

CERRITOS COLLEGE TALON MARKS

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Faculty split on sabbatical leave suspension

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Despite the college making cuts left and right from its budget, up for approval are the candidates that will be allowed to take sabbatical leave.

Full-time faculty is allowed to request sabbatical leave time in which it takes a semester, or entire school year, to enrich its teaching abilities and take what it learned on its leave and apply those skills in the classrooms.

Whether it be by taking a trip somewhere and studying the different cultures or even if it's by staying

home and writing a book, the faculty member must take the sabbatical leave to discover new material that will benefit the college.

On Jan. 26, the Faculty Senate approved 11 candidates for sabbatical leave. All 11 candidates filled out requests and applications for sabbaticals and all candidates were thought by the faculty senate to be "worthy sabbatical leaves."

The major concern for some of the faculty members, as well as students, is the cost that is going to take for the full-time faculty to go on sabbaticals.

It will cost around \$200,000 for the college to hire part-time faculty to teach the classes that would otherwise be taught by the member that is on sabbatical

leave.

Students like criminal justice major Jose Ruiz feel it is unnecessary for professors to be taking sabbatical leave when the budget is as tight as it is.

He said, "It seems to me that they are just trying to find an excuse to take vacation time. If students are getting their classes cut and taken away from them then it's only fair that the faculty gets a taste of what it feels like too."

Though many faculty members seem to think that taking a sabbatical is a right, in fact it is a "privilege" as stated in the first sentence of the Sabbatical Leave Policy in the Faculty Handbook.

President Linda Lacy said that although sabbaticals

have been suspended before and can be suspended now, whether the faculty is allowed to take them or not, the decision will be in the best interest of the school.

The faculty senate has already approved all 11 candidates.

Therefore, the applications are now with Vice President of Academic Affairs Bill Farmer.

He will review all the applications and decide whether or not they should be recommended to the Board.

Once he approves and sends them forward the applications, they are then sent to Lacy.

She will then recommend to the Board of Trustees those applications and the Board will have to decide if

Parking increase effective in July

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The Board of Trustees met Wednesday and approved the \$5 parking fee increase proposed by Chief of Police Richard Bukowiecki.

After 12 years without any changes made to the policy of parking fees, the Cerritos College student body can expect to see the new change in fee, effective in summer.

Parking permit fees will be \$35 in the fall and spring semester, and \$20 in summer session.

The idea of proposing the increase was made by Chief of Police Richard Bukowiecki last month. The lack of funds has the campus police working on a deficit due to the majority of the campus' safety and maintenance budget coming from the parking fees.

The parking fee increase will benefit the students as well. The funds will be used toward the restoration of parking facilities, the re-enforcement of campus security and the emergency alert system.

Campus security will improve and remain efficient. Services like the escort service for the students attending during the evening will continue to run, as well as the Emergency Alert system, via text at AlertU. Students using AlertU will be alerted in case of any emergency with a simple text.

"We need to improve our security and make the campus safer. Four cars were broken into last year, if campus security improves we won't have problems like this," stated Suzette Vega, member of Student Senate.

Students that are eligible for the BOGG waiver will not be affected by this increase. The price will remain at \$20 regardless of the new proposal, due to the educational

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History washed up



Soaked in history: Library technical clerk Laura Smuts (right) cuts the plastic off of some of the college's certificates that were also damaged due to roof leakage.

College's historic archives damaged in rain

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Historic archives of Cerritos College were damaged on Saturday when several roof tiles of the right side of the library caved in and leaked water into the building.

Newspapers, certificates, slides, books, pictures, and negatives were some of the many things that were found soaking wet Monday morning by library tech clerk Robin Brugger.

"Archives of Talon Marks were just soaking wet. The pages of the newspapers and some of the books were stuck together and ink was smearing over them. The box of slides actually had water in it. Water even got inside certificates that were covered in plastic," she said.

What she found most shocking was the fact that the roof tiles completely gave in. Last week, when the storms hit Cerritos really bad, she said, the tiles just formed this bubble-like shape, but Saturday it didn't even rain that

hard, but it made the tiles come off the roof.

She said, "I guess all of last week's rain had accumulated above the tiles and all it took was a little bit more rain for the damage to occur."

Laura Smuts, library tech, said she finds it saddening that this happened. "It wasn't just a bunch of books and newspapers," she said, it was the history of the school.

Nursing major Angela Barker was in the library studying at the time that the library clerks were trying to get things sorted and dried.

She thought somebody had gotten laid off and was packing up her stuff.

"I thought one of the library clerks had gotten laid off. Most of them looked discontent or overwhelmed. One of them even looked pissed off. I saw people going back and forth with papers and stuff so I figured all of that could only be because someone was leaving. Now that I know what happened I kind of wished someone had gotten laid off," she joked.

Though she found it funny, her sister, nursing major Amanda Barker, thought it was insulting and definitely no laughing matter.

She said, "I know the library has been getting a lot of cuts because of the state our budget is in right now, but if there had been more library clerks working or librarians, I'm sure

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Stuck together: Library tech Laura Smuts tries to save some of the archives damaged in the rain.

Summer sessions face cuts

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Communications major Francesca Balcatois plans on attending the University of California Berkeley. However, due to the recent budget cuts, getting there and getting the classes required to attend is going to be harder than she had originally expected.

"Unfortunately, Cerritos College doesn't offer a media studies class or a class similar to it so I had to look to take it at another school," she said.

Balcatois is one of many students who may face this dilemma as Cerritos College makes even more cuts to classes because of the decreasing budget.

The budget for the 2010 summer session was unveiled at the Faculty Senate meeting Tuesday.

The new budget shows that there will be yet another cut to the summer session, which was already cut in half last summer when the administration was forced to cut the entire first session.

This is a direct result of the state giving the college 3.7 percent less funding for the entire school year than it did last year.

The current plan calls for deans to follow the enrollment comparisons that were used during the 2008 school year.

Some members of faculty, while understanding the need to cut classes, are still concerned with the method being used by the deans to cut the classes.

"We think the priority should be the classes students need to transfer or gain a certificate, it really comes down to what is the priority of the college during this budget crisis," said Diane Keenan, instructor of Economics.

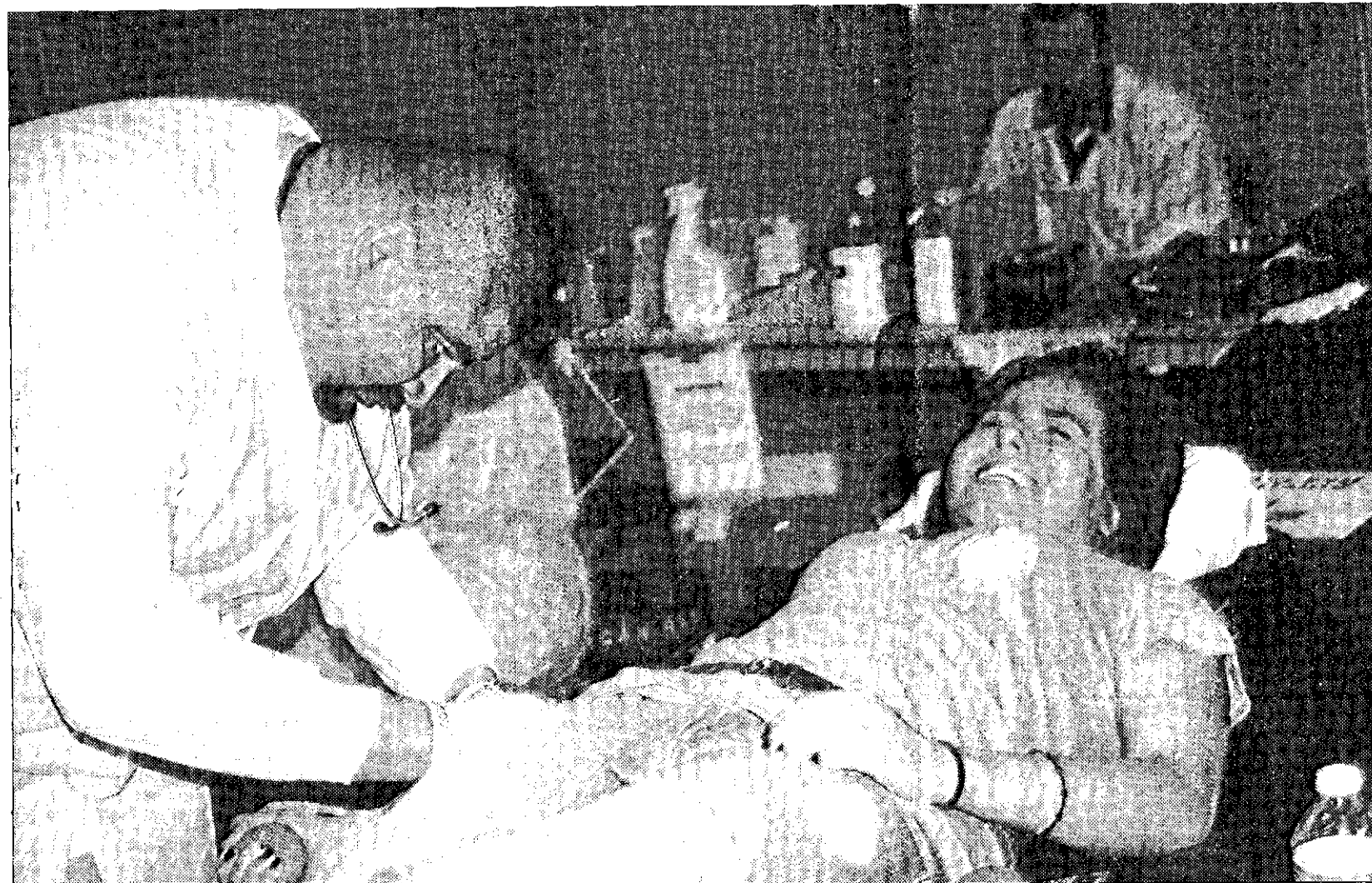
While there is still widespread concern, President Linda Lacy said, "we are letting each division make the decision on what it wants to offer, hopefully all of the courses are

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All poked up: Nurse Anthony Diaz draws blood from donor and kinesiology major Marcela Benitez to help aid people in need around the world at the blood drive

Blood mobile hits Cerritos

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Many people are having a hard time trying to decide what they are going to give someone for Valentine's Day.

Cerritos College has made it an easy choice: give the gift of life, donate blood.

The American Red Cross has been bringing its Blood Mobile to the campus for more than 13 years according to Jason Salcido, mobile director for the Blood Mobile.

It is projected that 80 people will drop by the blood-donating center on its first day of donations. Because of this number, the bus that is known for blood donations will not be used.

Donating areas will be set up in the Student Center so more donors can be served at a faster rate.

Silvia Roel, on the job instructor, stated, "We are constantly in need of blood."

Donors are always needed and 'newbies' are asked to start donating.

"Once people donate the first time, they nor-

mally come back. It is almost always a good experience," Salcido added.

The one thing that all the Blood Mobile personnel want people to remember before donating is to keep hydrated. Keeping hydrated reduces the risk of nausea and light-headedness.

The American Red Cross recommends the following tips for a successful donation

- Maintain a healthy iron level in your diet by eating iron rich foods, such as spinach, red meat, fish, poultry, beans, iron-fortified cereals and raisins.

- Get a good night's sleep.

- Drink an extra 16 oz. of water and fluids before the donation

- Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. Tests for infections done on all donated blood can be affected by fats that appear in your blood for several hours after eating fatty foods.

- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.

- Remember to bring your donor card, driv-

er's license or two other forms of ID.

The entire donation process takes about 15 minutes. So saying you don't have time to stop by isn't a good excuse. A student can stop by before class or even after to give this bloody Valentine gift.

There are a few things that could prevent a person from donating blood. Among them are: iron levels, certain medications, and recent travel. The only way to know if you are unable to donate? Go to the blood center and ask!

The American Red Cross Blood Mobile will be at Cerritos for a total of three days: Feb. 9, 10, and 11. It will be open for donations from 8 a.m. until 8 p.m. If you didn't sign up, don't worry! Walk-ins are always welcome.

As a thank you for giving the gift of life, you will be given the gift of food. A coupon for a free appetizer at Mimi's Café is given following the donation.

There isn't a good reason for a student at Cerritos College to not try and donate blood. Campus wide, students are banning together and giving the gift of life to save the lives of those that are in need.

WPMD and Talon Marks work together

The two programs come together to produce a weekly radio show, called, "The Campus News Hour"

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Talon Marks is making it easier for Cerritos students to stay informed about current issues surfacing around the campus with a new radio show.

For the first time, Talon Marks and WPMD, the Cerritos College broadcasting station, are merging.

The main focus of the radio show "Talon Marks Campus News Hour" is to keep the students of Cerritos informed, by delivering what's in the current print edition of the newspaper.

Crystal Martinez, communicative disorder major, said, "I think it's a good way to learn more about what's going on at school, especially because it's always important for students to be informed."

Hosts Tito Benavides, WPMD editor, and Megan Winters, arts editor, will also be discussing topics found in the current print edition in further detail, as well as taking phone calls from students who want to voice their opinions or ask questions.

Winters' expectations for the radio show is by having the two news sources combined that, "it will be an easier way to get the news to the

students."

Both hosts anticipate that the show will capture a large audience; since it's in its early stages they are still testing the waters.

In addition, students can expect special guests in future shows.

Benavides stated that by combining the two productions, "[it] will bring a larger reading audience for the paper as well as increased listener participation for the radio station."

English major Katherine Bonnie reinforces Benavides statement by saying, "Talon Marks could get some air time to help boost their amount of readers. And WPMD could have features in the paper and add to their amount of listeners. It could be a good thing for both sides."

Although "Talon Marks Campus News Hour" serves as an interactive medium of news source made available to the students, it also serves as a learning process for those running the show.

Operations Manager at WPMD, Dennis Clare talked about combining the two departments will help both the journalism students and radio students by exposing them to different elements. "It will give them that extra edge above other journalism or radio students," and it will also increase their communications skills," he said.

Students can tune in every Wednesday morning from 9 a.m. to 10 a.m. at www.talonmarks.com/wpmd, on the same day the print edition is distributed.

Parking: Board of Trustees agree with the ASCC and increase student parking fees

Continued from page (1)

code and state law.

Students around campus are expressing their reaction toward the fee increase.

While some students have showed overwhelming support for the decision some students have voiced plenty of concern as to what this might mean for the future.

"My only concern is that as the years pass by, they are going to continue raising the fee," stated Jesus Rodriguez, architectural design

major.

Gustavo Briones, computer programming major, said, "We already had an increase in tuition, and now another change in fee. We are just students, our money is limited."

Natalie Salazar, undecided major, stated, "I feel safe during evening classes walking around campus. If the money is going toward our safety, then you cannot argue with the increase in fee."

Archives: Rain destroys one of a kind documents

Continued from page (1)

someone would have come up with some way to cover the archives and protect them. Not only that but why are (the archives) even in the library and not have a room of their own? The history of the school is obviously not that important if the school can't even find a safe place to keep it."

Brugger explained that when it rains, the library clerks take the responsibility of placing a plastic cover over the bookshelves.

However, because they had not

anticipated rain over the weekend, especially not rain that would make the tiles come crashing down, the library clerks forgot to place the plastic covers over the bookshelves.

"That's what we have always done. If we know it's going to rain we place the covers and hope that nothing gets ruined. It upsetting that the one time we forgot to put the covers was the one time that the roof tile got damaged and caused all this damage," she said.

Not only did the archives get

damaged but so did three racks of newly ordered books.

Just last week, a new set of books for nursing, art, photography, reading, and woodworking arrived.

The library assistant buyer said, "It is literally thousands of dollars gone down the drain. The pages of the books are either stuck together or the ink is smeared. This is ridiculous. I don't know if the school will be able to place another order of books and if it can't then that money was just wasted."

Both Brugger and Tan were upset that the order for the replacement tiles had been placed over 10 years ago and yet nothing has been done to fix them because maintenance "didn't have enough tiles to replace them."

"Some of the things date back to when the college was first instituted. It's sad that all most of these archives are damaged and some may even be lost," said Brugger.

Budget: A revised budget is unveiled at the faculty senate meeting and leaves many with questions

Continued from page (1)

part of a comprehensive education plan.

Being the dean's decision of what classes to offer they are taking advice from their department chairs. "Deans are consulting with their department chairs, they are trying to really make sure we offer the core classes that students need the most," said Vice President of Academic Affairs, Bill Farmer.

When looking at the past five summers, the upcoming summer session will still serve more students than were served in three of the past five years.

Another thing that Farmer has been working on is to introduce the first summer session back to Cerritos College, which as of now, is set to come back the summer of 2011.

"If we served 1,600 students this summer, we wouldn't be able to offer two summer sessions next summer," added Farmer.

Cerritos getting their first summer session back is great news to students like Ben Baguni who has been hit hard by the cuts.

"This semester I was trying to

get all the classes I need and because of the small amount of classes offered I had to take one at 6 a.m.," said President of the Business Club, Phi Beta Lambda, Ben Basuni.

"I usually bike to school so it's not easy to always get here, especially when it rains," he added.

In an attempt to make progress on this budget crisis, Linda Lacy, along with other college representatives planned a trip to Washington to support The Student and Physical Responsibility Act, which promises \$9 billion to community colleges.

However, due to weather conditions, the conference was cancelled. "We are going to be beating down the doors supporting this," said Lacy.

"I would hope to see some recovery to the budget by the 2011 year," she added.

While the plan for next year's summer session addresses a lot of the problems students are currently encountering, students like Bacaltos and Basuni don't have an extra year to wait, they have to make a decision now.

ENROLLMENT COMPARISONS BY YEAR

	2010-2011	2009-2010	2008-09	2007-08	2006-07	2005-06
Semester	Sum. 2 - '10	Sum. 2 - '09	Sum. 2 - '08	Sum. 2 - '07	Sum. 2 - '06	Sum. - '05
# of students	1000	1653.71	1042.82	949.82	925.89	810.77
Semester	Fall '10	Fall '09	Fall '08	Fall '07	Fall '06	Fall '05
# of students	7500	7729.53	8154.32	7453.73	7229.89	7288.08
Semester	Spr. '11	Spr. '10	Spr. '09	Spr. '08	Spr. '07	Spr. '06
# of students	7500	7844.42	8135.68	7401.97	7150.95	7248.12
Semester	Sum. 1 - '11	Sum. 1 - '10	Sum. 1 - '09	Sum. 1 - '08	Sum. 1 - '07	Sum. 1 - '06
# of students	1000	0	900.26	1357.44	1273.01	1273.97
Subtotal	17000.00	17227.66	18233.08	17162.96	16579.74	16620.94
From/To Prior Year		874.40	-874.40	0.00	0.00	0.00
Grand Total	17000.00	18102.06	17358.68	17162.96	16579.74	16620.94
Funded Target	16700.46*	16700.46	17162.96	17135.38	17135.38	17135.38
Difference	N/A	1401.60	195.72	27.58	-555.64	-514.44

SOURCE: VP ACADEMIC AFFAIRS BILL FARMER

Making a difference: Chart shows the amount of students served in FTES, full-time equivalent students. 2008 will be used as a model, since it was closest to target numbers.

*Indicates projected totals for the year



Top fuel: Matco sponsored dragster visits Cerritos before heading out to the drag strip. Driver Antron Brown shared his stories about drag racing to automotive students.

Dragster races to Cerritos

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Automotive students at Cerritos College were introduced to Matco Tools and top fuel drag racer Antron Brown, along with his 498 cubic inch Hemi engine, 8,000 horse power dragster.

Matco Tools also presented the professional world of the drag racing culture, with its numerous career opportunities, to students as well.

Brown has been blazing a trail in his career with a top speed of 333 mph on the quarter-mile track.

He's taking time off from racing to make known the various career opportunities to-

day's automotive students.

Jobs like auto technician, machinist, fabricator, media and public relations, just to name a few.

"It's a cool program. We get to go out and talk to different students about careers. We get to explain the different opportunities that the racing world has to offer," Brown said.

"Racing is actually a new business, not just a hobby," he adds. "The list goes on and on what you can do in racing now, it's a full gamut of job opportunities."

Automotive major Vicente Cruz is part of Cerritos College's Ford ASSET program. "I would like to be in this career, it's cool. I want to work on racing cars. Anything, like Indie Cars," Cruz said.

Regional Business Development Manager

Rick Beck explains how Matco regularly reaches out to automotive students for the very purpose of recruiting auto students into the Matco family.

"What we like to do is get our driver, Antron Brown, in front of the classrooms to talk to the students about the education and the opportunities to be a race car driver or racing technician. We realize these students are the future of this industry of Matco's business," Beck said.

Auto Major Sherman Dickinson thought Matco put on a great presentation. He plans on becoming part of the drag racing culture once he becomes a technician.

"This meeting showed me to just go for it," Dickinson said.

Students interested in finding out more of this program can log onto matcotools.com/teched

Math Anxiety swarms Cerritos

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The world of algebraic functions, parabolas, and squares is heaven for some. For others, it's a love-hate relationship. The Re-Entry Resource Program sponsored a Math Anxiety Workshop, for the students of Cerritos College, that fall into the Later.

"The workshop was a success. We had a great turnout, 21 students showed up in comparison to the previous no-shows we had other times," said Shannon Estrada, re-entry resource specialist.

"It's fine if you don't know something, but it's important to work through it and don't be afraid to ask for extra help."

— Sue Parsons
Math Instructor

shop was fun and entertaining. I hadn't taken math in 20 years, it's challenging for me and worst of all, I get anxiety when new material is presented."

"Professor Parsons touched on several things that I personally relate to. She said it's fine if you don't know something, but it's important to work through it and don't be afraid to ask for extra help," Cyr added.

Other students like Raul Ortiz, architecture major, were not informed about the academic support programs provided. He said, "I didn't know about the extra help we are being offered, but I would definitely take advantage of it."

Joseph Joson, a nursing major, stated, "I personally feel that Cerritos College is doing its best by offering tutoring and workshops. There are different places students can go to get the help they need and we are on the right road to success."

"They should make more workshops. I have math anxiety, but I'm relieved to know that our school is taking into consideration that math is not something that a plethora of us master," Cristina Gutierrez, English major, said.

The Re-Entry Resource Program will continue to offer its academic support and workshops throughout the semesters for all students.

Cerritos library offers students tools to write a successful paper

Cerritos College library provides orientations to facilitate student success

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If MLA or APA format is giving you a hard time and that essay is due soon, ask your professor to schedule an orientation in the library to help you find all the resources you need.

Rather than depending on Wikipedia or Google, the library

offers all of the resource books that you need to bring out the best in your topic.

Statistically, last fall, 90 classes were scheduled, meaning that 2,850 students received an overview of the library with the aid of the librarians, like Lorraine Gersitz, coordinator of the library orientation.

As Gersitz said, "We offer better resources for your research paper as well as workshops."

This one-hour orientation will help students be able to easily go to the library and know exactly where to find that research book, and, if not, how to simply find a book using the online book catalog.

In this orientation they will also help students find dependable internet resources.

In addition, they will teach you research strategies and techniques, and help you with citation formats.

If students have a "smart class" with internet access even better. They can go in and give your class a customized tutorial on the essentials students need to know to get things done at their school library efficiently.

For those who are interested in scheduling a one-hour orientation, call the Reference Desk at Ext. 2425

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•EDITORIAL•

Cuts need to be balanced

Like most of us, Cerritos College has seen a decrease in its budget once again over the last year. With fewer funds to work with, decisions have to be made about how to save money and how to allocate what money there is left in the budget.

When making these decisions, it's imperative for the students best interest to be paramount.

Decisions must be made about what summer classes will be cut over the summer, whether some, all or none of the faculty requesting sabbatical will be granted leave, and what repairs will be made on campus and which will be put off.

The dean of each has been given the task of cutting 30 percent of the courses normally offered by their department over the summer. This is a big decision that cannot and should not be made hastily or without trying to accommodate the most students.

In order to best-serve the most students, there should be a focus on the classes that are in the highest demand over the course of the year and those that are not offered during the fall or spring. Students attend summer school, for the most part, because they need a class.

For this reason, the deans must take care to keep those classes that students most need rather than want, over the summer. The decisions will be tough, but the deans cannot afford to keep even one class that will not be

full in the summer.

Another decision that must be made concerning the faculty and the budget of Cerritos College is about whether or not to grant sabbaticals for any of the 11 faculty members that have requested it.

Although seen as a right by some faculty members, sabbatical is something that has been, and can once again be, suspended by the college. If all 11 of the faculty members requesting it received sabbatical leave, it would cost the school approximately \$200,000. That's \$200,000 paid for people to not work.

Yes, it is a chance to go and learn how to become a better professor, but it is not something that the school can afford at this time. The granting of sabbaticals should be suspended for the time being, or at least not granted to all 11 applicants.

Another incident that stems from the 90s is the damage recently inflicted upon the library over this past weekend. The damage done to the archives, new shipment of materials, and the A/V room are thanks to repairs that were requested over a decade ago and never implemented.

These are tough times for both students and the higher education system in California. No one is happy about the situation we find ourselves in, but by making cost effective decisions those in charge of our higher education can alleviate the pain that is felt most by students.

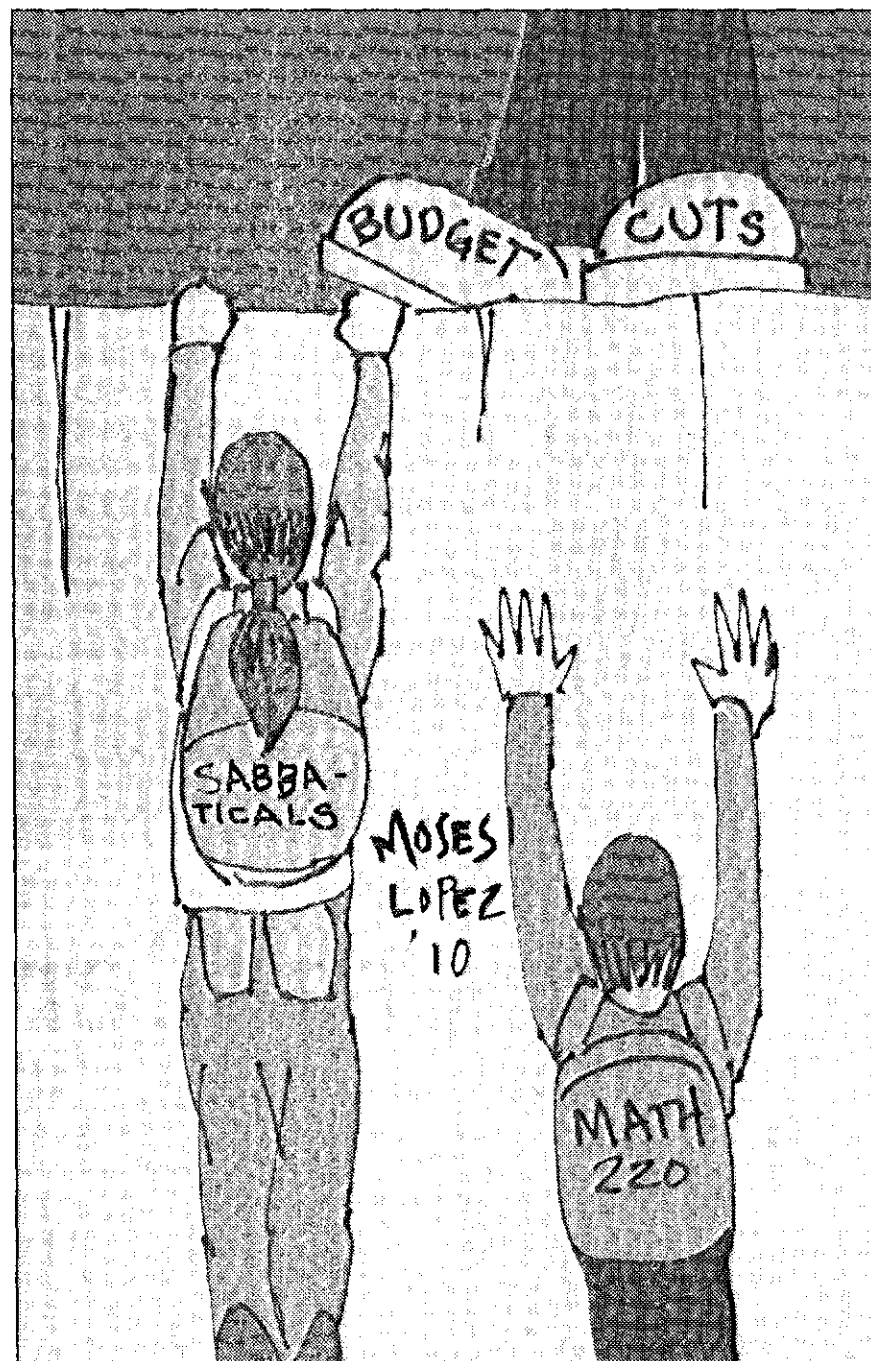


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LETTERS TO THE EDITOR are welcome. They may be submitted both online and in person. In all cases, letters must be signed with real names before they will be considered for publication, either online or in print. Campus-related issues are given priority. 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.

Bike lanes need to be discussed

Improving the city of Los Angeles should be a collaborative movement, not a competition.

A local group of bicyclists known as The L.A. Bike Working Group has created an alternate plan to the city of L.A.'s proposed bike plan after finding several flaws in the design, implementation policies, and language of the city's second public release.

While the group's main intention is to bring awareness to the city's efforts in reducing traffic and increasing the public's input at workshops to improve the plan, it has also placed much focus on criticizing something that commuters and the environment can benefit from.

The L.A. Bike Working Group, composed mainly of cyclists, claims the city's plan is set up to fail because its maps are "sloppy," the policies are "malleable," and the language is "non-committal."

Perhaps members of the group missed reading the word "draft" in bold, capital letters at the top of the release memo?

The group's own plan seems less complex since it mainly takes advantage of bike routes and enforcement policies already in place. The changes it propos-



Rebeca Vega

Staff writer
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es are adding bike lanes to main streets, such as Whittier Blvd and Sepulveda Blvd, and providing training for police officers to protect the rights of cyclists and the safety of all commuters sharing the road.

The L.A. Bike Working Group should definitely be applauded for making the most out of resources already available to cyclists, since that would save valuable taxpayer money, but its members are not keeping their sights set on the big picture.

Los Angeles continues to be one of the most traffic-ridden cities in the nation and we all need to do something about it!

In a 2005 study conducted by the Texas Transportation Institute, it was reported that L.A. drivers spend an average of four hours a day staring at the business end of someone else's vehicle. Additionally, Angelenos spend 72 extra hours each year sitting in

traffic delays.

This statistic comes as no surprise with reportedly about 1.7 cars per person in the City of Angels.

L.A. City Mayor Antonio Villaraigosa has already set several projects in motion to help drivers save time and their sanity. His most recent accomplishment was synchronizing 82 percent of the city's traffic signals. This not only prevents traffic jams by reducing the amount of cars sitting at red lights, but also helps the environment by reducing fuel use and car emissions.

In a city that values personal fitness, health, and the environment, it only makes sense that a network of bicycle paths be our next step in honoring our values. So then why is it that cyclists—who the city's proposed plan was originally for—can't find a way to synchronize their vision with city planners? After all, cycling is a team sport!

The L.A. Bike Working Group needs to inform the public and gain support without hurting the relationship between the community and city officials. There should be only winners, and no sore losers, at the end of the finish line in the race to make Los Angeles a better place for all.

"Los Angeles continues to be one of the most traffic-ridden cities in the nation and we all need to do something about it."

Are there certain things you wish the school would spend its money on?

COMPILED BY: SAMANTHA ROBINSON
PHOTOS BY: STEVEN QUINTANA



DANIEL SCHAFER

undecided major

"(The school should provide) books, and better classrooms and better teachers."



MARIA MACIAS

nursing major

"Maybe (they should invest in) a better library and more study rooms. The ones we have get filled up quickly."



ALVARO ESCAMILLA

telecommunications major

"(The school should make) a better food court."



STEPHANIE PINTO

nursing major

"(It should offer) better classes. If it offered (more) classes it would be better for instructors and students."



SAMUEL YU

health science major

"The school should spend money on the students, books, better programs for different clubs and labs."



TAMMY BRILLINGER

liberal arts major

"It should spend money on opening the library on weekends so people can come in."

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What should the school spend its money on?

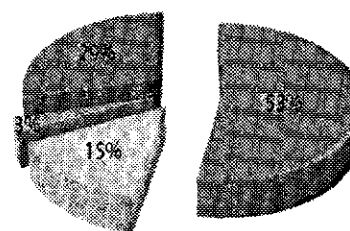
- Books
- Classrooms
- More classes
- Scholarships

Last Week's Poll

Vote online at talonmarks.com

What do you look for in a candidate for office?

Morals	53%
Money	15%
Power	3%
Brawn	29%



Healthy food, better life

As more and more Americans fail to maintain a healthy diet, we are seeing the number of health problems escalate at an alarming rate. With the healthcare reform being one of the hottest topics today, we are left wondering just how much of our choices are linked to the status of our health.

It's terrifying that the typical American spends more money on healthcare, than food. It seems we've forgotten the basics when it comes to living a healthy life. The result of spending less money on food is spending more money on healthcare to treat preventable chronic diseases.

It's become too common to spend a small amount of money on fast food, rather than invest a little more cash to buy lean meats, fruits and vegetables. We're all taught about the importance of eating healthy at a young age, and yet we find ourselves weakening our immune systems with food that doesn't benefit us in any way.

Most diseases like obesity, Type 2 diabetes and even certain cancers are linked to poor diets. And although most of us know better, why do we continue to treat our bodies the way we do?

It usually isn't until we are diagnosed with an illness that we start thinking twice about what we put



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in our bodies. But with all of the knowledge we have about how unhealthy fast food and sugary drinks can be, why can't we take preventable measures to avoid visiting the doctor?

I used to believe in the saying "An apple a day keeps the doctor away." Today, that saying has evolved into "An apple a day, keeps the bill collectors away." Because with the less time and money we are spending on food, we are spending more and more time and cash on visiting our doctors.

The bottom line is that our immune systems cannot fight off diseases, if it is not properly cared for. Burgers, fries and beer simply don't have what it takes to fight off diabetes and other illnesses. Although they taste amazing, and satisfy our hunger, they are putting our bodies at risk for trouble in the years to come. As Jack LaLanne, fitness expert and bodybuilder, says "If man made it, don't eat it."

According to the Centers for Disease Control and Prevention, 75 percent of Americans are obese

or overweight. America has the reputation for being known as the country with the most overweight people.

Probably one of the biggest excuses for not eating healthy is that foods like vegetables and whole grain products are too expensive. The cost of things like broccoli and brown rice are always growing. Healthy meats like turkey and salmon can also cost more than a charbroiled burger.

However, wouldn't it make sense to use your fast food money to buy more healthy groceries for your kitchen? The end result would be spending less cash on doctor visits, and expensive medications to control things like high blood pressure or high levels of blood sugar.

Preparing food at home to take with you to school or work isn't too hard to do. It's understandable why so many of us rely on junk food and sugary beverages to get us through our day, but change doesn't have to be as dramatic and complicated as you think. It all involves taking baby steps to change your lifestyle, and manage your time a little better.

In the end, not only will you feel better, you'll most likely be able to spare yourself from the time and trouble of having to deal with our current healthcare system.



Obama deserves an A+

Just one year ago we saw President Obama take the oath of office and make some crucial promises to our nation. His mission was change, which is why some Americans believe he should receive an F where progression is concerned.

The questions that are surfacing now are: has Obama's first year been successful and has he done enough for us to see change?

With all we have endured from the former President George W. Bush, I believe President Obama has successfully dealt with a number of serious issues and has kept his word in pursuing major changes for the United States.

As the year progressed, Obama has fought hard and had many opportunities to make changes to the negative issues he inherited from former President Bush.

He saved the auto industry from crashing indefinitely with a \$110 billion loan. On Jan. 1, he signed the Lily Ledbetter Fair Pay Restoration Act for inequalities against women's



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wages in the workplace. Which, I must add, was long overdue.

Not to mention, Obama created the Home Affordable Refinance Program, which is estimated to save seven to nine million families from losing their homes. This program has hit home for me because it saved a few of my own family members from ending up homeless and on the streets.

President Obama also came up with an effective and well-produced economic stimulus package of \$787 billion, to keep the unemployment rate less than 8 percent.

He is making history! Not only has he achieved the unbelievable by becoming the first African American president, but he also appointed the first Hispanic to serve on the Supreme Court of the United States.

In addition to breaking histori-

cal barriers, he has become the first president to receive the Noble Peace Prize while in office.

At his inauguration, Obama said, "The challenges we face today are real. They are serious and there are many. They will not be met easily or on a short span of time, but they will be met." In that statement alone, I remember why I still support our president and continue to have faith in him.

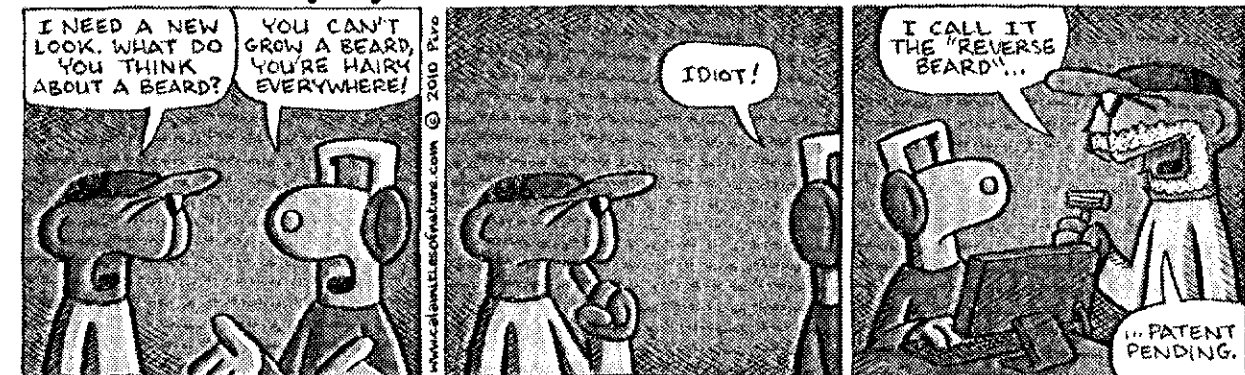
He is working hard to build a strong and solid foundation for all Americans. Compared to where we have come from and what we have survived from the past eight years, I give our president two thumbs up; at least where his word and mission to better the country are concerned.

President Obama has continued to show us his intelligence, how equitable he is and how confident and strong-minded of a leader he is for us. For his first year in office he has accomplished enough to receive an A+ for his efforts and honest contributions.

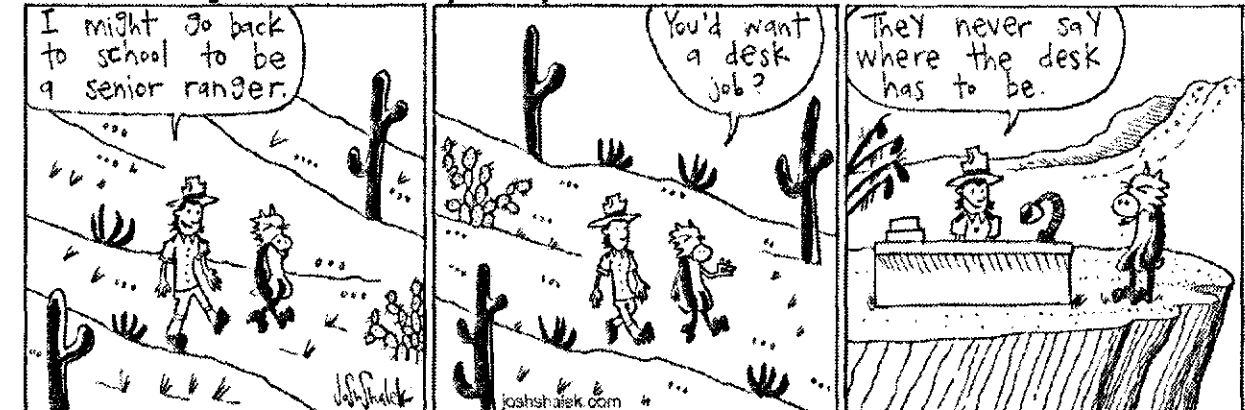
GIRLS AND SPORTS



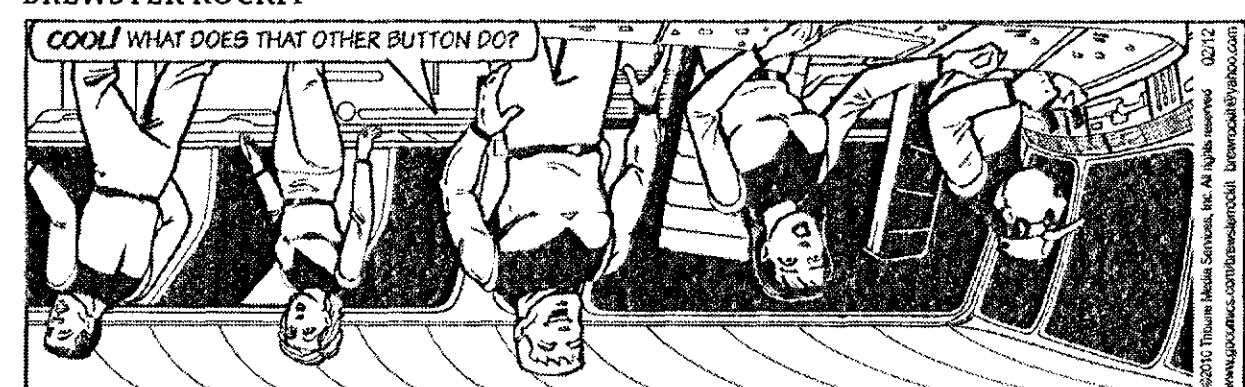
Calamities of Nature by Tony Piro



Welcome to Falling Rock National Park by Kid Shay



BREWSTER ROCKIT



ZERO

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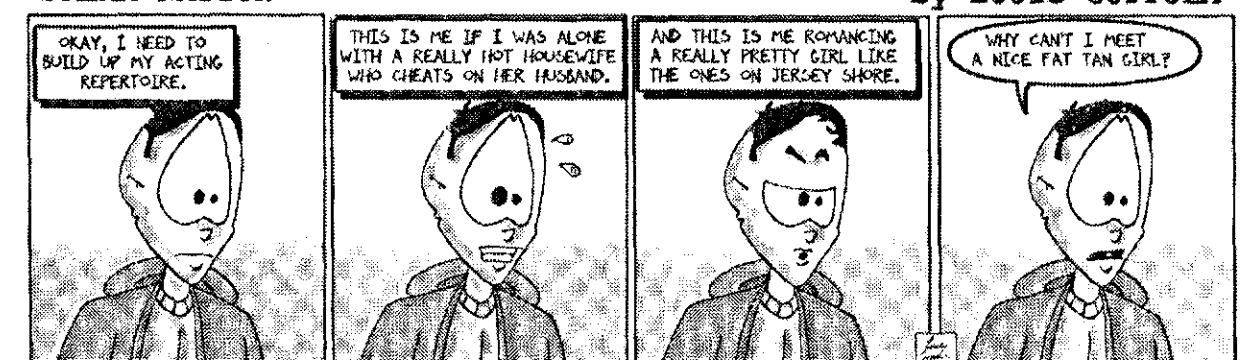
Shrimp

By Garrett Pekar



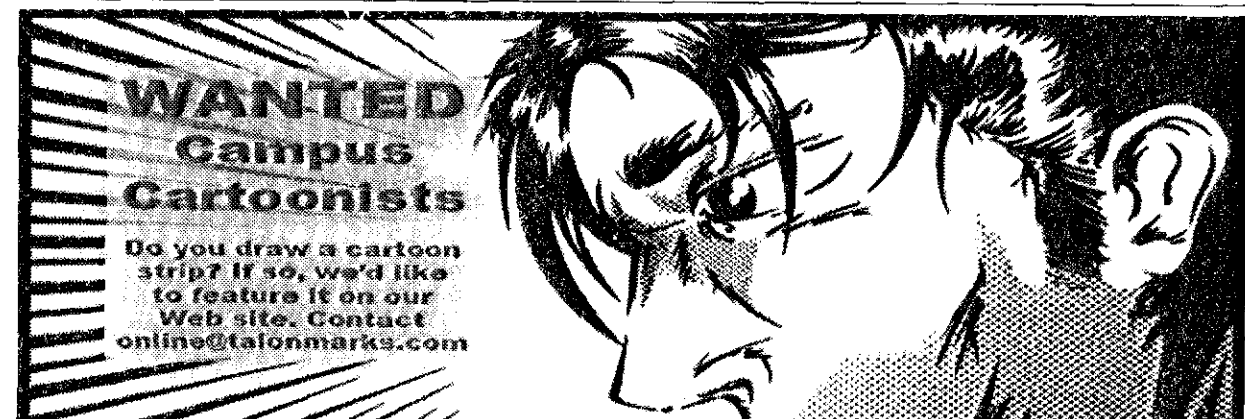
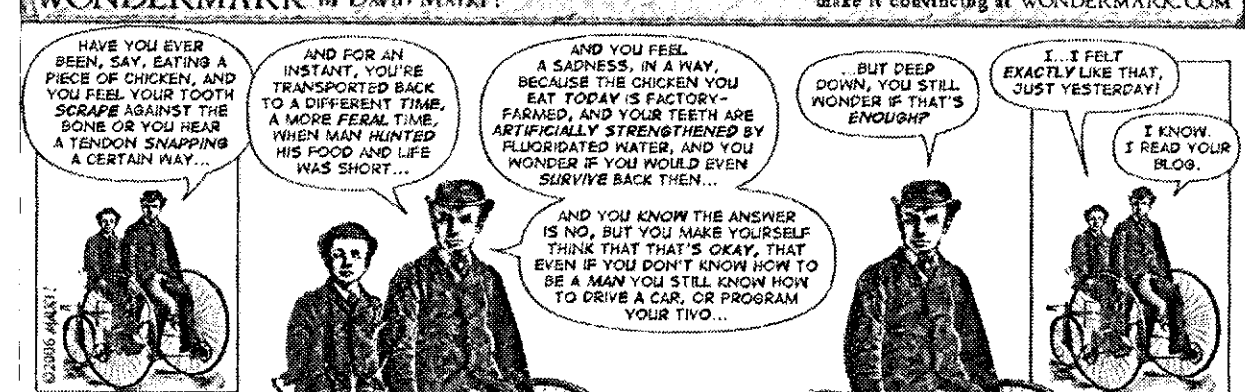
DREAM NATION

by LOUIS COPPOLA



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Jam Session: Rusty Kennedy never stops to better his musical talent. Kennedy's way of life is "eat, sleep, and play music."

ORLANDO DOMINGUEZ / TM

Taking the time to perfect the art

MEGAN WINTERS
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Starting at an early age, Rusty Kennedy's life has been around music. He's gained an appreciation for music that tunes far beyond the basic C chord and tunes into the soul. An experienced musician, Kennedy is eager to learn everything about music, and shows no signs of slowing down his passion for music.

Kennedy, a music major, has been attending Cerritos College since fall 2005 and has been involved in the Cerritos music department ever since. Currently, Kennedy serves as President for the music club on campus.

Ultimately, Kennedy came to Cerritos playing the tuba, but after careful consideration he is now focused on the electric bass guitar.

"I was gigging so much outside of school on electric base that I couldn't jam as much on tuba, so then I switched in spring '08 and applied here as electric bass," Kennedy said.

Because most UC's and CSU's do not have a major for electric bass, Kennedy is now taking interest in the classically oriented upright bass.

"I've been humbled by the upright guitar," said Kennedy, "but I'm still learning the basics and until I feel comfortable to play, I will willingly play in front of people." Occasionally, Kennedy still plays tuba.

In Nov. of '09 Kennedy played tuba in the "State Honor Band" in San Francisco, which was funded by the Board of Trustees. Last spring, Kennedy was also involved in the jazz ensemble at Cerritos.

Not all of Kennedy's music abilities expressed at school. He spends numerous hours practicing at his rehearsal studio in Fullerton where he is getting ready with his band, "Heart of Cygnus," to play at a festival in Germany.

"Cryptic Gallblatter Splatter" a progressive rock band is another band Kennedy is apart of.

Many faculty members at Cerritos College have positively impacted Kennedy's musical growth in different ways. With Music Instructor David Nelson's "old school 70's

rock and roll roots," his style of teaching has helped Kennedy train his ears.

"Dr. Nelson finds a way to integrate rock-and-roll to classical music," expressed Kennedy, "analyzing music such as 'Queen' helped me realize how much thought processes there are in playing music."

According to Kennedy, playing music is much like a sport. Just like playing football or baseball, being a musician takes persistence and effort to perfecting the art.

Professor Betancourt, music teacher at Cerritos, has also helped Kennedy. Kennedy states, "Betancourt has a great teaching method that helps you teach yourself."

Aside from college professors, Kennedy keeps a close connection with his high school band teacher Victor Solotoff. Kennedy regularly receives one-on-one lessons from his former high school teacher and benefits from his life wisdom.

Inspired by previous music teachers, Kennedy is taking his musical ear and applying it to the younger generation, by teaching five days a week at four local Whittier elementary schools.

Lessons in drum line and music fundamentals are given to kindergarten through third grade, and band to fourth and fifth grade students.

"I like dealing with kids because they are like sponges. I correct them on the small yet crucial details that go into playing an instrument," Kennedy said.

Kennedy is spending one hour a week on each elementary class and is currently struggling to get more hours to work with the students. "One hour is not enough to be teaching these children how to play music. If it was up to me, I would spend as much as three hours a class to teach these kids."

Kennedy's future shines with music. Not only does he want to succeed in the bands he is currently in, but also his career aspiration is to be a music teacher.

Next fall, Kennedy will be applying for primarily conservatory schools.

"You can sit and think about life or you can go out and do it, I'm learning, tomorrow I'll be learning."

Dr. DeMichele gives work a personal touch

WENDY SOLORIO
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"Sometimes, all it takes is for one person to turn around and say 'I believe in you.'" Archy Posada, a Vocal Performance major at Cerritos College has expressed that a certain professor in the music department helped change his life for the better. That professor is none other than Dr. Anna DeMichele.

For students like Posada, DeMichele helps those find comfort and make life changing experiences through the art of music.

"Before taking her class, I was doing drugs and gangbanging," Posada said. "I was just in college to just take a few classes and get out of here. It all changed when I took my first vocal class with her in the summer of 2007. Her class and her constant guidance led me to decide between picking up a piece of music or picking up a gun."

Dr. DeMichele has been a choral and vocal teacher at Cerritos College for six years. In a recent interview, she explained that she's always loved music, but her passion for teaching didn't come to her

until she was in college.

"I always knew I wanted to do something in music but I wasn't sure what it was," she explained, "but it wasn't until I took my first conducting class in college that I realized that this is what I wanted to do. I wanted to be in front of a group of students and put their voices together."

Teaching music also gives DeMichele the opportunity to get to know her students and make them feel like she cares about each and every one of them.

"I really enjoy getting to know my students. I think it's important especially when you're teaching in the creative arts," she said, "Especially with singing, students need to be able to open up. Their feelings and emotions are all internal. And when there's a lot of internal conflict and you don't get along with your teacher, there isn't a whole lot of progress that will come from the student."

And for students like Posada, he feels he owes his successful college life to DeMichele, because of her ability to connect with her students.

"Her love for music is really infectious. When she's excited about a piece of music, we all get ex-

cited too. She also pushed me to do things with my voice I never thought I would do. Even her asking how I was doing, and if I needed help with anything truly made the difference between my success and failure," he explained, "There aren't a whole lot of college professors who really care the way she does."

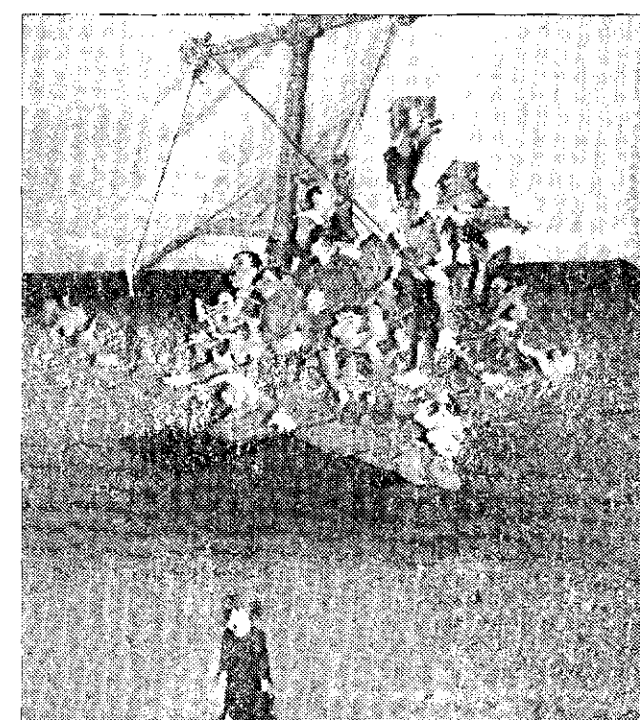
Like Posada, DeMichele was also inspired in the same way by a teacher when she attended San Marino High School in San Marino, Calif. "My high school choral director invited me to join the choir after I took a guitar class with him. And after that, I knew I wanted to have a career in music," DeMichele said. "And in college, I had professors who just kept my ambition going. Nobody ever tried to turn me off to teaching music."

Today, DeMichele is considered to be one of the music department's most helpful faculty members. "She's an amazing mentor," Posada said. "Most professors don't understand that we do need authoritative figures, but we also need friends and people who care."



VICTOR DIAZ / TM

Tough love: Dr. DeMichele offers inspiration far beyond classroom boundaries.



VICTOR DIAZ / TM

A Disney twist: Merryweather's "Off Course" is a prime example of the recreated work styles showcased in the art exhibit.

Art exhibit puts a new twist on classic pieces

The Re:Creation art gallery officially opened Feb. 8 featuring recreated pieces

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The Cerritos College Art Gallery has opened its doors to host the Re:Creation Art Exhibit. The exhibit is described as "serious play with canonical art."

The exhibit features recreated pieces by various artists such as Artemio, Ray Beldner, Ron English, and others.

The pieces featured are based off of original works that expressed many issues.

One of the works featured was Jay Merryweather's "Off Course." The piece is loosely referenced to a work entitled "Raft of the Medusa."

Merryweather's piece features a wooden raft with many Pinocchio dolls on top of it, referencing the original work, which featured a makeshift raft with slaves riding it.

Merryweather states that his piece refers to the historical aspect of the original work, as well as expressing Walt Disney's vision that was "intimately suppressed" after his passing.

Another artist that was featured was Carrie Yury. Her work consisted of various drawings of previous performance art pieces done by other feminist artists with the addition of masks over the drawings' faces, which references an experience she had as a performance artist.

"I decided to do a series of drawings as an homage to other woman performance artists," Yury said.

Other pieces that are being featured include: Ron English's "Obama-Lincoln," which is a recreation of a portrait of Abraham Lincoln that has been morphed with President Barack Obama's facial features; Ben White's "McAuliffe Devouring the Challenger," which illustrates the story of Christa McAuliffe, the school-teacher-turned-astronaut that was a part of the Apollo 11 incident in 1986; Vik Muniz's "Medusa Marinara," a photograph of a sculpture of the mythological creature Medusa made entirely out of spaghetti.

Students have already taken the opportunity to visit the exhibit. Kyra Bradley, Biology major, said, "I really like it. It's really provocative, but then it comes into reality."

Another love movie hits the box office

Movie Review

Dear John

Starring: Channing Tatum & Amanda Seyfried,
Director: Lasse Hallström
Rating: ★★★★★

NATALIE COSTELLO
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From Nicholas Sparks, the best selling author of "The Notebook" comes "Dear John."

A story of young summer love, that has swept the box office and the ladies off their feet.

The movie opens with John Tyree (Channing Tatum), a young soldier from the Army Special Forces lying on the ground in his army gear with gunshot wounds.

Coins begin to fall over him as he remembers a childhood trip to the U.S. mint. He goes on to say that he is a coin in the United States of America's army, and that the last thing he thought about before he blacked out.

John is deployed for a few weeks in Charleston, S.C. He comes across a southern belle named Savannah (Amanda Seyfried).

John meets Savannah's family as well as her neighbor Tim and Tim's autistic son, Alan, who looks up to Savannah.

It took only two weeks for the two to fall in love with each other.

Savannah and John's love is put to the test when his two weeks of vacation is up and he is due back.

For 12 months they write back and forth to each other, numbering their letters to know the order they receive them in. With the terrorist attacks on Sept. 11, he asks Savannah for her opinion on whether or not



Tear jerker: This highly anticipated movie knocked out "Avatar" of the No. 1 spot in the box office and surpassed the expectations for many.

he should reenlist, and she tells him to do what he feels is right.

With a head full of confusion and emotions John, like the rest of the soldiers in his unit, chooses to reenlist.

John reenlisting crushes Savannah and puts their love on hold once again.

When Savannah stops writing John for

a couple of months John still waits for her mail day in and day out until he got his final letter, his "Dear John" letter.

Savannah explains for her absent letters telling John she is engaged and has fallen in love with another person.

John takes all the letters he saved and burns them.

He becomes deeply depressed and frustrated by the news and believes she is engaged to her rich neighbor.

On a mission, he enters a dangerous area and is shot by an enemy.

His captain suggests that John go home and spend time with his father, but John, still upset about Savannah, chooses to reen-

list again.

He decides that he will make the Army his career and stay enlisted for as long as possible.

When he is informed after another mission that he is being sent home, because his father has had a stroke John spends the last few days of his father's life by his side.

He writes him a letter telling him how much he loves him and appreciates him.

His father has difficulty opening it so John opens it for him and reads aloud for him.

Shortly after his father dies.

John feeling lonely and lost goes to visit Savannah after not talking to her for five years.

Their love for each other is still very blatant by the way they look at each other. Savannah invites John in for dinner when John discovers she married Tim, not her rich friend.

Savannah tells him Tim has a rare cancer, and is not allowed to leave the hospital. She says that the only way he can come home is by having an operation that they cannot afford even after selling her dream of a camp for autistic children.

John visits Tim in the hospital and Tim reassures John that Savannah still loves him and has never looked at him they way she has to Tim.

In a heart breaking departure, Savannah tells John "see you soon?" and hoping for the same response John just tells her "good-bye" and drives away crying.

John then sells his father's coin collection and donates the money anonymously to finance Tim's operation.

John goes back to his Army life when he receives a letter from Savannah, his first one in five years explaining what has happened and expressing her emotions left for John.

When she comes across John walking down the street again they lock eyes and that same look you saw in the beginning they had for each other is still stronger than ever.

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Baseball
Men vs. Glendale 7 PM Feb. 26
Men vs. L.A. Valley 1 PM Feb. 27

Softball
Women vs. Antelope Valley 3 PM
April 12

Track and Field
All corners meet TBA

2/10 Wednesday

Baseball
Men vs. Golden West 2 PM
Softball
Women vs. Palmar 3 PM

2/12 Friday

Basketball
Men vs. El Camino 5:30 PM
Women vs. El Camino 7:30 PM

2/13 Saturday

Baseball
Men vs. Chaffey 1 PM

2/14 Sunday

Softball
Women vs. Bakersfield 10 AM
Women vs. Antelope Valley 12 PM

2/16 Tuesday

Tennis
Men vs. Ventura 2 PM
Softball
Women vs. L.A. Harbor 3 PM

2/17 Wednesday

Basketball
Men vs. LB City 7:30 PM
Women vs. LB City 5:30 PM

RESULTS

1/27

Basketball
Men vs. L.B. City L, 71-80
Women vs. L.B. City W, 74-40

1/28

Tennis
Men vs. Saddleback W, 6-3

1/31

Softball
Women vs. East L.A. L, 5-6

2/1

Softball
Women vs. Santiago Canyon W, 12-1
(5th inn.)

2/2

Tennis
Women vs. Irvine Valley L, 0-9
Men vs. L.A. Pierce L, 4-5

2/3

Basketball
Men vs. ECC Compton Center
W, 89-79
Women vs. Pasadena City L, 72-83

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Comeback win led by RBI's



Game changer: Freshman designated hitter Tim Soonthorngarun was clutch with this single that landed two runs batted in to help the Falcons edge past Fullerton College 6-5 in last Thursday's season opener.

Baseball wins its season opener

STEVEN QUINTANA
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The first game of the season left a smile on the face of the Cerritos College baseball team after its, 6-5, win over the visiting Fullerton Hornets.

After three pitcher changes per team, a home run from Cerritos, and 11 total runs scored, the Falcons ended up on top of the Hornets in this eight-and-a-half-inning game.

"He came up big, I'm happy for him," said head coach Jack Brooks about DH Tim Soonthorngarun and his clutch situation hitting.

The Falcons' next challenge will be against visiting Glendale. I hope it's not like this, I'm going to age ten years, we've got to play better offense and defense," Brooks said.

Brooks was also pleased with the team's pitching. "Christian Rodriguez, Tucker

Woods, and Kevin Hendrix, they all did a great job throwing strikes," Brooks noted.

The Falcons worked to win in every chance that they got and developed enough momentum until they surpassed Fullerton in the seventh inning.

Fullerton was the first to draw blood in the second inning, when a wild pitch by Cerritos' Nick Quezada brought catcher Nick O'Loughlin home and gave Fullerton the lead.

Then, with bases loaded, infielder JP Lamunyon hit a double bringing in the men on second and third base to score two runs, giving Fullerton an early 3-0 lead.

In the third inning, Fullerton's George Flores scored from third base off an error from second baseman Joe Terry, extending the Hornets' lead to 4-0.

In the fourth inning, however, it was Terry who was the first to answer back, with a solo homerun over the right field wall putting Cer-

ritos in the game with its first run.

In the fifth inning, Terry was walked with bases loaded to bring home outfielder Adam Peacock and give Cerritos a needed run, closing the deficit to 4-2.

Cerritos continued to close in on the Hornets in the seventh inning with a line drive and a stolen base by Peacock.

Then, right fielder Jake Mayoral got a hit and scored Peacock, tallying on an extra run for the Falcons, making it a 4-3 game.

In the home half of the seventh inning, Terry was walked intentionally which moved Mayoral to second base. Next, a wild pitch from Fullerton's Matt Thomas moved Mayoral to third base and Terry to second base.

Designated hitter Soonthorngarun went up to bat, and came up with a clutch hit down centerfield, which scored Mayoral and Terry and gave the Falcons two runs and a, 5-4, lead. "Finally," was all Soonthorngarun said he

was thinking after that hit.

"I was messing up at the beginning," he added, "I was doing good then I got nervous; everyone was nervous, it's just the first game."

In the eighth inning, Fullerton tried rallying back with a line drive by infielder Staven Mancilla, which scored Flores from third base and tied up the game at 5-5.

But in Cerritos' half of the eighth inning, with bases loaded and after a pitching change by Fullerton, Mayoral was walked, bringing home Edgar Serrano for the game-winning run.

"I'm happy we stayed with it and battled and pulled out a victory, it was a team effort," said head coach Jack Brooks after the game. "It's always nice to win the first game of the season."

Football players make their moves

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Thirteen players from the Cerritos College football team, including defensive tackle Deon Goggins, who signed with Syracuse, signed letters of intent to play at four-year universities since last Wednesday's national signing day.

Others player to sign letters of intent include:

• cornerback Lenyatta Kiles (Indiana),

• wide receiver Michael Willie (Arizona State),

• linebacker Cee Jay Harris (Presbyterian College, S.C.),

• tailback Marshawn Friloux (Southern Oregon),

• defensive end Darryl Johnson (Western Illinois),

• defensive end Jeramy Cutler (Eastern Michigan),

• wide receiver Tavoy Moore and linebacker Jack Francis (Idaho State),

• tailback Talik Carter, receiver Joshua Robbins and tight end Eric Roberson (Arkansas-Monticello).

Goggins finished last season with 39 total tackles and led the Falcons with eight sacks.

"I chose Syracuse because it gave me the best opportunity to succeed academically," he said. "Football is the easy part."

Goggins was also recruited by Baylor, Washington State, Utah State, San Jose State, Boston College USC and Oklahoma.

Francis was fourth on the Falcons with 54 tackles, and also had one interception.

He decided to go to Idaho State because, "I really liked the coaches and players the team had."

He believes that he can step in and make an immediate impact on his new team.

The four-year universities begin scouting players on April 1 and begin talking to potential recruits in May.

"About 40 to 50 teams will visit us through out spring ball and in the weight room," defensive coordinator Tom Caines said. "The four-year colleges will also call us to see if we have a player that fits one of their needs."

The colleges will also receive packets on each player that include transcripts and video highlight DVDs.

The highlights are also available on youtube.com.

"The goal is to have a variety of different ways a recruiter can see the players we have," Caines said.

He puts together all the highlight reels, but believes that it is worth all the work.

"The coaching staff will do everything to get a player a scholarship to another school," he said. "It's not all about winning games. It's about getting these players on the team an opportunity they would not have gotten, by giving them a chance to get a degree."

By getting players recruited to other schools it also helps the coaching staff when it goes out to recruit players to come to Cerritos.

"The goal is to have a variety of different ways a recruiter can see the play-

Tom Caines
Defensive Coordinator

Abel sticks by Cerritos for over 15 years



DANIEL SANDOVAL
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There are die hard fans and then there's David Abel.

David Abel is a 60-year-old college student on campus with special needs and he claims to be the biggest Cerritos College athletics fan.

He tries to make it to every game he can to cheer on Cerritos.

"I go to all the games, but not the away games because it's hard to find a ride," Abel said.

When he can't find a ride he's always up to take public transpor-

tation to catch almost any Cerritos game.

"I take the metro," said Abel, "or my aunt can give me a ride down here."

He's been a die-hard Cerritos fan as long as most of Cerritos' alumni have been in school.

"I've been going to every game I could for the last fifteen years," he added.

He comes to as many games and athletic events as he can but he's a basketball fan at heart.

"I've been a Lakers and basketball fan ever since I was little."

Like a true fan of the game he even enjoys playing himself, and the wheelchair doesn't get in the way of his fun.

"I have a wheelchair class," Abel said, "and we play basketball ourselves."

"I have to keep an eye on the referees to make sure they're calling all the right stuff."

Abel says his girlfriend Christina Marie doesn't mind his active lifestyle even though he spends a lot of time away from home.

"I don't go to games with him," Marie said, "I'd rather rest at home

and wait for him to get back."

The couple has lived together locally for quite some time and they help each other out whenever they can.

"I've been together with him for five years already," Marie said

"I lay out everything for him every night; pants, shoes, shirt, everything," Marie added.

The next game Abel will be attending is Friday's home basketball game against El Camino at 7:30 p.m.



Reenactment: Hurdler Misheal Jacho was unable to compete Saturday due to weather conditions.

PHOTO ILLUSTRATION BY ASHLEY AGUIRRE AND MIGUEL SALAS

Rain washes out athletics

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Many of last weekend's athletic events encountered a wet surprise as rain poured down during all scheduled Cerritos competitions, causing all events to be postponed.

Sports affected include men and women's track and field, baseball, and softball.

The Cerritos baseball team's game against Glendale College last Friday has been rescheduled for Feb. 26 at 2 p.m.

Also, the baseball game formerly slated for last Saturday against Los Angeles Valley College

was postponed until Feb. 27 at 1 p.m.

As for the Cerritos softball team, its game at Antelope Valley College, which was supposed to be played on Friday, has been moved to 3:00 p.m. on Monday, April 12.

The Cerritos College softball game scheduled for last Friday has been rescheduled to over one month from now on April 12 at 3 p.m.

Finally, last Saturday's scheduled all-comers track meet was postponed and no make-up date is expected to be announced.

This was supposed to be track and field's season opener, but track and field head coach Doug Wells doesn't seem shaken up about it.

"(The postponement) was no big deal," Wells

said, "this time a year we usually get a few meets rained-out."

Players got the call as soon as weather conditions were evident that their event was cancelled.

"Coach called and told everybody to spread the word that the meet wasn't going to happen," said hurdler Misheal Jacho.

Now track and field athletes have to wait for this Friday's away meet at Mt. Sac.

Wells said that there is supposed to be rain for this Friday as well, but that his team will be ready whether or not the meet comes to fruition.

"It won't bother us, we train through the rain anyway," he said, "hopefully this Friday we'll be ready."

Softball team impresses in big 8-0 domination

ANDREW PEREZ
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Jessica Lozano's pitching performance and the continuous hitting by the Cerritos College softball team added up to an 8-0-nonconference victory over Riverside Wednesday at Nancy Kelly field.

Lozano pitched a scoreless complete five-inning game, striking out two and allowing just three singles to the opposition to increase the team's record to 6-1 on the year.

Great defense and trying to keep the hitters off balance is what Lozano attributes to her successful pitching.

But errorless pitching and defense wasn't the only standout. The team picked up right where it left off after Monday's 12-1 victory over Santiago Canyon hitting wise.

The attack was led by the top of the order sophomores Cassandra Godoy, Devin Salmones, and Samantha Vaalu by getting two hits apiece to go along with the Falcons receiving four walks.

It was in the bottom of the third when the team broke through to tack on five more runs to its lead to extend the margin to 6-0.

"Once we start scoring, we keep

it going and score from there," said Vaalu, who hit a line drive home-run to go along with her RBI double in the game.

The inning started off with some small ball as singles were hit by shortstop Godoy and outfielder Salmones.

Then, last year's National Catcher of the Year, Vaalu, followed with an RBI double that was shortly followed by a sacrifice fly hit by second baseman Lindsay Marquez.

Two more runs were then added from a double hit to the fence in right centerfield by third baseman Brandi Rummel to end the inning.

"Well we got strong hitters" claimed head coach Kodee Murray. "Our players have come out and worked really hard all fall."

These two teams also encountered each other in last year's State Tournament, which also ended in a similar fashion as the Falcons posted a 10-4 win over Riverside in their only meeting.

The team's approach of every game being a big game, as coach Murray puts it, will be tested once again as they will be hosting Palomar on Wednesday at 3 p.m. at Nancy Kelly field for their next home game.




“Our players have come out and worked really hard this fall.”


—Kodee Murray
Softball Head Coach

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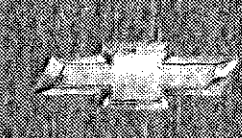


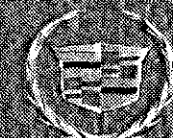
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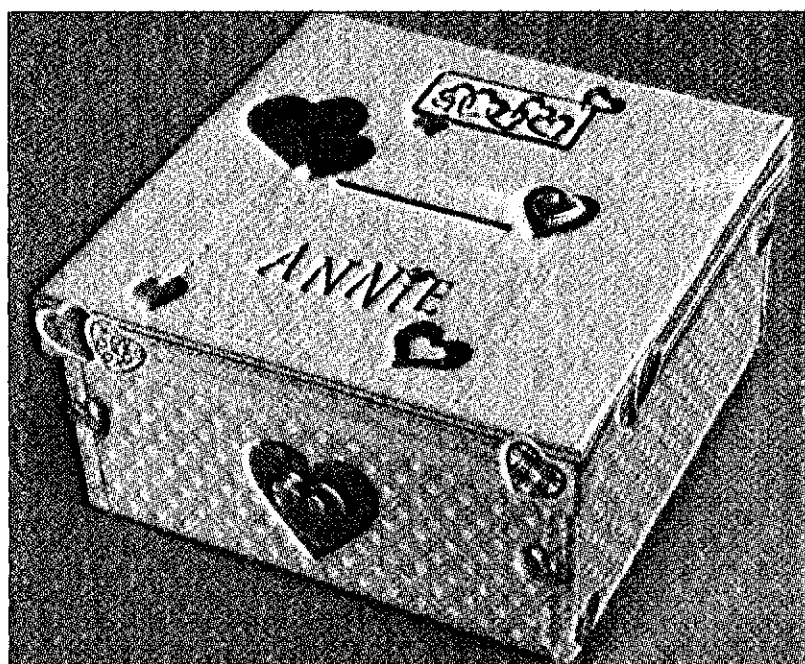
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Valentine's Day on a budget

Tips and Tricks to keep him or her happy



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Don't buy roses. There are a lot of wonderful flowers out there, and just because the marketers try to tell us that everyone needs roses on Valentine's Day does not mean that everyone needs roses on Valentine's Day. Pick a different flower or perhaps some fresh fruit. Chocolate-dipped strawberries are always a great option.



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