



Rock out like  
The Beatles  
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for a repeat  
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# TALON MARKS

CERRITOS COLLEGE



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## Fee remains at \$16

ELIETH KOULZONS  
News Editor  
[news@talonmarks.com](mailto:news@talonmarks.com)

An error was printed in last week's issue of Talon Marks regarding the health fee increase.

The health fee did not increase by \$10.

So in fact, the health fee has only increased \$2 from the previous price of \$14.

The proposal for the increase of the fee was presented to several departments on campus including the ASCC and the Board of Trustees, which later approved the increase.

The school would not be capable of increasing the fee by more than \$3.

Therefore, if Cerritos decided to make another health fee increase, it would only be \$1 more.

Student Health Services Coordinator Nancy Montgomery stated that the increase was necessary because the Student Health Services Center is funded solely by student health fees; it does not receive money from the district, unless a grant is written.

The money from the increase will be used to meet a higher demand of needed supplies.

"My first semester, the center only tended to about 20-30 patients. The second semester, it was seeing about 50-60 patients," Montgomery said.

Now in her second year, she added that the student health center tends to about 90-100 students a day.

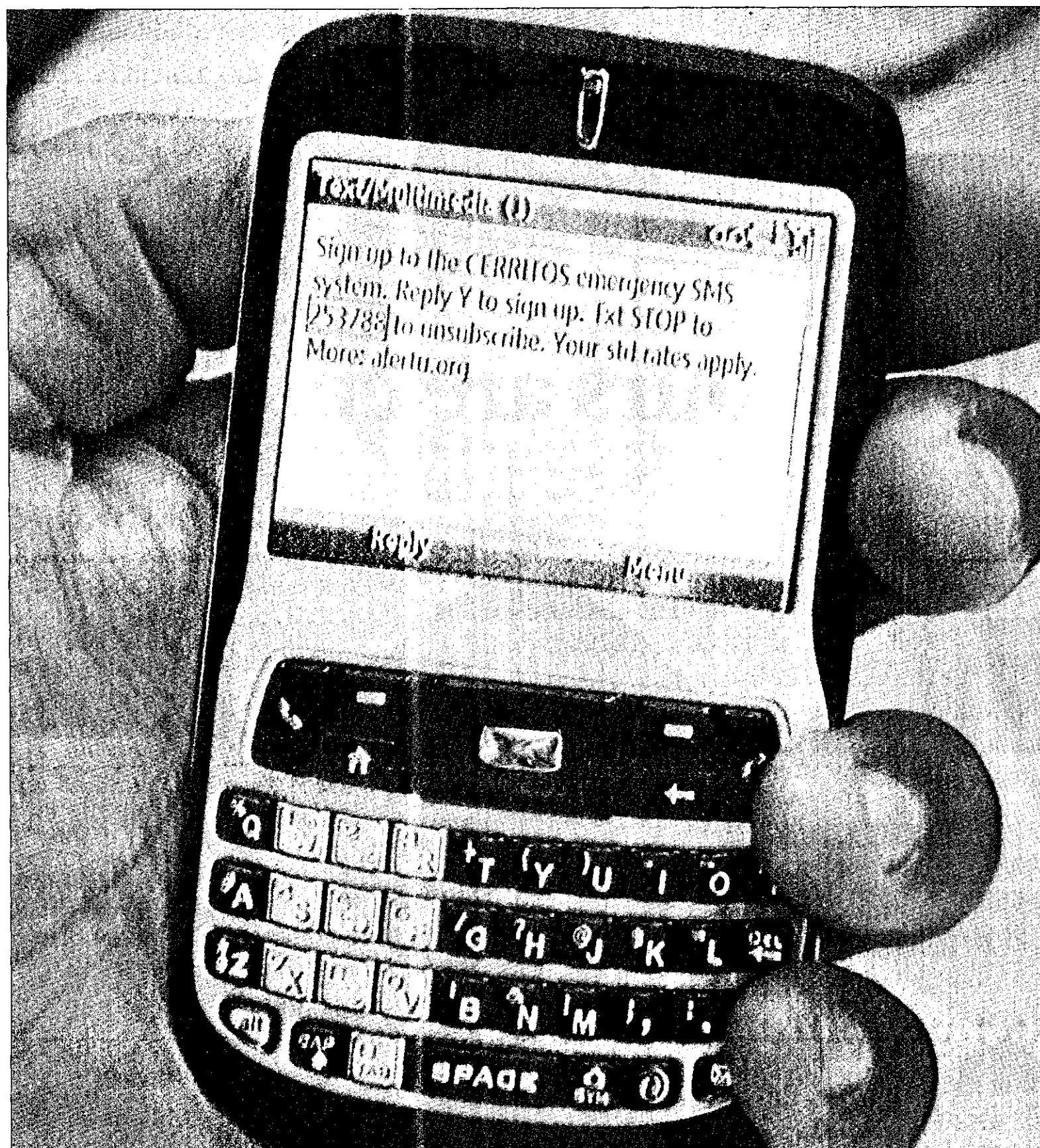
"That is why I have to personally go out and find 3-4 companies to try to bargain which one will provide the most supplies at the cheapest price," she said.

Montgomery believes the increase comes to a benefit for students. Not only has the number of students being seen a day increased, but several programs have been established in order to provide even further help for them.

Programs such as the Family PACT program and the Pound by Pound program have been established this year. Services such as free pap smears, birth control, STD checks, and dietary services are now available to student.

The student health center tries to provide great services at a low price, Montgomery said.

Other clinics and hospitals would have charged a lot, but the student health center offers students consultations for free and the medications prescribed do not exceed more than \$2-\$4.



Chirp: Cerritos will be offering a service alert called ALERTU, a mass notification system that will only be used in emergency situations.

## Cerritos alerts 2 ur phone

MEGAN WINTERS  
Opinion Editor  
[megan.winters@talonmarks.com](mailto:megan.winters@talonmarks.com)

Chief of police Richard Bukowieki and Vice President of Student Services Stephen Johnson introduced ALERTU to the students and staff at Cerritos College at the Faculty Senate meeting on last Tuesday at 11 a.m.

ALERTU is a mass notification system that

will only be used in emergency situations such as natural disasters, transportation disasters, and any event that can impact students and staff at Cerritos in a harmful way.

After the shooting at Virginia Tech, all college campuses around the U.S. have looked for a more effective way to get the message out to their student about any emergency issues, and Cerritos College has found the tool to make it easier for their students and staff to get the

message.

There are other methods to finding out information on emergencies at Cerritos, Bukowieki explains how ALERTU is beneficial, "We have different options in place, but its one piece of the big picture to get people to information as quickly as possible."

The text messages will be sent out through Cerritos College campus police. This system will expand the police department's ability to

See ALERTU Page 2

## Fine Arts division suffers from thefts

JOEY BERUMEN  
Staff writer  
[joey.berumen@talonmarks.com](mailto:joey.berumen@talonmarks.com)

There have been more than five different thefts on campus within the past week.

Property that ranges from backpacks, to money and teaching supplies, have been reported stolen.

All of the thefts have been reported in the theatre and Music Departments.

On Monday, there was an individual (non-student) that somehow made his way behind a desk in a faculty member's office.

When confronted, he had no answers to indicate he had any business being on campus and pro-

ceeded to leave quickly after the incident.

"It has truly become a sad state, with budget cuts and the economy being the way it is, it is sad what some people have to resort to during these hard times," said Rosemary Medina, secretary of the Music Department.

On Tuesday, there was a mass e-mail sent out to help restore the security on campus from Dean of Fine arts Connie Mayfield.

"I contacted all members of faculty and staff, informed them of the thefts and gave suggestions on how to make faculties more secure," Mayfield said.

## VP takes control of iFALCON

Castaneda is in the process of forming an iFALCON club.

RICK GOMEZ  
Editor-in-Chief  
[editor@talonmarks.com](mailto:editor@talonmarks.com)

ASCC Vice President Rosa Castaneda will assume responsibilities of iFALCON this semester after being launched by former ASCC President Michael Barrita in Spring.

Castaneda has teamed up with English professor Stephen Clifford to innovate iFALCON as a premier program for students at Cerritos College.

"The goal is to ensure that iFALCON is institutionalized at Cerritos College and it's not just a flash in the pan or a quick trend that goes away," Clifford said.

Castaneda is in the process of setting up an iFALCON club that will produce fundraisers for the iFalcon scholarship.

Last year, the scholarships were able to raise approximately \$1500, according to Castaneda.

With the club, Castaneda plans to raise more money this semester and is also looking to alter the criteria for the scholarship, allowing more students to qualify for it.

The front page on iFALCON's website has also been modified and includes updated videos of Castaneda and ASCC President Oscar Franco speaking about the program.

Castaneda explained the importance of iFalcon for students, "These (acronyms) totally make a big difference. All of students don't know about it though," Castaneda said.

"We want to make 'Habits of Mind' a real habit for students," Clifford said.

Popular social networks like Twitter and Facebook are also being promoted and implemented to the program to reach the ultimate goal of spreading the iFALCON word to students, Castaneda said.

She is looking to delegate the task of updating these social networks to club members.

Castaneda and Clifford, along with other faculty members, have created a taskforce.

See iFALCON Page 2



## Choose your own flavor

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- Talon Marks Online - Get the first look at our full stories and multimedia add-ons
- Talon Marks Newspaper - Pick up the printed edition on campus Wednesdays



**Even longer lines:** Students have to wait in line outside the Admissions and Records Building to see a counselor even longer now that counselors have had their hours cut. Whether it may be for enrollment, class schedules, or transfer issues, students have no choice but to deal with the longer lines so that they may be seen.

## Counselors' hours are cut

MEGAN WINTERS  
Opinion Editor  
megan.winters@talonmarks.com

The Cerritos College part-time counseling staff has been hit with cuts in hours due to the budget cuts in California.

State funding has been cut at all UC, CSU, and community college campuses.

The cut has affected Cerritos College matriculation funds the worst, which had effect starting July 1.

Matriculation is the process where students get through enrollment. Those areas include enrollment, assessment testing and counseling. Part-time money comes out of matriculation funds. Unfortunately, desperate times requires desperate measures.

With the new budget cut and the loss of full service counselors, lines at the admission and counseling office have become larger and longer.

Renee Chomiak, dean of counseling ser-

vices, explains, "Every community college responds to the budget crises in different ways. I highly value all of our part-time counselors; this was only a response to the cut."

Chomiak, who has been dean of counseling for more than three years, is very upset for the loss of her "wonderful part-time staff."

She has expected a staggering 60 to 62 percent cut in matriculation funds.

Although the part-time counselors have lost hours, Chomiak has helped to keep counselors hours as much during "peak time," which would be considered registration time, but may have to cut back more after enrollments have settled, also known as "non-peak time."

To accommodate the 24,000 students enrolled this semester, peer student counselors have also been offered.

Their services are to answer any questions, and to help screen and direct students into the right direction in line to help meet needs as quickly as possible.

Peer counselor advisers' hours had been cut down as well.

Peer counselor Diana Gonzales expresses her thoughts on this issue, "It gets hard at times with not only our hours being cut and the large amount of students we take care of, but I always come to work with a smile and I'm ready to help anyone who needs my help."

Because it will be a while until the economy gets on track, there has been several student-friendly ways to proceed in a quicker process due to the new changes.

Boardroom counseling is a group of multiple students to be counseled in a group setting. MyCerritos is a quick way to get information; numerous computers are supplied in the office for students' convenience.

It is advised that students stay with a specific counselor, particularly a counselor who specializes within their major.

It is also easier as the semester goes on for students to book an appointment with that same counselor to stay on the right track.

## Student Activities Office offers tickets to Knott's, movies

ALINAS ZIA  
Staff Writer  
alinaz.zia@talonmarks.com

Knott's Berry Farm tickets will now be available to Cerritos College students and staff members, in addition to movie tickets, at a special discounted price.

The tickets are now on sale at the student activities office for \$28 for adults and \$20 for children. Whereas the actual ticket prices range from \$52.99 to \$41.99 if purchased directly from Knott's.

This idea has been materialized due to the efforts of Secretary of Judicial Affairs Nikki Jones and Director of Student Activities Holly Bogdanovich.

They wanted the students to be

able to enjoy the rides at Knott's by using their student discount.

"We just thought that it was going to be a good idea for this facility to be available to students," Jones said.

There is no limit on the number of tickets that can be purchased and the students can also buy tickets for their family and friends.

"It is really nice that they are selling the tickets for such a low price, especially in times of a budget crisis. I wish they had started selling these tickets when I was a student."

—Karan Dhungana  
Former Cerritos College student

These tickets when I was a student," said Karan Dhungana, a former Cerritos College student.

Movie tickets are also still available for \$6 each.

## iFALCON: ASCC Vice President will be revamping the website.

Continued from Page 1

The taskforce is open to the public, including students and faculty, and will meet twice a month, every first and third Monday.

The first meeting will be on Aug. 31 due to a conflict with Labor Day.

The task force will consist of discussions on how to develop certain features for the programs and how faculty and staff are implementing iFALCON in the classroom.

The initial launch of iFALCON was a pilot test in spring which featured posters around campus along

with a new web site and bookmarks handed out in the bookstore promoting it.

Toward the end of the semester, the promotion of the campaign failed to reach the majority of students on campus.

"When (iFALCON) first started, we knew it was going to hit a small audience," said Clifford.

He hopes that as time progresses, the campaign is taken on by an even larger amount of students.

## Budget limits new library hours

GUSTAVO RANGEL  
Arts Editor  
arts@talonmarks.com

The Cerritos College library has suffered severely from the budget cuts.

Since the new budget was adopted, it has had to cut 17 hours per week from its previous business hours.

The old hours used to run from Monday through Friday 7:30 a.m. to 9 p.m. and on Saturday from 9 a.m. to 3 p.m.

"It is affecting everyone. Having to cut back on Saturday hours is affecting Friday hours," said librarian Monica Lopez.

She added, "It is also affecting staff, faculty, and students."

Students go into the library in search of a quiet study area, a place to gather their thoughts, and to check out textbooks when they do not have the money to buy their own.

"Students are indeed coming into the library. I've never seen as many students in the library as I've seen this semester," said library clerk Paula Perelia.

The daily number of students coming into the

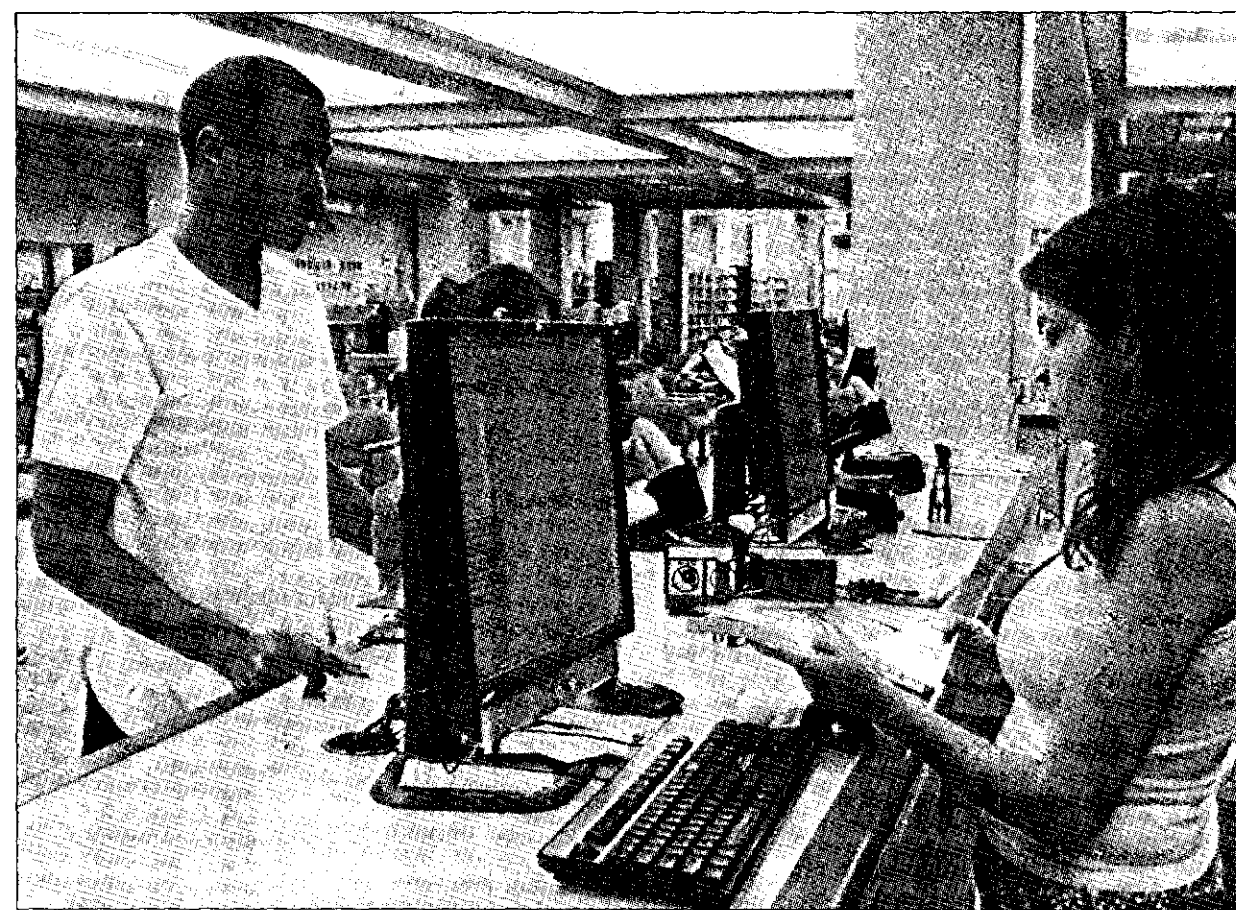
library is averages out to 4,000, said Lopez.

Service lines in the library have become much longer for things like the copier and to check out textbooks.

"It has been really tough. A lot of the traffic coming in are students who need help. We try to help out as much as we can and that causes us to fall behind sometimes on other library duties," said journalism major Jean Rodriguez, "the cuts have reduced workers on the floor and now I'm working a double shift."

Many students look to the library as their information resource regarding class locations and other questions, he added, but later into the semester the new students will find their way around campus.

The library has also been forced to lay a worker off, and will not be hiring any time soon. Also, as a result of cutting back hours, it will prevent anymore serious lay offs for the library workers.



**Compacted library:** Business major Greg Howell is one of the many students who turn to the library to be attended by library clerks like Paula Pereira with classroom, textbook, and other school related questions.

## Culinary arts opens café with savory treats

JANELLE CARTER  
Staff Writer  
janelle.carter@talonmarks.com

Delicious food is what came to mind while English major, Monica Lopez, waited for her food Monday, shortly after the culinary arts café opening at 11 a.m.

Lopez said she was very excited to be able to once again enjoy some amazing food.

Café classics prepared fresh and placed out for display were hard to miss as she entered the café.

While many dishes are delicious, Lopez expressed her continued enjoyment of the curry coconut shrimp.

Many different items are prepared in the

café, including salads expressed culinary arts major Violeta Robles.

She felt very happy to be able to be a part of the group, which prepared the chicken Caesar and Chinese chicken salads.

Robles, currently midway through her culinary arts program, stated that this was her second time working in the café, and she has really enjoyed the experience.

Undecided major, Nathan Romero, also spoke about his experience in the culinary arts course, which includes making food served in the café.

He felt that it was a fun experience and came out to support the café and enjoy some good food.

As the crowd continued to grow and food

was being sold, culinary arts staff member Carlos Torres expressed how wonderful and pleased he was with the turnout.

Torres, a former graduate of the culinary arts program joined the staff this semester.

Due to many budget cuts and the abundance of students, he felt at one point the café opening might have been delayed.

He was really pleased with everything being able to be pulled together on deadline for the café opening.

Torres watched as the staff refilled desserts and prepared orders for customers with culinary arts teacher, and one of the founders of the café, Chef Perini.

## AlertU: Cerritos College implements texting alert system.

Continued from Page 1

get messages out at a rapid pace.

Other ways students and faculty can get information is on the MyCerritos home page. Posters are also posted around school campus if there are any necessary messages that need to be addressed.

It is a simple process to sign up. Text CERRITOS to 253788 (ALERTU) and you will then receive a welcome text message. To sign up to the CERRITOS Emergency SMS System, reply

back Y (YES).

Programming '253788' as "ALERTU" into your contact list is important so if messages are being sent it is easy to distinguish the alert.

Up to four text messages will be received in the first year of subscription to remind you of your services.

Text STOP to unsubscribe to the alert system.

It is a web-based application that is free to use; only standard text messages rates apply.



## Student actor shoots for the stars

GUSTAVO RANGEL  
Arts Editor  
arts@talonmarks.com

Israel Lopez is a student on campus who received a scholarship as a semi-finalist and partner for the ACTF Ryan's and well as a scholarship from the Burnie's for being a semi-finalist.

As a result of being a national winner he received the chance to spend two weeks of his summer in a boot camp like over at Cal. State Fresno.

"While I was there I worked with the Oregon Shakespeare Festival, one of the nation's leading repertory theater companies."

He explains that the camp was very strict, but well worth it. "It was beyond intense. Basically, it was like boot camp for acting. Everyday I would wake up at 7 and eat breakfast. I would go to class from 8:30 a.m. to 5 p.m. After that, I would eat dinner and depending on what project was being worked on, I would rehearse from 7 p.m. until midnight. Although it was a lot of work, it is the best experience I have had as an actor and the best training I have undergone thus far" Lopez said.

Growing up with his mother Israel was inspired into acting while he watched her in her the events she performed in.

"Everything from the actors moving on stage, costumes, lights, and scene and music being used inspired me to explore theatre and acting."

Since then he has enjoyed bringing joy and laughter to his friends, family with his acting.

"I loved that fact that you could influence and change the people watching your performance. Most of all, I take great pride in the fact that theatre allows me as a human being to explore and investigate the human condition, and the lives of those who are afraid or cannot speak for themselves. That gives me great satisfaction. Theatre simply fulfills my life and makes it interesting. Oh yeah, and it's nice making people laugh too."

He plans to finish his requirements for his IGETC, and apply for southern, northern California universities, and will be transferring in Fall of 2010.

## 'Beatles Rock Band' all together now

ASHLEY AGUIRRE  
Multimedia Editor  
ashley.aguirre@talonmarks.com

"The Beatles: Rockband" is rated T for Teen, for mild lyrics and a tobacco reference. It will be available for Xbox 360, Playstation 3, and Nintendo Wii.

Having been inspired by George Harrison's "While My Guitar Gently Weeps" to learn guitar, I devoted a decade of my life trying to master the instrument, playing along to the Beatles, or at least trying to play.

Fortunately, Apple Corps, Harmonix Music Systems, and MTV Games teamed up to make mine and many Beatles fans' fantasies come true with the release of "The Beatles: Rockband."

As popular as "Rock Band" and the Beatles are, there's no doubt that the game will make numerous best seller lists across the globe, but does the union of the two live up to the expectations? The answer is yes.

The amount of detail put into the game is unlike anything seen before in the "Rock Band" franchise.

It will, for the first time, incorporate a multi-microphone vocal harmonizing feature that allows players to

perform the harmonies central to The Beatles' music.

Those who already own the equipment needed to play "Rock Band" can continue using what they already have.

For those who crave the full experience of being a member of the fab four have the option of purchasing collectible equipment modeled after each member's signature instrument: John's Rickenbacker 320 guitar, George's Gretsch Duo-jet guitar, a right-handed version of Paul's left-handed Höfner Bass, and Ringo's black oyster pearl finish Ludwig-branded Beatles drum kit.

The game's greatest attribute is the content itself.

The story mode option is in many ways an interactive lesson in Beatles history.

Beginning with a performance at the famed Cavern Club where manager Brian Epstein heard them play for the first time, story mode takes gamers all the way through to their final performance as a band on the rooftop of the Apple Corps building.

At one point in story mode, gamers retreat to perform at Abbey Road Studios just as the Beatles retreated from live performances to turn their attention to experimentation in the studio.

Hardcore Beatles fans will salivate over the content

that can be unlocked by earning of stars.

The content includes never before seen photographs, hard to find songs, interviews, trivia and video clips.

The promise of exclusive content will surely have gamers obsessing over the game's story mode. It's worth it.

Those not interested in Beatles history have the option, as in the previous "Rock Band" games, to play on a song by song basis.

The game is preloaded with 45 songs spanning the entire Beatles' recording career, but other songs can be unlocked.

The first bit of downloadable content will be the album *Abbey Road*.

It hasn't been confirmed whether the remaining albums will be made available as downloadable content, but the idea doesn't seem farfetched if you consider the amount of material Apple Corps has already allowed Harmonix to use.

It's a well thought-out, greatly detailed, stimulating and engaging game for all age groups—Beatlemaniacs, casual, and new listeners alike.

Not only does the game meet the high expectations, it surpasses them.

## 'Artwork' is meant for greatness among all hardcore fans alike

JESUS RUIZ  
Staff Writer  
jesus.ruiz@talonmarks.com

### CD Review

Artwork

Artist: The Used  
Genre: Rock  
Rating: ★★★★★

It's been two years since The Used last released its third album, "Lies for Liars," but this year they introduce their new album "Artwork."

Artwork is the 4th studio album by rock band, The Used which just released the album in the United States and UK August 31, 2009.

Just listening to its new tunes you can hear the difference from

many of its past work due to the fact of the changes that they have gone through its management and the band.

It is also the first studio album

by The Used to feature Dan Whitesides as the drummer since he joined the band in 2006.

The new album has a new static tone at the beginning of some of their songs, which caught me off guard as I thought something was wrong with the songs.

What I liked from it's new tracks is that most of them had a change in tone.

"Meant to Die," which is my favorite song from its new album, is based on the death of Heath Ledger.

The album contains 11 tracks.

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## •EDITORIAL•

# Students perplexed over bond

With the many budget cuts Cerritos College is experiencing, students are becoming upset that the school can afford to cut classes, but refuses to stop the construction on campus.

What students need to understand is that the money being used for campus construction has no relation whatsoever with the money that is included in the school's budget for things such as classes, student activities, and payroll services.

Cerritos took action and made the right decision in carefully going about in asking for a G.O. Bond and Measure CC.

Measure CC is a local facilities bond measure that addresses the urgent and critical needs of an educational institution.

Because many of the infrastructure systems such as the roofs, plumbing, electrical, heating and sewers are about 50 years old, they are deteriorating or are continuously dysfunctional. These problems needed to be addressed and repaired.

That is why the G.O. bond will fund urgent repairs and renovations of aging facilities of the school and construct new facilities in hopes of relieving the overcrowding of classrooms, meeting high enrollment demands, and ensuring safe and appropriate facilities for students.

The bond will also provide new classrooms, science and technology labs, as well as parking and student support facilities.

The money that is being put toward

these repairs, renovations, and construction is strictly for that and that only.

What is greatly misunderstood is what would occur if the school were to stop the construction on campus.

Most students would like to think that Cerritos could easily discontinue its renovations and use that money to provide more classes.

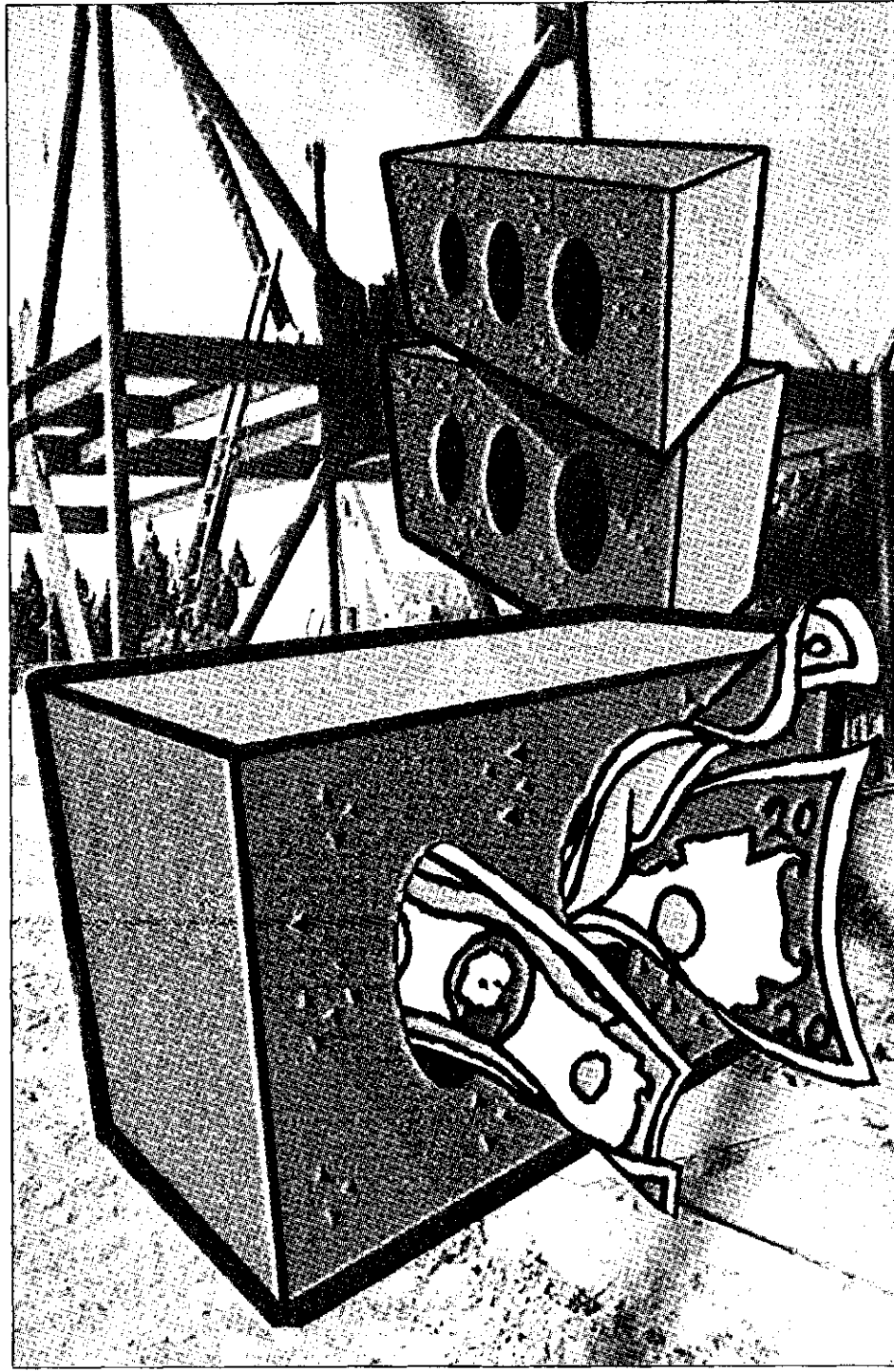
That is where students are mistaken. If Cerritos were to do that, it would lose the G.O. Bond and forced to pay for these renovations itself.

Cerritos College is in no position to afford any sort of expenditure on anything other than providing the most classes possible in this time of crisis where enrollment in community colleges is off the Richter scale.

What students also fail to acknowledge is that the renovations and repairs that will be made were problems identified not only by faculty, staff, independent facilities experts and an advisory committee of community residents and business leaders, but also by students.

Although the institution is currently undergoing serious cutbacks, including cutting classes, in the long run, this will come as a great benefit not only to students, but also to teachers.

Eventually, when all classrooms are built and the budget is stable, more classes are going to be offered in the new classrooms and new teachers will need to be hired.



LETTERS TO THE EDITOR are welcome. They may be submitted both online and in person. In all cases, letters must be signed with real names before they will be considered for publication, either online or in print. Campus-related issues are given priority. Letters may be edited for length, though online versions tend to include full content, as long as it is not libelous or in poor taste. You may deliver letters to FA 42 or contact the editor by e-mail at [editor@talonmarks.com](mailto:editor@talonmarks.com).

## MMA still misunderstood by public

Unlike in the past, MMA has now developed into the purest form of combat.



For as long as recollection serves me, the sport of Mixed Martial Arts (MMA) has been demonized by the media with varying degrees of justification. I believe that, in this day and age, MMA has been unjustly portrayed as something it's not.

MMA is a combat sport much like boxing and wrestling, but it encompasses most areas of human combat that don't involve external weapons.

Most MMA organizations follow the uni-

fied rules of the sport created by the California and New Jersey State athletic commissions.

These rules include legal technique guidelines that prohibit finger pokes/strikes, kicks to a grounded opponent's head, strikes to the back of the head, groin strikes, and biting, among other things.

In the early 90s however, when MMA first arrived in the U.S., the Ultimate Fighting Championship was conducting unethical

and dangerous open-weight tournaments. The stigma has survived throughout the years and has thus plagued the sport.

Unlike in the past, MMA has now developed into the purest form of combat while still providing a relatively safe venue to compete in. The sport is not a "human cockfight" as many have referred to it, including Senator John McCain.

The main reason this delusion is so popular is because the idea of fighting on the ground has been long viewed as taboo by western society. Sports such as boxing have created a stigma about hurting someone on the ground being unethical.

In reality it's not about ethics. If it were,

all competitive sports where people hurt each other would also be in question.

Athletes have died in boxing and even suffered brain damage because of the amount of punishment they have taken throughout their career.

To this day, no one has been killed in an MMA contest. This is a commendable statistic considering boxing records an average of 10.4 boxing deaths per year worldwide.

I'm not implying sports that are dangerous shouldn't be allowed or even spoken poorly about. We just shouldn't judge any sport disapprovingly, especially one that is statistically safer and requires more diverse techniques than already established sports.

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Vote online at [talonmarks.com](http://talonmarks.com)

### How do you feel about the construction on campus?

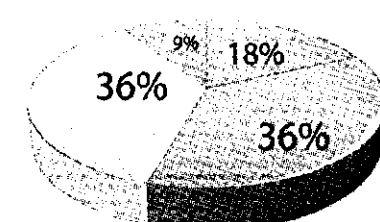
- It will be great
- It's taking up parking spaces.
- I only take online classes
- Other

### Last Week's Poll

Vote online at [talonmarks.com](http://talonmarks.com)

### How did the \$6 fee increase affect you?

- I was dropped 18%
- Couldn't afford 36%
- Have financial aid 36%
- Minor setback 9%



TALON MARKS



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

Telephone numbers:  
(562) 860-2451, ext. 2617  
Fax (562) 467-5044  
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Faculty Adviser  
Rich Cameron

Instructional Aide/Lab Aide  
Alicia Edquist-Werner Gomez

### Fall 2009 STAFF

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Online Editor  
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#### Photographers

Michael Agudo, Kylie Anderson,  
Susan Munguia, Eduardo Navarrette,  
Ivette Orenos, Lizeh Silva, Dana Turner

#### Designers

Kylie Anderson, Joey Berumen,  
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## Free Speech Zone

How do you feel about constructing new buildings when classes are being cut?

COMPILED BY ELIETH KOULZONS  
PHOTOS BY MEGAN WINTERS

**TATIANA MARTINEZ**  
undecided major  
"I think it's a smart thing for the school to do. Classes are too packed and it is in need of more room."



**ELOY GONZALEZ**  
undecided major  
"If the school plans on providing better programs to install in the classrooms they are building, then it's smart."



**CYNTHIA MENDES**  
architecture major  
"I don't know why they are constructing buildings, but I'm fascinated by the architecture."



**OSCAR FRANCO**  
ASCC president  
"It's going to benefit the school in the long run. Eventually, it is going to have to provide more classes."



**ANGIE GUTIERREZ**  
health major  
"I think it's good because in the long run the school is going to need to hire more teachers and offer more classes."



**DIT-LAFLECHE BRUNET**  
undecided major  
"I don't think it's necessary. Why are they forming new buildings when they can't even afford to offer classes?"



# Technological ways of our needs and wants

Why is it we don't hear more about technology we need?



Technology, throughout history, has revolutionized and changed in aspects of progress.

When you look at something, you see something that has only progressed throughout history.

At times people used to huddle up around a small black and white TV; today people have televisions flat enough to hang on a wall and big enough to make sure you don't have to huddle around to look at.

People took their time going places by horse or walking. Now they yell at cars for not going fast enough.

We used to look for directions by asking others, checking maps, and looking toward the skies.

Now we do our best to look at our GPS system for directions as well as to make sure we didn't already pass the exit we were supposed to get off on.

Yes, technology has done much to make our life as easy as possible, but how much progress is being made in what we need than what we want?

Ten years ago, people had things like portable cassette players and new best console of the decade.

They had cars that provided them a good ride at the cost of helping the earth develop a cancer of its own.

Though technology has helped make our life easier, why is it we don't hear more about technology we need?

That could be due to the fact that today's generation is more excited about the "bettering of technology."

It is not often you hear someone ask, "Hey, have you heard of the Terrafugia?"

We may not know of it as being the world's "first flying car" due to the fact that it's not the kind of technology that we hear much on the news because we are listening to our new slightly better iPod.

I have seen and used technology that turned out to be better than I thought, only to hear that it's already being replaced by something that looks the same, works the same, and is the same only with a few new additions.

Instead of making things a few ways better, how come we don't hear of breakthroughs in technology to find an answers to our real needs?

I'm not speaking of the kind of

technology like the PS3, or the fact that we only hear of new types of technology that could benefit many people in many ways.

If you walk around campus you will eventually see people listening with headphones, texting or on the phone.

Today though, you may walk around and see kids at around the age of 5 who know how to work a phone better than their own parents.

To them, better entertainment could become a new distraction.

Rather than waste money, I think it might be beneficial to sometimes wait until better technology comes out.

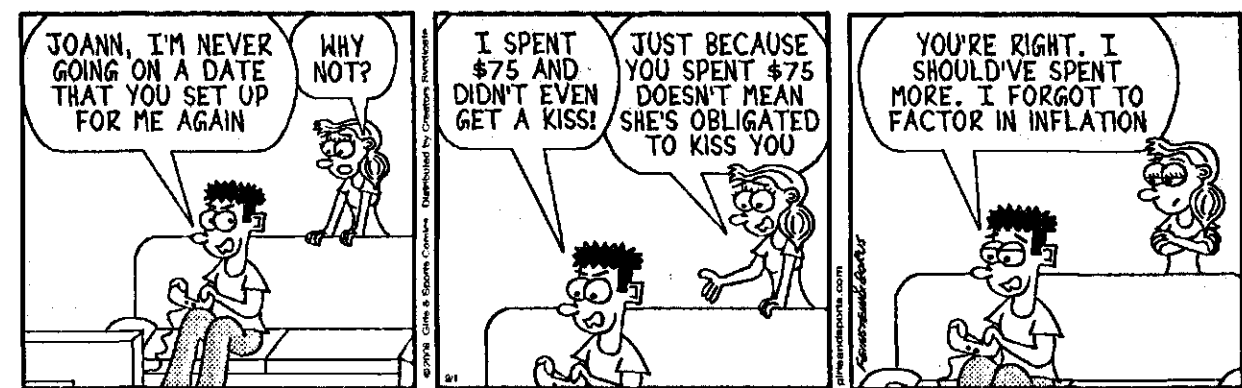
So at this point, we should wonder what technology we need and what technology we want? This could give many better expectations than looking only at the "new."

Doing this could even save many some cash to spare from their wallet especially now.

If only books could provide simple answers to hard questions one might have to answer in a test.

Hopefully, technology may have a chance at making a comeback than having to only provide a reason to check one's MySpace page for new messages.

## GIRLS AND SPORTS



## BREWSTER ROCKIT



## Welcome to Falling Rock National Park by Kid Shay

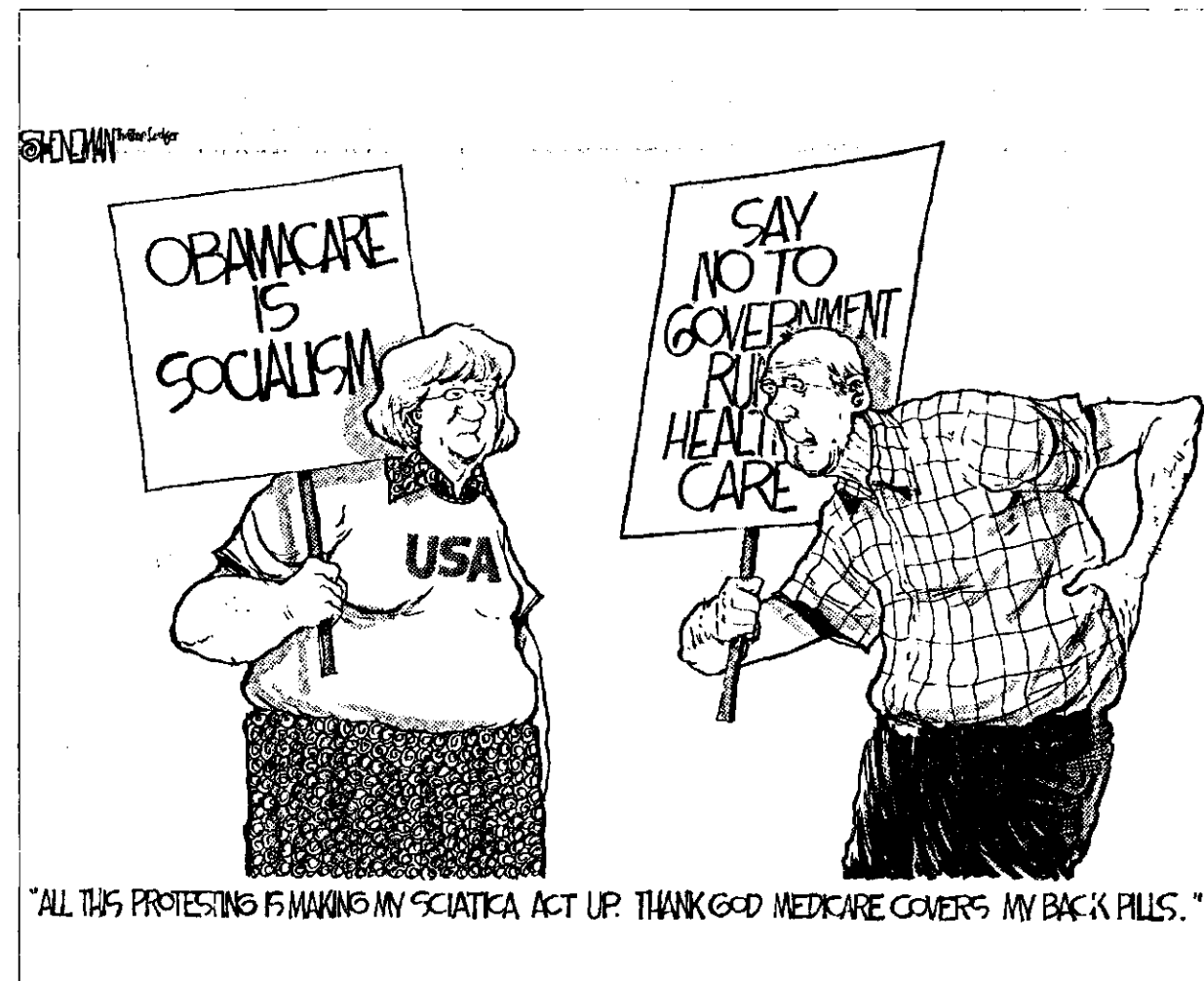
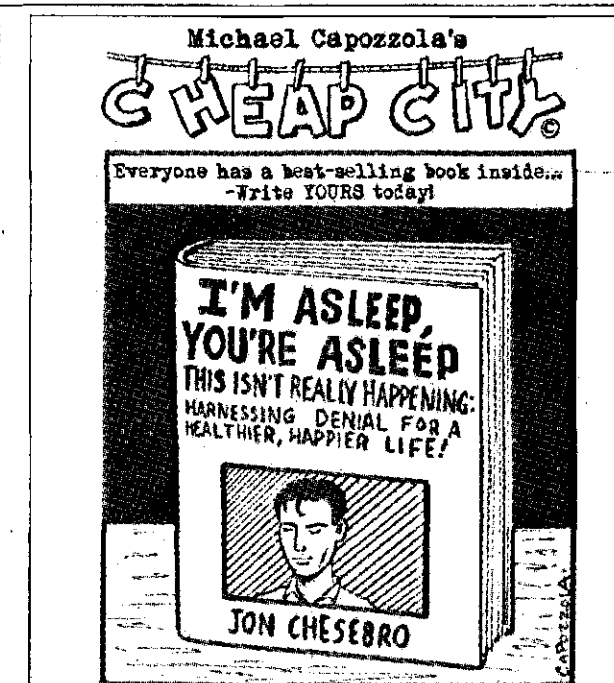
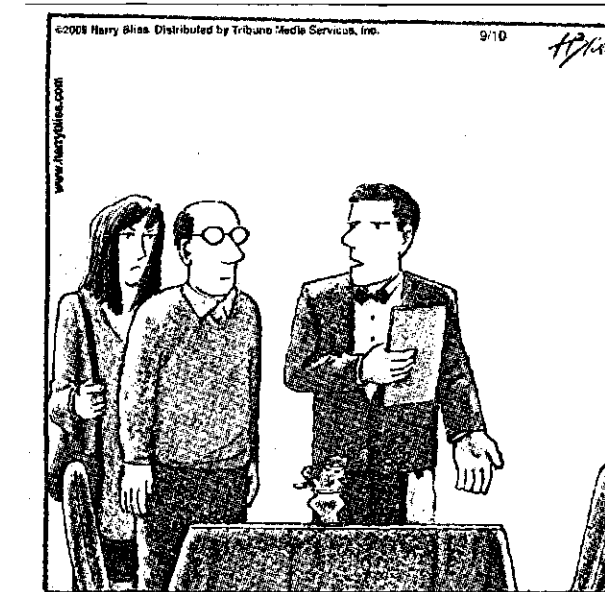


## Calamities of Nature by Tony Piro



## ZERO

## by LOUIS COPPOLA



# Empty jean pockets, fists full of candy, fatal high blood sugar

Sweet treats and fizzy burps come at a cost past the wrinkled dollars.



I am a role model for somebody with type 2 diabetes.

I am a 40 year old Hispanic male whose loves are sweets and treats. Just the very thought of a fizzy soda burp tickling my nose fills me with a certain cheap but valuable thrill.

But there in lies the problem.

Sweet treats and fizzy burps come at a cost past the wrinkled dollars and loose change we diabetics gorge into these vending machines.

After the wrapper or plastic bottle is responsibly disposed of, pow! There it hits me.

I feel as if the gravitational pull on my body has dramatically in-

creased and to move at all is suddenly very burdensome.

And then my eyes, what's really happening there?

It's difficult to read for a while. Everything seems to be fuzzy and jumping around out of full focus.

This is the bitter truth of the effects of sweet sugar to the common type 2 diabetic.

The vending machines are here on campus for our convenience.

But this should not limit our vendors to provide snacks that are in fact toxic to a large number of students, that knowingly or unknowingly, are diabetic.

Sugar-free hard candy, chocolates and mints do in fact exist and should be made available for those

of us who need to opt out of consuming sugar, for whatever reason.

The problem is we usually succumb to purchasing our poison.

Because after all, we need a snack, that worsens the health issues we have as a growing population.

Our campus must take the lead on this overlooked but crucial matter.

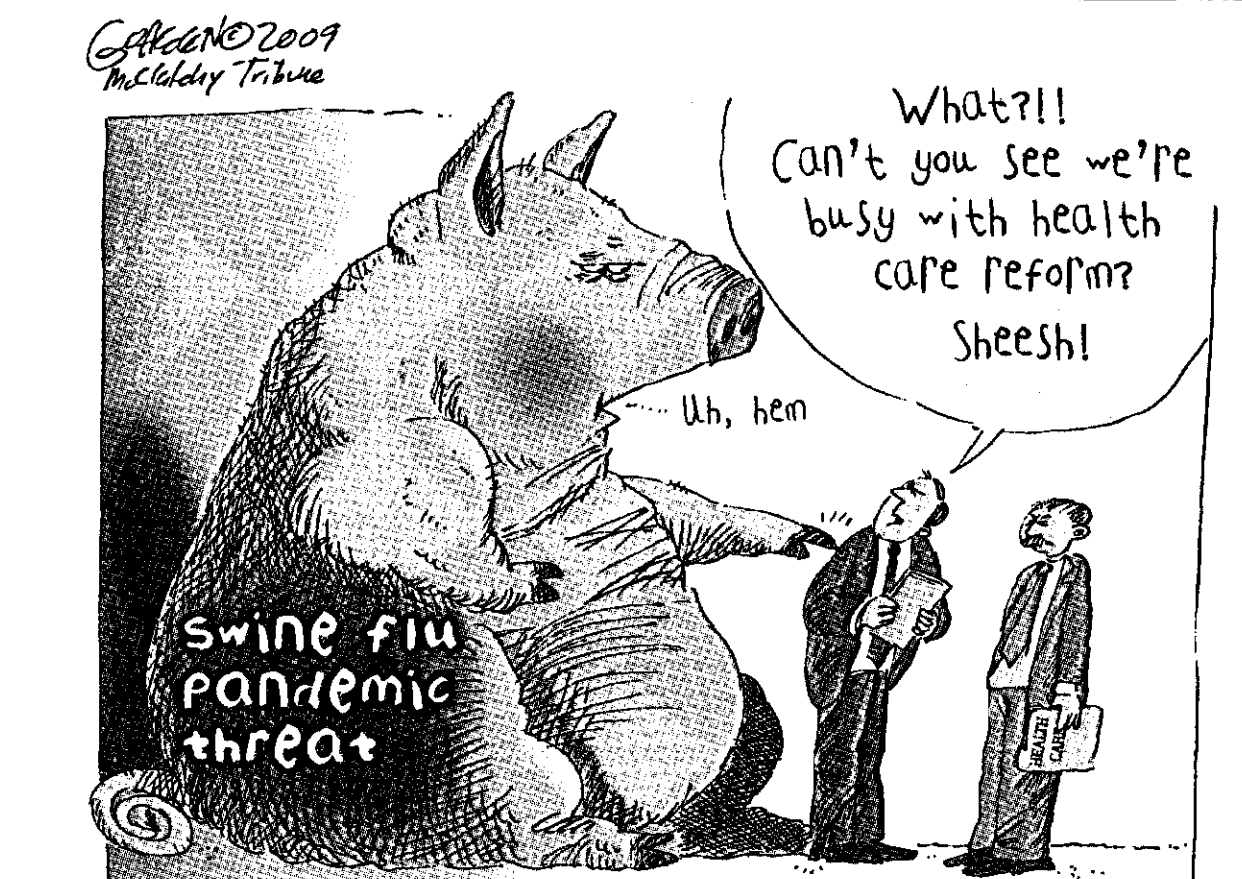
We need to incorporate sugar-free-only vending machines alongside the regular ones or to add an increased selection of various sugar-free choices, just like our glucose-compatible counter parts have.

The soda and Gatorade machines are an easy fix.

A diet version of almost all flavors are available.

Half of the selection should be sugar-free.

This is not solely a matter of taste, but of the availability of non-poisonous snacking choice.





Water polo: Sophomore driver Kristen Rivas participates in afternoon practice drills.

JUAN RAMOS/TM

## State champs back for more

Women's water polo team looks to repeat state title.

SOBUKWE RAMSEY  
Sports Editor  
sports@talonmarks.com

After winning a state championship for the first time in the Falcon women's water polo program history, the team is preparing for another season, but with new expectations and a different approach to defending their title.

In addition to earning local bragging rights by defeating Long Beach City College in the state championship game, the Falcons enter this new fall season with a majority of returning All-American players including: Yvonne Ruvalcaba, second teamers Adrianna Rodriguez, Karen Aguirre and stand out multi-sport athlete/first teamer, Natalie Peng.

A team that mainly depended upon its speed and aggressive defense will continue that same focus in to this upcoming season. The off-season workouts that Conference Coach of the Year Sergio Macias has installed consists of rigorous cardio

exercises as well as stretching and strict diets.

That kind of health commitment is something players like Natalie Peng take seriously who, is an All-Conference and All-America swimmer as well as water polo player and has been doing so since childhood. For someone who has seen a lot of early success in swimming, Peng has made it clear that she has bigger and better plans beyond the sport of swimming and water polo.

"Although swimming is a big deal in my family and has been a part of my life, I hope to transfer to UC Santa Barbara and eventually join the Peace Corps."

"As well as Natalie, our team has a lot of weapons and good returners," Coach Macias stated, like Goalkeeper Miranda Bakke who, recorded 7 saves and 3 steals in the state championship game.

The Falcon women finished last season on a 22-game winning streak which, is a school record, and won 26 of the last 27 games. They will look to repeat the state title this upcoming season and will begin play Sept. 4 versus LA Valley at Cerritos College at 3 p.m.

## Volleyball has depth this year

MARK MURRAY  
Staff Writer  
mark.murray@talonmarks.com

The Cerritos College volleyball team proved two things during their preseason scrimmages against San Bernardino Valley College and Santa Ana College.

First, Cerritos enters the 2009 season as the dark horse of the South Coast Conference. And second, the team is deeper than Bill Gates' pockets.

Due to a pull-out by Riverside, Cerritos was forced to cut its team in half and compete as two separate squads for its pool play scrimmages on Wednesday, August 26.

This did not stop either team from humbling its opponents in this warm-up to the regular season.

Not only did the first string overpower both SBVC and Santa Ana, but the second string proved why it deserves a shot at a starting gig.

"We're very deep. We have much more depth than last year. We have a bench that makes us stronger," said co-head coach Gay Castaneda.

Leading this deep squad is returning outside hitter Sarah Naranjo.

Naranjo earned All South Coast Conference second team honors in 2008, and looks to be a prime candidate for the first team this upcoming season after her solid all-around performance against SBVC and Santa Ana.

"We are coming in as underdogs, but Cerritos is a team to look out for," warns Naranjo. "We played against two different types of teams today, and we adapted to both of them well."

Much of that adaptability came from the steady hands of setter Monique Gayton, who stood out in both games with her perfect timing on quick sets.

After spending some time away from Cerritos since her freshman season, Gayton rejoins the team as

both a top quality player and leader. Castaneda is looking to Gayton to be an impact player this season.

Looking to benefit from Gayton's sets will be middle blocker Yawen Zahn, along with outside hitters Cynthia Andrade and Chanelle Puou.

During the scrimmages, it was Puou that impressed with her power from all over the court.

In each game, the ball seemed to simply bounce off of the other team, rather than being passed.

Although the power game is fun to watch, the coaching staff knows it will take more than kills to have a successful season. "Overall we played well today, but there are still things we need to improve on," said Castaneda.

If Cerritos is able to continue to improve and carry the momentum from the scrimmages into the regular season, then the postseason is a very real possibility.

However, Castaneda and the rest of the team are shooting even higher.

"Our goal is to make it into the playoffs. We haven't been there for a couple of years. But we really want to place top three in conference."

With a combination of a solid returning core and a bench that's able to compete with other schools' starters, a top-three finish this season is not out of the question.

Cerritos starts the 2009 campaign by playing in the Coyote Classic tournament on Sept. 12, at Cuyamaca College.

The team then travels to San Diego Mesa for the San Diego Mesa Tournament on Sept. 18-19, before playing its first home game Sept. 23 against Fullerton College.



Men's basketball: Sophomore Sean Chennault (left) talks with new coach Russ May (right) after off-season practice.

JUAN RAMOS/TM

## May returns home as head coach

SOBUKWE RAMSEY  
Sports Editor  
sports@talonmarks.com

On Tuesday Cerritos College hired a new men's head basketball coach in Los Alamitos basketball coach and athletic director Russ May.

May, who was just hired two months ago as athletic director, said he planned on being a lifelong coach at Los Al and had not been looking for any other coaching jobs.

However, head coach Jesse Teplitzky resigned after recently being hired as an assistant coach for Mexican professional basketball

team Las Abejas de Guanajato.

As reported in the Long Beach Press Telegram, Teplitzky stated that the new job was a stepping stone in to bigger and better jobs and that it was an opportunity that needed to be taken advantage of.

May had been coaching at Los Alamitos High School for ten seasons and won two CIF Southern Section titles in the process.

May's hiring will also be looked at as a bit of a homecoming, considering he played for the Falcons during the 89'-91' seasons and was an assistant coach in 94'-99' before

heading to Los Al.

May also comes highly recommended by Cerritos College women's basketball team head coach Karen Welliver who has known May since his playing days.

Welliver who knows May on a personal level gives the Falcon faithful something to look forward to by saying Coach May is a teacher on and off the court and described him as patient, positive, and tenacious, as reported in the Press Telegram.

Being a former Cerritos College graduate and player made the hiring of May a lot easier on Falcon ath-

letic director Kadee Murray, who was excited about doing so despite a quick resignation from coach Teplitzky.

Murray also made it clear about his knowledge of Mays' reputation for "doing things the right way" and both May and Murray hope to improve the Falcons basketball program which, won conference last season but lost in the second round of the playoffs.

Cerritos also has three all-conference players returning in first teamer Marcellus Jackson and second teamers Brian Barner and Jeremy Pope.