



TALON MARKS

CERRITOS COLLEGE

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Volleyball team wins against LA City
Sports Page 6/7



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Board of trustees elections are near

ELIETH KOULZONS
News Editor
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Cerritos College has yet to face another round of elections as it prepares to fill the three positions open for Board of Trustees.

The Nov. 3 elections will determine which three of the five candidates running will become Board of Trustees members.

The candidates are the following:

- Bob Epple

- Dr. Bob Hughlett
- Carmen Avalos
- Shin Liu
- Tom Chavez

However, there is a possibility that there will not be new faces joining the board.

President secretary Andrea Jones stated that three of five members are people that are already members of the board and are up for re-election, and the other two candidates, like Liu, are community members.

Liu is a professor of Computer Science and the co-

ordinator of Distance Education at Rio Hondo College.

She was the instructor who took Rio Hondo College students to compete at a Microsoft software design competition where they ended up in the top 15 out of 180 universities, therefore making Rio Hondo the only community college to ever enter a national final.

In reference as to why she is choosing to run for Board of Trustees member at Cerritos College, she said that she cares about the college and hopes to have the opportunity to make a difference.

"I care so much for students and faculty in general," she said, "but I know this is a challenging election for

me because I need to run against three incumbents."

The candidates had until August to file and submit their candidacy statements to the Los Angeles County Recorder's Office, said administrative secretary Cheryl Thury.

They have from now until Nov. 3 to campaign for their candidacy.

For more information about the candidates, voting polls, voting information, and other election-related information, you can visit the L.A. County Recorder's Office website at regrec.co.la.ca.us.

Project 'L.O.V.E.'s children

FRANK GONZALEZ
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Cerritos College will continue to sponsor Project L.O.V.E. in an effort to provide Native American children with some much-needed joy this holiday season.

Project L.O.V.E., which was founded in 1963, has provided gifts to three major Native American schools in Arizona for 46 years.

English professor Marla Burns, who coordinates Cerritos College's participation in Project L.O.V.E., said, "This is a wonderful cause. Many of these children don't receive any gifts throughout the year."

Cerritos, which has participated in this event for 18 years, has done so in honor of Fine Arts Division secretary Anna Edwards' father, who was not only a traditional Navajo Indian but also a resident on these reservations.

While Project L.O.V.E. does help the Little Singer Community School, the Black Mesa Chapter School and the Leupp School, only one in particular is aided by Cerritos.

Cerritos has provided hundreds of gifts to children from the Little Singer Community School, located on the Navajo reservation in Bird-springs, Ariz. with the help of faculty, staff, students and community members.

Project L.O.V.E., however, has lost its biggest partner when Boeing, who had originally founded the program, was forced to discontinue its support because of economic downturn.

Despite this major loss however Cerritos has come to the aid of the program which has been renamed Project L.O.V.E. II and will single handedly support the program this year with minimal support from Boeing.

See L.O.V.E Page 2



SHEILA OLAIZ/TM

Down and Dirty

She-males just want to have fun: Disc jockey Ray Mar dances with a few of the mockers during the annual homecoming mock rally. Every homecoming princess chooses a male to mock her. The mocker dresses up like the princess, performs a song and answers a few pageant questions. The winner of this year's mock rally was Aaron Alavarez representing and mocking Monica Reyes.

See Mock rally Page 2

ASCC seeks leaders for conference

JESUS RUIZ
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Leader Conference applications will be available on Nov. 2.

This conference, which is being held in San Diego, is a three-day trip in which those participating will be able to grab a hold of a use of workshops as well as some sight-seeing in the city.

The conference will have seven different workshops to look forward to in which different teams will work on events and interact with different people.

A group of 80 applicants will have this chance at the cost of only \$50.

Clubs attending will be allowed only four members per club, but it doesn't mean students who aren't in student government or any clubs can't attend.

The students attending have to pay to take part in this conference, and there are certain qualifications.

The qualifications state that the people attending must be enrolled at Cerritos College.

See ASCC Page 2

Pound by Pound, the new undisputed weight loss program hits Cerritos

MEGAN WINTERS
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Pound by Pound is a new program offered to the students and staff at Cerritos College. The program is focusing on college students who are overweight and need assistance in maintaining a healthier life style.

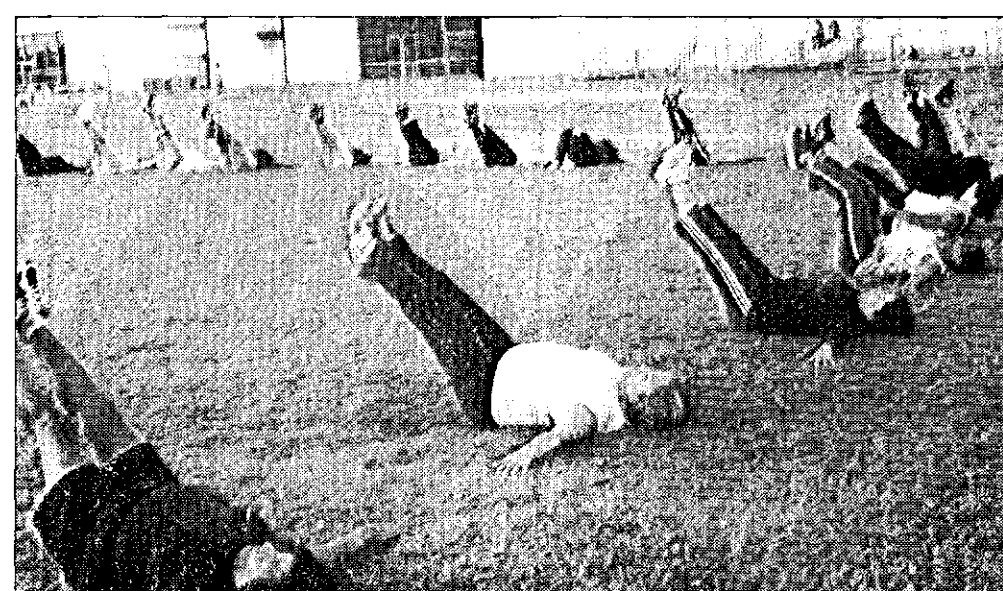
The Bellflower Kaiser Permanente Hospital funded the grant that was written by Nancy Montgomery, Coordinator of Student Health Services and fellow participant in Pound by Pound project.

According to The American College Health Association (ACHA), one-third of U.S. teens are physically unfit, 4 out of 10 male and 3 out of 10 female college students are overweight or obese. Inspired by the hit reality show "Biggest Loser," Pound by Pound has already lost some of its 'biggest.'

With roughly 267 participants, 252.2 pounds were lost within the first four weeks. The program concentrates on the 3P's-Proper Nutrition, Productive Training, and Positive Motivation.

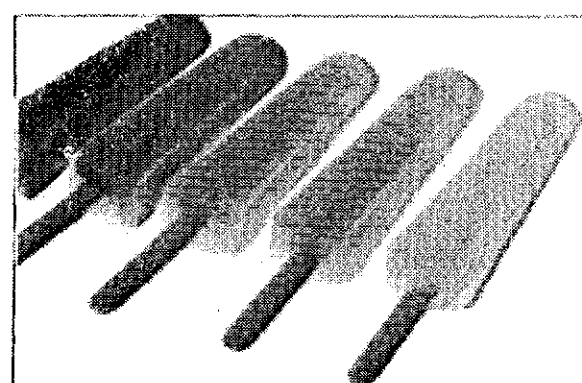
Two hired dietitians and support groups for behavior modification are offered, as well as a physical work out program ran by four P.E. teachers at Cerritos and a boot camp specialist.

See Pound by pound Page 2



MEGAN WINTERS/TM

Crunch time: Working out vigorously, members of Pound by Pound stick to their goal and work toward a better and healthier life.



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Alvarez wins best mocker at mock rally



Surf baby surf: Court reporting's mocker Aaron Alvarez danced and surfed his way to become the winner of the Homecoming mock rally at 11 a.m. on Thursday.

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The 2009 Mock Rally can be defined as fun, risqué, cultural and definitely hilarious.

It's part of the Homecoming event activities that the seven finalists must take part in.

They choose a mocker to mock them on stage at the rally, together they choose a song, and the day of the rally, it all comes together to be performed.

The mocker gets 45 seconds on stage to perform in front of the seven Homecoming candidates, students, faculty and seven judges.

June Romo, candidate No. 3, was asked before the show, "Are you ready?"

She replied with the biggest grin across her face pointing to both the backstage mockers and the audience, "Are they ready?"

On stage were 14 chairs soon-to-be filled, as each woman was announced, then followed by her mocker.

Candidate are as follows:

1. Tiffany Gaskin, BSU,
2. Monica Reyes, Court Reporting Club,
3. June Romo, independent,
4. Sana Khan, ASET,
5. Laura Castaneda, ISA,
6. Evie Mendoza, Student Veteran's Club, and
7. Suzette Vega, Phi Theta Kappa.

The seven judges sat at the tip of the catwalk. Amongst the seven judges was 2008's Homecoming Queen, Helen Peabody.

The mockers were not shy as the music played, the boys played as well.

The show kicked off with "Single Ladies" by Beyonce performed by Tiffany Gaskin's mocker. The crowd loved it, clapping and grooving to the music.

In the end, the judges could only choose one mocker to receive the winning title and a vegetable bouquet.

That title was given to candidate No. 2, Monica Reyes' mocker Aaron Alvarez, who very enthusiastically performed to "She's a Lady" by Tom Jones.



Shake that monkey: One of the mockers was given money by the audience as "she" went dancing down the walkway at the mock rally on Thursday.

CalWORKS still supports despite limited budget

JOSE MARTINEZ
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The California Community Colleges' CalWORKs Program is a state-funded program that assists current welfare recipients in achieving long-term self-sufficiency through the attainment of higher education.

This program focuses on providing CalWORKs students with special support services in order to assist with educational and career planning, in compliance with the Department of Public Social Services (DPSS) welfare-to-work requirements.

It has highly-skilled staff members that are willing to help in every way possible toward meeting your career and educational goals.

The Cerritos College CalWORKs Program provides:

- Orientation/application workshops - especially helpful for those returning to school after a long break,
- Open entry/open exit courses - enter at any time during the semester and leave when work is completed,
- Short-term courses and labs to assist in brushing up on skills,
- Cooperative education programs - get academic credit while working,
- Childcare is covered, whether on campus or off, for CalWORKs participants.

pants,

- Employment assistance - from job listings to résumé preparation and interview practice.
- Internships - on-the-job training,
- Work-study - learning to work while working to learn,
- On-campus childcare - Montessori and Early Learning Programs are available,
- Counseling - from educational plans to coping with life,
- Tutoring - the place to go for help before the going gets tough,
- ESL assistance - classes and tutoring available to assist students with limited English proficiency.

"This is a great program for a mother like me who is in need," said Alejandra Sandoval.

Sandoval is a mother of three and has been taking advantage of the program for four years now.

She stated that it helps out a lot, especially with childcare.

This program has provided her with childcare, transportation, money, and, most important of all, with an education.

When students are employed and are off cash aid, they may be eligible for the Career Advancement Program (CAP), which may

extend supportive services for one year, so long as the participants are working at least 32 hours per week in unsubsidized employment.

There is greater flexibility during this phase of the program. Students may apply for further training, or to work toward a degree or credits to transfer to a four-year institution.

The CAP is part of the post-employment phase of the CalWORKs program, which assists participants to advance in their field.

"I am a mother of a beautiful boy, have no job, and no money to either support my kid or go to school, but CalWORKs is changing all that in a great way by helping me with financial aid and getting me job training while getting units at the same time," stated Karina Jara.

"CalWORKs is very helpful in every meaningful way. If it wasn't for CalWORKs, I'm certain that I wouldn't be in school today."

For questions relating to the CalWORKs programs, contact the Coordinator of CalWORKs Services, Norma C. Rodriguez, M.A. at (562) 806-2451, Ext. 2358.

CalWORKS is very helpful in every meaningful way. If it wasn't for CalWORKS, I'm certain that I wouldn't be in school today.

Karina Jara
Cerritos student

ASCC: Members will journey

Continued from Page (1)

Other qualifications include that students must have completed at least five units in the Fall and have kept a 2.0 GPA through the semester.

Students can pay as soon as they have filled out the application and take it to Holly Bogdanovich, director of Student Activities, in the Student Activities Center.

If there is no more room available for anyone else, students can put themselves on the waiting list in case any occurrences happen in which students might have to drop out of the event.

Bogdanovich stated, "When applications are available, you want to get there and turn it in to me as soon as you can."

Also, the ASCC Cabinet was informed that there will be a Board of Trustees meeting on

Wednesday at 6 p.m.

ASCC Vice President Rosa Castaneda stated that this was the purpose of having a student government.

"It is to get students, staff and faculty into the committee and is why it pushes students. So that our voice can be heard."

On the Cabinet's agenda, the ASCC also mentioned that float building has started and will continue until Friday.

- Building hours will be:
- Monday from 3 p.m. to 10 p.m.,
- Tuesday and Thursday from 10 a.m. to 10 p.m. and
- Friday from 10 a.m. to noon.

Students who are available to help are encouraged to help with the floats, whether with a

club or not.

"Go out there and help out organizations out there that might need help," Bogdanovich explained.

The Cabinet also sets to inform students about upcoming events so that they can take part of the events Cerritos College has to offer:

- Homecoming Queen elections, which will be held on Wednesday and Thursday from 9 a.m. to 2 p.m. and 5 p.m. to 8 p.m. in the food court patio, Social Science patio and the Health Science walkway,
- Homecoming Day which will be held on Saturday and
- the food drive which will begin at 8:30 a.m. on Monday.

Pound by pound: Program instills confidence

Continued from Page (1)

Dr. Long Nguyen, P.E. and Health teacher at Cerritos is one of the instructors for the program. "We've had many people who have had great results, and if they stick with it, it'll only get better."

Requirements to stay in the program are two day workouts at school, three days at home, daily food journal of food intake, and weekly weigh-ins.

Member Priscilla Gonzalez, administration of justice major, explains her progress thus far, "Since we started this program it definitely

has gotten easier. We're all used to the routines and we now know what to expect."

All participants within the program receive free workout backpacks, water bottles, and mini nutritional books on eating right.

Committed members are awarded prizes for their success. Prizes such as yoga mats and yoga balls are given to encourage exercise outside of school.

Pound By Pound is a 16-week program that does not offer credit, but offers a healthier life style.

L.O.V.E.: Cerritos to continue loving children

Continued from Page (1)

With unemployment rates as high as 80 percent on these reservations, many of these children will receive nothing for Christmas and will rely heavily on Project L.O.V.E. for any type of gift.

With roughly 120 kids enrolled at the Little Singer Community School, all help is needed as this program is purely voluntary and is not bank-rolled by any organization.

Burns stated, "We don't

go around the school asking for help, it's merely a program where faculty, students and staff give out of the kindness of their heart."

Many students on campus, however, are unaware of this program such as biochemistry major Minn Rodriguez who said, "That sounds like a wonderful program, but I had no clue we had something like that on campus."

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Artist 'splint-paints' to keep dream alive



Painting his dreams: Jose Moreno won't let his disability stop him from fulfilling his dream of being an artist.

JUAN RAMOS/IM

GUSTAVO RANGEL
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Art knows no bounds.

Just ask Jose Moreno, arts major, who suffered a tragic automobile accident 20 years ago while driving home from work.

"I worked for Wonderbread for nine years, and one day while coming home from work, I was involved in an automobile accident, and it changed my life completely," Moreno said.

He then went to Los Ranchos Amigos for therapy, and support.

Every year, Los Ranchos Amigos has an art show, and Moreno had attended one year and realized he wanted to give it a shot.

"I was always fascinated by it, and one day I tried it, and I've been painting for three years," Moreno said.

Moreno, being a paraplegic cannot properly use his hand, so he was given a splint to help him hold the brush.

"This is the way I hold my brush. Without it, I can't," he explained.

Despite his disability, and the doubtful words of some, he rose from a beginner using graphite pencils to a skilled artist, using oils.

"If I had started off with oils, I probably would have quit. It takes a lot of patience, it gets a little better, and I can see from the results from when I started."

The years of art have changed his life completely.

"I can see the different shades of colors, I never paid attention before, but now I can see the colors, and I stop and look."

But not all were so discouraging. Moreno had much inspiration from the help of his family.

"Family is the most important thing, it helped me a lot. It is always there for me, with the help of my three sisters, it's getting easier. With my family I have confidence."

Moreno will be the star of the upcoming art show on Los Ranchos Amigos this year, and a painting of his has been featured in the cover of a magazine. He is thrilled that he was featured on the front page of the magazine.

"It feels good, that real artists look at my work."

Like all artists Moreno has a form of inspiration, and his is the art originating from Mexico, he also puts his heart and soul into every creation he makes.

"I like more landscaping, and Mexican art, and I also like to add humor in my art."

Since he started painting he has been inspiring other paraplegics.

"A lot of guys in a wheelchair think life is over."

He loves the feeling of being someone people look up to.

"It's good I mean I don't want to say I'm a role model, but I can

change peoples lives by talking to them."

Jose Moreno plans to get his AA in art, and continue painting.

"This is going to stay with me the rest of my life," he added.

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MC1

Take your imagination to 'Where the Wild Things Are'

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"Let the wild rumpus start!" yells Max, a troubled 8-year-old, struggling to make life seem normal in this soon-to-be-classic movie by Spike Jonze.

"Where the Wild Things Are" is a great film that breaks the common mold of animation, and gives you the story about childhood, rather than a children's movie.

Adapted from the classic children's book of the same name, "Wild 'Things" has a little bit of everything in it.

From the opening scenes, the viewer is taken through an emotional rollercoaster through the eyes of Max, and we feel his pain and his need to be free in his own world.

Once he embarks on his journey to where

the wild things are, we get a whole new set of adventures.

There seems to be no end to how creative the movie can get, and with all the action sequences and witty dialogue, it's hard not to like this movie.

Movie Review

Where The Wild Things Are

Starring: Max Record
Director: Spike Jonze
Rating: ★★★★★

The movie gives a little extra than the book; the wild things have the ability to talk and have individual characters that make their plots and stories much more fascinating than thought possible.

Toward the end, the movie gets emotional and can even cause tears

to fall from emotional people's eyes.

There is a sense of innocence and the need to be free coming from this movie, and when you see the way it's filmed, you will be caught up in a wild rumpus of your own imagination.

• EDITORIAL •

Is Swine still on your mind?

Put your masks on, bring out your latex gloves, put on some protective goggles and while you're at it wrap yourself up in cellophane and stop breathing if you want to live.

The H1N1 Virus, commonly known as the Swine Flu, is here and it's coming for you.

Scared much? Relax, so are a lot of people, but there's no need to panic.

It's scary, but you don't exactly have to be wearing Kleenex boxes on your feet.

The steps to preventing the spread of the Swine Flu aren't exactly rocket science, yet there are still many people who are overly paranoid and overreacting to the pandemic.

It's simple. Wash your hands, cover your nose when you sneeze with your sleeve not your hands, and stay home if you're sick.

This is really something everyone should be doing on a regular basis anyway. Good hygiene goes a long way when it comes to disease control.

Suiting up in protective armor isn't really going to help you and neither is hyping up the Swine Flu.

It just freaks people out.

Don't panic, get informed, and practice proper hygiene.

If you need more assurance, the Student Health Services center will be offering the Swine Flu vaccine as soon as it is made accessible.



ILLUSTRATION BY MOSES LOPEZ



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.

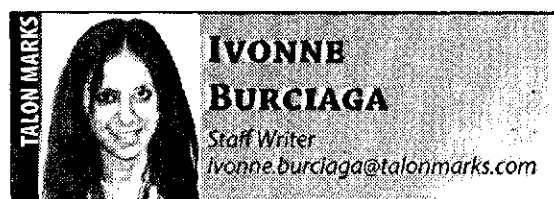
Bandwagon fans are not welcome

It's pathetic that some people don't understand the game, yet they represent a team like they do.

It's always the same. The "followers" jump in with the rest of the "leaders" at the best part of a ride.

Of course, that is an analogy, sort of. People can't jump in, during the middle of a ride, but anyway, you know what and who I'm talking about people who jump in on the bandwagon.

When everything is good and every-



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one is talking, watching and doing what's cool, the followers get the last-minute wake-up call and pretend they were in on it the whole time.

The worst come out during sports finals, and those would be the obnoxious loud people.

I am all for support toward teams I am fans of, but to all of sudden see packed bars during post-season and not be able to get the table I've been sitting

at throughout the regular season is my biggest pet peeve.

October is an anxiety month for me. To see many followers get in on baseball doesn't help.

It is also pathetic that some people don't even understand the game, yet they represent a team like they understand.

Posers, that's what comes to mind.

It is also sad to see those people fighting over their "teams."

I went to an Angels vs. Red Sox game during post-season, and the people behind me were "die-hard" Boston fans.

They kept throwing words back and forth with Angels fans and they were finally ridiculed by another Boston fan.

The Boston woman, who is a season-holder at Angels stadium because her husband is an Angels fan, asked "die-hards" about the regular Red Sox season, and that's when it became really clear they were followers and just wanted in on the post-season action.

Like I said, I am all for the support of my team, but if you're really going to try and fool people into thinking you're a true fan, at least do some research, understand the game, the standings and buy a team shirt.

The least you can do is go to a regular season game. Then, you wouldn't be the follower. You'd just be a lousy fan, but it's better than a poser.

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What are your thoughts on FarmVille?

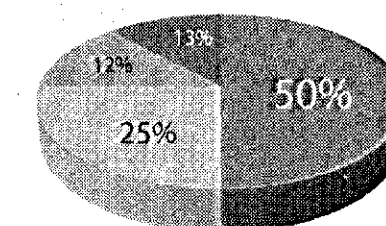
- I play it all the time!
- I don't mind it. It's a game like any other game.
- I hate that waste of time.

Last Week's Poll

Vote online at talonmarks.com

How do you feel about H1N1 (swine flu)?

- I'm scared 50%
- Just an everyday flu 25%
- It doesn't matter 13%
- I never get sick 12%



TALON MARKS



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Free Speech Zone?

What are you doing to protect yourself from H1N1?

COMPILED BY: GUSTAVO RANGEL
PHOTOS BY: JUAN RAMOS

ART CATANO
English major

"I stay away from sick people, I'm a compulsive washer of hand."



BYRON BARAHONA
polisci major

"Washing my hands a lot and hand sanitizer, don't grab the knob."



STEVEN GONZALES
undecided major

"Nothing yet. I'm not really worried, but I might go in to get the vaccine though."



TANYA ZOGREIN
child dev major

"I work at a preschool and we teach them to take care of their bodies."



KATHERINE CALDERON
nursing major

"I'm just being careful in what I use, I like my things clean."



MARTHA RAMIREZ
crim justice major

"Not sharing drinks and washing my hands, being careful and safe"



Facebook's FarmVille, the new online addiction

Obviously FarmVille is just a fad that will eventually go away.

Part from following the bizarre story of the "balloon boy" and keeping up with the overload of assignments that come with the midterm time, something else has been keeping me busy. Yes, it is FarmVille.

I haven't been wasting away my time playing FarmVille and making friends on it. Instead, for the past few days I've been trying to find out what exactly FarmVille is and why people are addicted to it.

FarmVille is a popular application on Facebook that allows users to buy virtual land for farming and grow all sorts of crops on it.

The popularity of this game is evident by the number of people who log in everyday to work on their farm and buy virtual goods, all to move up in the ranking.

According to Appdata.com, a Web site that tracks application activity on Facebook, FarmVille has about 60 million active users monthly as of now, making it the most used application on Facebook.

It is unbelievable to see housewives use FarmVille to unwind after putting the kids to bed and cleaning up the kitchen.

Frankly, the real reason for researching about FarmVille is that I am quite tired from all those updates on my Facebook page about my friends' activity on FarmVille.

The frequency of such updates just shows how people are wasting



away their time and appreciating a virtual life over reality.

At this point, I am pretty sure that I must have lost several of my readers. However, I do not intend to offend anyone. I don't mind if people waste all their time on FarmVille and consider it the highlight of their day.

But please, do not flood my Facebook page with your FarmVille updates because I really don't care if you found a lonely pink cow on your farm, or just attained the level of a Farming Wizard.

There is an option for FarmVille users not to publish their activity on Facebook, but sadly, it is pretty much ignored.

I suppose people feel a certain sense of pride when they receive a ribbon or move up a rank. But do these people actually think about the kind of impression they are leaving on others?

Alas, it doesn't stop there. People are getting addicted to it and are skipping out on the whole socialization process that is a part of reality.

FarmVille users would rather spend their whole day planting virtual crops on their land and helping their neighboring farmers, than talk to "real" people.

FarmVille is so addictive because it has been designed that way, making it impossible for the us-

ers to get away from tending their crops. Ahem, virtual crops.

If only people spend the same amount of time planting real crops and improving their gardening skills, then they'd actually contribute in making this world a greener place.

Obviously FarmVille is just a fad that will eventually go away. While I do hope that time is in the near future, I am also aware that some other application will replace FarmVille and people will start raving about that.

The point in consideration is that it is not specifically FarmVille that is creating a problem; it is the overuse and exploitation of such online applications that lead to social problems and irritable behavior in individuals.

Being addicted to such applications is the same as being addicted to smoking. When a smoker is not able to light a cigarette, he or she gets restless.

Therefore it is my humble advice to all the FarmVille users out there that the next time you are watching over your crops and buying virtual decorations for your farm, just remember that you are actually contributing to the profits of a company, and more importantly, you are opting for a virtual, nonexistent life over your real life.

Look around you, maybe there are friends and family that need you more than FarmVille does.

GIRLS AND SPORTS



BREWSTER ROCKIT



Welcome to Falling Rock National Park by Kid Shay

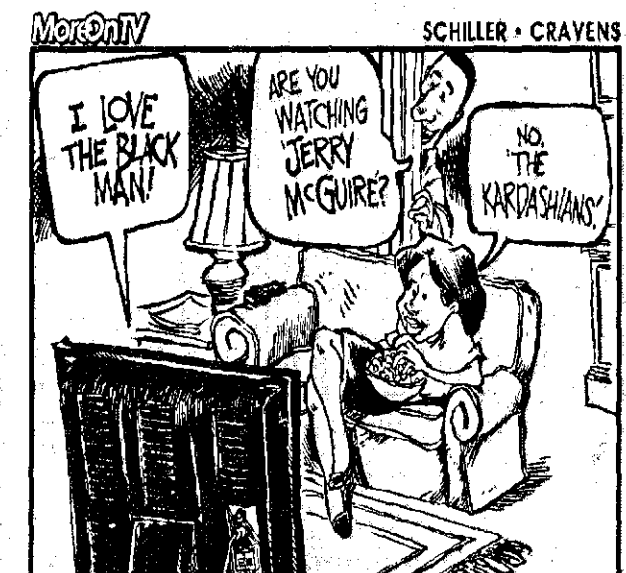
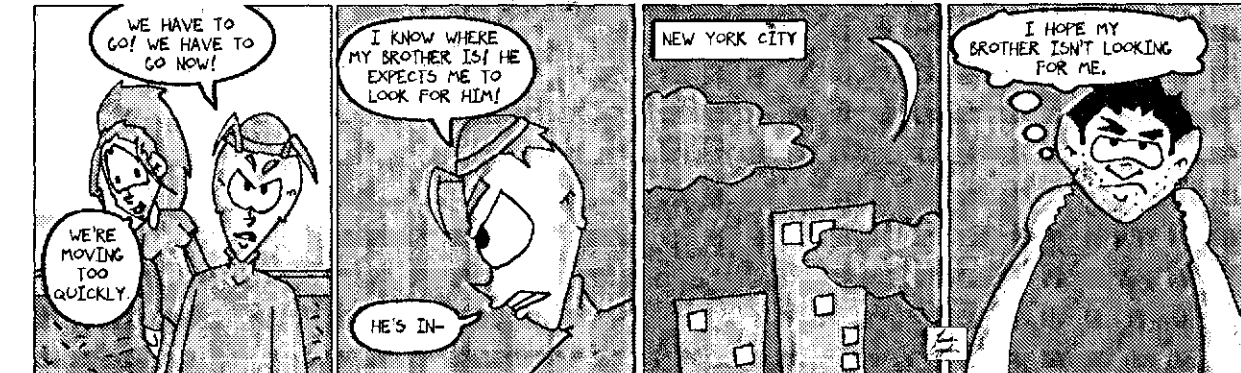


Calamities of Nature by Tony Piro



ZERO

by LOUIS COPPOLA



"Just wait until all the sugar cooks out of the children!"

© 2009 Jay Schiller & Greg Cravens

Melodious sounds for the mind, body and soul cleansed by music

Music has helped me get through some tough times.

People listen to music for different reasons.

Music can help relax the mind, the body and perhaps even the soul.

What sounds hardcore to one person may very well be what relaxes another.

Some people listen to slow, soft music to relax.

Others may listen to heavy metal.

Music is a part of everyone, from the nursery rhymes we sing to our children to the praises we sing in church.

Music not only relaxes, but it enriches the mind.



After listening to a soft love ballad, one might be inspired to write a short romance story.

Some people may find that music influences them to do something they would not normally do.

Music also helps to provide a boost to get a person through the day.

Many people listen to an iPod or a Zune while jogging or exercising.

The effects of music can be beneficial to a person.

Stress is something we all deal with, and it comes in many forms.

From college exams to dealing with your own family issues, stress

is common.

Music can help the listener to relax and unwind after a long day at work or college.

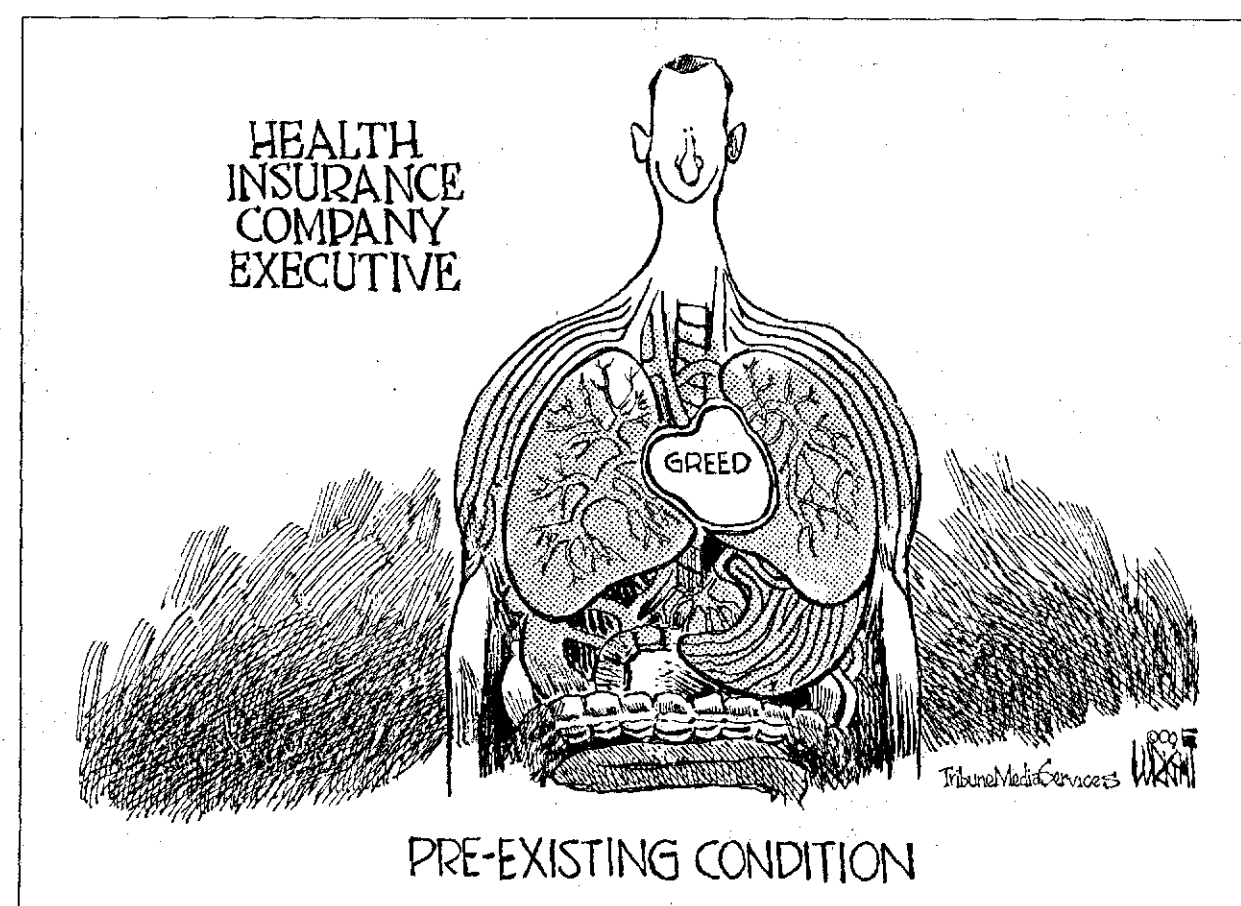
Music is a part of all of us, and has been since the earliest times of humanity.

Embrace it, accept it and it will not only help you relax and unwind, but it may just awaken something within you.

Music has helped some of the best writers produce their novels.

Music has helped us for generations, and will continue to serve us for years to come.

Music has helped me get through some tough times and has inspired me to write some of my finest works.



AT A GLANCE

Wednesday

Water Polo
Women vs. Long Beach 3 p.m.
Men vs. Long Beach 4:15 p.m.

Volleyball
@ L.A. Trade-Tech 7 p.m.

Wrestling
Vs. Santa Ana 7 p.m.

Friday

Soccer
Men vs. Mt. San Antonio 2 p.m.
Women vs. Mt. San Antonio 4 p.m.

Water Polo
Men - Golden West Tournament

Saturday

Water Polo
Men - Golden West Tournament

Football
Vs. Riverside 7 p.m. (Homecoming)

Tuesday

Soccer
Men @ Pasadena 2 p.m.
Women @ Pasadena 4 p.m.

RESULTS

Last Wed. 10/14

Water Polo
Men vs. L.A. Trade-Tech W 16-6
Women vs. L.A. Trade-Tech W 18-0

Volleyball
@ Mt. SAC L 25-13, 21-25, 22-25, 14-25

Last Thurs. 10/15

Water Polo
Men @ Ventura L 7-8

Last Fri. 10/16

Water Polo
Men vs. Sierra W 9-3
Men vs. San Joaquin Delta W 15-8
Women vs. Citrus W 15-4
Women vs. Rio Hondo W 15-0

Soccer
Men @ Long Beach W 3-0
Women @ Long Beach W 3-0

Volleyball
Vs. Pasadena L 22-25, 21-25, 14-25

Last Sat. 10/17

Water Polo
Men vs. Santa Rosa L 5-10
Men vs. Cabrillo W 10-6
Women vs. Chaffey W 18-9
Women vs. Orange Coast W 9-4

Wrestling
@ Southern Regional Duals

Cross Country
Men @ So. Cal. Preview Meet, 8th place
Women @ So. Cal. Preview Meet, 5th place

Falcons shut down Trade-Tech

MARK MURRAY
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The women's water polo team broke in the new Cerritos Aquatic Center in style on Oct. 14, when it beat LA Trade Tech, 18-0.

Ten different players scored for the Falcons, led by Melinda Guevara and Nicole Tuning who scored three goals each.

Cerritos, now 5-0 in conference and 20-1 overall, take on rivals Long Beach Wednesday in a rematch of last year's state championship game that coach Sergio Macias is looking forward to.

He believes the match against Long Beach will be a great opportunity for his team to truly break in the new pool.

"We will get a better feel for what it's like [playing at home] on Wednesday," he said. [Long Beach] is a good team, and we may face them three or four times this year, so it's an important game for us."

In the mean time, the game against LA Trade-Tech was a prime opportunity for Cerritos to fine-tune its skills.

The Falcons jumped out to an early lead when Guevara spun her defender and walked the ball in to score on the first play of the game.

It was smooth sailing from there on out, as Cerritos expanded its lead to 5-0 by the end of the first quarter courtesy of goals from Kristen Rivas, Kristina Zalewski and Tuning.

Freshman Jenel Lopez scored twice and Amber Smith added one more to make it 8-0 at the half.

The Monarchs, undermanned with only nine field players, fought hard to stay in the game, but were no match for the defending state champions going into the second half.



Water Polo: Freshman Ashley Arambula (19) looks to score in the shut out victory versus LA Trade-Tech.

MICHAEL AGUDO/TM

The third quarter saw two goals from Tuning along with one each from Ashley Arambula, Brittini Kimura, Zalewski, and Andrea Garcia, who also recorded four assists.

Cerritos ended the match by scoring another four goals in the last quarter. Guevara, Rivas and Arambula each added one more to their total, while Jessica Ku scored as well.

In a game that was less than competitive from the start, Cerritos had the familiar

task of using the match to improve itself in certain areas more than score goals.

"We tried to focus on countering hard, getting into a half-court set up and feeding the ball into the center," Macias explained.

I just remind (the players) that they're out there to perfect their skills, and that they have to play at a high level regardless of what team they're playing."

Overall, Macias was happy with the performance of his squad, especially the second unit.

"There were some girls that got to play today that don't usually get in as much, and they did great. The girls that played made the most of it, and that's all I can ask of them," he said.

Defensively, Smith, Guevara and Arambula came up with three steals apiece to help limit Trade-Tech's offensive chances.

The Monarchs did manage to produce five shots on goal, all of which were easily handled by goalkeepers Miranda Bakke and Melissa Cedarholm.

Volleyball sweeps LA City with little effort

SOBUKWE RAMSEY
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In the past week, Falcon volleyball has had the opportunity to learn a lot about its team and build upon those lessons as each game passes.

A week ago, the team traveled to Mt. San Antonio College, where it had the opportunity to tie for third place in conference play with the Mounties.

After playing a strong and competitive first match, Cerritos folded and showed its lack of experience.

The Falcons won that first match, 25-13, but ended up being swept the rest of the game, resulting in the second loss in a row for Cerritos.

"That loss to Mt. San Antonio sent a strong message to our team," stated freshman Sarah Rodriguez who finished Friday night's game against LA City with five kills.

The Falcons swept LA City with scores of 25-17, 25-6, and 25-8 to become 5-3 in conference play with an overall record of 8-5.

In that Mt. SAC game last Wednesday, Cerritos showed strong defense and blocking at the net, which has been a concern for coach Teresa Ortega all of this season as well as the last season.

"We played strong and confident in that first match, but our energy level dropped and we weren't able to regain that focus," Ortega said.

However, Friday's game proved to be a lesson well-learned as the Falcons did not let up on LA City, serving the ball well, staying aggressive and staying strong defensively.

Freshman Hannah Johnson had a career-high seven service aces and sophomore Sarah Naranjo tallied 11 kills in the LA City game.

Naranjo has been a bright spot for the Falcons this season, and she tallied 20 kills and 19 digs in the Mt. SAC loss as well.

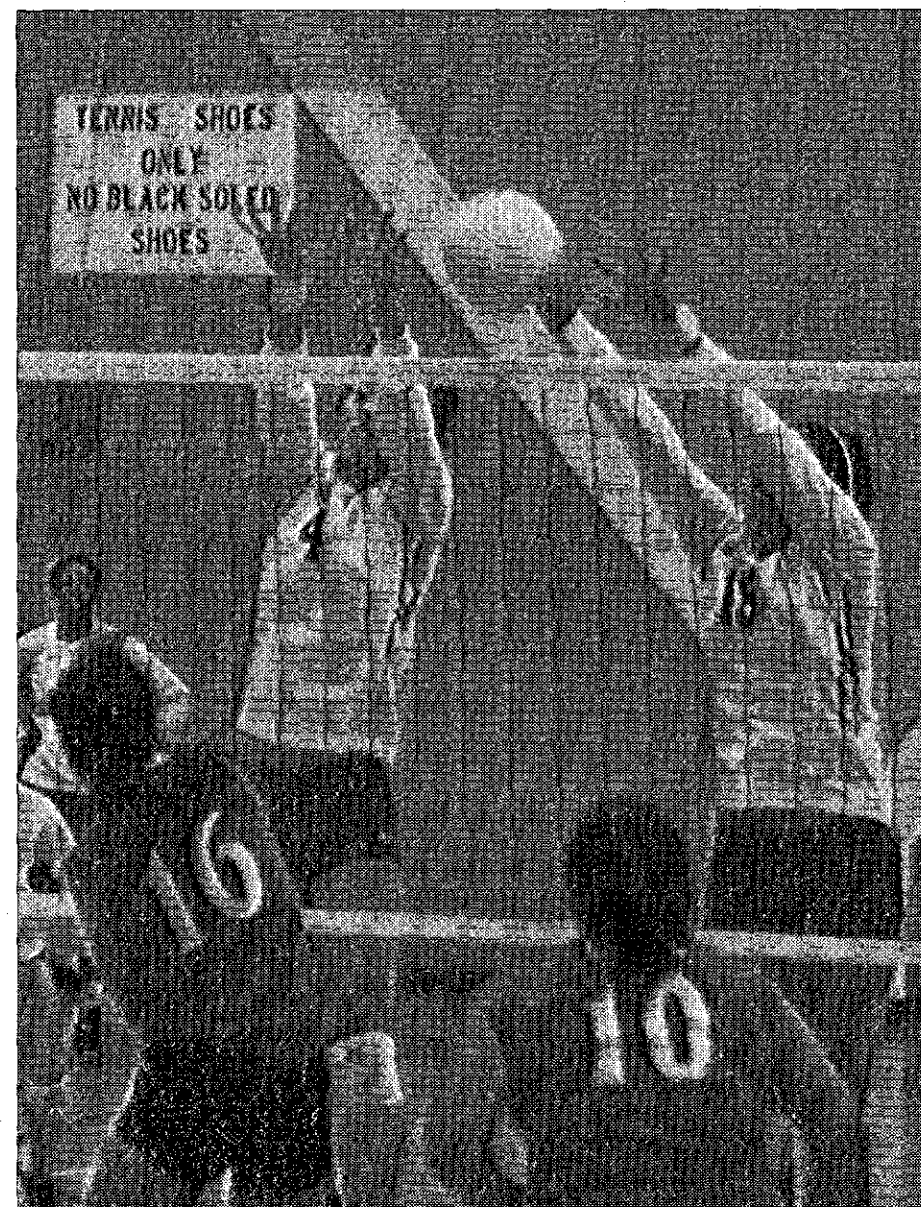
Freshman Johanna Tope made note that the team's energy and aggressiveness are the strongest characteristics for the Falcons, but she also said that improvements the team must make start with serving as well as blocking.

Tope said, "Mt. SAC just challenged us much more."

Cerritos volleyball will look to improve upon its play when the team travels to LA Trade-Tech Wednesday.

On Sept. 28, Cerritos handled Trade-Tech fairly easily in straight sets (25-14, 25-10, 28-26) and was able to rest its starters the majority of the game.

The Falcons will look for that same stability from their bench in the rematch.



Volleyball: Sarah Naranjo (15) and Yawen Zahn (4) go for a block against LA City on Friday.

MICHAEL AGUDO/TM

Cerritos teams up with Side-Out

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The Side-Out Foundation, which supports the efforts regarding the research for breast cancer among women and men, has put together a rally named "Dig Pink".

Held all of October, the rally focuses on gaining funds and awareness for breast cancer by giving hundreds, and hopefully thousands of high schools and colleges the opportunity to give something to the cause.

Cerritos Volleyball will be a participant in the Dig Pink cause and will host rival Long Beach City College on Oct. 28. Proceeds earned will be distributed amongst researchers focused on cures and therapies for breast cancer.

Coach Teresa Ortega took the Dig Pink Rally as a personal challenge and said "although I started to

promote the rally late, its something I will continue for years to come."

Ortega also expects a nice turnout not only for the breast cancer support but because the 28th is the last home game of the breast cancer month.

Just like Ortega, other schools are able to participate in the fight against cancer by going on the Side-Out foundation Web site and requesting a form for a coach to fill out and return.

While speaking with the foundation's strategic team coordinator, Nila Straka who, is a cancer survivor and former volleyball coach at Georgetown University, she mentioned that individuals can also start their own web page for promoting awareness and that way donations can be made with the convenience of a card payment.

The Side-Out Foundation hopes to raise funds of about \$1,000,000,

create a Side-Out tumor bank and recruit about 3,000 teams to participate.

Sponsors from CarMax to the NBA Washington Wizards have done their part in the fight and the Side-Out fight started about five years ago by founder Rick Dunetz.

Dunetz is now a high school volleyball coach in North Virginia at Annadale High School.

Coach Ortega has friends that had or are going through breast cancer and says, "I plan on getting a much earlier start on the promotion of the foundation and will try and get the other sports on campus to participate as well."

"My players of the past and present have known people with breast cancer and it can hit any one of our families at any time." With that said she understands the importance of spreading awareness.

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