

TALON MARKS

CERRITOS COLLEGE

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Campus police vie for guns

REBECA VEGA & JOEY BERUMEN
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Spurred by the District Committee on Safety, representatives of the Cerritos College Campus Police Department are working with several groups on campus to build support to arm its officers.

The college currently authorizes campus police officers to carry pepper spray, batons and bullet-proof vests, but does not allow officers to carry or use a firearm while on duty.

"They give us vests, why not give you vests?" Officer Angel Castillo asked the 17 classified employees present at a meeting last Wednesday.

Based on research conducted by members of the CCCPD and the Safety Committee, Castillo reported that Cerritos College is currently one of three community colleges in the state to not arm its police officers, the other two campuses being Pasadena City College and San Francisco Community College.

Additionally, Castillo presented that CCCPD employs 10 officers total, six less than recommended by the Federal Government.

Rosemarie Medina, corresponding secretary for the Cerritos College Chapter of the California Schools Employees Association, voiced her distaste with the situation.

"I can't imagine how your loved ones are okay with sending you here at night knowing you are not protected," Medina told Castillo.

Classified employees will vote on the issue on Dec. 8, the same day that CCCPD and the Safety Committee will present their findings to the Board of Trustees, the eight-member governing party of Cerritos College responsible for making the ultimate decision on the matter, after several constituent parties on campus have cast their votes.

"The Board of Trustees has the right and the power to arm us. Criminals no longer fight with their fists and chains, now they car-

See Guns Page 2

COLLEGE DRINKING RATE DROPS



LAURA CHAU/TM

Cheers: College drinking has been on the rise for years, but for the first time it has seen a 3 percent dip, according to a study conducted by the United States Department of Health and Human Services.

Young & Buzzed

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Despite a report of decline in the rate of alcohol abuse among college drinkers, Cerritos College students believe alcohol consumption among fellow students is on the rise.

Eder Farid, business major, said, "Every weekend, [students] drink. I know I do.

"After a long week at school, people

go to parties, clubs, bars... We need to unwind."

Much to his surprise, the National Survey on Drug Use and Health NSDUH conducted by the U.S. Department of Health and Human Services revealed "the rate of heavy alcohol use by full-time college students aged 18 to 22 years has declined from 19-and-a-half percent in 2005 to 16 percent in 2009."

"The numbers can't be right," Farid said, "even underage students drink. [Al-

See Buzzed Page 2



Letter from the Editor: exploring new 3-D avenues

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Eighteen percent of the world's population can't see 3-D images, well tough, because this is for the



Joey Berumen

other 82 percent and sometimes times are tough.

Prepare to see Talon Marks as you have never seen it before. Talon Marks has decided to experiment with 3-D images in our print edition.

As you read through the newspaper, notice the photos tagged with the 3-D glasses emblem and view them through the 3-D glasses provided.

Common knowledge dictates that college is a time for experimentation, but what happens when college students push too far? Some would say it results in disaster while others would say it sets a precedent of a new fad, trend and sometimes a standard.

With the recent revitalization of 3-D movies, video games and even TVs, it seems the next logical step would be for newspapers and other

forms of media to follow suit.

Until now, 3-D has been relegated to more of a novelty than a mainstream media option. Perhaps 3-D images are something that we could possibly see in newspapers across the country in the near future. However, with 18 percent of the world's population unable to see the 3-D images because of various vision impairments, this does not seem to be the answer, but much like a fad—a temporary solution to maintain interest.

Until researchers figure out a way to project videos in newspapers, it seems as though the closest any reader will ever get to view real-life images is through

viewing them in 3-D.

So what is it that 3-D has to offer? How can the print media use this feature for more than just novelty?

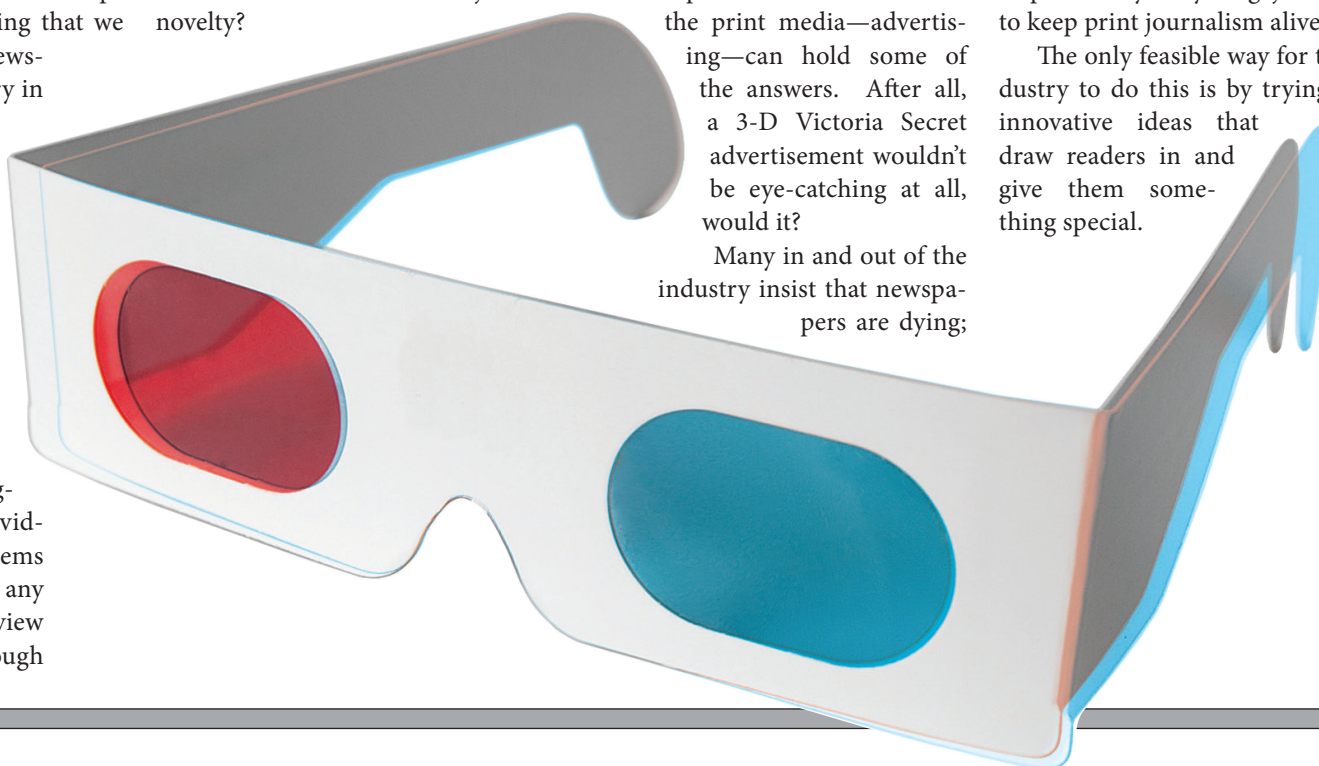
Other than running three dimensional photos, how else can newspapers utilize the technology?

Perhaps the cornerstone of the print media—advertising—can hold some of the answers. After all, a 3-D Victoria Secret advertisement wouldn't be eye-catching at all, would it?

Many in and out of the industry insist that newspapers are dying;

to this, I say they are not dying, they are changing, and with this change come new ideas, new efforts and a responsibility to young journalists to keep print journalism alive.

The only feasible way for the industry to do this is by trying new, innovative ideas that draw readers in and give them something special.



CERRITOS COLLEGE NEWS BRIEFS

Exhibit explains genocides

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The Amnesty International Club hosted an exhibit on genocide at the student center on Nov. 30 from noon to 3 p.m. The exhibit included a graphic timeline of genocide, starting from the fifth century BCE to present time, with a multimedia aid in the form of a video about the holocaust.

Joseph Morgan, sociology major and member of the amnesty international club, said the club wanted to focus on the current genocide in Darfur.

"With that going on right now, it was something that we were trying to promote awareness of; we decided to do a whole exhibit from all the genocides that have happened pretty much throughout recorded time," Morgan said.

Student looking to break world wrestling record

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Cerritos College's own professional wrestler will be looking to break a Guinness World Record by having the longest match in recorded history on Dec. 18 at the Murrieta Community Center from noon to 6 p.m.

Kinesiology major Michael Inman, who goes by the name "Rockstar" Mike Cordova, will be having his longest match against fellow "Epic War Wrestling" wrestler Jaysin Strife in a six-hour Ironman match.

Ironman rules call for the opponents to wrestle for a certain time limit, and whoever earns the most pinfalls, submissions, or wins by disqualification, wins the whole match.

"(The match) was presented to me as an opportunity, and I took it upon myself to actually do it. I mean, this is history in the making," Inman said.

Friends, family mourn professor

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Psychology professor at Cerritos College, Anthony "Doc" Lopez, passed away in his sleep on Nov. 19 after a sudden heart attack at the age of 59.

More than 500 people attended Lopez's funeral, including his wife and three children, friends and co-workers, that remembered him as someone who had a passion for helping others.

Former Sierra High School classmate and longtime friend, Joe Serrano, mentions how he made an impact with his influence by helping families recover from the effects of substance abuse.

"Doc touched so many families, not only in Santa Fe Springs, but Norwalk and Whittier, through his diversity and Cesar Chavez programs," Serrano said.

Guns: Police deliver proposal after 21 years

Continued from Page 1: -ry knives and guns," Castillo said. Cerritos College Police Chief Richard Bukowiecki, who was a part of the department 21 years ago when the Board of Trustees last voted on the issue and denied the motion, encourages students and faculty to become educated about the subject before deciding on a vote.

"What people feel is secure and safe is what we need to provide for our students." — LINDA LACY, Cerritos College President/Superintendent

"I think you would be surprised as to how many people didn't realize that their police department was unarmed," Bukowiecki said.

He explains that the current policy, when dealing with an assailant wielding a knife or gun, calls for police officers to "contain the area as best they can while maintaining a safe distance," as they wait for another agency to respond—a time lapse of five and a half minutes or more, according to Castillo's presentation.

CCCPD has also presented its findings to the ASCC senate, a move that has convinced Student Body President Felipe Grimaldo to make the discussion a priority on next semester's agenda, with the expectation that the student vote will take place in January.

Grimaldo assures that, "[ASCC] is going to push to let students know. We could possibly put together a public forum with the help of Campus Police."

Bukowiecki recalls that, the last time the issue was addressed, it took about six months to gather votes from all concerned groups.

College President/Superintendent Linda Lacy supports the decision on either side, as long as all constituent parties have explored every option.

"What people feel is secure and safe is what we need to provide for our students," Lacy says, "it's going to be an interesting discussion and I want to really feel what people feel about it."



Doing their part: Music instructor Gary Pritchard (left) and biology instructor Connie Boardman (right) were elected to the Huntington Beach city council and the Capistrano Unified School District school board, respectively. Both instructors ran for public office in hopes to improve their communities for fellow citizens.



Cerritos instructors now become public officials

November elections lead to professors serving their cities

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Cerritos College's very own will soon take public office, hoping to better serve the communities they live in.

Biology instructor Connie Boardman and music instructor Gary Pritchard have recently won a seat in public office.

After legal troubles and a recall, both Boardman and Pritchard wish to better speak for the people in their communities.

Having previously served a term as mayor of Huntington Beach in 2003, Boardman is now ready to represent the people of Huntington Beach for the next four years.

"I am very excited to, once again, be able to represent the people of Huntington Beach," Boardman said of her election.

Boardman's motivation to run for the city council comes after Huntington Beach's recent legal troubles.

"I was motivated to run again because I don't believe the current council was doing a good job of representing the people of the city. There are four different citizen groups suing the city over four projects in four different areas of the city," Boardman stated.

Her decision was sparked after the city violated the Bolsa Chica Land Trust, which was aimed at buying, restoring and preserving parts of the Bolsa Chica mesa.

Despite public outcry, the board still voted 11-1 for the construction of homes at Bolsa Chica.

Pritchard is also about to take office in hopes of doing better by his community.

The Capistrano Unified School District is going through its third governmental recall in five years. The Parents for Local Control was behind the latest recall, accusing members of the school

board of corruption.

Pritchard is set to replace Ken Lopez-Maddox and Mike Winsten, who are being accused of misappropriating funds.

With a seat on the Capistrano Unified School District, Pritchard will replace one of the recalled trustees and will finish the remaining two years of his term.

"I wanted to affect positive change in my community. As a life-long educator, I believe the best way to make our communities better is to focus on educating our children," Pritchard stated.

Despite no previous experience on a school board, Pritchard plans to use his community college teaching experience to help students prepare for their careers.

"I bring an understanding of how to align career and college readiness in secondary education with the community college system," Pritchard said.

Both professors are set to take office within the next month and are hopeful to make a valuable impact in their cities.

Buzzed: Drinking statistic surprises students

Continued from Page 1: -cohol] is so easy to get your hands on.

"All they need is to get someone [of age] to buy them drinks and some places don't even [enforce] carding."

Recently, Phusion Projects, maker of Four Loko alcoholic energy drinks, has been publicly criticized for just that.

The company's products have been banned by several colleges across the U.S. with the belief that the beverages are not only harmful, but have been marketed toward younger students.

These drinks are packaged in bright, colorful cans with a slogan that reads, "Liquid Cocaine in a Can."

Though these drinks are not exactly "liquid cocaine," marketing them as such would not be far from the truth as each can contains 12 percent alcohol and as much caffeine as two 7 ounce cups of coffee.

This amount of caffeine mixed with alcohol can indeed have similar effects to cocaine use, such as "increased energy or alertness, an extremely elevated mood and a feeling of supremacy," as described by WebMD.



what students may find to be most appealing is the price. Each 23.5-ounce can costs \$2.75, which is perfect for the average, struggling college student's budget.

Its controversial alcoholic energy drinks have made Phusion Projects the center of negative media attention, but a representative insists, "We are pleased that the FDA (Food and Drug Administration) commended us for our decision to reformulate our products nationwide to remove caffeine, guarana and taurine."

Guarana and taurine, which are both often found in energy drinks, have yet to be evaluated by the FDA, which makes them a health risk as their potential dangers are still

unknown. The representative continued, "As we stated last week, we have stopped the production and shipment of all our products containing these ingredients. We will continue to work closely and cooperatively with national and state regulators."

With or without Four Loko drinks, alcohol abuse among college



students is an undying concern.

"Every time I go into class, I hear kids talking about getting drunk and all of their crazy stories. I mean, we all drink," Kristina Romo, human services major, said.

Romo believes that alcohol abuse at Cerritos is "going up" rather than declining.

Like Romo and Farid, Coordinator of Student Health Services, Nancy Montgomery, was also shocked by the findings of the National Survey on Drug Use and Health.

"From what I know, the rate has been shooting up like crazy," she continued, "this is the first I've heard of any sort of decline."

Though the NSDUH disproves Montgomery's claim, its results may also be misleading.

The survey defines heavy alcohol use as "drinking five or more drinks on the same occasion on each of five or more days in the past 30 days." This does not mean that students who do not engage in heavy alcohol use are drinking responsibly or are even of age to drink.

"Of course, not everyone is responsible about drinking," Romo said, "it's not right, but it happens."

"Students deal with school, work, friends and family. We're going to want to just forget about it all every once in a while."

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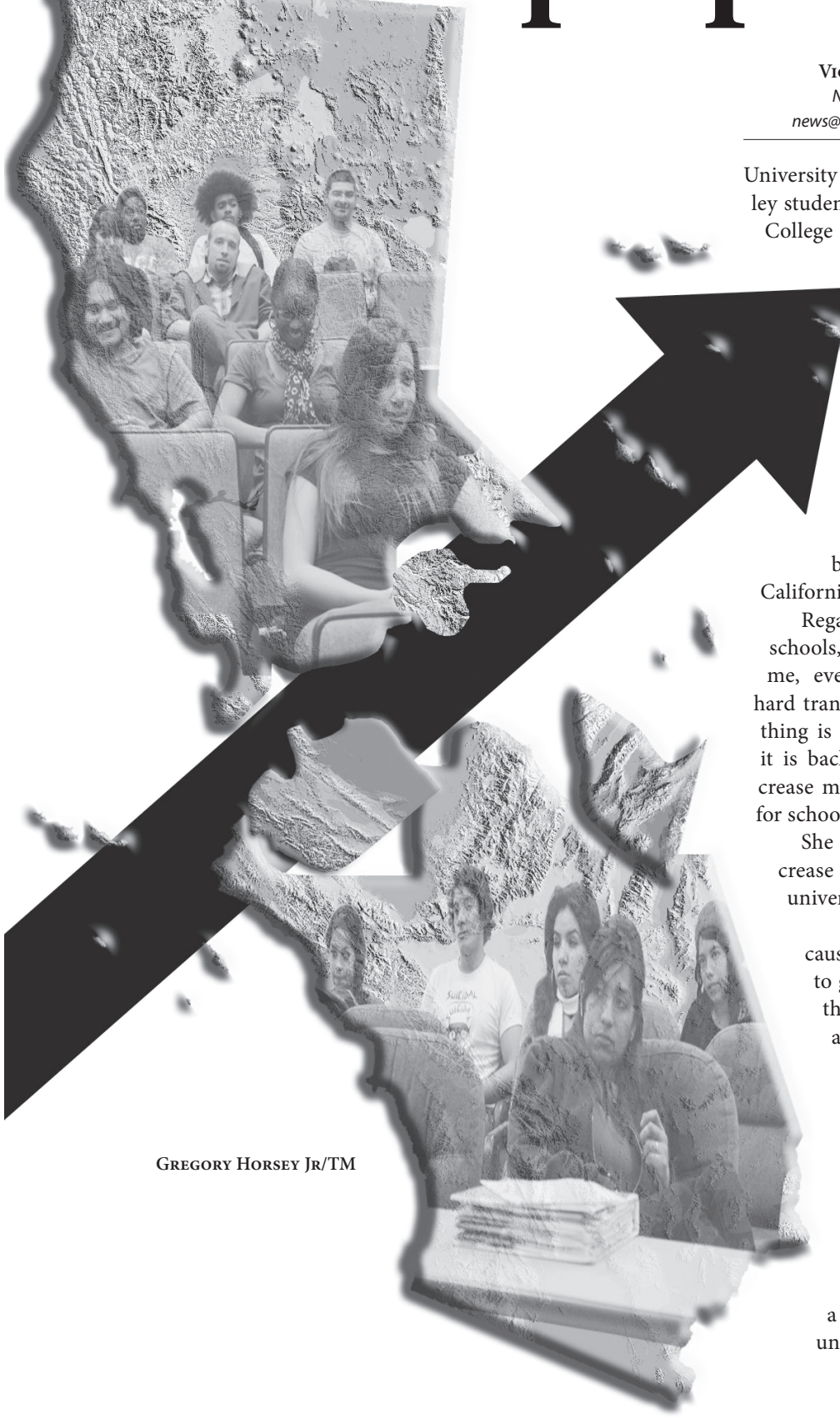
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"BITE-SIZE PAYMENT PLAN"

Students prepare for another fee hike



GREGORY HORSEY JR/TM

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University of California, Berkeley student and recent Cerritos College transfer Lucy Molina has begun to feel the heavy financial transition in her first year at Berkeley. She feels it will be even heavier with the recent 8 percent increase in tuition and fees that was approved Nov. 8 by the University of California Board of Regents.

Regarding the change in schools, Molina said, "For me, everything has been a hard transition because everything is more expensive than it is back home, and the increase makes it harder to pay for school."

She also said that the increase may delay students' university path.

"It's depressing because you work so hard to go to school and now the fact that you can't afford to go to school might be a setback for some people."

The UC regents approved the increase by a vote of 15 to 5, increasing fees by \$822 for the 2011-12 school year, adding up to a total of \$11,124 for undergraduate students. This increase comes

one year after the UC regents approved a 32 percent fee increase, which raised the fee to \$10,300.

However, the increase has not made it impossible for students to attend the UC of their choice.

Along with the fee increase, the financial aid plan known as the UC Blue and Gold Opportunity Plan was expanded to cover fees for students who are eligible for financial aid and have family incomes that are up to \$20,000.

Because of the plan's expansion, it is estimated that 55 percent of UC students will not have to pay the increase.

Transfer Center Counselor Brit-tany Lundeen believes that the fee increase will make students think twice when considering their transfer choices.

"I think there's always a fear that comes with tuition and students always stray away from the private universities because of that fear of the tuition costs. UCs raising tuition costs to almost \$12,000 may turn people in a different direction."

Lundeen recommends that students should still consider every option they have to pursue higher education, even as tuition prices increase.

Since the increase was approved, UC students have voiced their opinions.

At the UC regents meeting where the increase was approved, 300 students stood outside protesting the increase.

The protests turned violent when 13 protestors were arrested and 15 were pepper-sprayed. After the altercations, UC San Francisco Police Chief Pamela Roskowski referred to the protestors as, "an an-

gry, unruly and aggressive crowd."

UC Santa Barbara student Joel Jarquin recalled a previous incident in protest to the UC tuition fees.

"In one of my classes during my freshman year, people walked into my classroom and walked up with coffins and dressed in black, to state that the UCs are dying," Jarquin said.

Jarquin mentioned that because of the large number that the increase was passed, he thinks that it was done without consideration of students.

He said, "They (UC regents) don't care about what we say. There's nothing we can do about it because we're not the voters."

"I understand it's our responsibility for the people who are going to be coming in next year and the years after, but they can't do anything about it, we have to do something about it, but we really can't do much. It's hard to do anything because they don't really listen to us."

Some students, like paleontology major Alan Leyva and psychology major Jessica Yuen, may not

have heard about the increase, but are willing to prepare nonetheless.

If he were to be affected by the recent increase, Leyva said, "I would have to get a part-time job or get some kind of other income or work harder."

Molina advises that students start preparing now financially to avoid encountering unforeseen predicaments at the last minute.

"You don't really go over the financial situation with your parents until you're actually getting your letters [of acceptance]. It's always nice to have a little bit saved up just when you're making that transition, especially if it's a place that's far away from home," She said.

She also mentioned that students finish their general education requirements as soon as possible in order to transfer quickly and perhaps avoid staying longer and paying more at the UC level.

"It's always important to prepare for that transfer both financially and academically," Molina added.

UC FEE INCREASE: AT A GLANCE

11/8/10 8 percent increase

11/19/09 32 percent increase

5/15/08 7.4 percent increase

*Source: universityofcalifornia.edu

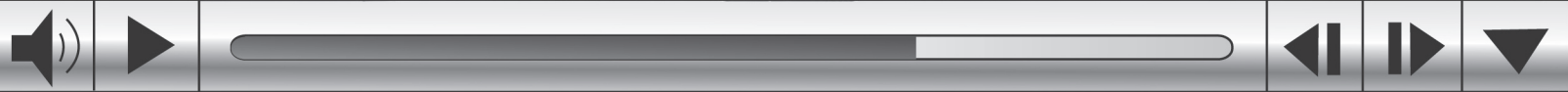
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•EDITORIAL•

Campus police need guns

Cerritos College campus police officers arrive to work everyday, unprepared.

However, the problem is not that they don't want to protect the 25,000 plus people that are on campus any given semester, rather that they haven't been given the means to do an adequate job.

As apathetic souls roll their eyes, consider this: Cerritos College is one of only three community college campuses in the state of California that do not authorize its campus police officers to carry a firearm while on duty.

This decision remains intact, even after the U.S. Department of Homeland Security issued a blueprint for safer campuses, which states, "Institutions with a sworn law enforcement agency should ensure their officers have access to a range of use of force options, including lethal (firearms)."

The governing parties of the college have not even voted on the issue in more than twenty years. In the meantime, 11 of the state's college campuses armed their officers after the 1999 Columbine High School massacre that claimed 13 lives, 12 of them belonging to students.

Even more surprising is that during the initial meetings set to distribute these findings to more than 200 classified employees of the college, only 17 attended last Wednesday's afternoon presentation and six attended in the evening.

Their vote, which can set the tone of the issue, will take place this Wednesday.

While the student vote is expected to take place next month, one thing is clear: It's time for us to take matters into our own hands, for the sake of our lives as well as the lives of the 10 fully certified officers sworn to watch over us.

Students rush from the parking lots to their classes and back within a matter of a few hours. Campus police officers are on duty 24 hours a day, 365 days a year, as each on-duty officer is assigned to watch over more than 7,500 people at a time.

Sending them out unarmed to do a job that can become life-threatening at any moment is both misguided and reckless.

We expect them to protect us to the fullest extent of the law without giving any thought as to how we can protect them.

This is a campus-wide discussion that should be taking place in every hallway, around every watercooler and within every classroom of Cerritos College. Students need to urge faculty members to challenge every committee and decision-making board on campus to listen up and speak up for our safety.

We learn how take charge of every aspect of our lives as part of our college education. This time, the issue has come down to making sure our lives are properly protected.



ILLUSTRATION BY JIMMY EDWARDS-TURNER/TM

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

Deck the halls, but limit excess pollution

During the holiday season we are supposed to be in the giving, jolly mood by being grateful for what we have and to help others who are less fortunate.

However, the money spent on holiday decorations, Christmas trees, gift-wrapping paper and good food, ends up wasted and produces tons of garbage.

Purchases throughout the holiday season reach the point of becoming excessively wasteful as Christmas wrapping paper, boxes, and bags, create the need for the solution of having to recycle these same products to reduce throwing away unnecessary garbage.

According to answerbag.com, there are four million tons of gift wrapping paper and shopping bags thrown away as waste each year in the United States alone.

The worst part about it, this is only an addition to the other five million tons of garbage from different products that are used for holiday festivities.

Among one of the effects of Christmas waste is the excessive pollution of holiday lights that many of our neighbors like to decorate their houses and Christmas trees with.

An article this year by Independent Weekly, had a survey from gocompare.com that recorded that an



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average of 52 percent of respondents decorate their houses with a display of at least 100 five-watt bulbs turned on for more than half of the day.

This amounts to 22.8 days of energy being wasted every 24 hours.

When it comes to the matter of the over-usage of lights, what is being released from these lights into the atmosphere, is a serious case of pollution in the form of CO2.

If people really wanted to have a holiday where there isn't that much to clean up afterward, then reusing some decorations and Christmas wrapping paper for the next year will surely be the way to do so.

Simply going on the Internet and typing "how to make Christmas gift wrapping paper" on Google or any other search engine will help you to get creative this holiday season and make your gift even more heartwarming by showing how much time you actu-

ally took to craft one's present.

The list of making gift wrapping paper, bags and cards goes on by looking up different ideas on how you can get expressive.

Although it does seem rather much of a hassle for some people, it doesn't mean that you can't at least try to custom-make one of your family member's, or friend's, Christmas gift.

Of course more than few people down the neighborhood that have gotten into the joyful season of decorating their houses inch by inch with ornaments and lights, probably do wonder about the electricity bill afterwards.

One of the many solutions to avoid worrying yourself on the energy bill is to head down to any home improvement store where you can find energy-saving LED string lights.

These lights not only last longer but also help reduce light pollution and wasteful electricity use.

What must be remembered during the holidays is what we already have to reuse, so we don't get even more stuff. This gives us the time to enjoy the holidays, eating food and opening up our presents without guilt.

"One of many solutions to avoid worrying yourself on the energy bill is to head down to any home improvement store where you can find energy-saving LED string lights."

Do you think college students should be drinking recreationally?

COMPILED BY: MARTIN REYES
PHOTOS BY: STEPHANIE ROMERO

KARLIN STEWART
recreational studies
"I don't think college drinking is out of control. Students drink on the weekends to relieve stress and have fun."

MAYNALLA ESTRADA
nursing
"It depends on the person and what he's doing with it. If he takes it to school, then it's out of control."

IRISH DELLA
undecided
"People drinking is okay as long as they're not going overboard."

ILIANA BERNAL
undecided
"It's okay if a person knows how to control himself. If he doesn't, it's a problem."

RICARDO FIERRO
history
"It's going to be a norm sooner or later. Take advantage of [drinking] now as long as it doesn't affect your studies."

LIZETH REYES
undecided
"I think it's okay as long as you know your limits."

Pope backs condoms

Many celebrations were had and Catholics all over the world rejoiced when Pope Benedict XVI partially condoned the use of condoms on Nov. 20 in an interview.

The Vatican and Catholic Church have long held their stance on the use of contraceptives, but thanks to this slight repeal on the longtime ban, devout believers no longer have to fear for unplanned pregnancies or unexpected cases of chlamydia.

One group of people that is nearly overwhelmed with joy is Latina women between the ages of 14 and 21 years old.

It's no secret that a large number of Latin Americans are also Catholics, and Catholicism plays a large role in the culture.

Now these young women don't have to deal with the persecution of their Catholic families for practicing safe sex since His Holiness has shown some leniency toward prophylactics.

Although the Roman Pontiff was strictly speaking about condom use between male prostitutes and their customers to prevent the spread of AIDS, his sincerity could surely apply to these ladies as well.

Girls that could be prime candidates for MTV's "16 and Pregnant" should no longer have to worry



about throwing surprise baby showers and settling down before graduating high school.

According to the 2009 Census, 15.8 percent of the United States is Hispanic.

That is 48.4 million people, larger than New York and Texas' populations combined.

In addition, the U.S Conference of Catholic Bishops says more than 35 percent of all Catholics in America are Hispanic.

These numbers show just how many people the Vicar of Christ has hanging on his every word.

So it is extremely important that he doesn't say something stupid.

There are some within the Vatican that are not pleased with what the Pope has said, but their views are stuck in a mire of spiritual stagnation.

What His Holiness has done is bring hope for progress in an anachronism of a religious organization.

This tiny step forward may give way to more leniency on some of the Vatican's more touchy issues and allow Catholics to open their

minds to the changing values of the times. Just think about the impact this will have.

The pope should use his influence over the Catholic religion to help those that really need it instead of merely upholding ancient faith.

Stem cell research has immense potential to revolutionize medical science, but it is a struggle to conduct due to the religious disapproval that the Church stands for, the Pope upholds, and the congregation adopts.

If an institution influences people's views on such a serious subject, then it should have more evidence to support its argument than the thousand-year-old beliefs of zealous men.

Millions of people could, and probably would, change their entire perspective on multiple important issues with one sentence from the Pope.

In a time rife with overpopulation, disease, war, apathy and general malice, it is good to know the global leader of the Catholic Church thinks it's okay for man-whores to use rubbers.

When he officially tells the world that it is fine to get intimate without making a baby, it will be the nicest thing the Pope has ever done for anybody, ever.



The crazy of 'four loko'

There have been several cases where students have arrived to hospitals due to the consumption of caffeinated alcoholic beverages.

The alcoholic beverage Four Loko is popular among college students, and is now getting banned.

They're to be off shelves Dec. 13, in states like New York, Texas, and California.

New drinks like these are dangerous and shouldn't be consumed unless drinkers are aware of their contents and drink responsibly.

Many liquor stores have already stopped selling these drinks to avoid having to deal with the dangerous substance.

Four Lokos are cheap, costing around \$2.50 per 24-ounce can.

It's specially hard for students to say no to a cheap drink that provides a fast buzz.

These mixed-substance drinks have never been approved and, upon further inspection by the Federal Drug Administration, were deemed unsafe for retail sale.

Cases where underage con-



sumption has occurred led the FDA to review if these drinks were safe.

Now that they're being banned, people have tried stocking up on them because any similar beverage that may try to take its place will be banned, or just not the same.

Some similar beverages are still on sale, like Joose, Jungle Juice, Sparks, and Mike's Hard Lemonade.

None have been as public of a problem as Four Loko, but they should all be looked into and, if deemed unsafe, should also be included in the ban.

These drinks have more percentage of alcohol than a beer.

That means one Four Loko has four times the alcohol a normal beer contains, and that's not even counting the stimulants.

It actually contains alcohol, caffeine, taurine and guarana.

Four Loko has stimulants much like energy drinks that boost you up while alcohol makes you depressed when consumed.

The stimulant depressant is a substance that slows down the normal function of the central nervous system.

These drugs become more dangerous when combined with alcohol, because they can increase a person's blood pressure. These affect heart palpitations and the rhythm problems with the heart.

There are some that over consume the drinks and pass out, or end up in a hospital room.

Many drinks have about the same percentage of alcohol or less and are mixed with energy drinks.

4 Loko being banned only encourage others to look for other alternatives.

You can go to YouTube and even learn how to make a Four Loko.

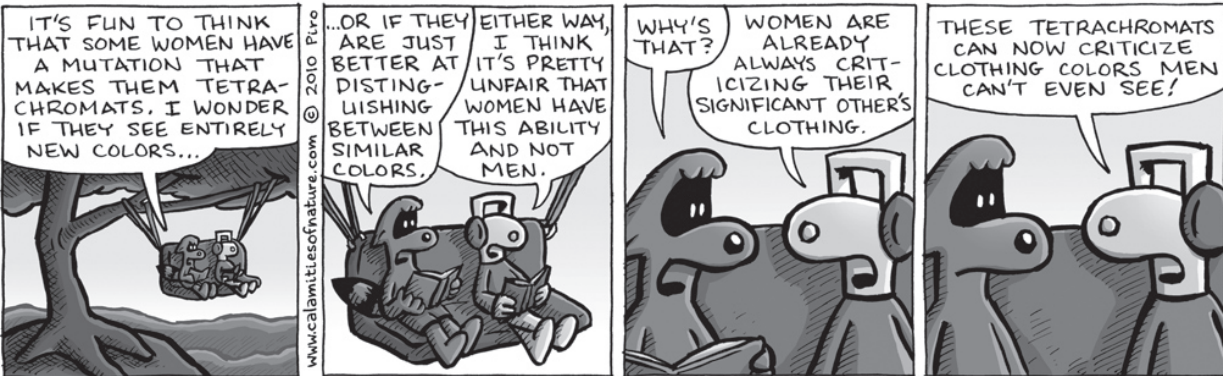
Drinking them moderately can keep you active and in the center of the party. One just simply needs to be aware of his surroundings.



GIRLS AND SPORTS



Calamities of Nature by Tony Piro



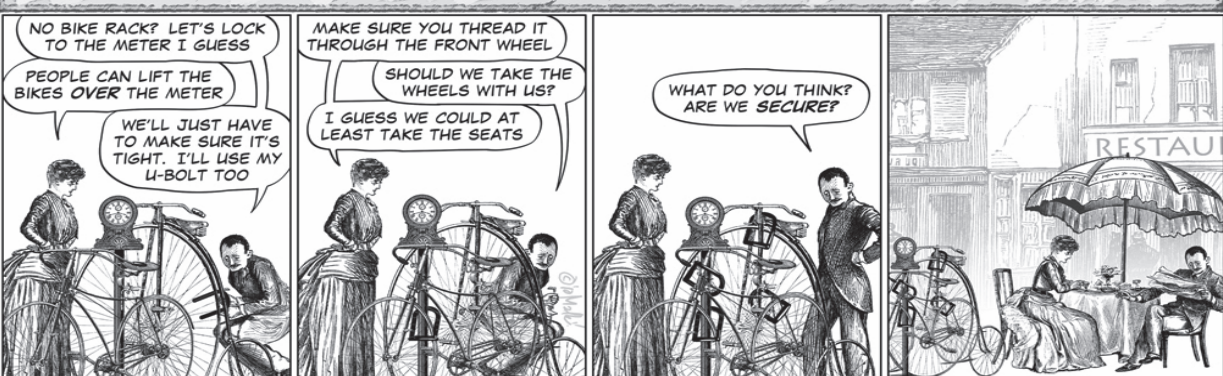
Welcome to Falling Rock National Park by Kid Shay



THE WICKED ARTIST BY RICHARD CARDENIS



WONDERMARK BY DAVID MALKI!



Tagging reformed

MICHELLE MORENO
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Graffiti is all over the streets, schools and even on the train that passes through the intersection where you're waiting.

It's a form of vandalism, but is widely debated if it's an art form.

However, some graffiti can take a person on a different path into becoming an aspiring artist.

Two Cerritos College students, Sergio De Anda, undecided major, and fine arts major, who would like to be referred to as, Eds1, have experienced separate ways of how graffiti impacted them as young adults.

Sergio

At the age of 11, De Anda would hang out on the streets minding his own business until one day he found out that his older brother was doing graffiti.

It intrigued De Anda to know that his brother was into something that was unpredictable and suddenly was sucked into the world of graffiti.

"I started my own crew when I went to my middle school and just kept evolving, getting crazier and tagging a lot more," De Anda recalls.

Before the age of 18, De Anda had several encounters with the law by getting caught vandalizing a property, but was never tried or charged when the case was overdrawn.

De Anda was 19 and found himself in custody and charged with an account of \$50,000 of property damage, due to his graffiti.

Fighting the charges he man-

aged to not receive a felony for his defacement of public property, nonetheless, he did get three years of probation.

De Anda came to the realization when he got off probation that street graffiti wasn't doing much for him as a career.

"I kind of felt comfortable leaving. It didn't matter because, people I looked up to, I got to paint with and noticed that it wasn't paying," he said.

Eds1

Arriving on the graffiti scene at a different time, Eds1, became part of the action at the age of 16 with a friend, who not only shared the passion for art but influenced him to tag on the walls.

"I remembered one night, when I caught him writing on the wall, I asked what he was doing and he gave me his marker and told me to pick my name," Eds1 said about his first experience with graffiti writing.

To this day, Eds1 illegally tags walls, but also takes the chance to paint on legal walls that are lent out for him and his friends.

After high school, Eds1 attended Cerritos College and decided to major in Fine Arts with the goal of becoming an art teacher.

"Graffiti is something that I do on the side, my main focus right now is oil painting. Graffiti is always going to be with me, but oil painting first," Eds1 said about his development in art.

When they met

In the time where De Anda and

Eds1 attended Cerritos they both had enrolled in the same art class with professor, Hagop Nargarian.

But it wasn't until toward the end of the semester when De Anda was finally acquainted with Eds1.

"I got up and looked around at everybody's painting and soon as I walk up to him he tells me, 'Hey, dawg, you write?' And from there we started choppin' (talking) it up," De Anda said about his first encounter with Eds1.

With a year and a half of becoming good friends, De Anda and Eds1 have both bonded from the love of graffiti to the aspirations of mastering oil painting.

They grew to appreciate the artistic talent that grows within their lives.

As friends, they both collaborate on painting sessions by encouraging each other to try different methods that would improve their skills.

What they're up to now

Graffiti is what brought the two aspiring artists together, but their passion to become mentors one day is what they would both like to achieve.

"I think graffiti definitely taught me colors, but graffiti and oils are different things," De Anda said referring to how different the styles are for him.

Although, they both are trying to build up their portfolios of oil painting, they admitted to still tagging on the streets of Los Angeles and Cerritos.

"Real graffiti belongs in the streets, not on the canvas," De Anda said.



MICHELLE MORENO AND GREGORY HORSEY/TM
Taggin' it up: Eds1 (closer to the camera) and Sergio De Anda paint during their class time. Both started off as graffiti artists.

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inSCRIPTION puts the art of script on display

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“I was watching my kids and how often they text messaged each other back and forth, and it seemed like they were speaking, not so much with their mouths, as they were with their fingers,” James MacDevitt, the director of the Cerritos College Art Gallery, said.

This connection between spoken word and written word was the initial inspiration for MacDevitt to put on the new “inSCRIPTION” art show.

The show explores the conjunction of text, words, and letters, with images and action.

“I wanted to sort of put together a show that involved words that were either moving, or words that require that you move in one way or another, whether it’s physically or mentally,” MacDevitt said.

Various artists expressed these ideas through their presented pieces in the show.

Jim Jenkins, a sculpting instructor at the California State University of Fullerton, is one of the artists whose work was exhibited.

One of his pieces was a motorized and self-propelling sculpture of the word “NO.”

Jenkins says he specializes in kinetic sculpture of this nature.

He said, “The word ‘no’ is something that intrigued me because it’s one of the

first words we can say as children, and as adults, it’s a word that you just hear way too often.”

Jenkins believed this particular piece accurately represented the show’s overall theme.

“The words themselves can become subject matter for art, and taken out of the context of a book, or a page,” he said.

Penny Young, an artist from Burbank, is best known for the motorized Rolodexes she contributed to the show.

This piece consisted of three Rolodexes filled with revolving cards that displayed Young’s own writing.

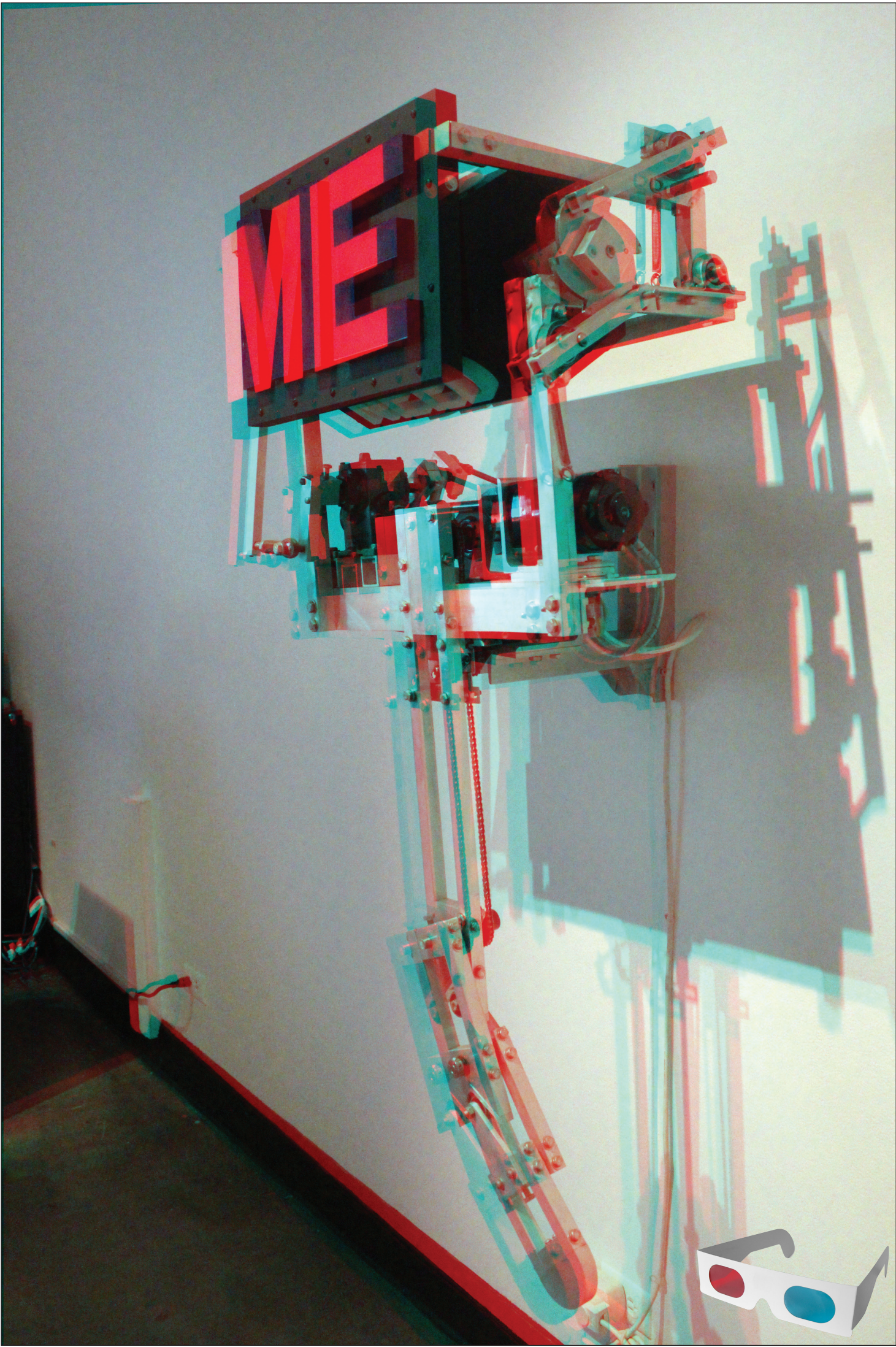
Observers are encouraged to push a button next to each Rolodex that makes it flip to a random area, so that they get a random card to read.

Young quickly and automatically typed thoughts as they occurred to her on every card. Samples include “French Bulldog pups” and “critters eating the bugs in your lawn,” among others.

“I think it’s kind of having to do with how you find text around you or how you’re involved with it on kind of a random way,” she said about the piece’s correlation with the art show.

MacDevitt said of “inSCRIPTION’s” differing styles, “There’s a lot of variety within the context of the show, but what [the pieces] have in common is this ambiguous relationship between text and image, and the actions that they produce from the viewer.”

“inSCRIPTION” is open to students and the general public at the Cerritos College Art Gallery until Dec. 9.



PHOTOS BY JOEY BERUMEN & GREGORY HORSEY JR.

More than a mouth full: (Clockwise from top) Artist Penny Young displays her work, “Rolodex 13,14 and 16.” Artist Jim Jenkins displays his work, “A Dependent” and his work, “NO,” which walked the Cerritos College campus when the “inSCRIPTION” exhibit opened in November.





Red-handed actors: A scene from *Parallel Lines* with, left to right, Mrs. Hakim (Missy Freeland), Mr. Hakim (Adan Gonzales), Mr. Akbar (James Gil), Khalil (Enzo Canepa) and Mrs. Akbar (Laura Buttle). COURTESY OF THEATRE DEPARTMENT

Students get ‘Caught’ in theater

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The audience laughed out loud at “Caught in the Act... Again!” in the Burnight Theatre Friday night. The comedic production includes four separate one-act plays directed by four different people, all utilizing different actors. Forrest Hartl, the acting and directing faculty adviser, said, “The plays’ themes range from the confusion of a difficult romance to the

folly of revenge. “Though, ultimately, like most theater, the plays are truly about vibrant personalities and vital human relationships.” “Caught in the Act... Again!” is an expansion of a production showcased in the theater program’s summer season. Audience feedback called for this fall encore with new actors, increased production elements and further-developed scripts. Barbara Lopez is an actress who performed in “Last Summer,” a play set in the summer of 2009 about a woman who has just gone through a tough break-up, and her two sisterly best friends who try their best to console her. “What I liked the most about [Last Summer],” Lopez said, “is that it’s very real. “It’s loosely based on me and my girlfriends’ last summer.” Lopez’ character, Patty, was a favorite of the audience’s as she dropped several one-liners.

“I just like to have a good time because I’m a firm believer that if I have fun on stage, the audience is going to have fun,” she said. Omar Rodriguez had the role of the ex-boyfriend, Jake, in “Last Summer” and also played Mickey, the lead role, in “Up and Down.” “Up and Down,” is set at The Ritz Hotel and centers around a shy and eccentric elevator attendant looking for love. Rodriguez enjoys the variety of the characters he portrays. “It was fun because they’re two completely different people, and it was just fun playing around and trying different things and becoming other people,” he said. Pleased with the performance, audience member, Michael Garcia said, “I thought [the production] was really nice, really well put together. “Caught in the Act... Again!” is open to the public, \$10 per ticket, on Dec. 9 to 11 at 8 p.m., and Dec. 12 at 2 p.m.



Freedom fighting: As Alex Mason (you) and Frank Woods (right) battle through the Vietcong behind enemy lines. COURTESY OF MCT

‘Black Ops’: new war, more action

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Developers at Treyarch released the next installment to Activision’s Call of Duty franchise with “Black Ops” on Nov. 9. The game takes place during the Cold War with the American, Russian, Cuban and Vietnamese forces colliding. With a title like “Black Ops,” Treyarch’s new iteration can be taken literally with its introduction to a darker side of warfare throughout the Cold War. While the Modern Warfare installments have all brought first-person shooters to another level, “Black Ops” puts another twist on

the gameplay in the campaign mode. Starting as Alex Mason, a soldier held in captivity for interrogation, the campaign mode sends you on various missions. From being taken prisoner and escaping to the front lines, to going head-on with the Vietcong, you use a variety of characters to ensure the prevention of the next World War. “Nazi Zombies” makes a return to the Call of Duty series after its introduction in “World at War.” Zombies attack in rounds, and ammunition, new weapons, health and new areas unlocked with points. Points are earned by killing zombies and repairing your barricades. In order to survive, you must use points to buy necessary weapons,

replenish your health and ammunition and find better fortifications. “Call of Duty: Black Ops” takes you on a first-person adventure with more weapons, more explosions and more first-person action sequences that will leave you on the edge of your seat, and Nazi Zombies makes an excellent return for a satisfying experience.

Game Review

Call of Duty: Black Ops
Publisher: Activision
Developer: Treyarch
Genre: First-person shooter
Rating: ★ ★ ★ ★



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Men’s basketball team ready following preseason games

CHERELLE TISBY
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The Cerritos College men's basketball team has begun its season with several preseason tournaments and its current record stands at 4-5 with only the Imperial Valley tournament left to be played.

Head coach Russ May has inherited a brand new roster of players to the team, except sophomores Addaryll Thomas and Willie Edwards, and freshman Jeff Hoilday. Holiday was a redshirt last season.

SCAN TO VIEW



SLIDE SHOW

“Coach May has a winning formula,” Thomas said.

May said the biggest two concerns for the team are not having a gym, in addition to the team not having very much experience.

He says the good thing about not having any experience is that the players are more eager to learn along with being enthusiastic and very energetic.

Only four of the team's 17 players are not freshmen.

Their team captain, Nick Sanchez, says, “I believe we can go deep into the playoffs if we get our mindset together.

er.

“It's a learning process right now. A lot of the freshmen are just having a hard time executing plays, but as the season goes on, everything will come together.

Kyli Crooms, a sophomore that came from Vanguard University, said, “I think it's about maturing more than anything.”

He left that school because “things weren't working out,” such as some of the coaching decisions and playing time.

“I think everybody is going to be giving us their best. I feel we have to be prepared for each opponent equally,” Crooms added.



CHERELLE TISBY/TM
Practice makes perfect: Sophomore Nick Sanchez, No. 32, looks for an open teammate during a scrimmage at practice. Sanchez, a transfer from Antelope Valley College, is one of four sophomores on this year's basketball team.

Coach Welliver prepares her women’s basketball team for 2010-11 season

MICHELLE MORENO
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After preparing for the start of the new season, the Falcons women's basketball team began its first tournament at Sierra, Calif.

As it competed in its first match on Friday, Cerritos College won 66-56 against Ohlone College.

With the loss of last season's playoffs still in mind, head coach Karen Welliver has new hopes for the new recruited team members who will be guided by sophomores this year.

“This team has really bonded well together and we have a nice group of sophomores, and we're looking forward to some really good leadership from them and I'm really excited about getting the season started,” Welliver said of the newly drafted and returning team members.

By focusing on their athletic capabilities of running and playing scrimmages, the women train through the competitiveness that they need to rehearse when it comes to playing during games.

“We try to make our scrimmages more game-like in order to practice for all different situations that we're going to face in our games,” Welliver said about her coaching

methods on the women's exercises.

Asserting structure to the team with discipline and advising the women to mentally focus on rehearsing plays in their head is coming along for Welliver as she coaches the team to execute and be equipped for the games.

But as she sees the talent within the team, the mere motivation in the women to win the championship this year, according to Welliver, makes her job as a coach a lot easier.

Shooting guard and returning sophomore Jazlyn Afusia noticed this year's teammates have developed a bond, which has inspired them with the enthusiasm to collaborate with one another.

“We have a really athletic team and we work really hard, we hustle to get rebounds, and we get along really well on and off of the court,” Afusia said.

Returning sophomore Montanique Washington discussed how these drills are being affected by communication skills that have been required for them to learn in order to prepare for games.

SCAN TO VIEW



VIDEO

“The practices are going good, we just need to work on talking more and on defense, because sometimes we get lost if we don't talk to each other,” Washington said.



MICHELLE MORENO/TM
Batter up: Pitcher Jessica Lozano (center) winds up for a pitch as fellow pitcher Gabriella Villarreal (right) and her coach (left) look on. The Falcons finished 39-6 last season and were eliminated in the Southern California Super Regional Playoffs by Mount San Antonio College.

Softball winds up for season

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The Cerritos College women's softball team, who was a Southern California Playoff finalist last season, will be looking forward to another year with a team of brand new faces and players who have returned.

The team is not only ready to compete in the new season, but it is also working on the important part of bonding together.

“At first it was a little rough playing well with each other, but now our chemistry is kicking in and we're bonding, so now we're a lot closer,” sophomore Arielle Palafox said.

After determining the differences of playing with each

“

I want to see our team succeed and do my part and leave my mark on Cerritos College

— JESSICA ROPER
Catcher

”

other during the preseason games, the women's softball team is moving along by supporting each other and cheering each other on during its practices.

“Right now we're working on playing as a team and not as individuals,” returning sophomore Gabriella Villarreal said.

“We are actually getting along very well with the freshmen. In the beginning it was kind of hard, only because we were closer to last year's team, but now we're getting along and starting to click,” Villarreal added.

The majority of the women on the team are familiar with the sport, since most of them have grown up playing it.

Head coach Kodee Murray recruits players that played in high school and who are set to play at a college program.

Catcher Jessica Roper was one of those players asked by Murray to play for Cerritos.

“[Murray] called my high school coach and showed me around [the campus] and what my

possibilities are as an athlete and student.

“It seemed like the right choice for me at the time,” Roper recalled.

The Falcons carry on the reputation of having a program that has influenced players, such as shortstop Briana Quintana to be recommended by her high school coach to play for Cerritos College.

“I needed to go to a community college and my coach had come to Cerritos before and she told me it was a good program,” Quintana remembers.

Coming along throughout their practices, the women are in the part of making it a stronger team that can bond in order to make it easier on themselves to play as better a team and go far into the new season.

“I just want to see our team succeed and do my part and leave my mark on Cerritos. I don't want to play for myself, I want to play as a team,” Roper said.

50 fall sports athletes named to the SCC and NDNC postseason conference

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The Cerritos College athletes have elevated their play this past fall season and a consistent high level of play has helped them to be at the top of their respective sports as many of them have been able to earn spots on their respective all-conference teams.

Eight of the nine Falcons' sports teams were able to make the postseason this year.

Conference champions

While the football teams' season (9-3) came to a close at the hands of a 51-0 thrashing at the hands of Mount San Antonio College, it was able to land 16 of its athletes on the National Division Northern Conference team.

Sophomore running back Daveon Barner and safety Keith McGill won the conference's Offensive and Defensive Players of the year, respectively, while head coach Frank Mazzotta was named the conference's

SCAN TO VIEW



LIST

Coach of the Year.

The women's soccer team captured its fifth straight SCC title, however, its season was cut short after a 1-0 loss to Santa Rosa Junior College in the semifinal round of the California state championship tournament.

Head coach Ruben Gonzalez was named the conference's Co-Coach of the Year, along with former assistant coach, Tessa Troglia, now the head coach at East Los Angeles College.

Defenders Justine Telles and Janeth Arroyo and forward Liliana Leos made the first team for the second time, along with first-time selection freshman midfielder Nayely Alcalá.

Sophomores Tiffany Schultz, Tatiana Cortes and freshmen Daniela Martin and Vanessa Plascencia made the second team for Cerritos, while freshman goalkeeper Sandra Coto set the school's single-season record for shutouts with 17 and was an Honorable Mention.

The wrestling team won the South Coast Conference Championship with a team score of 143 points, and has now set its sights on the California State Championships this Saturday.

Freshman Estevan Cabanas and sophomores Eric Sauvageau and Jose Lopez all won individual titles for Cerritos at the Santa Ana South Regionals.

The team will now send nine participants to the California Community College Athletic Association State Championships this Friday and Saturday at Victor Valley College.

Playoff Contenders

The women's water polo team finished third in the SCC with a 22-8 record and was eliminated in the first round of the Southern California Regional Playoffs.

Sophomores Shelby Gleason and Grace Quintana earned first time All-SCC recognition while sophomores Georgiana Bray and Jesse Ku was named to the second team.

Gleason was also named a first team All-American and a first team All-Southern California member.

Quintana was selected to the second team All-American team and Bray was named to the second team All-Southern California team.

The men's soccer team's season ended with a 2-1 loss on its home field for the first time in five years to College of the Canyons in the second round of the

Southern California Regional Playoffs.

Six of its players were selected to the All-SCC teams.

The men's water polo team's season also ended in the first round of the Southern California Regional Playoffs after it posted a 17-11 record this season.

Driver PJ Gabayeron was selected as one of three players of the year. Gabayeron finishes his Falcon career, third in career goals (131), second in career steals (131), second in career assists (112), and tied for fifth in career assists (68).

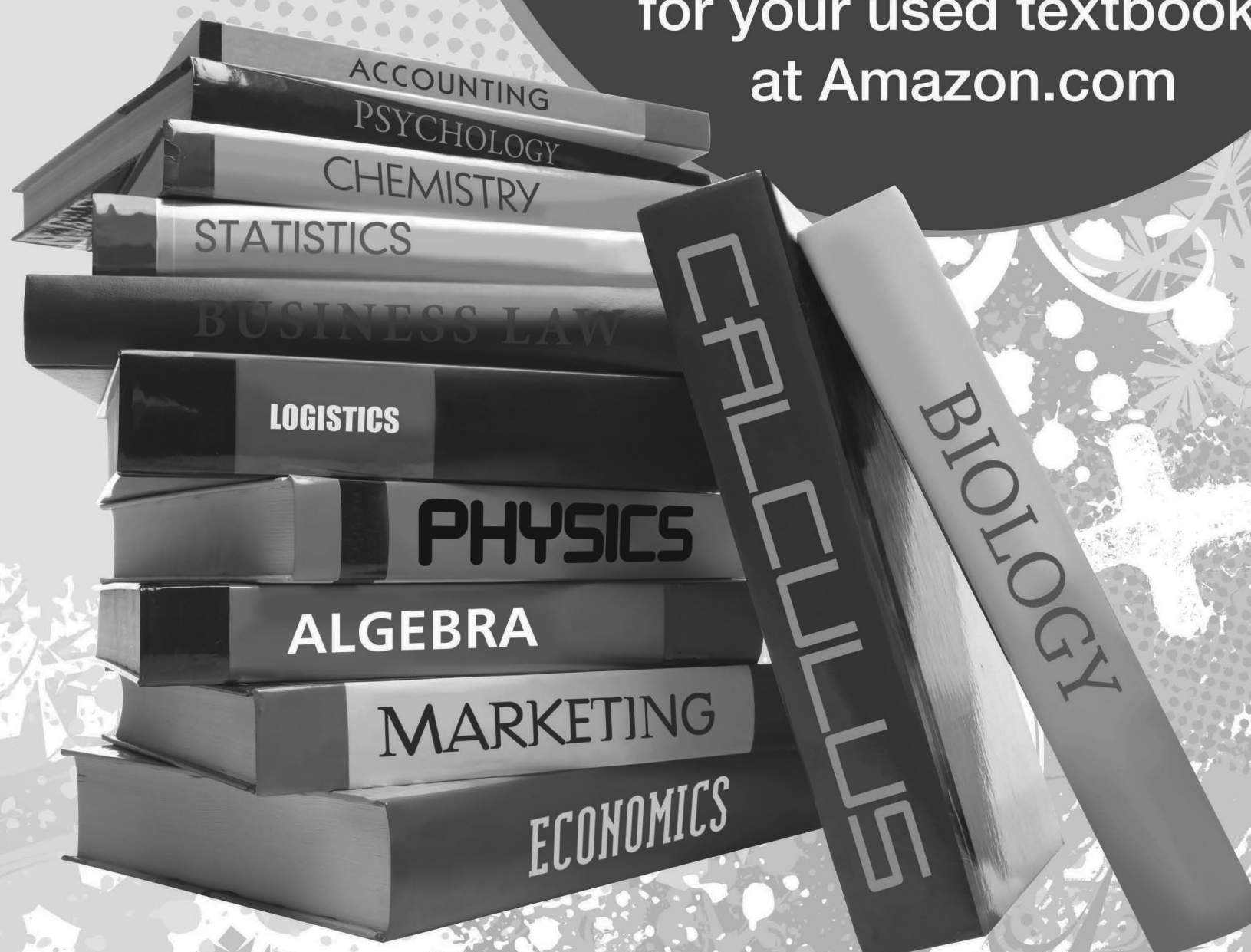
Utility player Isaac Ogloblin and drivers Jon Canizalez and Pete Sirihanyakorn were named to the first team All-SCC team along with Gabayeron.

Losing season

While the volleyball team was the only Cerritos College team to miss the playoffs, it played the season valiantly through its last game ending in a sweep over Los Angeles Trade-Tech, finishing its season at 10-11.

Sophomore outside hitter Chanelle Puou and freshman outside hitter and setter Jessica Suesoff carried the team through the season as they both made the All-South Coast Conference team.

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The game was Cotos' only loss of the season, and the team's record was 20-1-2 when she was on the

To top its successful season, head coach Ruben Gonzalez was named community colleges Co-Coach of the Year by the CCCAA, along with the head coach of East Los Angeles College.



Splash: PJ Gabayeron takes a warm-up lap at practice. Gabayeron earned All-American honors in the 200-yard IM, 100-yard breaststroke and 200-yard breaststroke.

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PJ Gabayeron, who was second on the

Another major departure was Louie Espinoza, who in 2008 was named All-American in the 200-yard breaststroke after turning in the 11th fastest time in the country.

“But we also have a lot of new guys that we are looking forward to step up.”