

TALON MARKS

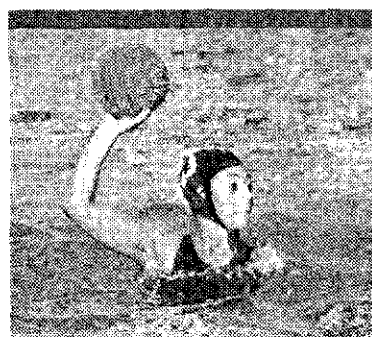
CERRITOS COLLEGE

WEDNESDAY November 14, 2007

WWW.TALONMARKS.COM

Volume 52, No. 11

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Bittersweet playoff experience

See Sports page 6

ONLINE EXCLUSIVES

•Coming soon: Audio clip of Orchestra
•Online poll
•Post comments on stories

See talonmarks.com

Orchestra provides sweet melodies

See Arts page 3



Cho, 3 return to Board seats

STEVEN MARTIN
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The residents of the Cerritos College community have spoken and they elected Ted Edmiston, Tom Jackson, Robert "Bob" Arthur and Tina Cho to represent them in on the Board of Trustees.

According to www.lavote.net, Edmiston received the most votes with 8,595, making 16.51 percent. Jackson followed with 8,220 (15.79 percent). Arthur received 7,941 votes (15.26) and Cho received 7,256 votes (13.94).

Edmiston, Jackson and Arthur will all retain their seats while Cho has been newly elected. They will be sworn in during the Dec. 12 Board of Trustees meeting.

"I thank those who voted for me," Jackson said.

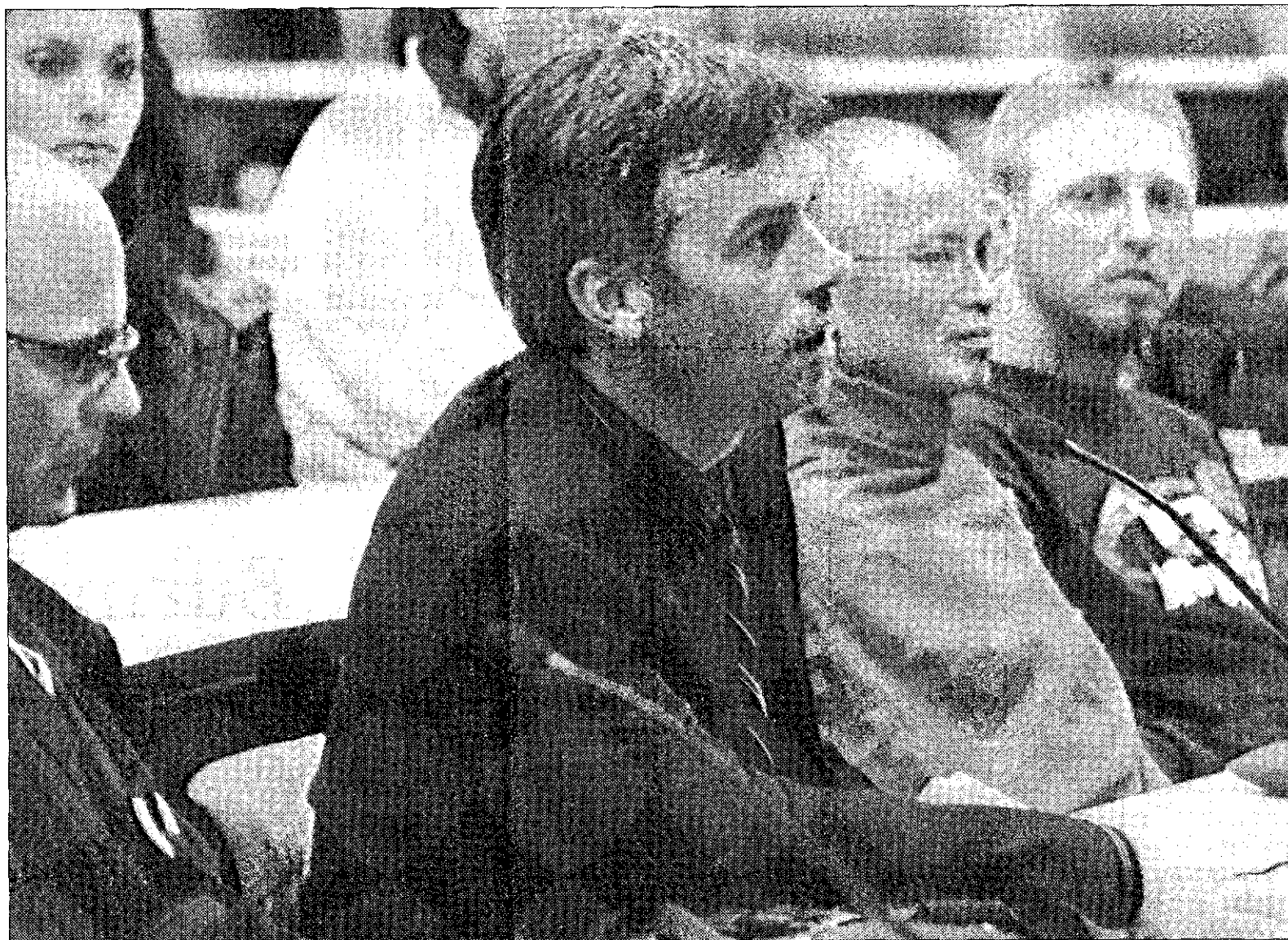
"I want to do the same as I've been doing. Look out for the students and provide them with the best education that we can offer them."

Edmiston said, "I'd like to continue to serve the community."

"There are issues that the community has the time to address. There needs to be more adequate funding for California's education."

Cho and Arthur were unable to be reached as of press time.

About Cho, Edmiston said, "She'll be a welcome addition. The electorates are smart and are perfectly able to make good decisions, she was a good decision," Edmiston said.



Discussion: Dr. John Haas, history instructor, speaks to students via intercom about the situation in Burma. Others who participated in the teleconference were the Chinese Academy of Sciences and activists in the state of Washington.

Burma, the hot topic once more

JEAN-PIERRE GIAGNOLI
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There is an ongoing situation in Burma and on Nov. 8 there was a world Internet conference, Cerritos College also took part in, at the teleconference center.

Professor John Haas set up the conference and people from all over the world spoke to help out with the Burma situation.

One major point focused on was the Global Consortium, which is an association of two or more individuals, companies, organizations, governments, or any combination of these, with the objective of participating in a common activity or pooling their resources for achieving a common goal.

Burma, officially the Union of Myanmar, is the largest country in mainland Southeast Asia.

Burma achieved its independence in 1948 and has been under a militaristic dictatorship since 1962.

The military takes what they want and

makes any rules they feel are necessary. Acting as if they own everyone and everything.

At one point even telling the people their money means nothing and when they protested many were killed the number dead from that is still unknown to this day.

Here are some facts about Burma:

- 3,000 villages have been taken over,
- Millions of people are without homes,
- They have more child soldiers than anywhere else
- And women are raped as a form of warfare.

Zoya Phan, an activist, spoke by phone from London about how when she was 14-years-old the military took over her village there and build their own facilities on site.

Her family and others were stuck in the forest for at least month and ended up in a refugee camp in Thailand and that's where she grew up.

She stressed how this has been going on for years and little is being done.

Buddhism is very big in Burma and many monks pray and want to really see a change there.

The monks there and all around the world have been very involved in the situation and some have been killed for protesting there as well.

They have marched barefoot in the streets and ask for an apology for the ones they killed, to free a hostage they have and create democracy.

The monks said that people sit at home and

See Teleconference page 2

"This is a brotherhood and sisterhood around the world that is very tight and it promotes global studies bringing all people together to discuss and learn."

- John Haas, history instructor

Former students discuss journey

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Four former Cerritos College students spoke to the Accounting Club about their journeys from students to working in the professional work force last Thursday.

The room was full with only three empty seats, secretly hidden behind the attentive crowd.

The accounting club in room SS 141 hosted this event at 11 a.m.

The speakers gave their experiences on transferring to universities as USC, UC Riverside and Loyola Marymount, to Big Four Company.

A Big Four is a group of international accountancy and a professional services firms, that handles the majority of audits for publicly traded companies as well as many private companies.

One of the keynote speakers named Angad Allagha, a former Cerritos College student and a current Ernst and Young employee, spoke of his adventure from India to UCR to E&Y.

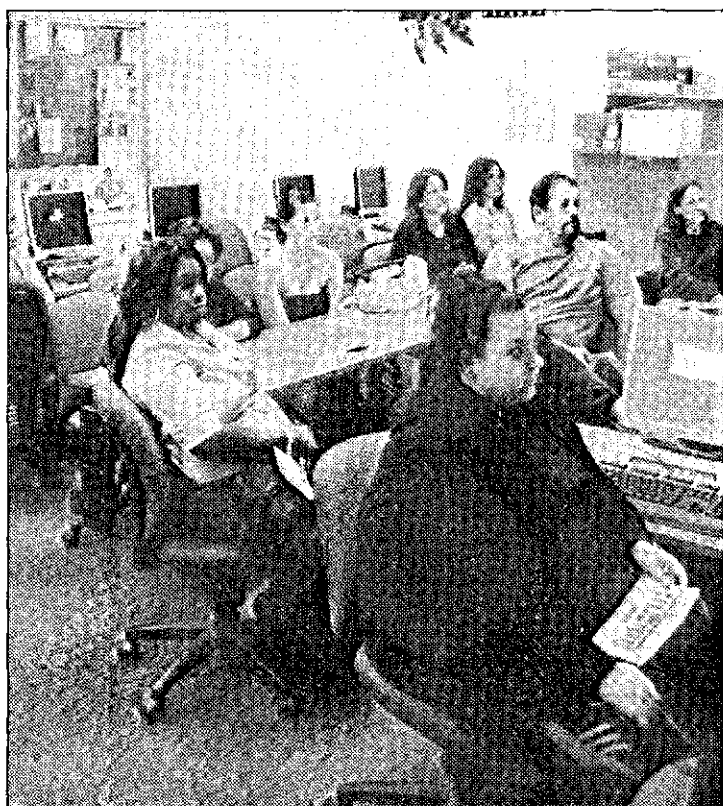
He discussed his path and how he benefits from working at a prestigious corporation where he has control over little pleasant details, such as traveling.

Jinal Parikh, a former Cerritos College student and a current Deloitte employee, shared with the classroom full of students of his struggles as a foreigner coming here to America from India.

He spoke, through his experiences, about how persistence and perseverance showed to be key to reaching one's goals, as he has seemed to have reached his goals.

See Accounting page 2

WHAT'S YOUR TYPE?



Ashaka Mathews/TM
The typewriters: Students fill FA73 for the Court Reporting Club's orientation Tuesday. The purpose of the orientation was to get students to join the program for the next semester. The event was hosted by Vyki Morgan, co-chair of the Court Reporting Department.

Clubs thanked for their homecoming participation

TIM DICKERSON
News Editor
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Homecoming, the leadership conference, the Turkey Trot and an upcoming blood drive were all discussed at Nov. 8's ISCC meeting.

Dean Ackland, coordinator of Student Activities, thanked clubs for their participation in float building.

"I really appreciate everyone that worked on the floats," he said. "I really hope you had fun with it."

The theme for next year's homecoming will be decided next year.

The clubs were asked to think about ideas for what the theme should be.

Awards applications need to be turned in. Ackland recommended submitting them because four-year schools are looking for students who get in-

involved on campus.

The leadership conference application deadline is coming up and spots are filling up.

"I've never had anyone come back and say [he or she] wished [he or she] hadn't come," Ackland said.

The Turkey Trot is going to be on Nov. 15 at 11 a.m.

"It's a two-mile race," Nadia Flores said.

Rob Torrez, the "local vampire" of the American Red Cross, came to talk about the upcoming blood drive at Cerritos.

It will be on Nov. 27 and 28 at 8 a.m. to 8 p.m. It will not be in the Student Center, like it usually is, but there will be two busses outside where students can go to donate blood.

With the California fires, not a lot of people were donating blood.

"We desperately need blood," Torrez said. "We were losing 300 pints a day."

Senate educated about C.I.T.E.

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Nick Kremer, Executive Dean of C.I.T.E. (Community, Industry, and Technology Education) spoke to the Senate about his program.

The Senate also discussed plans of an upcoming book exchange program, the leadership conference, and food on campus.

The C.I.T.E. program consists of economic development, adult education, and community education.

"[Community education] is a very successful summer program,"

See Senate page 2

Maintenance worker receives award

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The Accreditation Committee presented itself at the Board of Trustees in a study session meeting last Wednesday.

Afterward, the Board held its official meeting in which it congratulated the ASCC on the Homecoming celebration and voted unanimously to approve consideration of local hiring standards.

Also, a plaque was also presented to Fred Williams, a maintenance worker, who will be retiring from Cerritos at the end of the semester.

"If I had to work at any place, then this would be it," he said. "I'm kind of sad to go, but glad at the same time."

The chairpersons of the accreditation committee are:

- Linda Rose, administrative co-chair
- Bob Livingston, faculty co-chair and
- and William Farmer, accreditation liaison.

The session was a study session, which meant that the Board did not give comments or make a ruling, but rather just listened to the information.

According to Rose, about 70 people were part of the committee. The accreditation process has four standards: mission and institutional effectiveness, student programs, re-



Board of Trustees: Fred Williams (middle) receives a plaque for his years in service working at Cerritos College.

sources and governance. Each standard has a self-study committee.

Farmer said that the committee has been working on it for two and a half years. For the most part, Cerritos College is doing well, according to the results of the committee's study.

"In the study, we've found that the school has an excellent set of technological resources, new buildings and the promise of more. We have a lot of courses to offer students," he said.

"We also found that we need to improve student learning outcomes, meaning that we need to increase the number of students who pass classes and earn degrees.

"The key is to move in the right direction."

An accreditation team from the Accrediting Commission for Community and Junior Colleges is scheduled to be coming to Cerritos during the spring semester.

The Board also congratulated the ASCC on the success of the

Homecoming celebrations.

"They took what could have been a disaster (with the game being cancelled) and made it into a great event," John Moore, Board member, said.

Dr. Noelia Vela, superintendent, reported that she enjoyed the homecoming luncheon. "It was one of the best luncheons I've been to and I've been to a lot," she said.

The next Board of Trustees meeting will be held on Dec. 12 at 7 p.m.



Teleconference: John Haas speaks during about the situation in Burma during a teleconference on Nov. 8.

Teleconference: Haas talks about Burma situation

Continued from page 1
watch these things happening on TV and other forms of media but don't do anything about it.

This conference is actually a 15-minute commercial that will be shown around the world to inform and help the people in Burma.

Some of the others involved in the conference were the Chinese Academy of Sciences, activ-

ists in Washington and others from around the world

"Only 20 or 30 people across the world are part of the conference and that puts Cerritos in a good place," Haas said.

This is a brotherhood and sisterhood around the world that is very tight and it promotes global studies bringing all people together to discuss and learn."

Accounting: Inspirational stories

Continued from page 1

Also about how his support was "giving me a profound foundation to build successful career for me."

Now he realizes that his family's risk of moving here "with financial instability, and uncertainty," had made him "grow up faster than anyone could anticipate."

His key point suggestions to all students were to:

- 1) Have some good friends, who will motivate you for study.
- 2) Do not get discouraged, if you are failed in one

or two classes,

- 3) Do participate in extra activities then study.

Both of their stories left an inspirational vibe in the room because of their ability to relate to the crowds relative background.

The event was concluded with each of the four speakers going to a different corner and students approaching them to ask questions regarding success and guidelines to achieve what they have.

Senate: C.I.T.E. offers classes

Continued from page 1

Kremer said

He said, "We offer all kinds of classes."

"These aren't semester-long classes," he said. "These are very short term."

The program targets people from the community, employers/employees, community groups, government agencies.

It also is great for recent immigrants with its VESL (Vocational

English as a Second Language) program.

Kremer said, "We want you to be aware if you know someone who would benefit."

The program has 21 full-time staff members, a budget of \$7 million and serves over 20 thousand students a year.

Kremer said the United States is expecting to have not enough educated workers in the future.

"That's another area we try to

work on," he said.

In other business, ASCC Vice President Michael Barrita said, "We are hopefully bringing someone in next week to present about the UC Davis Book Exchange program."

The leadership conference was 20 students away from being full.

Sen. Maria Rios said she will be taking a survey of what kind of food students want on campus.

STUDENT CLUB EVENTS

Economics Club: Arlington West

showing the film of Arlington West, "temporary cemetery" in the sand

Guest speaker:
A mother of a US soldier died during the war.

Thursday
11:15 a.m.-12:30 p.m.
at S-201 (Science)

ASCC: Food Drive

Bring your canned goods between 8 a.m. - 4 p.m. until Nov. 30 to Student Activities.

Our club competition ends this Friday.
For more information call
562.860.2451 x2473

Economics Club: Poverty & Hunger

Oxfam Global Poverty Campaign

Poverty & Hunger
WHY

Nov. 29
11 a.m. - 12:30 p.m.
at S-201 (Science)

Advertise your Club activities/events for

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Contact Alicia Edquist for details (562) 860-2451 x2617 or stop by
FA42 -Talon Marks Newsroom

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Artists of music: Last Friday night, the Cerritos College Orchestra performed for its audience, along with the Artisti Chamber Orchestra band.

MICHAEL AGUDO/TM

Orchestra performs free show

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The Cerritos College Music Department and the Associated Students presented an Orchestra Exchange Concert on Nov. 9.

The concert featured both Artisti Chamber Orchestra and the Cerritos College Orchestra.

Artisti Chamber Orchestra played six songs at the beginning of the concert:

- Palladio by K. Jenkins
- Nessun Dorma by G. Puccini
- Last Spring by E. Grieg
- English Folk Song Suite by R.V. Williams
- Allegro in D for Strings by A.

Vivaldi

- Chanson de Matin Op. 5 No 2 by E. Elgar

David Betancourt directed the Cerritos College Orchestra. Ending the concert, Cerritos played the last following five songs:

- Russian Sailors' Dance from "The Red Poppy,"
- Alleluja,
- Finale from "Symphony No. 88,"
- Troika, from "Lieutenant Kije"
- and "The Prince of Egypt."

Amanda Valles, music major, has been playing violin I in the orchestra for a long time.

"I started when I was in the fifth grade when I lived in Colorado, and I just pick it up from there," she said.

Some members of the orchestra had their favorite songs.

"I liked 'The Prince of Egypt' because (the music) was so easy and it's a good movie," Michelle Tisdale, child development major, said. Tisdale plays the violin III.

Lynn Smith, music major, played the cello and also enjoys "The Prince of Egypt."

"I like Prince of Egypt because it has a lot of nice melodies in it," Smith said.

"It's from Italy so it changes personality a lot and sort of tells a story."

Stephanie Cabriales, English major, played violin I.

"I liked Symphony No. 88 because it was the most challenging

one," she said.

Daniel Ha, music major, played clarinet.

"I enjoyed the string section in the first group, they played really well together," Ha said.

Hector Ortiz, music major, also played the cello.

"I liked they Russian choral because of the cello solo," Ortiz said.

Flora Cheng, music major, played timpani.

"In orchestra I played timpani but I also play other instruments like the clarinet, piano and a little flute," Cheng said.

"When I was little I heard a lot of classical style music and I really like it."



PHOTO COURTESY OF WARNER BROS. PICTURES/MCT
Vince Vaughn (center) stars as Fred Claus in the Warner Bros. Pictures comedy.

Santa's older brother gets his 15 minutes

JEAN-PIERRE GIAGNOLI
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for playing in comedies.

He seems kind of like a bad guy at the beginning and then turns out to be a good and caring person.

The funniest thing, no surprise, is how tall Fred is and the way he looked around the elves and didn't really fit in around the North Pole.

This creates a lot of problems with Santa and Clyde who is evaluating the efficiency of Santa and the elves.

Fred was always overshadowed by Nick even as a child and he was angry that his mom would always say that he should be more like Nick.

The reason for getting back together was because he needed to be bailed out of jail and money to buy a place and open a business.

At this point he called Nick for the money and he agreed if Fred would work at the North Pole and help out for Christmas with hilarious results.

So I would recommend this movie. I thought it was good for families the most, but a nice comedy and good message at the end as well.

A new story is being told in a land not so far away from where we are and far, far away too.

Fred Claus is the story of Santa's brother and how what Santa was like affected his life.

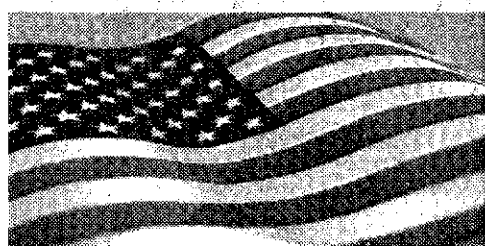
The movie was good altogether not as funny as I thought it would be but still funny and carried a good message in it too.

It had a nice flow to it from funny to serious and went that way throughout the movie but more serious toward the end.

Vince Vaughn plays Fred Claus and Paul Giamatti was Nick "Santa" Claus with Kevin Spacey as Clyde, the evaluator, Kathy Bates as the mom, Rachel Weisz as Fred's love interest and Miranda Richardson as Mrs. Claus.

It is more of a family movie than a comedy but contained elements of both, which makes me say it was good but not great.

If you like Vince Vaughn then you may like it just because he plays that character he is so well known



**** Mark your calendar! ****

U.S. Congresswoman Linda Sánchez Comes to Cerritos College

All Cerritos College students, faculty and staff, and residents from California's 39th Congressional District are invited to stop by and join Congresswoman Linda Sánchez at her Community Office Hours.

Talk with Congresswoman Sánchez one-on-one and share your thoughts on issues that affect you and your community.

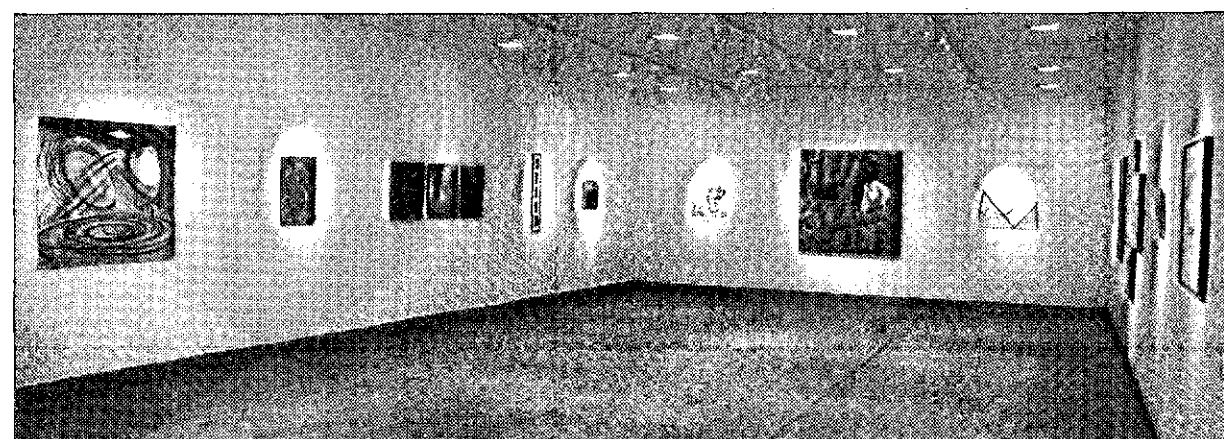
Learn about recent accomplishments by Congress to take America in a new direction, including passage of the College Cost Reduction and Access Act:

- Cuts student loan interest rates in half
- Increases Pell Grants
- Forgives loans for graduates who choose public service careers

Community Office Hours with Congresswoman Linda Sánchez
3:00 - 4:00 pm Tuesday, November 27th
Falcon Square

**** For more information, please call 562-860-5050 ****

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MICHAEL AGUDO/TM

Artists at work: The art gallery until Nov 27 will display work created by several photo and art instructors.

Faculty art exhibition 2007

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The Cerritos College Art, Design and Photography Departments are currently presenting the Faculty Art Exhibition 2007 in the Cerritos College Art Gallery.

The exhibition opened on Oct. 30 and will be running until Nov. 27. A welcoming reception was held for the artists on Nov. 6.

The artwork is being displayed in FA50, located behind the Student Center, near the Classroom Building.

The exhibition includes artworks by faculty in many different media, including, but not limited to, painting, print making, sculpture, ceramics, graphic design, animation, and photography.

The exhibition features the best of, most recent and diverse artworks from all these artists.

Hama B. (Steven Hirohama), Cerritos College Film Instructor, has artwork on display.

His work is entitled "13 Stages of Onigashima Diptych, Aka Oni (Red Orgy), 2007 and Kappa (Water Imp), 2007." It is oil on canvas and

its dimensions are 24" by 24".

John Ahr, part-time Cerritos College instructor, has a mixed media artwork piece entitled "A Universe" (Triptych), 2007 whose dimensions are 24" by 65 1/4" on display.

"Untitled (#1-3)", 2007 by George Dinhaupt, part-time photography instructor, is Polaroid on paper that is 8" by 22".

A 24" by 20" by Cristina Fernandez, photography professor, entitled "Space Available No. 9 (Old Paintings)", 2004 in c-print is on display as well.

Other instructors with artwork on display include: Bonnie R. Barrett, Andrea Bersaglieri, David Di Michele, John Doyle, Daniel Du Plessis, Megan Geckler and Rebecca Guzak.

Those instructors with photography on display include: Karen Emmett, Mark Flanders, Peter Holzhauer, Edward Heckerman, Mark Nelson and Ronald Santos.

The fine arts faculty members are working artists, involved locally and internationally as exhibiting artists and industry professionals.

This exhibit is done annually to give a chance for the instructors to display their work and be recognized for not only what they do at the college but outside as well.

For more information go to www.cerritos.edu/gallery or contact the art gallery at (562) 860-2451 ext. 2612. Also e-mail the art gallery at: art-gallery@cerritos.edu.

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EDITORIAL

Board must be accountable

The Board of Trustees elections have passed and those who have been elected owe it to the community that it represents to make sure that it acts upon the things that have the best interest of the community in mind.

The Board needs to continue to listen to the concerns and voices of all that make up the community; that not only includes students, but also faculty and staff.

But not only does the Board share some accountability, it is also up to the community and school members to continue to voice their concerns.

Some community members were unhappy with the direction that the Board was headed in.

But whether you like those who were elected and re-elected, these are the people who will be representing us.

It is our job to continue to voice our opinions and make sure that the Board hears every concern.

Programs such as Teacher TRAC, Automotive Alternative Fuels, Project H.O.P.E., Wood Manufacturing Technology, Allied Health programs and Adult Education, among many others, must continue to be the focus of the Board.

The Board should make the best decisions with all in mind and not cater to special interest groups.

These people will be representing us for the next four years and it is up to us to make sure that they have our best interests at hand.

Though it represents the community members, staff and faculty, unfortunately, there are still some students who don't even know who the Board is, or what its respon-

sible for. That is a sad fact.

Some of the main people who the Board is responsible for representing don't even know or care to know about it.

These are the people who could possibly dictate the future of the campus and those of future students.

It is in the best interest of those who don't know of the Board's purpose to find out who it is and what it does.

One step toward this enlightenment is attending a Board meeting. It usually happens every other Wednesday, usually at 6 p.m. The Board schedule is online and so is its agenda at www.cerritos.edu/board.

Sure, the meetings may appear to be boring, with just a bunch of elderly men and women sitting around talking.

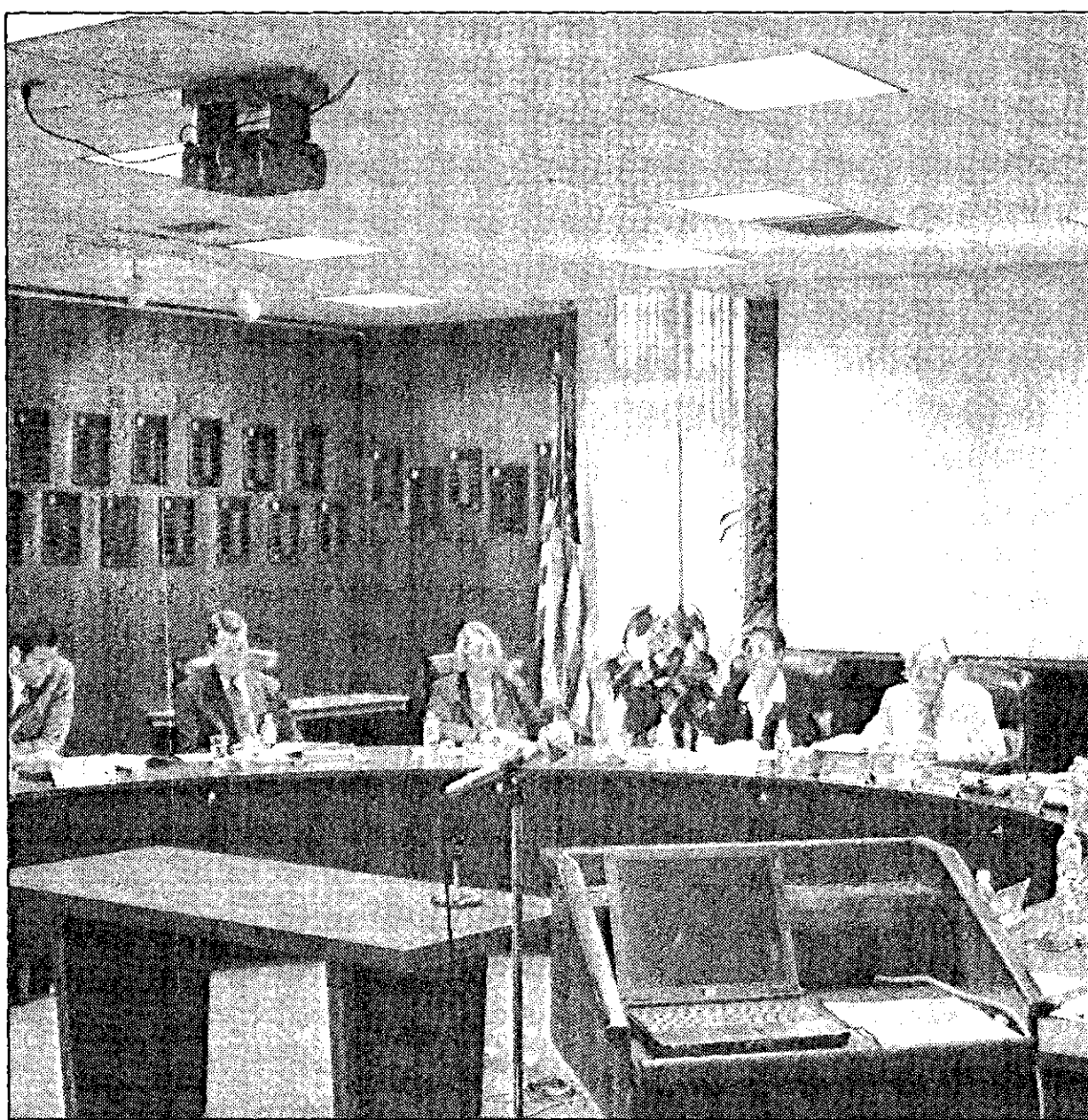
But many, if not all, of the things that are discussed at these meetings will affect us directly and indirectly.

Not only do students have a responsibility to find out about the Board, the Board members should extend themselves to the campus.

Board members should go to club meetings and let the students know about the Board and what it does. Continue to attend student activities and show support and school pride.

After all, the students will be ones the most greatly affected by the Board's decisions.

By the Board working together with the community and with more students taking an active role in becoming involved in the decisions of the Board, we can all make a positive impact for the Cerritos College community.



Board of Trustees: The Board usually meets every other Wednesday at 6 p.m. to discuss important school matters throughout Cerritos College.



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.

Euthanasia deliberates

People fail to see the importance of life and disregard it as something that can be disposed



Arturo Florian
Staff Writer
artorian7@talonmarks.com

Euthanasia is the abortion of grown people and it should not be a solution to end the lives of many of the elderly or vegetables.

Euthanasia is the deliberate killing of someone by action or omission, with or without that person's consent, for what are claimed to be compassionate reasons.

There is a growing tendency to promote premature death as a solution to suffering, pain, aging, social ills and rising health costs.

Public sanctioning of euthanasia (as shown in the Netherlands) has led to increasing use of euthanasia without consent, circumvention of the law and abuse of the vulnerable.

The public, including the medical

profession, needs more knowledge and understanding regarding effective pain control and shouldn't resort to death as the solution.

If I get my finger cut off and I am in huge pain, should I kill myself to end the pain?

There is always an alternative.

Advances in pain control are threatened when euthanasia and assisted suicide are sanctioned as a means of relieving pain and suffering.

Depression happens to be the most common factor in these requests for assisted suicide and to control that issue would be too difficult.

Many of you might remember when Terri Schiavo was one of the big issues in

the news.

The main concern of people was whether or not she had the right to die to avoid pain, misery and the life of a vegetable.

Her husband made the decision to pull the plug on her and sent her to an early grave.

Activists, or supporters of euthanasia, often claim that laws against euthanasia and assisted suicide are government-mandated suffering.

To ridicule this claim, it would be similar to saying that laws against selling contaminated food are government-mandated starvation.

Who are we to play God when it comes to life or death?

People fail to see the importance of a life and disregard it as something that can be disposed of.

Does not anyone realize that everyone only gets only one life to live?

I do and that is why I oppose euthanasia.

Shopping 'til you're hassled

Salespeople are trying too hard to get customers to buy their products



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Have you noticed anything lately when you go shopping at certain places? I have and it is getting worse.

What I'm talking about is shopping turning into telemarketing, trying to sell you more than you want and need.

It seems that if you buy something over \$50, salespeople want to sell you their warranty or service plan or whatever crazy things they come up with.

I don't know about you, but when I go to the store, I know what I want to get and I want to get in and out without any problems.

So now not just looking for what you need, long lines and people with a bucket full of change, but also an argument over extended warranties or service plans.

I am fed up.

First you have to get calls at dinner about some junk or card or survey and then you think in other aspects of your

life it will be easier.

Wrong!

Now at all these electronics stores and beyond they ask if you have the battery, the latest game, warranty, service plan, replacement plan and the list goes on.

I just want to get what I want to get and nothing more and I don't see how they don't get it.

The salesperson tells the person in front of me about warranty and they say no than I come up and they tell me the same thing that I just heard and I say no.

Why do they want to push so much? I guess they get a commission or a good report or something.

I understand it is part of their job but I get it after the first time I'm told about it. You don't have to argue with me about warranty or service plans or whatever it is.

I am very serious and upset, it is very frustrating, you see them holding your product almost taunting you without ringing it up just holding and talking about how good the plan is.

Is the product really that bad? Is the company unreliable? Did you do something to the product or just want more money from me?

These are the questions I ask and will continue to ask as long as they are so pushy and what if nothing happens? I should be able to come in and get that money back.

Nope, that is not how it works out. I guess from now on I will have to walk to a register and say before I pay, "No, I don't want anything extra, I just what I came to buy".

No service plans, no warranties and no new cool things or offers.

I have enough to do, don't give me more.

It is a reality that people are greedy and cheap so if they had something really great to offer, they wouldn't have to mention it.

FREE SPEECH ZONE!?

What issues do you feel the Board needs to address?

COMPILED BY: SCOTT WATKINS
PHOTOS BY: LIZETTE CASTRO



"The Board needs to try and get students to vote and register to vote because most 18-year olds do not get involved."

ISAIAS GONZALEZ
international business major



"The Board needs to get the lights in parking lot fixed and fix the emergency phones because at night this campus is not safe."

JANET RODRIGUEZ
psychology major



"The Board needs to reduce the prices of books and tuition."

MARTIN MARTINEZ
film major



"The Board needs to find a way to make textbooks cheaper by creating a co-op or student book exchange."

MARY LOVE
anthropology major



"The Board needs to be stricter on the skateboarders because they run into people, and they need to do something about the smoking policy."

RICHARD VELA
psychology major

Cut down on fast food

(U-WIRE) LAWRENCE, Kan. - It's a Thursday night and hunger is calling. Like an earthquake, your stomach ruptures with the need for food.

At first you think about making something from your kitchen. Ramen noodles, PB&J, leftover spaghetti from a week ago.

But none of these options sound appealing, so you do what a majority of college students do: You go for fast food.

Fast food is everywhere. It's available from the main corners of a busy street to the luxury of your own home.

Fast food has become as American as a baseball game, and the effects are quickly catching up with us.

The nation has become a culture of fast food eating and on-the-go living, ultimately creating "fat" America.

However, as it turns out, fast food has some advantages in the short term.

In all reality, people like the fact that it's "fast" and "convenient."

There is no other food that you can go out, pick up, and have ready in a moment's notice.

Ultimately, you don't have to cook, shop or even wash dishes. All you have to do is eat and throw away the trash. In the end, you are saving



Chelsea Durbin
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an immense amount of time.

Nevertheless, there seems to be a direct link to obesity in America and fast food.

A typical meal from a fast food restaurant, say a serving of fries and a cheeseburger, adds up to over 1,000 calories per serving. This is about half the recommended dietary allowance for an individual per day.

In 2006, obesity levels of the average American had risen 25 percent since 2004. About one-third of all Americans over the age of 20 are considered obese.

The risks involved with developing obesity are the main concern when looking at this problem spreading through our nation.

Premature death resulting from heart disease, stroke, diabetes, fatty liver disease or cancer are all risks involved with becoming obese.

However, being consciously aware of this problem is the first step in conquering the link to obesity and fast food.

Being a college student, I know how easy it is to grab something

on the go and to fulfill the hunger need.

I have fallen victim countless times to the world of fast food, because time between work, school and a life doesn't always supply enough to cook a meal.

Fortunately, fast food has begun to add new items to value meals or other side items to encourage healthy eating habits.

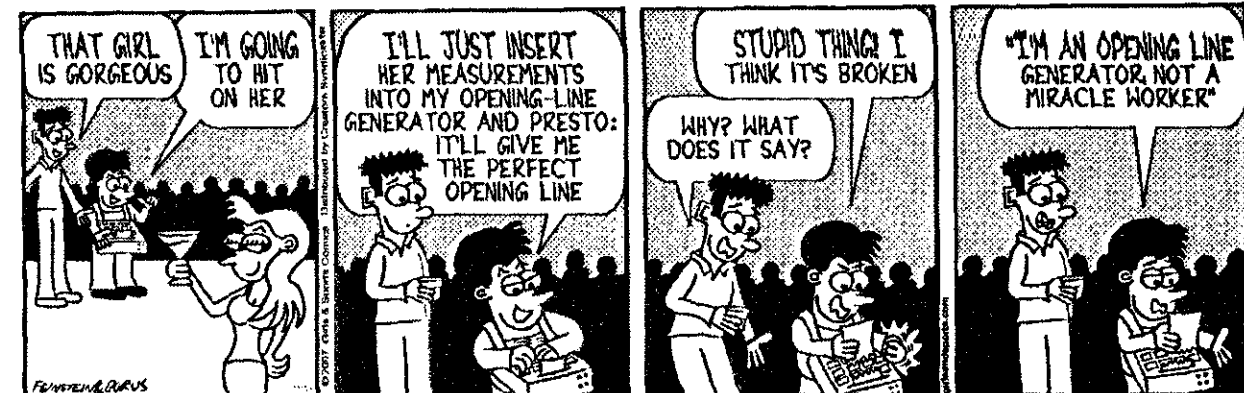
Side salads, grilled chicken, fruit cups, yogurt and milk have all been added to menus as options for alternative eating.

Consciously choosing healthier options at fast food restaurants only benefits your health in the long run, but just because these options exist does not make fast food a healthy diet.

Loading on additional sides or adding lots of dressing to that salad only makes the calorie count go back up.

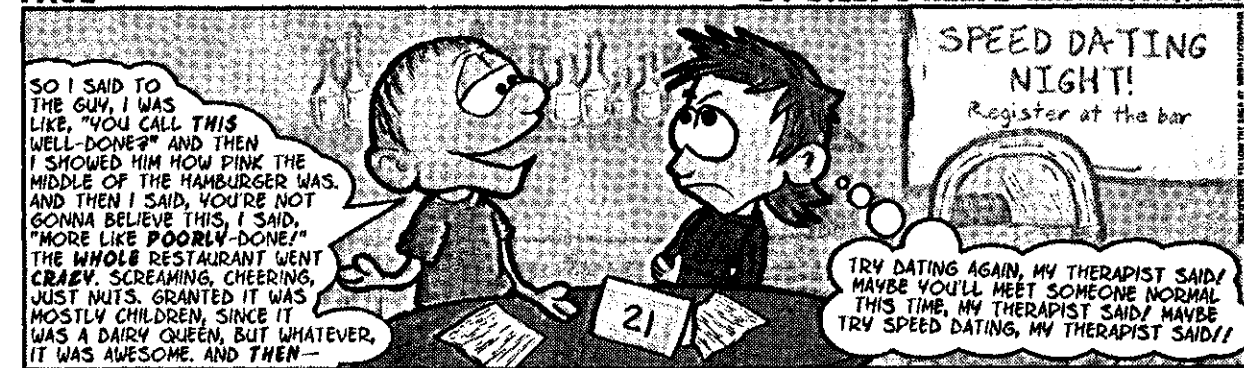
Understanding that the decisions we make now will ultimately affect our future is something we must be aware of. If time is on your side, go home and make yourself dinner. If it's not, choose wisely when dining out. Your body will thank you in the future.

GIRLS AND SPORTS



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BY BILLY O'KEEFE MRBILLY.COM/PAUL



Brothers Watt



SCREENWRITERS' STRIKE WOULD SILENCE TALK SHOWS



Music should not be free

(U-WIRE) CORVALLIS, Ore. - They say that you get what you pay for. We've all found the truth in that by now, and we've been willing to follow that rule, balancing price versus quality in everything we buy.

We've always accepted the fact that if you want something you will have to pay for it.

But now there is a strange new moral dilemma; what if you could just as easily steal it? What then?

Of course, what I am speaking of is the illegal downloading of music, video, and even literature from the Internet.

Never before has it been so easy to steal and get away with it. And never before have so many people been participating in this illegal practice.

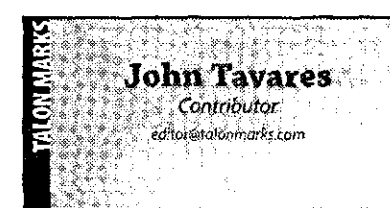
It seems strange that so many normally innocent people do not find it wrong. After all, these are not hardened criminals, and it is doubtful any would be so casual about shoplifting or stealing purses.

It seems that we have grown so used to having access to free music through the radio that we believe we have the right to free music, period.

Plus, back in the cassette era, it was quite common to make mixed tapes by recording songs off the radio, or copying the tapes from a friend's collections.

The RIAA did not begin to punish this practice until Napster's creation, which threatened is CD distribution profits.

But technology has not only



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made it easier to steal music; it has also practically necessitated it.

This is where the paradox comes in. As computers and music players, such as iPods, become more advanced and their capacities grow, we are able to fit more data, i.e. music, on them, which drives a demand for music.

Let's look at the iPod, which is capable of carrying 1 gigabyte to 160. A gigabyte is one thousand megabytes of information, and the average three-minute song is about 3.5 MB.

This means that about 285 songs, or 23 albums, can fit in a small iPod. With the average album being \$15, a small iPod can carry \$345 worth of music, and the largest iPod can carry well over \$50,000 in music).

This was a lot of math for a newspaper column, I know, but stay with me. This used to be the extent of many people's CD collection.

But as demand for music has grown and with the amount of bands growing exponentially, it has become difficult to limit one's music collection, but impossible to afford to reach its full potential.

We rely on stealing music just to stay abreast with the changing musical scene and our growing libraries. Of course, that still doesn't make it completely right.

Now you can probably see why

the RIAA has become so fanatical about stopping illegal downloading; it stands to lose a huge amount of money through sales.

However, the music industry, if not the major labels, also relies on it, especially the smaller, less well-known bands that use free downloads as a way to reach new fans and get their name out.

They offer free downloads hoping their loyal fan base that will pay to go to their shows and buy merchandise.

There are also alternatives to illegal downloading, such as advertising-based Ruckus and Rhapsody who offer free downloads, and make money from the ads you must watch while getting your files.

Though Ruckus is a great legal alternative and is pushing in the right direction in this free media world, it has chosen to protect its downloads with digital rights management software that prevents the songs from being played on any other computer or device.

Also, your membership must be periodically validated or the songs will not play, which means that once you graduate and can no longer use Ruckus, the music you've downloaded becomes useless.

The industry will never be able to completely stop illegal downloading; after all, we have come to believe it is our right.

The labels must instead find a way to embrace this mentality, finding other ways to profit from our music lust, instead of punishing its own customers.

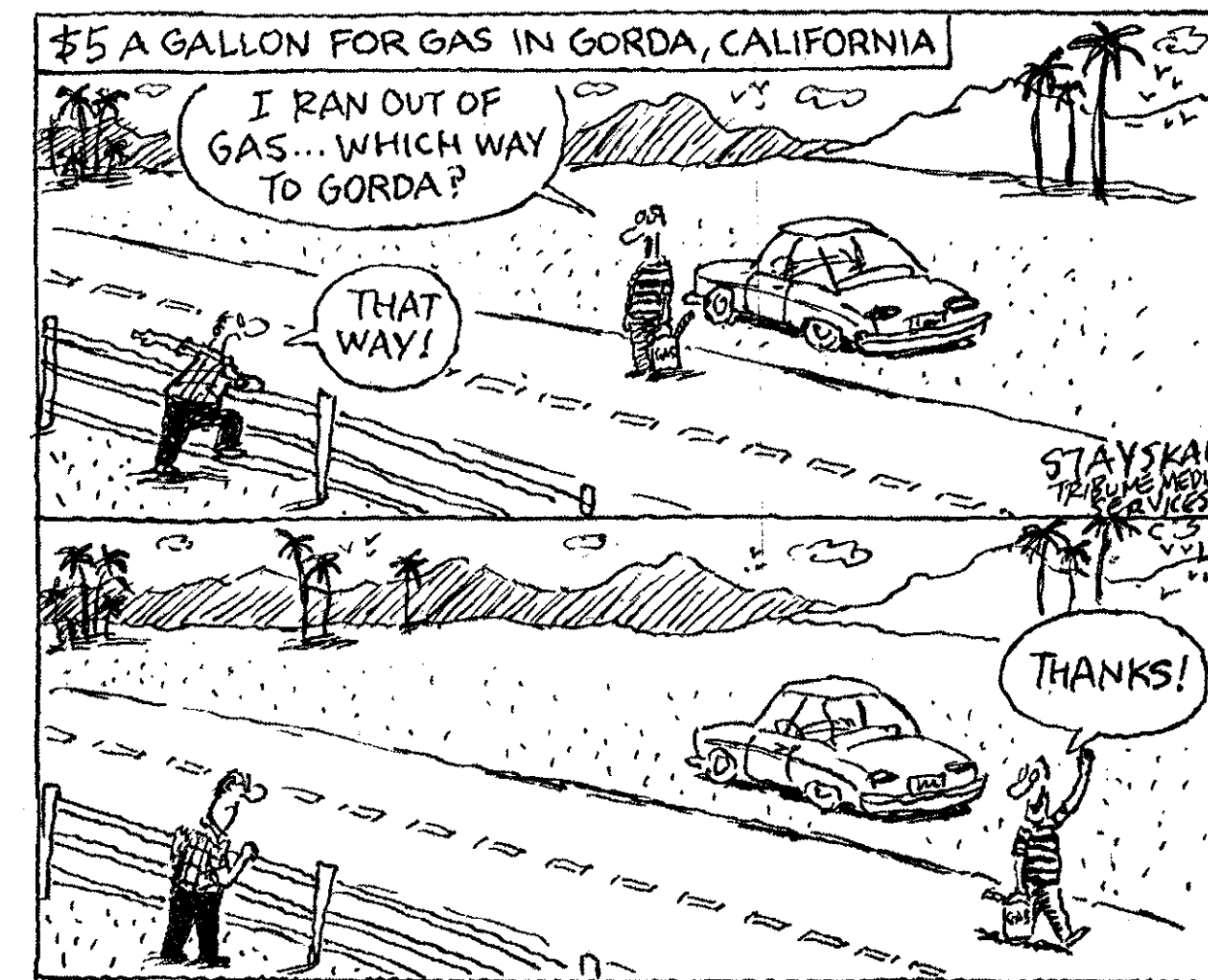


DREAM NATION

by LOUIS COPPOLA



GIRLS AND SPORTS





Above Left: Driver Ashley Badali (No. 5) looks for an open teammate against Long Beach on Saturday afternoon.



Above Right: Goalie Sarah Kenny dives across the net trying to stop the shot by Chaffey College on Saturday.

Far Right Top: Left hander Hannah Llamas (No. 17) gets ready to shoot on the Chaffey College net during Saturday's third place game.

Far Right Bottom: Hannah Llamas gets swarmed by the defense of Chaffey College.

ALL PHOTOS BY SCOTT WATKINS



Right: Driver Angela Chairmonte (No. 13) attempts a shot on Saturday afternoon against Long Beach.

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The Cerritos College women's water polo team won its first playoff game in school history on Friday night against Cuesta College, but then lost twice on Saturday and was eliminated from the post season.

"This is a great accomplishment for the team and the coaching staff is very proud of (it)," head coach Sergio Macias said.

Friday night's game was highlighted by the play of goalie Sarah Kenny, who made big stop after big stop, holding the Cougars to only seven goals through four quarters and overtime.

One block came on a fast break where Cuesta had a point blank shot and she was able to jump across the net and started the Falcons on a fast break.

Kenny said that she was thinking, "I need to get this stop so my teammates can get out on the break."

The game went into overtime with the score 7-7 and the defensive play of the Falcons frustrated the Cuesta attack.

The Falcons did not let up a goal in overtime and were able to score because of a turnover that led to a fast break.

With just a few minutes left, the Cougars' frustration showed when Chelsea Curtis, utility, threw the ball at Vivian Aguirre, driver, and then took a couple swings at her.

The fight resulted in both players being ejected from the game and they were also suspended from the next game.

"The whole game, she was on top and we were playing each other tough. But then out of nowhere she started fighting me and I had no choice but to defend myself," Aguirre said.

The win advanced Cerritos into the semi-final against rival Long Beach.

In the game against Long Beach, Aguirre, who is a starter, was not able to play because of the altercation she was involved in during the previous game.

Long Beach was able to control most of the play and never relinquished the lead.

Cerritos was forced into bad shots by the Long Beach defense and lost the game, 8-4, sending the team into the third place game against Chaffey College.

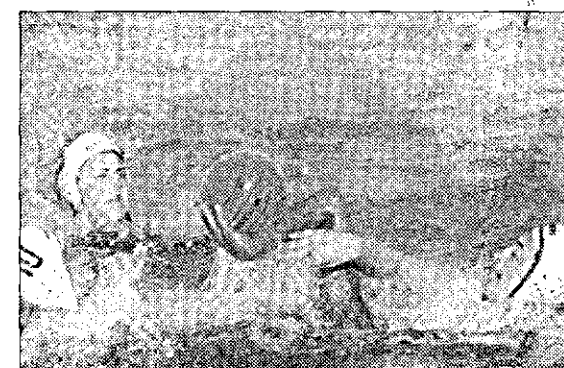
In the third place game, the Falcons played tough with the score tied going into the final few seconds of the game.

With five seconds left in the game, Chaffey was able to break out and score on Kenny to give Chaffey the 7-6 win over the Falcons.

"We had trouble putting the ball in the net throughout the season and it really hurt us during the two games on Saturday," Luis Flores, assistant coach, said.

The team is now looking forward to next year with many players returning.

Flores said, "We told the team to look around and feel what the playoffs are about because next season, we will be here."



Overall team stats for the 2007 season

Name	GP	G	A
Stephanie Rosero	30	98	6
Ashley Badali	29	52	11
Vivian Aguirre	29	36	24
Jackie Guerrero	24	36	8
Hannah Llamas	31	29	16
Denise Vega	31	27	12
Angela Chairmonte	31	25	12
Kimberly Diaz	24	19	2
Janelly Castro	27	14	3
Nicole Pena	11	6	1
Daisy Gutierrez	20	6	0
Deyra Sanchez	11	4	0
Katie Wallace	10	1	0
Kimberly Cruz	9	2	1

Goalie stats

Name	GP	Saves
Sarah Kenny	29	164
Hannah Pawlowski	16	33

Source: www.cerritos.edu

Women's soccer takes the SCC

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In its last conference game, the Cerritos women's soccer team defeated Long Beach City College, 3-1, securing the South Coast Conference Championship in the process.

This was the Falcons' last chance to impress the pollsters before the playoffs begin.

This week, the team will find out its ranking and who it will be playing in the playoffs.

"Last year, we made it to the playoffs and we were only one step away from winning state," Juarez said. "We want to win it all this year."

Overall, the team's record is 19-2-3 with a conference record of 9-1-2.

The Falcons started off fast when midfielder Rebecca Juarez was able to kick the ball past the Long Beach goalkeeper and scored the first goal 12 minutes into the first half.

The first half ended without Long Beach able to muster much on offense and the Falcons went into the half up 1-0.

In the second half, both teams played a little more aggressively.

Midfielder Corina Villegas scored the first goal of the half, assisted by Juarez, to put the Falcons



Women's Soccer: Midfielder Rebecca Juarez (No. 7) easily contains the ball away from Long Beach players Friday afternoon.

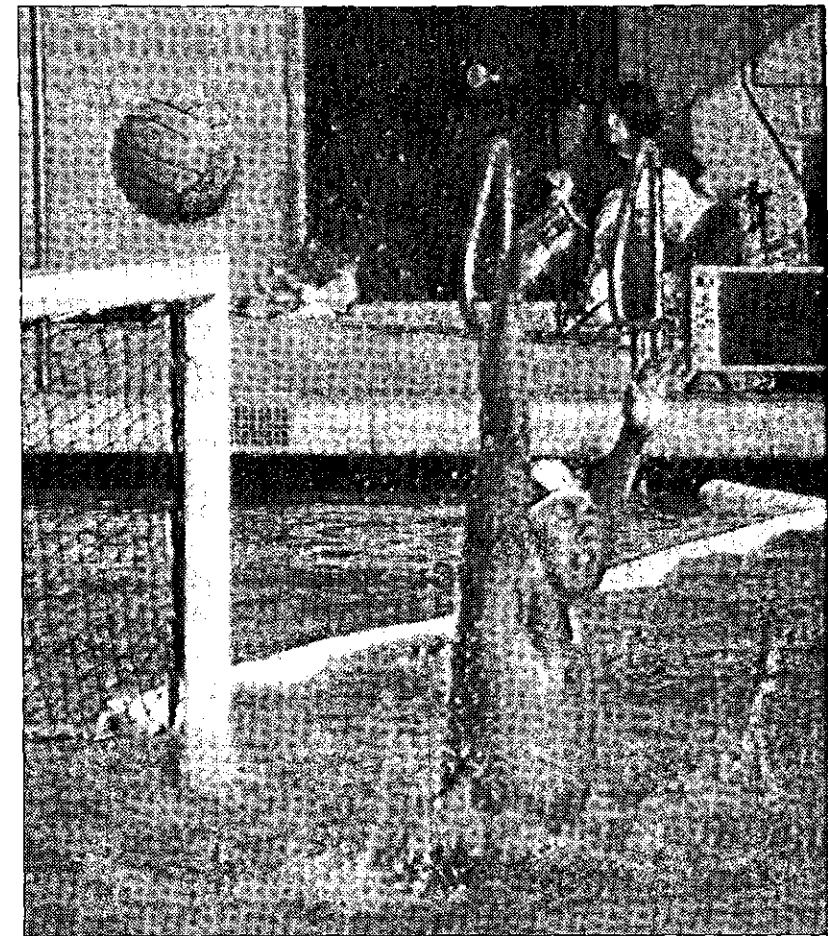
up 2-0.

Later in the half, forward Desiree Cardenas kicked the ball past a leaping Vikings goalkeeper to extend the lead to three.

"I'm happy, this was a game for first or second place. We feel like we won because we scored," Cardenas said.

Long Beach City scored its first

and only goal of the game when forward Melissa Steffens shot the ball past outstretched Cerritos goalkeeper Chantel Cervero goalkeeper on a penalty kick.



Southern California Playoffs: Goalie Alan Nevares leaps out of the water to block the Cuesta College shot attempt on Friday afternoon's quarterfinal match.

Men's water polo team loses in first round of regional

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With a lackluster offense, the Cerritos College men's water polo team lost to Cuesta College, 15-10, in the first round of the Southern California regional playoffs Friday afternoon at Golden West College.

Utility Dan Biag had two goals to lead the Falcons and goalie Alan Nevares had five saves.

Cuesta was able to take advantage of the Falcons' mistakes, scoring on six of the nine power plays it had.

The Falcons, on the other hand, were only able to capitalize on one of the seven power plays they had.

"I told the players that one game doesn't make a season and they should be proud of their accomplishments," head coach Joe Abing said.

Cuesta was able to take the early lead going up 6-3 in the first quarter with the Falcons only able to tie the game once, 1-1, and never being able to grab the lead.

The second quarter started where the first ended with Cuesta's defense stopping the Falcon attack and allowing its defense to get out on the break and score on the Falcons' defense.

"In the first half the Cougars used a press defense and got right on top of us," Abing said.

"That allowed them to get some steals and push the tempo of play."

At the end of the first half, the Cougars lead the Falcons, 9-5.

But the Falcons were able to score the last goal of the half and it looked as though the momentum was turning in their direction.

"It was tough. We scored at the end of the first quarter and the first half and were really playing well on defense at the end of each quarter," Jimmy Quintana, driver, said.

"Then you lose a little bit of that when the quarter ends and you take a break and never seem to get it back."

In the third quarter, the Falcons came out with a little more intensity on defense but were overmatched by the physical play of the Cougars.

At the end of the game, the Falcons looked like they were just shooting for the sake of it and were never able to gain any type of momentum.

Mike Cisneros, two-meter defense, said, "We lost our composure a little in the second half and were just shooting the ball in desperation."

Now, the team must look forward to next season.

Abing said that he thought this was a good learning experience and with the amount of returning players, the Falcons have what they need to be a team that will be reckoned with next season.



Sophomore Day: Right-side hitter Megan Hayes (No. 12) spikes the ball past the blockers of Mt. SAC for her 56th kill of the season.

Volleyball loses on Sophomore Night to Mt. SAC

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Middle blocker Kristen Mendoza had a team high 14 kills in a losing effort for the Cerritos College women's volleyball team against Mt. SAC, Friday night.

The Falcons lost in three straight games, 27-30, 21-30 and 33-35.

The Falcons are 6-18 overall and 6-7 in the South Coast Conference.

Friday night's game was Sophomore Night and the team celebrated by giving all the departing sophomores flowers before the game.

Libero Vanessa Mojica said that she is planning on transferring to the University of Virginia and that she was sad that she was leaving the team.

Mendoza is another sophomore that is transferring.

She said that the game was bittersweet because she is glad the season is over but does not know if she will ever play volleyball competitively again.

During the first game, the Falcons played well taking the lead a few times throughout the game.

But the Mounties were able to take control and beat the Falcons, 30-27, in a closely contested game.

In the second game, the Falcons seemed to fall apart defensively and gave the game to the Mounties without much of a fight.

"We had no teamwork out there and it was silent out there on the court because no one wanted to talk to each other," Mojica said.

In the third and final game of the match, the Falcons looked good early going up 29-22 but they could not hold on, losing the game 35-33.

Mendoza said, "No one stepped up and took control of the team. It's a problem we have had all season."

With only one match left in the season the Falcons had a few high school players that they were trying to recruit at the game.

Assistant coach Gay Castaneda said that the team's main focus in recruiting was to get taller players.



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5. Modesto Junior College
6. Santa Ana College
7. Lassen College
8. Sacramento City
9. Moorpark College
10. East Los Angeles
11. West Hills College
12. Shasta College
13. Cuesta College
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Source: www.caccwrestling.com

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