New senate bill
referred to as racism
Online Exclusives

- Watch the May Day rally slideshow
• Falcon Fitness 'Tip of the Week
- Listen to the "Talon Marks Campus News Hour"
- Listen to the "Talon Marks Campus News Hour"
aw major at Cerritos
is aspiring rapper
Arts Page 8

cerritos college
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WEDNESDAY MAY 5, 2010
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VOLUME 54, NO. 21
Fast-track programs help gain three-year degrees


## cross the country are joining to cut back

 osts, and get head start in their careers. There is only a limited number of small U.S colleges and universities that offer such pro grams. One of the first colleges that offered this fast-track program was Hartwick College in NY in the fall of 2009.Bigger colleges such as the University of California are considering the option for their students. While this fast-track program might be use ful to students, it may not be suitable for all. Daniel Hurley of the American Association of State Colleges and Universities stated, "It is misguided to focus on three-year degrees when
whether or or six years. Many students are under-prepared
academically, have financial problems, or can't enroll in oversubscribed classes." Some schools like Southern Oregon Universi$y$ in Ashland allow incoming freshman with exceptionally good high school grades to skip some of the basic courses and jump right into some of the classes that are intended for their majors. Students planning to join these programs must have in mind that this requires hard work and dedication. They are intended for those who wish to step out into the market a bit earlier than the rest, and save some money along with it. As for California getting on board with these programs, there are discussions going on on mina UCs.
 Only 3 years: Program that allow students to graduate a year early from college
are gaining popularity and are in the works to be implemented in California UCs.

Students fear for safety

TIFFNI CHIGPEN Staf Writer tiffni:thigpen@talonmarks.com Some students fear a violen attack on campus can occur, and are uncertain how campus, police would assess the situation. "Yes, everyday I come to school 1 fear a violent attack on campu and I don't know how (campus po not on campus to see what's goin on", Jason Thomas, physical educa on, masonor stated.

Chief of Police Richard Bukow iecki said that students should feel
safe on campus. "No, absolutely not, there's no reason to fear your safety on this campus. "Ihis campus is safer than sur rounding neighborhoods," he add ed. On April 16, 2007 at Virginia Tech Universily, student Seung-Hu Cho killed 32 people and injured many others before committing the deadliest shooting by a single gunman in United States history. In a recent study conducted by The United States Secret Service United States Departinent of Education, and Federal Bureau of Investigation, 94 percent of campu incidents are carried out by men. They also reported that firearm are used 54 percent of the time knives 21 percent, and a conbin tion of weapons/methods 10 per
cent. Castellon was arrested on campus by the Fine Arts building when displaying suspicious behavior in th men's restroom.
Campus police later discovered a knife and stained blood in Castel. lon's jacket pocket.
"This wasn't a violent crime but this was a call of someone acting suspiciously in the bathroom, dispatcher it took approximately dispatcher it took approximately
four minutes to respond to the call." So far there has been no other reports about suspicious student and a crime statistics report for 2009 will be available on the Cerri See SAFETY Page 3

## Bill in, immigrants out



SB1070: The new ‘Jaime Crow’ Law?


Hu, Posada collaborate for SB1070 debate

## Opinion Editor <br> andrea.moraetalonmarks.com

Senate Bill 1070, which passed in Arizona, has caused uproar amongst the population.
Cerritos College Professor Philip Hu is planning a debate to dis cuss the new proposed bill.
The date for the debate has not been set, but the location that it would most likely take phace in is the Teleconference Center
$\qquad$ still vague Hu is working with several students to ensure that the de bate does occur before the semester ends.

More debaters need to confirm in order to move forward with their plans.
${ }^{\text {a }}$ CCFF, the faculty union, likely to sign on as a co-sponsor once the lists of debaters are nar rowed," Hu said.
The debate will be a structured debate where there will be two sides of the argument, each side will have its turn to speak and its turn to re butt its opponent's views; a media tor will oversee the debate.
Archy Posada, music major and student involved with planning the debate said that he is trying to contact the Cerritos College Forensics Debate Team to see if it would be interested in judging or mediat ing the debate but has yet been able to contact them.
Posada said, "It's a great idea to raise our voices and it would be in teresting to see the response. It's a racist law."
The debate is opened to the entire student body and will be free of charge.
"We're trying to make it a big deal to bring awareness. We want to take a step forward as a nation, not backwards," Posada said.


## Health services available in L.A.

 lewood, but was unable to help out current high demand for medical services at the campus clinic. "[Student Health Services emday here, and it would have shut down our clinic on campus if we Medis a his years Remote Are at the Los Angeles Sports Arena. Everybody to to think Medical Director Dr. Natalie Nev ins told the Los Angeles Times. ins the ueed optometrists. ophthalmologists desperately." In efforts to gauge the ber of patients signed up to attend each day of the expedition, as well as to reduce the number of patients waiting in line overnight, organizers began distributing color-coded wristbands for individual services on April 25, two days before the opening ceremony.
Last year's local expedition pro vided 14,561 services to 6,344 uninsured and under insured patients, while hundreds of weary travelie who had camped out and
their cars were turned away. According to the Los Angele limes, this year's RAM/LA event provided services to 6,619 patients, consisting of 4,430 dental visits, 548 pap smears, 962 podiatry visits,
1,439 acupuncture visits, 1,090 HIV tests, 430 mammograms, and 3,302 vision visits.
From April 27 to May 3, orga nizers had hoped to help an estimated 8,400 people, but a short age of volunteers made it difficult to meet the 1,200 patient per day quota.
Nancy Montgomery, coordinator at Cerritos College's student health, services, worked at last year's
ad attended," Montgomery said. While the Times reported that cate-licensed medical specialists were lighest in demand by RAM/ LA organizers, Nursing student and Project H.O.P.E. member, Gloria Elias, would have considered attending as a general volunteer had he known about the event in advance.
"It would have been a good opportunity for students of Project Hission to volunteer, since it's our served in our community who don't have healthcare," Elias said.

Maggie Cordero, director of pathway programs
and Project H.O.P.E.'s new coordinator as of this Februt CVS/pharmacies and at Downey Regional Hospital, Project H.O.P.E. students volunteer at other venues, but not under a coordinated effort by the program.
Elias, who has served two years an Cerritos Collegés Chicanos) Latinos for Community Medicine Board, hopes to start a new club on campus to provide students additional volunteer-work opportuposibly the healthcare field, and RAM/LA
For a list of Los Angeles community clinics providing free and low cost services year found

Course material available online
Students can now view course materials directly on the Cerritos College website


Students are now able to see what materials a
quired for their classes when they book online March 9 , 2010 saw a change in the system tha dents register for classes on. Now, the ISBN, price and other related information about class materials is available to students within their schedules. The new information will only be available until July of 2010, however Cerritos College wants to con tinue to provide this information.
Lee Krichmar, director of information technol ogy, says, "We are reliant upon our Follet Bookstore to
electronically pass this information to us, so we could display this information onto the Web Ihis will

## students to see individual prices for bocks sociated with our specific class offerings."

sociated with our specific class offerings." "I
Jessica Demoss, undecided major, says, "I guess it is Jessica Demoss, undecided major, says, "I guess it is Because this is a new program for the Follet Bookore, it is asking for students to ask que:tions when in need of assistance. Not only can students buy books online, but they can be better prepared for their classes Cameron Lee, undecided major, says, "From my experience from being an undergrad last year and coming back to school, it seems its good for students." A part-time librarian commented, "Most students are not familiar with the system, however that's okay
because we are here to assist them in every way we becaus
can!."
Solving your book problem is as easy as $1,2,3$.
Solving your book proulem is as easy as $1,2,3$.

1. Once you select your class in your class schedule you will see (BOOK LINKS) on the right- hand side. 2. When clicking on the (BOOK LINKS) you will see the detailed book information it will say REQUIRED then following it will say CHOOSE and PLEASE SELECT FROM THE FOLLOWING. 3. If a book is not found it will say NO COURS
MATERIALS REQUIRED FOR THIS COURSE.


## Bill: Arizona law stirs controversy

onimued from Page

The heat from Arizona is felt at Cerritos College by students lik who said "Jan Brewer's] approach toward illegal inmingration was a little intense. She should have grad ually tried to make a change and allowed Arizona to make a transition."

In order to warn tourists, Mex cos Foreign Ministry issued a trave alert on April 27, for Mexicans visit ing, residing or studying in Arizo na, recommending individuals act with prudence and respect loca

$$
\begin{aligned}
& \text { laws." } \\
& \text { Stud }
\end{aligned}
$$

Students like art major Juan To Students like art major fuan Tor-
rez believes that if it is happening in
one state, it can definitely happen California as well as other states. He said, "People absolutely can not turn the other way and preten like this is not happening. Every time something drastic has hap pened in our country whether it
was about segregation or women's was about segregation or women's
rights, it always started with just one person, just one statement, just one state. If it is already beginning to happen what makes us believe that it will not happen here in California or even grow to be an immi grant ban in the entire nation?" The question of whether or not
this could happen in Californa this could happen in California ha many perplexed and left wondering
what exacly would be the conse-
eof such law, said chinal ustice major Joaquin Diaz He believes that although it would be a very touchy and emo tional issue to have to deal with in his state, due to the current budget crisis it would actually help the state's economy.
"Think about it," he said, "by getfing rid of all the immigrants, residents would have the opportunity to obtain more jobs and the unemployment rate would decrease. Let's be honest here, immigrants take up lot of space and work that can be jiven to people that were born here and deserve to be in this sta



## ISA holds Cultural Day



The audience also had the opportunity to try Filipino shirts to bright colors of a folkloric dress, small fee. Thai tea and a Fillipino dish called $\begin{gathered}\text { to the glittery, rich fabric of the Indian dresses. } \\ \text { Former ISA president Karan Dhungana who }\end{gathered}$ a small fee. "thai tea and a Filipino dish called $\begin{gathered}\text { Former ISA president Karan Dhungana who } \\ \text { "puto," which is a steamed rice cake, were some of } \\ \text { is originally from Nepal has always participated }\end{gathered}$ puto, which is a steamed rice cake, were some of
the among served.
"The food is really good especially the Thai a," shared Danita Kurtz, ISA advisor:
Kurtz also mentioned that this cultural day
was the first ever to be held during the day. For he past years this event was held exclusively at night.
Mem
Members from different cultural groups around the community come together with the ISA and make it a very special night.
This is the first time we've ever held this audience," Kurtz said.
The stage was also filled with color as members paraded down the stage in traditional outfits from all over the world. From the solid colored
in cultural day since he arrived to Cerritos in th fall of 2006.

There are more students here today as op posed to events which have been held at nigh but it's all typically the same thing." Dhungan said.
He mentioned that this year he helped out at
Wiactices and backstage.
With the numerous dances, food, fashion show, and some jokes thrown here and there,
Kurtz managed to choose her favorite part of it all. "I really enjoyed everything, but I liked the fashion show and the dances. The dancers are fashion show and the dances. The dancers are
good and I like how they are brave enough to go up and perform. They are very enthusiastic and up and perform. The

Students fear worst from Texas' recent history book reform



## Safety: Should students worry?



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## Arizona bill encourages racism

With the passing of a new immigration law in Arizona, comes the rebellion and strife of those in surrounding states that disagree

Senate Bill 1070 , which hasn't been enacted as of May 4, enables police officers in Arizona to engage in a form of racial profiling. Giving law enforcement the opportunity to stop a Qerson because they look like they are illegal is person because they look like they are illegal is wrong both morally and ethically.
How can you possibly have probable cause to stop a person for the possibility of being an illegal citizen without profiling race?

An officer isn't going to stop a white person for being illegal; they are going to stop a His-panic-looking person because that is whom the target is.

When did America become so "free" that we no longer allow people to be free?

When did we allow our governments to openly and without hesitation stop law-abiding individuals because of skin color?

The country is going backwards. All too soon, segregation and full on racism will be rampant amongst the streets of America.

The inaction of this law and the prejudice it brings is just the first stepping-stone to black, white and brown buses, drinking fountains, and schools.
If we let our governments get away with deliberate discrimination, we are letting our people, and the people that want so badly to live like we do, free and able to live life without
 fear of deportation or discrimination.


## BP Global has a monumental problem

Everyone is talking about the Gulf Coast oil pill. Unless of course Arizona comes up, but hat's a whole other story.
The explosion that subsequently set off a catastrophic "oil volcano" on April 20 has been lobbing an estimated 210,000 barrels of oil a day into the open water effectively putting in dan ger wild life, local businesses, and residencies all over the region.
The oil is expected to spread as far as the Mis issippi river and the eastern United States coast Blue fin tuna, dolphins, sea turtles, and brown pelicans are all expected to be in extreme danger, especially since this is their mating sea son. Fisheries, boating companies, and tourism are all expected to take a drastic dive in profit. Many of them will go completely bankrupt. It's no wonder that BP (The company who owned the oil rig responsible) is being sued already by a plethora of companies affected. It's also no wonder that BP officials are asking


Gulf Coast residents to sign settlements already so that these same people cannot sue BP in turn for destroying their lively hoods with this environmental disaster.

So how much are the settlements worth? measly five thousard dollars. Chump change in the face of the obstacles that the Gulf Coast faces or the next two or three decades.
The senate is currently considering a bill that would raise the amount of damages oil companies are responsible for from seventy five million to ten billion. With all the profits the oil compa nies have made in the last decade, and decades come, they can alford it. But what of BP?
Their role in this disaster is indisputable. I
ne is involved in a car accident, the first ques
tion that one asks is who is at fault. Not because we're all good people and we want to make sure justice has been served, but because when it comes down to it, whomever hit who is responsible for all the damages that occurred.
So why, I ask you, should BP not pay every ingle penny to proper sources for the damages hey have caused, be it five billion, ten billion or one hundred. The coast guard that has been ispatched for the last two weeks, and they need a paycheck.
The businesses being ruined need to stay float until they can get back in the water. And ell me how you can pay back a fish for detonat ing any viable chance they may have at a safe place to mate.
Even if BP must pay over time, it's not our fault that the big oil company never had any plan $b, c$, or $d$ to save us or itself from, well...itself.
So please Barack Obama, Louisiana, and all others affected by this disastrous conflict: start he tab and bill BP with interest. danger, especially since this is their mating season.



Most Commented

## Free medical services held in LA Sports Aren

Dividing the nation
Baseball team clipped by East LA
Speaking out agains discrimination


## Online Poll


for other states' legislations?

- Yes, no one else will
- No, we need to mind our own business. - What is a watch-dog? - As long as it doesn't af fect me, I don't care what other states do.




## Blue Fin tuna, dolphins, sea turtles, and brown pelicans are all expected to be in extreme

## Diet soda health woes



The alienation of natives
 The United States of America its seen many facets of itself within its people throughout its existence. One of the stronger theories of he origins of Native Americans Strait in a quest to maintain food supplies by Asians during the supp Age era
Ice Age era.
Another theory is this land was migrated by island hoppers from Asia to Hawaii to North America. Making native Hawaiians part of an ancient migration.
Thousands of years later, Co lumbus reached this continent, and 200 years later, the landing of the Mayllower occurred.
canvas. It had inhabitants pmpty canvas. It had inhabitants placed existence too.
With the introduction of the European community, Nativ American tribes did battle with every colonizing country. Wars against France, Russia, Spain, Great Britain, Canada, United States, and Mexico.
The animosity toward immigrants in this land, or any land on
the planet by "Nativ" the planet by "Native" people, is ance for aliens or strangers tran scends eras, tribes, people. and scends eras, cribes, people, and
lands. Borders exist first in the eyes and hearts of all of mankind. But

and it' still unjustifiable now. Not the definitely not the argument of who is native to this land, can be made by anybody.
And this
And this tragic comedy of hu manity continues to this very day
In a reversal of fortunes, aliens In a reversal of fortunes, alien
(that is to say people whose lineag (that is to say people whose lineag
stems from those who crossed th Bering Strait and are not born from European immigrants) are now be ing blamed for the maladies and the financial hardships happening in different states.

New laws are being established to do away with undesirables in the hopes of a perfect world full of milk and honey and without anybody
that would blur that unrealistic vi that wo
sion.
The instability of fortune by the The instability of fortune by the
controlling powers has trained th controling powers has trained the more defenseless than those who actually caused the semi-collapse of our econony.

But nobody has calculated the billions saved over time with no






## May Day protest draws thousands




AtNational University.
we know how hard you've worked to get this far, and we want to help you get even further. As a community college transfer student you'll be able to take advantage of these great benefits.


Being sleepy throughout the day is more than just a nuisance, it's a heavy burden. If you're narcoleptic and routinely find yourself feeling really sleepy during the day, you might suffer from Excessive Daytime Sleepiness, or EDS.
We're undertaking a research study of an
investigational drug therapy for EDS associated with narcolepsy.
To qualify for this study, you must:

- be between the ages of 18 and 55
- be in generally good health
- have experienced excessive sleepiness in
connection with a narcolepsy diagnosis
- not currently be diagnosed with a sleep disorder other than narcolepsy
Women who are able to become pregnant must use a medically acceptable method of birth control for the duration of the study. Women who are pregnant or breastfeeding are ineligible for the study.
If you qualify to participate, you'll receive the study drug and all study-related physical exams and laboratory tests at no cost. You may also receive compensation for time and travel.

For more information about this study please contact:
www.NarcolepsyStudy.com
Toll-free: 1-866-497-5211


## 'Nightmare' not like the original

Movie Review

## A Nightmare on Elm Street

Starring Jackie Earle Hailey
Director: Samuel Bayer
Rating: $\quad \star t \star t$

```
Scorr Watkins
Staff Writer
```


"One, two, Freddy's coming for you, 3,4 better lock the doors," is a phrase that sent chills down the spine of movie-goers in the 1980s and in "A
Nightmare on Elm Street", a remake of the 1984 Nightmare on Eln Street", a remake of the 1984 eration of movie-goers feel the same way. "A Nightmare on Elm Street" provides thrill and chills to anyone brave enough to see it.
eeper at a local preschool.
The parents of the children who attend the school find out that he is molesting the kids ar:d hunt him down and burn him alive.
Years later, Freddy comes back to haunt the dreams of the children that made the accusaticn and the brutal murders begin
The story is pretty much the same as the orig.
wal, with minor tweaks.
While the acting isn't great and Jack Earle Haley's interpretation of Freddy Krueger wasin as good as the original, "A
Street" was very entertaining.
It did a great job of leavin.
It did a great job of leaving audiences on the
edge of their seat, which wasn't easy to do edge of their seat, which wasn't easy to do
cause most people knew what was coming. The gruesome murders were bloody and rifying, and were, dare I say, better than the origirifying
nal.
Ih The director, Samuel Bayer, did a wonderful job jumping back-and-forth between the
real world and Fred-
dy's world, the drean
world.
The story never
lagged. I will put it like
this, I never looked at

much time was lft in the movie
There were a few tines the movie made me
Jump out of my seat and dont scare easily.
One scene in particular that made me say "dannn that was pretty cool" was when the story tellers take the audience back to the day Freddy was brutally murdered by his then victims' par ents, by burning him alive and Freddy come running out the in flames. I never
ing and it was a pleasant surprise.
ing and it was a pleasant surprise.
I love the nature of this movie. All the murders happen at people's most vulnerable time when they are asleep in their dreams, and ther The best thing about "A Nightmare on Eln Street" was the quick wit Freddy gives to his wi Street
tims.

## tims.

Maybe I am sick in the head, but be made me laugh on many occasions, and that has alway been what made the character different than the rest of the typical horror movie monster, he at ways had a sarcastic way about him.
Overall, "A Nightmare on Elm Street" is a must watch for anyone who was scared by Freddy as a child in the 80s and any horror movie lover, it will not disappoint and will make you want to take the journey all over again.

Summer show

## looks for talent

\section*{| Vicror Diaz |
| :---: |
| Staff Writer | <br> $\qquad$}

The Cerritos College Depariment will be holding auditions for its Summer One-Acts show.
The auditions will take place on May 10 at 6 p .m. and it will be held in its studio theater.
The show, which is entitled
"Caught in the Act," will feature five different one-act plays which were written, directed as well as acted by students in the Theatre Department, according to Rence Bloch, promotions
partment. partment.
Bloch
Bloch also mentions that the plays will take place in the studio intimate setting. $\qquad$
Some plays that will be featured
 TTTM

## 

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manimen
Gods 30 parimilipakes
costudents: 120
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retays seo
RELAY: 190
Madhequill

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## Students show vocal skills in spring concert

Wendy Solorio<br>Staffwriter<br>The Cerritos College Music De partment held their fourth annual Spring Sing concert on Tuesday Apriil 27 th in the Student Center. College Compunity Che Cerri selected student soloists and selected sembles.<br>Dr. Anna DeMichele directed the concert, and was accompanied by Derek Gordon and Anne Shin. The choir began the event by singing songs like "The Road Not Taken" by Randall Thompson, and paved the way for the soloists who sang after.<br>Soloists sang songs from the Opera as well assenge fer Opera as well as songs from the m sical thearre and elsewhere performances. erformances.<br>Frenc Breidenthal, baritone sang French composer Léo Delibes' "Bonjour Suzon dents like Josue Orozco, baritone sang more recent and popular songs like Don McLean's "Castles in the<br>${ }^{\text {Air. }}$ The Cerritos College Choir is made up of different levels of vocal development.<br>Students range from novice singers, who are new to the art form dents who are in the applied pro gram. Those in the applied program take private lessons. DeMichele creat<br>Spring Sing concert in an effort to hallenge her students.<br>"In my second year, it was becoming more and more clear to me that the more advanced singers needed to be more challenged," she said. "That's why I chose to create the Spring Sing concert.<br>The choir worked three hours every week preparing and putting ogether various choir selections. The soloists and ensembles prepared their selections earlier in the semester.<br>"We've been working on the hoir pieces since the beginning of or 16 weeks to prepare", said Archy Posada, baritone, who worked with Chris Moreno and Josue Orozco to perform their rendition of Maroon 5 's "Sunday Morning" at the con cert.<br>As far as the preparation for the concert goes, DeMichele doesn't stress over it too much.<br>"I don't usually consider the preparations for the concert nerve wracking in that the students are responsible for preparing themselves", she said.<br>"What's a bit unnerving for me is the time right before the performance. I'm always trying to get all the details right like where every one should stand, where each stu things of that nature."<br>The Cerritos Coilege Choir will have their next exchange concert this month.



## Se\$ame reveals his ability <br> Growing up to these great artists, he chose to <br> The people who inspire him are some of to-

Aspiring artist works on his studies at Cerritos while he launches his music career in the hip-hop and R\&B genre

## ustin Witron

Staffinititer
Seque Seap, an aspiring rap artist, is
3 -year-old law major at Cerritos College.
Growing up, his parents used to play
such as the Jackson Five and other Motown artists including Marvin Gaye, The Marvelettes and Smokey Robinson and the Miracles.
What people may not know about Sesame
artist Sac
He hopes to reach the fane like his aunt did. He says, "one of my greatest inspirations is my aunt Sade, she is amazins, I love her. She has
taught me that this (music) is a hard thing to do."
pursue $R \& B$ and hip-hop. He considers his musi to be lifip-Hop Soul because of his roots. His album, entitled, "Relationship mix tape ships and girls.
The album, which will be released on May 6 consists of instrumentals taken from old record like Mary J. Blige, and others.

He adds, "I get their music and put my own lyrics, its like Im matching the same meanin and the chorus still remains.

Sesame goes on to say, "Pm also matching hat books of the songs and arp behind it. I keep thing I dont do is trip the song because it de means what the original artist has done." means what the original artist has done."
Another album that will be released
Another album that will be released on May hip -hop CD.

With some profanity, Sesame refers to the al ban as, "me coming like Moses, in a sense lik bringing back something that's been lost, the es sentiality of hip hop from the street core side of things, with messages behind the songs.'
day's artists like Nas, and Jay-Z, others artists that inspire him but are not with us anymore are 2pac, and Notorious B.I.G.
While he's doing this as a side project, he is finishing school by taking acting classes and broadcasting classes.
"I will be having my own radio show at Cerri tos College called 'New Age Hip Hop Show' and it will start next week," Se\$ame said.
The show will be on Thursdays from $1 \mathrm{pm}-2$ pin under the radio name Johnny Crown.
his show will be featured in the summer and end fore dit will havis from over nd some underground musi nd sorground music.
ill be entitiled 'Open Sesurently in the works will be entitled 'Open Se\$ame' which will be out

I would like to thank my producers, friends and family who supported me, my father in heavand any fans, my vocalists." SeSame said. For more info on Se\$ame Sean you can visit htup://www.g-ses.com and htp://www.facebook htp://www.g-ses.
com/IAMGSES.


BE THE ENERGY THAT
MAKES A TWO-YEAR-OLD
TERRIBLE.

Within every one of us is the power to heal. It's called marrow, and thousands of patients could potentially be saved by a marrow transplant.
Join the Be The Match marrow registry and fight for those with life-threatening diseases. Who knows? You could be the one to save a life.
Take the first step at BeTheMatch.org



## 10 - SPORTS



## Work out tip of the week: cardiovascular <br> 

TThe most neglected area of fitness is usually cardiovascular exercise. The thought of running on a track in circles under the hot sun, run-
ning on the "dreadmill", or any of the many other conventional op may seem treacherous. Let's face it, for most of us, cardio is boring tions may seem treacherous. Let's face it, for most of us, cardio is boring.
However, there are many other ways to get your cardio in that can be enjoyable and effective. Here is what some Cerritos College students are doing to get their cardio in.

Philosophy major Chris Griswold tells us he goes hiking in Malibu canyon for a fun cardio workout. "There are easier hikes along the flat areas, and the more challenging areas are in the valley, it all depends on what we are feeling like," he said. "The scenery is really nice too, there are lots of dope waterfalls."
Hiking is not only great to get your mind off things and enjoy nature; it will help build muscle strength in your calves, hamstrings, quadriceps and gluteus. You will want to take a backpack with some food, water, first- aid ries since it adds more to what you have to carry with your body.

Accounting major Camillo Salazar enjoys going kayaking with his girlfriend at the beach. "Aside from having a good time, I get a king gives a that I definitely feel the next day," he said. Kayaking gives a great upper body workout while increasing core and
leg strenglh. Moving a kayak at a simple five miles per hour will burn about 400 calories per hour so it's a cardio and strength exercise. Make sure to read up on kayaking to see if this is for you.

Susanna Ramirez, communications major says, "A good bike ride is always fun, especially on summer nights."

What's the point of riding a bike at the gym that goes absolutely nowhere when you can ride an actual one of the forterar cycling is good cnough to boost your metabolism level and help you maintain a healthy weight. It too can serve as a strenuous leg workout especially when going up and down hills.

The best part about these activities is you don't have to do them by yourself. All of these make for entertainment any group can enjo while bettering its health. Getting in the gym and pumping weights is only a part of keeping yourself in shape, cardio is definitely a must for shedding that extra weight that may be hiding a body you've worked hard lifting weights to get. Make sure to take plenty of water and whole foods to keep you going throughout your cardio pursuit.


## Gabayeron breaks records



Abing said, "Most of the swimmers are water polo players so they are getting started with that and a lot of the guys that are swimmers only still get in the pool for some water polo if for nothing else just to get a break from the long swim season."

While the swimmers focus on water polo the coaches focus on recruiting swimmers and water polo players for the upcoming season.
"The two divers the team had are sophomores so we will have to find replacements for them," Abing said.
He explained the recruiting process saying that there are many ways he goes about such as going to meets, calling recruits, sending email and talking to high school coaches.
"Until a recruit steps foot on campus for his first day of school, I am recruiting him because you never know what is going to happen before then," he said.


