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Cerritos students celebrate Mexico's independence



Celebrate: The Mexican Bicentennial celebration was held in Falcon Square last Thursday.

JIMMY TURNER/TM

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The PUENTE Club and the Chicanos and Latinos for Community Medicine Club held a fundraiser during a celebration of the bicentennial of Mexico's independence in Falcon Square last Thursday.

History professor Walter Fernandez delivered a speech at the Falcon Square stage about the significance of the Grito de Dolores (Cry of Dolores), the message by revolutionary priest Miguel Hidalgo on Sept. 15, 1810, in which he declared "death to bad government."

Rusty Kennedy, music major, looked forward to the festivities.

"Not being Mexican, it doesn't really mean as much to me," Kennedy said, "[but] I still think it's important, because you're in Southern California which is pretty much Mexico."

Natasha Majano and Pablo Harnadez, co-presidents of PUENTE, recited one account of the Grito in English and then Professor Fernandez followed it up with a second interpretation, a Spanish version of Hidalgo's speech.

"We're celebrating the [Grito de la Independencia], which is just like a 4th of July for Mexico, celebrating the 200 years of independence from Spain," said Harnadez, a history major.

PUENTE sold burritos and

horchata while Chicanos and Latinos for Community Medicine, also known as CCM, sold fruit bowls, churros and other refreshments.

Graciela Vasquez, an advisor for CCM, outlined the group's purpose, saying, "[CCM] is an organization to support students that are interested in going into health professions, and so they have academic support, social support and just networking, so they can get through the program."

"A big part of it is community service. So they like to tie their health profession with the issues in the community."

Benjamin Reyes, secretary and director of community service for CCM, explained the need for a

fundraiser.

"Unfortunately, [the medical conferences], are really pricey, so all the fundraisers we pretty much are going to do from today all the way to December are just to prep us for one particular medical conference, which is Summa.

"Summa is in San Francisco. So once you pay for transportation, once you pay for hotels - it's a three-day event so as you can imagine it comes out pretty pricey," Reyes said.

Harnadez emphasized that PUENTE, which means bridge in Spanish, is not limited to Hispanics.

"It's not necessarily for Hispanics," Harnadez said, "it's a mixture of all minorities, [and we're] trying to get them to the next level."

Disabled students helped with books

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Cerritos College students with print-related disabilities have been granted admission into the AccessText Network, an online database which helps cut down tremendously on lengthy translations into alternative media.

The AccessText Network is a service that utilizes technology to quickly deliver textbooks in an electronic format, making the text easier to use and providing equal access for all students.

The program is directed at students with print-related disabilities such as blindness, low-vision or upper body limitations that make it difficult to turn the page.

Recently, the Alternative Text Production Center, a grant-funded program, acquired a membership so that every community college in the state can provide its students with proper resources.

Tim Kyllingstad, assistive technology alternative media specialist, said that the introduction of ATN will save a lot of time.

"Any one of the 112 community colleges can go to the ATPC and request a book. If the ATPC goes out and sees that [the book is] on the ATN, then it can get it from the ATN in a matter of under 24 hours, which is a really good turnaround," Kyllingstad said.

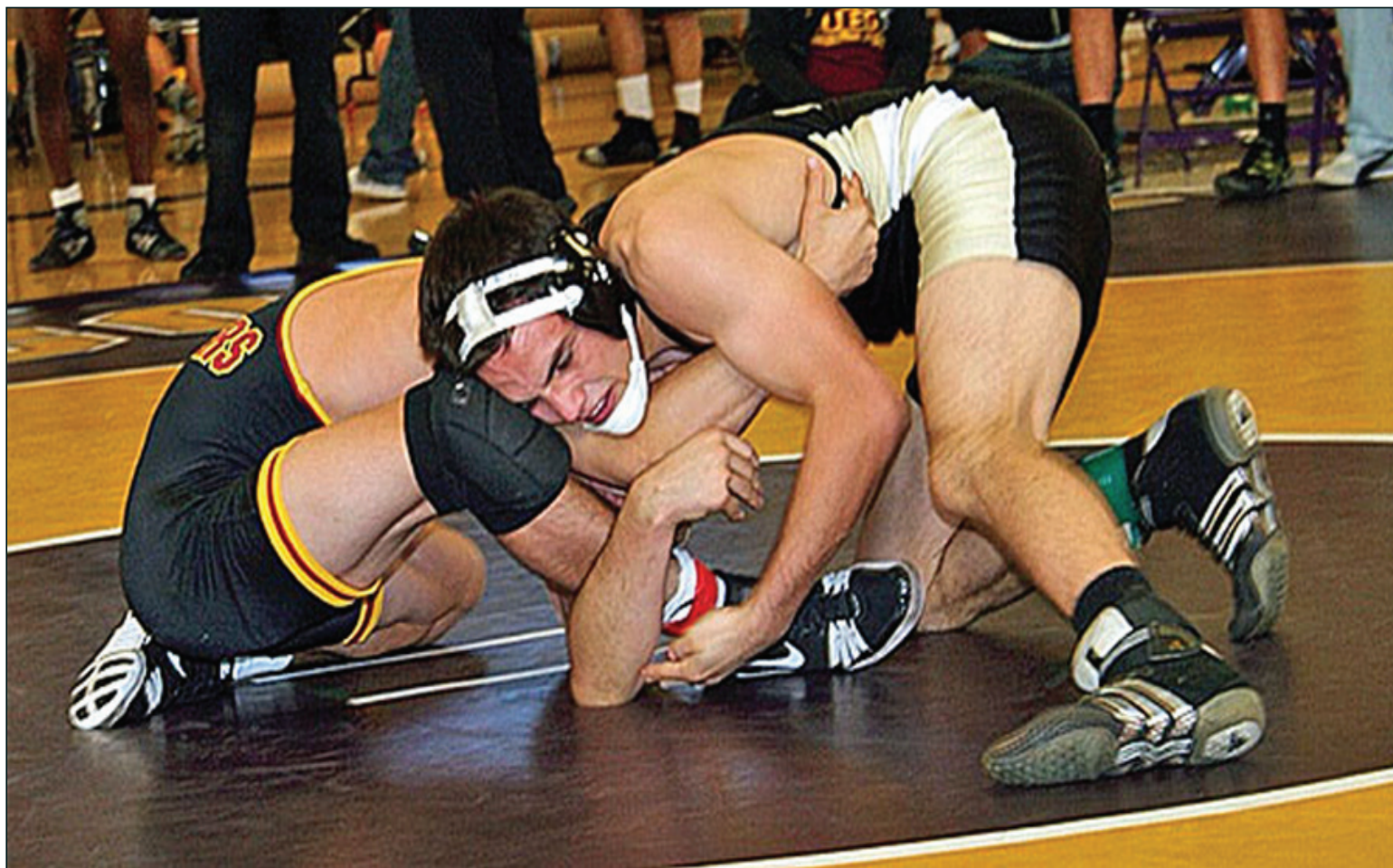
The program, according to Kyllingstad, is much faster than Cerritos College physically translating the textbook, a process consisting of removing the spine, running the entire book through a scanner, and then rebinding the book after the text is translated into an alternative media.

Alternative media include electronic braille files, captioning and synthetic voices.

Judi Holmes, faculty specialist and associate professor, said,

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CAUSE OF DEATH IS STILL UNKNOWN



Cause of death unknown: Rio Hondo wrestler Jesse Cruz was ranked fifth in the state in the 145-pound weight class. After being pinned Saturday, he became unconscious and was transferred to an area hospital where he was pronounced dead.

COURTESY OF RIO HONDO COLLEGE

Student dies on the mat

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A twenty-year-old Rio Hondo College Wrestling Team captain, who was rated fifth-best in the state died Saturday at a wrestling tournament at Mount San Antonio College.

Rio Hondo's Jesse Cruz and Cody Bollinger from Cerritos were wrestling when, in the third round, Cruz was pinned down and did not get up.

Soon after, he was unable to respond and was treated and given CPR by Mt. SAC's athletic trainer and paramedics.

The Los Angeles Sheriff's Department was notified about the incident at 11:33 a.m.. He was transported by paramedics to San Dimas Community Hospital, where he was officially pronounced dead at 12:20 p.m.

Rick Silva, a close friend of Cruz, said, "We love Jesse more than

words can say. Jesse Cruz was, and will always be, a special person in the lives of all he touched. He was all things that a parent and family could ask for and all the things that a friend needs.

"Our hearts are broken for now, but I know that the good Lord removes his own first, and one day we will be together again," Silva added.

Soon after Cruz's death, the Cruz family said in a statement, "Thank you for your thoughts and prayers. Jesse is an amazing young man who will be greatly missed by his family and friends."

Rio Hondo College President Ted Martinez, Jr. said in a written statement, "Cruz was in his second year with the wrestling team."

In 2008, Cruz was ranked fifth in the state in the 145-pound weight class.

School officials stated, "Jesse was the epitome of the ideal student athlete, but in addition to being an excellent student who maintained a high GPA, he was the All-American captain of the Rio Hondo College Wrestling Team and a superb leader."

Before attending Rio Hondo College, Cruz attended Northview High School in Covina.

Cruz's high school coach, David Ochoa, said in a statement, "Jesse Cruz was everything

you could ask for in a student athlete. With all of his personal success, he remained the same humble young man who dedicated himself to giving back to others.

"Jesse was loved as both a youth and a high school coach. He was all about the good things in athletics."

Even though the death was initially reported to the coroner's investigators as natural, the reason of his death is unknown.

The coroner that examined Jesse's body said in a statement they "should have the result of his death this week."

Grief counselors are expected to be available at the school in the coming days," Martinez said.

Donations may be made at any Wells Fargo Bank with the account number 1865405672



Jesse Cruz

College paper put on hold

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Southwestern College's student newspaper, The Southwestern College Sun, which is located in San Diego Co., has been forced to stop the publication of its first issue due to what the school's administration is calling, "standard business practices."

What the school is referring to is a policy that is being directed at the Journalism Department that has been in place since 1990, focusing on the department's practices for its printing needs.

The policy states that the department must put its printing needs to a bidding process, awarding the newspaper's services to the lowest bidder.

According to Southwestern Community and Governmental Relations Officer Chris Bender, the policy was made in the best interests of the taxpayers.

"The process is in place to protect the taxpayers and make sure they're getting the best value for their dollars," Bender said.

However, he also stated that this process is implemented school-wide.

"That's the same process that every other department on campus is subject to; it's not just for the college newspaper."

"It was unfortunately found that the newspaper, maybe by no fault of its own, was not in compliance with that particular policy."

Bender went on to say that the administration is working hard to find a way for the Sun to return to its print edition.

The Sun's staff, however, sees this move as a violation of its First Amendment rights.

Editor-in-Chief Diana Inocencio claims that the newspaper was threatened with a cease-and-desist letter from the school, and it was suggested to stop printing if the

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1

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CERRITOS COLLEGE News BRIEFS

Anti-abortion group visits Cerritos

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Survivors, an anti-abortion group, set up stands around campus on Tuesday informing students about the effects of abortion.

Members of the group handed out flyers and tabloids with various nationwide abortion statistics.

Campus Outreach Director Kristina Garza said, "We go to college campuses to educate about abortion in the hopes that people will realize what abortion does to babies and to women and that, hopefully, they'll choose life."

Faculty discusses new logo change

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Members of the Coordinating Committee discussed possible revisions to the college logo during the Aug. 30 committee meeting.

Modifications to the current college logo will potentially take place "in a couple more years," according to Director of Public and Government Relations Mark Wallace.

The current college logo was designed by Kelly Kwan, graphic artist for the school, and was approved by the college president in 2007 to appear on "all marketing and promotional publications," according to the school's website.

Library Club sells books for all ages

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The Library Club held a two-day book sale near the front of the north entrance of the Learning Resource Center from 9 a.m. to 1 p.m. last Monday and Tuesday.

Children's books were sold for 50 cents, while others, including textbooks, cost anywhere from \$1-\$3.

Liana Ochoa, the event coordinator for the Library Club, said, "We were actually selling math books. There were pre-algebra books, history books, any kind of books [and] stories, you name it."

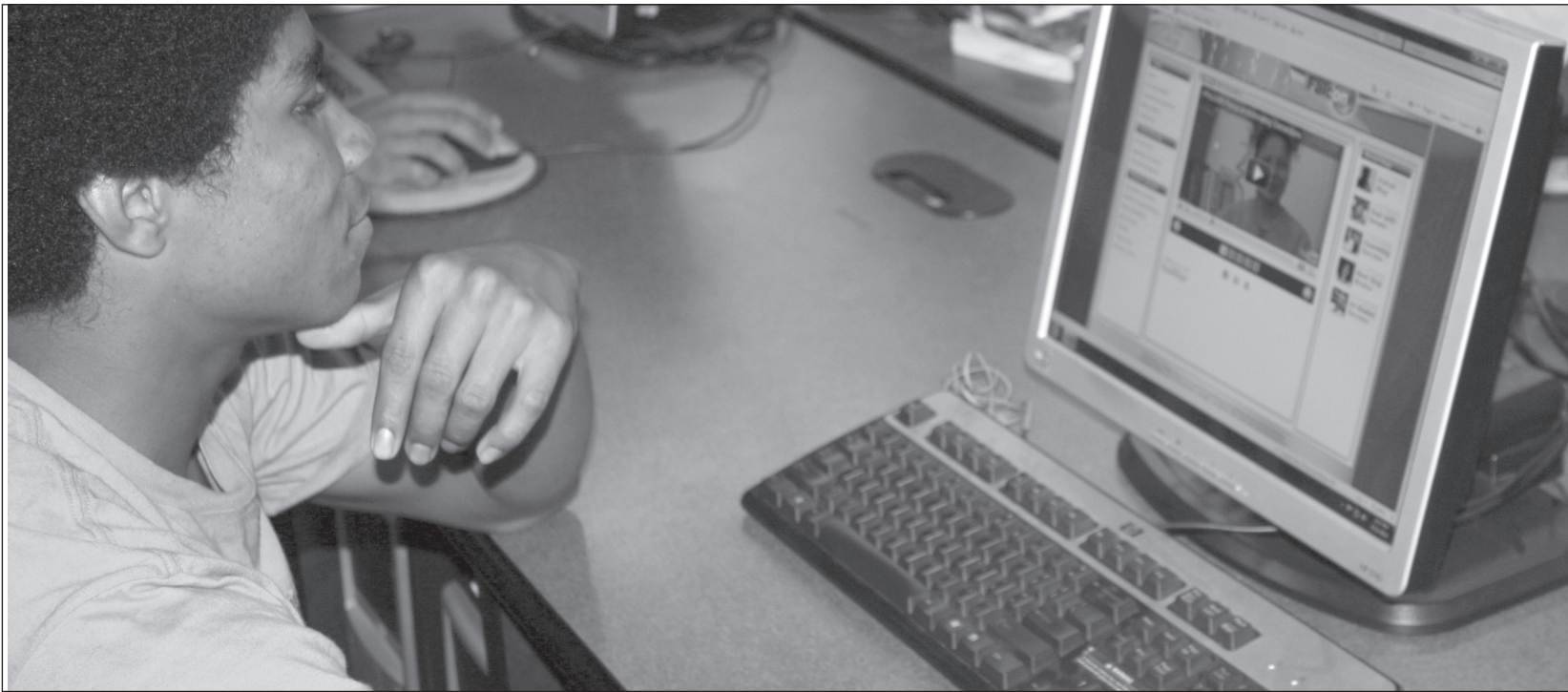
Police discover gas leak on campus

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A gas leak was discovered in the Physical Science Building last Thursday.

According to Chief of Police Richard Bukowiecki, the leak came from a leaky pipe in one of the building's classrooms, causing Campus Police to evacuate all the classes in the building.

Twenty minutes after the classes were evacuated, Campus Police allowed classes to resume after closing the pipe.



Logging in: Engineering major Aaron Kooppe enters the new iFalcon website in the Cerritos Computer lab. According to Dean of Humanities of Social Sciences Bryan Reece, the reason behind the remodel was so students are "not looking for a 'dead' website."

iFALCON gets rebooted

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The launch of the improved iFALCON website saw a little under 1,000 hits its first day. With over a million hits since its launch last Monday, the site is now in full swing.

Changes made to the site include a new, more intuitive design that more closely resembles the Cerritos College homepage and added a page dedicated to faculty and staff.

Reasons for the changes "came out of student desire to see a website that was cleaner, easier to navigate and more accurately reflected the college webpage," according to Stephen Clifford, English professor and co-coordinator of the iFALCON academic success campaign.

Ty Boman, web administrator, and Samuel Chavez, program assistant I in the college's Web Administration, did the heavy lifting on this project.

"After redesigning the [college's] homepage, students said how much they liked it," Chavez reports. "Steve [Clifford] came to us with the interest in having the iFALCON site resemble the [college's] homepage."

Boman had to develop a whole new template for the layout of iFALCON's website.

"The first website was just information," Clifford states. "[The second site] was based on the tools we wanted students to have access to." Videos, polls, RSS feeds from the campus library and other features were added for iFALCON's second version.

Dean of Humanities and Social Sciences, Bryan Reece, says, "Students are very sophisticated now and they're not looking for a 'dead' website. We need to respect that and have a rich environment for them."

With a new Facebook page, YouTube channel and Twitter feed, it is clear that the team behind iFALCON is doing its best to connect to students.

The need to get to students is stressed within the iFALCON Club as well. "We try to reach students and help them be successful," Yesenia Carrajal, president of the iFALCON Club, says. "Sometimes students feel lost and we're here to help them."

The iFALCON Club also focuses on fundraising for iFALCON scholarships for Cerritos students. "If you donate money to us, you know it's going to Cerritos students," Pritika Hirani, vice president, affirms.

It seems students and their feedback are iFALCON's main concerns. The website features

videos of student interviews, linked from iFALCON's YouTube channel. "We're being really conscious about getting student voices," Reece says.

The iFALCON team wants "to get a sense of how [students] became successful here [at Cerritos College]," according to Reece, in order to demonstrate and show other students what it takes to succeed in college.

The site also shines the spotlight on faculty this time around. A new button on the site links to a page for faculty that features ways for teachers to incorporate the habits of mind into their curriculum.

Faculty voices are being shared through blogs linked on the site as well. Blogs by Lynn Serwin, English professor and co-coordinator of the iFALCON academic success campaign, and Marvelina Barcelo, an academic counselor and co-director of the Transfer Center, are featured on the revamped page.

"[iFALCON] is growing," Reece states. "It's a major source of content for students and I think they're going to get most of their information there."

Southwestern: Students outraged by school's actions

Continued from Page 1:

newspaper did not want to face ramifications, which included the suspension and possible firing of Max Branscomb, the Sun's adviser.

"I think it's really ridiculous. We're not a club or an independent organization, we're a class that produces the paper. To ask us not to produce the paper means [administration] does not want us to do our course work," Inocencio said.

Senior staff writer Lindsay Winkler feels that the move is an act of retaliation by administration, citing that this might be a way for administration to silence the paper due to the arrival of what she considers to be a controversial election to choose the school's governing board.

"We were definitely going to cover a lot of topics that may have been inconvenient to come out with before an election, so I think that was a motivating factor," Winkler said.

Winkler also mentions that despite the hardships the Sun is currently facing, the paper has managed a way to move forward with its publication.

"We took it upon ourselves to make a statement, and the way we made that statement was by raising money to print our own paper."

Winkler said that the school's actions toward the Sun may have something to do with the newspaper's previous run-ins with Raj Chopra, Southwestern's president.

She mentioned that the Sun had published several stories on him in the past, including an incident that found Chopra plagiarizing a speech that he gave, when he later held his secretary responsible for; informing four teachers that they could not be on campus after taking part in a nonviolent rally; and in an interview with the Sun, admitting to accepting "a measly \$15,000 raise" shortly after cutting a number of

classes.

Winkler said, "He (Chopra) has had numerous 'no-confidence' votes by all the constituents on campus. He is constantly being accused of not adhering to a statewide policy concerning shared governance."

"It's just one thing after another, and his leadership style is very aggressive."

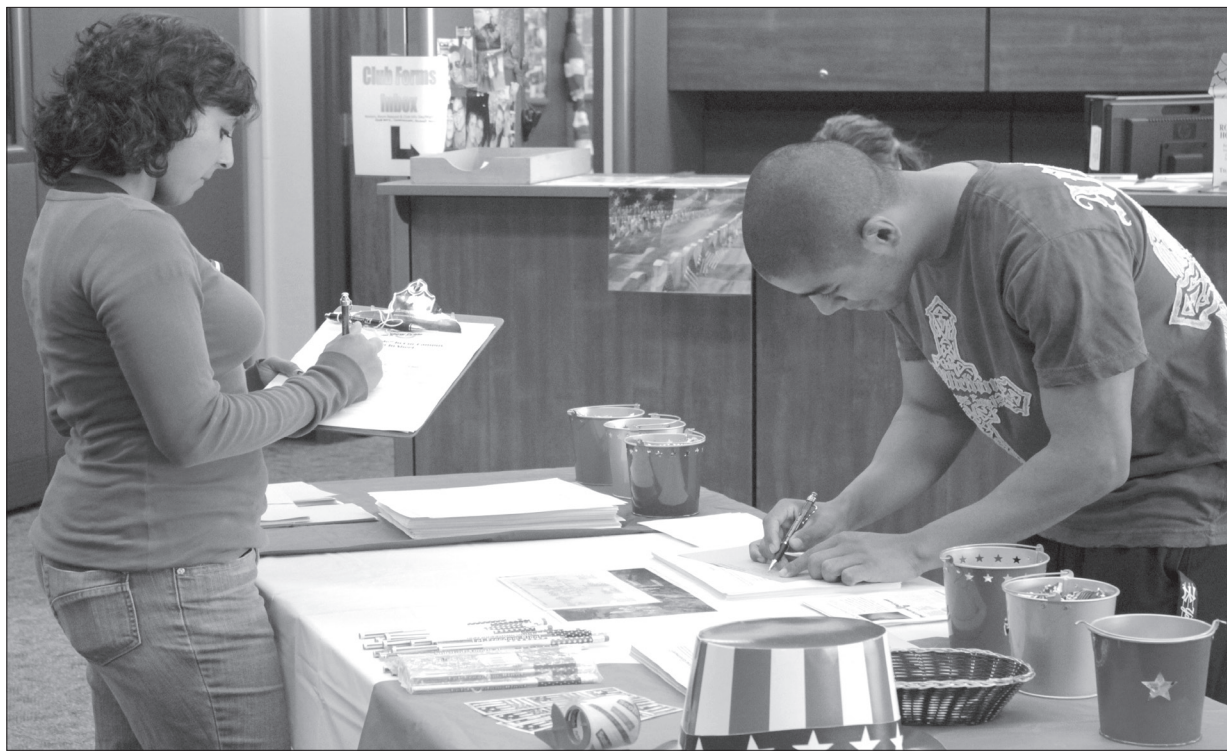
Senior staff writer Albert Fulcher claims that the Sun's staff made the public aware of the situation as a way to fight back against administration.

"The editors and the people who had been here for a couple of years got together and we decided that we had to come up with a plan," Fulcher said, "we had a plan A and a plan B. Plan A was that if [administrators] gave us any grief, we were going to contact the American Civil Liberties Union and the Student Press Law Center in order to put pressure and to leave us alone."

"We also had a plan B, where if it came to the point where they were going to keep us from printing, or our adviser was threatened with his job, we were going to beat them at their own game."

In a press statement released by both the Sun and Southwestern College, both sides are currently negotiating an agreement that can have the Sun return to being printed under the school's funding by November.

In a separate press release, Chopra said, "Working together, the administration, the advisor of the Southwestern College Sun and its editorial board seek a way to continue printing the college newspaper. The administration and Sun have identified measures that could allow the paper to be printed until a long-term agreement can be reached."



JUAN RAMOS/TM

Smart Americans: Assistant Commissioner of External Affairs Gabriela Tovar takes notes as political science major James Orozco takes a test of his knowledge of the Constitution. Many students like Orozco took ASCC's test to win prizes.

Constitution Day tests students' U.S. knowledge

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Cerritos College and ASCC held a Constitution Day celebration at the Student Activities Office last Friday.

The celebration gave students the opportunity to earn "pride points" by dressing in red, white and blue and taking a quiz on the Constitution's history. There were several versions of the quiz, all of which consisted of five questions.

"Most students answered three [questions] correctly," Student Body Vice President Luis Ong said.

This was true for many students including Hussein Solis, dental hygiene major, who cheered while receiving his failing results.

"I did really badly, but at least I got a pencil," he laughed as he held up a pencil given to him for participating.

Along with pencils, ASCC handed out candy, temporary tattoos, crossword puzzles and copies of results from a survey released by the National Constitution

Disabled: Program made to assist impaired students

Continued from Page 1:

"Thanks to technology, more and more people have been able to come to college."

"A lot of the blind people and the mobility-impaired people, they couldn't come to college because there was just no way for them to get access."

"Now with technology they can come to college, and they're coming to college in droves because there's an opportunity for them that there wasn't before."

"Thanks to technology, more and more people have been able to come to college."

— JUDI HOLMES

Faculty Specialist

Kyllingstad emphasized the importance of a stronger system to accommodate students in a timely fashion.

"The critical point is that what everybody's trying to do is to make sure that the students get a verbatim copy of the original text," Kyllingstad said.

Holmes and Kyllingstad both stressed that students not only must buy the textbooks, but that the alternative media provided to them may not be shared with anyone and violating the contract will lead to penalties.

The Association of American Publishers and Higher Education textbook publishers created ATN as a non-profit organization, which has been online since August 2009.

The Alternative Media Access Center maintains the AccessText Network.

For more information, contact the Cerritos College Disabled Student Programs and Services Department in the Santa Barbara Building or check out the website at cms.cerritos.edu/dsps.

Center that confirmed the average American student's "lack of Constitutional knowledge."

The results proved "more students have greater knowledge of pop culture versus the United States Constitution," revealing that while 25.5 percent of students knew that the Constitution was written in Philadelphia, 75.5 percent knew which city 90210 is attributed to.

Despite this normality, there were some Cerritos students who demonstrated an above-average knowledge of the Constitution. James Orozco, political science major, was one of these students.

"History is so important. I can't see how a college student could actually fail one of these quizzes," he said.

ASCC members hope to encourage students to join Orozco in recognizing the importance of the Constitution and its history.

"Maybe seeing how badly they need to brush up on their history will inspire students to crack open those books," Ong said.

Ong continued, "Hopefully, we will see much better quiz results from next [year's] Constitution Day."



Latinos moving forward: CCM's club members (left to right) Ernesto Carranza, Julio Castro, Walter Guerrero attended the Latino Medicine Student Association's conference in UC San Francisco and were introduced to Oscar Salvatierra, one of the first latino doctors in the United States. CCM serves as a vehicle for latino students wanting to work in medicine.

PHOTO COURTESY OF CCM

Latinos strive for success

Cerritos' club helps Hispanic students who are interested in entering the medical field.

MEGAN WINTERS

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Chicanos and Latinos for Community Medicine, better known as CCM, is a club on campus that offers a core foundation for any student who is interested in health related fields and providing a smooth transition from community college to a university.

CCM exposes members to health care experience in local community health fairs and gives members opportunities to receive training in basic screenings, such as glucose measurements, how to measure body mass index and take blood pressure under the direction and mentoring of supervising professionals.

A core part of CCM's mission is community service mostly around health education and health issues.

Originally formed in 2002 under the initiation of the Project H.O.P.E. grant, CCM was developed to encourage student health development.

CCM is available to students in the help of raising awareness of health disparities which communities are suffering from, improving health care in low-income communities, and increase the diversity of races in the health field.

Club president, Walter Guerrero, biochemistry major, explains an ongoing setback in local communities.

"From personal experience, I've noticed that there are not many English-speaking people who go to hospitals. The doctors speak to these patients with this high jargon and patients don't really understand, and it's horrible that people

don't know what is going on with their child.

"The United States has a mixture of different languages and cultures and that is why we want to bring more doctors of a variety so there could be more of a connection to patients and doctors," Guerrero said.

Joining CCM in fall of 2008, Guerrero was enriched by the club.

"CCM gave a direction of exactly what I wanted to do. I never thought I could go this far in this field," he said.

Because the science and math classes that are necessary to take are tedious and strenuous, each member is there for one another if anyone needs help with school work.

"The club primarily focuses on building stronger students by setting appointments with them and checking up on their grades. We also help each other with supplies like books or notes and help tutor each other," Guerrero said.

Vice president Julio Castro, biochemistry major, has also benefited from being a member.

"The reason why I got into CCM is I saw the way the officers were so open with the members; CCM represents a family," Castro expresses, "CCM is all about helping people and that's what I want to do, going together into the medical field and leaving no one behind."

Castro currently applied at Downey Regional Hospital to help volunteer to help get hospital experience under his belt, "I've seen how much the communities need so much help but I want to see what areas the hospitals need as well."

CCM has worked closely with other clubs on campus such as Puente Club and the hopes on working with the Global Medical Brigade.

CCM recently worked with Puente in the celebration of Mexican Independence on Sept. 16 on Falcon Square. Each club had its own contribution to the festivities.

According to Guerrero, CCM has been moved by Puente's cause and the two clubs to-

gether help with supplies and advertisement.

CCM holds on-campus events to help raise funds for scholarships as well as travel to conferences.

Club members have opportunities to travel to conferences at universities such as UC Irvine, UC San Diego and East Los Angeles College to talk to professors and fellow CCM members on technology in the medical field and a chance to be surrounded by those who want to focus medical studies.

CCM is a part of a network of CCM chapters. It began at the university level up and down the state.

CCM works closely with UCLA in a collaborative effort to help prosperous communities as well.

"We are blessed to be healthy and be able to have the opportunity to be able to engage and dream that we can make this happen and have the possibility accessible to us," Nidia Notario, biochemistry major and club treasurer said.

Club adviser, Graciela Vasquez, director of Adult Education, has advised the club since 2002.

"I support student success and since I was working with (Project H.O.P.E.) on the college end, it aligned (CCM) missions, the students' end, then ours on the administrative and programmatic end, it was a good fit," Vasquez said.

"I see my role as much as an adviser and it has varied depending on year to year because I take my cues depending on the students and I try to assist in providing information," Vasquez adds, "I take the laws of the campus seriously. I provide the information and that involvement that is required of me."

According to Vasquez, there have been Cerritos College students that have moved on to universities and medical schools and have done very well because they've learned how to use that system of support while in CCM and they translate their skills. "CCM has a really good reputation all over the state. Physicians or health professionals who are already in a health agency are probably past members and are familiar with the students, if they know a student is involved with CCM, they've already broken that barrier with those [health care professionals]," Vasquez said.

Although CCM focuses on students of Hispanic descent, anyone is welcomed to join.

If any student is interested in becoming a part of this community, general meetings are held in Social Science Building room 138 every second and fourth of each month from 11-12 p.m.

Culinary Arts puts Cerritos on a diet

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As more students and staff members are getting involved into the Pound by Pound program, students who are not in the program can try the new dietary menu that the Culinary Arts department will be having all year.

The menu is updated every week by one of the dietitians in Pound by Pound. The dietitian sends the order back to Chef Michael Pierini with basic foods such as salads, soups and dinner plates that are meant for a diet.

"Culinary Arts didn't change anything, it's the same food that we've always served, but all Pound by Pound did was have a nutritionist go through all the foods on the menus and decide which ones where healthy and which ones aren't," Pierini said

The menu will have signature Pound by Pound labels to show the healthy foods that people would like to order by staying attentive to what they eat.

"We put up Pound by Pound signs, and there are little purple signs that you'll see when there is a healthy entree and there will also be mini posters (on the menu) that when you look for this logo, you'll find healthier things to eat," Coordinator of Student Health Services Nancy Montgomery said.

Clerk of the Music Department, Rosemarie Medina, has been a part of the Pound by Pound program since it started August of 2009.

Motivated by her colleagues and students, Medina entered the program skeptical, only to discover the amazing results of what the program has done for her.

"I'm a diabetic and I am this close to getting off my medication because of Pound by Pound. My blood pressure is better, my sugar count is better and I handle stress so much better. That's why I love this program," Medina said.

The program will continue throughout the school year and students and staff members will have the chance to try the healthy food choices from Pound by Pound.



MICHELLE MORENO/TM

Good eating: Chef Pierini displays the Pound by Pound menu for students and faculty alike. The menu showcases healthy foods that will help the program's students.

Pound by Pound resumes activity

MARQUISHA HAMES

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Pound by Pound re-opened its doors last Tuesday for new members as they prepare for their orientation. Pound by Pound is a new program that helps and encourages individuals to strive to get healthy.

The Pound by Pound program improves their proper nutrition, productive training, and positive motivation.

Through this 16-week program, students will be taught how to train and eat the proper way for their bodies.

Students will work out twice a day, once in the morning and once in the afternoon on Tuesdays and Thursdays.

Nancy Montgomery, coordina-

tor of Student Health Services and founder of the Pound by Pound program, breaks down the importance of being healthy and in shape, as well as what she expects from the program.

"When I walked around the campus and noticed the tremendous numbers of obese, overweight and unhealthy, young people on the campus," she said, "I felt I had to educate and help them understand they need to get in shape and improve their health."

Zully Ybanez, sociology, psychology and cosmetology major says, "Since I have a heart condition, I want to be a part of this program."

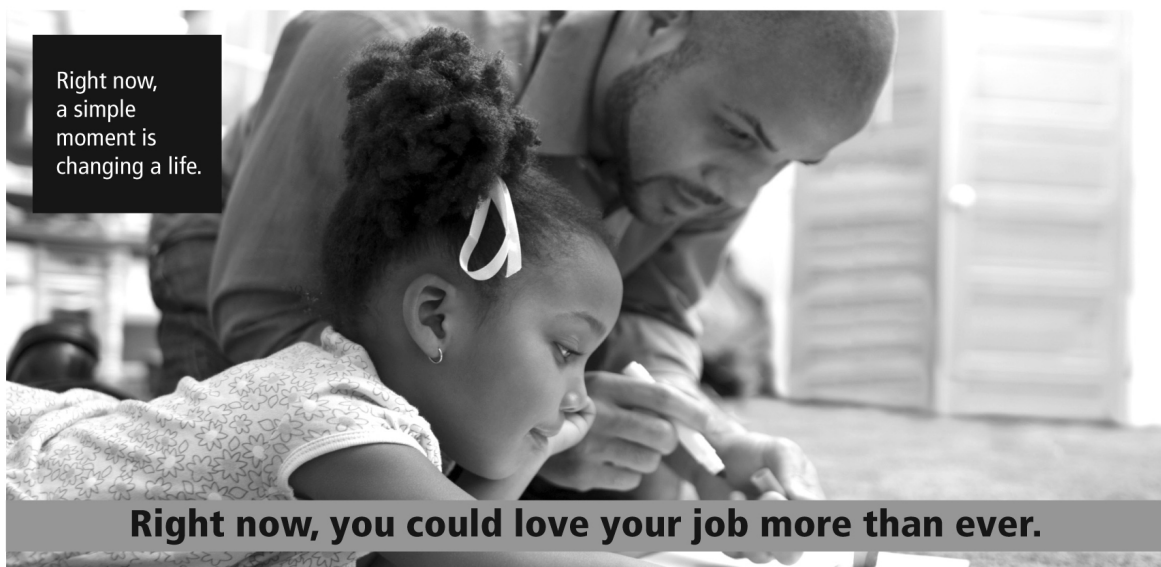
"I think it will be a good program and it will be my first time being a part of something like this."

All participants are given a calendar with times and dates that are set and planned already.

Ariana Hernandez, nursing major, says, "I want to become healthier, and to lose weight. I am excited and nervous all at the same time."

"Aside from continuing to offer the education and fitness workouts, along with making our campus become a healthy program which promotes healthy eating and physical activities to all students and staff, I would like to have the district adopt a college-wide wellness policy that promotes healthy eating and physical activities on our campus," Montgomery said.

Lakeysa Smith, English major, says, "I think it's a wonderful program, because it is free and you do not get this type of work out for free in other places. I enjoy the work out, and this is my second year with the program and I am loving it."



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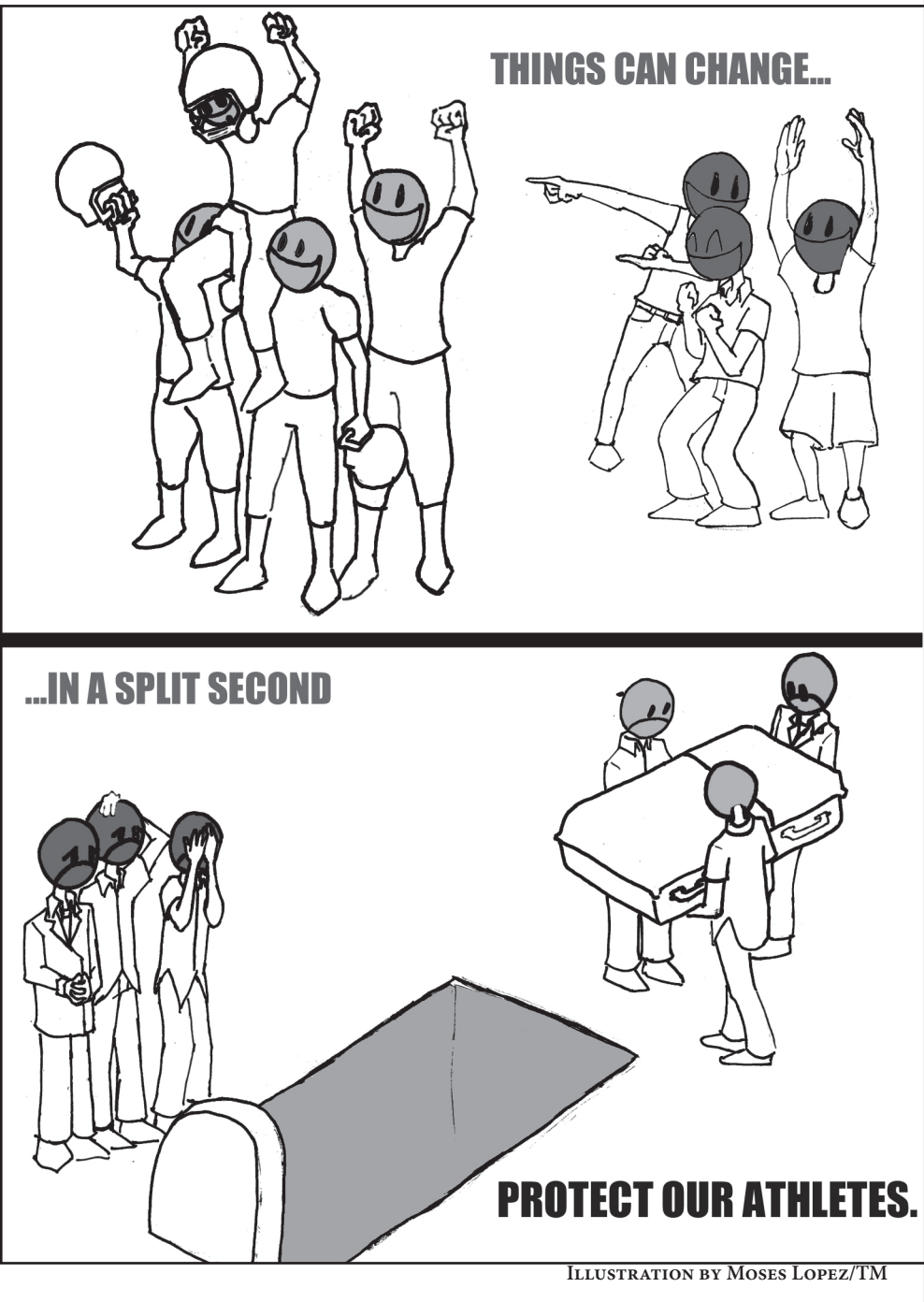
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Athletes need more testing

The dangers college athletes in contact sports face, on and off the field, are all too apparent.
With Rio Hondo College wrestler Jesus Cruz becoming unresponsive, and later being declared deceased, minutes after participating in a tournament against Cerritos college.
We must do all we can to test and monitor the health of our athletes.
Div. I schools lead in tests for dangerous conditions, but all schools need to follow, and even surpass, their lead.
Officials said the loss has been declared natural, but an autopsy has still not been performed.
The dangers of athletics are inevitable but certain precautions are taken to reduce injury, and even death. Football players wear helmets, wrestlers wear headgear, soccer players wear shin guards, and so on.
Specialized tests are done on athletes, aside from a broad health physical, catered directly to their sport.
For example, wrestlers must pass a urine-hydration test to qualify for competition in a given weight class each season, because of the sport's tendency to encourage low water percentages in participants.
Likewise, special tests should be included when discussing the qualification of athletes participating in contact sports or sports where one is exposed to high levels

of cardiovascular activity.
One can only wonder what the cause may be for these two deaths.
Cardiac arrhythmia, a sudden acceleration of the heart followed by a sudden stop, is a characteristic of sickle cell disease and could have contributed to the death of West Orange-Stark quarterback Reggie Garrett.
Garrett suffered a seizure, also typical of sickle cell disease, last Friday night after a touchdown pass at a high school game in Texas; immediately thereafter, he became unresponsive.
With tests for sickle cell disease costing as low as \$75, there is no reason why any athlete, no matter what division, should compete without one.
Hypertrophic cardiomyopathy is another genetically-caused cardiovascular disease.
HCM can cause sudden death in athletes by thickening the muscles in the heart, making it more likely to stop suddenly during strenuous activity.
While the causes of death for Cruz and Garrett are still determined, we can all begin processing the reminder that their fates have given us.
There can never be enough done to ensure our athletes are completely safe when they compete, but our love for the participants and the sport must push us to account for all we can to protect ourselves and others.



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.

Attempting other sports requires respect

Have you noticed that in the last 5 to 10 years, there have been quite a few people who were marquee names in their sport, trying to move into another sport?
Athletes like former professional wrestlers Brock Lesnar, Bobby Lashley, and Dave Bautista jumped to Mixed Martial Arts; while Mixed Martial Artist Ken Shamrock went to pro wrestling at one point.
Two recent popular transitions came from, boxing great, James Toney as he jumped into mixed martial arts, and track and field's "World's Fastest Man" Usain Bolt's mention of trying out soccer in Europe.
There are some people out there who may or may not think it's great that athletes are trying their talents out in other sports, but for me it all depends on the mindset he or she has.
The competitors just need to take things seriously or else they may become a joke.
There are two types of athletes. The first has utmost respect for the sport they are trying to get in, and has always been a fan of it.
It would be so great to see these athletes want to be a part of it and showcase what they can offer to the sport.
Current UFC Champion Brock Lesnar is one of these people. He has been a folkstyle wrestler since he was a kid.



He was so dedicated, and hard working that in high school, he had an impressive record of 33-0.
In his college career, he was an All-American and NCAA Heavyweight Champion at Bismark State, and a three-time NCAA Champion at University of Minnesota.
He understood and respected the toughness and hard work MMA demands from his time in college wrestling, which shares traits with mixed martial arts.
That's why he took it seriously, to become the best. That's why he is a current UFC champion, and the No.1-ranked heavyweight fighter in the world.
Another great example of athletes wanting to try other sports is track star Usain Bolt; a man who is known for his great showcase at the 2008 Olympics.
He won three gold medals, boosting his world championship medal total to 13.
When it comes to him expressing his interests in playing soccer after the 2012 Olympics, he was far from acting cocky.

He was actually humble about it, expressing that he is a very big fan of soccer and enjoyed playing in high school. He wanted to play for the English Premier Leagues' Manchester United.
The second type of athletes to cross over seems to be the ultra-cocky type of athlete.
Just because they are great in their own sport, and may have a certain aspects that will help them in the new sport, they try to act as if they are the greatest before putting in the work.
These athletes would not be good for the sport because they lack respect.
This year, 42-year-old boxing legend, and the newest UFC heavyweight, James Toney walked into MMA without such respect..
He was even talking negative about his future opponent, MMA legend Randy Couture.
With only 8 months of training up to the fight but said he didn't need any more time than that. He ended up losing by submission even before he had a chance to answer back with moves of his own.
A rookie in a sport should never talk down the legends of that sport, even though he or she will compete against them.
Anyone trying another sport should at least respect the sport and athletes in it because without them, the opportunity may not have existed.

"A rookie in a sport should never talk down the legends in the sport, and athletes in it, even though he or she will compete against them."

Are collegiate sports as safe as they need to be?
COMPILED BY: AASTHA DHAKAL
PHOTOS BY: MARTIN REYES
Louis Blanco, Stephanie Gutierrez, Jorge Folgar, Yatzira Flores, Kerolynne
computer science major, child development major, computer systems major, criminal justice major, criminal justice major
"I think there should be more physical screenings in sports, especially wrestling," "They should have better screening for athletes so that they don't have problems." "Whenever someone is physically exerting themselves, it is important to make sure the participants are safe."

TALON MARKS online

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- 3D movies are detrimental to your health
Stephanie Romero, staff writer
- College courtsey needs to improve
Cherelle Tisby, staff writer
- Athletes transitioning into other sports need to take things seriously, or they just show up to disappoint
Philip Okoli Romero, staff writer

Multimedia Audio
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- Post-game interview: Football vs. Long Beach City College
Pete Moye, staff writer
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Carlos Blandino, staff writer

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- Women's soccer vs. Palomar
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- Pound by Pound kicks off semester
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To burn or not to burn the Koran, two arguments

Terrorist attacks are not an excuse to go around lighting books on fire.

If Christian terrorists had crashed into the Twin Towers, instead of them being Muslim, then would anyone want to burn a Bible? It's not that the terrorist attack on Sept. 11, 2001 was right, but it's also wrong to say every Muslim is a terrorist.

We are hypocrites if we destroy their main symbol because they destroyed ours.

"We believe that Islam is of the devil, that it's causing billions of people to go to hell, it is a deceptive religion, it is a violent religion and that has been proven many, many times," Pastor Terry Jones told CNN's Rick Sanchez. "Eternal fire is the only destination the Koran can lead people to, so we want to put the Koran in its place -- the fire!"

I am a blind believer of truth not a blind believer of these types of priests, who years ago would have probably killed the people who used to say that Earth was round and that planets revolve around it.

Why we never speak out against these so-called holy men is a mystery. That these priests think they will get to the path of salvation by cursing the Muslim religion, and the people of that religion, is just in vain.

The Koran is a Middle Eastern religious book; just like the Bible, Bhagawat Geeta, Tripitaka, and many others, that spread similar concepts of peace and unity.

So why would anyone be ignorant and burn a religious book, when none of the pages of the Koran say to be a terrorist and attack others?



We shouldn't forget that terrorists are not the followers of any religion; they are only the followers of violence

I was so ashamed knowing that instead of speaking out against terrorism on the ninth anniversary of 9/11, or doing a peace rally, we were discussing the burning of the Koran to take revenge.

Burning the Koran does not affect the terrorists, but it affects the other people that have faith in their religion. Some may feel provoked being blamed for crimes they never did.

We all remember the holocaust during Adolf Hitler's regime; when he tried to kill every Jew.

I know this case is different, but aren't we doing something similar by accusing innocent people for things they have not

done?

I am sure if things continue like this, anti-Muslim beliefs may one day establish other regimes, leading to the destruction of mankind.

No one has the right to stop anyone else from burning the Koran; we shouldn't worry about the burning of the book either.

We should, however, be worried about the destruction of the messages of truth, peace and unity the book spreads.

I am the supporter of the truth not the religion. If that makes me the follower of the Muslim religion, then I have no complaints.

One is no better than the terrorists by burning the Koran because with that, we burn all the good judgment and tolerance between both cultures.

Everyone should keep free speech in mind.

Burning books is the pastime of tyrants and children. But it is also the right of free people.

The news is bursting at the seams with stories about relations between the Western and Muslim worlds.

Reports of riots over rumors in Afghanistan are pouring in to U.S. newspapers, suggesting that Muslims are feeling increasingly at odds with western governments, traditions, and policies.

Yet, what makes this particular wave of protests unique, is that they have been



prompted by an unknown Florida pastor, who suggested he would burn Korans on September 11. It seems that the Middle East is still as irrational as ever.

The Koran, or any other book for that matter, should never be set on fire. I think Terry Jones, the Florida pastor who started all the raucous, is simply trying to take advantage of a media that is looking for new and interesting faces to plaster all over the front pages of newspapers.

At a time when U.S. troops are still in harms way in Muslim countries, it seems advisable that anything done domestically that could increase anti-American sentiment in the Middle East should be avoided.

Having said that, it is only fair that Mr. Jones should have the right to burn the Koran, since he is a citizen of a free country that allows even the most he-



ILLUSTRATION BY JIMMY EDWARDS-TURNER/TM

Unhealthy syrup may be disguised



High fructose corn syrup is looking to pull a "Didy" and rename itself to corn sugar.

The Corn Refiners Association claims that the change is aimed at eliminating consumer confusion.

America needs to become healthier, and naming an unhealthy substance something that will actually mislead people into being unhealthy should not be allowed to happen.

CRA president Audrae Erickson proclaimed, "The term 'corn sugar' succinctly and accurately describes what this natural ingredient is and where it comes from -- corn."

Excuse me? Does anyone believe using synthetic fixing agents in the enzyme preparation of fructose in laboratories is natural? Anyone?

I didn't think so. It's common knowledge that the term 'natural' cannot be defined using any of those words, especially synthetic. It's an attempt to mislead average American consumers, who won't take the extra time to research where their food comes from.

This deed is aimed at cleaning up high fructose corn syrup's rep in an attempt to sweeten us up in order to boost sales, and waistlines. But don't let HFCS's new sultry name fool you.

Princeton researchers have found that this chemically engineered sweetener prompts considerably more weight gain than most other sugars.

Unfortunately, due to its sweetening and preserving capabilities and low cost of production, corn sugar is now present in most of the foods we eat.

But HFCS cannot be blamed in entirety for the rising obesity numbers in America. Americans must also step up and take responsibility in watching what they eat and limiting their HFCS intake. Don't let the CRA fool you.

It's up to us to put HFCS out of business and get America healthy again.

Donations help many, and you may need the help later on

Donations in any form help improve health issues for people.

Many people can be helped through donations in various forms. Organs, tissues, and corneal donors may save or enhance the lives of many others.

One donor can save up to eight lives and help the lives of 50 people.

More people should consider donating any of the following, organs, and tissues.

Transplant numbers have been rising more than the number of available donors.

There are more than 101 thousand people waiting for organs.

Approximately 300 new transplant candidates are added to the waiting list each month, according to Donate a Life. Not many people seem to want to get cut open just yet; they have a life to live.

Apparently there are still many other people waiting.

For example a baby that is six months old in need of a heart. Luckily not many of us look for aware about.

There are many babies or infants that are born with a bad heart in which need a heart but not many hearts are available because they aren't many infant donors.

As of September 7, there are 108,518 candidates on the waiting list for transplants as of June, according to the Donate a Life organization.



12,139 of those donors are in California alone. Many people are afraid of outcomes that might contribute to in donating blood, hair, or organs.

The one reason why most people are afraid of donating blood seems to be because they believe they will catch a disease because the needles are not new.

Some may be scared of needles, but all they feel really is a sting for a minute and then it goes away. In which a small sacrifice to save a life of another person.

Organ donations are done after the family makes the decision or before you die you may choose to be a donor at the DMV.

To be able to donate organs to patients, they must be matched to the donor's height, weight and blood type.

The more people that donate, more patients will be saved.

Donating blood at a Red Cross Blood Drive takes only about 35-40 minutes, including recover time with the help of free treats.

"A donation of any sort helps a individual in various forms: Donate and save a life," said Julio Caesar Rodriguez undecided major.

Yet again imagine how many lives you would be saving, which is about three patients. That can either be victims of chronic disease or accidents.

Blood donations are used to replace lost blood for people in life or death situations.

There are certain restrictions in being able to donate blood you must weigh 110 pounds. or more and must be at least 17 years old or older.

Many humans are at risk of something being needed in an emergency. It takes one person to make a whole difference for many others.

There have been such stories on how people have had organs donated and have successfully continued with their life.

There are various ways in helping someone through donations that can be done like hair, blood, organs, and tissue.

In 2005, Paul Beard's lungs, liver and kidneys were donated after he died from traumatic brain injuries. "The tragic memory became a success in December when she got an update from the Midwest Transplant Network," Laurie Beard said to mlive.com



Picture-perfect career

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Students majoring in photography at Cerritos College can expect to be met with a series of challenges.

Cerritos College offers a variety of courses for photo majors, everything from beginning to experimental. The department also offers an AA degree and transfer program, as well as certificates in traditional black and white, fine art and digital photography.

Despite limited resources, students majoring in photography can look forward to a knowledgeable staff who will guide them in the right direction, according to photo major, Henri Aquige.

Aquige, who has been a photo major at Cerritos College for a year, was a former Fullerton College student, but decided to stay because of the staff. “I actually stopped going to Fullerton because the teachers here were a lot more patient and a lot more informative. [They’re] good mentors as well.”

Photography students can expect to meet a variety of challenges, creativity-wise.

Finding a voice and learning technique is important to your education.

It’s a common belief that photography is easy, but Aquige says this just isn’t the case. “It’s as complicated as English or math.”

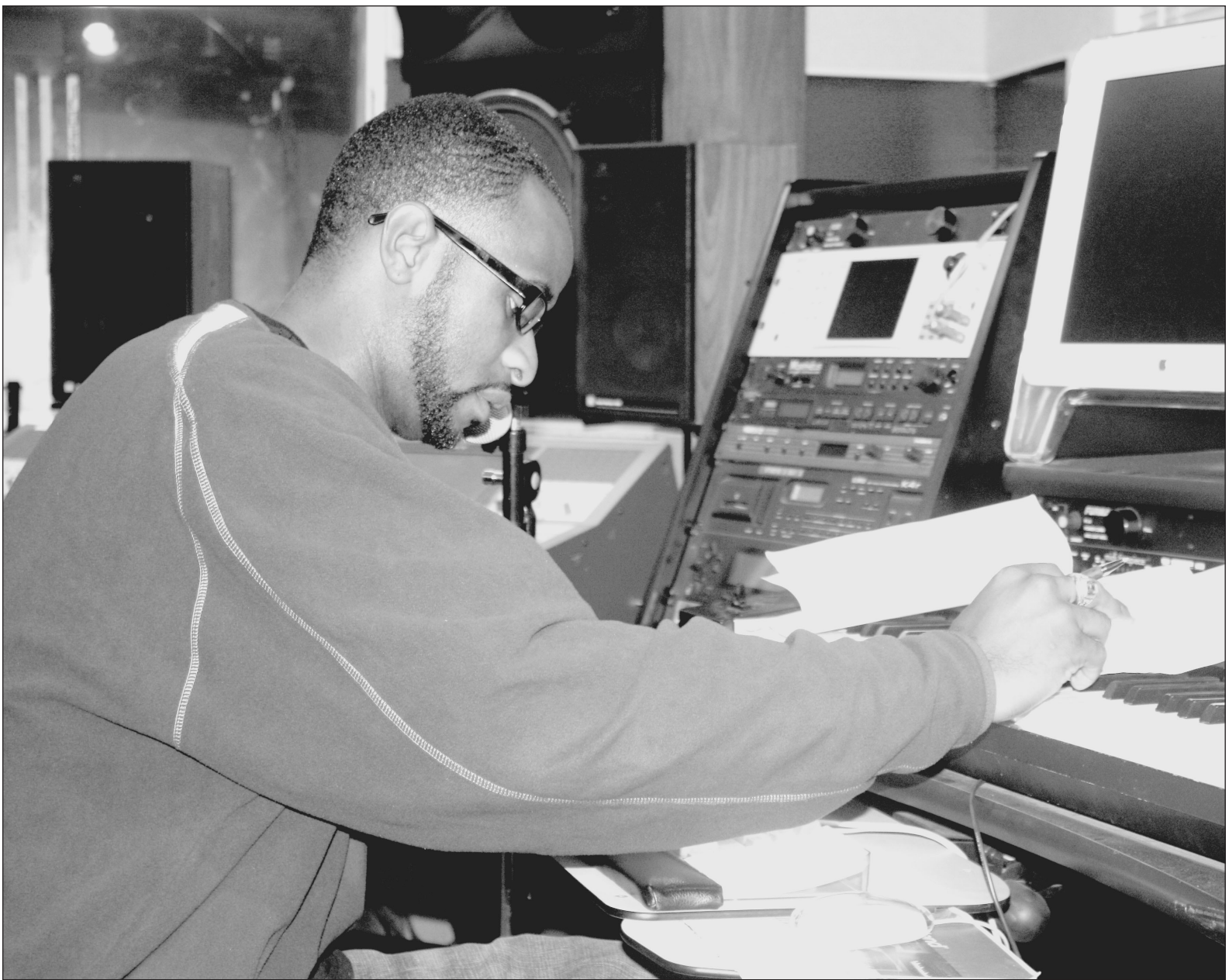
Good photography takes skill and education.

Photo majors can expect to learn things like technical skills, composition and darkroom development, according to education-portal.com.

Ed Heckerman, photography professor, says patience and perseverance is key in such a competitive field, “Don’t try to make a living right away. Get to know your technique very well, so it just becomes automatic.

“It’s just a matter of being persistent and patient and not expecting to make a killing in the first year,” he added.

Despite its challenges, Aquige believes students with a passion for photography should pursue it. “The good thing about it is that I love what I do so it’s not like I’m really working. I’m doing what I like to do and it pays off in the end.”



Making sweet music: Tremel D. Stewart, theater major, is keeping busy while he is working on his music and lyrics. A lot of his time is spent working in the recording studio at Cerritos College.

Rapper stirs up the drama

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Theater major and president of the Black Student Union in Cerritos College, Tremel D. Stewart, has been involved in school, not only to pursue a career, but as a way to follow through with his music as an aspiring artist.

His choice of genre to express his creation of music is rap, although what differentiates him from the rest of many aspiring rappers are his poetry and storytelling.

“A lot of people take things from a negative angle, such as rap is about cursing, the ‘N’ word and women. But in my music, what I want to demonstrate is a conscious way of thinking on how I can do something completely different to change an image,” Stewart said.

One of Stewart’s close friends and collaborators on his music is Andre Auram, public relations major, who has known him for more than two years.

“We both like to make hip hop music that is socially conscious that relates to people,” Auram said.

“I think he has great potential, and is soon to be recognized as a musical storyteller,” he added.

After Stewart graduated from high school, he joined the Navy for four and a half years, and his experience in the military, along with having two children, brought him to think of

what he really wanted to do in life.

“Writing is one thing I’ve always been good at, but I sucked at math and everything else. When it came to putting words together and expressing my feelings, I was able to do that, so that inspired stories,” Stewart said.

Stories that Stewart would write influenced him to connect his writing with his inclination to make music.

His devotion to working with music and writing has encouraged him to make music for people to listen and understand his message through his lyrics.

“It’s about how you get people to listen to the words you have to say and actually get that message across for the people that need it, and those are the younger ones. That’s everything I base my life around, so ‘Rap-Id-Tre’ is what I named it,” Stewart said.

“Rap-Id-Tre” is Tremel’s form of music where he includes a theater for the visual perspective and rap music, along with the aspect of using his words to elaborate the music through his performance.

As a father of two and a student at Cerritos College, Stewart balances out his career by taking one thing at a time .

While he is steadily continuing his participation in theater, he is using his major to make “Rap-Id-Tre” possible.

Being an aspiring music artist, Stewart has taken steps toward learning on how to connect with people.

As the new president of the Black Student Union Club, he is using his time at Cerritos College to make a change within the school by reaching out to the students.

“College is going to teach you many things, so I actually think being here is very important, and not just being here, but being a part of here to try and make your name felt and to help others in the same process.

“Everyone is here to get good grades, get into a good college, to achieve and be something in life, but while you’re here what difference are you making?”

With the full support from his family and friends, Stewart is following his dreams through his education at Cerritos.

He has made it possible by starting his first of his collection of music and by consistently working on his music and education, until he reaches his dream.

Stewart will be introducing “Rap-Id-Tre” on Sept. 25 in Long Beach at the La Mirage Cafe through the help of Urban Theatre Movement.

This will be Tremel’s first performance of “Rap-Id-Tre” with a live audience.

Machete slices its way up

Movie Review

Machete
Starring: Danny Trejo
Director: Robert Rodriguez
Rating: ★★★★★

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It is absolutely surprising how a movie as fantastically grotesque and outrageous as “Machete” was able to play in theaters nationwide without drawing the ire of pissed-off conservatives.

“Machete” was released in theaters on Sept. 3, topping box-office sales on its opening weekend with its insane brutality, vulgar language and violent situations.

The film stars Danny Trejo as Machete, a Mexican agent-turned-migrant worker who is framed for the intent of the assassination of McLaughlin, an anti-immigration state senator from Texas, played by Robert DeNiro.

Aside from the overall viciousness of the movie, “Machete” also delivers an impressive story line, giving a constant theme of illegal immigration and the effect it has on the American people, as well as its society.

The movie also featured star-studded appearances, such as Jessica Alba playing a U.S. customs agent who is torn between her American upbringing and her Latino culture; Cheech Marin playing the serious role of a catholic priest and the cinematic return of Lindsay Lohan, who in one scene, is shown in her birthday suit, so to speak.

“Machete” delivers the perfect combination of blood, brutality, violence and plot creativity.

Despite its September release, this movie can very well be the action-packed blockbuster of the summer that everyone has been waiting for.

Scan to view



Full length trailer

Cerritos College theater alumni create own theater company



Game faces: The original cast of Urban Theatre Movement is shown above. The cast has grown to about 25 cast member since this picture was taken.

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“It’s crazy and good at the same time, I’m truly happy,” Paul Tully, producing director of Urban Theatre Movement, said when talking about his theater company.

Nine months ago, two Cerritos College theater alumni, Tully and Brenda Banda, artistic director of the company, created the Urban Theatre Movement and it has taken off with success.

Chair of the Cerritos College Theatre Department, Georgia Well, said, “As a unit they made a natural team,” when talking about Tully and Banda.

Tully started acting at a young age when he moved to New York City with his father. “I started taking acting workshops,” Tully said, “and would perform in little elementary school plays.”

Later on in life, he strayed from acting. It wasn’t until 2005, when he finished serving in the Navy, that he enrolled into Cerritos and was reintroduced to his passion: theater.

Tully believes that Cerritos College’s Theatre Department is one of the best

around for community colleges.

“It has amazing instructors, like Georgia Well and Jim Grollman, to name a few, that really help you craft your art and develop it. It is a very strong department.”

While attending Cerritos, he produced small shows and short films.

It was not until one night that he produced a show at the Panic Room that his life changed.

A group of Cerritos students was in attendance that night, and Tully recalls that Banda approached him after his show and was interested in working with him as a director.

From there, the two had a meeting and ran with the idea that is now known as Urban Theatre Movement.

Well said, “Both Brenda and Paul were very dedicated, serious acting students.

“Paul discovered he had a gift for producing and Brenda is also an astute director who works very well with actors,” she added.

The company started out small doing shows around Long Beach and Redondo Beach with a cast of six people.

Now the company has grown to about

25 cast members and has expanded its horizons to Long Beach, Downtown Los Angeles and Hollywood, with the majority of shows taking place in Hollywood.

The focus of the “movement” is not to do what Tully calls, “fluff theater,” such as musicals, but to introduce a more modern-contemporary style of theatre.

“We want to attract people who never thought of going to a theater and to have them walk out actually enjoying it,” Tully said.

In the mere nine months of existence, Urban Theatre Movement has been able to produce one full-length production, eight one-acts, six improvisational shows, and is in the midst of its second full-length production.

Psychology major Samantha Shepherd, who has worked with Tully, said, “Paul is a hard worker and extremely dedicated to what he does.

“He puts in a lot of his time, effort and even his own money to create a production, and that is exactly the kind of attitude the theater industry demands,” she said.

Banda was unable to be reached for a comment.

Women's soccer outlast rival Palomar

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Despite being down two goals to rival Palomar College, the Cerritos College women's soccer team (6-1) were able to rebound and score three goals including the game winner in the 80th minute securing the victory against the Comets.

Palomar's Holly McClain scored the first goal within the first 24 minutes of the game, immediately putting Cerritos in a hole.

Forty-five minutes into the game, sophomore Forward Liliana Leos scored the first goal for Cerritos tying the game to 1-1.

Within 21 minutes, the Comets' Janet Hernandez was able to score again for Palomar, giving them a 2-1 lead. However, Cerritos midfielder Tiffany Schultz scored another goal for the Falcons two minutes later.

With only ten minutes remaining in the game, the Falcons maintained possession of the ball and continued to put themselves in a position to score.

Comets goalkeeper Janet Hernandez and defender Sandra Mora collided with Cerritos midfielder

Tatiana Cortes, giving Leos the space to maneuver and shoot the ball into the back right corner of the net.

Leos, an All-Southern California Conference player in 2008, is no stranger to scoring.

She was third in the team scoring during her freshman season, and she leads the team with 16 goals this season.

Tiffany Schultz made the goal in the 66th minute tying the game.

Cerritos had 21 shots on goal compared to Palomar's two shots on goal.

"I'm satisfied with the win, but I think we could have done a little bit better," Leos said.

Head coach Ruben Gonzalez also thought the Falcons were not at their best.

"Physically and mentally, we weren't as prepared as we should be, just because of the field issues, but starting tomorrow we're going to get ready for our season in conference," Gonzalez said, "not having everyone available whether it was because it was an injury or suspension, I think those were the major issues," Gonzalez said.

"We're lucky Lily showed up to



STEPHANIE ROMERO/TM

Goal: Freshman Mid-fielder Vanessa Plascencia fights for possession of the ball against a Palomar College defender. Cerritos had 21 shots on goal compared to Palomar's two shots on goal.

play today, because not many others did," Gonzalez said. "We had a little disciplinary problem the other day, so I sat most of my sophomore starters."

Sept. 28 against the El Camino Warriors. The Falcons open league play on

Volleyball splits tournament games without Puou

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Due to the Cerritos College Aviary Gym being renovated, the Cerritos College women's volleyball team (4-3) must play all of its non conference games on the road, starting with the match up against the Fullerton College Hornets on Sept. 15.

The Hornets dominated the Falcons in

the sweep ending the matches 16-25, 17-25, 23-25.

"We need to practice harder, and just work on things. We will get better," sophomore Chanelle Puou said.

Puou scored 13 kills with only three errors before injuring her foot.

Puou, who has been the biggest statistical producer for the Falcons this season, remains optimistic about a speedy recovery.

"I had to get treatment for my foot, but

I'll probably only be out for this week," Puou said.

Freshman libero April Perez believes the loss was due to a slow start.

"We were really hesitant in the beginning, and didn't get better until later in the game. Also, it was our first big game," Perez says.

The Falcons looked to rebound in the San Diego Mesa Tournament last weekend.

The team had to compete without Puou, who missed the tournament because of the injury suffered in the Fullerton game.

Several of the

team's freshmen, including Jessika Suesoff, Amber Finley, Lupe Garcia and Aundrea Stovall, were able to provide quality minutes in producing without Puou.

The Falcons picked up two wins and two losses over the course of the tournament.

The first win came over rival Palomar College, who they beat after being down two sets, 24-26 and 17-15. Their last three sets were one-sided victories, ending 25-13, 25-18 and 15-10, respectively.

Finley led the team with 14 kills in the game against Palomar, while her teammate Suesoff added 11 kills and 12 digs.

Their next win came with a sweep of Diablo Valley College (25-22, 25-18, 25-21).

Freshman outside hitter Yesenia Pacheco kept the tempo of the offense going

in the match against Diablo Valley College when she posted 12 kills.

The Falcons will now begin their conference play against South Coast Conference opponents.

Home games will be at Gahr High School, while the construction is still on going.

"The [SCC] is open this year, and we have a positive attitude because of our youth and experience," Perez said.

"We have a lot of younger players on the team who have never experienced playing in a conference and we think we can take it all this year."

The Falcons will take on the East Los Angeles College Huskies on Oct. 1.

Injury cut Mt. SAC Duals short

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The Mt. San Antonio College wrestling duals were cancelled after a Rio Hondo wrestler was seriously injured on Saturday.

The Cerritos College wrestling team was one among 14 other schools scheduled to wrestle in the Mt. SAC wrestling duals.

Chad Thornock, 141-pound wrestler, says the training has increased heavily during the past week. "We've already been practicing for a month, but in the last week we have been doing more cardio [vascular] training."

The team's only match up was against East Los Angeles College.

Men's water polo wins and loses two on the road

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The Cerritos College water polo team split its games [2-2] as it traveled to Cuesta to compete the Cuesta Tournament last Friday and Saturday after getting a win over LA Valley College on Thursday.

"I think the time the team spent together was really valuable to us; not only in the game, but for our team bonding out of the water,"

head coach Joe Abing said.

After a close 16-15 win against LA Valley, the Falcons traveled to Cuesta and faced Riverside College and West Valley College on the first day of the tournament.

Cerritos defeated Riverside College, 13-12, for the second time this season in overtime after utility player PJ Gabayeron scored the winning goal with four seconds in overtime.

Cerritos' game ended in a win for West Valley after scoring 14 goals and holding the Falcons to

The match and tournament was cancelled in the third round. Cerritos' 170-pound wrestler, Cody Bollinger, and Rio Hondo's 149-pound freshman Jessie Cruz's match was interrupted when Cruz began having health complications, and he later died that night.

Despite the early departure, head coach Don Gariot believes his team could have had the most prepared wrestlers at the tournament.

Last year, the team had one individual champion and two others made it to the championship match in the tournament last year, giving the team an overall fourth place finish.

Sophomores Jose Lopez and Jesse Ponce were both eliminated in the final match. Lopez was defeated by a score of 5-3 and Ponce was defeated 13-8.

only seven goals, five of which were scored by utility player Issac Ogloblin. Cerritos goalie Justin Calderon recorded 13 saves on the day.

"He actually had a horrible game against LA Valley, he only had 2 saves that game, but that was a wake up call for him," coach Abing said.

On the second day of the tournament, Cerritos started with a 13-11 loss to American River.

The Falcons ended the day and the tournament with a 10-8 win over the hosting Cuesta College.

"Our biggest game for us was the Cuesta game which we won, and it was a good game because it's hard to beat them at its home pool, so that was a big game for us," Abing commented.

"Overall we did really well and I think we are improving," coach Abing said.

Men's water polo's next game will be against Orange Coast College on Friday, as Cerritos' will host its first home game of the season.

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"BITE-SIZE PAYMENT PLAN"

Crosstown Cup returns to the Falcons

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With 409 rushing yards, the Cerritos College football team moved to 3-0 with a 48-28 victory over Long Beach City College Saturday at Falcon Stadium.

The Falcons were led by sophomore running back Daveon Barner, who had 74 yards rushing and a touchdown before the half (118 total), as the Falcons set the tone early by establishing its running game with a total of 178 yards rushing in the first half against the previously undefeated Vikings.

Barner said after the game, “I couldn’t do it without the offensive line. It gave us a big push upfront throughout the night.”

“We are fortunate that we have four really good running backs. They can all start and I think our running game shows that,” Cerritos head football coach Frank Mazzotta said after the game.

Long Beach City College struck first with 2:42 left in the first quarter with a 13-yard touchdown pass to Willie Bobbitt from backup quarterback Gabriel Thomas who had been filling in for starter Tyler Tuiasosopo who was sidelined with a high-ankle sprain.

Cerritos answered right

back with a 94-yard kickoff return for a touchdown by sophomore Dion Curry, knotting the game at 7-7.

“Our intensity made the difference today. We played harder and faster; we did the things that we were supposed to do,” Curry said about the team.

After a defensive stand, the Falcons started the second quarter by fumbling a punt return on its own 6-yard line, which the Vikings recovered. The very next play Vikings freshman running back JaKacy Evans took it in for the score and LB-BCC led 14-7.

A 22-yard scramble by starting quarterback Kane Wilson sparked an 11-play, 90-yard drive for the Falcons that ended when Wilson found sophomore tight end Maxwell Amete for a 4-yard touchdown pass.

On the Falcons next possession they found the end zone, once again, with a 40-yard run by Barner, who was LBCC’s

leading rusher last year.

Penalties plagued both teams throughout the first half, negating several large gains including a 39-yard run by Viking’s running back Jared Ginter that would have put LBCC on the Cerritos 11 with three minutes left in the half.

Mazzotta said in a halftime interview, “

JUAN RAMOS/TM

Victory: The Falcons and the Vikings have battled every year since 2002 for the Crosstown Cup. Cerritos has won the trophy two years in a row.



Touchdown: Tight End Maxwell Amete [No. 89] makes a four-yard catch for a touchdown, which put Cerritos ahead of Long Beach City College. Cerritos kept the lead throughout the rest of the game giving it the win against crosstown rivals Long Beach City College.

I told the kids before the game the one thing you can’t do is kill yourself with penalties and mistakes, and that is what we’re doing.”

The Falcons opened up the second half with a fumble on a punt return on their own 25 but quickly settled down when freshman defensive back Ronald Davis intercepted a pass on his own 2-yard line to end a Viking scoring threat.

The Falcons began to pull away when sophomore running back Ray Craig scampered for a 44-yard touchdown with 8:56 left in the third quarter to give them a 28-14

lead.

With 6:09 left in the third quarter, freshman quarterback Morgan Fennell came in for Wilson and quickly completed two passes, including a 39-yard pass. However, the drive stalled when Fennell was picked-off by Long Beach’s sophomore defensive back Eric Hayes.

The Falcon running attack continued to pierce the Viking defense in the second half as the team amassed 231 rushing yards. Sophomore running back Jaron Hytche said, “We are all going hard, we’re all playing 100 percent.”

Fennell found sophomore tight end Lucas Mealy on a 6-yard play action early in the fourth quarter to put the Falcons up 34-14.

LBCC tried to make a run with a 12-yard touchdown pass from Thomas to wide receiver Mike Evans, but any hope of a comeback was thwarted when Cerritos’ sophomore Tyron Taylor returned the following kickoff 98 yards for a touchdown.

“The special team plays are backbreaking. They get a little momentum and then we run a kickoff back for a touchdown. We got two

of those babies; those were key for us,” Mazzotta said.

Cerritos will look to remain undefeated when it travels to West Los Angeles College on Saturday.

Cerritos College President Linda Lacy, who was in attendance, said “We look really good. We



Cerritos cross country runner flies into first place

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Cerritos College sophomore runner Gabriel Hilbert set the pace at Saturday’s Orange Coast Classic by crossing the finish line of the men’s 4-mile race with a winning time of 20 minutes, 23.61 seconds—four seconds faster than second-place finisher Hugo Gutierrez of Orange Coast College.

“It was surreal,” Hilbert said about beating 215 competitors and winning a race for the first time.

“Coming in on the last mile, I saw that first place was right there, so I just went for

it.”

According to cross country head coach John Goldman, Hilbert trailed Gutierrez by about 50 meters with less than a mile to go, but closed the gap within 200 meters of the finish line.

“[The team and I] felt pretty comfortable when he had 200 meters to go—if anyone’s with Gabe, he’s going to have difficulty because of his kick, and he outkicked the Orange Coast athlete to win the race,” Goldman said.

The men Falcons finished fifth out of 20 schools, with a team score of 160 points and an average time of 21:45.72, as the home

team took first place overall with 39 points and an average time of 20:52.28.

In the women’s 3.1-mile race, Cassie Mejia was the first Falcon to cross the finish line in 10th place with a time of 19:19.80, soon followed by her teammates who completed the run within a minute of each other with an average time of 19:49.77.

Goldman attributes the women’s success in the meet to packing, where runners stick as closely together as possible during a race.

“You can have those top athletes in the front, but if you don’t have a good pack behind you, it’s going to be difficult to keep the team score low to put you in a position

where you can be successful.”

The women Falcons finished fourth out of 22 schools with a team score of 114 points, while the host Pirates also claimed victory in the women’s race with 62 points and an average time of 19:20.18.

To sophomore runner Sandra Flores, the goal was to improve from last season’s 135-point fourth-place finish.

“I wanted us to do a lot better than we did last year, and it turns out we actually did.

“It was a pretty tough race, but we did a pretty good job at it—not going out too hard, just running smart.”

Both of Cerritos’ teams had two runners take up slots within the top 15: Hilbert and freshman Robert Duran in 13th place with a time of 21:14.08 for the men; and Mejia and Flores in 15th place with a time of 19:41.04 for the women.

To Goldman, a top-five finish in a mid-season meet is exactly where Cerritos needs to be.

“The goal is to peak at the right time; some teams peak early [in the season] and we don’t want to be one of those teams.”

The Falcons have a week and a half to regroup before lacing up for next Friday’s Crystal Springs Invitational in San Mateo.

Men’s soccer tallies on one more tie after it and Taft fail to score

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After the 0-0 tie against Oxnard

College last Tuesday, the Falcons (3-0-4) looked to prove their talent in their game Friday against Taft College (1-0-4), who lost its last game against Santa Barbara.

Going into the game, Cerritos had not a lot of time to switch its game plan, especially since, that morning, Coach Benny Artiaga suspended 12 of its players, six

which were their starters, for disciplinary reasons.

Artiaga was focused and determined to win the game.

“I really can’t say much because our heads are already too much into the game,” Artiaga said.

At the start of the game, each team was determined to outplay the other and try to be the better team.

The game was getting so physical and intense that, in the 38th minute, defender Christopher Rebolo got injured, enough that he was taken out of the game.

In halftime, the score was 0-0, with a great save by defender Tony Serhal.

During the second half, both teams were still trying to get the better of each other, and Rebolo made it back into the game.

In the 58th minute, the Falcons almost lost their tie, but goalkeeper Jhovany Hernandez made a remarkable save, in the 63rd minute, but the most dominant one was 69th minute.

At the end of the game, the score

was 0-0, with great effort by both teams.

Through the injury and pain, he wanted to contribute all he could to the team, and to the hard work the team put in.

Artiaga commented on him by saying, “Chris has started off phenomenal as a teammate and a player. He is always positive, and always looking to improve his game, and we are really proud of him.”

Both coaches believe that the game was a good game.

Taft Coach Angelo Cutrona stated that, “At the end of the game, both sides ran out of gas, 0-0 was a pretty even given the game.”

Thinking about the positive aspects of the game, Artiaga said, “I’m really excited about what I saw today. I saw players who came together, despite some teammates letting them down.” “We had a group of players who refused [to give up]. [These Players] never lost on this field. This group really came together to make a challenge, and they did that.”

From a player’s viewpoint of the game, forward Chadd Johnson says, “We put in some good work. There was an issue before the game, so we’re missing some players. So, with what we had, we did great.”

Looking forward, the team is trying to see what it can do to get the win the next game.

Artiaga says, “We have a lot of things [to work on]. We are going to put a lot of emphasis on the offensive side of the ball.”

Johnson also agrees with his coach by stating, “We need to work on finishing, everything else is good. Defense is good. Our last few shut out ties with all zeros across the board, just that we can’t get ball to the back of the net, and that’s something we’re working on.”

The Falcons are looking to score and win in their next home game on Sept. 28 against El Camino.



Coming up short: Cerritos College forward Ruben Gonzalez spots the ball as he anticipates the play during the men’s soccer game against Taft College. The Taft game marked the fourth tie for the Falcons this season.

STEPHANIE ROMERO/TM