



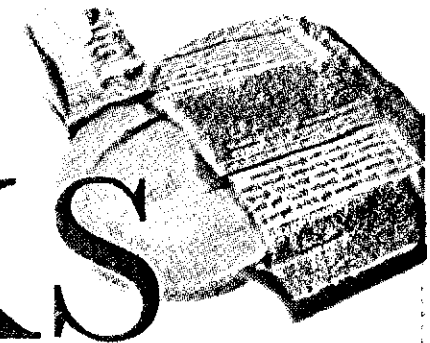
Ventura helps softball soar
over Cypress, L.A. Harbor
Sports Page 10

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Students need awareness of
STDs
Life Page 4

CERRITOS COLLEGE

TALON MARKS



First issue free, additional copies \$1

WEDNESDAY APRIL 14, 2010

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VOLUME 54, NO. 19

Bukowiecki looks to replace ticket dispensers

MARK MURRAY
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Preliminary plans are in the works to use the additional funds from increased parking permit fees to implement improvements around campus.

These improvements include upgrades to the parking permit meters and the parking lot surfaces, as well as adding a pull-in area near the marquee in the front of the campus where students could buy daily parking permits.

Chief of Police Richard Bukowiecki acknowledged that the upgrades are long over-due and hopes to be able to begin the process as soon as the exact budget is known.

"(The police department) knows the meters are

old and need to be updated. They need to have the ability to take (credit cards)," he said.

"They also need to be able to take dimes and nickels. I know it's hard to dig around your car and find two dollars in quarters for the meter," he added.

According to Ray Lucas, director of client services for VenTek International, a leading company providing parking permit dispensers, a basic parking meter with the capability to accept credit cards costs approximately \$8,500.

That means it would cost an estimated \$100,000 to replace the 10 meters located in the lots across campus, which have been in place for roughly 10 years.

Along with an upgrade to the meters, there are preliminary plans to resurface areas of certain parking lots around campus and to restripe many of the

parking stalls as well.

Chief Bukowiecki stated that the last time any major maintenance was performed to the parking lots was about 15 years ago.

This is the kind of improvement students like Chris Johnson, broadcasting major, believe the increase in funds should be used for.

"(Cerritos College) needs to make the campus look better if we're paying this much to park," he said.

Also in the works is a plan to add a turn-in lane to the front of campus near the marquee. This turn-in lane would house at least one parking meter where visitors could purchase a daily permit before entering the parking lot.

The extent to which the planned upgrades will

See Meters Page 3



Quarters only: Woodworking major Mike Armenta hopes the funds from the increased parking fees will be used to replace dispensers.

Health Care Bill to affect students

TIFFINI THIGPEN
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Millions viewed President Barack Obama sign the Health Care Reform Bill into law in Washington D.C. on March 23.

"We are a nation that does what is hard, what is necessary, what is right," recited Obama, according to CNN source.

Obama signed on behalf of Marcellas Owens, Natoma Canfield, and other Americans seeking equal opportunity concerning health care.

Owens' mother passes away because she had no health insurance to seek treatment for her illness, and Canfield had to abandon her health insurance when rates increased.

Obama's new Health Care Reform Bill will help many Americans to not have to endure what Owens and Canfield experienced in their personal lives.

The Bill is designed to provide lower insurance rates, guaranteed choices, and enhance quality insurance for all Americans young and old.

Thousands of college students attending various institutions across the nation might agree that college is expensive and to include another expense to their check-books is devastating.

Kaitely Flanders, communications major stated, "The Health Care Reform Bill will affect me because I'm going to have to pay for my own insurance, making it impossible to pay for bills and insurance."

A number of students in a situation similar to Flanders' have been forced to go without insurance.

A study conducted by Government Accountability Office found that 20 percent of college students in 2006 ages 18 to 23 were uninsured.

Due to the new bill, millions of young adults will now be eligible for tax credits to help them afford proper coverage. If they can't afford it they will qualify for a hardship waiver.

The bill will also allow young adults to stay on their parents' insurance until they're 26.

The \$940 billion plan is aimed to extend insurance to approximately 32 million additional Americans.

Though some may agree with the new bill, other completely disagree with it.

"I think it's a bad idea, health care reform is just another way that the government is making our choices for us," said English major Shamis Shaw. "We live in a country where the government should be for the people, this bill has taken from the people to take care of others."

"Before you know it we'll be living in a communist country," she added.

Every Republican in the Senate and the House of Representatives did not support the bill and therefore voted against it.

According to Whitehouse.gov, the Republicans and social conservatives will do everything in their power to repeal the law.

Who will lead the next student body?

Will it be?

A. David Aguirre
B. Marco Tolento
C. Briana Koeppe
D. Felipe Grimaldo

See News Page 7



PHOTO ILLUSTRATION BY ASHLEY AGUIRRE



Pacesetters: Members of Talon Marks went to a JACC conference and received the Pacesetter award, placing Cerritos in the top four journalism programs.

Talon Marks sets the pace at conference

VICTOR DIAZ
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Talon Marks received the Pacesetter Award at the 2010 Journalism Association of Community Colleges' state convention on April 10. This award is given to the top four college newspaper publications in the state.

Talon Marks received this award less than a year after the print edition of the publication was on the brink of being cut due to Cerritos' budget restraints.

According to Rich Cameron, Talon Marks' advisor, this is the first time the newspaper has received this award in the 54-year history of its publication.

Paul DeBolt, Contra Costa College's newspaper advisor, as well as someone who, according to Cameron, played a pivotal role in the fight to maintain Talon Marks' print edition, believes that Talon Marks winning the award shows that the fight was well worth it.

"It just shows how close Cerritos came to losing a really great thing. Winning the award just proves that

the program is excellent and that it's worthy of the expense that there is for running the program," DeBolt said.

Elieth Koulzons, Talon Marks' Editor-in-chief, believes that winning the award is an expression of all the work the staff shows week after week.

"I think it just goes to show that we're not in here taking it like a regular class. It shows that we're a real newspaper and it's amazing to be ranked among the top four college newspapers," Koulzons said.

She also went on to say, "All the

work that we're putting in here is paying off. Not only is it giving us experience as far as what we want to do in the industry, but it also shows that we're dedicated, hardworking and very committed individuals, not only as students or people, but also as journalists."

Out of the 47 schools that attended the convention, the Pacesetter Award was given to just three other schools, which were Contra Costa College, LA Valley College and Mt. San Antonio College.

See Talon Marks Page 2

Cerritos' Berry good turnout

REBECA VEGA
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Chicanas falsas and Chicana role models turned out to hear author Michele Serros speak at the Falcon Square amphitheater for Strawberry Bonanza on March 25.

Serros, best known for writing "Chicana Falsa" and other stories of "Death, Identity, and Oxnard" and "How to be a Chicana Role Model," read from her published work and shared anecdotes from her days as a college student.

"[At Santa Monica College] I never understood the importance of good grades, as long as I got to class," Serros recalled.

The author, who off-and-on spent a total of nine years attending community college, geared her presentation toward students who are not on the "2-year track" and experience "detours" which prolong their time at community college.

"I realized that by working a bit harder to get to a university, I also worked toward gaining the lifestyle I wanted and a job I love—I feel it was possible because of advantages I had at community college."

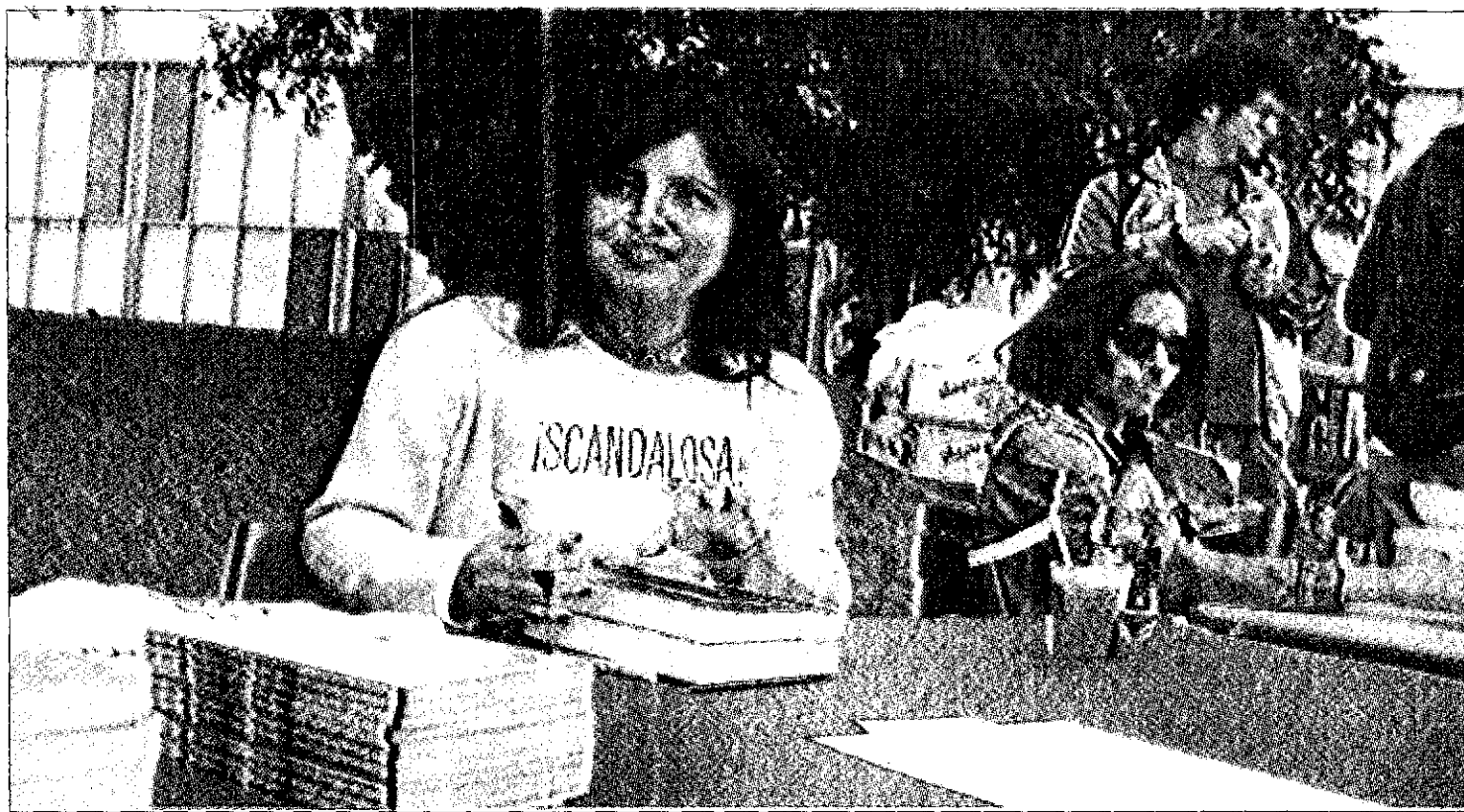
After her reading, Serros quizzed the audience and handed out t-shirts and books as prizes.

"Don't be selling it, I'll find you and I'll blog about you," she joked. Nursing student Paulina Larios won a SCANDALOSA! shirt, named after one of the author's books.

"I'm going to read her books and show the shirt to my class," Larios shared.

For the remainder of the event, the author was available to sign books and pose for pictures with her fans at the Chicano Literature class' wild strawberry water stand.

English major Cristina Gutierrez wrote the author a personal e-mail message that made the trip from New York to California



Chicana Falsa: Michelle Serros signs a copy of Chicana Falsa at the Strawberry Bonanza March 25 at Falcon Square.

ORLANDO DOMINGUEZ/TM

a priority for Serros.

Gutierrez admits all she wanted was a chance to meet her idol, but has gained much more from the experience.

"She surpassed my expectations: I knew she was nice, but she blew me away with her kindness and made me feel like I was talking to an old friend," Gutierrez said.

Gutierrez attributes the event's success to the work put forth by her classmates in Dr. Frank Gaik's Chicano Literature course, a class that for the past two spring semesters has been in danger of cancellation due to low enrollment.

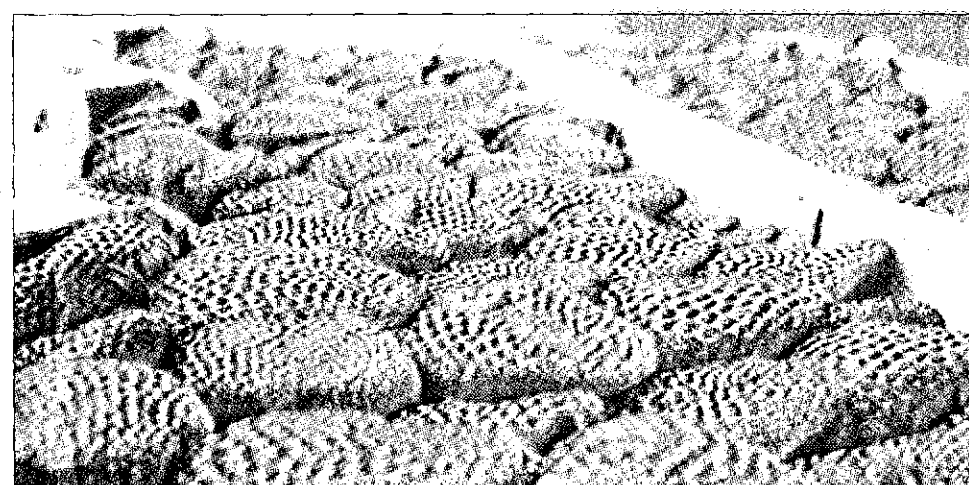
"I am so lucky and grateful that I had so much support from my classmates, professors, and other clubs," she said.

"I hope this event makes the school realize what an impact this course is having on students so that it will endure through

budget cuts," she said.

Gaik looks forward to reaching out to more students at next year's campus-wide

Strawberry Bonanza. "This can be known as the Strawberry Campus," Gaik said with a smile. "Why not?" he said.



Juice it up: Free Strawberries were provided by Manessero Farms.

ORLANDO DOMINGUEZ/TM

Talon Marks: wins big

Continued from page 1: Some of the staff that contributed to Talon Marks' success by earning an award at the convention were:

- Editor-in-chief Elieth Koulzons-Third place, News Story Writing
- Multimedia Editor Ashley Aguirre-Honorable mention, Profile Feature Story
- Honorable mention, Inside Page Layout - Broadsheet
- Meritorious Award, Video Journalism
- First place, Feature Photo
- News Editor Joey Berumen-Third place, News Judgment and Broadsheet Layout
- Online Editor Rick Gomez-Honorable mention, Sports Writing
- Second place, Front Page Broadsheet Layout
- Copy Editor Mark Murray-Fourth place, Copy Editing
- Second place, Sports Writing
- Former Editor-in-chief Tanya Bermudez-First place, Mail-in Advertising
- First place, Magazine Photo
- Illustrator Moses Lopez-Honorable mention, Mail-in Editorial Cartoon

Along with these awards, the team of Gomez, Aguirre and Arts Editor Megan Winters won first place in the Team Feature competition. With a presentation featuring a young man who pays off his student loan debts by impersonating Michael Jackson on the Hollywood walk of fame.

As well as winning the Pacesetter, Online General Excellence and numerous individual awards, Opinion Editor Samantha Robinson was also elected as the JACC Southern California Student President.



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History needs its scandalous female villains

Non-conforming women should not be overlooked.

ANDREA MORA
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Professor Jacquelyn Troup gave a presentation about "Writing bad women back into history," on Tuesday in honor of Women's History Month.

The presentation focused on five main topics: fat women, mentally ill women, promiscuous women, women who kill serially for greed, and women who killed as part of a team.

Throughout the lecture she focused on how these women were labeled deviant by society.

While giving her speech to a classroom full of students, she stated that, "Women are at greater risk than males of being deviant."

Men can get away with several sex partners, with the exception of Tiger Woods, and not be frowned upon in society.

Whereas women who have

multiple sex partners are labeled as whores in society and are seen as being immoral.

She also went into greater detail about each category, giving examples of deviant women and their behavior.

"I think it was great. It was a good idea to talk about women who participate in deviant behavior, because it is overlooked. It's an issue that needs to be addressed more often," Brittani Hart, sociology major, said.

Troup said that there have always been bad women in history and that people won't find them in history books, because, "bad women aren't worthy of being studied."

Traditional history books would rather talk about the work that Harriet Tubman accomplished with slavery than women murders like Judias Buenoano.

Oralia Flores, psychology major, said, "I think it's interesting. One point she pointed out is that women aren't thought of as serial killers especially elderly women. Whenever I think of serial killers I think of a man."



Working hard: David El Fattal is working hard after he is named Vice President of Business Services.

STEVE KIM/TM

El Fattal is named VP

CHERELLE TISBY
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Cerritos College has claimed David El Fattal as the new Vice President of Business Services.

The Vice President who served before was James Albanese. He retired earlier this semester.

El Fattal has been working in education for 10 years and has 25 years experience in the private sector.

He was a marketing instructor for the University of Phoenix for seven years and was also a former University Adjust instructor.

El Fattal graduated from

Pepperdine University with a degree in business administration. He served as a County Officer of Education for the city of Alameda, Conejo University, and Culver City

School Unified District.

"I believe I can bring professional development to Cerritos College. The timing and opportunity was perfect for creating a higher performance work place," he said.

Even though El Fattal is still new in the position, he says he is working with the team to fully engage any tough decisions that need to be made.

His top priorities include monitoring construction projects, improving new modernizations for campus buildings, and insuring financial stability for each student here at Cerritos.

Let's all welcome El Fattal to Cerritos College.

"I believe I can bring professional development to Cerritos College. The timing and opportunity was perfect for creating a higher performance work places."

— David El Fattal
VP of Business Services

Meters: upkeep is necessary

Continued from Page 1: be applied is not yet known due to the fact that the amount of funds available will not be known until next fall.

"It's hard to estimate how much extra funds there will be for improvements until after the parking permits have been sold for the fall semester next year. It's possible that only roughly half of the students that buy a semester parking permit will be affected by the fee increase," stated Bukowiecki.

The fee increase from \$30 to \$35 for a semester parking permit in the fall and spring, and from \$15-\$20 over the summer, comes on the heels of a \$10 increase imposed in 2009.

This has not sat well with much of the student body, which is already feeling the pinch from increased unit fees.

"I don't see the police doing any better work after the increase from \$20-\$30, and now they want even more to park," exclaimed Daniel Fragoso, business major.

However, what some may see as an astronomical increase in fees, Bukowiecki sees as plain common sense.

"Before the last fee increase, there was no fee increase for 13 years. During that time, the minimum wage rose from \$5 to \$8, so it was necessary to increase fees. For a long time, we were operating in the red," Bukowiecki stated.

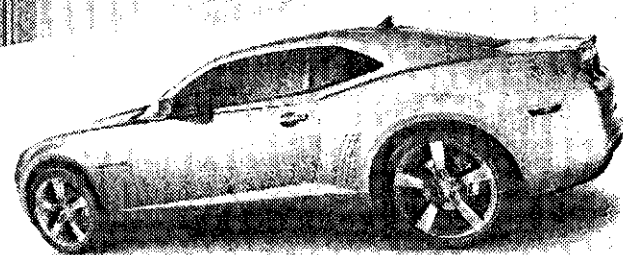
"Looking at comparable schools, we have been behind what they are charging for parking for some time now," he added.

Bukowiecki added that there are no future plans to further raise the semester permit rates or the daily permit rates any time in the near future.

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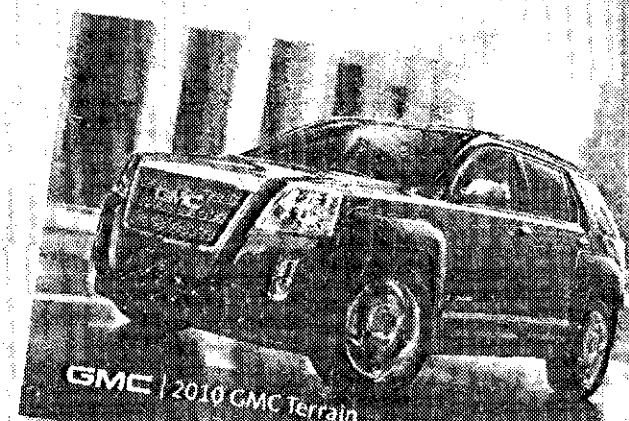
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Chlamydia or NGU

- Symptoms show up 7-28 days after having sex.
- Chlamydia affects women and men. In men, Chlamydia can cause Non-Gonococcal Urethritis.
- Most women and some men have no symptoms.

Women

- Discharge from the vagina.
- Bleeding from the vagina between periods.
- Burning or pain when you urinate.
- Need to urinate more often.
- Pain in abdomen, sometimes with fever or nausea.

Men

- Watery, white drip from the penis.
- Burning or pain when you urinate.
- Need to urinate more often.
- Swollen or tender testicles.

Gonorrhea

- Symptoms show up 2-21 days after having sex.
- Most women and some men have no symptoms.

Women

- Thick yellow or gray discharge from the vagina.
- Burning pain when you urinate or have a bowel movement.
- Abnormal periods or bleeding between periods.
- Cramps and pain in the lower abdomen (belly).

Men

- Thick yellow or greenish drip from the penis.
- Burning or pain when you urinate or have a bowel movement.
- Need to urinate more often.
- Swollen or tender testicles.

Herpes

- Symptoms show up 1-30 days or longer after having sex.
- Some people have no symptoms.
- Flu-like feelings.
- Small, painful blisters on sex organs or mouth.
- Itching or burning before the blisters appear.
- Blisters last 1-3 weeks.
- Blisters go away, but you still have herpes. Blisters can come back.

HIV/AIDS

- Symptoms show up several months to several years after contact with HIV, the virus that causes AIDS.
- Can be present for many years with no symptoms.
- Unexplained weight loss or tiredness.
- Flu-like feelings that don't go away.
- Diarrhea.
- White spots in the mouth.
- In women, yeast infections that don't go away.

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SAMANTHA ROBINSON
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It was all just sex to her. Just a night with crazy, hot sex with two of her male friends. What she thought would just be a night of fun turned out to be a night that would change her life.

Diana Reyes* (Name changed to protect female's identity) tested positive for Gonorrhea six months later.

April 1 was the beginning of STD awareness month. This month is used to raise awareness about the impact of sexually transmitted diseases on the lives of families and to teach the seriousness of prevention, testing, and treatment for STDs.

For people like Reyes, STD Awareness Month would've come to great help had it been given more importance and publicity.

She said, "I'm not saying it was my parents, or family's fault for not sitting me down and informing me about what type of sexually transmitted diseases I could get during sex. I think I would've cared more if I thought other people cared more."

What most people may not know is that 1 in 5 college students have an STD, said the Health Services at Colombia University.

Communication major Danny Hernandez said college students in particular need to be aware of the diseases they can get and how dangerous not getting treated can be.

"College students need to open their eyes and put some damn condoms on. With all the crazy college parties, raves, and random one-night stands, they need to understand that you can get infected. You can not have the 'it will not happen to me' attitude because it can happen to you," he said.

A statement released by Dr. Kevin Fenton, director of the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention (NCHHSTP), said, "It is clear that sexually transmitted diseases remain a wide spread and persistent health threat in our country."

The Center for Disease Control estimates that there are approximately 19 million new cases of STDs each year in the United States. Almost 50 percent of that is among people ages 15 to 24.

Though only 12 percent of the (US) population is Black, they account for nearly half of reported syphilis and Chlamydia cases. As well as more than 70 percent of cases involving gonorrhea.

New reports also show that women are more likely to be infected with herpes than men.

Reyes, who had no clue such statistics existed, wished she had known the seriousness of getting and STD. Now because she refused to get treated in those six months, she infected two of the eight sexual partners she had in those six months after she got infected.

She said, "It wasn't suppose to happen like this. I'm still not sure which of the two men got me sick but I know that I got two of my sexual partners infected after that one night stand."

Reyes described the experience of being infected as a horrible one.

She said it would hurt when she peed, she would get a foul-odor discharge from her vagina that made her embarrassed, and her vagina would burn and itch every minute of every day, especially during sex.

"I hate knowing that I caused two people to go through that. That is two people too many," she said. "I just hope people take my experience and learn from it. Use condoms. Be safe. Have as much sex as you want but at last have it safely."

Dr. John M. Douglas Jr., director of the Division of Sexually Transmitted Diseases Prevention at the NCHHSTP, stated, "Despite the availability of simple tests and effective treatments almost 1.5 million cases of Chlamydia and gonorrhea were reported in 2007."

"In addition, cases of syphilis - a treatable disease that was on the verge of elimination in the '90s - are increasing."

April is being used to bring this to the attention of Americans nation-wide. The number of infected people is multiplying and treatment is necessary to help in the containment and prevention of these detrimental diseases.

Art major Denise Acosta said, "Awareness of this issue should not just be made in April but also everyday. This is an important issue. It's better to get tested and get treated. The sooner you know the better your chances are of not causing any harm to anyone else."

ADDITIONAL REPORTING BY ELIETH KOULZONIS

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JOBS

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Applications and supplemental questionnaires are available on-line at

www.cityoflamirada.org or at La Mirada City Hall, (562) 943-0131.

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Getting up and moving on

JOEY BERUMEN
News Editor
news@talonmarks.com

"I'm too young to retire, but I'm too old to get hired, I had to come back."

Before Hurricane Katrina Taxi driver Thomas Hudson had a pledge: to be prompt, dependable and offer courteous service.

After Hurricane Katrina, Hudson had a different agenda, picking up the pieces to a 42-year career and finding a place to call home.

"I left New Orleans with a pair of jeans, a shirt and a pair of boots. I didn't realize I would come back to even less," said Hudson.

In 2005 New Orleans suffered 53 levee breaches that flooded an area so large you could fit seven Manhattan Islands inside it.

Most of the city was covered in 15 feet of water and according to the Louisiana Department of Health, 1,464 people died.

Hudson took refuge in Leak City, Texas, about 40 miles south of Houston. Coming back two months after the Hurricane, he found his house completely empty.

"I lost everything," he said.

"I was working with (the Federal Emergency Management Agency) out there, some of the images I was seeing on TV just broke my heart, I've been working out here for 42 years, this was my home, my friends and my city."

While Hudson came back to the city in November 2005, it was not until May 2006 that he

was able to live in the city with any sense of normality with more than 80 percent of the city still flooded.

"There was no work out here, I went back to Texas, hopefully to pick up some shifts, but it's a struggle when you are my age, nobody thinks you can work anymore," he said.

While the unemployment rate climbed, many in New Orleans had trouble with employment before Katrina.

In 2004, the city's unemployment rate jumped over twice the national rate, according to the Urban Institute research of record.

After Katrina, the city's unemployment rate jumped to 13 percent. Many attribute this to many people not returning. Less than one-third of residents were even receiving mail.

"Till this day I still don't know what happened to some of my friends. I guess, I won't ever find out," said Hudson.

Nearly five years later, countless relief efforts to get the city not only back on track, but also in a better state, are encompassing the Crescent City.

Tim Barfield, executive director of the Louisiana Workforce Commission, believes things are looking up for the city.

"Our state as a whole has been outperforming the nation for some time. Big parts of our state are among the best places in the country to find work," he said.

The New Orleans-Metairie-Kenner area had the lowest unemployment rate in March 2010

among the nation's largest metro areas, according to the U.S. Labor Department posting just a 5.3 percent unemployment rate.

While the disasters in Haiti and Chile generate new relief funds, New Orleans has become somewhat of a forgotten disaster.

Joey Maher, a lifelong resident of New Orleans said, "I think the city has a lot of issues to deal with but, we're getting there slowly but surely, we will get there."

Maher, who isn't a stranger to hurricanes, lived through hurricane Betsy in 1965, which was a Category 4 storm.

"This was surprising, when I heard that a Category 3 was coming (Katrina) I didn't think much of it, but as soon as the levees buckled, the city broke. We all thought the work that U.S. Army did after the Betsy would hold up," Maher said.

"I remember a couple days before I asked my kid neighbor, Tony, if I could ride his skateboard, some of the things those kids do on skateboards is amazing. Well I asked him if I could try, I didn't have enough nerve to get on with two feet. When I did, sure enough I fell. He helped me up, and said, 'I told you it wasn't a good idea Mr. Joey,' and went inside."

"I never saw him or his family again," Maher said.

The people of New Orleans' post-Katrina story can be perceived like Maher's skateboard story, when taking a spill, it works best when someone gets back up and tries again.



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EDITORIAL

New leaders need some focus

All too soon a new student will hold the positions of ASCC student body president and student trustee. Along with new leadership comes new struggles and opportunities for Cerritos College.

But what will these new officials need to concentrate on during their reign?

First and foremost, transparency in budgeting needs to be addressed. The students have the right to know from the beginning what is being used where, what is being cut and who is getting what money.

The outgoing members haven't done a lot when it comes to the campus. Planning an agenda for what will be getting done needs to be accomplished.

Along with budgeting and agendas, following through with plans and goals are other places that have plenty of room for improvement.

An example of this is the textbook rental program that was started. What happened to it? No one knows. And the recycling program that was brought to attention a few years ago vanished with no sign of returning.

It is important for the elected officials of Cerritos College to be open about everything that is happening with the school.

They were elected for a reason, to be the voice of the students and represent us. How is the student body properly represented if things are kept from it?

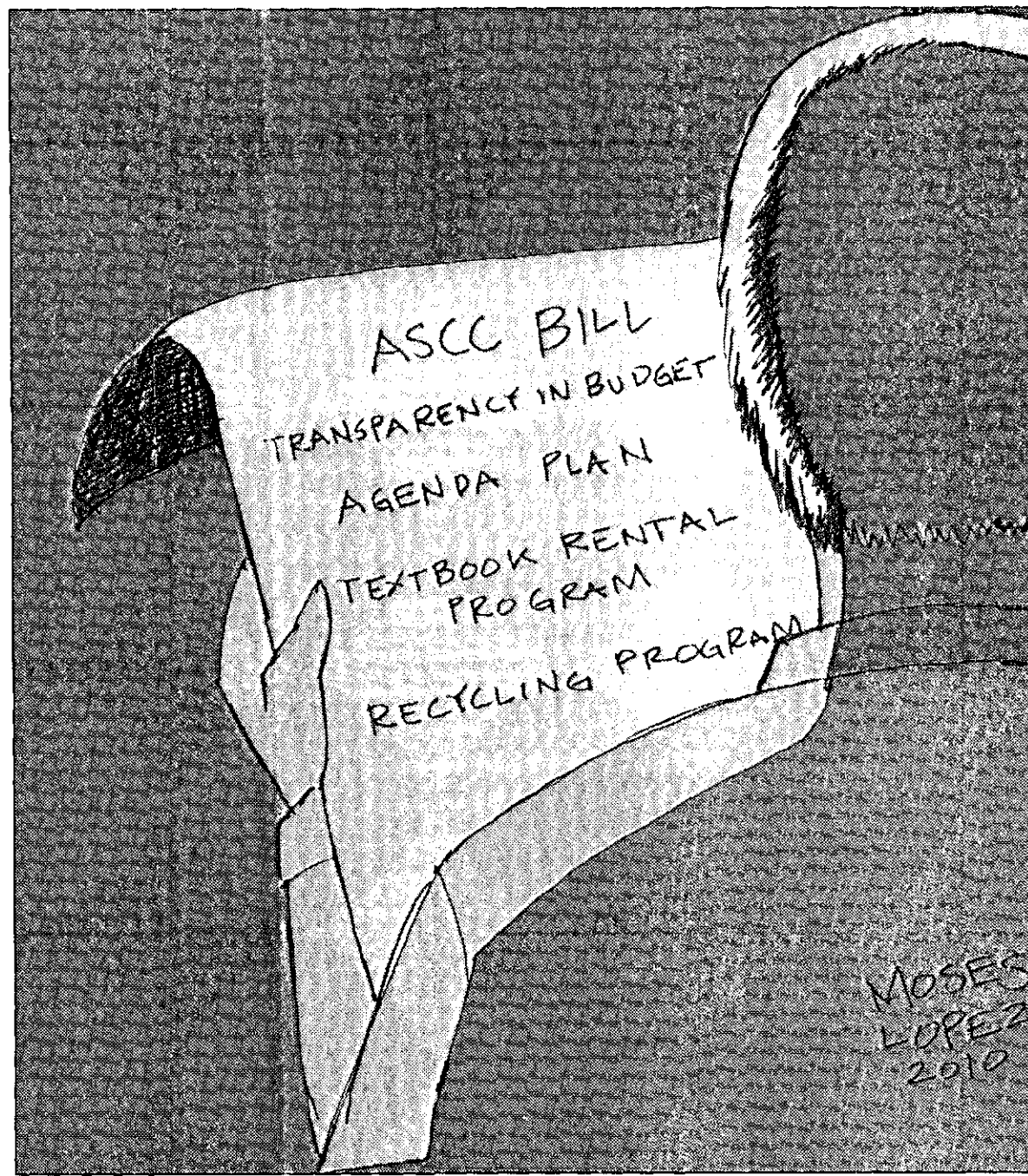


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LETTERS TO THE EDITOR are welcome. They may be submitted both online and in person. In all cases, letters must be signed with real names before they will be considered for publication, either online or in print. Campus-related issues are given priority.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

Lowe, supporters need to be reprimanded

Fee-fi-fo-fum, I smell the blood of a Mexican. Chair of the Texas State Board of Education Gail Lowe and her supporters should be arrested and charged with murder for attempting to slash immigrant rights activist Cesar Chavez, as well as other commendable Latino figures, from American textbooks.

Take heed, Texas, because you have woken a sleeping giant.

At a time when Latin Americans should be celebrating the eve of reaching a majority status in the United States, come May, when the SBOE will make its final decision on the matter, Latinos will undoubtedly take to the streets.

Not barefoot with pitchforks as the ignorant aliens Lowe and her Republican supporters regard the 46 million members of the population, but as civilized, law-abiding, tax-paying citizens who are tired of hearing "speak English, or bust."

"They can just pretend this is a white Ameri-



Rebeca Vega

Staff Writer
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can and Hispanics don't exist," Mary Helen Berlanga (D), SBOE member, told the NY Times after walking out from a meeting which led to a heated discussion.

"They are rewriting history, not only of Texas but of the United States and the world."

The world Berlanga refers to is not the one of "balance," as co-created by Lowe and Dr. Don McLeroy (R), SBOE member and fervent supporter of the motion to exclude such free thinkers as Chavez, Ihurgood Marshall, and even Thomas Jefferson from classrooms.

"Academia is skewed too far to the left," McLeroy told the NY Times.

What exactly is too far to the left?

Fair? Equal? Self-governing? Patriotic? Democratic? No pun intended.

Lowe and company should be stripped of their duties and incarcerated where their homicidal tendencies won't get the best of the American population, dead or alive.

Better yet, ship them off to Nuremburg where they can be tried for crimes against humanity.

SBOE Republicans are responsible for the American holocaust of the 21st century:

Their actions are meant to eradicate all memory of a people who Americans cannot and should not deny ties to.

The question now is not "Is this wrong?," but rather, "What are we, as Americans, as one great people, going to do about it?"

No word yet has been posted on Twitter, Facebook, or elsewhere as to how Chavez supporters plan to assemble.

Move over, May Day. This melee will be one for the books, literally.

"The question now is not 'Is this wrong?,' but rather, 'What are we, as Americans, as one great people, going to do about it?'"

What do you think the new ASCC president should focus on first?

COMPILED BY: ANDREA MORA
PHOTOS BY: SAMANTHA ROBINSON



CYNTHIA JIMENEZ

undecided major
"I think (the ASCC president and student trustee) need to find a solution for the parking issues that Cerritos is facing."



JESUS TAPIA

automotive major
"(The ASCC president and student trustee) need to focus on getting more classes, the summer catalog was empty."



MICAELA GARCIA

child development major
"(The ASCC president and student trustee) should focus on parking arrangements and student fees."



FRANCISCO ZUNIGA

accounting major
"(The ASCC president and student trustee) need to focus on more language classes because I noticed they are cutting (some)."



BETANIA MARTINEZ

marine biology major
"(The ASCC president and student trustee) should offer more jobs on campus and off. It would help the students afford classes."



WALTER GUERRERO

biology major
"I think the ASCC president and student trustee should focus on providing a budget for programs that would help students."

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Guest

Editorials

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- Cell phone towers are necessary for the future
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- The "Times" they are a-changing
- Pierce College, The Roundup

Online Poll

Vote online at talonmarks.com

What should the new ASCC president focus on?

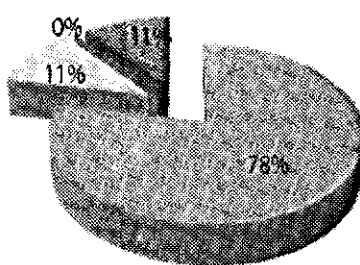
- Money matters
- Lack of classes
- Social affairs
- The food court

Last Week's Poll

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Is the construction in the C-10 parking lot safe?

- Yes, they take precautions 78%
- No, there are too many precautions 11%
- What construction? 0%
- I don't care about safety. I am superman! 11%



Candidates look to run Cerritos



Student Candidate Identification

Name: Marco Tolento

Running for: ASCC president

Running mate: Joseph Silva

Primary Concern: Security and Going Green

Vote for Marco in a mock poll at www.talonmarks.com



JOEY BERUMEN
News Editor
news@talonmarks.com

The ASCC Presidential and Student trustee candidates were officially announced April 7.

Running for the offices of President and Vice President are the tickets of Felipe Grimaldo and Luis Ong, David Aguirre and Laura Castaneda, Marco Tolento and Joseph Silva.

Marco Tolento, current President Pro tem and economics/ accounting major, is making his first attempt at the office of ASCC President.

Tolento, I.C.C. representative for the triathlon club as well as a member of the spice club, single parents in college for excellence club, international students association, Phi Beta Kappa, anime club, math club and economics club, thinks he is the right candidate for the job.

"I always make sure to find a way to make sure things happen, I don't stop until I get to the top, and with me the school will get to the top," Tolento said, "I will back every student and be there to help them."

David Aguirre is currently in his third semester of student government. Currently acting as the Commissioner of Student Services, and maintaining involvement with clubs like, the QSA, iFalcon, the ISA and environmental club, Aguirre believes his leadership qualities are what Cerritos College needs during this rough economic time.

"I know I have a lot of leadership qualities, since the state is broke, I think it is a good time to avoid new projects and focus on the programs we have now. We need to try and avoid spending," Aguirre said.

The third candidate for ASCC President is Felipe Grimaldo, a po-

litical science and fine arts major.

Grimaldo, a veteran of student government, is attempting to use his past experiences as student trustee and vice president to help secure his spot in office, believing that his experience is key to take Cerritos College in a positive direction.

"Doing both student trustee and vice president I feel more involved than ever," he said, "I realized the importance of both positions. I feel being both I can get and relay information effectively to the students."

Grimaldo is also actively involved with several clubs on campus. He is President of the veterans club as well as a member of Phi Beta Kappa, the international student union, the environmental club and artist society.

Grimaldo is also running for student trustee, which is one of his current positions. His challenger to the position comes in the form of Briana Koeppe, an accounting major, who has spent the last three semesters on the student senate.

Koeppe also serves on the Health and Safety Committee, is Vice President of Phi Beta Kappa, is a member of the economics club, and the retract environmental club.

While she has kept herself busy with extra curricular activities, Koeppe believes this is just the beginning of what is to come for her Cerritos College career.

"Senate is just a small part of what happens on campus, I want to take that next step by being a part of the Board of Trustees," Koeppe said.

"I live in a home of 12, so I know how to maintain order," Koeppe said.

Presidential and student trustee elections will be held April 21 and 22 from 9 a.m. to 2 p.m. and from 5 p.m. to 8 p.m.



Student Candidate Identification

Name: Briana Koeppe

Running for: Student Trustee

Running mate: N/A

Primary Concern: Student Awareness

Vote for Briana in a mock poll at www.talonmarks.com



"Putting students first."



Student Candidate Identification

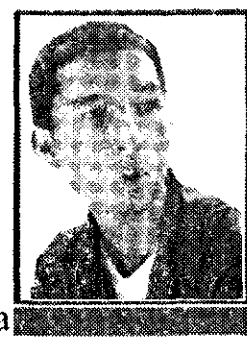
Name: David Aguirre

Running for: ASCC president

Running mate: Laura Castaneda

Primary Concern: Financial Stability

Vote for David in a mock poll at www.talonmarks.com



"Quality leadership you can count on."

"For the students, for the future."



Student Candidate Identification

Name: Felipe Grimaldo

Running for: ASCC president & student trustee

Running mate: Luis Ong (presidency only)

Primary Concern: Security

Vote for Felipe in a mock poll at www.talonmarks.com



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The Bride of Frankenstein: Created by Jaqueline Aguirre, "The Bride of Frankenstein" was revealed in art three of the Annual Student Hair and Makeup show.

Cosmetology goes iconic

TITO BENAVIDES
Staff Writer
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Glitz, glamor and gore visited the Burnight center theater for "Hollywood Forever," by the Cerritos College Cosmetology Department's Annual Student Hair and Makeup Showcase.

Originally created by department chair of cosmetology Pat Novinski, the showcase was a modern and retrospective look at the design and esthetic of various icons of the many eras of Hollywood.

The showcase was commenced by a spirited dance number, choreographed by Alyssa Zambrano, which had a style and flare that was reminiscent of the golden age of Hollywood.

Tributes to celluloid heroes in showbiz appeared big as life. The model portraying Marilyn Monroe circa 1955 blew kisses and waved sweetly to the audience. We had "Breakfast at Tiffany's" with Audrey Hepburn in her trademark small black dress. David Bowie glammed and Lady Gaga sparkled. We journeyed back to the land of Oz once again with Dorothy and her friends. Michael Jackson moon walked and Vampira haunted us beautifully with blood dripping from her lips.

With the efforts of the cosme-

tology department, these icons one by one took center stage once more and reminded the audience of the majesty and mystique they contributed in the entertainment industry.

Cosmetology major Holly Markert, President of the cosmetology club, took charge of putting this showcase together.

Markert had two weeks of preparation to put this event together and it proved to be a challenge she was more than prepared for.

Working under pressure is not new or unwelcome to her.

"I'm glad that I'm the person they chose to be able to put this production together, because it was a lot of work and I have a very high tolerance for stress."

Markert stayed in the wings, but got a sense of the audience reaction.

"I had goose bumps through most of the show every time I heard the audience cheer," she said, "I saw the light in the eyes in the people that were watching, that were excited with what they were participating in, and that really made it exciting for me," Markert said.

The Lucille Ball character, fashioned by cosmetology majors Melissa Guillen and April Hicks, generated big laughs as she paid tribute to "Lucy's Italian Movie" a famous episode of the "I Love Lucy" series.

"We ran with it," Guillen said,

"There were a couple of ideas, but this one stuck out the most." Lucy stomped the ground crushing imaginary grapes in perfect Lucille Ball comedic style," she explained.

Last-minute changes and other challenges did not manage to stop undecided major Carolina Perez from creating her masterpiece with Vampira.

Her original model came down with stomach flu, so a last-minute change resulted in psychology major Alejandra Sanchez stepping in to haunt the audience.

"We just met today. I was doing makeup and I was asked to fill in," Sanchez said.

Her macabre portrayal of the original mistress of the dark proved to be an audience favorite.

Cosmetology major Tawny Moore was out to bring fear to the audience. She recreated the ground-grabbing ghoulish girl from "The Grudge."

"I love gory movies. The show needed more horror so I wanted to give something that's different, so we had her crawling on the floor and the black eye makeup," Moore said.

With help from Monique Eunice, cosmetology major Eunice played the vengeful spirit as she crawled on the floor drumming up screeches and thrilled laughter from

a captive audience.

Thanking spaghetti for everything she is today, the recreation of Sophia Loren was achieved beautifully by Amber Lacour and Celina Magana.

Amy Winehouse's character left the wine at home, but still managed to ooze controversy across the stage, compliments of esthetician major Christina Mosqueda and cosmetology major Julia Ayala.

"Hollywood Forever" is an annual event sponsored and produced by the cosmetology department. It is meant to bring attention to the services provided by the cosmetology department and all of the student body is invited to benefit from its talented students and low rates.

Downtown Art walk inspires

JUSTIN WITRON
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The Cerritos College art society Club traveled to Downtown L.A. Thursday for the Downtown Art Walk.

Galileo Gonzales, president of the art club, said, "Sometimes there is good art and sometimes there is bad artwork, but overall it's pretty cool. We get to see what's going on in the L.A. art scene."

There are more than 40 galleries and museums located throughout the central downtown area, within the walk-able districts between the Grand Avenue, Disney Hall, MOCA, Little Tokyo, the Financial District, all of which are centered around Gallery Row on Main and Spring Street in the Historic Core.

"The art walk is pretty cool," Joel Nunez said. "It's a good downtown night vibe, where everyone is looking at art and you can go to a bar and drink some wine depending on

your age."

The art society club has gone to the art walk in the past and enjoy its time there. After members walk around for hours, they usually and eat at a nearby restaurant and talk about their experience at the walk.

"I like to see a variety of art work and it expands my visions on art, and they had some good music while we were walking," arts club member John Revola said.

The art walk influences each member differently.

"I go to the art walk to look at different types of art to get inspired, sometimes I don't get inspired at all and it makes me want to make better art to top them," Edson Martinez expresses.

Aspiring artist Brian Chin, took the time at the art walk to get to see the different types of art and to get a better sense of what kind of art he would like to paint.

The Downtown Art Walk is open the second day of each month from noon to 9 p.m.



Taking a stroll: Former club member Sonia Hernandez views the art at Downtown L.A. Art Walk.

Music students honored

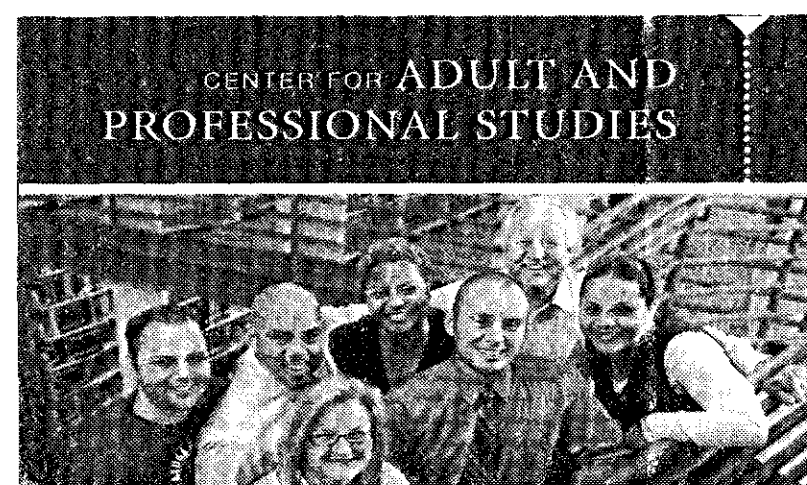
JUSTIN WITRON
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The Annual Scott Henderson Memorial Scholarship concert featured the most outstanding students from the Applied Music Program at Cerritos College on Friday. The scholarship was established by the Cerritos College Music Department in memory of long-time music faculty member Scott Henderson.

Henderson taught music for 23 years in the music department, he taught band, choir, voice, theory, and music fundamentals, and passed away on April 21, 1997.

Cynthia Hernandez, one of the students who received the Scott Henderson Scholarship said, "It was nice that the music staff picked me. I was just ecstatic, it's nice to get the recognition for what I do."

The students who were honored for the Scott Henderson Memorial Scholarship were Fatem Babawi, Bridget Fonseca, Cynthia Hernandez, Rusty Kennedy, and Phyllis Reimer.



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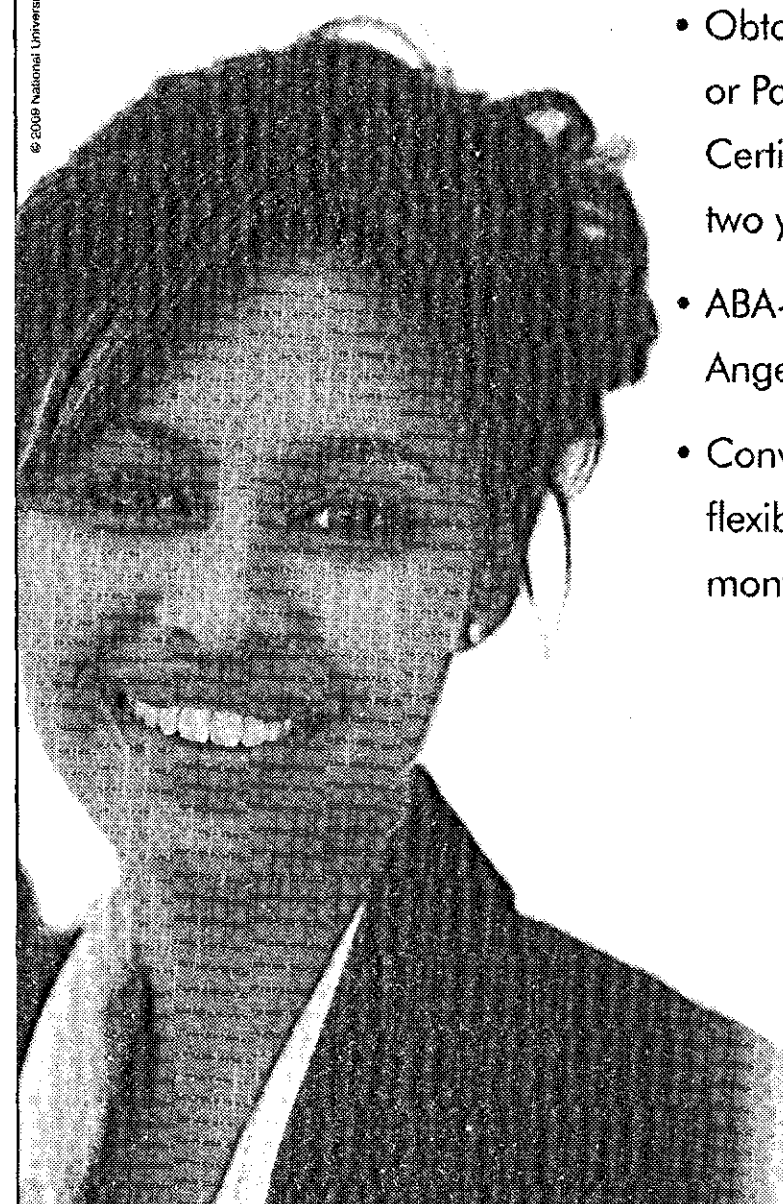
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Students make gold: "Rain of Gold 2013: Indigenous Wisdom," rests on the floor of the Cerritos College Art Gallery.

ORLANDO DOMÍNGUEZ/TM

Mural combines cultures

REBECCA VEGA
Staff Writer
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When Art instructor Rebecca Guzak donated a 6'x9' canvas to her Fundamentals of Painting and Painting for Art Majors students, she never guessed they would end up creating "some of the best work" she has seen from them.

"[The canvas] generated its own energy," Guzak said.

A total of 11 students came together to create "Rain of Gold 2013: Indigenous Wisdom," a large-scale acrylic painting focusing on the rise of an indigenous consciousness.

The piece features images from cultures throughout Africa, Asia, and Latin America, fused together to celebrate each region's indigenous roots.

"The choices [the students] made to weave it all together were fantastic," Guzak said.

Sociology major Gabriela Ramos, a student who contributed to the piece, feels the images

make a strong statement on their own.

"That's why we didn't add colors and only worked with brown, grey, and black."

The project began in February, when Guzak decided to donate the canvas she had built, for her own use as a college student, to her class as a means to challenge the more advanced students.

"I never really resolved this one, so I gessoed over it and let them use it fresh," she said.

After giving them a theme to work with, "The Human Condition: the Worldwide Struggle to Survive," Guzak instructed her students to research images from books and magazines.

Art major Edson Martinez found inspiration through different means when he visited author Victor Villaseñor's ranch with his Chicana/o Literature course classmates and instructor Dr. Frank Gaik.

"It was what Ms. Guzak had been talking to us about," Martinez said, relating Guzak's instruction to Villaseñor's message of the homecoming of an indigenous consciousness.

Based on Martinez' influence, the class

shifted its perspective for the project from one of struggle to one of celebration.

Students stopped flipping through pictures of oppression, and instead formed a collage of smiling faces and dancing women.

"At first it was about pain, what my work is about, but it changed to something positive," Guzak said.

Rousaint Rosales, graphic design major, explained there is a strong female presence in the piece.

"The woman in the center [baring her torso] is pregnant and represents fertility, and the tiger represents power as well as femininity," Rosales said.

The class is now working on extending an invitation to Villaseñor to view the painting at the Student Art Exhibition, running from April 22 to May 13 at the Cerritos College Art Gallery.

"We didn't have high hopes for this project—thank God for you," Ramos told Guzak, placing a hand on her instructor's shoulder.

Slash's new groove

WENDY SOLORIO
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After a few tumultuous years that resulted from a recent fallout with the lead singer for his band Velvet Revolver, Slash finally released his first solo album this month.

Back in 1996, shortly after leaving Guns N' Roses, the guitarist vowed to release a solo album that guest starred some of his favorite artists.

Well, this album couldn't have come sooner than later.

Slash's new solo album, entitled "Slash," is now here.

With the help of friends that range from Black Eyed Peas' Fergie, to the one and only Iggy Pop, Slash's self-titled album proves that the guitarist can still produce what he does best: rock 'n' roll.

For those curious about the famous guitarist's choice in vocalists for this album, rest assured that even the poppiest of stars held their own.

Adam Levine of Maroon 5 gave

an impressive performance on the track "Gotten," a song where he belted out vocals good enough to fit in with Slash's loud guitar tunes.

The Prince of Darkness himself also makes a guest appearance on the album.

Ozzy Osbourne lends his vocals for a song titled "Crucify the Dead" which has already received a fair amount of airplay since the album was released.

Another iconic musician who helped Slash with this album was Motorhead's Lemmy Kilmeister with the song "Doctor Alibi."

Other guests include Chris Cornell with the song "Promise" and Andrew Stockdale of Wolfmother, with a song titled "By the Sword," which has also been well received by fans.

Longtime friend, and former bassist for Guns N' Roses Duff McKagen also joined Slash and Dave Grohl for the song "Watch This."

Slash is currently planning a tour this summer with Myles Kennedy taking over on vocals for the new album.



PHOTO COURTESY OF SLASHONLINE.COM

A Real Guitar Hero: Slash's new album features artists from various genres.



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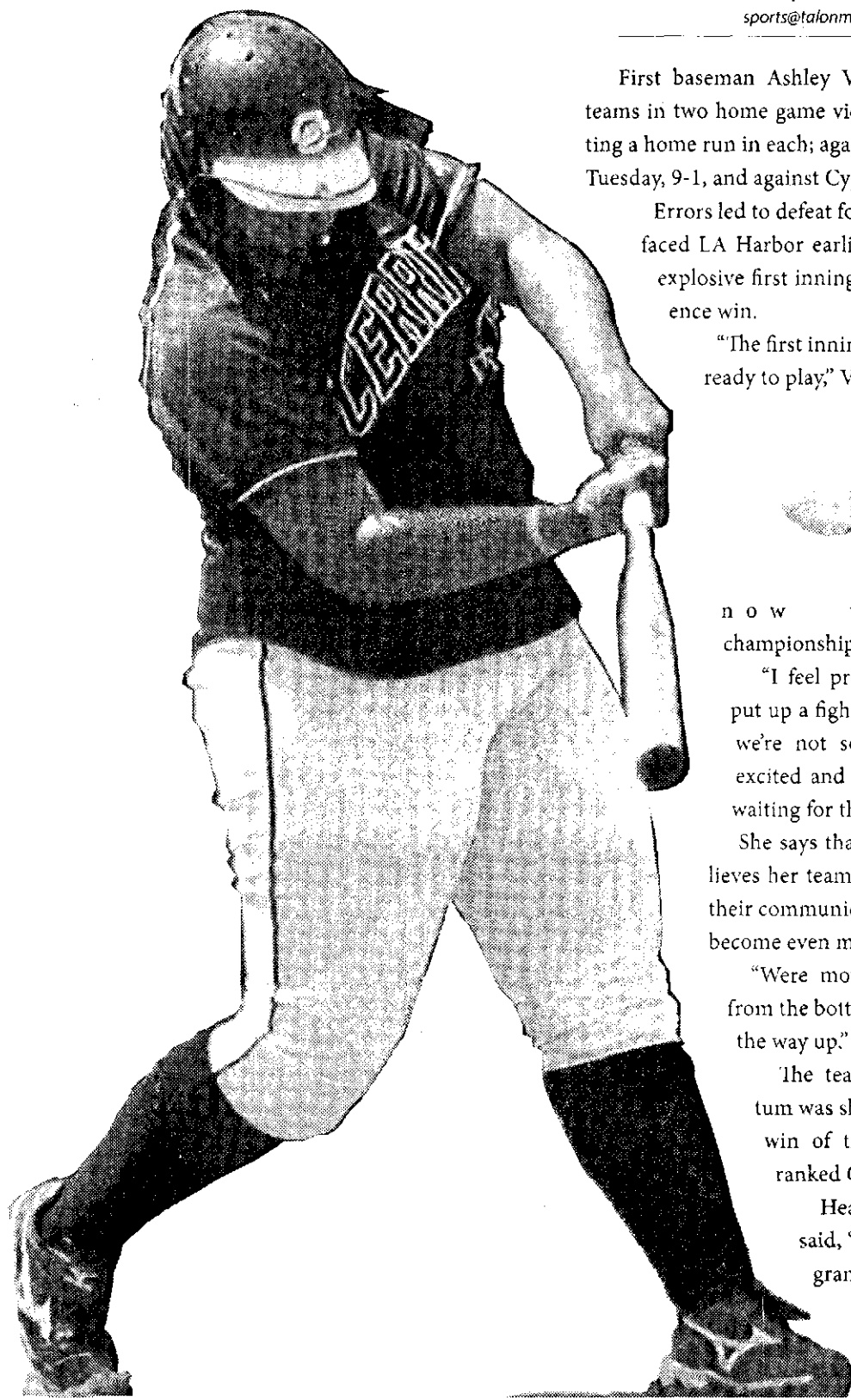
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Ventura scores home runs in two games

DANIEL SANDOVAL
Sports Editor
sports@talonmarks.com



First baseman Ashley Ventura led the softball teams in two home game victories last week by hitting a home run in each; against Los Angeles Harbor Tuesday, 9-1, and against Cypress Saturday, 8-3.

Errors led to defeat for the Falcons when they faced LA Harbor earlier in the season but an explosive first inning led to this non-conference win.

"The first inning I feel like we came out ready to play," Ventura said.

She now has six home runs on the season and feels that the team has evolved enough

now to possibly take the state championship this season.

"I feel prepared and ready to go out and put up a fight," Ventura said, "I think we're not so much confident, just excited and ready to go, we've been waiting for this all season."

She says that the only thing she believes her teammates need is to perfect their communication with each other to become even more dominant.

"We're moving on up, we started from the bottom but we're working all the way up."

The team's increasing momentum was shown in its second home win of the week against No. 2 ranked Cypress.

Head Coach Kodee Murray said, "Cypress has a great program so we knew it would be a great game in that respect."

She described the game as having the pride of the neighborhood on the line.

"All these kids have played together and they have gone to school together forever," Murray said.

Ventura's home run in the fifth inning was part of what led to the second victory ending a 2-2 tie and opening the game for the Cerritos offense.

Murray said, "The thing about Ashley's home run is that it came at a big moment in our day, it wasn't a nothing moment, she just stepped up and did it."

She attributes clutch performances like Ventura's as proof of her team's maturity developing throughout the season and a reflection of it's hard work.

"We've got a bunch of good players that come out and work hard pushing themselves to do things outside of their own ability to try to see what more they can do," Murray said.

The team's offense filled the scoreboard, but Murray describes, the key to this win as pitcher Hillary Perez-Ashley coming out and throwing a great game.

Murray describes, her team as comfortable facing anyone at this point in the season.

"There was no fear, they just came out and played the game hard and straightforward," she said.

"Going out to play a big game, you could be afraid of what the outcome is and consequently you're not going to get anything done or you go out and you play hard and push yourself to be able to achieve something."

They had no fear and I think that's why they did what they did," Murray added.

Outfielder Sammy Garcia described the 5th inning as the tipping point in which the game began unfolding in favor of Cerritos.

"We just broke out and we just hit a lot," Garcia said, "those two home runs in that inning with runners on base were good."

Garcia said her team was just capitalizing on the mistakes Cypress pitcher Katrina Pinkowski was making.

"They were throwing down the middle and we just took advantage of it," she added.

"We just capitalized on their mistakes."

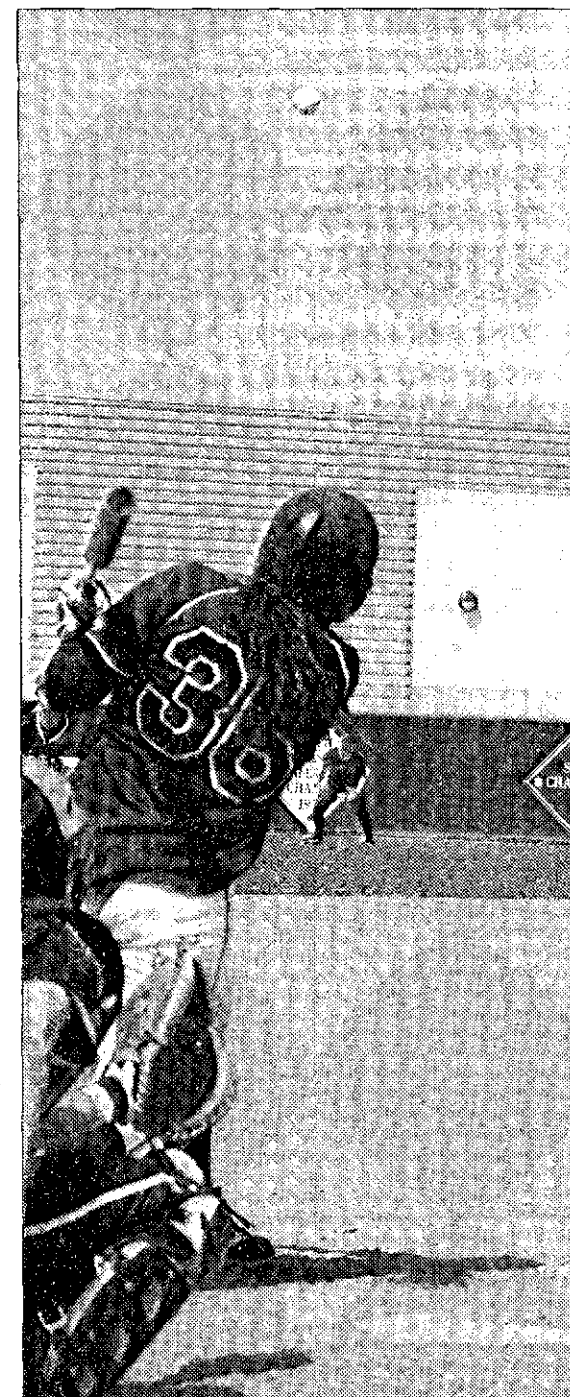
The only thing keeping the Cerritos softball team from going to the playoffs is two more conference games against teams it has already beaten earlier in the season.

"I think we're going to do good because we're re-

ally determined to win and be on top, were just trying to be competitive right now," Garcia said.

Garcia also believes that the team will do well if it gets the chance to travel to the state championships.

Many of the sophomores on the team went last year but returned without the state championship; time will tell if this season will end differently.



Turning point: First baseman Ashley Ventura smashed her sixth home run in last Saturday's 8-3 win over Cypress. She also scored a home run against LA Harbor last Tuesday in yet another win.

Pulling away: Outfielder Devin Salmones hitting a single before teammate Rochelle Romero scored a three run home run off Cypress pitcher Katrina Pinkowski.

Softball women welcome younger talent for scouting

DANIEL SANDOVAL
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Likely high school undergraduate recruits were invited to observe the Cerritos College softball program last Saturday.

"Well we had invited a few [schools] and through that we got some pretty good players that came out," head coach Kodee Murray said.

The girls primarily came to meet with

the softball women and see how Cerritos would do against No. 2 ranked Cypress Saturday afternoon.

"Well we've been recruiting and we invited the recruits because if you're a top player, you're going to want to look between our program and their program," Murray said.

She described the Nemesis team, a team that visited, as being a worthy program to look into because assets such as infielder

Sammy Garcia have come out of the program to improve the Cerritos team.

Garcia coaches some of the younger girls from the Nemesis team that also came to learn about a future in college athletics.

She said players stayed after the game to answer any questions the younger athletes might have had.

"We were just introducing the program to these younger girls who are trying to play softball for college," Garcia added.

Cecily Garcia, former Cerritos softball player and sister of Sammy Garcia, is now head coach of the 15 and under Nemesis team.

She set up the visit to Cerritos to prepare her team for its possible future athletic careers.

"We wanted to bring them in to show them what college life was like while playing sports after high school and how far you can get with it," Garcia said.

Garcia said trips like this one show "how much determination you need to [play for a college team], but that it's within reach, and they can do it."

"We actually go to different colleges and we ask the coaches if their players can meet with our players," Garcia said.

Nemesis has previously been to Whittier College and Long Beach State to see what life was like while playing sports after high school and how far players could get with it.

Gonzalez named to national team after playing for Cerritos

STEVEN QUINTANA
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Cerritos men's soccer team member Ruben Gonzalez was named to the United States national team last month.

Gonzalez, starting forward and freshman out of Artesia High School, was named to the U.S. Under-20 National squad. The Under-20 team is compiled of the best players in the age range from around the nation.

"I was beyond happy when I found out I was on the team," Gonzalez said. "The experience is unexplainable, you see the teams and all the other countries play as a kid, and then to find out you are one of them is just amazing."

Though he is a forward for the Cerritos College soccer team, he was placed as a midfielder in the national team.

Men's soccer head coach Benny Arriaga said it was not a surprise for him to hear that Gonzalez was named to the national team.

"The kid always works hard at the practices and is constantly trying to get better," he said.

Considering his soccer career so far, it shouldn't be a surprise that

Gonzalez was named to the national team.

At Artesia High School, Gonzalez's alma matter, he was voted the Offensive Player of the Year by his teammates his junior year. He was a first-team All-Suburban League choice two times, and was named to the Press-Telegram Dream Team.

As a senior he received All-CIF honors and was named the Suburban League MVP.

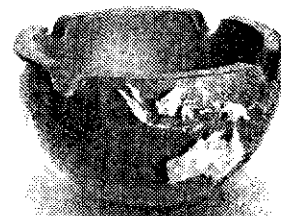
In his first year here at Cerritos College, Gonzalez posted seven goals and four assists. He also helped take the team to the third round of the Southern California Regional playoffs.

Gonzalez was set to play and start in the first game of the Dallas Cup, but due to a hamstring injury he missed the 1-0 loss to the Mexican national team.

Gonzalez managed to return, and start, in the team's 1-0 victory over the Vancouver Whitecaps. He also started in the 1-0 loss to the German Eintracht Frankfurt team and the 1-1 tie against the Japanese national team.

His favorite player, and inspiration, has been Ronaldo Luis Nazario de Lima.

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RESULTS

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Women's Tennis

Cerritos	5
Glendale	4
Overall record:	9-8
Conference record:	7-2

04/08/10

Men's Tennis

Cerritos	5
San Diego Mesa	4
Overall record:	9-8
Conference record:	7-2

04/10/10

Baseball

Cerritos	4
Compton	7
Overall record:	10-18
Conference record:	4-9

04/12/10

Softball

Cerritos	13
Antelope Valley	5
Overall record:	33-4
Conference record:	13-1

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Villa named player of the decade

Brenda Villa is a current assistant water polo coach and former Cerritos player.

ANDREW PEREZ
staff writer
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Being coached by Olympiad veteran Brenda Villa catches the attention of most, but now the Cerritos College water polo team can refer to her as the Female Water Polo Player of the Decade as she was named by the FINA Aquatics World Magazine this past March.

Villa has been coaching alongside Sergio Macias for the past five years as his assistant coach of the water polo team starting back in 2005, and is also returning for the upcoming 2010 season.

"She's an inspiration to our team," Macias said. "I couldn't be more pleased to have anybody else because she is the best female pool player in the world."

Villa is very familiar with medals of all

sorts earning many gold, silver, and bronze throughout her Olympic and professional career.

She helped team USA to a silver medal at the Sydney Olympics in 2000, a bronze medal in the 2004 Athens Olympics, and in the 2008 China Summer Olympics, the team fell short of a gold losing to the Netherlands to land them another silver medal.

"Brenda's one of the best water polo players in the world," said national team Coach Guy Baker to the Los Angeles Times, "she's our leader in the water because she makes great decisions; we want the ball in her hands."

Villa began her days of competing in the pool in club swimming at the age of six in her hometown of Commerce and two years later at the age of eight, she began her journey into the sport of water polo.

With no female water polo team at Bell Gardens High School, Villa had to compete alongside the boys, which was no problem for her as she racked up four first team All-League honors, four first team All-CIF honors, and was also a four time All-American,

while also making the junior olympic team on the side.

Her awards shelf got even more crowded during her three seasons of water polo at Stanford University from 2001 through 2003.

In her 2001 freshmen season, she was named the NCAA's Women's Water Polo Player of the Year.

In 2002, she held a Stanford team high of 60 goals to lead her team to a NCAA Women's Water Polo Championship victory.

Even as a college athlete Villa was recognized nationally, for in 2002 she was honored with the Peter J. Cutino award as the top female college water polo player in the United States.

Villa has spent the past three seasons playing professional water polo for the division I team Orizzonte in Italy where she helped them win the LEN Champions Cup Finals for three straight years.

But in the offseason, she can be seen by the pool side in the Cerritos College Aquatic Center helping her team reach its goal of another state championship as she once did in

2008.

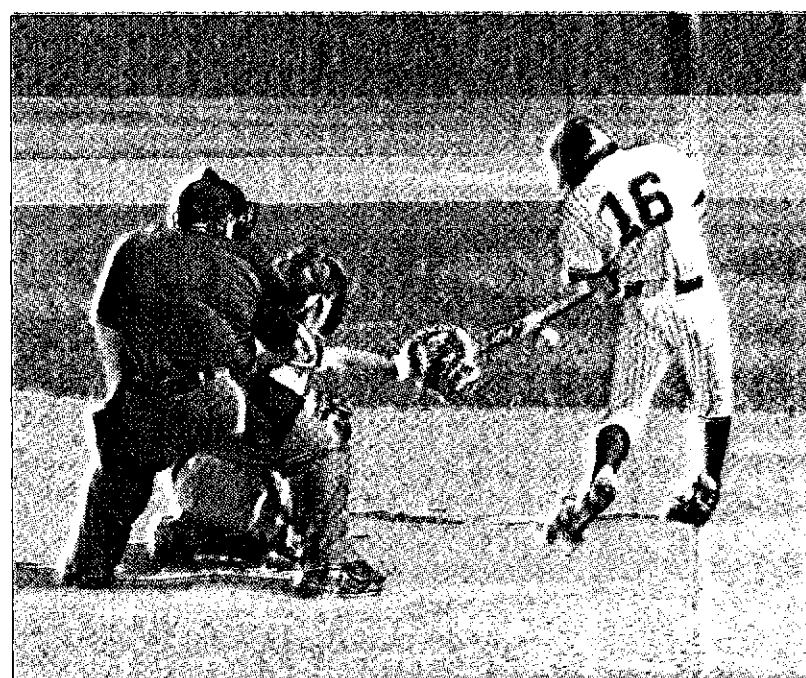
"Her experience in her career of being a player in water polo really makes her a good coach because she knows what it takes to be successful in and out of the pool," Karen Aguirre said, former player of Villa.



ASSISTANT WATER POLO COACH BRENDA VILLA

Baseball salvages a victory

SCOTT WATKINS & STEVEN QUINTANA
Staff Writers
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Struggling: Outfielder Adam Peacock hitting one to right field before being picked off running to first base in Cerritos' 7-3 loss to ECC Compton Center last Saturday.

when there was someone in scoring position," Eaton said.

"It seems when we get down, we all get down and when we get up, we all get up, but when they get that first run on us we all get down and can't seem to pick ourselves up."

That's just what happened Saturday at Kincaid Field. ECC Compton Center scored on a single in the second inning and never looked back.

Cerritos managed to tie the game up in the fourth inning but never captured the lead from ECC Compton Center.

The only thing there really was to celebrate was a solo home run in the seventh inning by designated

hitter Joe Terry, though that was still overshadowed by a three run deficit.

In the sixth inning ECC Compton Center drove four runs in and one more in the eighth inning leaving it four runs ahead of Cerritos at the end of this conference game.

"What needs to be fixed is the coaching, fielding, pitching, hitting, and the overall attitude," said Brooks. "They just don't have that winning attitude."

Though that "winning attitude" seemed to appear on Tuesday when the Falcons faced Pasadena City College in a 7-3 win at Kincaid Field.

Generation WE

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Marcella Winn - LA Police Department Detective II, 24 year Veteran • Lynn Langit - Microsoft

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AT A GLANCE

Thursday, April 15

All Day - M/W's Tennis
SCC Tournament
at Long Beach City

2:30 p.m. - Baseball at Pasadena City

3 p.m. - Softball vs. Long Beach City
at home

Friday, April 16

All Day - M/W's Tennis
SCC Tournament
at Long Beach City

All Day - M/W's Swimming
SCC Diving Championships
at El Camino

9:00 a.m. - M/W's Track
Long Beach Invitational
at Cerritos

4 p.m. - Softball vs. College of the
Canyons

Saturday, April 17

All Day - M/W's Swimming
SCC Diving Championships
at El Camino

9:00 a.m. - M/W's Track
Long Beach Invitational
at Cerritos

12p.m. - Baseball at El Camino

Work out tip of the week: biceps



Demonstrations: from left to right Barbell bicep curl, Reverse barbell curl, and inclined seated dumbbell curl.



MIGUEL SALAS
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This week's workout tip will be all about biceps. Who doesn't want nice biceps to show off during the summer?

This workout routine is for gaining strength and mass in your biceps more than fat burning and getting definition.

Adjust the weights so that it is difficult to complete the last repetitions of the set.

You may need to alternate between weights that feel light, medium and heavy.

You will be using dumbbells and a barbell. Get your warm-up run in and it is very important you stretch.

Do not rush the following workouts; they require heavier weight and smooth, controlled, movements. This ensures proper form and injury prevention. Stretch in between sets if necessary and hydrate, but do not rest more than two minutes between exercises.

Barbell bicep curl: Start by holding the bar shoulder width, your palms should be facing forward. With your elbows at your sides, raise the bar until your forearms are vertical; keep your wrists aligned with your forearms for proper form and to prevent injury. Lower your arms back to starting position and repeat.

Many people will make the mistake of swinging back and forth when doing bicep exercises. Swaying

back and forth, or jerking, while working your biceps minimizes the effectiveness of the workout and increases your chance of injuring your back.

There will be some movement, but try to keep your back as straight as possible, slow and controlled is the key. Use medium to heavy weight and do five sets of ten.

Incline seated dumbbell curl: Set the incline bench to 45 degrees and sit back. Hold the dumbbells straight down at your sides with your palms facing forward. Raise the dumbbell so your forearm is vertical and your palm is facing your shoulder. Lower your arm to starting position and repeat. You can do this workout alternating from left arm to right, or both at the same time.

Use heavy weights and do 3 sets of 8.

Preacher curls: Hold the bar shoulder width with your palms facing up, and place the back of your arms on the preacher bench. Raise the bar until your forearms are vertical and palms are facing you. Lower barbell back down until arms almost fully extended and repeat. Use medium-heavy weight, 3 sets of 10.

Reverse barbell curl: This workout is the same as the regular preacher curls but you grip the barbells with your palms down. If your wrists hurt when doing this workout, change your grip by adjusting the space between your hands on the bar. Although your forearms are worked in every bicep exercise, this specific workout will work push them even further, perfect for the end of the routine. Use medium weight and do 3 sets of 12.

These workouts should be done in the order given. Do these exercises no more than twice a week to let your muscles repair themselves.

Women's track in sight of state title three-peat

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After winning the last past two state championships and three in the last four years, the Cerritos College women's track team looks strong halfway through this season.

"So far so good," Women's head coach Michael Allen said. "The team has lost a few key freshmen from last season that would have been sophomores this year, that hurt the depth a little, but we have performed well this season."

This season is different from past years where the Falcons dominated the rest of the competition.

"This year there are three or four teams that can win it," he said. "It will all depend on how well we perform in these final meets."

There are many hurdles the Falcons must overcome to win a third straight championship.

"The other teams in the state are recruiting to just beat us, while we recruit to fill the holes that we have once people leave," Allen said.

Director of track and field Doug Wells had another reason.

"Some of the athletes we have had in the past are the type of athletes that only come around once every 10 years," he said. "Its like if you lose the Super Bowl MVP do you replace him with another Super Bowl MVP? that doesn't happen very often.

Another reason can be nagging injuries every athlete faces through a long season.

"Track is different than other sports because we can't just tape up an arm and throw someone back in there to throw a block," Wells said. "Track athletes are thorough-breds not work horses."

This year's team has one of the top 4x400 relays in the state along with many top athletes at their individual events.

Sade Williams is one of those athletes, after missing most of last season while she was pregnant.

She said, "I expect both Tanisha Hawkins and I will compete for the state title in the 400 meters along with 4x400."

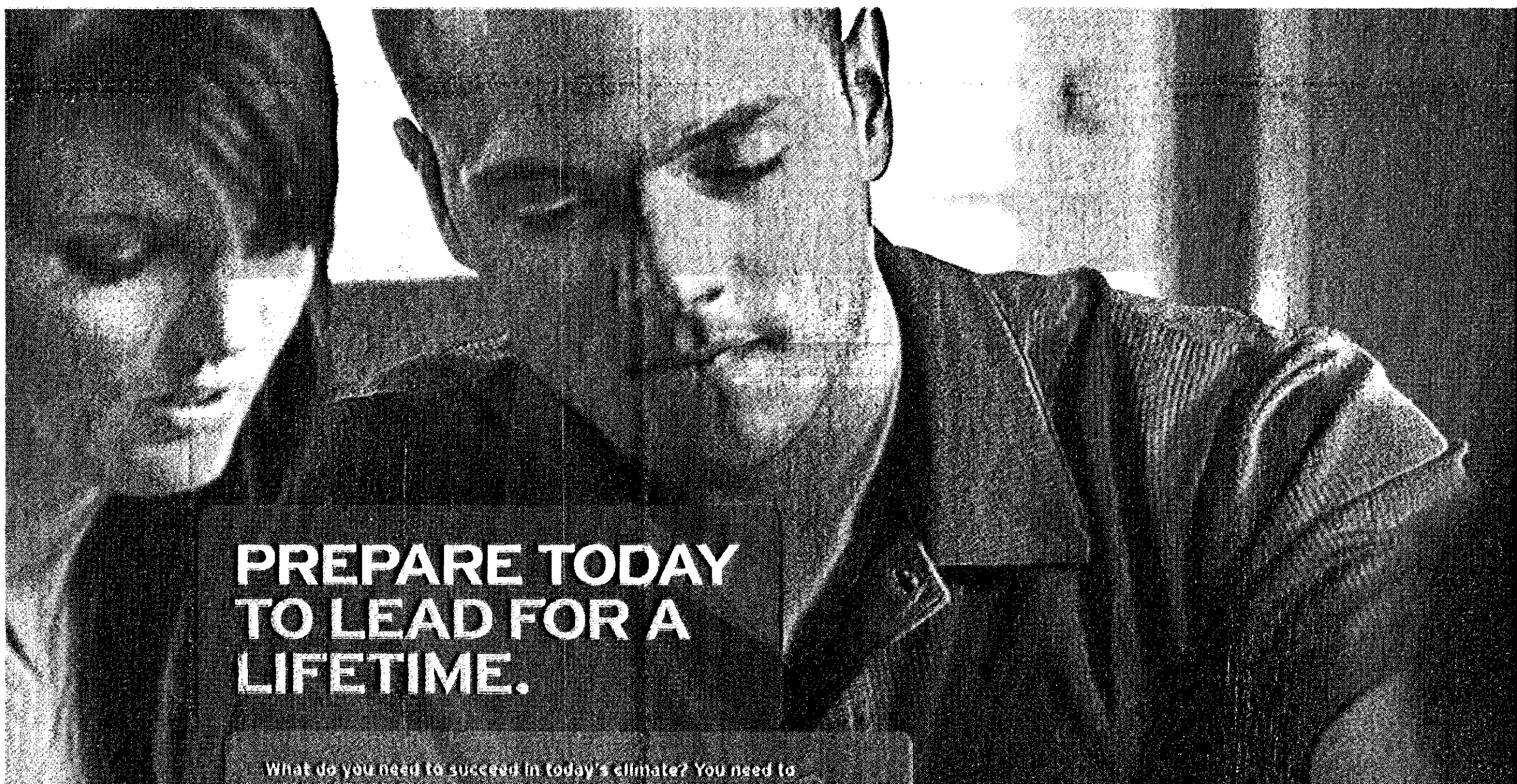
She has ran since she was 5 years old but feels like there is still a lot of pressure on her because she missed last season.

Another of the top contenders for this season's team is Danielle Thomas, who runner 4x100 and 4x400 relays, as well as the 100 and 200 meters.

The freshman picked Cerritos College because, "it is like a little university."

"Most other JCs aren't as helpful, they don't help to get enrolled and get into classes as Cerritos does," she said.

She believes that the 200 meters is her best event and expects to make it to the state championship in that event as well as the relays.



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