

First issue free, additional copies \$1

WEDNESDAY MAY 5, 2010

WWW.TALONMARKS.COM

VOLUME 54, NO. 21

Fast-track programs help gain three-year degrees

Esmeralda Infante Staff Writer esmeralda.infante@talonmarks.com

With the economic crisis that the country faces today, people struggle to pay for a four year college education, but with a new programs on the rise, students can earn their bachelors degree in as little as three years.

These special programs have slowly gained their popularity throughout the states.

They are not being offered in every college, but changes are being made so more students who wish to apply can have the advantage in graduating a year early.

One of the first colleges to introduce this type of program was Hartwick College in NY, in late fall of 2009.

According to an L.A. Times article, students across the country are joining to cut back tuition costs, and get head start in their careers.

There is only a limited number of small U.S. colleges and universities that offer such programs. 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 useful to students, it may not be suitable for all.

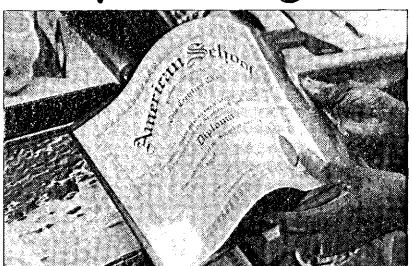
Daniel Hurley of the American Association of State Colleges and Universities stated, "It is misguided to focus on three-year degrees when most college students struggle to graduate in five

or six years. Many students are under-prepared academically, have financial problems, or can't enroll in oversubscribed classes."

Some schools like Southern Oregon University 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 whether or not this would be available for California 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

TIFFINI THIGPEN

Staff Writer

tiffini.thigpen@talonmarks.com

Some students fear a violent attack on campus can occur, and are uncertain how campus, police would assess the situation.

"Yes, everyday I come to school I fear a violent attack on campus and I don't know how (campus police) will deal with it because it is not on campus to see what's going on," Jason Thomas, physical education major stated.

Chief of Police Richard Bukowiecki said that students should feel safe on campus. "No, absolutely not, there's no reason to fear for your safety on this campus."

"This campus is safer than surrounding neighborhoods," he added.

On April 16, 2007 at Virginia Tech University, student Seung-Hui Cho killed 32 people and injured many others before committing suicide. The incident was labeled as the deadliest shooting by a single gunman in United States history.

In a recent study conducted by The United States Secret Service, United States Department of Education, and Federal Bureau of Investigation, 94 percent of campus incidents are carried out by men.

They also reported that firearms are used 54 percent of the time, knives 21 percent, and a combination of weapons/methods 10 percent.

In February, student Fernando Castellon was arrested on campus by the Fine Arts building when displaying suspicious behavior in the men's restroom.

Campus police later discovered a knife and stained blood in Castellon's jacket pocket.

"This wasn't a violent crime, but this was a call of someone acting suspiciously in the bathroom," Bukowiecki said. "According to the dispatcher it took approximately four minutes to respond to the call."

So far there has been no other reports about suspicious students and a crime statistics report for 2009 will be available on the Cerri-

See SAFETY Page 3

Bill in, immigrants out



Рното ву іSтоскРн
Racial Profiling?: The new Arizona Senate Bill that will be in effect July 28 is targeted to control the amount of illegal immigrants that migrate into the state.

SB1070: The new 'Jaime Crow' Law?

VANIA PINEDA Staff Writer vania.pineda@talonmarks.com

As most of the nation has heard, the Support Our Law Enforcement and Safe Neighborhoods Act, or as most know it, Senate Bill 1070, was signed by Arizona Governor Jan Brewer on April 23.

The law defines it a misdemeanor if an immigrant is in the state without legal documentation at all times.

According to the bill, "It is illegal to transport, move or conceal an alien if the person knows or recklessly disregards the fact that the alien has come to, has entered or remains in the Unites States in violation of the law."

Lindsey Berriantos, liberal arts major felt that "it's unfair for people with illegal parents to have to be afraid to drive their parents or family members around. They can stop you anytime and people are going to turn on their people

families and friends for fear of being persecuted."

The law is expected to go into effect July 28. On April 30, there were changes made to the law through the House Bill 2162 to reduce the risk of racial profiling.

Police are no longer to stop someone based on suspicion of the individual's immigration status.

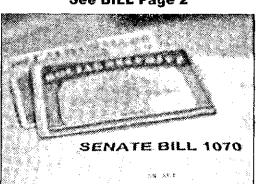
Officials can stop the person and question the status of the suspected alien during the enforcement of another law.

The concern for the state law is so big that many people in and out of the state of Arizona are making moves to express their disapproval with the new legislation by boycotting the state.

Groups of students and organizations attended the rally in Los Angeles this past Friday, which had an attendance of about 50,000 people.

Adrian Herrera, communications major who attended the rally, said, "I personally don't agree with it. It's a legislation that discriminates based on appearance and race. I also think it's harming Arizona because truck drivers refuse to drive through Arizona and many people are boycotting business with it."

See BILL Page 2



STEVE KIM/TM

I.D. please: One must carry proof of documentation at all times now in Arizona.

Hu, Posada collaborate for SB1070 debate

ANDREA MORA
Opinion Editor
andrea.mora@talonmarks.com

Senate Bill 1070, which passed in Arizona, has caused uproar amongst the population.

Cerritos College Professor Philip Hu is planning a debate to discuss the new proposed bill.

The date for the debate has not been set, but the location that it would most likely take place in is the Teleconference Center.

While details of the debate are still vague Hu is working with several students to ensure that the debate does occur before the semester ends.

More debaters need to confirm in order to move forward with their plans.

"CCFF, the faculty union, is likely to sign on as a co-sponsor once the lists of debaters are narrowed," 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 rebutt its opponent's views; a mediator will oversee the debate.

Archy Posada, music major and a 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 mediating 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 interesting 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.

'Chompin' for financial aid

Esmeralda Infante Staff Writer esmeralda.infante@talonmarks.com

Cerritos College kicked off its Financial aid

Awareness week Tuesday by setting up booths

and giving away free nachos and snow

cones to Cerritos College stu-

Even though the

treats were pro-

vided for no fee,

students had

to partici-

pate by

dents.

to each of the booths and getting information Ramirez said. from each one.

"It's basically for students to learn how to apply for financial aid and the different resources available to them in addition to EOPS, and CalWORKs," student rep-

She added that in order for the students to receive their free nachos and snow cones they had to visit each of the tables that were providing information and free giveaways. They would receive different color tickets, which they would turn into her and get their free

"It works because they're hungry and they need to eat," Ramirez said.

The different programs that were available to students were EOPS, CalWORKs and LINC, which is a foster youth program.

Ramirez explained that CalWORKs helps with temporary assistant for needy families, childcare expenses and offers work-study programs to help students get jobs.

Extended Opportunity Programs and Services (EOPS) is intended for tutoring, book grants, and financial aid workshops.

Leaders Involved in Creating Change (LINC), is solely a program for foster youth. They offer \$5,000 more in financial aid for the students in the program.

"We are out here trying to spread the word of the foster youth program, not a lot of people know about this, but if they do they should bring them down here so we can help them out with more financial aid," Kou said.

> He also mentioned that the LINC program started about two years ago and it has been successful throughout the semesters," said Cuxa

maior. There will be another event held Thursday evening from 5 p.m. to 7 p.m.

PHOTO BY STEVEN QUINTANA/TM

Valladares, English

food

resentative

Health services available in L.A.

Staff Writer rebeca.vega@talonmarks.com

shortage of medical volunteers was the main concern shared by organizers at this year's Remote Area Medical seven-day free health clinic at the Los Angeles Sports Arena.

"Everybody tends to think somebody else will do it," RAM/LA Medical Director Dr. Natalie Nevins told the Los Angeles Times.

"We need optometrists and ophthalmologists desperately."

In efforts to gauge the number 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 provided 14,561 services to 6,344 uninsured and under insured patients, while hundreds of weary travelers who had camped out and slept in their cars were turned away.

According to the Los Angeles Times, 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

From April 27 to May 3, organizers had hoped to help an estimated 8,400 people, but a shortage of volunteers made it difficult to meet the 1,200 patient per day

Nancy Montgomery, coordinator at Cerritos College's student health, services, worked at last year's RAM/LA event at the Forum in In-

glewood, but was unable to help out at this year's expedition due to the current high demand for medical services at the campus clinic.

"[Student Health Services employees] see over 100 students per day here, and it would have shut down our clinic on campus if we had attended," Montgomery said.

While the Times reported that state-licensed medical specialists were highest 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 she known about the event in ad-

"It would have been a good opportunity for students of Project H.O.P.E. to volunteer, since it's our mission to provide for the underserved in our community who don't have healthcare," Elias said.

aggie Cordero, director of pathway programs and Project H.O.P.E.'s new coordinator as of this February, says that aside from their work at 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 on Cerritos College's Chicanos/ Latinos for Community Medicine Board, hopes to start a new club on campus to provide students additional volunteer-work opportunities in the healthcare field, and possibly provide assistance at future RAM/LA expeditions.

For a list of Los Angeles community clinics providing free and low cost services year round, visit http://www.ramfreeclinic.org.

Course material available online

Munchin': Softball player and Eriminal justice major Devin Salmones takes advantage of free nachos at Financial Aid Week.

Students can now view course materials directly on the Cerritos College website

> Marquisha Hames Staff Writer marquisha.hames@talonmarks.com

Students are now able to see what materials are required for their classes when they book online.

March 9, 2010 saw a change in the system that students 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 continue to provide this information.

Lee Krichmar, director of information technology, says, "We are reliant upon our Follet Bookstore to electronically pass this information to us, so we could display this information onto the Web. This will allow

students to see individual prices for bocks that are as-

sociated with our specific class offerings."

Jessica Demoss, undecided major, says, "I guess it is a good idea, I hope it gets better throughout the year." Because this is a new program for the Follet Bookstore, it is asking for students to ask questions 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

Solving your book problem 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 RE-QUIRED then following it will say CHOOSE and PLEASE SELECT FROM THE FOLLOWING.

3. If a book is not found it will say NO COURSE MATERIALS REQUIRED FOR THIS COURSE.

Bill: Arizona law stirs controversy

Continued from Page 1:

The heat from Arizona is felt at Cerritos College by students like Gabrielle Nibero, marketing major, who said "[Jan Brewer's] approach toward illegal immigration was a little intense. She should have gradually tried to make a change and allowed Arizona to make a transi-

In order to warn tourists, Mexico's Foreign Ministry issued a travel alert on April 27, for Mexicans visiting, residing or studying in Arizona, recommending individuals "to act with prudence and respect local

Students like art major Juan Torrez believes that if it is happening in

one state, it can definitely happen to California as well as other states.

He said, "People absolutely can not turn the other way and pretend like this is not happening. Every time something drastic has happened in our country whether it 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 immigrant ban in the entire nation?"

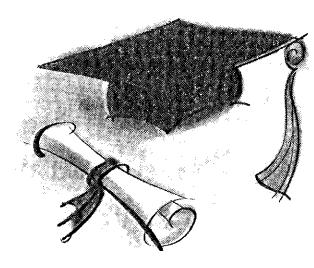
The question of whether or not this could happen in California has many perplexed and left wondering

quences of such law, said criminal justice major Joaquin Diaz.

He believes that although it would be a very touchy and emotional issue to have to deal with in this state, due to the current budget crisis it would actually help the state's economy.

"Think about it," he said, "by getting 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 a lot of space and work that can be given to people that were born here what exactly would be the conse- and deserve to be in this state."

CERRITOS COLLEGE Commencement 2010



Ads will be placed in the May 12th issue of Talon Marks Newspaper

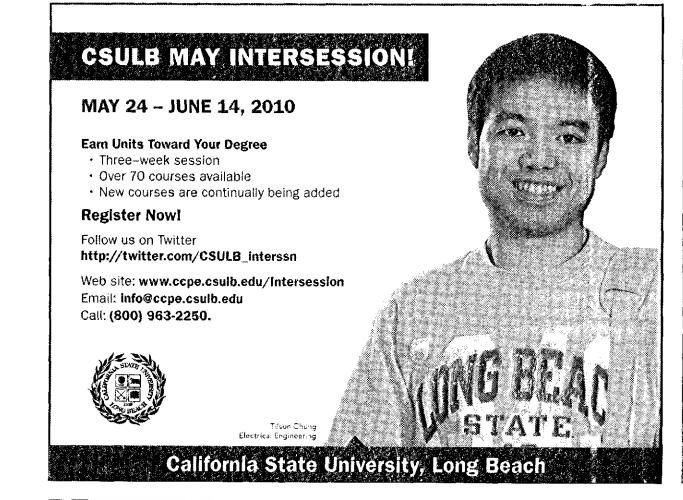
Do you have a loved one, a friend, a classmate or group that is graduating this year?

Need a way to tell your special graduates?

Place your Graduation Ad today for a Special Price of \$20

Call Alicia Edquist (562) 860-2451 x 2617 or email aedquist@cerritos.edu

WWW.TALONMARKS.COM





Diversity dance: Member of the Muslim Student association, Alnas Zia performed at Cultural Day.

ISA holds Cultural Day

Esmeralda Infante esmeralda.infante@talonmarks.com

Cerritos College students gathered around at the student center last Tuesday for the annual Cultural Day celebration that members from the Intercultural Student Association (ISA) put to-

"People from different cultures gather around to celebrate, it's also a way for American people to get involved in cultural diversity", said Leo Zambrano, English major and ISA member.

This celebration is held every spring semester and is intended to showcase different cultures here at Cerritos.

The event took off with an opening dance referred as an "Indian hop." Both men and women from the ISA were clad in traditional Indian out-

The audience also had the opportunity to try some special dishes from different cultures for a small fee. That tea and a Filipino dish called "puto," which is a steamed rice cake, were some of the among served.

"The food is really good especially the Thai tea," shared Danita Kurtz, ISA advisor.

Kurtz also mentioned that this cultural day was the first ever to be held during the day. For the past years this event was held exclusively at said. night.

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 event during the day, I think it really captures the audience," Kurtz said.

The stage was also filled with color as members paraded down the stage in traditional outfits

Filipino shirts to bright colors of a folkloric dress, to the glittery, rich fabric of the Indian dresses.

Former ISA president Karan Dhungana who is originally from Nepal has always participated in cultural day since he arrived to Cerritos in the

"There are more students here today as opposed to events which have been held at night , but it's all typically the same thing," Dhungana

He mentioned that this year he helped out at the practices 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 good and I like how they are brave enough to go up and perform. They are very enthusiastic and their energy is high."

Students fear worst from Texas' recent history book reform

REBECA VEGA Staff Writer rebeca.vega@talonmarks.com

Imagine recognizing the name Cesar Chavez only as a street in East Los Angeles.

Imagine studying the United States Declaration of Independence and drawing a blank when reading "Thomas Jefferson."

Imagine opening an American history text book and finding no mention of Brown vs. Board of Education, the 1954 landmark decision case that declared racial segregation in United States public schools unconstitutional.

These are ideas Professor Frank Gaik wants his Chicano Literature students to keep in mind when writing letters of reconsideration to the Texas State Board of Education.

"(Texas SBOE members) call it 'left,' but I call it America," Gaik says.

On March 12, the 15-member Texas SBOE, granted preliminary approval of new social studies curriculum standards expected to take effect writes. in Texas public schools within the next two years.

On a 10-5 vote, split along party lines, the board has decided to exclude "unnecessary" historical figures and events from required elementary, middle, and high school lessons.

Republican board member Dr. Don McLeroy considers the changes and omissions an effort to restore "balance" in Texas schools.

"History has already been skewed. Academia is skewed too far to the left," Mc Leroy told the New York Times. Gaik is concerned that because

Texas adopts curriculum standards did."

state-wide, as opposed to districtwide, textbook publishers will cater to Texas standards and expect other states to follow suit.

"As one of the largest consumers of textbooks, Texas is a dominant force," Gaik says.

According to Gaik, if California were to buy history textbooks influenced by the new Texas standards, such historical figures as Cesar Chavez, Thomas Jefferson, and Thurgood Marshall would possibly be left out of classroom discussions.

"Students can't fully understand the history of California without knowing Chavez," Gaik said.

Chicano Literature class students, such as sociology and women's studies double major Crystal Morales, have already written drafts of letters to Texas SBOE members explaining the importance of keeping Arizona-born, immigrant rights activist Cesar Chavez in the nation's textbooks.

"Cesar Chavez was a man of nonviolence with a strong will," Morales

"He led strikers and supporters on a 350-mile pilgrimage from Delano to Sacramento with a sprained ankle.

"He wouldn't stop because he wanted to be there to encourage his people up until the very end."

Morales admits she does not know what to expect as the outcome of the Texas SBOE's final decision, to be announced sometime this month.

"I only hope (members of the Texas SBOE) take my letter seriously and take into consideration the damage they will do by eliminating anyone from knowing what Cesar Chavez

fits and danced to original Indian music. from all over the world. From the solid colored Starting April 19 - May 21 Talon Marks will post a new question every morning and those who answer the question correctly throughout the week will be entered in a weekly drawing. Winners will be announced every Monday on Talon Marks' Facebook and Twitter pages. Participants may submit their responses on either of the pages. stakes Jon verks If a participant does not win a weekly drawing, he still qualifies for the grand prize drawing at the end of the semester. A weekly drawing for a \$25 gas card. The grand prize drawing at the end of the semester wins a \$100 gift card to the Bookstore. Fries States States States States Talon Marks staff members are excluded from participating. Twitter.com/Talonmarks Facebook.com/Talonmarks

Safety: Should students worry?

Continued from Page 1: tos College website October 2010.

threatening behavior or that may shelter. make threats.

major said, "I personally think there can be an attack here on campus and the police wouldn't know what to do, so I wouldn't bother calling."

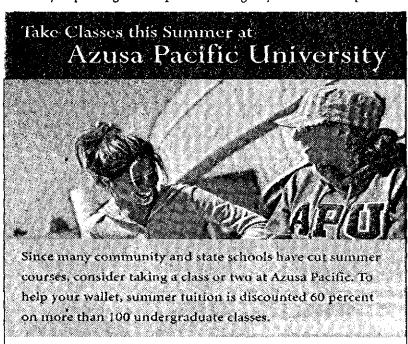
Bukowiecki disagrees with this statement. "My officers are in the field and they respond to calls immediately depending on the prior-

Bukowiecki mentioned that occur, Bukowiecki urges students provisions are available on campus to escape if possible, go the oppothat monitor students who exhibit site direction of the attack, or find

He also suggested that students Lizette Ramirez, criminal justice sign-up for ALERT-U, a mass notification system that will notify students and staff when an emergency happens on campus.

"Unfortunately, the majority of students aren't signed up for ALERT-U and they should be. It instantly lets you know when an emergency occurs on campus."

There has been a total of 281 If an attack on campus was to deaths across college campuses in the United States. From the 281 deaths, 190 casualties were students and 72 were employees. Among the injured were 144 students and 35 employees. The study conducted by the USSC, USDE and FBI did not include the individuals who carried out the attacks listed in the above casualties or injured. In 26 percent of the attacks the subject who carried out the attacks died of a selfinflicted injury in a matter of days or hours of the attack.



APU OFFERS:

- + 60 percent off tuitiononly \$450 per unit.*
- + Short, intensive 4- to 6-week terms.
- + Morning and afternoon classes.

*excludes nursing classes CLASSES AVAILABLE IN:

Biology Chemistry Communication English History Literature **Mathematics** Music

May Intensive: May 11-June 4 Summer I: May 11-June 17 Summer II: June 21-July 29 Summer III: August 2-27

TERM DATES:

Philosophy **Psychology** Spanish Writing AND MORE!

REGISTER TODAY at www.apu.edu/go/summer10/ Questions? Call (626) 812-3013.

TM **CLASSIFIEDS**

Student Housing Pet Friendly Apartments

Downtown Long Beach Studios & One Bedrooms \$750 - \$1100 Call Now 562-607-4224 www.CircleCap.com

Special Auto Insurance Programs

for College Students -Call Toll free 1-877-451-4943 or instant online quotes at http://www.autoagency com/students Ken Donaldson Insurance Agency CA License 0E05617

Place your classified ad today!

WWW.TALONMARKS.COM

Talon Marks is a First Amendment publication.

Editorials express the views of the Executive Editorial Board.

Other opinions express the view of the author and are not to be considered opinions of the publication's staff, the Editorial Board, the advisers, the Cerritos College Associated Students,

the college administration or the Board of Trustees.

Production and printing of TALON MARKS is partially funded by the Associated Students of of Cerritos College.

Facilities and academic supervision are provided by the Journalism Program. Newsroom offices are located in the Fine Arts Building, Room FA42.

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650

Telephone numbers: (562) 860-2451, ext. 2617 FAX (562) 467-5044

Vol. 54 © 2010 Talon Marks

Spring 2010 STAFF

Editor-in-Chief Elieth Koulzons

Online Editor Rick Gomez

News Editor Joey Berumen

Arts Editor Megan Winters

Opinion Editor Andrea Mora Samantha Robinson

Sports Editor Daniel Sandoval

Copy Editor Mark Murray

Multimedia Editor

Ashley Aguirre

WPMD Editor Tito Benavides

Staff Vivian Aguirre Ivonne Burciaga Dalia Camacho Gigi Cervantes Victor Diaz

Orlando Dominguez Christopher Gian Frank Gonzalez Marquisha Hames Gregory Horsey Jr. Esmeralda Infante Joshua Kaanaana Steven Kim Moses Lopez Andrew Perez

Vania Pineda Steven Quintana Wendy Solorio Tiffini Thigpen Cherelle Tisby Billy Turner Rebeca Vega Scott Watkins Justin Witron

Faculty Adviser Rich Cameron

Instructional Aide Alicia Edquist

JACC Pacesetter Award 2009-2010



• EDITORIAL•

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 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 Hispanic-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.



ILLUSTRATION BY MOSES LOPEZ/TM

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 12 or contact the editor by e-mail at editor@talonmarks.com.

BP Global has a monumental problem

Everyone is talking about the Gulf Coast oil spill. Unless of course Arizona comes up, but that'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 danger wild life, local businesses, and residencies all over the region.

The oil is expected to spread as far as the Mississippi 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 season. 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? A measly five thousand dollars. Chump change in the face of the obstacles that the Gulf Coast faces for 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 companies have made in the last decade, and decades to come, they can afford it. But what of BP?

Their role in this disaster is indisputable. If one 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 single penny to proper sources for the damages they have caused, be it five billion, ten billion, or one hundred. The coast guard that has been dispatched for the last two weeks, and they need a paycheck.

The businesses being ruined need to stay afloat until they can get back in the water. And tell me how you can pay back a fish for detonating 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 the tab and bill BP with interest.

"Blue Fin tuna, dolphins, sea turtles, and brown pelicans are all expected to be in extreme danger, especially since this is their mating season."

TALON MARKS ONLINE

Most Popular Read stories online

- Free medical services held in LA Sports Arena
- Career reps help students at expo
- Don't depend on technology for phonebooks, albums

Most Commented Share your comments online

- Free medical services held in LA Sports Arena
- Dividing the nation
- Baseball team clipped by East LA
- Speaking out against discrimination

Guest Editorials

Read these opinions from other college papers at talonmarks.com Taking action on climate change Cirtus College, The Clarion

Tea party activists tax patience Bakersfield College. The Rip

Online Poll

Vote online at talonmarks.com

Should California be a watch-dog

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

Last Week's Poll

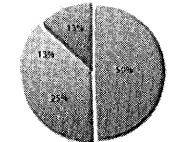
Vote online at talonmarks,

Should marijuana be legal-Yes, it is harmless. 50% No, it is too dangerous for drivers.

I am still divided. 13%

My mommy says weed is

13%



Do you think Arizona Senate Bill 1070 is unconstitutional?

Compiled by: Andrea Mora

and the company of the second section of the company of the compan



IAMES THOMPSON environmental science major "Yes I think it is unconstitutional, immigration reform should be a nation issue not a state issue."



BRITTANY TRUXTON biology medical engineer major "I think the bill is important because immigrants take jobs under the table and companies



DANIEL SCHAPER undecided major "Of course it is, I think it is a racist law. They say it's equality but I think it's b.s. to be stopped for your appearance "



Samantha Luque medical assistant major "Yeah it's unconstitutional. People shouldn't be discriminated because of the way they look, "



ABI SANCHEZ mechanical engineer major "Yes it is unconstitutional. The simple fact is that it targets certain people because they look foreign."



Yajaira Bardales sociology major "Yes, the law is going against the people's constitutional rights."

Diet soda health woes

"Can I have a double cheeseburger, with a large order of fries and Diet Coke?"

Hey, might as well go all the way and make it a regular Coke.

The new fad nowadays is ordering a diet soda with your over intake of calories thinking that you're doing something healthy for yourself, but in reality it's the same garbage as drinking a regular soda.

The effects of diet soda are just as bad as drinking regular soda.

It is considered 100 percent nutrition free and it is linked to cause diabetes and obesity.

According to a study from the University of Texas Health Science Center in San Antonio, eight years of research found links between diabetes and obesity:

- 36.5% for up to ½ can each day • 54.5% for one to two cans each day
- 57.1% for more than two cans each

Diet soda is harmful in every way and it gets on my nerves when people say it is part of their healthy lifestyle nowadays.

If people want to be healthy and change their lives for the better they should consider other alternatives to getting healthy, like drinking more water.

If they still need something sweet in their drinks there flavored

Crystal Light, for instance, makes packets to sweeten their drinks with different flavors.

Sure diet soda has less calories

Esmeralda Infante smeralda infante@talon

than most soda out there, but don't get fooled by that zero.

Diet soda is an alternative to people who don't have the will power to give up regular soda.

In small amounts it does no damage, but with the way Americans live today there's no such thing as a "small amount," they get all they can take. Drinking diet soda isn't the best route to take if you're on a path to weight loss.

It actually can make one gain weight since the sweeteners in the soda make the craving of snacks and sweets higher.

One of the main ingredients in diet soda is aspartame which gives diet soda its sweet kick.

This ingredient is 180 times sweeter than regular sugar and some animal research has been done that shows consumption of high amounts of aspartame is linked to brain tumors.

The FDA maintains that the sweetener is safe, but reported side effects include dizziness, headaches, diarrhea, memory loss, and mood changes.

Also say goodbye to that dazzling white smile since diet soda can also lead to bad teeth.

Soda in general can damage

your teeth, but since diet sodas are far more acidic and contain a higher dosage of artificial sweeteners they are bound to create more damage to your teeth in the long run.

I see diet soda as a joke, something that the beverage industry has created and tricked people into thinking that they are doing something healthy for themselves.

After all, it's all about making more money and it's sad to say that some companies lie and cheat their way to the top.

The health of their consumers is no matter of importance to them, so it's up to us to make sure that our decisions help us in the long run and better our lives in every way possible.

Some people might argue that they are diabetic and the only kind of soda they can drink is diet.

Give me a break, you already have diabetes, you are just making your situation worse.

By drinking diet soda a person with diabetes may increase their A1C levels, which in short means the measurements of our blood glucose level.

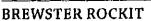
It tells us the percentage of our hemoglobin -- the protein in our red blood cells that carry oxygen -which has glucose sticking to it.

To get to the point: the less glucose the bloodstream has the better.

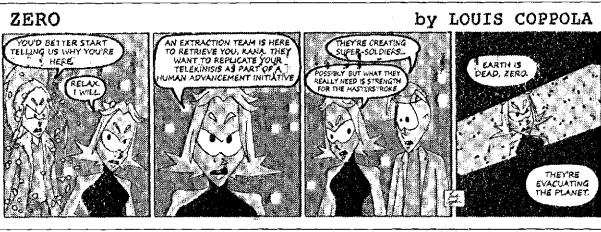
So bottom line: skip the diet soda, you're not fooling any one, grab a bottle of water instead.



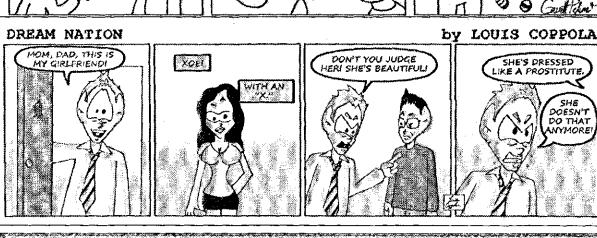




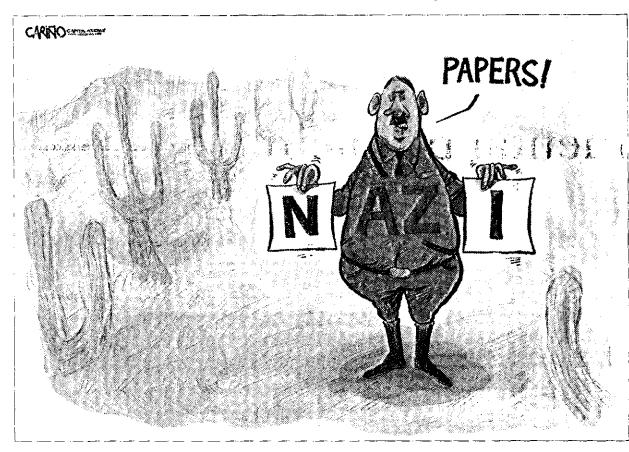












The alienation of natives

The United States of America has seen many facets of itself within its people throughout its existence.

One of the stronger theories of the origins of Native Americans is a mass migration over the Bearing Strait in a quest to maintain food supplies by Asians during the last 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, Columbus reached this continent, and 200 years later, the landing of the Mayflower occurred.

But this land was not an empty canvas. It had inhabitants placed here who also had the promise of existence too.

With the introduction of the European community, Native 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 "Native" people, is nothing new. Hatred and intolerance for aliens or strangers transcends eras, tribes, people, and lands. Borders exist first in the eyes and hearts of all of mankind. But



it was not justifiable then, and it's still unjustifiable now. Not the economy, not past animosities, and definitely not the argument of who is native to this land, can be made by anybody.

And this tragic comedy of humanity continues to this very day. In a reversal of fortunes, aliens (that is to say people whose lineage stems from those who crossed the Bering Strait and are not born from European immigrants) are now being 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-

The instability of fortune by the controlling powers has trained the eye of discontent on those who are more defenseless than those who actually caused the semi-collapse of our economy.

But nobody has calculated the billions saved over time with not paying an honest union wage for agricultural labor needed for the harvesting of our food.

This country has established its creed and its mission. It has put forth unto itself an effort like no other ever on this planet. The truest part of our United States of America is its antithesis nature of doctrines from other nations. Fairness, liberty, and equality for all of mankind, even in our darkest hours.

Excerpts from a sonnet by Emma Lazarus located on the Statue of Liberty;

The New Colossus: "...A mighty woman with a torch, whose flame/ Is the imprisoned lightning, and her name/ Mother of Exiles. From her beaconhand/ Glows world-wide welcome/ ...Give me your tired, your poor,/ Your huddled masses yearning to breathe free,/ The wretched refuse of your teeming shore./ Send these, the homeless, tempest-tossed to me..."

This is our America. The Mother of Exiles. Giving rights and justice to those born from a different land. A land that loves the alien because it knows no other people. All have come to her in need. Those born here descend from those born elsewhere. The face of the nation is constantly changing. Time and humanity stands still for no one.

May Day protest draws thousands

Telemundo reporter, Ruben Lu-

for many other immigration issues

across the US.

He hopes that

Multimedia Editor & Staff Writer news@talonmarks.com

Thousands of people took to the streets in Los Angeles on Saturday in protest of the new Arizona state law signed on April 23.

Our great nation was

built and continues to be

built by the immigrants

who come here with a

Strong voices: Students donning caps and gowns were in attendance chanting

"we want the Dream Act." The Dream Act would allow alien minors who graduate

--- Antonio Villaraigosa

Mayor of Los Angeles

affiliated with political protests and rallies around the world, as people of all races and age groups met on the corner of Broadway and Olympic and began

their march to city hall.

Mayor Antonio Villarai-

gosa was at city hall to greet protestors who marched for nearly four hours waving American flags.

"Every one of these American

dream.

flags represents 200 years of history, group of USC students. our great nation was built and continues to be built by the immigrants engas, who was on the scene covwho come here with a dream from all over the world," Villaragosa told

Students donning graduation caps and gowns called for passage the fuel Immigration reform took center of the Dream Act, which would alstage on May Day, which is a day low alien minors who graduate from

> US high schools and are in good standing to receive conditional permanent residency. "Students

> are practicing what it means to be part of a democracy by taking action against something that is

very oppressive and very undemocratic, said Estela Bensimon, Co-director of the Center for Urban Education at USC who was accompanied at the march by a

ering the protests, told Talon once the pro-Marks that what is haptests are pening in Arizona is becoming

ASHLEY AGUIRRE/IM **Reminiscent:** Much like the Statue of Liberty that welcomed immigrants to New York, the painting on the side of the building by Michael McNeilly is a reminder of immigrant history in the US.

that the movement doesn't end there. in military garb. "The marches are very important, but we need something more

We need to do it through painting, through the arts and music. We can't let the moment come where we

say 'a so and so number of people came' and then disbanded. It has have the right to oppose that rhetoto be a constant ment. It's not all

culture," Luen- the cops, too. gas said. Although police on the scene commented that the pro-

things, but also

adding to the

test was peaceful and the organizers did a good job promised us through treaty because of making sure that everyone was respectful, tensions escalated when a man carrying a sign that read, "If you're illegal, get out now" was thrown on the reservations and we're confronted by a group of men who called themselves "warriors" dressed

The man was allowed to stand behind police lines which only further infuriated the group.

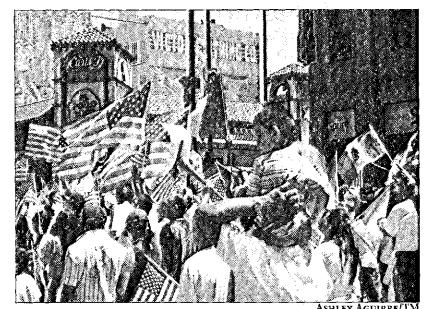
"None of our body language was threatening at all.

If he's got the right to spew his rhetoric from behind the cops, I

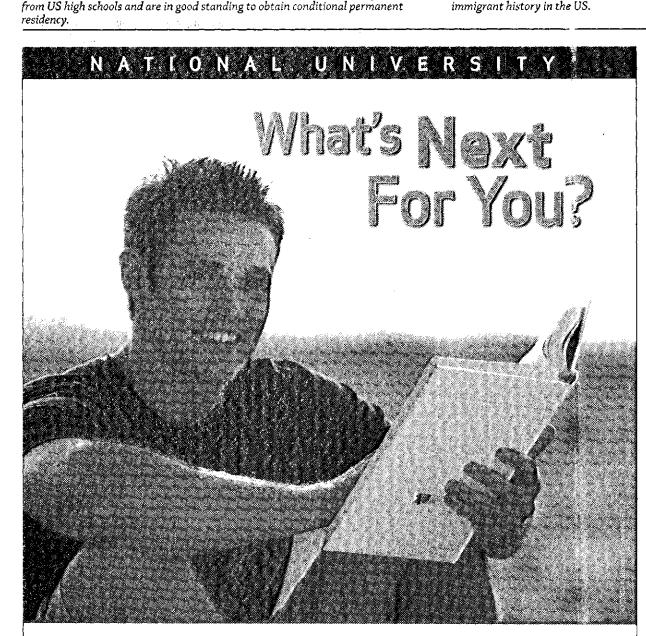
ric from behind the cops too," a man, who would about asking for I have the right to oppose not disclose his name but goes by the rhetoric from behind the name of "X,"

said. "We want a nation of our own, We want America to give us what is rightfully ours.

We want what it obviously it doesn't want us here and obviously we're so separated. We're thrown in the ghettos and we're long forgotten," X, who is of Apache and Mexican native descent, said.

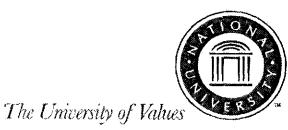


On a sea of flags: A lot of parents brought their children to the protest. Many of them dressed in flags and held onto signs alongside their parents.



At National 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...

- >> Guaranteed admission
- >> No enrollment fee
- >> Flexible scheduling
- >> Unique one-course-per-month format
- >> Scholarship programs



1.800.NAT.UNIV | getinfo.nu.edu/transfer

EXTERISE daytime sleepiness associated with narcolepsy?



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

'Working' class play Medan Winters Art Editor artsötalanmarks.com Ree Johnson, "I've done a lot of the jobs that are in this show, I parked cars, I have been a waiten I use to build roofing material and worked in mills, so it's all relatable to what I've done? Everyone knows that in order to make a live Johnson played a parking lot attendant as: ing you must have an income to meet all the ave. well as a retired workers. erage daily requirements. Not only did Hormel help guide and direct What you do to make that money is up to he play, but casting actors with different levels of experience really help pull the whole show Whether you are a parking lot attendant. togethen hooker, or a fireman, time and labor is being in-**The fact that I got to work with so many vested to meet those needs. Based on Smds Terkel's best-selling book Prople that have done so many shows have been Working! The Cernitos College Theatre Deso great. Cast member Danny Marin expressed: they've taught me so much and have pushed partment gives recognition to those who work for their buck. Showing the triumphs and me beyond what I can do." struggles of the average working class citizen. Marin is a smident from Pacifica High School Jim Hormel. Director of the "Working" does and has only worked in high school produca wonderful job at portraying the message. Natalie Rollins went in support of a cast Cerritos College student Juan Cortes is an member and also took her daughter to watch English major and has never done theatre in the the play. A lot of it had a lot of meaning, es-

mean now. I appreciate you mom." The music featured in the play was by Music Theatre International.

pecially the housewife, expressed Rollins "My daughter even fold me, "Oh yes I know what you

In an opening number entitled "Traffic Jam," the orchestra and cast members really brought the meaning alive according to audience member Paula Patterson, "When they were talking about having to punch the time clock and making it to work on time, it was very real life and I knew exactly what they means" Patterson said. Not only did the audience members connect with the story line, but also cast members like

 Additioning was a spur-of-the-moment. thing. After seeing "Company" last year I never thought a musical produced by a school would Cortes went on to say, 'I never thought the aire would be this much fund now I regret not Anyone who works should go see "Working" With much humor and great music, "Working" has its own flare unlike any other mustcal. The show ends this weekend with showings on Friday and Saturday at 8 p.m. and Sunday at

'Nightmare' not like the original

Movie Review

A Nightmare on Elm Street

Starring: Jackie Earle Hailey --Director: Samuel Bayer Rating: ***

> SCOTT WATKINS Staff Writer scott.watkins@talonmarks.com

"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 horror movie classic that will make a new generation of movie-goers feel the same way.

"A Nightmare on Elm Street" provides thrills and chills to anyone brave enough to see it.

keeper at a local preschool.

e so great, so I gave it a shot.".

2 p.nt. in the Burnight Center Theatre.

The parents of the children who attend the school find out that he is molesting the kids and hunt him down and burn him alive.

dreams of the children that made the accusation and the brutal murders begin.

The story is pretty much the same as the original, with minor tweaks.

While the acting isn't great and Jack Earle Haley's interpretation of Freddy Krueger wasn't as good as the original, "A Nightmare on Elm Street" was very entertaining.

It did a great job of leaving audiences on the edge of their seat, which wasn't easy to do be-

cause most people knew what was coming. The gruesome murders were bloody and terrifying, and were, dare I say, better than the origi-

The director, Samuel Bayer, did a wonderful job jumping back-and-forth between the

real world and Freddy's world, the dream

world. The story never lagged. I will put it like this, I never looked at

It is the story of Fred Krueger, a grounds my watch to see what time it was or to see how much time was left in the movie.

There were a few times the movie made me jump out of my seat and I don't scare easily.

One scene in particular that made me say Years later, Freddy comes back to haunt the "damn that was pretty cool" was when the story tellers take the audience back to the day Freddy was brutally murdered by his then victims' parents, by burning him alive and Freddy comes running out the in flames. I never saw that coming 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 there is pretty much nothing to do to stop the attacks.

The best thing about "A Nightmare on Elm Street" was the quick wit Freddy gives to his vic-

Maybe I am sick in the head, but he made me laugh on many occasions, and that has always been what made the character different than the rest of the typical horror movie monster, he always 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

VICTOR DIAZ Staff Writer victor.diaz@talonmarks.con

The Cerritos College Theatre Department will be holding auditions for its Summer One-Acts

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 Renée Bloch, promotions coordinator for the department.

Bloch also mentions that the plays will take place in the studio theater in order to provide a more intimate setting.

Some plays that will be featured in the show include works by Bill

Blush, Maria Lopez, Essence Brown among others. The featured plays carry working titles such as, "A Bad Idea," "Last Summer" and "The Old and the Helpless."

Regarding the idea of a studentrun show, Bloch said, "This is a way to give theatre students an opportunity to branch out and explore directing, writing and designing."

Three plays from the show will be chosen to be included in the department's regular season, according to Theatre Department Chair

Well also mentions that the chosen plays will feature more elaborate details, such as more costume and set designs.

The Summer One-Acts can be seen on August 6, 7, 12, 13, and 14 at 8 p.m. General admission for the show is \$10, but two tickets can be purchased for \$15.





It's time to finish your degree.

APU offers accelerated programs that make it easy to complete

Liberal Studies

The B.A. in Human Development (HDEV) offers prospective elementary school and special education teachers valuable subjectmatter preparation, enabling them to reach their goals of becoming educators.

Applied Management

With the versatile B.S. in Organizational Leadership (BSOL), working professionals gain relevant business strategies, empowering them to advance in today's competitive market and become effective leaders.

ABOUT THE PROGRAM

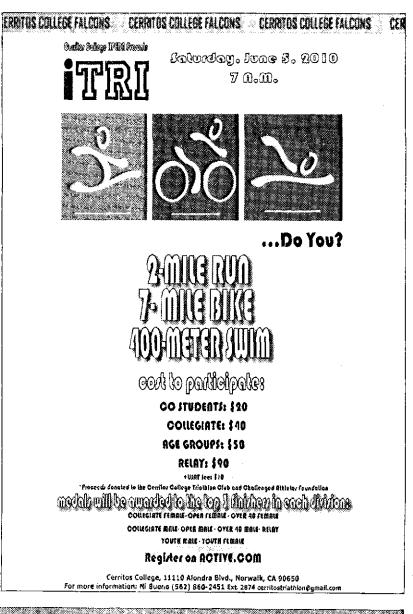
- Complete your degree in 15 months (BSOL) or 19 months (HDEV). · Choose to earn your degree online, or attend class only one
- night a week at a location near you. Applicants for the HDEV program must be at least 22 years
- of age; BSOL program applicants must be at least 25.

Find out about the next HDEV or BSOL program start date. Contact us today! CALL (626) 815-5301 CLICK www.apu.edu/explore/caps EMAIL aps@apu.edu



AZUSA | HIGH DESERT | INLAND EMPIRE | LOS ANGELES MURHIETA | ORANGE COUNTY | SAN DIEGO | VENTURA COUNTY | ONLINE





Students show vocal skills in spring concert

Wendy Solorio Staff Writer wendy.solorio@talonmarks.com

The Cerritos College Music Department held their fourth annual Spring Sing concert on Tuesday April 27th in the Student Center.

The concert featured the Cerritos College Community Choir and selected student soloists and ensembles.

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.

Soloists sang songs from the Opera as well as songs from the musical theatre and elsewhere.

The concert had a wide range of performances.

Charles Breidenthal, baritone, sang French composer Léo Delibes' "Bonjour Suzon," while other students like Josue Orozco, baritone, sang more recent and popular songs like Don McLean's "Castles in the

The Cerritos College Choir is made up of different levels of vocal development.

Students range from novice singers, who are new to the art form and just learning, to advanced students who are in the applied program. Those in the applied program take private lessons.

DeMichele created the annual

Spring Sing concert in an effort to challenge her students.

"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."

The choir worked three hours every week preparing and putting together various choir selections.

The soloists and ensembles prepared their selections earlier in the semester.

"We've been working on the choir pieces since the beginning of the semester. So we've had about 15 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-

As far as the preparation for the concert goes, DeMichele doesn't stress over it too much.

"I don't usually consider the preparations for the concert nerve wracking in that the students are responsible for preparing themselves," she said.

"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 everyone should stand, where each student should go after each number, things of that nature."

The Cerritos College Choir will have their next exchange concert this month.



Open Se\$ame: Se\$ame Sean plans on continuing his rap career by releasing two albums this month as well as continuing his academic career at Cerritos College.

Se\$ame reveals his ability

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

> JUSTIN WITRON Staff Writer

justin.witron@talonmarks.com

Se\$ame Sean, an aspiring rap artist, is a 23-year-old law major at Cerritos College.

Growing up, his parents used to play music 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 Se\$aine Sean is that he is actually the nephew of famed

He hopes to reach the fame like his aunt did. He says, "one of my greatest inspirations is my aunt Sade, she is amazing, I love her. She has taught me that this (music) is a hard thing to do."

Growing up to these great artists, he chose to pursue R&B and hip-hop. He considers his music to be Hip-Hop Soul because of his roots.

His album, entitled, "Relationship mix tape" is an R&B album and it focuses more on relationships and girls.

The album, which will be released on May 6, consists of instrumentals taken from old records like Mary J. Blige, and others.

He adds, "I get their music and put my own lyrics, it's like I'm matching the same meaning and the chorus still remains."

Se\$ame goes on to say, "I'm also matching what they had, as far as the art behind it. I keep the hooks of the songs and rap around it; the one thing I don't do is strip the song because it demeans what the original artist has done."

Another album that will be released on May 30 is entitled 'The Chosen 1 mix tape," a strictly later this year. hip-hop CD.

With some profanity, Se\$ame refers to the album as, "me coming like Moses, in a sense like bringing back something that's been lost, the essentiality of hip hop from the street core side of http://www.g-ses.com and http://www.facebook. things, with messages behind the songs."

The people who inspire him are some of today'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 Cerritos College called 'New Age Hip Hop Show' and it will start next week," Se\$ame said.

The show will be on Thursdays from 1 pm - 2 pm under the radio name Johnny Crown.

This show will be featured in the summer and the fall and will feature some of today's music not heard before and it will have music from overseas and some underground music.

Another album that is currently 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 heaven and all my fans, my vocalists." Se\$ame said.

For more info on Se\$ame Sean you can visit 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.



We've had timely hit-

ting, a consistent defense,

and a group of players

that work hard and really

care about what's going

Kodee Murray

Softball

Overall record: 38-4 Conference record: 17-1

Baseball

Overall record: 14-22 Conference record: 8-13

Men's Tennis

Overall record: 9-8 Conference record: 7-2

Women's Tennis

Overall record: 9-8 Conference record: 7-2

Men's Basketball

Overall record: 18-11 Conference record: 7-1

Women's Basketball

Overall record: 18-12 Conserence record: 5-1



Softball advances to second round



Clean Sweep: The Falcon softball team celebrated an eight-run first inning during its sweep of the best of three series against Chaffey which began last Saturday.

that followed.

Daniel Sandoval Sports Editor sports@talonmarks.com

Catcher Samantha Vaaulu led the Cerritos softball team to two first-round play-off victories last Saturday, 10-0, and Sunday, 9-0, at Nancy Kelly Field against Chaffey College.

The Falcon team scored eight runs in the first inning on Saturday,

but only two runs in the innings

"We weren't really happy with our play on Saturday," head coach Kodee Murray said, "we came out and took advantage of a team that was nervous and jumped all over it."

The team regrets not keeping the momentum going throughout the entire game, but this didn't prove to be a factor when it came out on top.

Vaaulu said, "After the first in-

should've kept going so we would've defense backing us up, and if not, been done earlier."

Although the team dominated Saturday, Sunday had the more complete performance Murray was looking for this far in the season.

"We came back on Sunday and we scored in every inning, we were in it the whole game," Vaaulu said.

Vaaulu scored two home runs Sunday to land the Falcons in the second round of the play-offs and leads the state with 17 home runs.

With only five hits landed on pitcher Hillary Perez-Ashley, it's not a mystery why Chaffey couldn't score a single run in the best of three series.

"She was hitting her spots and she made the other team go for bad pitches," Vaaulu stated. "She did

Murray said, "I think as a team we did an outstanding job, and Hillary is just very steady out there in

All areas of this team are outstanding and the players can count on each other on every play.

"We're comfortable all the way

around," Vaaulu said, "we have our we'll get it done with our offense."

Murray also recognizes her team's strength in all areas. "I think one reason we've had a

successful season is that we've had timely hitting, a consistent defense, and a group of players that works hard

and really cares about what's going on," she said. Although there

is some standout performances every game, many players from Cerritos are continuing assets to the team.

"We're at a different place this year

because we have two strong pitchers chances in this tournament are outthat can do the job," Murray stated referring to freshman pitcher Jessica Lozano.

"People have seen Hillary, but they haven't gotten to watch or hit against jess, she's a tough pitcher."

Murray says her sophomores have been helping her freshmen

players to compete at this high a level and that they are learning how to carry the team themselves for next season.

But with this season continuing, sophomores such as Vaaulu and Perez-Ashley are already showing what they can do.

"I think there's a really solid group of sophomores that are ready to make a name for themselves," Murray said.

As they enter the second round of the play-offs this Friday through Sunday, the Falcons will look to win and move on to state.

think our

standing, but not because of how we've done in the past, but how were doing things right now," Murray added.

The team will continue on to the playoffs with a focus on doing better as a team every game and looks to capture state, she added.

Tennis seasons end with positive records

STEVEN QUINTANA Staff Writer steven.quintana@talonmarks.com

The Cerritos College men's and women's tennis regular seasons are over after about four months of competition for men and about one and a half for women.

Both men and women came in second in conference and posted a record of 9-8 and a conference record of 7-2.

"I think it went great," said freshman Daisy Alvarez. "We had a good conference run."

Though she is satisfied with how her team's season unfolded, no one was sent to the Southern California Regional tournament.

"I have no regrets," said Alvarez. "We could've done better but I think we placed where we should've."

The men fared similarly to the women but freshman Derek Siddique is disappointed

with the men's tennis team's performance.

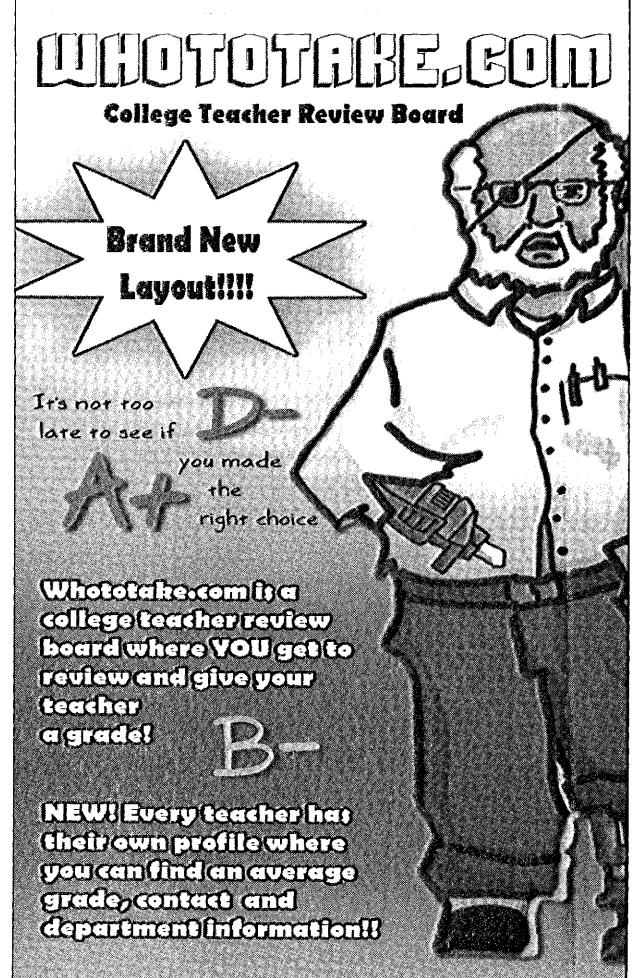
"We didn't do that good this season, we sucked," said Siddique with a chuckle. "Individually I did well, but as a team we weren't

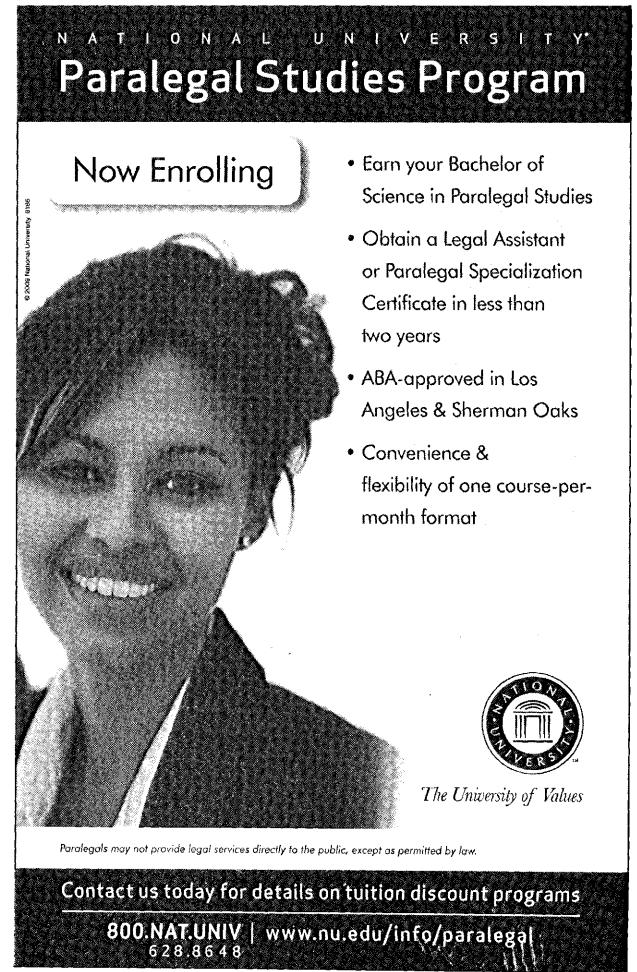
The men still managed to send two singles players, Derek Siddique and freshman Pat Cayabyab, to the regional tournament.

Three doubles teams also made it to the regional tournament; Siddique and Anthony Peterson, Cayabyab and Tomas Pierson-Perez, and Mike Fitzgerald and Nick Johnson.

In the first day of the regional tournament Mike Fitzgerald and Nick Johnson lost their first match. The teams of Siddique and Peterson and Cayabyab and Pierson-Perez both advanced though Cayabyab and Pierson-Perez

Siddique is the only player that made it to the state tournament, which will take place on Friday at the Balboa bay Club in Newport





Work out tip of the week: cardiovascular



e most neglected area of fitness is usually cardiovascular exercise. The thought of running on a track in circles under the hot sun, running on the "dreadmill", or any of the many other conventional options 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 and even weights. Doing so is not only convenient, but it burns more calories since it adds more to what you have to carry with your body.

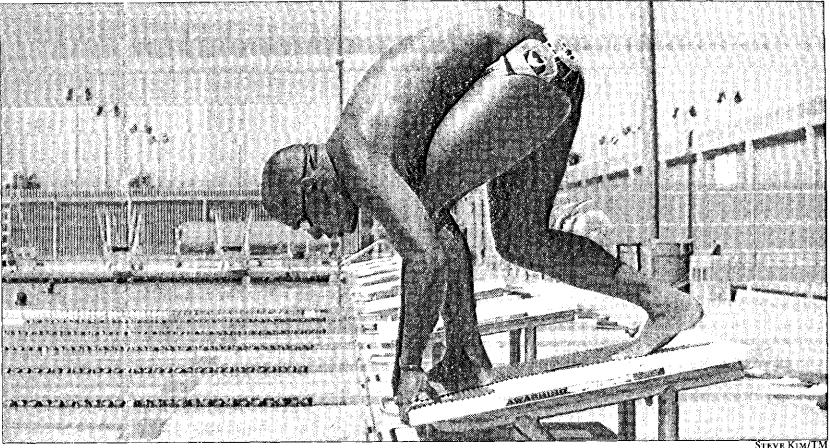
ccounting major Camillo Salazar enjoys going kayaking with his girlfriend at the beach. "Aside from having a good time, I get a great workout that I definitely feel the next day," he said.

Kayaking gives a great upper body workout while increasing core and leg strength. 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 bike outdoors? Cycling proves to be one of the most effective exercises for shedding unwanted calories. A small amount of regular cycling is good enough 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.

he best part about these activities is you don't have to do them by yourself. All of these make for entertainment any group can enjoy 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.



Off season: PJ Gabayeron swims in the off season with the Cerritos water polo team. He broke three swim records at the state championship held last weekend.

Gabayeron breaks records

SCOTT WATKINS Staff Writer scott.watkins@!alonmarks.com

PJ Gabayeron won three individual state titles in the 100-breaststroke, 200-breaststroke and the individual medley and broke school records in the process at the California state championship swim meet held last weekend.

His record-breaking times were 56.69 seconds in the 100-breaststroke, 2.96 seconds in the 200-breaststroke and 1:52.33 in the 200-IM.

"I thought I could have done better with my times, but I guess I will have to wait until next year," he said.

Overall for the Cerritos College men's swimming team it won the South Coast Conference tournament held the prior weekend and qualified five swimmers for the state meet.

"The team had a lot of depth this season," head coach Joe Abing said. Each team can bring 18 swimmers to compete and one though 18 the

team was very good."

At the beginning of the season, Gabayeron felt like he had a lot to prove because of the lackluster end to his high school career.

"I thought I was done after my junior year in high school, I thought that was my peak," he said, "but now I see I am still improving."

Although he feels swimming is his best sport he it is not his favorite.

"Water polo is my favorite because it is more of a team sport and I really enjoy being part of a team," he said.

Even with the school records and state titles in his pocket Gabayeron stays grounded and said that he doesn't rub that in anyone's face.

"Well I mean if I have a friend on another team I will talk a little trash, but that's just a friendly kind of thing, I don't mean anything by

With the swim season over most swimmers now focus on water polo, which starts in Septem-

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

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,"

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.



www.metropcs.com

Alcatel·Lucent

MetroPCS Authorized Dealers

Norwalk

A & P Wireless 10927 1/2 Alondra Blvd. (562) 863-7000

Mega Connection Center 15724 Pioneer Blvd. (562) 991-5122

Metro Wireless/Wireless Plus 11617 Rosecrans Ave. (562) 863-9049

SkytalkS 11766 Firestone Blvd. (562) 864-7317

Wireless for All

Touchdown Wireless 11702 E. Imperial Hwy. Ste. 103

Certain restrictions apply. Visit www metropos.com or a MetroPCS store for information on specific terms and conditions of services not available in extended

13002_V2_CC