

TALON MARKS

CERRITOS COLLEGE

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Campus commits to Haiti relief effort

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In the wake of the recent catastrophic seismic events in Haiti, Cerritos College with the collaboration of the ASCC and other relief programs, seek to gather funds and donations for those in need.

During the recent ASCC meeting on Jan. 20, Omar Anderson, member of the Student Senate, brought to attention the incident. He asked for the help and support of his peers by proposing to start a relief fund on

campus for the Haitian victims through a collection box.

"I am from Jamaica; the people of Haiti are my neighbors. When I found out what had occurred I was shocked to see that a catastrophe of this nature had struck with such force. In a country where poverty prevails, the destruction it left behind is devastating," Anderson stated.

"We need to empathize with the people of Haiti, as California residents we can relate to this incident. We are prone to an earthquake perhaps of this magnitude at any given time," added Anderson.

Oscar Franco, president of the ASCC said, "After hearing the devastating news and the idea Student Senator Anderson proposed, the ASCC cabinet members agreed to support this amazing cause. If we are able to help out then let's do it! They need our support," Franco added.

"As of now, we are strategizing where to place other collection boxes around campus and help spread the word," Anderson said.

The Cerritos College campus has agreed to collaborate with the Red Cross International Response Fund to collect any donations.

In conjunction with this program the ASCC is helping by providing a donation bucket, located in the office of Student Activities which can be found next to the student book store.

"I encourage all of the student body to come together and give a donation, a dollar, anything, even loose change. Any contribution will make a difference," Franco stated.

"We need to open our hearts and lend a hand," Anderson added.

The nursing department, through a program run by

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Habits a year later

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"Do you falcon?" It's safe to say this is a question that just about all students at Cerritos College have come upon, whether they have walked under the huge banners hanging over the library entrances, accessed the school's main Web site, or flipped open the cover of this semester's class schedule.

Since its inception last year, coordinators of the "Habits of Mind" campaign have found several ways to work the iFALCON slogan into campus resources, in turn, leading students to ask "what is iFALCON?" Many have actually set out to find answers mainly by clicking on the iFALCON site link found on the school's home page, to discover that iFALCON is an acronym representing six core study habits students are encouraged to utilize: Focus, Advance, Link up, Comprehend, Organize, and New Ideas.

While some have already taken the initiative and become avid "iFALCONers," campaign coordinators worry about the large portion of the student population which is yet to "link up."

Following Faculty Senate President Debra Moore's announcement last September that the iFALCON campaign was approved for a Title V Grant through which it will receive \$541,163 in the first of the grant's five years, those in the know about the Habits of Mind campaign are asking "What's in store for iFALCON?" and those in the dark are soon to find out.

With the banners, posters, Web site, blog, Facebook page, MySpace page, Twitter account, student club, student videos, scholarship, and monthly "task force" meetings in place, the team of iFALCON coordinators led by Humanities and Social Sciences Interim Dean Dr. Bryan Reece is now focused on meeting all nine of its goals for this semester which include:

See iFALCON Page 2



ORLANDO DOMINGUEZ/TM

People before profits: Cerritos College student Stevie Merino (right) shook hands with her supporters at her campaign kick-off on Saturday. Merino hopes to instill hope and teach people about socialism regardless of the outcome of the elections and whether or not she takes office as mayor of Long Beach.

Merino vies for mayor

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"She needs to go in there and take that selfish, thieving, good for nothing Bob Foster out of office. All he has done is put a bunch of racist jerks into police uniforms and made so many inconsiderate cuts to social services. It's about time someone stepped up and began fighting the fight for the right reason," said Long Beach resident Cristina Cortez.

Cerritos College student Stevie Merino is officially in the running for mayor of Long Beach against incumbent Bob Foster in the April 13 elections.

The 21-year-old is running a socialist campaign and said she is not taking this lightly and is going to put in all the effort possible to become mayor.

She said, "Enough is enough. It's time to put people's needs before profits. This is not just another school project to me. It's important because I believe that people are important. I think it's only fair that the people of Long Beach have a candidate that represents the kind of change that many candidates pretend to be."

Students like psychology major Steve Moreno believe Merino does not need to win to get her point across. He believes she has already become an inspiration to so many other college students who want to make a difference in politics or whatever it is they may want to pursue.

"I don't think she needs to win to give the mayor a scare and make him realize that the decisions he is making are not benefitting anyone other than the police officers that get paid for tying their shoelaces," he said.

Merino's main priority is to cut the budget of the Police Department, which takes up two thirds of the city's budget.

Long Beach resident Tina Lopez believes Merino will get a lot of support because of the aspirations and the changes she wishes to make.

"(Merino) is young and is very unexperienced, but the changes that she will focus on making as mayor are changes that many residents wish would be done," she said.

Sociology major Agustina Frontera agrees with Lopez and supports Merino for fighting primarily to cut unnecessary expenses and focus on giving that money to free education and social services, which Merino describes "as rights."

"She may be young but she is fighting for all the right reasons. Even if she doesn't win she will definitely make a difference," she said.

Storms ravaged Cerritos

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Everyone living in southern California felt the madness of the week-long storm that occurred two weeks ago. Cerritos College students sure felt it too.

Martin Reyes, undecided major, said that the worst part about going to school during the storm for him was, "being on crutches and parking."

Business major, Lauren Ragan said the most difficult part of going to school during the storm was, "finding parking that wasn't flooded."

The rainstorm did not cause much damage to the campus, besides the many leaks some buildings suffered.

Librarian Mary Augugliaro said, "We had probably four leaks."

They had to remove a computer because of a leak and had to set up trash cans in many areas to help catch the leaking water.

Another building hit hard by the storms was the Business Education building.

Joy Snef, Division Secretary of the Business Education Department, mentioned that many leaks did not come from the ceiling, but rather came from the windows.

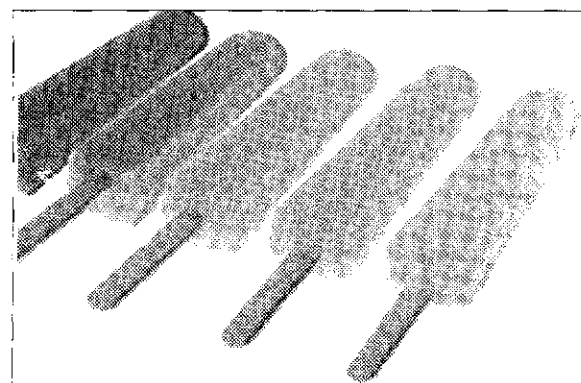
Ironically, the older windows were not the problem, but it was the newly installed windows that leaked water.

Snef also mentions that many textbooks and personal belongings were damaged; the problems have not been fixed.

Estella Castillo, a custodian worker, says that a quick fix they used in the physical science building was to, "put rags on the windows." She also mentioned that the problems have been fixed.

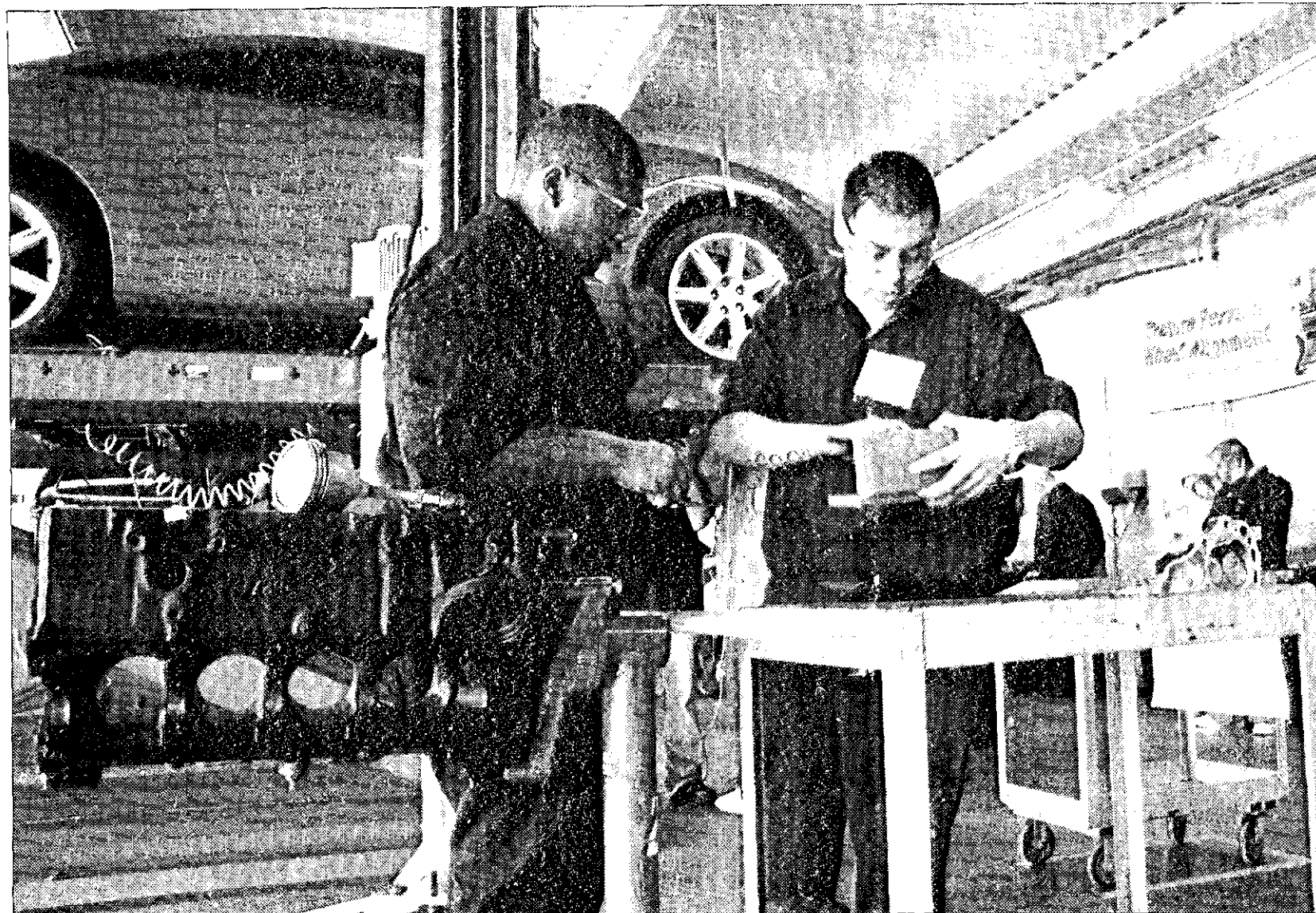
Many cities across Los Angeles and Orange County felt the damage of the storm.

NBC reports on its Web site that Long Beach received about 1.5 inches of rain in half an hour.



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Geared up: Justin Scott (left) and Jonathan Campos (right) measure a cylinder bore during the 11th annual Los Angeles Auto Tech competition held at Cerritos College.

Auto students face off

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Ten Los Angeles county high school seniors were asked to test their automotive skills in a race against the clock last Saturday at the 11th Annual LA County Auto Tech Competition.

The event, sponsored by the Southland Motor Car Dealers Association (SMCDA) and the Greater Los Angeles New Car Dealers Association (GLANCA), was hosted by Cerritos College's Automotive Technology Department and determined the two winning teams who will compete at this year's National Automotive Technology Competition in New York set to take place in April.

This year's winners were Southeast Regional Occupational Program's Alejandro Torres and Juan Prado, accompanied by their instructor Abel Ponce, as well as Evan Weller and Dylan Landy with their instructor John Andersen from Agoura High School.

"We were excited and happy enough winning the team award, but to win overall is a great accomplishment," said Southeast ROP instructor Abel Ponce.

Torres was relieved and is looking forward to traveling to New York. "This is great for our last year of high school. It's time to hit the books," Torres said.

Schools that participated in the competition were Agoura, Artesia, Canyon, Highland, La Habra, Lynwood, Sonoma, Southeast ROP, Van Nuys, and Venice.

Both the SMCDA and the GLANCA sponsored five teams each, consisting of two of the most skilled students in each school's automotive education department.

Competing teams were accompanied by an instructor as well as parents and others who wished to provide moral support throughout the event.

Karen Landy, who accompanied her son Dylan from Agoura High School, was glad she attended to see her son win first place. "It's very exciting and we're so proud of him. It's a wonderful program because it helps a lot of kids get into the job market," she said.

High school instructors present at the event wanted to make sure students gained the most out of the experience. Monrovia High School instructor Phil Jelinek stressed the importance of providing early preparation to students who are interested in attending trade school after graduating as opposed to conventional four-year institutions.

"These events are essential because they open up [high] schools to colleges in the area that teach automotive technology. Sometimes high schools place too much stress on the A-G curriculum when not every [student] is going to a UC school," said Jelinek.

The semi-final leg of the competition required each team to complete several tasks at 10 different stations in 12-minute intervals. Once each identification, measurement, and repair task was completed, teams submitted worksheets to station judges for scoring.

Highland team seniors and 2nd place winners Eddie Aquilina and Alyssa Salazar admitted to enjoying themselves despite being nervous. "It's fun, but we just want to do well," they said.

Employees from sponsoring dealerships oversaw competition proceedings and served as judges. Guest Judge Tom Rosdahl from Pierce College directed students at Station 2- Measuring Cylinder Bore and Piston Skirt and used the

event as an opportunity to network with future college students as well as prospective employers for his own students.

"It's good to see what's going on in high schools and meet and talk to teachers. These skills competitions are important because they give recognition to students and schools," Rosdahl said.

Volunteer judges from nearby dealerships took advantage of the opportunity to get to know California's future automotive technicians.

Competition Judge Billy Stewart from Longo Toyota said "it's very important to build relationships with high schools and community colleges and to see what the industry is leading to. We take it very seriously."

As host, Cerritos' Automotive Technology Department provided students with cars, machinery, and tools to work with which have all been donated by outside manufacturers.

Aside from walking away with a plaque, bag of complimentary prizes provided by MATCO Tools, and noteworthy prizes such as a set of 2-drawer wheel carts for the winning team, students also received applications for the CNC-DA's Scholarship and an internship opportunity at a sponsoring dealership.

With this year's competition behind them, facilitators at Cerritos' Technology Division are looking forward to hosting next year's event and more with the division expansion currently under construction.

"We are definitely looking forward to next year. We'll see if we can get some different kinds of activities going," said Anna Jara Program Facilitator for the Southland/Cerritos Center for Transportation Technologies. "Due to the school's location, we've attracted the attention of several corporations in the greater L.A. area, she added."

iFALCON: prepares to take flight

Continued from Page (1)

finding a way to send out a mass weekly e-mail to every student enrolled at Cerritos College, incorporating iFALCON into all "counter transactions" on campus, and developing a plan to integrate iFALCON into core math and English courses effective next fall.

Beginning this semester, every student registered under the Humanities and Social Sciences Division receives a weekly e-mail from Dr. Reece. The e-mail, titled "This Week at Cerritos," includes a list of upcoming academic events and meetings, financial aid and scholarship opportunities, Transfer Center activities, and club activities, as well as iFALCON workshops and a personal message.

The question now is how to

send it out to 23,000 students," Reece said. In efforts to gauge the e-mail's effectiveness in reaching out to students and seeing how many then connect to the iFALCON Web site, Reece linked the e-mail to the tracking tool "Mail Chimp."

Out of the 7,000 e-mails sent out for week two, all but 50 were received. 38 percent of those received were opened and one percent of those who opened the message then visited the iFALCON Web site.

Another semester goal for Reece and his team is to make iFALCON a part of every "counter transaction" at Cerritos, meaning that every time a student asks for assistance at a counter, such as in the bookstore or library, they will be reminded what it means to Focus, Advance, Link up, Comprehend, Organize, and incorporate New ideas into his or her study regimen.

While much effort by Reece and his fellow iFALCON coordinators has been placed on advertising, the team is also currently developing a plan to incorporate Habits of Mind into core math and English class curriculum and College orientations.

Students can expect to experience this synthesis as soon as next

fall. "It's a major discussion taking place right now," Reece said. One of the major concerns expressed by instructors to iFALCON coordinators is not having enough time during class to introduce the campaign to students.

English Professor Steve Clifford, co-adviser of the iFALCON club hopes to aid instructors in viewing iFALCON's ideals differently. "We want to shift that misunderstanding and talk differently about what we are already doing in the classroom. We need to learn how to use the language differently to help students understand, recognize, and incorporate the six Habits of Mind into their studies," Clifford added.

A helpful medium in obtaining student input and watching the

Habits of Mind at work is the iFALCON club. Student iFALCON President David Aguirre hopes to provide members with helpful resources as well as raise \$5,000 dollars to award four scholarships this year. "The club's main goal is the scholarships, but my personal goal is helping

“Were on Facebook and want to hear from students, each week we feature useful student advice which goes along with the iFALCON acronym.**”**

—Katherine Garcia

iFALCON Treasure

students succeed," he said.

Student iFALCON Treasurer Katherine Garcia encourages students to take advantage of the club's social networking capabilities. "We're on Facebook and want to hear from students," she adds, "Each week we feature useful student advice which goes along with the iFALCON acronym."

Even though Cerritos students have many ways to get in touch with the entire iFALCON team, its popularity is still not widespread and coordinators are planning ways to engage the entire school community in an on-going discussion.

A "taskforce" has been assembled consisting of representatives from each program division on campus to present students, faculty, and staff with iFALCON's latest developments.

iFALCON taskforce meetings are held on the first Monday of every month in LC 62 at 3 p.m.

Relief: A campus wide effort from Cerritos college aids Haiti

Continued from page (1)

Sports Chalet, sponsored a collection of worn shoes for the Haiti victims in need on campus. The collective efforts of Patricia Riedel, Nursing Instructor of the Cerritos Nursing Department, was a success, over 250 pairs of shoes were collected for the drive. This surpassed Riedel's initial goal of 100 pairs.

The collection initiative ran until Jan 27. The donations were delivered to the Sports Chalet in Huntington Beach as a donation from Cerritos College.

"I started this collection through an e-mail I received from a friend, and thought it was a great idea. I wanted to organize something at Cerritos, since they are shoes that will be worn," Riedel added.

Over 70,000 shoes have been collected. They remain asking for the support, and help of the Angelenos.

"I will bring a pair of shoes for the drive; it's good to see everyone coming together in a time of need. You see it on T.V. and in the news

and now Cerritos College is getting involved," Christina Torrez, undecided major, added.

The efforts of the student body to aid the victims has spread throughout campus as Zhavon Resendez, psychology major said, "I knew about the donation the ASCC put together."

"For the school to get involved it is just an amazing act, they are taking the extra step to help out," Resendez added.

"We need to unite for the people of Haiti and be the light of those submerged in darkness," Karen Zavala, biology major, said.

The music department is hosting a relief concert on Friday Feb. 26, at 6 p.m. and will be held in BC 51. A two-dollar entrance fee will be collected at the door as a form of donation, also a donation box will be placed for any other contributions.

Vice President of the music club Cindy Hernandez stated, "we are enthusiastic that the music department encouraged and supported

Cerritos Cosmetology department offers services

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Long, short, curly, straight to a downright mess, the Cosmetology Department here at Cerritos can

make your hair problems disappear with a touch of a brush and pair of scissors.

"The program has been here for more than 30 years," said Irlanda C. Lopez, program facilitator.

Located on the second floor of

the Health building, the cosmetology department offers services ranging from a simple haircut to European facial massages.

Lopez explained that they offer two types of facials to their clients. One is the European facial which can last from an hour to an hour and thirty minutes. This facial specializes in removing blackheads. The other is described as a "mini" facial which lasts up to 30 minutes and just cleanses your skin.

With over eight types of services provided, the most frequently asked for are haircuts and color. "All our haircuts are only five dollars, it doesn't matter if you have long hair or short hair," Lopez added.

She explained that if a student would want an "Up Do" for a certain occasion it would cost a little more and it really just depends on the length of hair.

The cosmetology department opens its doors to both men and women of all different age groups.

"We get a mixture of men and women in here, but often our client

tele is older," explained Lopez.

"During club day we pass out posters and we promote the program. We also give out dollar coupons, which entitles the client to get a dollar off any service."

With several clubs here at Cerritos, club day is an important day in order to let clubs be known to the student body. Some students think they need to do a little more to get their services known.

"I never knew that the cosmetology department offered services, I just thought they offered classes," said Ana Cervantes, psychology major.

Cervantes mentioned that she would like to see more advertising, more posters around campus, not just in the health building where she usually sees them.

"We usually get the highest amount of people during Halloween because they come in to get their makeup done. We even do special effects (make-up)," Lopez said.

She also mentioned that they have special prices during the holiday season.



Getting Masked: Jessica Retana (top), cosmetology major, prepares a facial mask on Deena Ly (bottom) one of many services offered by the cosmetology department.

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EDITORIAL

Merino answers call of duty

With the economy hanging by a thread, health care reform turning into a debacle, and the Supreme Court ruling that companies deserve just as much of a voice in democracy as humans, it's no surprise that people across the country have become increasingly frustrated and unhappy with their political leaders at all levels.

The approval rating for President Obama has steadily decreased to below 50 percent since he first took office, Congress is even worse at barely above 25 percent, and the citizens of Massachusetts elected a Republican to the Senate for the first time in 38 years.

Locally, Cerritos College student Stevie Merino has gone beyond the voting booth and is attempting to change the leadership of her hometown by running for Mayor of Long Beach.

While seen by some as extreme, outlandish, or even as a joke, Merino's candidacy is an inspiration to those who are unhappy with the status quo.

Merino has taken matters into her own hands and is fighting for not just a single cause, but for a whole platform that she believes in. By taking this leap into politics, Merino has set an example the rest of us should follow.

Although it's not feasible, nor productive for all of us that would like to see changes made in our society to take the direct action of running for office, each one of us can work to better society in our own way.

Whether it be through volunteering your time and energy to a specific cause, donating whatever you can to an organization, attending your local town hall meeting, contacting your Congressperson, voting, or even signing a petition, there are countless ways to get involved and try to better your community.

If Merino can manage to go to school, work, and run for Mayor, is there really a good excuse for the rest of us to sit back and let others determine how the world around us is shaped?

No matter your political leanings, it's time, right now, to follow Merino's lead and get out there and take action in whatever way you can.



ILLUSTRATION BY MOSES LOPEZ/1M



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.

Steroid users should be marked with a scarlet asterisk

Hitting a major league pitch can arguably be the hardest task to accomplish in all of sports. Just imagine standing under those monstrous stadium lights, trying to perfectly connect that narrow 34-inch wooden bat with a blazing 95 mph fastball.

Sounds tough, but even this mind boggling task was conquered by some of the great few who set major league baseball hitting records that would seem to last for the ages.

Well, as we all know, records were made to be broken, but should records broken by cheaters have their place in the books of greatness? Performance enhancing drugs or steroids left a deep scar in the game of baseball. It's only right that record holding players who have been associated with steroids have their names forever scarred by an asterisk.

Think about the many other hundreds of major leaguers out there playing ball everyday trying to reach that next level, shedding their blood, sweat, and tears. Then to hear that the game those players love so much and have been playing their whole life has been disgraced and abused by steroids. It is a straight slap to the face.

Steroid users claim that their sudden success throughout the league had nothing to do with ste-



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roids and that the only reason they ever got involved with steroids was to get back in the game as a result of a serious injury or to rid the effects of getting older.

That's pure nonsense. Of course steroids contributed to their success. Since steroids grant players the extra power that is so desired by hitters, how many home runs would have just been deep fly balls to the warning track?

From 1998 through 2001, talented hitters Barry Bonds, Mark McGwire, and Sammy Sosa erupted and now hold the top six slots for the most home runs hit in a single season.

In 2001, Bonds belted out 73 home runs to set the now standing single season record, breaking that of McGwire's who hit 70 home runs in 1998.

But wait, didn't Bonds test positive for three types of steroids in 2000? Didn't McGwire just recently confess to using steroids? Let's not forget

about Sammy who tested positive for steroids and was also caught using a corked bat in 2003.

So, I ask again, is it really fair for these groundbreaking records to stand although the players were taking steroids?

Truthfully, the records should stand and be in the record books because, after all, those players did actually clear the fence as many times as they did, but the infamous asterisk should be placed by their name stating that they have been involved with steroid use.

In 1961, Yankees right fielder, Roger Maris, set the single season record with 61 home runs and stood for 37 years until it reached its demise when the steroid era hit.

How would he have felt if he heard that someone who cheated broke his astonishing record that he worked so hard to gain by hard work and talent?

When all is said and done, the steroid users may say they're sorry for ever touching the stuff and shed a couple of tears on camera, but their records and all of baseball will forever be tainted by steroids and an asterisk would be a perfect way to exemplify it.

"They may say they're sorry for ever touching the stuff and shed a couple tears on camera, but their records and all of baseball will forever be tainted."

How do you feel about a Cerritos College student running for mayor of Long Beach?

COMPILED BY: SAMANTHA ROBINSON
PHOTOS BY: JOSHUA KAANAANA



CESAR ALTAMIRANO
undecided major
"It depends on his qualifications."



JENNIFER BERRUETA
fashion design major
"It's cool because it shows that age doesn't matter. It's an inspiration for me."



LORENZO JAUREGUI
psychology major
"Wow, that would be cool. I would ask if he is ready."



BRITTANY SCHAFER
culinary arts major
"It's really cool because they are representing Cerritos College."



JASON RODAS
child development major
"I would want to know if he has morals and if he follows the word of God and all of Jesus' teachings."



STACIE ALTAMIRANO
accounting major
"I think it says a lot about students here and how motivated they are."

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What do you look for in a candidate for office?

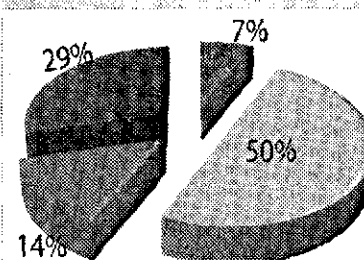
- Moral
- Money
- Power
- Brawn

Last Week's Poll

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Are you prepared for The "Big One?"

Yes, I have a first aid kit in the closet 7%
Yes, I know the safety procedures 50%
No, there are no earthquakes in CA 14%
Earthquakes don't scare me 29%



Vinyl in the 21st Century

New technology has made DJ'ing easier than ever

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For many disc jockeys, playing music is an art form. For others, it's become a trend and quite easy to imitate.

With all the new technology, and even with the new video game DJ Hero being released, one has to wonder: Is being a DJ so easy now, that anyone can do it?

Some say yes, that DJ'ing has become a lost art. You don't really need skills or knowledge to play music at a club or a party. All you need is a laptop, some music software, big speakers, and you qualify as a DJ.

Others feel that the new style is simply evolution. Technology is

constantly changing and DJ'ing is simply catching up with technological advancements.

"The old school way of DJ'ing requires you to blend the music by ear. You would have to listen to the beats and sounds with headphones," Ernesto Gomez, local DJ and Cerritos College student, explained. "Today, you don't even need headphones. You can easily play music using a MIDI controller."

Others have more of a modern opinion on this matter. "It's plainly evolution," local disc jockey DJ Rawkus said.

"The use of laptops while DJ'ing gives you mobility without the clutter of vinyl records, which is good," he said, "But they are very simple to use, and allows just about anyone to be a DJ, which is where I think it creates a problem."

So what are these new technological advancements that have changed the face of DJ'ing throughout the past decade?

Well, most people are familiar with the old way of doing it. A DJ would use headphones and turntables to mix music and make scratching sounds. This required the DJ to pay close attention to what he was doing at all times.

Today, however, the style has drastically changed. If you've been to a club or a party recently where there was a DJ playing music, chances are you may have not even seen him wearing headphones.

The DJ's setup most likely consisted of a controller, some speakers, and a laptop. The DJ might also not have been too engrossed in what he was playing, because the laptop was doing all the work.

Perhaps it is easier now to be a DJ. Some might plug their iPod into a large speaker at a party and consider themselves a DJ. Others might play DJ Hero, get a high score and believe they can do the real thing.

"The new style just doesn't have the authenticity of actual vinyls," DJ

Rawkus said.

"It lacks the talents of scratching, crackling sounds, versatility, and the thrill of digging for the records you love," he added.

Software such as Serato Scratch Live has allowed DJs to still retain the old school feel of vinyl with the added convenience of MP3s on their computer.

Gomez states, "I like using Scratch Live because I have all my music organized, and I'm still able to throw in a few scratches or cuts in with vinyl."



COURTESY OF MCT

Re:Creating the works of the past

VICTOR DIAZ
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The Re:Creation art show is set to open on Monday. It will feature several works of art by many well-known artists.

To someone who may not be familiar with art shows on campus, they may be under the impression that it will feature solely paintings. However, this show will feature several forms of art, including photography, sculptures, performance art, digital art, and abstract art.

According to art gallery curator James MacDevitt, the show will address several issues, including issues of identity and politics.

MacDevitt also goes on to state that the title of the show is a play on words, as the person reading it could read it as the title to an e-mail message, or the word "recreation."

The title is meant to state what will be featured at the show, which is a number of works that have been recreated by these artists as an homage to other artists of years past. MacDevitt refers to this art as

"modernism," a term playing on the modernist movement at the end of the 20th century, as well as referring to the modification that featured artists have done to older works.

Some of the artists whose work will be displayed at the show include Artemio, a performance artist, Juan Capistran, who is known for his photography and sculptures, Ray Beldner, another sculptor, as well as many others.

Many of the works that will be featured express social awareness, including Artemio's "Coyoteria," a performance art piece portraying the events of human trafficking, as well as a sculpture by Beldner entitled "Capital Flight," which is made out of sewn U.S. currency.

The exhibit will run until March 18, and it will be open Monday through Thursday from 10 a.m. to 4 p.m. daily, and Tuesdays and Wednesdays between 5 p.m. and 8 p.m. nightly.

The first night of the exhibit will feature a reception, which will run from 4:30 p.m. to 8 p.m. Admission to this event is free.

Providing relief through music

Music club does its part to help Haiti earthquake victims

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"Building Unity through Music" is the motto for Cerritos College music club, and unity is what they are building.

After the devastating earthquake that shook the lives of millions, the music club will be throwing a relief concert for the victims of Haiti.

The concert will be a fundraiser in which money will be raised and sent to the Red Cross in support of those in need.

Open auditions will be held Friday from 11 a.m. until 2 p.m. in the Music Department in Room BC 53, where all styles of music are welcomed.

Students may sign up for auditions by signing up on the club communication board which is located in front of the music department offices.

Discretion of what music style is appropriate for this cause will be present, but the event will be as musically diverse as possible.

The concert is set for Feb. 26 at 6 p.m. and will be held in BC 51.

Rusty Kennedy, president of music club, has been active in the club for years and feels this is an event that is needed.

"It is our part to act now and do what we can do. We are not in their position, but we feel this will be a positive forward movement," Kennedy said.

Although previous concerts provided by the music club have been free of charge, this is strictly a donation concert that will be going to a good cause.

The fee will be \$2 at the door and any other donations will be accepted in donation boxes that will be available.

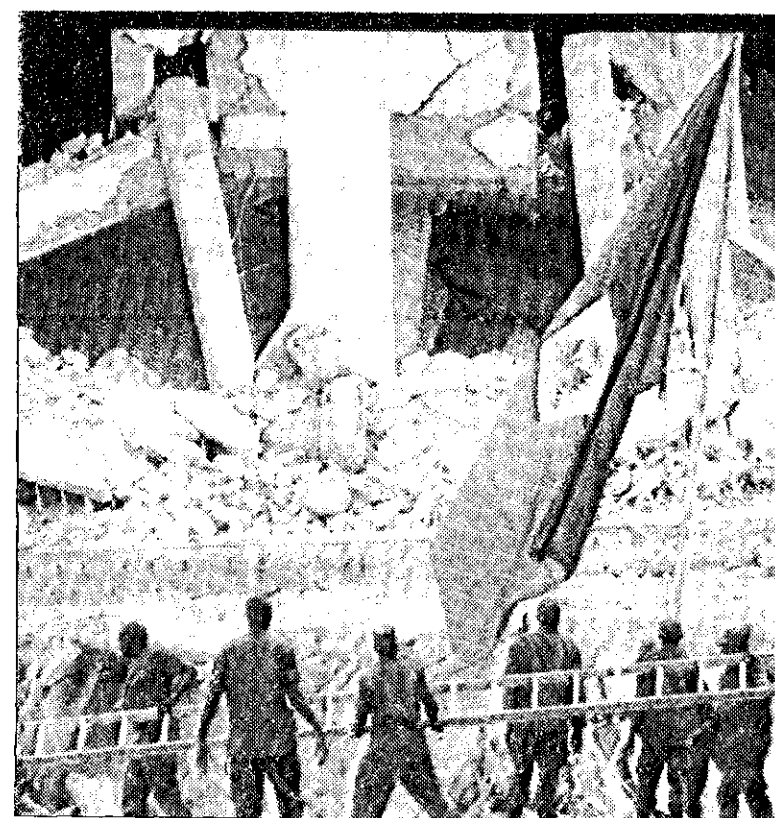
Vice president of the music club Cindy Hernandez is excited that the club is pulling together to make this happen.

Hernandez explains, "It was an idea that came up right after the earthquake happened. We have so much fun playing our music and it's the least we can do."

This is not the only benefit concert the music club has put on, as Toys for Tots and canned food drive concerts have been put on in addition to the upcoming Haiti Relief concert.

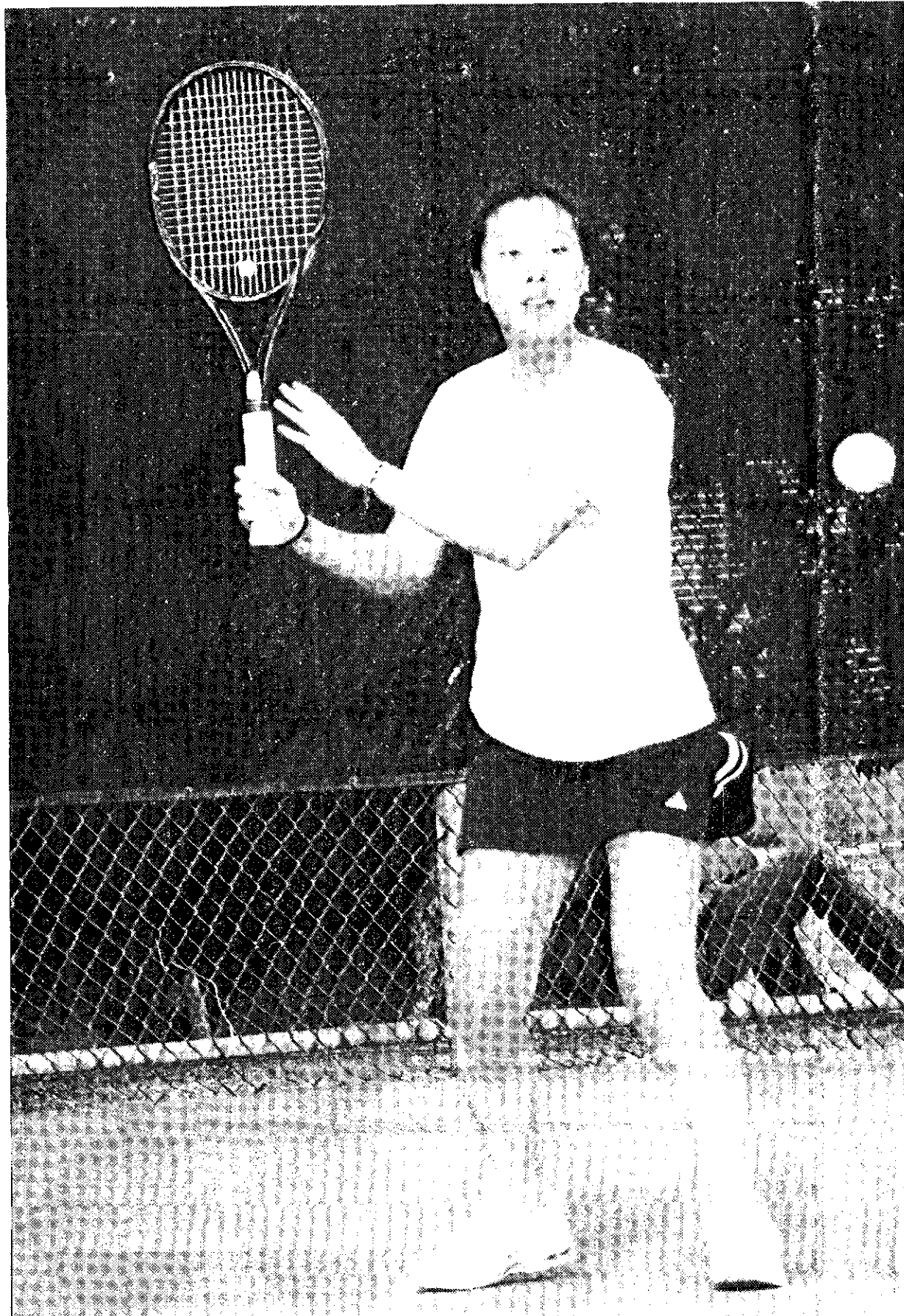
Kennedy goes on to say, "As a

club we want to be more active and showcase our music and do what we can to raise money for those in need. (It) shows what else we're about."



COURTESY OF MCT

A sign of hope: Haitian guards raise the national flag to half mast in front of the National Palace in Port-au-Prince, Haiti, which was destroyed by the earthquake Jan. 19.



Women's Tennis: Michelle Yi tried to win her match as her teammates were unable to do against Santiago Canyon College.

Women's tennis swept in opener

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The Cerritos College women's tennis team opened the season with a non-conference loss to Irvine Valley College Tuesday.

Despite individual efforts by sophomores Michelle Yi and Alana Johnson Cerritos was unable to win any matches and suffered its first loss of the season.

Although Tuesday's outcome was rough Cerritos Coach Glenn Myer said, "The team has a lot of potential and we expect to see good things as the season progresses."

After falling behind early, 5-2, Johnson fought back pushing her match against Irvine's Tina Vuong to a tiebreaker that lasted two hours before eventually losing.

"I played well, but I can definitely improve my game and learn from my mistakes in this loss," Johnson said.

Michelle Yi, who has been des-

ignated as the No. 1 player for Cerritos, suffered a loss as well.

Yi lost to Irvine's Natalie Loria dropping both sets 6-1 and 6-4 despite a second set surge.

Yi said, "I kind of gave up in today's game but I learned a good lesson and I expect to do better in my next match."

Yi and Johnson have been designated as the No. 1 and two players on the team and are the only two returning players from last year's 12-4 squad.

Although Cerritos did poorly in its season debut,

the players aren't worried about the remainder of the season.

Johnson said, "If we continue to improve and work as a team I think we'll do great throughout the season."

With a team comprised of nearly all freshmen Coach Myer said, "I haven't been discouraged and expect this team to improve as they gain experience."

Cerritos will get the opportunity to improve its record to 1-1 when they play Orange Coast College Thursday at home.

"The team has a lot of potential and we expect to see good things as the season progresses."

— Glenn Myers
Tennis Coach

Softball wins with aggressive offense and pitching defense

SCOTT WATKINS
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Designated player Gabriella Villarreal, hit a grand slam to cap off an eight-run third to lead the Cerritos College softball team to a one-sided victory Monday night.

The Falcon's aggressive offense and Santiago Canyon College's inability to overcome a strong pitching performance led to the 12-1 win.

"This offense is explosive," head coach Kadee Murray said, "Santiago Canyon College is a good team, but it's hard to stop the offense we have."

The Falcons are now 5-1 this season with their only loss coming to South Coast Conference rivals

East Los Angeles last Sunday in the Glendale tournament.

"This team is very confident, we just had a bad inning against East Los Angeles," Murray said.

One player had a different take on Sunday's loss.

"We learned that we have to finish games," Villarreal said, "That loss gets us ready for the season. It is a turning point."

The Hawks were able to keep it close in the first few innings holding the Falcons offense in check, at least compared to the storm that followed.

Second basemen Lindsey Marquez said, "They are a team that is frustrating to play because they play small ball, but once we started hitting we got the pitcher down and the whole team fed off of that."

The bases were still loaded with only one out but pitcher Hillary pitched her way out of the jam and it was smooth sailing for the Falcons from then on out.

From that point on Perez-Ashley didn't allow another base runner.

Perez-Ashley is now 4-0 on the season.

The Falcons first run came off the bat of catcher Samantha Vaalu, when she blasted a two-run home run off of the Hawks starting pitcher Kayla Nash.

Up next for the Falcons is Riverside College at home on Wednesday at 3 p.m.

Swimmers await the new upcoming season

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Red-shirt sophomore Louie Espinoza and freshman PJ Gabayeron look to make a splash for the Cerritos College men's swimming as it takes its first dive into the newly built aquatic center this season.

"I can already see the impact the new pool has made in our training," head coach Joe Abing said, "We have a lot of space to train."

Espinoza swam for Cerritos two seasons ago, and after taking a year off is now back as one of the top

swimmers for the Falcons.

"I am more serious and dedicated this season than I have been in the past," he said.

Gabayeron, who swims 100-breaststroke and the 200-individual medley, believes he has something to prove this season.

"Last year, my senior year at Cerritos High School, I was done with swimming and a lot of my friends from other schools smoked me in the water," Gabayeron said, "So, now I have to show them that that's not who I am as swimmer."

Both Espinoza and Gabayeron will be competing in the same

events but haven't really said much to each other yet this season.

"We are kind of playing shy right now, we really don't talk much," Espinoza said, "but there is definitely a little competition between us."

Abing believes both swimmers will have a chance at breaking a few school records this season.

"We swim about 20 miles a week plus weight training and a little running," Abing said, "It is a very challenging sport mentally and takes a lot of dedication."

The Falcons begin their season Feb. 5 at the Palomar invitational.

Men's soccer player graced with national title

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The National Soccer Coaches Association of America named one of Cerritos' own, the National Player of the Year.

Star forward Luis Gonzalez was the recipient of this award for last year's soccer season.

This sophomore out of Long Beach Millikan High School was also the team's captain and is used to being part of a soccer program.

"I have been playing soccer (on a team) since I was six or seven years old," Gonzalez said, along with national recognition, Gonza-

lez has been awarded several other honors.

These honors include the California Community Colleges Athletic Association's October male athlete of the month, a two-time All-American and a two-time South Coast Conference player of the year, and the state finals MVP; despite his team losing in the playoffs.

You would think that with so many awards as a star athlete, Gonzalez would have expected to be dubbed player of the year but this was the highest honor he has received.

"I never expected this," Gonzalez said referring to being named

the NSCAA's player of the year.

"This is the biggest accomplishment of my life," he added.

Gonzalez led the Cerritos men's soccer team to a No. 2 national ranking and a state championship last year as a freshman.

"He really set the bar high (for the team)," said men's soccer head coach Benny Artiaga.

"It must be a great honor to be recognized as the best player in the U.S.," Artiaga said.

"he's a great leader; he's our team captain and overall just a great kid."

Gonzalez finished the season with 27 goals and 18 assists for 72 points and with a total of 51 goals and 35 assists for 137 points in his two years on the Cerritos College soccer team.

Though Gonzalez has performed well in the past two seasons, he still is not sure if he is going to stick around for a third season and remain a Falcon.



LUIS GONZALEZ

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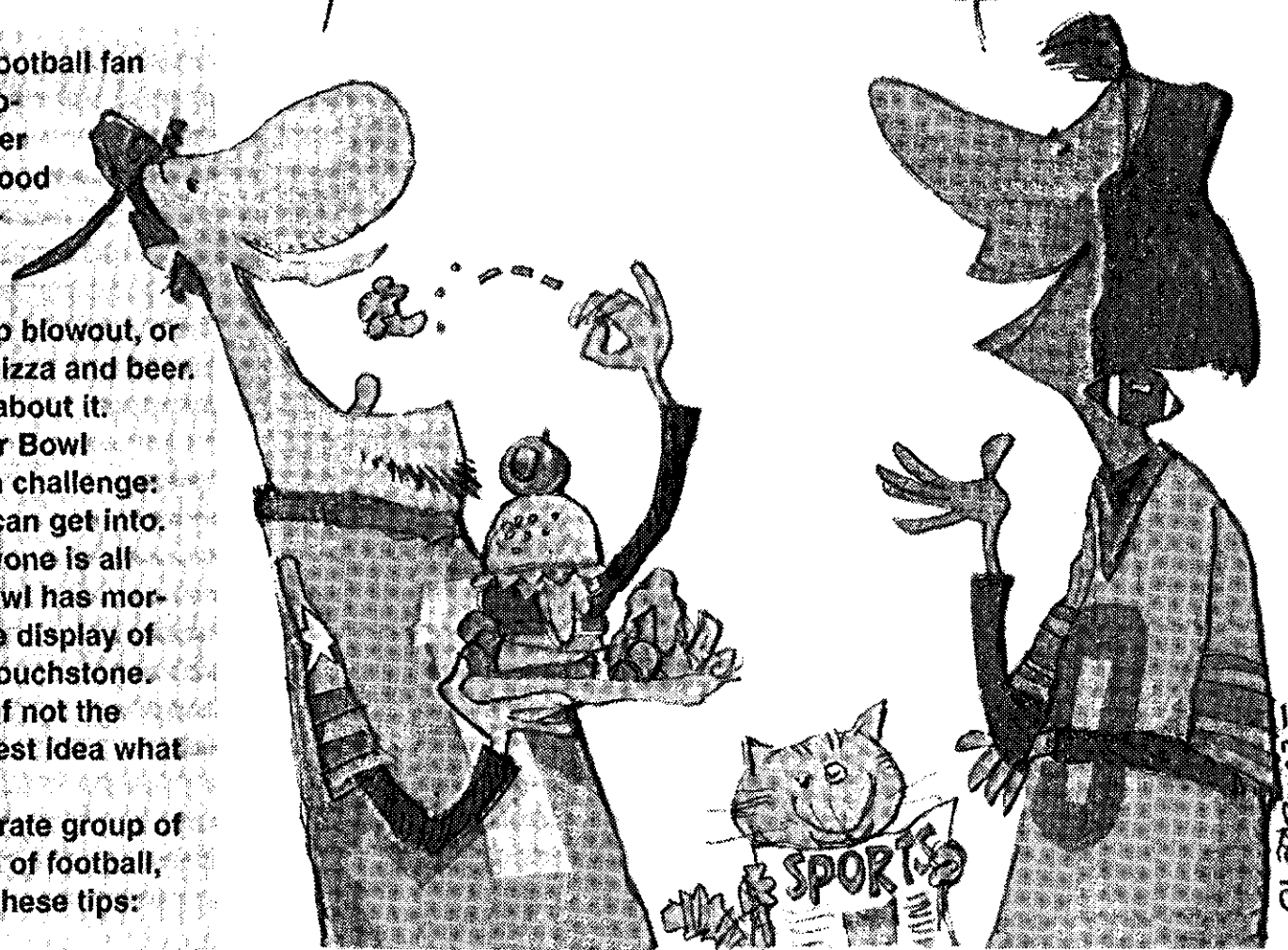
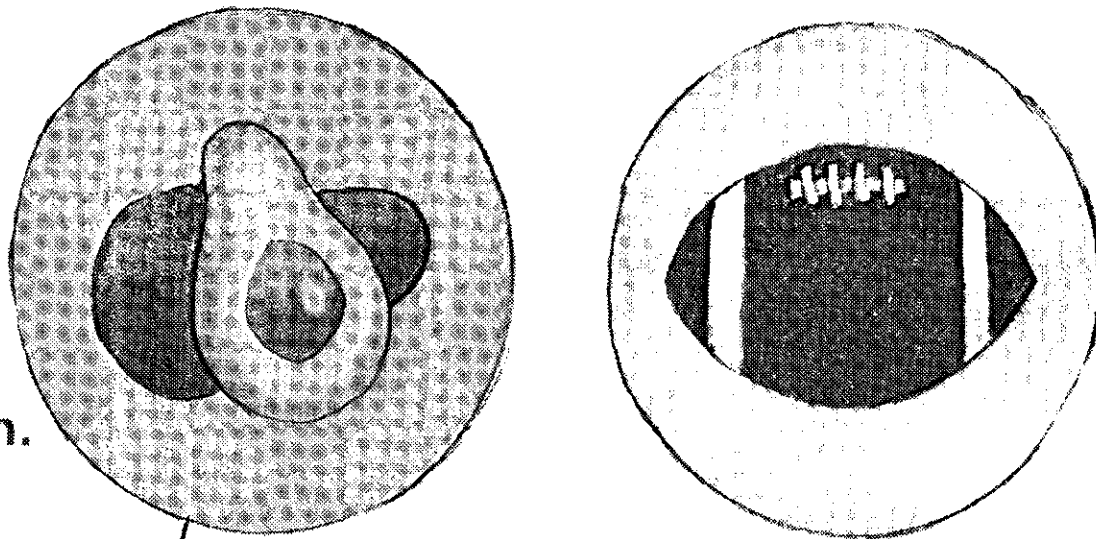
Got a group focused on the gridiron and another gathered around the food? Here are some tips for finding middle ground at your Super Bowl bash.

By BECKY SHER
McClatchy-Tribune

Whether you're a true-blue football fan who's wrapped up in every two-point conversion or just another American enjoying too much food and too many outlandish commercials, chances are, you'll be at a Super Bowl party this year. Maybe it's an over-the-top blowout, or maybe it's a few friends with pizza and beer. But the game is on, no doubt about it.

For the hosts of those Super Bowl soirees, however, there lurks a challenge: How to throw party everyone can get into. Because let's face it, not everyone is all about the game. The Super Bowl has morphed from merely an awesome display of athletic acumen to a cultural touchstone. You can enjoy the broadcast (if not the actual game) without the faintest idea what a nickel defense is.

So how do you host a disparate group of friends for six (or more) hours of football, food and festivity? Start with these tips:



ILLUSTRATIONS BY CHRIS WARE/LEAKING ON HERALD LEADER-MGT

GAUGE THE CROWD (HONESTLY)

Consider your guests: Are the football fans the type who won't tolerate any non-game talk while there is action on the field? Are any of your guests diehard fans of the two teams? Are the non-fans so uninterested in football they couldn't even pick Tony Romo or Tom Brady out of a lineup? (Well, maybe not the best examples since everyone knows Romo was one of Jessica Simpson's latest beaux and isn't supermodel Gisele married to some guy named Brady? Anyway...) Answers to these questions will determine how concerned you need to be about providing separate space for guests who aren't focused on the game. And then...

REARRANGE THE ROOM

Look at your space and determine how you can set aside a separate area for guests who won't be glued to the tube. What about

a card table with a 1,000-piece puzzle? (Yes, it sounds a bit "Brady Bunch," but seriously, have you ever seen anyone walk past a puzzle-in-progress without trying to put in at least one piece?) Set out some board games or playing cards. At the very least, cluster a few chairs in a spot where guests can chat without screaming to be heard over the sideline commentators.

PLAN SOME DIY FOOD

It's not that the guests watching the game don't want to eat. They most certainly do. But they don't want to work for it. For those focused on the field, keep the snacks easy to eat, easy to reach and plentiful. It's not to say you can't conduct culinary experiments on Super Bowl Sunday, but honestly, most people expect you to color within the lines of traditional party food — chips and dip, guacamole,

chicken wings, chili, pizza.

But for guests who aren't catching every first down, consider offering food that doubles as an activity: top-your-own pizzas, fondue or a taco bar. Plan a cool cocktail or two that guests can mix themselves. Or put out the fixings for smoothies, milkshakes or sundaes. (Sure to be a hit if there are kids at your party, but skip the blender drinks if the kitchen is close to the TV.) Game-watching guests can help themselves between plays.

ENCOURAGE INTERACTIVITY

Even friends who would never watch a regular-season football game might be convinced to catch a few plays during the Super Bowl, if you can find a way to make it interesting for them. Try Super Bowl bingo — a twist on the basic game that asks players to watch for events on (and off) the field. Football fan Scott

Canoni has created and shared his own version on his Web site: <http://scottcanoni.com/links/SuperBowlBingo.php>. The cards contain events you're likely to see during the game (injury timeout, pass interference) in the familiar bingo grid. By refreshing the page on Canoni's site, you'll get different configurations so everyone gets a unique card. Be sure to have a prize on hand for the winner(s).

But wait! Canoni hasn't forgotten non-fans. He also has cards for Super Bowl commercial bingo, featuring all the things you're likely to see during the game's ad breaks — a truck commercial, a pizza delivery guy, a talking animal, Gary Coleman. Find the cards at <http://scottcanoni.com/links/Super>

BowlCommercialBingo.php.

To generate your own Super Bowl-themed bingo cards, visit <http://print-bingo.com/word-list/Super-Bowl>.

CONSIDER A CO-HOST

Maybe you're hosting a Super Bowl party because you are a diehard fan. And if that's the case, maybe all your guests are gridiron lovers too. But if that's not the case, find a co-host who's not so into the game to help cater to the needs of other guests who aren't intent on gameplay. Make a deal — you do all the pre-game planning, shopping and food prep, and once the game starts, he or she is in charge of refilling the dips and chips, fetching drinks and taking the nachos out of the oven. Just be sure the workload is evenly distributed. If it's your house, you're still the host, so you can't shirk your duties entirely.



Coleman

THERE'S AN APP FOR THAT

Can't put down your iPhone, even for the big game? Check out these apps, all available on iTunes:

■ **A+ SuperBowl Commercials:** This no-frills app by developer Scott Falbo links to YouTube videos of some of the best ads from recent years. Free.

■ **Party Planner:** Not sure how much to buy when you go to the liquor store? This app from 2.1 Films does the calculating for you. Tell it how many guests you'll have, make a few customization selections, and the app creates a shopping list for you. Free.

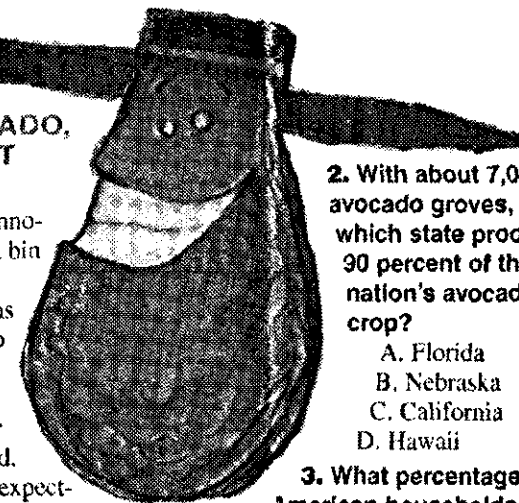
■ **Super Bowl XLIV Countdown:** Just can't wait for the game? Developer Ben Cousins has created a simple countdown to tell you (to the seconds) how long you have to wait until kickoff. Free.

■ **SuperBowl Trivia:** Quiz your party guests with trivia questions from Thirtynine LLC. \$1.99.

■ **All Football Glossary:** Someone on TV just mentioned "bump-and-run" — what the heck is that? Deep Powder Software has the answer with an app that explains football terminology. 99 cents.

THE AVOCADO, THE GREAT UNIFIER

It looks so innocent sitting in a bin in the produce aisle, but it turns out the avocado is the tie that binds when it comes to Super Bowl party food. Americans are expected to eat 160 million Hass avocados (that's about 80 million pounds!) at their bashes this year, according to the Hass Avocado Board. That's enough to cover the field at Dolphin Stadium 30.9 feet deep with avocados. See how much you know about the avocado, and then try a Joe Montana-endorsed guacamole recipe.



1. The avocado is a vegetable.
True
False

2. With about 7,000 avocado groves, which state produces 90 percent of the nation's avocado crop?

- A. Florida
- B. Nebraska
- C. California
- D. Hawaii

3. What percentage of American households buy avocados?

- A. 5 percent
- B. 28 percent
- C. 43 percent
- D. 84 percent

4. The avocado originated in Mexico sometime between 7,000 and 5,000 B.C.

- True
- False

5. Avocados have a peculiar nickname based on their shape and skin color. Can you guess it?

JOE MONTANA'S NACHO GUACAMOLE

INGREDIENTS

- 4 ripe, fresh Hass avocados, seeded, peeled and diced
- 2 medium tomatoes, diced
- 2 jalapeño peppers, seeded and finely diced
- 1/2 of a 15-ounce can black beans, rinsed and drained
- 4 green onions, thinly sliced
- 1/2 cup shredded low-fat cheddar cheese
- 2 limes, juiced
- 1 tsp. garlic salt

DIRECTIONS

Place half the avocado in a medium bowl. Add remaining ingredients and stir to combine, somewhat mashing the avocado. Gently stir in remaining avocado. Chill until ready to serve. Serve with tortilla or pita chips.

Notes: If a smoother guacamole is preferred, add all of the Hass avocado in step 1. If a chunkier guacamole is what you like, add all of the Hass avocado at the end and gently stir in. Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

Serves 8

RECIPE SOURCE: HASS AVOCADO BOARD (AVOCADOCENTRAL.COM)

