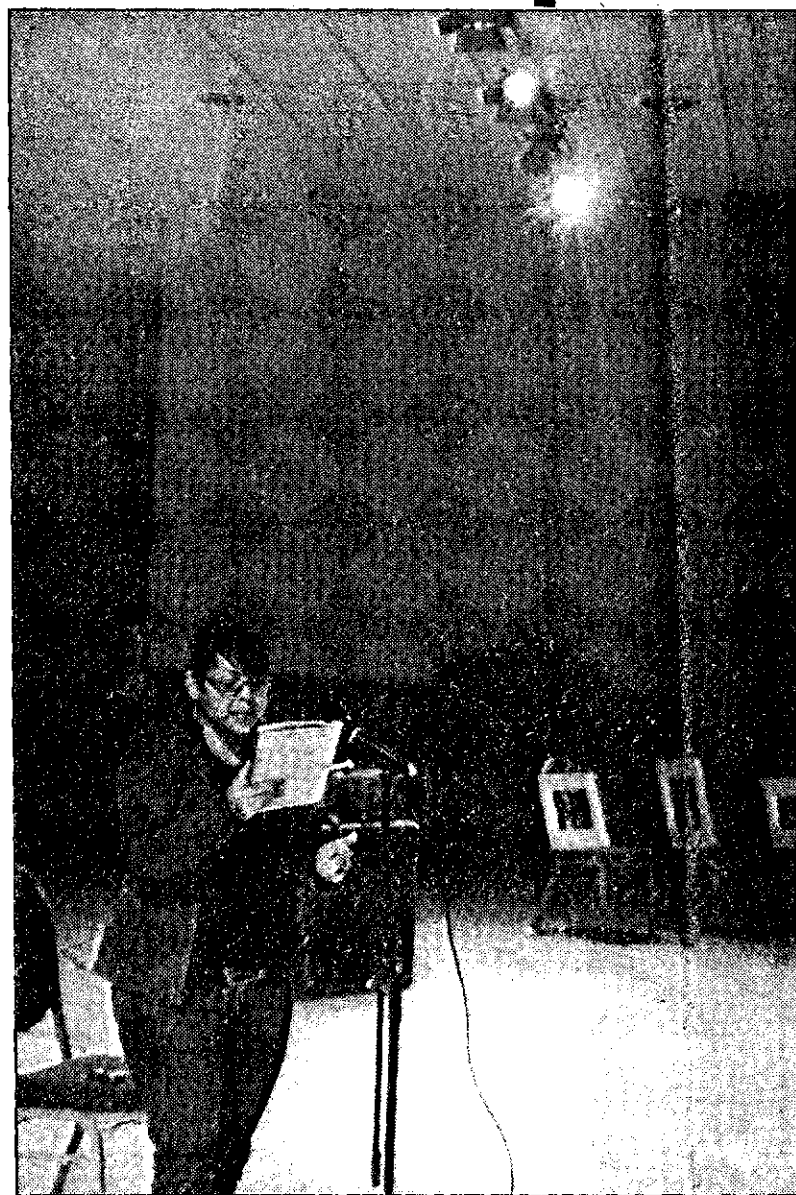
Herrera is hesitant about holding another Spoken Word event on campus because he feels that those who work in the Student Activities office were not as supportive as they could have been when the event was going to take place.

"I'm not putting it all on them," he explained, "it was our fault too, but it's hard going into a big event with only one microphone, with no wires and no speakers."

Herrera said that he had been unaware about the need to fill out an additional form for the equipment.

Herrera was able to get all of the equipment that he needed for the event with help from additional SSJ members as well as employees from Café Kashmir.

"Café Kashmir was supportive,"



TANYA BERMUDEZ/TM

**Open Mic:** During Spoken Word Rio Medina, English major, read her piece titled "Revolution." Medina's piece was one of the many that followed the social/political theme during the event.

he said, "the people there went out of their way to help us."

Trudy Foster, secretary of Student Activities, urges club organizations to read its club guides.

"When you reserve a building, you only get the building," Foster said, "but if you want any type of set up, you have got to go through In-

structional Media."

Although the equipment at the event was provided by another establishment, Spoken Word was still held nonetheless.

The performers read poetry and letters, sang songs and spoke their minds about several topics.

The topics included:

- Identity
- Socio-political Issues
- Sexuality
- Homophobia
- The Indigenous

The performers consisted of members from the various clubs and organizations.

- Feminist Majority Leadership Alliance
- Puente Club
- Pacific Islander Club
- Writers Anonymous
- Gay and Straight Alliance

Simau Tuiali'i, a member of the Pacific Islanders club, performed with his guitar a song called "Bush Rallying" which he wrote four years ago when President Bush was re-elected for his second term.

"The song was initially called 'Reflections of the Elections 2004,'" Tuiali'i said.

He says that he wrote this song for the people who are out fighting the war.

Tuiali'i says that he wants to bring awareness of the war to the people who live in the west.

"People out here don't see war everyday," he said, "at least not yet."

He performed the song because he wants the students here to visualize the war although they have not seen it face to face.

"I think that it is important for students to get involved to help stop the cycle of oppression," he stated.

There was also live music from Blades 96, the L.I Crew, Kahlil and Farmlife.

Tiwaais, a member of the group Farmlife, says that the music that she and her band play is about the way of life and the struggle to live.

"We want to go back to the old way of life," she said, "to living off of the land."

## Grant found to help pay for carpool parking lot

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The idea of creating three carpool parking lanes for parking lot C-10 is making progress.

Senator Jaime Sandoval has been doing research and has found a grant that can be used to execute his plan for carpool parking.

The grant was established by the Environmental Protection Agency and the Air Quality Management Department, which may cover up to three-fifths the costs of implementing the program.

"The good thing is that there is money out there," he said, "it is nice to know that there are grants out there that support this project."

According to Sandoval, in order to receive this grant, the college must prove that the parking carpool lanes will benefit the environment by reducing pollution.

Sandoval is now doing research in order to see how other colleges, who already have designated parking for students who carpool, were able to receive this grant.

"We really want to see this happen," he stresses, "we are just trying to get more information."

Sandoval believes that without student participation, this project cannot succeed.

"The survey is just to see how many students are willing to be a part of this," Sandoval said.

There will be a questionnaire for students to fill out all around campus.

"Be on the look out for this survey," he said, "there is definitely going to be one in the Student Activities office and in the Campus Police building."

Sandoval has run this idea by Stephen Johnson, vice president of student services, and both have agreed that creating designated parking lanes for carpool are going to take time and effort.

"There are very important issues that need to be taken into consideration," Johnson stated.

"Mostly logistical concerns, but we also need to take into account whether or not this will be a service to the students."

## ASCC president applications available

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Applications are currently available in the Student Activities office for students who are interested in running for ASCC President.

The ASCC President is elected by the students and holds office for one year.

The deadline to turn in the Applications is March 16 at 3:30 p.m.

As president, one of the main duties is to attend Board of Trustees meetings as the student trustee and also have available office hours.

Current ASCC President, Joe Cobarrubio, said his experience has been one of the most rewarding here at Cerritos. He enjoyed being able to interact with students and faculty alike.

He encourages anyone who is considering running for president to do it, saying, not to be afraid.

The best advice he can give is to just talk to everyone you can when campaigning.

Campus groups such as the vocational programs, athletic department, clubs and all students in general can be a big help and provide much support when running for president.

They will also provide great feedback, and give great ideas that you can include in your plans, he adds.

Co-President of the Economics Club and ASCC Senator Crystal Wammack is one of the students looking into running for presidency.

She believes that maintaining contact with her fellow students is

what will make her campaign a success.

Wammack feels a great deal of support from fellow students, and she is sure that such support is what makes her desire to be president even stronger.

"School is a home away from home, and I think that is why I love being involved."

Cobarrubio has left big shoes to fill, leaving behind the "Show Pride Campaign," he and former ASCC Vice President Alex Arinendariz launched last spring.

"I see all that Cobarrubio has

done...and I look forward to continue improving our campus," Wammack said.

Cobarrubio hopes that the campaign will continue after he leaves office.

James Feyder, a Business Finance major, said he believes that this must be a difficult task, and admires anyone who is willing to give the time and effort needed to take on this role.

"Whoever is elected needs to realize that they will be a role model for the rest of the students."

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## Feminism: Gender rights debate heats up during forum

Continued from page 1

"The definition of feminism is the doctrine advocating social, political and all other rights of women equal to those of men," Armendariz, explained.

In addition, feminism is also important because it's about equality rights, he continued.

But one thing that was clear was that it didn't matter what religion, sex or ethnicity a person is, what's important is that the issue matters to them.

For Mota, it is the fact that it was about gender roles in society that meant the most to him, because as he said, "no one is assigned a gender when born."

There have been three waves of feminism. The first was in the context of industrial society and liberal politics of the women's rights movement during the late 19th century and early 20th century.

The second wave of feminism occurred in the 1980s and '90s when blacks and homosexuals were oppressed in postwar along with the voice of female empowerment, third-world women and colored women as well.

Currently, the third wave of feminism is occurring within society in that questions regarding equality and difference are raised, and revolution with evolution.

From a historical point of view,



**Male Feminists Speak Out:** George Jarrett, history instructor, Jonathan Mota, English major, and Alex Armendariz, psychology major, speak about what feminism means to them last Thursday at the Social Science Building.

Jarrett said that there is a legitimate way that men and women can work together and that is by looking at the way that there is opportunity for an understanding that there is equality.

"There is equal opportunity for sharing work, because at one time men were the dominate figure and women were told that their place was in the home."

That has changed, Jarrett said, with the likes of the National Organization of Women who believe that men and women have legal, civil and a political right to enforce the 14th amendment of the U.S. Constitution.

As the economical aspect of feminism was addressed during a question and answer period, Alok Barot, political science major, ques-

tioned the reasoning behind Namas's point of view when he said that women don't have representation and there is only a glimpse of sections that women have been recognized.

However, that was challenged by Kathleen Quinn, philosophy major, saying that what Barot said was not true.

"There is a movement toward women who are making process of representation so what was brought out isn't how I see it, that is, women not being recognized."

Despite that, students and faculty said afterward that the forum was a success because of the interest of those who attended.

But for Mario Rivera, psychology major, he feels students should education themselves about fem-

inism yet he didn't really learn much from the forum.

Velia Jimenez, business and women's studies major, said that that's not the way she saw it.

"I really learned to appreciate males who are feminists because there are male feminists out there but those who are don't know it."

She too walked away learning the struggle of equality that lead to the feminist movement.

Tellez and Armendariz agreed that the turnout was a success and that it made students think about something such as feminism and hoped that it created discussion and desire for action.

There is another discussion planned for later on during the semester. Place and time are still being determined.

## Money talks, USC Rep. schedules accounting panel

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Crystal Connelly, a representative from USC, will discuss the opportunity for Cerritos students to enroll in the accounting program and will also provide financial aid information during the Board of Accounting Club meeting on March 8 in Room SS 313 at 11 a.m.

David Briggs, accounting major, board of accounting club co-president, said that the reason students who are interested in the program should attend is because it would help answer questions about the accounting program itself.

"Having Connelly speak about the program will also create networking for those who want to attend USC, but think that it's too expensive to enroll."

According to [www.usc.edu](http://www.usc.edu) the current undergraduate tuition at the college is \$33,892 a year.

Despite the cost, Briggs, having Connelly come talk about how students will be able to pay for tuition, feels that there is an opportunity for him to attend USC.

"I had (considered) transferring to a Cal State University, but having this event opened the possibility for me and hopefully other students to be accepted into a prestigious (university)," he said.

Furthermore, he said that getting accepted in a UC system is

cheaper than a Cal State system.

That is where financial aid information for students will be provided as well, Peter Moloney, board of accounting club adviser, commented.

"A majority of students think that attending a UC is expensive, yes, but there is help for those who need it."

As for why Briggs decided to major in accounting, he felt the information was enlightening.

However, for Carl John, accounting major, having an interest in accounting is more than just a career path and having the opportunity to make a buck.

"My interest in accounting began in the 12th grade while attending Lynwood High School," she explained, "and I noticed that there was a lot of writing involved and that is what was appealing to me."

In addition, her goal is to also attend USC in the accounting field and hopes that when Connelly does come to Cerritos to speak to other students, that it will help show students that there is a way to pay to attend a university such as USC.

In the end, that's what Moloney hopes that will happen when students come to hear the information that will be provided; there is a way to get your degree. The Board of Accounting Club meets every 1st and 3rd Thursday in Room 313.

## Obesity: Problems start weighing students down

Continued from page 1

diet pills may work, you have to keep using them or else you'll gain the weight back.

Plus, you won't see any toning in your muscles and you'll just end up with flabby skin."

When it comes to pills, Garcia, who is also a pharmacy technician at the Vons in Whittier, feels that those suffering from obesity will eventually end up using medication, but not diet pills; rather, it'll be for diabetes, heart disease and high cholesterol.

"Typically, obese people develop diabetes, and those diagnosed come in (to Vons to pick up) their insulin or heart medicine," she noted.

Recently, studies have shown that those who are obese are more

prone to developing diabetes.

The American Diabetes Association states that one of the most effective ways to avoid developing diabetes is to maintain a healthy weight by eating low fat meals and staying active throughout the week, as posted on [www.diabetes.org](http://www.diabetes.org).

Contreras, who has a family history of diabetes, knows about the threats of developing the disease first hand. "Both of my parents have diabetes and I'm fearful (of developing the disease) so I eat healthy," she said.

Although students like Contreras are aware of the health threats they face in our obesity-prone society, Donohue feels that many students aren't educating themselves on what they're consuming.

"You have to read the labels and know what you're eating," she said, "Learn to be cognizant of what you're putting in your body."

Donohue believes that education is one of the solutions that isn't impossible for many, if not all, students who are fearful of obesity or are confronting it. With that in mind, "You have to know that when

you consume more calories than you burn, you store fat," added Co-vill.

As a last resort, both Contreras and Jelin Jimenez, nursing major, agree that the government should get involved.

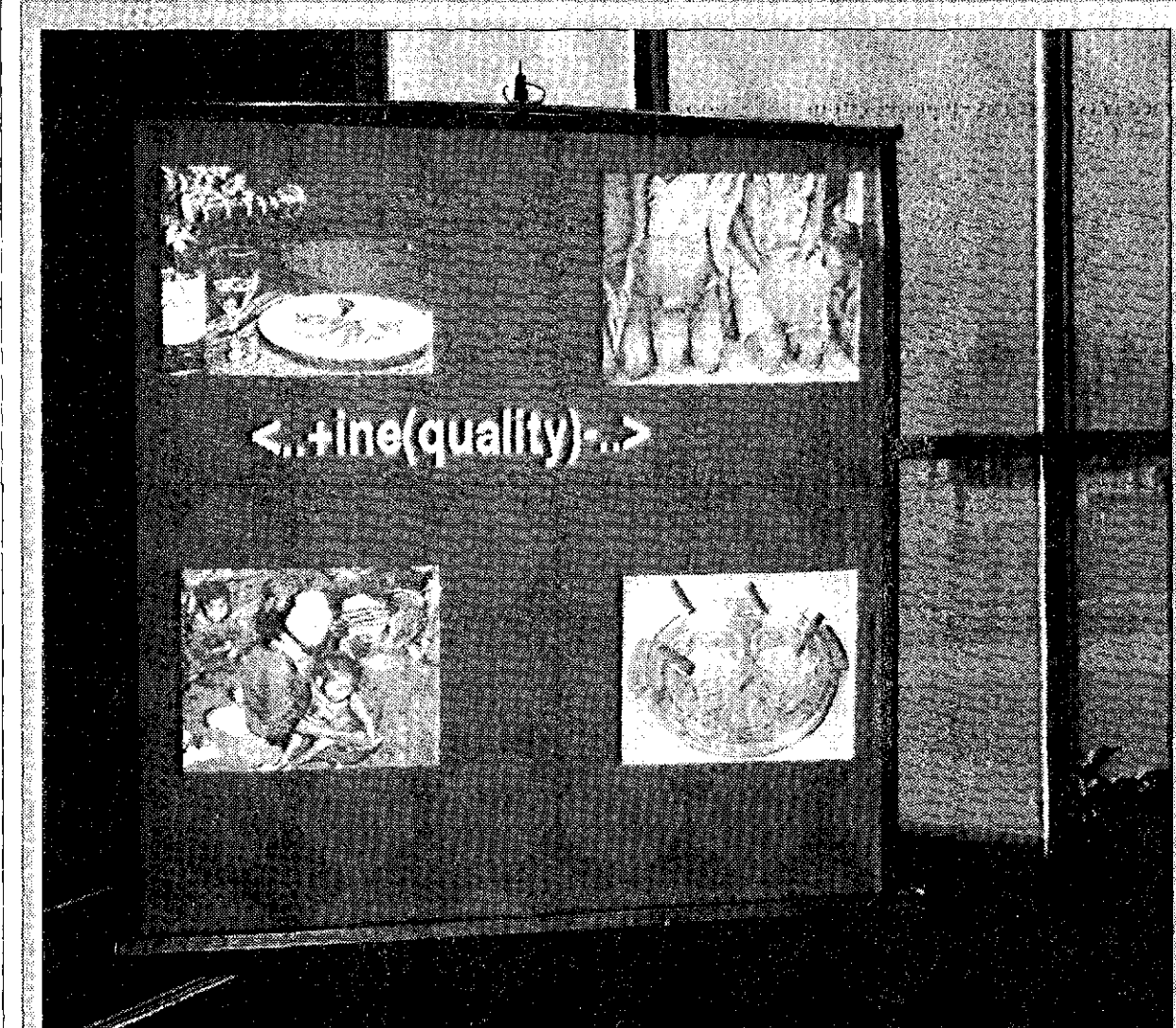
"I think the government should ban the unhealthy ingredients in fast food," argued Gonzalez.

Donohue on the other hand, feels the government should "get involved by making sure the (nutritional facts) are (easily accessible) to the (consumer) before (purchasing food)."

Contreras feels all students should get educated about their dietary needs. She's aware that many students have the information available to them but don't act upon it. "We have health classes on campus to teach us about our health and yet we don't do anything," she added.

"It's not easy to implement these changes alone so that's why the psychology services are available to help," added Donohue.

For more information regarding the counseling services, visit [www.cerritos.edu/health](http://www.cerritos.edu/health)



MICHAEL AGUDO/TM

**Hunger:** Last Thursday the Sociology Club showed a video on poverty worldwide during the Poverty Banquet that took place in the Student Center.

## Hunger: Money raised go to charity

Continued from page 1

"Students never realize that there are millions of children dying every year because of malnutrition or from lack of food," Naranjo said.

"Basic needs such as food and shelter is not available for a huge percentage of the world's population."

Mike Garcia, history major, believes that if the current system of trade were reformed to benefit all countries, the lack of basic necessities would not be so uneven.

"If the poorest regions of the world increased their share of world exports by just one percent," Garcia said, "they could lift 128 million people out of poverty."

Ted Stolze, philosophy instructor, elaborates even further on the need for change in the economic system.

"Yet what is ultimately needed is not simply charity, but social justice," Stolze said.

"That can be secured only by building grass roots political movements, and by electing progressive governments that are genuinely concerned with improving the lives of working class and poor people."

For Garcia working with Oxfam was important because "Oxfam believes that human rights are not contingent on our country of origin, gender, ethnicity, sexual orientation, or the money we have or need."

"Rather, human rights are fundamental and non-negotiable."

Food served to the elite was sold at a discounted price to members of the Sociology club by Frantones, while the rice was donated

by Panda Express.

The elite section, which included tables and full service, was treated to such dishes as lasagna and cheesecake.

The indigent were made to sit on the floor and had nothing else to eat besides the one serving of rice and water.

A silent auction was also held during the event, with all donations going to Oxfam America.

All items up for auction were also donated by Target, Acapulco restaurant and other known merchants, with the exception of the new Microsoft Office 2007, which was purchased by Amy Holzgang, sociology instructor.

For any more information regarding Oxfam or the Sociology Club visit [www.oxfam.org](http://www.oxfam.org) and [www.cerritos.edu/sociology](http://www.cerritos.edu/sociology).

## Women History Month: The month of March addresses feminism

Continued from page 1

contemporary Iran.

In addition, "Maria Full of Grace," which premiered at the Sundance Film Festival in 2004, written and directed by Joshua Marston will be shown.

"Maria Full of Grace" depicts a young woman who accepts a business deal and traveling to the United States smuggling heroin.

A panel discussion will follow afterward.

For newcomer Esther Choi, re-entry specialist in the career services, she explained why it is important for the continued recognition of the month itself.

She worked with Diane Keenan, social sciences chairperson on the organization of the events.

Keenan could not be reached for comment.

"These events that will take place will hopefully be learning for every student that would go beyond the

classroom," Choi said.

People who have come to Cerritos in celebration of Women's History Month and spread the importance of their contributions have been actress and writer Tiffany Thiesen who screening an independent film she wrote and directed.

In addition, she hopes that students who have never attended any of the lectures, discussion or films before that after seeing and hearing guest speakers talk about the reason behind the celebration it will be relevant to their lives in the end.

"The Cerritos faculty focuses in shaping the lives of students who come to college," she added.

Cerritos students like Elizabeth Silva, animal health science major, said that she had been aware that the celebration would take place.

"I have seen flyers in the women's bathroom to the bulletin board in the buildings about the events

that will take place."

As a student, Silva said that students will have an appreciation for women who have effected change in society not only women like Angela Davis but women of today like Congresswoman Linda Sanchez (D-CA) and labor rights activist Dolores Huerta.

Betty Velasquez, nursing major, agreed. She said that she too will attend some of the events and hopes to learn more about the origin of Women's History Month.

But for Silva, it was more than just about women and said that men can be educated to about what it all means.

Women understand women well about the struggles there were represented Silva explained, "so it is easy to see a connection among all women but men can learn a thing or two."



## ONLINE

- Concern over the use of MySpace continues at Cerritos
- Male Feminist speak out



# Carpool program talked at Board

NORMA PALACIOS  
News Editor  
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The possibility of having carpool lanes in parking lot C-10, in addition to looking into the implementation of the usage of public transportation to accommodate students was discussed during the Board of Trustees meeting last Wednesday.

The proposal of the carpool lanes was first introduced by Senator Jaime Sandoval and said that it was just at the beginning stage of discussion.

"There is nothing concrete," he said, "because it has to be run by Vice President of Students Services Stephen Johnson."

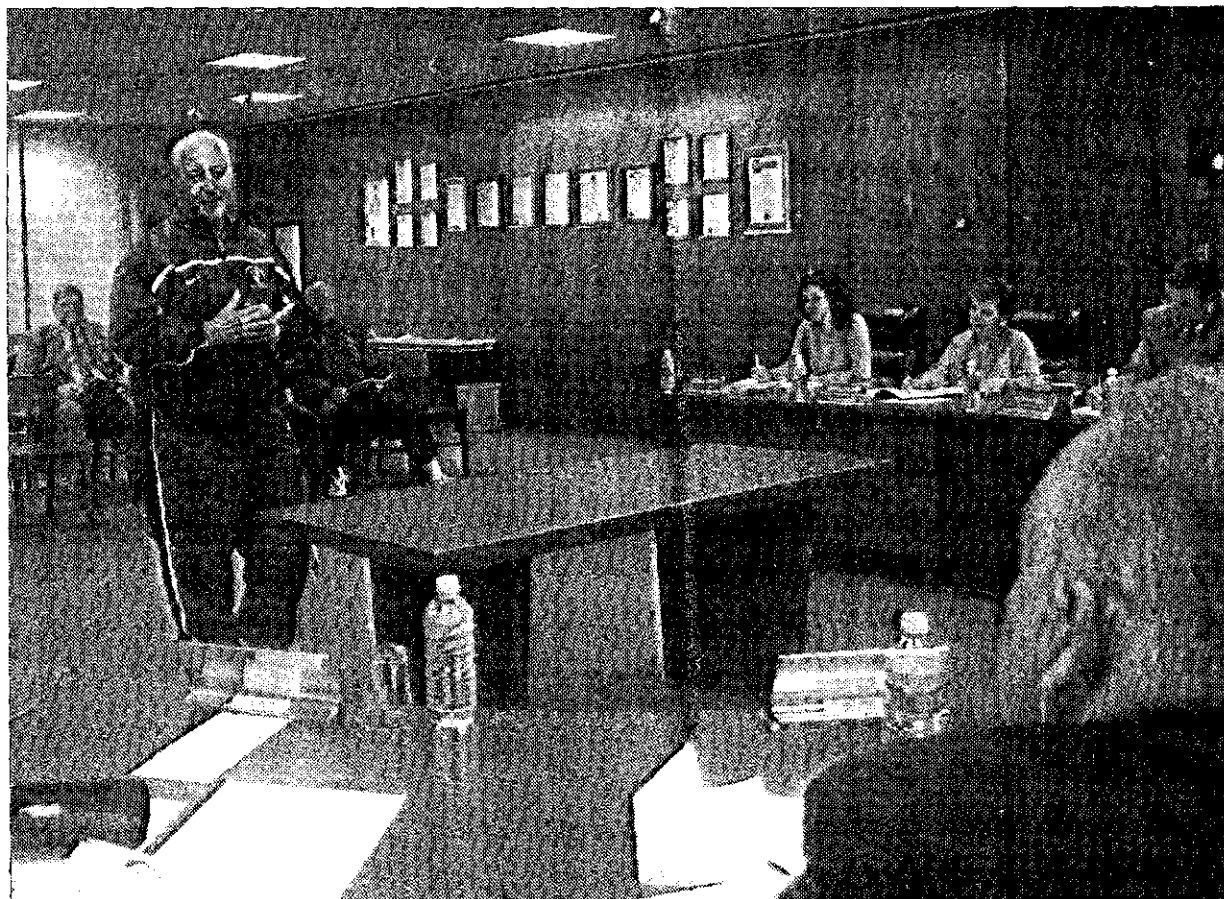
However, ASCC President Joe Cobarrubio also said that there is also discussion about having a program that will hopefully aid students to use public transportation as well.

Rio Hondo College has a program called "Go Rio" that was introduced last spring and is a partnership with the Los Angeles County Metropolitan Transportation Authority, Foothill Transit, and Norwalk Transit System.

In addition, students who are currently full-time students, who are taking 12 units or more are eligible to receive a free EZ bus pass.

Students said that the idea of having carpool lanes at Cerritos is a good idea but not everyone drives an automobile.

Will Modesto, undecided major, said that he doesn't have to worry about driving because he lives near the Cerritos campus, "but I have taken public transportation and I think that it's convenient."



Thank you: Football coach Frank Mazzotta speaks to board members last Wednesday and thanked them for the new track.

As for his thoughts about the carpool lanes, it would alleviate the traffic in the parking lots. But Henry Shih, undecided major, commented that he wasn't sure about it.

"I think that it should be tried out first before I could say anything about it," Shih said.

Board Vice President Bob Arthur informed the Board that he had spoken to representatives about the "Go Rio" program and how Cerritos would benefit from one similar to it.

Tanya Zogheir, child development major, said that Cerritos should have a program like the Rio

Hondo has as well.

Although she explained that her mother drives her to school and that public transportation is somewhat unreliable that students would save up on gas more often.

Afterward, Cobarrubio said that he too agreed that it will be beneficial to have a public transportation program.

"It will help the environment and having this program would relieve congestion within and around the parking lots here at Cerritos."

"What I hope it will achieve as well is the fact that students will use public transportation as well," he

continued, "but if students do decided to carpool it would help that one person take turns every time he or she comes to school."

Furthermore, Zogheir said that although she's had her mother take her to school and has travelled on the bus before, that other students should do it more often. What's the problem with carpooling she explained.

Cobarrubio said that although all of the information about the carpooling program is in the early stages there is more research to be done. But emphasized that it is still not concrete.

# Ruiz says Senators lack communication

BRITTANY COOPER  
Staff Writer  
bcooper7@talonmarks.com

Oskar Ruiz, business and international relations major, questioned members of the Senate and its titles at the Senate meeting last Wednesday.

"They need to earn the titles as Senators," Ruiz said.

Ruiz claims that there has been no communication between the student government and Cerritos students.

"No one is paying attention to the student government," he said, "and sometimes, students even ask me if there is one."

Ruiz served as sergeant at arms during the fall and spring semesters of 2006 and believes that the Senate should go back to the way it was when he was active.

During the public forum he also told the Senator to call him if they needed help with anything.

"I will leave my phone number with the people in the Student Activities."

In addition, he said that although his work schedule was very tight he was still available when any of the Senators wanted to communicate.

Communication has to be essential he continued, "because the way I look at it, all of you are seat warmers."

Ruiz had more to say after he addressed the Senate.

"When I was here at the Senate," Ruiz notes, "we would talk to the day and the night students about what was going on."

Members of the senate are not doing their part and need to focus on meeting the needs of the students, he continued.

"I expect a senator to do his or her part as a senator," Ruiz said, "they have a responsibility to the Senate and a commitment to the students."

Vice President Jason Macias agreed.

"A lot of people are just bench warming it," Ruiz added, "and that upsets me."

Macias is aware that there are members of the Senate who are doing their part, but also believes that some are just there just because.

"I remember when the senators would make announcements everyday," he said, "but I've only seen a few of the same people stand up during the senate reports."

Senator Jaime Sandoval also agreed with Ruiz, but is advocating to make the communication a priority between the students and the student government.

"It's true what Ruiz said," Sandoval explained, "and there needs to be changes."

According to Sandoval, the Committee of Rules and Administration is trying to find ways to improve the correspondence between the students and the Senate.

"We are trying to find ways to split the bulletin boards that are all around campus into two sections," he said. "One side will be reserved for academics and the other side for updates on student government."

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## Join Cerritos College's 21st Annual Women's History Month Celebration: "Generations of Women Moving History Forward."

Cerritos College Women's History Month						
March 2007 21st Annual Women's History Month Celebration Generations of Women Moving History Forward						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 (9:30-11:00 a.m.) Panel Discussion "B*tch", "B*tch", "B*tch" Gender Segregation in Hip Hop Music FA 43	2	3
	5 (1:30-3:00 p.m.) International Women's Film Festival: "Water" S 201	6 (1:30-3:00 p.m.) Twisting Mind: Lisa Maltin S 201 (6:00-7:15 p.m.) International Women's Film Festival: "Yesterday" C2 155 (Library) (1:30-3:00 p.m.)	7 (1:00-3:00 p.m.) International Women's Film Festival: "Lola" LC 155 (Library)	8 (1:00-3:00 p.m.) International Women's Film Festival: "Maria Full of Grace" S 201	9	
	12 (12:30-2:00 p.m.) What is the True Story of Junkies? S 231	13	14	15	16	
	19 (2:30-3:15 p.m.) Panel Discussion Can We Have It All? How Did Successful Women Balance Career & Family? S 201	20 (10:00-11:00 p.m.) Online Project Falcon Square Tribute to Women Writers Cheryl A. Apple Room (6:00-9:00 p.m.)	21 (4:00-5:30 p.m.) A Global Link: "Up" Women Progress Around LC 155 (Library)	22 (1:00 p.m.) Breast Cancer Walk Falcon Square	23	24 (9:00 a.m.) AAUW Recognition Branch Cheryl A. Apple Room
	26 (11:00 a.m.-12:15 p.m.) Second Wave Feminism: From a Liberator's Perspective S 210	27 (11:00 a.m.-12:30 p.m.) On Their Own Language: Feminism, the First Wave, 1948-1990 S 210	28 (11:00 a.m.-12:15 p.m.) The First Wave of Feminism: The First Wave, 1948-1990 S 210	29 (11:00 a.m.-12:30 p.m.) Panel Discussion Where's Feminism Today? S 201	30	31

For additional information, please contact Esther Choi,  
the Re-Entry Resource Specialist at [echoi@cerritos.edu](mailto:echoi@cerritos.edu)  
or 562-860-2451 Ext 2362.

You can also visit our website [www.cerritos.edu/whm](http://www.cerritos.edu/whm)  
for current updates.





#### ONLINE

- Nine Inch Nails first single, "Survivalism" give good vibe
- Mandy Moore's "Extraordinary"

# ARTS - 5

Wednesday, February 28, 2007 • www.talonmarks.com

## Music Dept. faculty shows off its talents

NORMA PALACIOS  
News Editor  
news@talonmarks.com

Cerritos College faculty showed off its talent with at 22nd Annual Faculty Gala Concert on Sunday at the Burnight Theatre.

Of the more than 60 people in attendance the majority of students were from the Music Department's Applied Music Program and the music that was heard was from the classical period.

Among the music instructors who performed were:

- Paul Da Silva
- Anna DeMichele
- Rhonda Dillon
- Sung Ae Lee
- Christine Lopez

The music pieces that were performed during this gala included:

- Poema en la Forma Canciones by Joaquin Turina
- Scaramouche by Darius Milhaud
- Fantasy Pieces, Op. 73 by Robert Schumann
- Nothing from a "Chorus Line" by Marvin Hamlisch

After the concert those who performed said that they were pleased with the turnout.

In addition, it has been said that there has always been talent within the Cerritos College faculty.

Fang-Fang Shi Inouye, former President and Vice President of the Branch of the Music Teacher's Association of California said that she was glad and happy with her duet performance with Da Silva.

"It was very exciting, but I do

think that the program was too short."

She added that it was only a few weeks before that she and Da Silva practiced the piece "Scaramouche" and that it was also the first time she worked with him.

Inouye said that she was a little nervous but got through it as she performed the piece.

Dr. Christine Lopez, music instructor, said that it wasn't the nerves that got to her.

"Sometimes you have to tell yourself that you just have to do it." She continued, saying that to have a concert like this where instructors get to show what they know and play is great.

Students also said that the concert itself was great but there was a performance that stood out for them.

"DeMichele brought out her acting side doing her performance of "Nothing" from A Chorus Line," Lynn Smith, music major, said.

In addition, she said that during Da Silva duet it was fun watching him dance while he played the piano.

But for Smith overall of the performances were great.

Stacy Neacato, music major, agreed that DeMichele's performance was entertaining.

As DeMichele walked by Neacato sang the line, "I felt nothing," and DeMichele could only laugh.

Smith said that DeMichele did a good job while doing spoken word and singing.

## Legendary Icons in the making

NORMA PALACIOS  
News Editor  
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With the growing popularity of hip-hop, the genre is looked upon as music that is focused on sex and drugs and women.

However, for the group Legendary Icon Crew that perception of hip-hop is what they are trying to change.

Andre Khatami 19, marketing major, and Cal State Fullerton student Javier Romos 19, electrical engineering major, say that the reason why they want to change the perception is because hip-hop is not all about sex, drugs and women.

Both, along with Romos' twin brother Francisco, also an electrical engineering major and friend Juan McLean, Cerritos student and audio and music engineering major, have focused on a positive message.

Romos, said that he along with his friends would hope that the music that they create people would walk away with its own message.

"That's just the way I see it and I do think that our take is different because we try to focus on talking about family and life experiences," he said.

In addition, Khatami says the music that the group writes deals with war, family and an understanding of society in general.

Romos' twin brother wasn't available for comment and neither was McLean both two out of the quartet says that, that focus in the end result of who L.I. Crew is.

In trying to categorize its music, both said that it is difficult to be because the group doesn't necessarily



TANYA BERMUDEZ/TM  
**Spoken Word:** Francisco Romos, electrical engineering major, (right) and Andre Khatami, marketing major, (left), one half of L.I. Crew, perform at the Spoken Word event held Feb. 15. They performed "Change the World" from their album titled A New Day.

look to compare itself with others.

"Would honestly say that the music is fresh," Khatami commented, "because we as a group sing it with emotion."

That emotion is what is hoped people relate to Romos said.

When the group first began Khatami who attended California High School, said that there were only three band members it was he, both Romos twins before McLean joined in.

Khatami said that the music McLean provided was a mixture of music that blended in well with the other three members of the group.

For McLean to join the group both

say that it wasn't a problem.

However, Khatami said that when McLean had demo of his music, his music blended in.

Friends of the group could not be reached for comment.

The group will release its EP album at the end of the semester and Khatami says that it will be released through an independent label.

A New Day will contain six tracks including the song, "Change the Word."

Khatami says that there are plans to release a full-length album in the future.

"This album it will be contributed to local record stores and also

will be distribute at upcoming performances."

Alexx Daye, who has been a producer for the group Fresh Air among others, produced the album and according to Khatami it is only a sampling of what the full-length album will sound like.

As for why the group chose to focus on hip-hop it had nothing to do with just what the music means today but that there is something positive about it.

The group has set that goal and will continue to focus on that.

For more information about L.I. Crew visit <http://www.myspace.com/licrew>

MARK RUFFALO JAKE GYLLENHAAL ROBERT DOWNEY JR.

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IN THEATRES MARCH 2

## 'Pop Goes' Grant and Barrymore

OSCAR CATZIN  
A&E Editor  
arts@talonmarks.com

Music and Lyrics is another date/chick movie. The plot is familiar and predictable.

Hugh Grant plays his usual character that we have seen in many movies before, his character's name is Alex, a once '80s sensation as part of a successful rock band called PoP.

During the opening of the mov-

ie, PoP performs its hit in 1984, "Pop Goes My Heart."

But that was then. Now, Alex is just a has-been. His agent (Brad Garrett from Everybody Loves Raymond) books him on a reality show, "Battle of the '80s Has-Beens," that sets up boxing matches between celebrities of the '80s.

Alex has been performing at cruises, state fairs and theme parks, but out of the blue, rock princess Cora (Haley Bennett), asks Alex to write a song for her.

However, Alex only has three days to write this song.

Sophie (Drew Barrymore), the woman who waters his plants is good with words, so Alex asks her to help him.

They spend the rest of the time together writing the words for the song, and during this time they fall in love, which is one of the most predictable moments in the movie.

Don't go with expectations too high and that way you might still enjoy the movie.

## Cage's Ghost Rider lacks fire

SEAN ESCALANTE  
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A young stunt motorcycle rider, Johnny Blaze/ Ghost Rider, (Nicolas Cage) decides to sell his soul to the devil, in order to cure his father from cancer.

But, after his father dies from a tragic motorcycle accident, Johnny leaves his maddening life, including his girlfriend Roxanne (Eva Mendes) to his world of motorcycle stunts.

This movie screams Hollywood louder than any movie known to man.

Everything about the film is cliché and has been done millions of times.

Now older, and successful Johnny finds his ex girlfriend when she interviews him about his next big stunt.

Later, he finds out that he turns into a flaming skeleton because of his deal with devil, to become a bounty hunter and get five unwanted demons back into hell.

Sounds like a promising "super hero" plot, full of action and entertainment.

However, the unnecessary wild camera moves, and a cheesy heavy metal soundtrack that popped in whenever the bad guys came in eas-

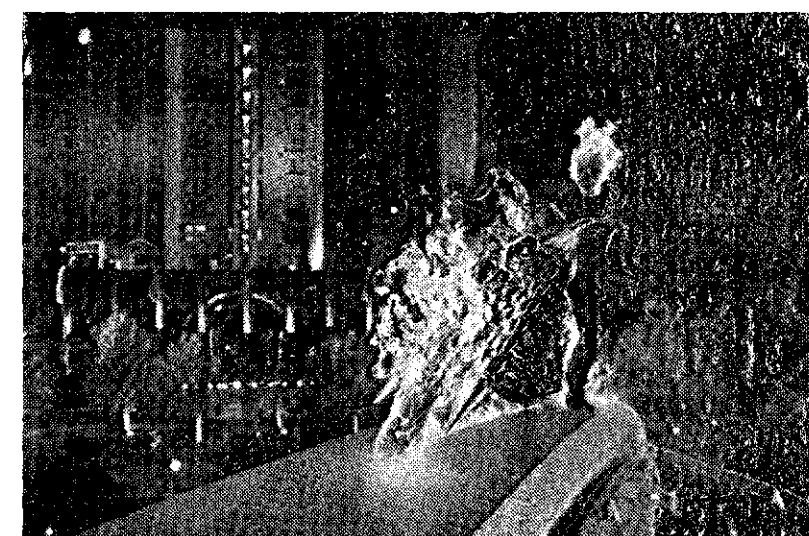


PHOTO COURTESY OF COLUMBIA PICTURES

ily destroyed it.

I believe this film caught every aspect of the comic book genre that wasn't supposed to be seen.

The whole Ghost Rider idea is an interesting approach but it really didn't work for me.

The movie was also quite boring. I don't even remember what the bad demons looked liked. They were defeated by Ghost Rider within a five second span.

Ghost Rider is definitely not a film that you would want to see if you're in it for the action.

Not even all the fire in the world, could heat up the entertainment value.

The only thing that saved this movie from going to hell itself was Nicolas Cage. His character is an odd one, and Cage plays it just right,

giving us chuckles left to right.

It's hard to watch an actor giving his all to his performance, while the rest of the movie is crumbling all around them.

I found the subplot between Nicolas Cage and Eva Mendes more interesting than the whole Ghost Rider thing.

The subplot left me on the edge of my seat to be honest with you.

I mean how would you tell someone that you turn into the devil's bounty hunter? I would find that quite hard.

The rest of the characters were poorly acted out.

I felt the guy who played the devil (Wes Bentley) was very dry.

The devil himself was very cliché and basically stupid.

This movie should be strictly for those who have nothing to do.





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## EDITORIAL

## Journalism circus now airing

Broadcast journalists are dead.

Or at least that's what it seems, given that the recent news coverage on broadcast and radio has completely lost its focus.

Where is all the news content?

Has it come to the point that reporters need to downgrade their story ideas or coverage of news because their afraid that its competitive channel might get higher ratings?

How did Britney Spears shaving her head become news or the lead story of every newscast?

Journalism looked so promising, with its advancement and growing interest in podcasting, blogging and interactive web media.

Broadcast journalism was once a staple and even led the journalism world with its innovative stories and unique combinations of imagery and reporting.

Now, it has degraded itself to your source for entertainment news.

Web and print journalism are making its way back to the top by staying true to what real journalism is about.

News channels need to realize that their place in the journalism world is to give the people the important reality news of everyday life.

If the people want entertainment news, that's why the E channel was designed.

The reporters writing these stories need to come back to their senses and keep their integrity as journalists.

By succumbing to the demands of your boss and regurgitating what every other channel is reporting you're choosing to lower your standards and strip away giving the people what they need to be aware of.

Don't acquiesce to change what you perceive to be important. You have a voice, use it.

It's really disappointing to see what is happening to the journalism world.

The news industry plays such an important role in society, the news is everywhere. People rely on the news to know what's happening in to world.

But what are they getting when they turn on the 6 o'clock news?

A detailed report on Anna Nicole's death and where the burial is to take place.

Reporters are forgetting that the news was never meant to entertain the public-- it was to inform, to be the watchdog of events we would otherwise know about.

At the rate reporters are going, their careers will be as significant as the paparazzi.

And as broadcast continues to masquerade themselves as the elite establishment of journalism, they will continue to make fools of what inspiring journalists are really trying to accomplish.

What is happening to the journalism industry is disgraceful to all the hard work that journalists such as Hal Fishman, Peter Jennings, John Stossel, Barbra Walters, John Reed and many more have done for us.

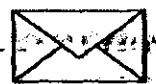
We should all be looking for ways to tell news stories, challenge politics with commentaries, learning the new means of technology.

The news should never lower its standards and dumb itself down for the sake of ratings.

It's giving us all a bad name and frankly we don't want to be a part of the nonsense and absolute lack of respect and ethical obligation to society.



ILLUSTRATION BY RAUL SANDOVAL



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 FA 42 or contact the editor by e-mail at editor@talonmarks.com.

## JC units are old news at USC

UCLA, Cal-State Long Beach, or USC, those are just a few options students have when thinking about transferring out of Cerritos College.

Some students work hard on taking the classes they need to get out of here, but after this weekend I learned that if I wanted to go to USC, all of my hard work that I have put into working for this newspaper wouldn't count if I was to apply and get accepted to USC.

This past weekend, I along with some other staff members attended a journalism conference that was held at USC.

The conference was informative, but there was one panel discussion that we were listening to. The name of the discussion was "How to get into J-school."

I chose this panel thinking that it would be helpful on deciding which school I should go apply to. Going to USC had crossed my mind a few times but realistically I knew I wouldn't be able to afford it.

So this discussion was pretty much an discussion on promoting USC Annenberg School for



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Communication and Chapman University.

The panelist discussed what is required for both schools and how students will benefit from its programs.

But one thing that really bothered me throughout the discussion was that if students are taking journalism course at their community college, those units will not be transferred over.

So that means time has been wasted taking as many journalism courses that I was able to and then to find out that if I wanted to go to USC, my units would be useless.

I don't know who's accountable for the misguidance so to speak. Is it USC's fault for not going by the guidelines of what the Cal-States and UC's go by, or is it the students' fault for not talking to a counselor?

But when students first start at a community college, they often don't know what their major is, let alone what school they are planning on transferring to.

This panel discussion was a bit biased not only because they were promoting their schools, but also they didn't really talk about the public universities.

The only time they mentioned the public schools was when they read a list of universities that have journalism programs.

They didn't talk about the other schools had to offer, of course they didn't. They want you to go to their schools.

But if you do get into Annenberg at USC, consider yourself lucky because they only accept nine students into their program.

So if anything, this panel discussion did nothing more but discourage and reassured me that I don't want to attend USC.

If I did decide to apply and let's say I did get in, I wouldn't only be in debt but my work that I have done here at Cerritos would have been overlooked and not even acknowledged.

So students, decide where you want to transfer to soon and once you've made a decision, talk to a counselor and make sure you're taking the right courses.

## QUOTE OF THE WEEK



CHENEY SURVIVES  
HOMICIDE  
BOMBING

Vice President Dick Cheney talks to reporters after a homicide bomber attacked the main entrance of a U.S. military base. Cheney was visiting on Tuesday.

"I heard a loud boom. The Secret Service came in and told me there had been an attack on the main gate."

Cheney was moved to a bomb shelter near his quarters on base.

"As the situation settled down and they had a better sense of what was going on, I went back to my room."

## Which presidential candidate has attracted your attention?

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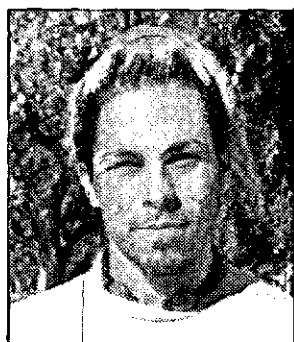
EMMANUEL TOSTADO  
art major

"If I were to vote I'd vote for Barack (Obama). It's time to see a different ethnicity elected."



DARLENE GONZALES  
sociology major

"That young guy, what's his name? (Barack Obama) He got my attention because they compare him to Abraham Lincoln, I think."



LEO LOPEZ  
chicano studies major

"Hillary Clinton, because I'm tired of dealing with male egos and a woman is capable of doing the job."



GIALISA GAFFANEY  
political science professor

"Barack Obama, because he speaks of an America that includes all races, cultures and ages."



GAYLE MAMORNO  
teaching major

"I think it is intriguing having Hillary Clinton because it speaks a lot for women in general and society more open and advancing from previous history."



NANCY PEREZ  
nursing major

"Hillary Clinton, because she is a woman, she would represent values. She has a different point of view because she is a mother which give a different stand in politics."



# You better listen or face it

## Time to think outside the box and squash Imperialism

Many events are brought here to campus, such as Spoken Word and last weeks Poverty Banquet, to point out the many injustices in our current system, both economical and social. Yet students seem indifferent to the flaws of the current system.

This current system, Capitalism, not only exploits the physical state of human beings, but it has now molded the minds of mankind.

Capitalism, better yet Imperialism, is led by a few, opportunistic individuals, rules over the people of the world, unchallenged since the collapse of the Socialist-bloc.

Imperialism can now add students to its long list of conquered.

It seems impossible to even imagine a different world, with Imperialisms vast media outlets and armies.

It seems impossible to imagine a world where the dollar is king.

Or at least that is what we are made to believe. That is what the fikes of Disney and General Electric, who own major media outlets, want us to believe.



They put fear into the hearts and minds of students by telling them to never oppose the status quo. Students are pumped with fear about falling behind whatever fad those corporate moguls come up with.

This Imperialism not only tries to control our present, but it also aims at re-writing the past to whatever suits them.

"He who controls the past, owns the present and molds the future," Subcomandante Marcos, guerrilla-poet, said.

We as American students have to follow the example of students in Europe and Latin American, where most of them are very radical.

We as American students must never forget the example the students of this country set for us in the '60s and '70s.

As hard as the government and its media try to erase that frightful era in history, frightful for the ruling class, students must always look back into that part of history.

For once, fear was put into the

hearts of the elite. They are terribly frightened at the thought of them not being in front of you and me.

These Imperialists have even managed to make the poor believe that they are poor because it is a matter of choice.

What these Imperialists fail to tell the public is that the choice has already been made.

Institutions such as the International Monetary Fund and the World Trade Organization already have picked out who will live, eat and die.

We students must use these educational institutions as a starting point to social and economic change.

Everyone wants to have the big bank account and flashiest car imaginable, but who thinks of social justice?

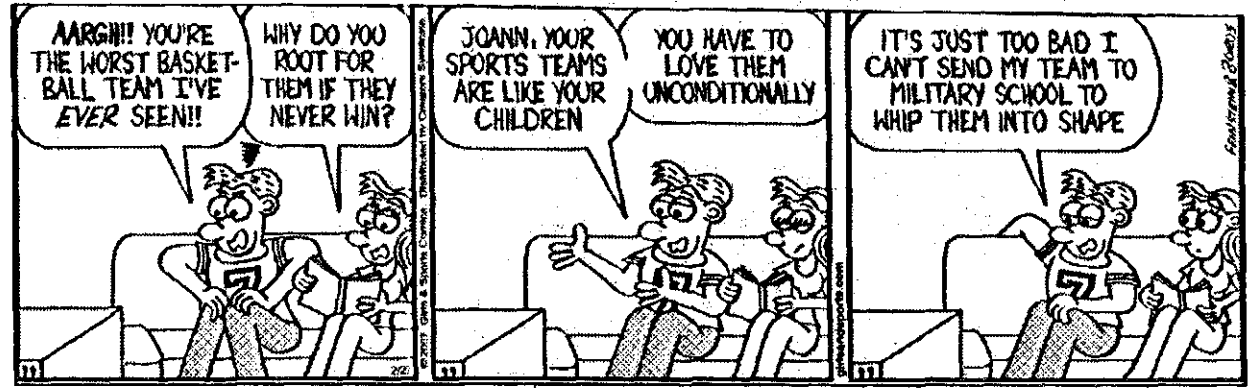
Who questions on whose backs these material goodies that everyone is forced to crave come from?

The solution is not an easy one of course by any means.

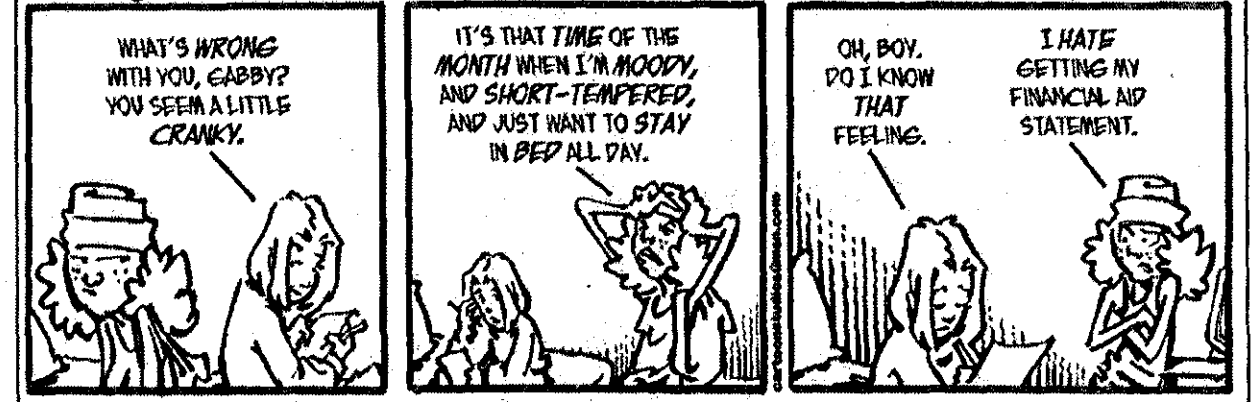
I am not going to tell you do this and then that, you must first understand the problem and then find the solution collectively.

Students always seem to be waiting to be told what to do now-a-days, maybe that's the problem.

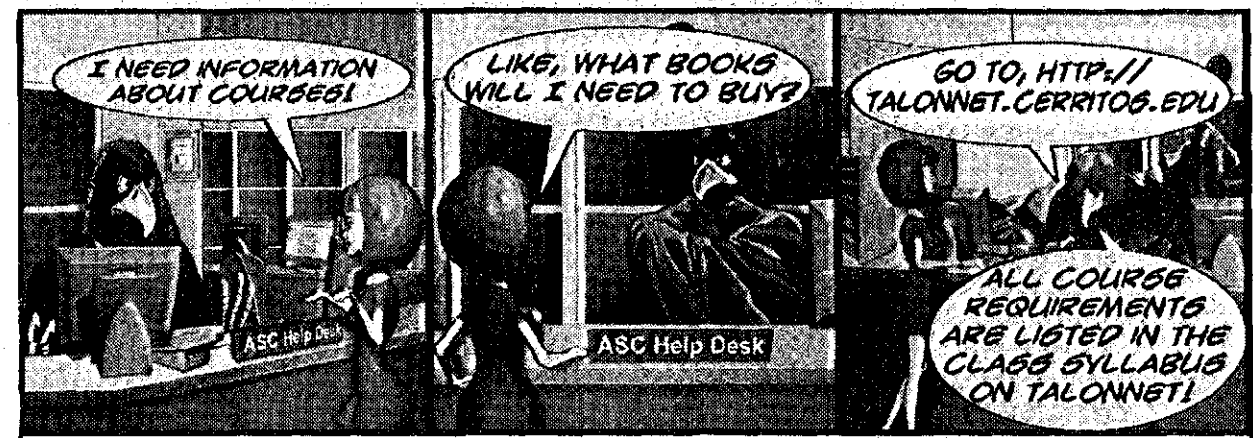
## GIRLS AND SPORTS



## A College Girl Named Joe



## TALON MAN



# Take a break for once

## Kick off your shoes and enjoy what's right in front of you

Having a good sense of responsibility is an important part of everyone's life, especially if success is part of the plan for the future.

But what about giving importance to leisure time? It's important for people to spend time in other activities, such as recreation.

As a capitalist society, we have learned that success is measured by how much we have.

This makes our income our number one priority, which means we leave many other aspects of our lives as secondary things.

In Europe, it is accustomed for people to work eight months out of the year and spend the rest of the year either traveling, or taking part in activities of enjoyment.

As we all probably know, that is pretty much impossible here in the U.S. It is almost a guarantee that no one will hire you if you request that your vacations be for at least a



month.

That is a privilege that is given only to those who have paid their dues. Also, there aren't many jobs that will pay you a decent amount for eight months of work.

There are ways the working population of America can make up for this lack of vacation time.

It is important for people to do something they enjoy. It can be as simple as watching television or joining a club.

If you enjoy writing, do it. Pay no attention to those who criticize you. Instead, use that negative energy in a positive way; turn it into the best horror movie script ever.

If dancing is your thing, then dance away. There is no wrong way of dancing, as long as you are following the rhythm of your heart.

If crying while watching romantic movies makes your day, do it as

often as possible. They say that crying cleanses the soul.

The important thing is to remember that even though hard work will help achieve success and goals, there is such a thing as "too much."

A healthy balance between work and leisure is crucial.

Stress can cause many health, emotional and mental problems. And it is usually stress that is caused by excessive work.

A little time to yourself is all you need to keep yourself healthy. This way you can actually get to enjoy all those things you have worked so hard for.

You don't have to move to Europe to do this, all you have to do is think about those things that make you happy, and take the time to do them.

As college students, this is the perfect time to get in the habit of keeping a healthy balance between work and leisure time.

If we are able to keep this balance starting now, we are most likely to continue doing it during our profession.

# Let Anna Nicole Smith rest

For the love of God, would people just leave Anna Nicole Smith alone?

The woman is dead and she was a tragic figure. It's not that I'm insensitive or anything but if you know anything about her, you would know that her life was a train wreck to begin with.

Since her death on Feb. 8 the media have been all over the place and I say, "Who cares?"

The former Playboy Playmate made it big thanks in large part to Hugh Hefner.

Following the success of posing naked, Smith's downfall came after being involved with drugs and alcohol.

However, what killed her in the end was the sudden death of her son Daniel; meaning that she died of a broken heart.

In that regard, I do think that other celebrities like Robert Downey Jr. and Charlie Sheen should be lucky to be alive.

At least both of them had the sense to finally wake up and do things right, but with Smith that wasn't the case.

She went as far as marrying 90-year-old oil tycoon J. Howard Marshall and was battling to get money



that she thought she deserved.

The only thing that will happen now is what happened to Marilyn Monroe more than 40 years after her death.

Conspiracy theories will develop about what really happened to her.

All dead celebrities have gone through it. Monroe, Elvis Presley, Tupac Shakur and Princess Diana.

The list keeps growing and growing and growing.

Seriously, there are more important issues out there besides waiting to find out which celebrity has died.

Smith from beginning to end was not the ideal role model. Besides the fact that she was involved with drugs and alcohol, she also didn't have a great relationship with her mother and sister and she had a battle with her weight.

All celebrities do have their problems. So, my question is what makes Smith so special?

Nothing!

Over the course of the last year, the Smith family has aired its dirty laundry and I don't know about you, but all of the things that have been said about her makes for a great soap opera on television.

But even that is a bore.

When celebrities attain all this money and big mansions, there is one thing to keep in mind, despite all the fame and fortune you will never take the fortune with you when you're dead.

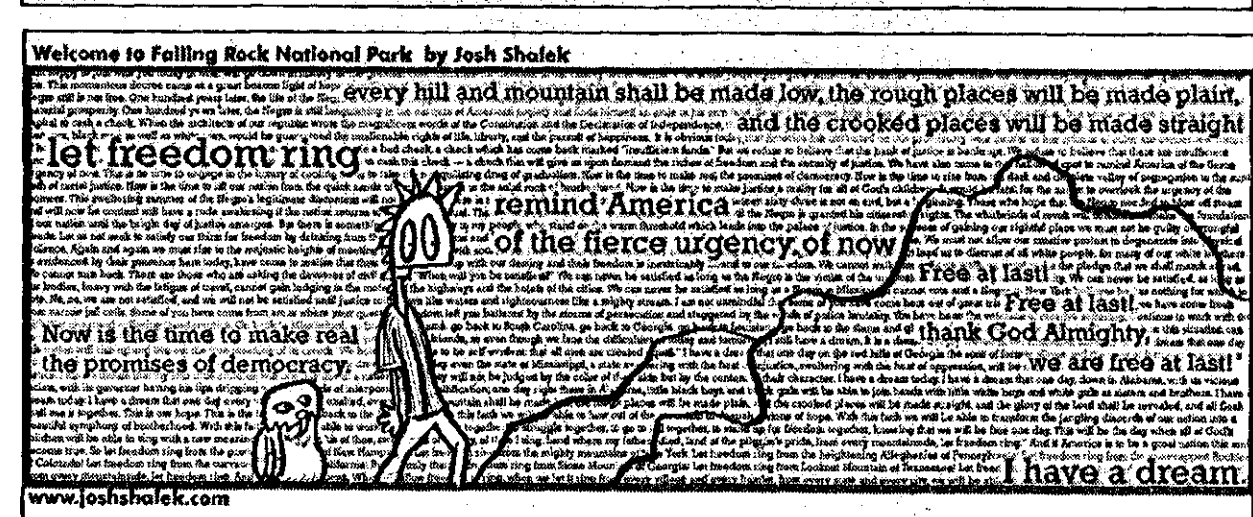
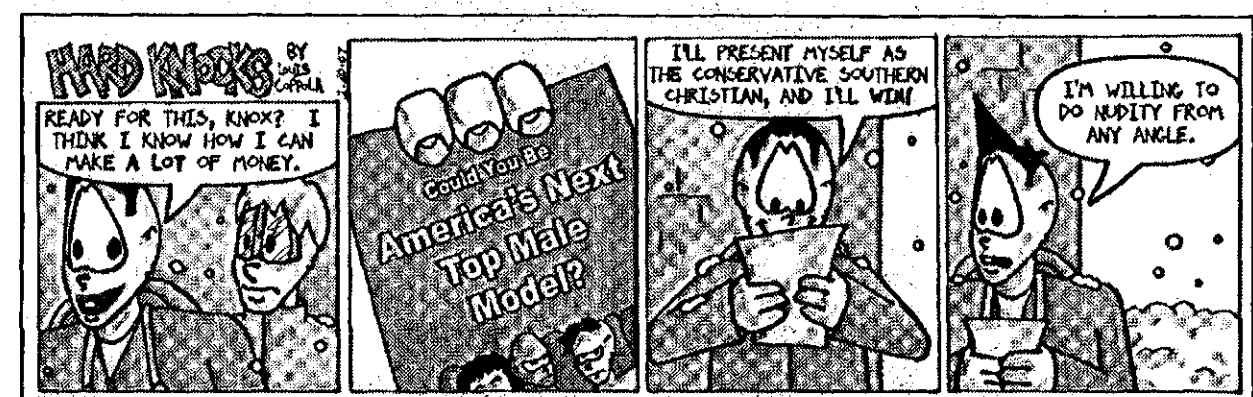
Just ask Britney Spears another one of the media favorite target. And Spears, who is receiving attention because she is now bald is getting what she deserves, but for Smith I say just let her be.

It only leads to notoriety and that's exactly what has happened to Monroe, Shakur and Princess Diana.

The only reason that these celebrities are famous afterward is because the media is trying to find conspiracies that lead to their death.

It will only continue until the public wakes up. But don't hold your breath for that anytime soon.

No matter what, those celebrities can't be brought back to life. Let all dead celebrities rest in peace or better yet, get a life!







## Stiff competition on new track field

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A brand-new track in the stadium helped to usher in track & field season for Cerritos College as it hosted the Cerritos Invitational last Friday and Saturday.

More than 30 other schools were represented including Orange Coast, Golden West, Mt. SAC, Long Beach, Pasadena and El Camino.

Members of both the Cerritos men's and women's team said that the Invitational helped to figure out the strengths of the individual runners and figure out who will be running certain distances by the time the regular season starts.

For the women's team, Tavonia Clay placed first in the second heat of the 200 meter dash with a time of 26.10. In the same heat, Khandie Brooks came in third with a time of 26.93.

Clay also came in second place in the first heat of the 100 meter dash with a time of 12.70 and placed fourth in the 200 meter dash with a time of 26.10.

In the second heat of the 100 meter dash, Raynesha Pitts finished fourth with a time of 13.43 for Cerritos.

The women's 4x400 relay team finished second with a time of 4:03.97.

Despite the placements, women's head coach Michael Allen feels that there is still room for improvement for both teams, especially in the relay races.

"We need to improve on the execution of our relay," he said. "There are technical things, such as hand-offs, that we can improve on. We're



**Digging in the dirt:** Le'Sauna Johnson reaches the ground in the triple jump at the Cerritos Invitational last Saturday. She finished sixth in the triple jump with a distance of 34' 8.25".

making inexperienced mistakes."

The women's team, who won the state title last year, lost many members from that team.

Le'Sauna Johnson, who competed in the long jump, was a member of that team and notes the difference.

"The competition seems easier this year," she said. "Last year, it took a while for me to (reach my personal best mark) in state on the triple jump. So far, I'm already there."

Johnson placed sixth in the triple jump with a distance of 34' 8 1/2".

Angela Negrete finished sixth in the first heat of the 800 meter run with a time of 2:23.89. About this year's women's team, she said, "I think we're doing well, but we need more confidence."

For the men, Anthony Harbor placed second in the 110 meter hurdles with a time of 15.14.

According to him, the men's 1600 meter relay team was missing two of its regular runners, which caused it to finish fifth out of seven spots with a time of 3:25.26.

Despite the placement, Harbor

still feels that the team did well.

"(All of the other teams) can think what they want about us, but when it comes time for the (conference) relays, then we'll be at full strength," he said.

Genoa Dill finished third in the second heat of the 100 meter dash in 11.24 and fourth in the second heat of the 200 meter dash with a time of 22.79.

Dennis Drisdorn said, "We haven't been able to show our real ability yet, since it's early in the season."

## Softball team keeps winning streak going

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Before an eight-day break, the Cerritos College softball team continued a nine-game winning streak by defeating Santa Ana on Feb. 20, 5-0.

The team also did double duty on Feb. 16 and defeated Golden West, 2-0 and Mesa, 7-3.

A inning game against Antelope Valley ended in a 4-4 tie when the weather became too dark to play in. It will be decided at a later date when that game will be completed.

The Falcons will hope to continue the streak in a travel game against Moorpark this Wednesday.

Pitcher Jessica Navarro pitched two consecutive shutouts, one against Golden West and the other against Santa Ana.

In Feb. 20 game, she struck out five batters and limited the Dons to two base hits.

Against Santa Ana, the Falcons scored four runs in the sixth inning. The scoring binge started when shortstop Jenel Guadango reached third base on a double.

The lead increased by four runs with an RBI single from catcher Charlee Cox.

Cox's base hit gave the Falcons the lead at 2-1 in the bottom of the first inning against Mesa. It increased to a 4-1 lead when Navarro scored on a Mesa error.

The Falcons got its two scores against Golden West with a home-run by catcher Nadine Garica in the fifth inning. She and outfielder Amber Cardona, who was on third

base, scored off the homerun.

In the game against Antelope Valley, the scoreboard wasn't being used due to technical difficulties to call the game inning-by-inning for most of the game.

The Marauders began with a lead that continued through most of the game.

The team scored two runs in the second inning when shortstop Kelsie Blankemeyer hit a double home run.

Antelope Valley remained two ahead until the fourth when Cerritos tied the score.

However, that meant the Marauders needed to get back their two-run lead. But it didn't take the Falcons long to catch back up.

Amber Cardona made it home during the seventh inning.

Nadine Garcia attempted to go home as well, but turned around and tried to make it back to third base. She was called out from doing that.

After the seventh inning, both teams played to a stalemate.

"We made dumb mistakes," Coach Kadee Murray said, "We're young and it shows."

When the game reached the extra innings, each team played to where they were just a hair away from scoring the winning run.

Jessica Navarro pitched the entire game for the Falcons with 11 hits and eight strikeouts.

"We fought with a lot of heart," outfielder Vanezza Martin Del Campo said.

Ashley Arnett pitched for the Marauders with 10 hits and 15 strikeouts.

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