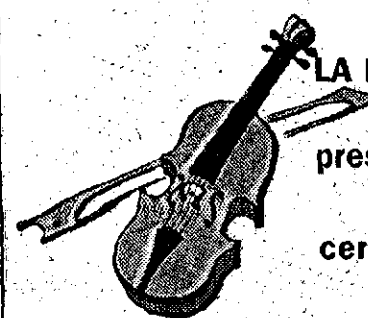


TALON

Markers

CERRITOS COLLEGE
NORWALK, CA

VOL. 48, NO. 18
MARCH 13, 2002



LA Philharmonic will be
presenting a free con-

cert this Sunday in

Student Center at 3 p.m.



WMPD airs a tribute to women

ERIKA PALMA
STAFF WRITER

Cerritos College Radio Station WMPD, will air Broadcasts Salute to World War II Women on March 14, from 10 a.m. to 11 a.m.

Host Gayle Parks will present a look at the careers of the women in journalism, photography, broadcasting and engineering during World War II, followed by a biography of America's Ladies.

Women sustaining the American Spirit is the theme for National Women's History Month.

"The new 2002 theme will help deliver the message of who America women are and what they have accomplished," Parks said.

"People usually think it's just like any other event. But it's an event that should be very important to women because it represents all women's rights in this world," said Cerritos College student Beatriz Cabrera.

Not everyone was familiar with Women's History Month.

"Women's History Month had me a little bit confused because I have never really paid any attention to it. But I just realized that it focuses on America's First Ladies and their dreams, goals, and accomplishments. Because of them we have women's rights and recognition," said Criminal Justice Lisa Macias.

Parks said, "Our goal is to showcase the diverse and interlocking stories of women who have created and affirmed the America spirit."

President George Bush acknowledged Women's Month by saying, "Women's History Month provides our country the privilege of honoring the countless contributions that American women have made throughout our history. These contributions have enriched our culture, is an influence for peace around the world."

"We should be aware of all the events that are going on during Women's History Month in order to learn a little bit more about our past and our contributions," Macias said.

Reflection at the Fountain

SYLVIA DURAN
STAFF WRITER

Cerritos College observed the 10-month anniversary of the Sept. 11 attacks by hosting the Reflections at the Fountain ceremony on Monday afternoon.

The event attracted a diverse crowd of approximately 250 students and staff.

The crowd gathered at the campus quad amphitheater where Vice President Sara Mayorga delivered a speech on peace and unity, not only for the world but for our community.

The stage was shared with four fire fighters from Fire Department 150.

After the speech the crowd walked to the fountain where they held hands and had a minute of silence. The end of the minute marked the end of the ceremony.

"The gathering really focus was peace and unity," said Associated Student of

Cerritos College President Patricia Bonydon.

We want to dedicate Cerritos College as a safe zone.

The ASAC members wore shirts with the infamous planes of the New York firefighters creating the U.S. flag at Ground Zero. "An extraordinary common vision," read the shirts.

"We are wearing them because it's appropriate and to honor the heroes of the Sept. 11 attacks," said Committee member David Donley.

The crowd was diverse, but they were all united with one thought in mind. "To show support for our fellow men and to remember the spirit that reminds us all," said Program Assistant Renee Block.

Renee D'Song Chomlak wore an angel pin on the left shoulder to honor the innocent lives and hopes lost on Sept. 11. "It's a wonderful

look at the support from the students and staff for the fire fighters and victims."

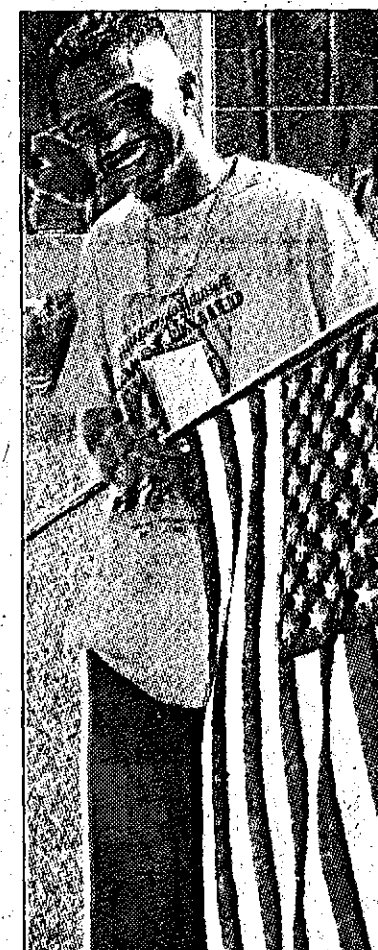
Donley said that the attacks did not only affect eastern United States. "The terrorist attacks affected all of us as a nation because we were attacked as a nation. America is a part of the world and we are a part of America," she said.

Cerritos College staff said it is great to see a tribute dedicated to the fallen fire fighters. "It's appropriate to have such a moving and beautiful tribute," said Donley.

After the Sept. 11 attacks, Donley visited Ground Zero shortly following the attacks. "It was a good trip. I volunteered, worked and listened

Continued on page 2

Cerritos College students stand together and hold hands observing a minute of silence in remembrance of the victims of the Sept. 11 attacks.



Universities court Cerritos students at campus fair

JIMMY MISTRY
STAFF WRITER

On Tuesday the north side of the library was filled with booths for University Fair.

While students goofed off at the booths for Hoe Down Days, serious educational decisions were being made at the University Fair.

Students were excited to know all about different universities and Cal-state colleges.

"I think it's very helpful. They provide you enough information for the major you're trying to get into," said Manmeet Aulakh who is majoring in Nursing.

Sandra Teste, Fashion major, said "I hate going to the Administration office and waiting for one hour and just getting to

know about one university or state college. I like it when the colleges come out to you and try to get you in."

There were various types of booths at hand.

They covered every major, from chiropractic nursing and nursing to acupuncture to engineering.

Each table had a lot of visual aids. The acupuncture table ran by Jacqueline Hutchings that had things like JuJu Bes, liquorish roots, honey, needles, and statues with acupuncture points written on them.

Students signed up with their e-mails and address to get more and more information about the college they wanted to transfer to.

Hernando Guetterio, Engineering major, said, "I'd like to know as much as I can now about whatever college I decide to go to."

I use to slack off but now I know better," as he waited to talk to a college representative amongst six other people.

Not all the booths were busy.

People did not frequent Cal State Bernardino's booth up too often to them because "Usually closer colleges will get more students," said Eva Gonzalez, representative of San Bernardino Cal-State University. Overall, the University Fair was a great success.

Hundreds of students showed up and hundreds of information packets were distributed.

Women's sports neglected in funding

MARISOL ROJAS
ASSOCIATE EDITOR

According to a report made by the Orange County Register, most of California's community colleges have failed to fulfill Title IX of the Education Amendments of 1972. Title IX forbids gender discrimination in any educational institution.

California community colleges are still not spending as much money on women's sports as they do on male sports. Although women make up more than half of full time students, they receive less than half in athletics.

Linda Joplin, chairwoman of the athletic equality committee of

the California chapter of the national organization for women, is not surprised at the newspaper's findings. She says historically colleges have overlooked women's sports in funding.

However, the report has received some criticism. "You have

Continued on page 2

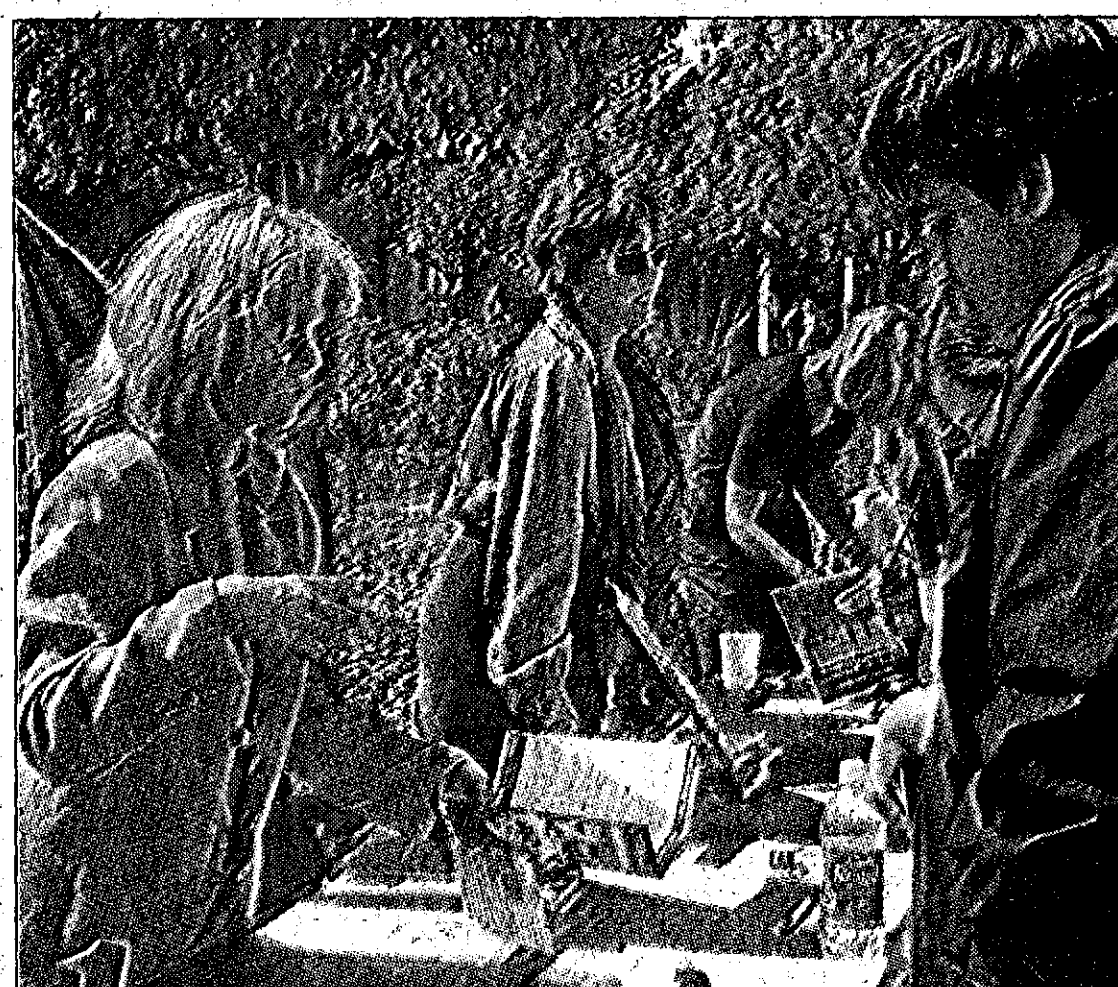


Photo by Tara Carter

Jose Esteban Cardenas, who is majoring in Animation, inquires about Mt. Sierra College. Along side with Cardenas, Karina Villatoro talks to the Mt. Sierra College representative about engineering classes. Pamphlets and forms were handed out in an immense amount throughout the University Fair. Most of the representatives held degrees from the colleges they represented. Curious students came from the Hoe Down booths right to the University Fair.

Colleges too full, says Chancellor

TARA CARTER
EDITOR IN CHIEF

Community colleges in California are filling with more students than they can afford.

According to community college Chancellor Thomas Nussbaum, 36 of the 72 colleges community colleges districts are over their cap for the 2001-02 school year, an approximate 27,000 students.

Nussbaum blames the student overflow on California's failing financial system.

He said, "As the economy has turned down, people squeezed out of the workplace have come to us (community colleges) for retraining and new options."

Juan Mesa, a Cerritos College student returned to school after he was laid off his job at the airport.

"I came back to college because I needed some new skills," he said. Nussbaum blames the students

flow on under funding.

"We were funded for three percent growth as a system, and were serving a 4.55 percent enrollment growth," Nussbaum said.

Because community colleges have exceeded their enrollment caps, they are not receiving funding for the overflow of students.

Nussbaum feels colleges are being punished for educating students and says the system should not apologize for exceeding the cap.

"The fact is that three percent enrollment growth for the system as a whole was simply insufficient to meet the compelling demands our system faces in serving the needs of our adult population."

Community college officials are hoping that the final 2002-03 budget will allow more funds for enrollment growth in the 2002-03 budget.

Gender Discrimination in college sports

continued from page 1

to incorporate all the information," Karen Welliver, women's basketball coach, said.

There are just more male athletes than there are women athletes.

Currently there is no women's sport that is the equivalent of male football. Football receives the most money from educational institutions. Baseball is another sport that requires more athletes when compared to softball.

"I'm not going to complain about another coach receiving more than my team if their team is larger than mine," Welliver said, Cerritos makes an effort.

It is hard to ignore what Title IX has done for female athletes since its passing in 1972. It has provided state and national competitions, scholarships and even the chance for a female to be a professional.

"I've seen Title IX evolve," Welliver said, "I remember when we had to drive ourselves to games while the men athletes had a charter bus."

There are still some campuses out there that need improvement.

"Not every school out there has equal facilities for women and men. Title IX can help push those schools further," Welliver said, "at least now the dream is available."

Cerritos College graduate accepted to CalTech

In the coming fall semester, Cerritos College Graduate Aaron Wiest will have the exceptional opportunity of transferring to the California Institute of Technology (Caltech) in Pasadena.

"At home we always had our family motto: Make learning fun," says Wiest.

Dr. Adolph Johnson, dean of academic affairs, had a great part in Wiest's choice to attend Cerritos College. "He became my greatest friend and advocate on campus at a time when there were few students my age. The neat thing about Dr. Johnson is that everyone thinks of him as their best friend. He said I had potential to go to great places," says Wiest. "His confidence was very encouraging."

Cerritos College attracted Wiest not only because it was close

to his Downey home, but also because of the opportunity to enroll in the Minors Program, which allows high school students to enroll in college level courses.

"I remember I really liked the friendly atmosphere at the College," he recalls.

Wiest graduated from Cerritos College in the Fall of 1999 with two Associate's in Arts degrees in Biology and Natural Science. In January 2000, he served as a missionary for two years in Tokyo, Japan.

"I love the Caltech attitude toward learning," Wiest says. "Although it is difficult to transfer in, once you are accepted, you find yourself entering what their letterhead calls the world's best funded playground for math, science and engineering. I can hardly wait."

Senior Center will be complete in spring

ALICIA WARNER
FEATURES EDITOR

The new Senior Center is almost complete and ready to open.

"There is still some landscaping to do and interior work to be done," says Michael Sebak, Director of Physical Plants at Cerritos College.

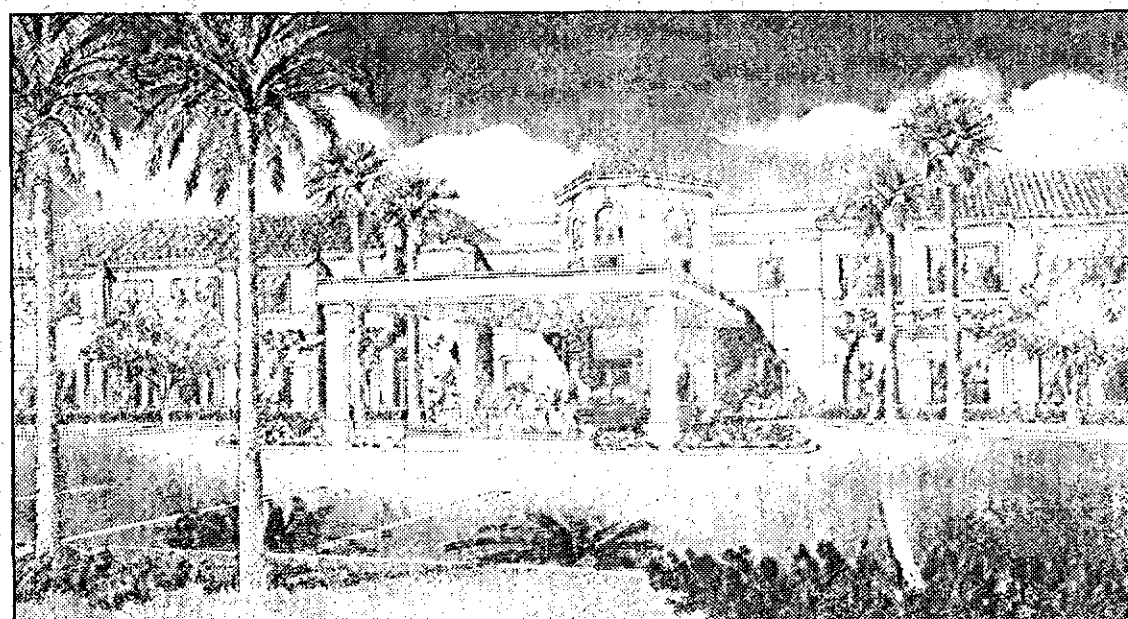
The Senior Center is located out in the strawberry patch near the Health Sciences building on south of the Cerritos College campus on Studebaker Road.

The new center will house approximately 50 senior citizens.

Over the year, the progress of the new center has been very quick and steady. Construction began during the summer.

Completion is expected this spring. Due to the proximity to classrooms, nursing and cosmetology instructors will integrate frequent visits to the center, allowing students to obtain experience in their chosen field of study.

Artist rendering of the finished complex



Rendering completed in 2000

In construction during last November.

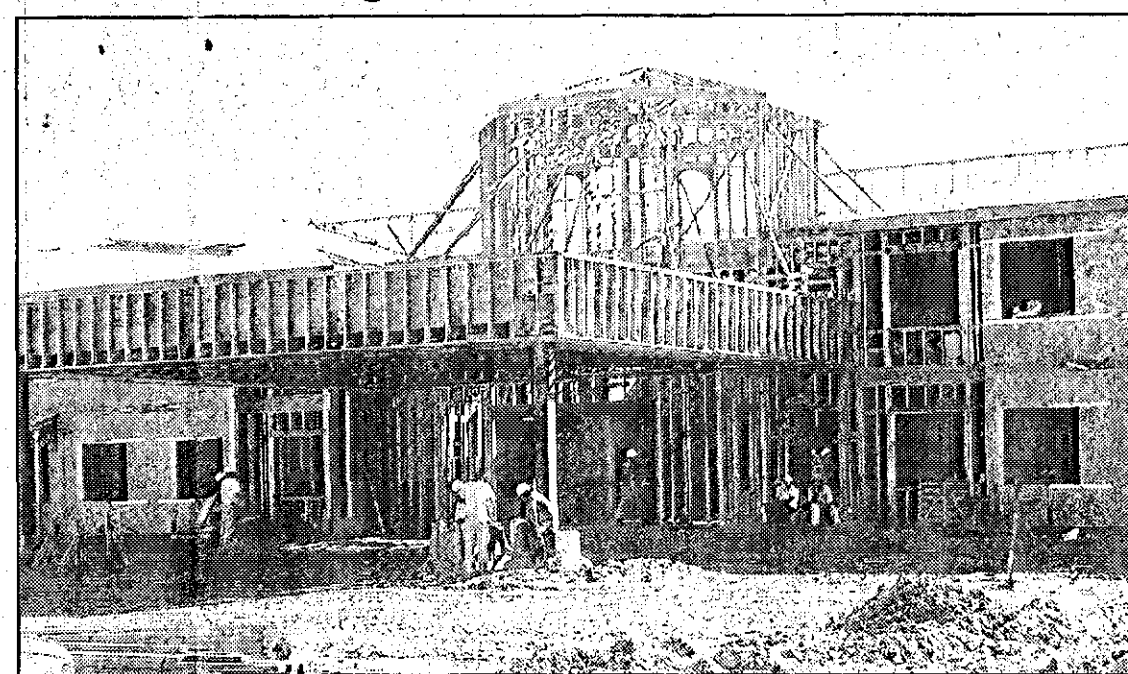


Photo by Alicia Warner

A recent photo of the center, which will be completed this spring.

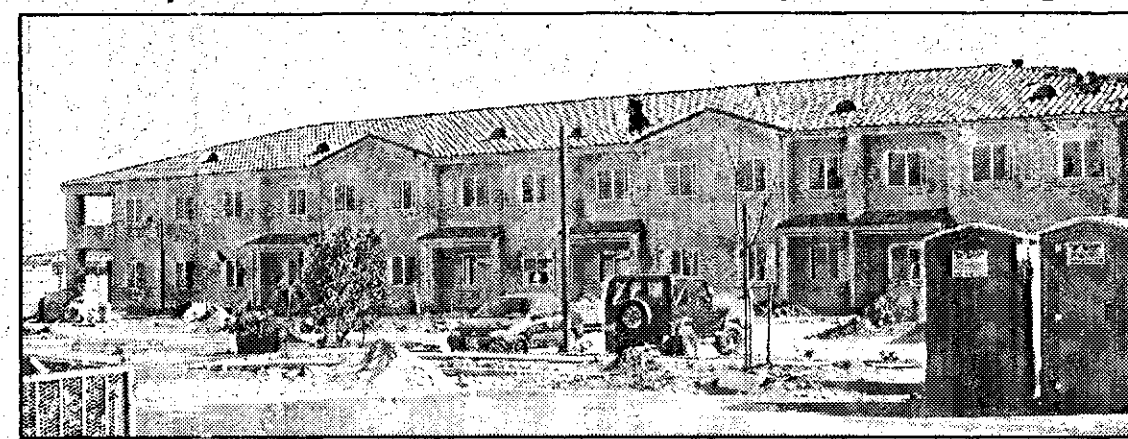


Photo by Daniel Aguilar

REFLECTIONS

Continued from page 1

to the fire fighters stories. I helped out at their stations and attended the memorials."

Not everyone in attendance was touched by the ceremony.

"I accidentally walked into it, so I joined in. It was pretty cheesy, it seemed more of a church ceremony," said Advertising major Victor Alcalá.

The ceremony did not change Alcalá's perspective.

"If people are trying to heal, someone has to bring it back up and drag everybody down again."

Chomiak understands that some people heal differently than others. "People have the right to find their own healing and move on. This kind of tragedy takes years of healing. We're all going through the grieving process. We all do what is normal to us."

Chris Beasley, Commissioner of Student Center, disagrees with Alcalá. "How can we forget it and not be touched? Those attacks affected all of us as a nation."

The firefighters have noticed a difference in the community and in their lives since the Sept. 11 attacks.

"I don't think the community ever took us for granted. But we do seem to get more waves, hugs and thank you's from people. People wave and honk their horns more often now," said L.A. County Engineer, David Chetwood.

Whitehead said, "The tragic events have made me more aware of my surroundings. I cherish the days I am off. I know it has affected my family, we cherish every moment together."

"We don't take any day for granted. Each breathing moment is very special," added Chetwood.

Bonyadloo thanked the executive cabinet for helping out in constructing the event. "We could not have done it without them. They are so helpful."

Commissioner of Information and Records, Lauren Fernandez's father is Captain of his Fire Department. He also visited Ground Zero following the attacks.

"He helped us construct this event. He thought it was a very nice gesture. Unfortunately he had to work today and was unable to attend."

As for the one year anniversary of the Sept. 11 attacks, "Each man will observe it differently. Some might spend it with friends and family while others will return to New York to spend it with fellow firefighters," Whitehead said.

Cerritos College will definitely have something planned for the one year anniversary. But we do not have it planned yet, Bonyadloo said.

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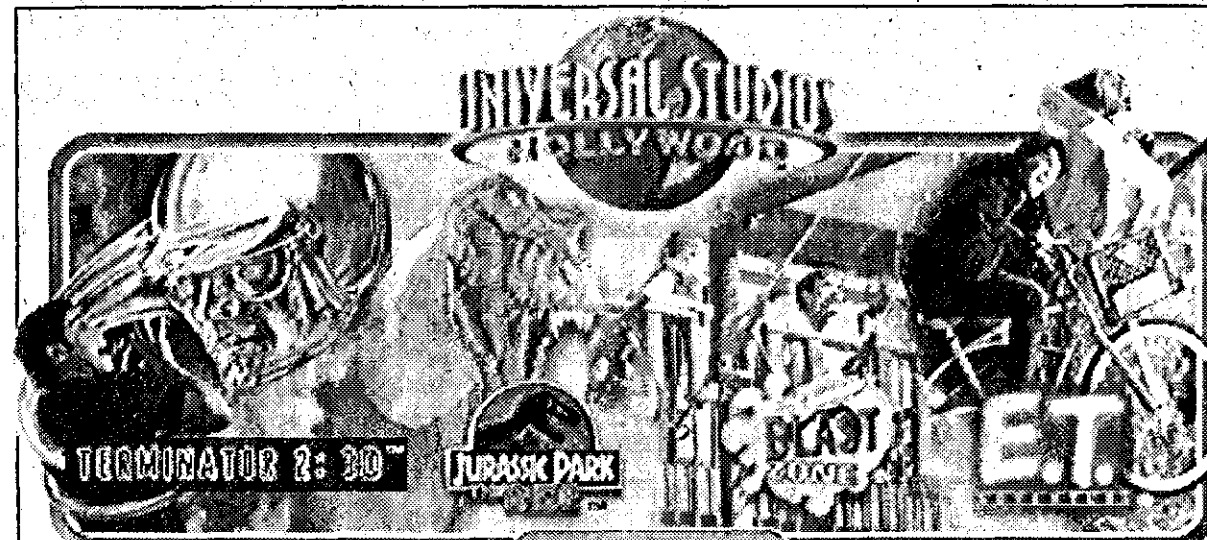
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LA Philharmonic scheduled to play

TERESE LEON
A & E EDITOR

The Los Angeles Philharmonic Association will be presenting a free, one-hour Neighborhood Concert in the Student Center this Sunday. The show begins at 3 p.m. and is open to the public.

The concert will feature Conductor Yasuo Shinozaki and Mezzo-soprano Cynthia Jansen.

Shinozaki, the current assistant conductor to Esa-Pekka Salonen at the LA Philharmonic, was first recognized at the Second International Sibelius Conducting Competition in

Helsinki in 2000. There, his performance of Sibelius Symphony No. 2 won him second place.

Jansen was a national semi-finalist in the 2000 Metropolitan Opera National Council Auditions and a finalist in the 2000 Loren L. Zachary National Vocal Competition.

The concert program will include Rossini's overture to the "Barber of Seville." Excerpts from Bizet's "Carmen" will also be played along with Dvorak's "Symphony No. 8."

The concert is a part of the LA Philharmonic Association's Community and Neighborhood Concerts program. The program has taken it upon itself to promote their music to a wide audience throughout southern California. With this in mind the Community and Neighborhood Concerts program was created.

The Community and Neighborhood concerts are always played in churches, schools and other community venues. The concerts are also always free.

Grants from Target stores, Mervyn's California, BankAmerica Foundation, Imperial Bank, and the William Randolph Hearst Foundations help keep the program alive.

The California Arts Council, the Los Angeles County Arts Commission, and the Cultural Affairs Department of the City of Los Angeles also support the program.

The concert given this Sunday will be the third time the LA Philharmonic has come to Cerritos

College to perform. Dr. Christine Lopez, music professor, said, "They are a very prestigious orchestra and we are very lucky to have them playing here."

Tickets can be picked up for reserved seating at the Music Department. Ticket holders will have priority seating beginning at 2:15 p.m. on Sunday; general admission will begin at 2:45.

For tickets or more information about the concert, call the Music Department at (562) 860-2451, extension 2629.

UPCOMING EVENTS

Art Gallery new exhibit

The Art Gallery will be presenting its newest art display The Spectrum: Student/Faculty Photography Exhibit. It will be shown on March 19 - April 11. An opening reception will be held March 20, from 6 to 8 p.m. in the Art Gallery.

LA Philharmonic plays Sunday

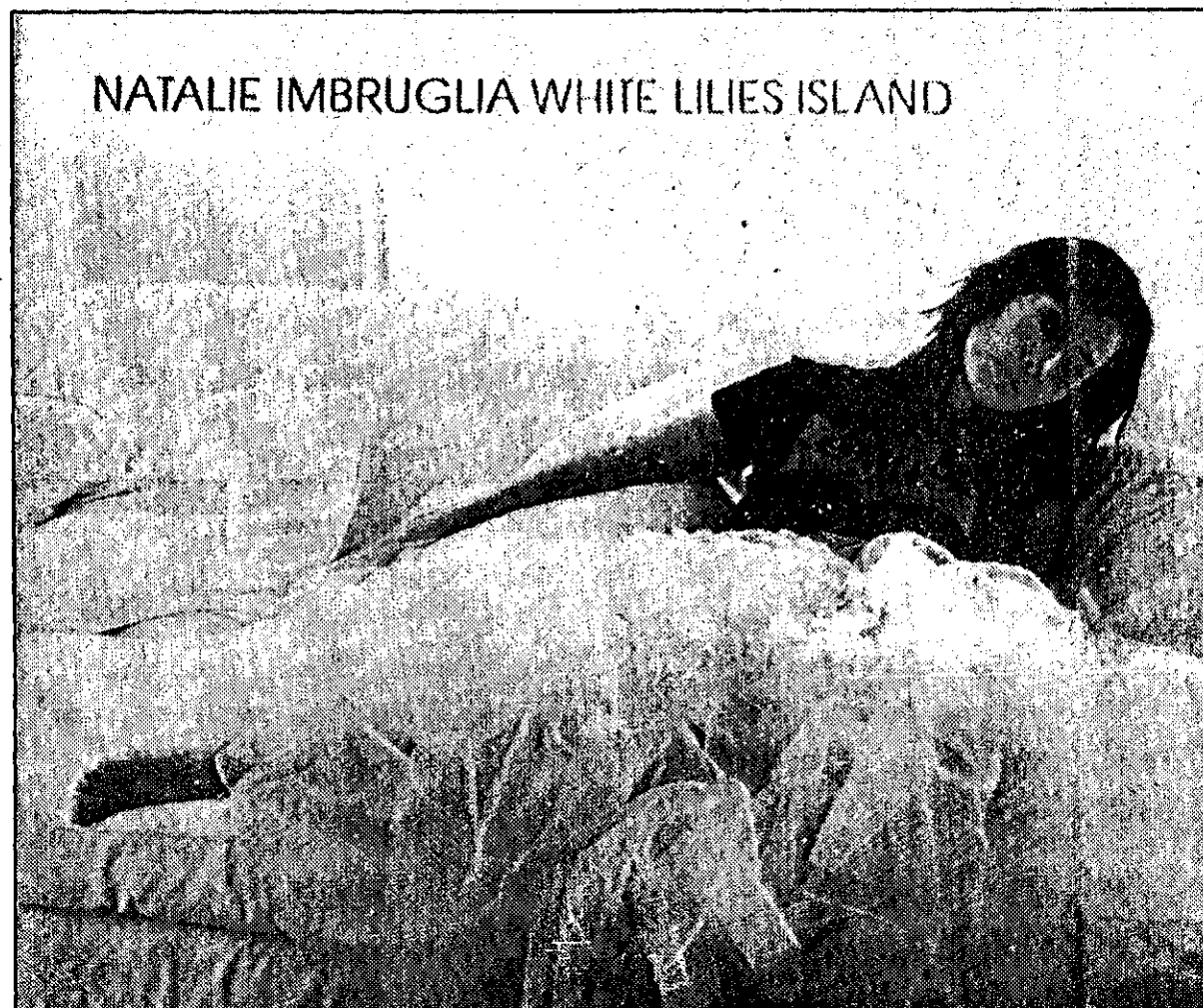
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Campus play, 'Rumors'

The Theatre Department will be showing "Rumors" on April 26, 27, 28 and May 3, 4, 5. The dinner theatre will be held in the Burnight Theatre, tickets are \$32.50, for students and seniors tickets are \$30. Call the Theatre Dept. for more information. (562) 467-5058.

Bellflower Concert

The Bellflower Concert Association is presenting the Faculty of the Institute of Art, Music and Science in concert on March 24. The show starts at 3 p.m. and will be held in Bellflower's William Bristol Civic Auditorium, 16600 Civic Center Drive, Bellflower. Tickets are \$10, Student tickets are \$8.



NATALIE IMBRUGLIA WHITE LILIES ISLAND

Imbruglia's love songs get thumbs up

MARISOL ROJOS
ASSOCIATE EDITOR

White Lilies Island, Natalie Imbruglia's first album since the Left of Middle CD, is packed with 12 new songs that leave the listener humming them long after they are done. Natalie's lyrics are inspired by the typical ideas of love and loss, however she adds her own twist making them seem less traditional and more artistic.

Natalie Imbruglia first made her mark on the United States with the hit single "Torn," off the Left of Middle album. After a long awaited return, she comes back out of Aussie country with an uplifting beat.

Her new song "Wrong Impression," is quickly storming up the music charts. Natalie applies a different approach to her music which makes it more enjoyable to listen to.

You can pick up her good vibes

from listening to "That Day," a song about just accepting life for what it is, no questions asked. "I'm done to be me... sad, scared, small, alone, beautiful... I accept everything, it's supposed to be like this..."

She adds sweet acoustic guitar melodies in the song "Talk in Tongues" following beaty electric guitar tunes. It's interesting to hear the transition in the music from her feeling sad about failed romance, to her feeling glad that she experienced it at all.

Natalie Imbruglia does a good job by allowing her music and lyrics to paint her emotions. The lyrics are timely matched with musical notes leaving a bigger impact on the listener. Whether or not you've had a experience like hers or not, her music will leave an impression on you making you think you have.

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HEADLINE NEWS

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- ▶ Win Free Tickets!!
- ▶ Univ. to sign exclusive credit card contract
- ▶ Men's basketball team earns respect, ranking
- ▶ Changes in malls' futures

Sports

- ▶ fans finally make some noise
- ▶ Wrestlers fare well over weekend

Arts

- ▶ Album Reviews
- ▶ Movie Reviews
- ▶ Comedic skits leave audience wanting more
- ▶ 'Boxing!' Less talk, more action

Internet

- ▶ Substance TV: Random acts of news
- ▶ Division of Fire provides winter safety

Opinion

- ▶ Bellisart should sit
- ▶ Swift Justice?

Police Beat

- ▶ Police Blotter

WEATHER
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LOW: 49

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Editors pick their favorite reality TV shows

The Amazing Race

ALICIA WARNER
FEATURES EDITOR

The Amazing Race on CBS has to be one of the better reality shows on television. At least its one that keeps you in suspense and in stitches with the personalities of each team member.

Its up to the team members to get from one destination to another using their own skills and just a little bit of thinking.

The teams start and end in the same place, while stopping in 11 other countries. The main point of the game is to find the way home.

This is not an easy task for the teams. They encounter road blocks and other obstacles to either delay or get them ahead of another team. In each destination the teams have to complete a challenge to move on to the next destination.

The quarrels and frustration between team members is what makes the show more interesting to watch. It's not about who can outlast each other or be the star of the show, like in Survivor, where the cast is full of either want-to-be actors or actresses trying to get their 15 minutes of fame.

The cast of Amazing Race are people who are up for a challenge and ready to see the world.

Like in Survivor, the cast come from all different walks of life, but in the Amazing Race the teams are made up of family member, friends, or even co-workers. The first edition of Amazing Race was fantastic, but as sequels go you start to wonder what they were thinking when they cast the new teams for Amazing Race 2.

The teams are just not the same as the first teams, but as the show goes on hopefully the cast will become more interesting to watch.

Temptation Island

TARA CARTER
EDITOR IN CHIEF

Temptation Island, one of the last reality shows to infiltrate network television, but hands down the best.

The premise is a unique one, five couples are whisked away to an exotic island where they set out to test the true depths of their love for one another by being enticed by uninhibited tempers and temptresses.

The interesting stuff begins when the so-called "loving couples" begin to forget about their significant others and start to let loose.

Alcohol, loose men and women, and hormones run wild on the island as it's inhabitants are caught and taped in situations many would be embarrassed to admit even taking part in.

The reality show is turned into a real life soap opera when the couples are presented with tapes of their loved ones in compromising situations. They always have the choice not to view the tapes, but that hardly ever happens.

Emotions run high as couples realize their relationships are not all that they had hoped for.

But the experience is not always a bad one. Some couples leave the island happy realizing that they have found their soulmates. Not usually though.



The Osbournes, from left: Kelly, Sharon, Ozzy and Jack.

The Osbournes

TERESE LEON
A & E EDITOR

Reality TV. It conjures up images of a group of casting directors, sitting in a room, maybe drinking a latte or two, picking from a bunch of applications.

They'll need a gay guy, a minority, an innocent backwoods girl, and some situation to put them in, maybe a huge loft to live in for six months, or a barren desert for them to survive in for a while. How very not realistic.

That's why I love The Osbournes. There is no preplanning. It's just a few cameras and some sound guys following around Ozzy, his wife and two kids.

Ok, it doesn't sound very interesting. I mean, you could just watch your own family and get the same kicks right? Uh-uh, no way. Ozzy is hilarious. No ones family lives up to Ozzy's.

In the first episode, the Osbournes are settling into their new house in Beverly Hills. We see

a stack of moving boxes in the driveway. The top box is labeled pots and pans the middle one says linens, the third, devil heads.

Later in the same show, the two teenage siblings Jack and Kelly are arguing. Kelly says, "Jack, stop telling people you're Ozzy Osbourne's son to get into places, you're a fucking loser." Jack starts yelling at Kelly that she does the same thing so she throws something at him to shut him up. Then their mother yells, "Well, I'll tell you what, I'm Ozzy Osbourne's wife, now shut the fuck up and go to bed."

I can't explain it all in the 250-word limit that we editors agreed on, but trust me, The Osbournes is great. Check it out for yourself on Tuesdays at 10:30 p.m. on MTV. It's like my mom said, "Ozzy is the only true survivor."

Reality TV sucks

SYLVIA DURAN
OPINION EDITOR

"Did you see last night's episode of Survivor?" I frequently get asked this stupid question. My response: "No, I didn't. I had better things to do than to waste an hour of my life watching a stupid show about filthy, greedy people willing to sacrifice their dignity and self respect in front of millions of viewers in order to win some money that they could've earned if they had married a dying old rich guy."

I don't get it! Why would somebody want to watch a boring show about desperate people willing to do practically anything to win a few bucks?

Don't we have better things to do? Frankly, I am sick of hearing about all these stupid reality television shows. I hear about it on the radio, television and at school. It seems everybody is watching them.

To make matters worse, other networks copy other reality tv shows and make up their own versions. All of a sudden reality tv shows are on every channel leaving us no choice but to watch the UPN network. I'd rather die than watch UPN. When will the madness end!

If it were up to me, I'd make up a special network dedicated to reality tv shows. The channel would omit ultra powerful and deadly, ultra violet rays to kill anybody who watches.

TALON MARKS

The Talon Marks is a First Amendment publication. Editorials express the views of the Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publications staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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Women's History Month

This is Women's History Month-Events

Wednesday - March 13

"A Worn Path"
11:00 a.m.-12:00 p.m., LA-29

Thursday - March 14

Life Scripts: What Works in 2002
10:00 a.m.-10:45 a.m., LC-155

War, Women, and Opportunity/Radio Broadcast
10:00 a.m.-11:00 a.m., WPM 1700 AM
11:00 a.m.-Noon WPM Internet Site

Monday - March 18

"Women and Their Bodies: Changing Images of the Gendered Body"
9:30 a.m.-11:00 a.m., Student Center Stage

The Latina Experience in the Workplace, Series 1
9:30 a.m.-11:00 a.m., SS-224

Tuesday - March 19

Su Casa Book Sale
11:00 a.m. - 3:00 p.m., In front of Library

"Improving Your Interviewing Techniques"
12:00 p.m.- 1:00 p.m., SS-139

The American Feminist Spirit, Mavis Leno
6:00 p.m. - 7:00 p.m., LC-155

Wednesday-March 20

The Latina Experience in the Workplace, Series 2
9:30 a.m.-11:00 a.m., SS-224

Poet Laureate Rita Dove/ Video and Discussion
11:00 a.m. - 12:15 p.m., LA-29

Thursday-March 21

Health Fair
10:00 a.m.-1:00 p.m., Falcon Square

Celebrate and Educate: Breast Cancer Awareness Walk
10:00 a.m. Registration
11:00 a.m.-Noon Walk

Tribute to Women Writers & Announcement of the Women's History Month Essay Contest Winners
6:30 p.m.-9:30 p.m., LC155

Smoking

Why students do it

TERESE LEON
A&E EDITOR

Each year, smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined.

Tobacco use causes more than 400,000 deaths every year. With statistics like these, why would anyone smoke?

Seventy-five percent of all teenagers who smoke have parents who smoke.

Philosophy major David Rodriguez said, "it is actually kind of funny. When you are little, they tell you not to smoke, but my mom smokes a lot. So I started (smoking) to piss my mom off."

Rodriguez started smoking when he was 14 years old and has been smoking for six years.

Kellie Billeci, a Cerritos College student, started smoking when she was 16. She didn't start smoking for a specific reason, she said, "It was something different, my friends smoked." Now Billeci is one of the many people who started young and can't quit now.

Maybe smokers start smoking because they think it is cool or because they are exposed to it.

According to the Morbidity and Mortality Weekly Reports (MMWR) among adults in the United States who have ever smoked daily, 91.3 percent tried their first cigarette and 77.0 percent became daily smokers before age 20 years.

Ron Hinojales, liberal arts major, is a prime example of this statistic. He started smoking when he was 15. However, unlike many people who start so young, Hinojales has quit. "I don't want to be controlled by anything. It is hard enough to control your own life without something controlling you," he said.

There are three types of smokers, those who have quit, like Hinojales, those who are trying to quit or in the process of quitting, and those who never will.

Paula Marticorena is a smoker who isn't quitting. Marticorena, nursing major, said, "I don't try to quit because I know I can't."

According to a study by

Stanton A. Glantz Ph.D., "Tobacco companies know that nicotine changes your brain, so eventually your brain can't function normally without it." They also know that out of the people who try to quit, only about 3 percent succeed.

Billeci said, "I tried once to quit. I bought the patch; it's still in the box. I need to quit, I want to, I just haven't."

Some smokers feel that since they may not smoke a lot that they don't have to quit, or that they are at a lesser risk for health problems.

Webster Ware Jr., communications major, is 29 and has been smoking for three years. He said, "I'm not addicted, I only smoke socially." On average Ware smokes around a pack every two weeks.

However, whether you're smoking a pack a day or one cigarette a day, you're still smoking different chemical compounds including heavy metals and pesticides. In fact there are 4,000 of them found in cigarettes.

There is carbon monoxide, the same stuff that comes out of cars exhausts pipes. At a high concentration, carbon monoxide starves the body out of oxygen. Prolonged exposure in low doses leads to cardiovascular disease.

There is hydrogen cyanide, short-term exposure to this colorless gas can cause headaches, dizziness, vomiting and nausea.

There is lead, a heavy metal that is capable of causing serious damage to the brain, kidneys, the nervous system and red blood cells.

Some people know about all these health risks and don't consider themselves addicted; yet they still don't quit.

Juan Carlos, music major, said, "I don't care," about health risks.

But some people do care and they just feel like they can't quit. The center for disease control says, "Quitting smoking is one of the most important things you will ever do." They give five tips on what to do if you are trying to quit.

1. Get Ready. This consists of setting a quit date and getting rid of all ashtrays in your home, office and car.

2. Get Support and Encouragement. Tell your friends and family that you are quitting and that you want their support.

3. Learn new skills and behaviors. Try to distract yourself from urges to smoke. Try new things, reduce your stress, and drink plenty of water and fluids.

4. Get medication and use it correctly. Find the medication that is right for you and talk to your doctor about how to use it correctly.

5. Be prepared for relapse or difficult situations. Don't be discouraged if you start smoking again, many people try several times before they quit smoking.



Cities far and wide remember Sept. 11th

ALICIA WARNER
FEATURES EDITOR

No one will ever forget that tragic day on Sept. 11th when the world stood still and terror was ripped through America.

Six months later, students, staff and faculty at Cerritos College held a moment of silence at the fountain in remembrance of the attack. A moment where life stood still and people reflected on that tragic day.

"The whole focus of the ceremony was

peace and unity," said Nassrin Bonyadloo, ASCC president.

"They (Associated Students of Cerritos College) wanted to show the students that they don't support violence," Bonyadloo said.

There has been many changes in the way America runs. The United States has upgraded security at major airports in major cities such as Los Angeles and New York and even some small ones. Cerritos College even had a

faculty member, Professor Doug Haynes, a professor in Administration of Justice, that was called to active duty for the U.S. Coast Guard. Haynes was stationed in Long Beach, Ca.

As many cities in the U.S. look back on Sept. 11th as a day touched their lives. Citizens of New York will never forget that day.

On Monday in New York City, citizens

paid tribute to the World Trade Center by lighting 88 powerful search lights that simulate the twin towers.

The lights will be shone through the sky from the vacant lot near the towers until April 13th.

The towers were lit by 12-year-old Valerie Webb whose father was a police officer, his remains still haven't been found.

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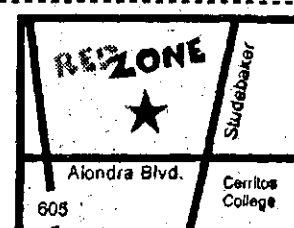
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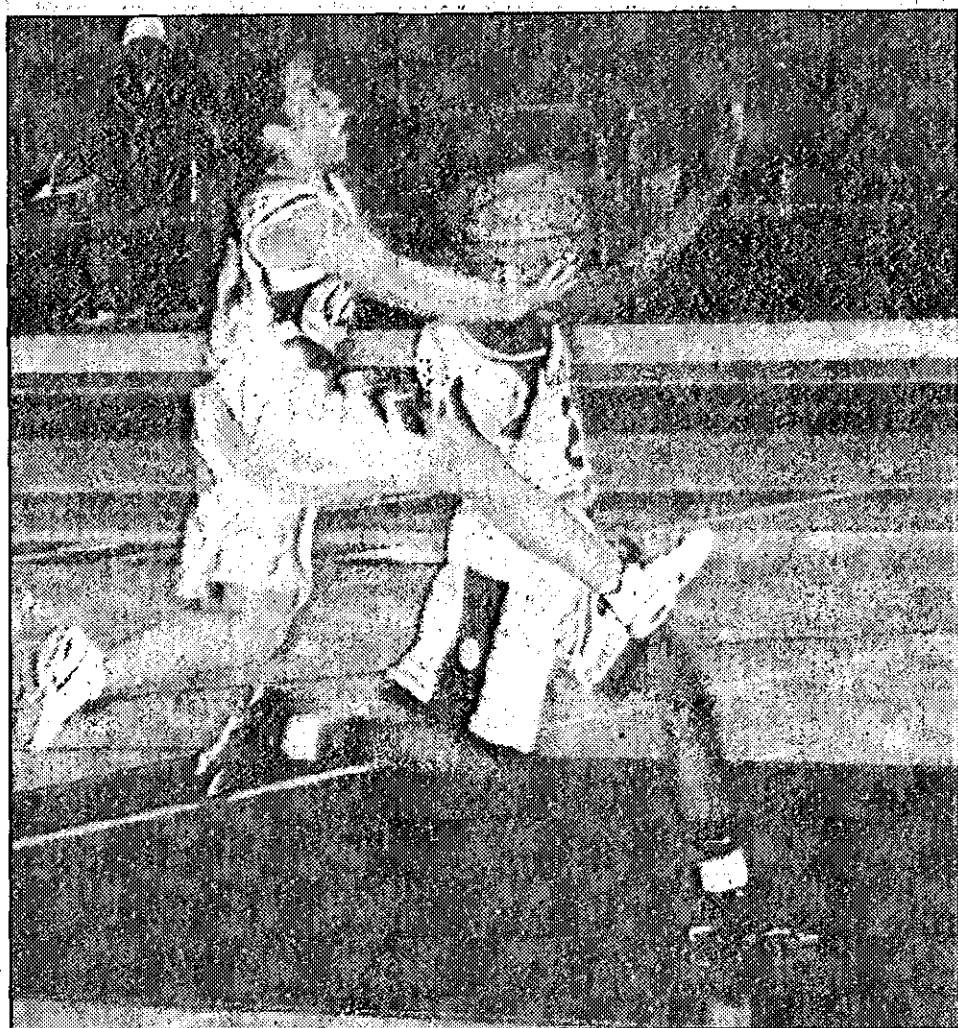


Photo by Laura Aguilar
Number 10, Wong makes a leap of faith to score for Cerritos as 'Canyons' chase

Men, women both advance to state

Both the men's and women's basketball teams are out of town this week to play in the state championship tournament to be held at the University of the Pacific in Stockton.

The men struggled to a 14-17 record last year, but restocked the shelves and have rebounded by advancing to the State Championships with a 54-50 win over Irvine Valley in the 3rd Round of the Southern California Regional Playoffs.

MEN PLAY FRIDAY; WOMEN THURSDAY

The Falcons, who won the state title in 1999, will open the tournament on Friday at 3 p.m. against Skyline (26-9), the No. 2 seed from Northern California.

The women's basketball team was able to defeat College of the Canyons, 61-58, last Saturday to advance to the State Championships for the third year in a row.

The Falcons open the tournament on Thursday at 1 p.m. when they face Foothill

(26-9) at 1 p.m. Cerritos (28-5) is the No. 2-seeded team from the south, while Foothill is seeded No. 3.

MEN BEAT IRVINE

Trailing most of the first half last Saturday, the men's team went on an 11-0 run in the second half to turn a 26-24 deficit into a 35-26 lead it would not relinquish.

The Irvine Lasers are coached by former Falcon player and assistant coach Jerry Hernandez. He saw his team slowly close the gap, and trailed by just one (51-50) with 37.9 seconds left.

Sophomore guard James Perkins, who had 10 points on the night, was fouled with 13.5 seconds left in the game. He calmly converted both free throws to give the Falcons a 53-50 lead.

Irvine Valley's Steve Scroggin missed an awkward three-point attempt with four seconds left, with sophomore center Antoine Smith rebounding the shot.

Smith, who had 10 rebounds, converted

one of two free throws with 1.6 seconds left to seal the victory.

WOMEN TROUCE CANYONS

Despite shooting just 34 percent from the first, the women won, too.

The women played a sloppy first half, as they missed numerous easy shots, which allowed the Cougars to hold a 26-22 lead at the half.

But in the second half, the team's intensity picked up and they founded themselves forging ahead and leading by as many as seven points.

Cerritos took a lead it would not relinquish after freshman forward Tiffany Amefe connected on a three-pointer with about seven minutes left in the game.

However, the Falcons were not out of the woods yet.

Leading scorer Antares Vice fouled out two minutes later and Cerritos was forced to make some adjustments.

FALCON ROUNDUP

Baseball

Sophomore right-hander Sal Aguilar struck out eight batters in eight innings of work to earn his third win of the season, as the Cerritos College baseball team defeated Pasadena City in a South Coast Conference game.

Two days later, the Falcons clubbed 14 hits against East Los Angeles in recording a 14-2 win, which improves their conference mark to 3-2 and their over-

all record to 11-8.

This week, the Falcons return home for three straight games. They hosted Los Angeles City Tuesday and welcome Los Angeles Harbor on Thursday and Compton on Saturday.

Tennis

The Cerritos College women's tennis team posted wins over Mt. San Antonio (6-3) and Compton (7-0)

last week to improve its record to 7-2 on the season.

This Thursday host Marymount at 2 p.m.

Track

For the first time in over a decade, both the Cerritos College men's and women's track and field teams defeated Long Beach City in a South Coast Conference dual meet match.

The Falcons, who lost to Mt. San Antonio in the

tri-meet match, recorded convincing wins over the Vikings, a perennial state power.

On the women's side, freshmen April Brown posted the fastest time in school history in the 100-meter dash with a time of 11.96.

However, the team did not use a wind gauge, which nullifies the record from being recognized. In fact, Brown was affected twice by the lack of wind gauge, as her time of 24.98 cannot be placed in the record books as the third fastest of all-time.

Concert

United Methodist Male Chorus



Under the direction of Clavis Ballard, this program will include spirituals, hymns, gospels, as well as traditional and modern songs which express the African American experience of suffering, sorrow, hope and justice.

April 12, 2002 • 7 p.m. - 8:30 p.m. • Student Center

Free admission. Sponsored by Student Affairs and Music Department.

HOE DOWN

The first day of the 2002 Cerritos College Hoe Down Days invaded the Falcon Square on Tuesday morning.

Hundreds of students poured in before and after classes to join in the fun. Game booths, a dunking booth and a free rock climbing wall were among few of the many attractions.

Game booths, set up by campus clubs, challenged students and honored the winners with stuffed animals supplied by the ASCC.

The dunking booth gave everyone the opportunity to dunk their favorite school policeman in a tank of water.

Cerritos College students gave it their best on the rock climbing wall. They did so good, they put Sylvester Stallone to shame.

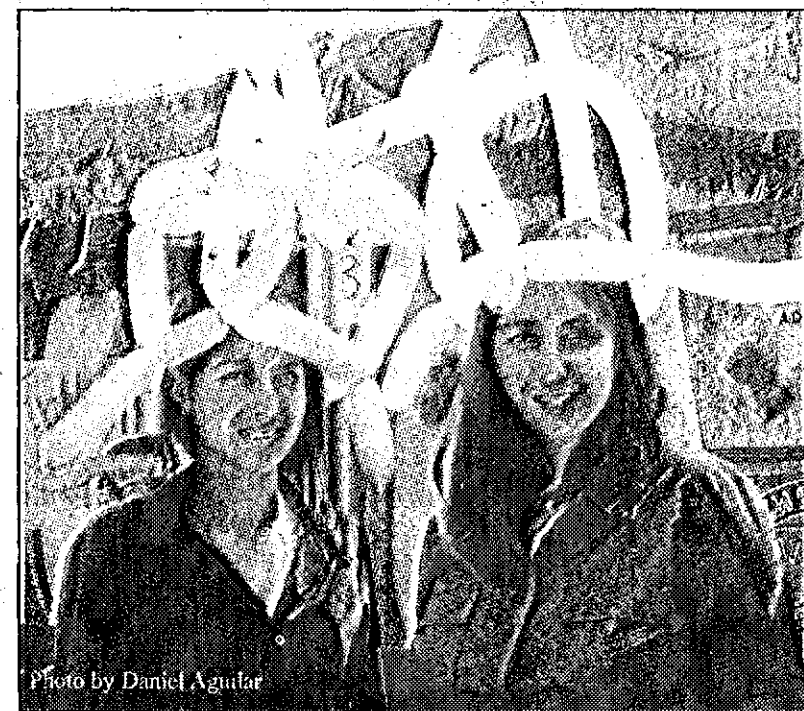
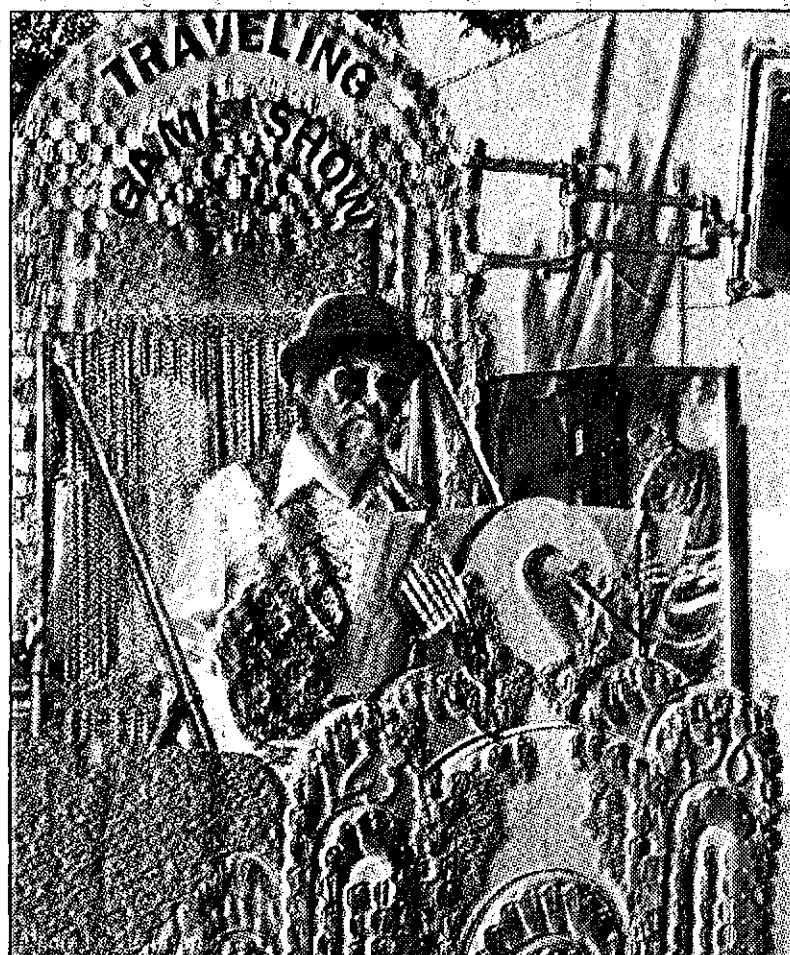
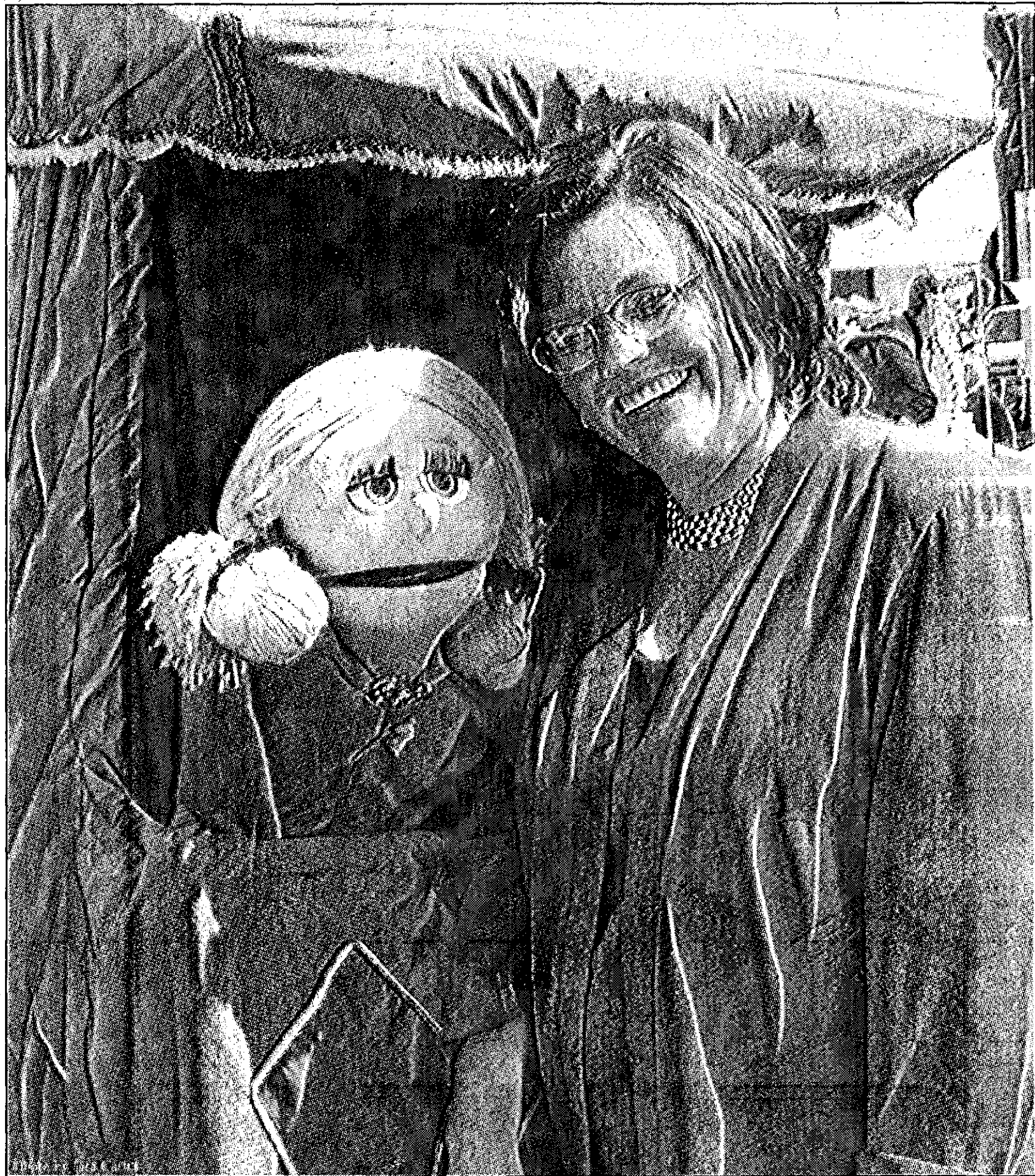
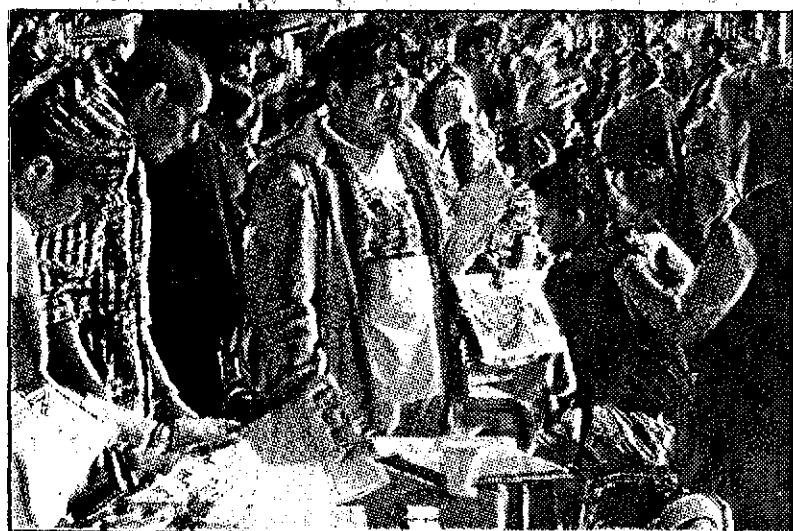
The University Fair accompanied the festivities. Representatives from over a dozen universities and Cal-state colleges offered free information, tours and counseling to students.

The cosmetology department brought out half a dozen of its best cosmetologists who beautified Cerritos College students.

Fifty-cent snow cones from the snow cone booth kept students hydrated from the hot sun.

The Traveling Game Show seemed to attract the most students. The host asked trivial questions and the first student to answer it correctly would win a bead necklace.

Wednesday's festivities will feature the Mr. Cerritos Beauty pageant at the Amphitheater. Hoe Down Days will end on Thursday with a Chili cook-off and luncheon at the Student Center.



SOMETHING FOR EVERYONE: (Clockwise from top right): (Top right) Director of Admissions, Jaqueline Hutchings, and puppet friend greet students. (Bottom right) Iram Latif and Rafiq Waheed take part in the celebrations. (Bottom center) The Traveling Game Show quizzed students outside of the classroom. (Bottom left) Students consult representatives at the University Fair. (Top left) Student Larry Espinosa climbs his way to the top.

Students and faculty receive awards at concert festival

Faculty and students from Cerritos College participated and placed in the final winners' concert at a Piano ensemble Festival at Fullerton College in January. Faculty members Greg Schreiner and Christine Lopez were the winners in the teacher category.

Students Katherine Koh and Jiwon Eum, were winners in the advanced category. Students Gladys To and Shih-lan Chiu also participated in the intermediate category.

This was the first festival for the

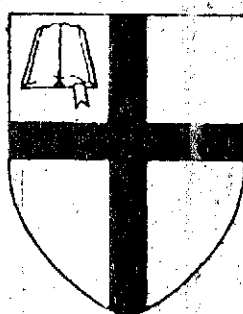
students. Lopez was pleased with the College's placement, especially since it was their first year at the festival.

"It was a great experience," says To. She is finishing her Piano Certificate Program at the College and plans to teach her own students.

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