

TALON MARKS

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Photo by Armondo Borboa

Contemplating their next moves are, pictured clockwise from left; Alvin White, Cesar Herrera, Tom Wynn, Miguel Valtierra, Atzael Perez and Diann Durhan.

Chess, anyone?

ARMONDO BORBOA
OPINION EDITOR

After two days of intense concentration and strategy, six Cerritos students emerged as winners of this semester's open competition chess tournament last week.

Diana Durham, a professional chess teacher and former nationally ranked woman's champion ran the tournament.

Student Center manager Melissa Swank, as part of an ongoing expansion of weekly events, invited Durham to Cerritos College to put on the event.

This is the second year the tournament has been held at Cerritos and Durham is looking to expand the fledgling program.

"I'm hoping we can get a club started back up," said Durham, "and that we can teach classes."

Durham is a life-long chess fan and has been competing professionally since her family moved to the United States from Romania when she was only 14.

At one point, Durham was ranked as one of the top 30 women players in the nation.

Durham still carries an "Expert" rating and is currently teaching at elementary schools.

The winners of the tournament were decided in a best-of-three elimination format, with players divided into advanced and novice divisions.

The winners of each division will be awarded trophies and cash prizes at this semester's Associated Students' Fall Awards banquet.

Students interested in learning to play the game of chess can reach Durham at (362) 802-9811.

Continued on page 2

Cut funds may be returned to schools

TARA CARTER
ASSOCIATE EDITOR

In a 78 to zero vote, the California state assembly recently passed senate bill 735, a measure that if approved would restore over \$112 million to the budget of California state community colleges.

Governor Gray Davis previously cut \$126 million dollars from the 2001-2001 budgets of higher learning institutions in an effort to revive California's failing economy.

This Bill would restore to this year's budget \$49 million for facility maintenance and repairs, \$49 million for educational supplies, and \$14.9 million in existing bond funds will also be designated for large scale one-time projects.

Cerritos college expects to recoup \$1.1 million, \$700,000 for instructional equipment and \$450,000 for schedule maintenance projects.

"After the governor cut the funding from the community college budget I began a campaign promising that I would not rest until the legislature moved a measure this year to restore the funding," said Robert Pacheco, California state assemblyman and the principle sponsor of Bill 735.

"Community colleges have been under-funded for over a decade and the restoration of these

funds is important to the promise that we have made to our communities regarding access to a higher education."

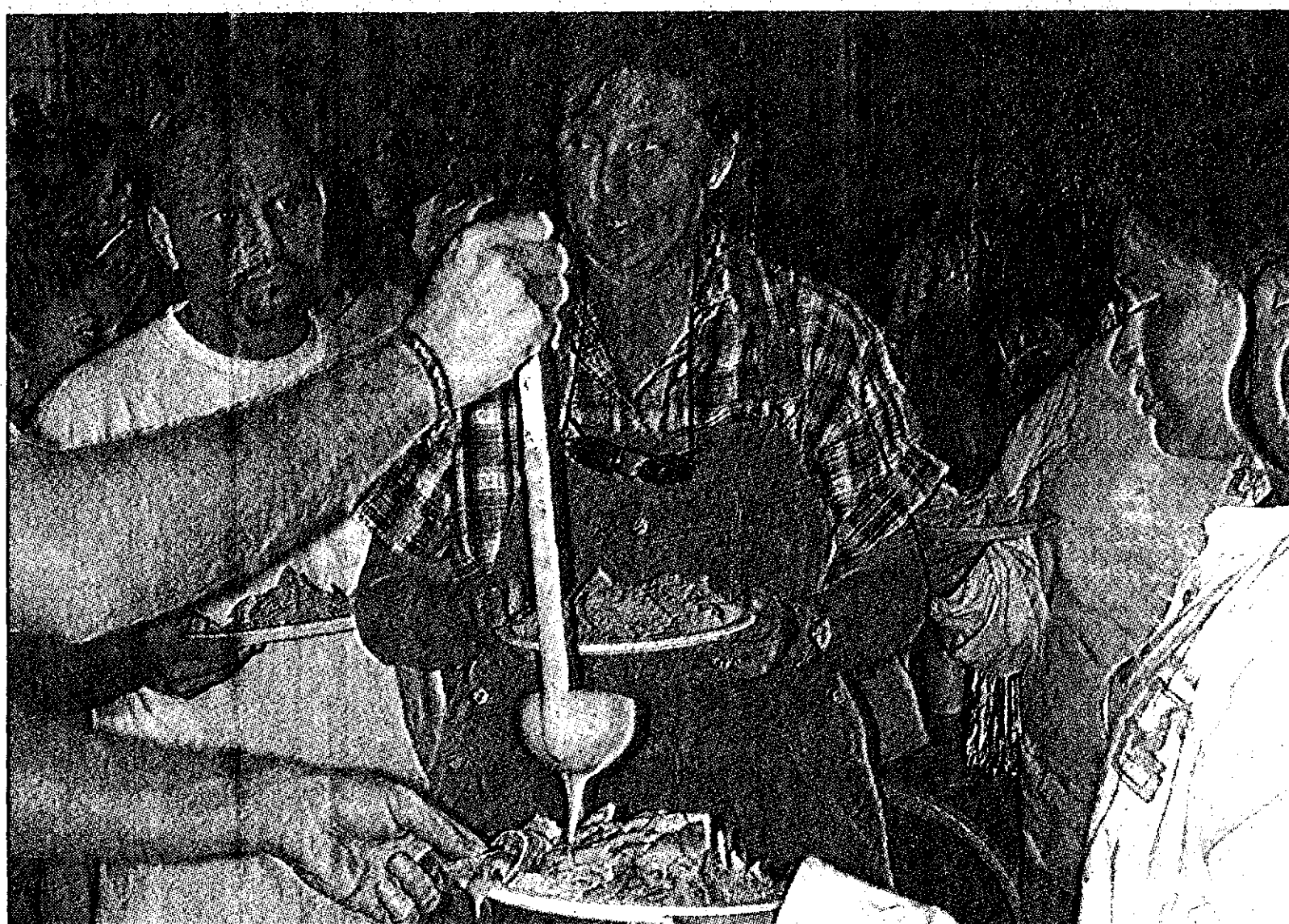
Pacheco was not the only person angered with the governor's budget cut.

A survey taken by a consortium of community colleges showed that 86 percent of the people polled believe community colleges play a fundamental role in providing higher education to Californians and believe the finding cut by the governor should be restored.

"What is really unique about what's happened is that people from the businesses and communities that are served by community colleges are really leading the charge as have legislators from both the House and the Assembly. From both Republicans and Democrats it is an across the board support for this," said Jane Harmon, president of Cerritos college.

The governor has until midnight Oct. 14 to take action on SB 735. Harmon is confident that the bill will be approved.

"We are absolutely hopeful that the governor will reverse his mistake because that what it truly was, he did not understand what he was doing when he cut the budget, he was given bad information."



TM Photo by Armondo Borboa

At the reception were MarkDuran, Mary Foster and Leticia Mursula enjoying big helpings of nachos and cheese.

Lots 'o nachos at pre-game rally

ARMONDO BROWN
EDITOR IN CHIEF

Maybe it was the free food... maybe it was the chance to get a look at this year's homecoming queen candidates... or maybe it was simply the chance to grab hold of some good old fashion school spirit.

Whatever it was, close to 450 people filed into the Student Center Saturday evening for this year's Pre-Game Reception.

Billed as the event that introduces the candidates that will vie for the crown, the Pre-Game Reception was the first in a number of activities that will take place around the Cerritos College campus leading up to Homecoming Day, Oct. 29.

Free of charge, anyone interested in attending the event, had only to go down to the Student

Activities Office and pick up tickets.

Beginning at 5:30 p.m., guests were immediately greeted with food as they entered the center. There were hotdogs, chilidogs, nachos, baked potatoes, soft drinks, and ice cream for dessert.

Steve Williams, a Cerritos College ground's department worker in attendance sampled a little of all the foods that were available, and said, "the food was great."

Rita Eckberg, a Cerritos College parent who accompanied her daughter, Robin, said, "The hotdogs are delicious. I came here last year and it was so good I decided to come again."

Once most of the people in attendance had gotten their first servings and were seated at their tables, Mayra Gonzalez, ASCC Court Associate Justice, welcomed the group to the reception and

got the program underway.

First on the card was a performance by the school's 2001 pep squad; and it did not disappoint, as squad members put on a high-energy show that had many in attendance moving their bodies to the music.

After the pep squad's performance, Gonzales introduced 2000 homecoming queen, Carolina Mojarro and current Associated Student president and vice president, Nassarin Bonyadloo and Sara Mayorga.

Next were the thank yous. Those went out first to, Ellis Robinson and Amber Jacobson, of the Culinary Arts department, who were responsible for preparing the food, then to ASCC members who put a lot of its activities together.

Continued on page 2

Transfer week set

Cerritos College's Transfer Awareness Week will be taking place Oct. 22 - 26.

Throughout the week workshops will be held to help students with the transfer process, including how to fill out college admissions applications, financial aid applications, getting into select colleges and transitioning to college. Flyers will be avail-

able in the Transfer Center.

Oct. 24 will be the Mega University Fair, in Falcon Square, where many southland colleges and universities, as well as some institutions from around the country will have representatives to answer student's questions.

Oct. 26 the Transfer Center will be holding an open house.



Writing center tutor, Vincent Gutierrez helps fashion design student, Eml Fujishiro with an English assignment.

Writing center offers relief to students

SYLVIA DURAN
ASSOCIATE EDITOR

It's likely we've all been there at one time or another. Sit down, write a letter, get flustered enough already... time to go watch some television.

Cerritos College and its English Department understands this common dilemma. And it is offering a possible solution.

Ashe is a part of the writing assistance program offered at the New Writing Resource Center. The NWRC is not exclusive for English students; it is open to all students who seek assistance in writing for cross-curriculum classes.

Help is available on formulating, editing and writing MLA and APA style reports, essays, research papers, university applications, job resumes and much more.

"If it requires writing, we can help," said NWRC tutor Vincent Gutierrez.

"This program is unique and very valuable," said sociology major Albert Castillo. "I've attended other colleges and I've not seen such a quality assistance program. Cerritos College students are very fortunate."

When there is no time to visit the NWRC, students have access to the web site at www.cerritos.edu/nwrc. The website, with the help of student interns from the innovation center, includes writing models, OWL (Online Writing Lab), and links to "the highest quality websites applicable to college and university students," added Ashe.

"We understand that students live demanding lives and that is why the website is there to help at all hours of night."

The NWRC was developed by Ashe, with the support of the English department last spring. It was designed to help students enrolled in English 100 classes or higher who still required additional assistance in writing.

The program was then expanded to serve cross-curricular students. Faculty workshops are also hosted to further develop the program to better serve students.

The NWRC is open to all Cerritos College students. It is free and it does not show up on transcripts. Students show up, sign up for English 33, sit down and wait for help.

Innovative Innovation Center inspires instructors

DAVID AMEZCUA
Staff Writer

Faculty and staff members do not have to figure out how to use digital devices or programs at Cerritos College by themselves. They can get training at the Innovation Center.

The Innovation Center, located on the Cerritos College campus is a place where faculty and staff members can go to receive academic support, training and advising. It provides teachers with the training needed to create and deliver technologically innovative programs and curriculum.

Amparo Fernandez-Perez, Manager of

Technological Training said that faculty and staff can train on Microsoft Office, which includes Word, Power Point and Excel. "We also show them how to create their own web sites for their classes, how to put up digital images, course outlines, class syllabi and course descriptions on their websites."

Fernandez-Perez said that faculty can also learn how to take digital photographs, and create a short video for their website. "We also provide help to faculty and staff with scanning, and learning how to use digital cameras."

She said that they train them how use PhotoShop, and Illustrator. "We also have

training on Macs and pc's."

Training can be done in two ways, "We have small workshops for up to eight people -- we advertise a few workshops a month -- or we can also do one-on-one appointments," Fernandez-Perez said. "If instructors want to do one-on-one appointments they just have to call the Innovation Center."

On Wednesdays we have what we call "house calls," where faculty and staff can set up appointments at their offices, and we work with them on their own computers."

The Innovation Center also provides distance education. Teachers and faculty are able to take specialized course via the inter-

net and television. The Innovation Center also provides training to instructors who teach grades K-12. "If anyone has a program that we do not have, we will do research and train faculty and staff how use that program."

The Innovation Center hours are Mon.-Fri. 8 a.m.-5 p.m. Fernandez said that they use "Front Page" to train faculty and staff.

On Sept. 25, from 9 a.m.-11 a.m. the center will be having online workshops.

Faculty and staff who want to go online just have to go to www.cerritos.edu/ic and click on the link that they need training on.

The first place winner will be taking home a prize of \$100, second place \$75 and third \$50.

The winners of the advanced division were:

1st place Manual Lopez
2nd place David Keo
3rd place Robert Urriaza

The winners of the novice division were:

1st place Sean Dozier
2nd place Tonling Yu
3rd place Rick Barnwell

For information on the results, contact Melissa Swank, Student Center Manager.

Homecoming reception

Continued from page 1

Lauren Fernandez, Gary Kooker, Scott Smith, Maria Jacobson, Rocio Valdez, Sarah Duran, Mark Duran and Melody Elizarras.

Gonzales then gave the homecoming schedule:

- Oct. 3 - 4, Court Elections, from 9 a.m. - 2 p.m., and from 6 p.m. - 9 p.m., at various locations around the campus. This is the time students will be able to go to one of the many voting booths that will be set up around campus to select who they want to be homecoming court members.
- Oct. 9, Introduction of Court, at 11 a.m. in the Student Center. After casting their votes, students will be able to see which candidates have been selected to be a part of the homecoming court.
- Oct. 10, Activity Night, at 6 p.m. in the Social Sciences Patio. On this night the Homecoming Court will be promoting homecoming activities by going around to evening classes.
- Oct. 11, Mock Rally, at 11 a.m. in the Student Center. Without fail, this is the most popular event year in and year out. A different male participant, who has been chosen by each court member makes fun of her. There is also an interview, a lip-synce, and final introductions.
- Oct. 15 - 20, Float Construction, for four days at the stadium.
- Oct. 17 - 18, Homecoming Queen Elections, from 9 a.m. - 2 p.m., and from 6 p.m. - 9 p.m., at various locations around campus. After two weeks of being courted by the

Homecoming Court, students will get the chance to go out and vote for who they think should be this year's homecoming queen.

- Oct. 20, Homecoming Day, Float Judging at 11 a.m. at the stadium, the Judges Luncheon at noon in the Student Center, and the Homecoming Game at 7 p.m. at the stadium. Half-time events will include the Parade of Floats and the Queen Coronation. The event will be free with a valid Cerritos College student I.D.

Following the homecoming schedule, the Cerritos College band took the stage, and band director

David Betancourt then said, "We're here to pep you up for the game tonight. 'Jaws' was the song that really got the audience involved as Betancourt directed the audience members to clap their hands in the motion of a shark chomping down on its kill."

Former band member Ana Rivas said she enjoyed the evening's event, but that she especially came to see her son, Miguel Rivas, and her sister, Diana Loayza, both current band members.

"Today's event was awesome," said Cerritos College student, Evan Rocha. "Tonight, Cerritos College will fly high, and lay the smack-down on Golden West."

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Old Time Radio

Vocal Works entertains audience

ARMANDO BROWN
EDITOR IN CHIEF

The lunch-time crowd in the Student Center was treated to a live musical performance Tuesday by the swing era 1930s and 40s group, the Vocal Works.

The unique four-member group wears clothing from the era, and has stage props that makes the stage look like an actual radio station.

During their performance, they reenact a live radio show in which a group member—or members—act as disc jockeys,

who announce the different songs the group plays, as well as reading commercial advertisements from companies of the time, such as Ovaltine and Colgate. One group member even crumples a piece of plastic paper on stage to make the static sound that radios made in that era.

According to group vocalist, Debbie Reeder, the show is very light-hearted, energetic and fun.

The band has a lot of fun while on stage, even getting the audience involved by asking them to answer questions, and sing along to the music—which only a very small portion of the audience knew.

Before even knowing the band was going to be playing, sophomore, Jessica Colacho and a bunch of her friends were celebrating her birthday at one of the Student Center tables.

One of her friends informed the band about it, and the band performed the Happy Birthday song for her with a swing era twist to it.

Even though many members of the audience were not familiar with the music, the fun the band had on stage was infectious, and many in the audience seemed to have a good time.

The people who were seated at Colacho's table all seemed to get a kick out of the scene.

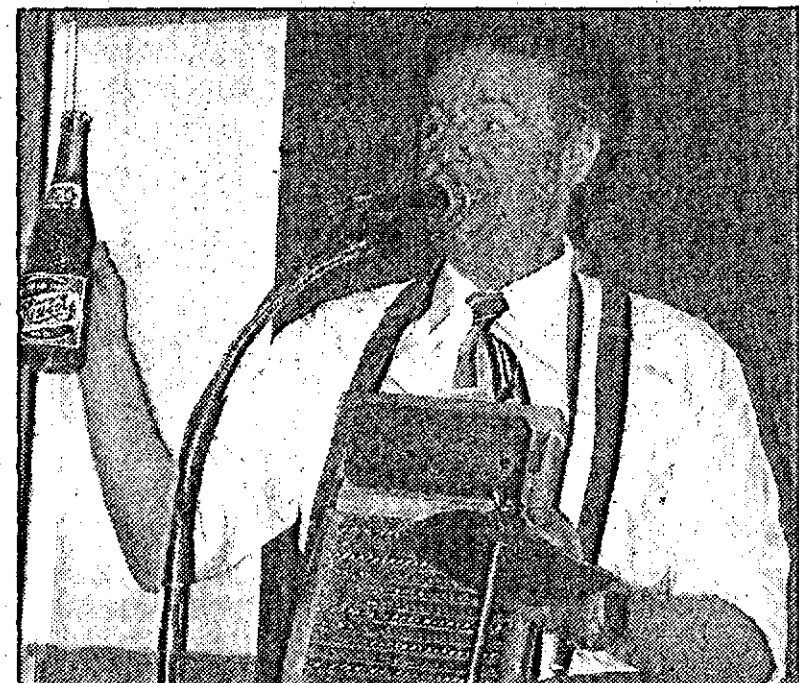
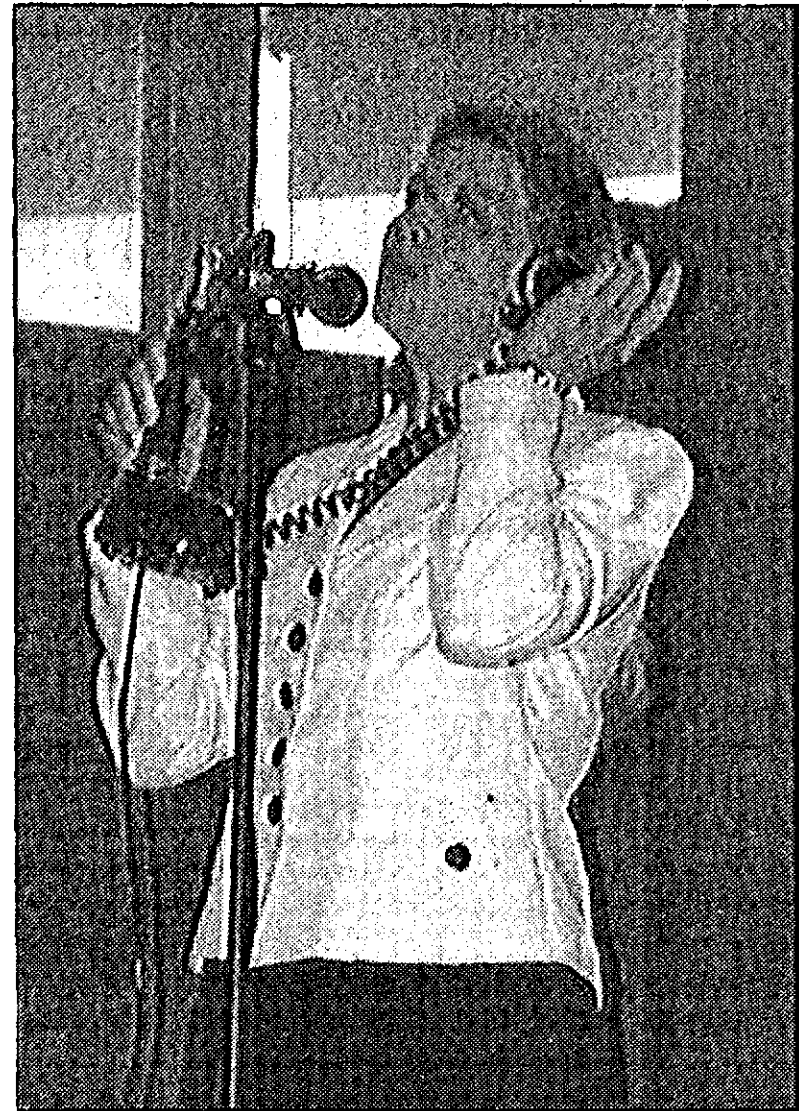
Cerritos student, Maria Garcia, who was seated at another table said, "That is so funny," as she laughed. "This group is a lot of fun."

The Vocal Works has been performing together since 1983.

Reeder said the group does shows for all different age groups. "We do shows for kids as young as kindergarten up through college age, and concerts for adults."

She said in the time the group has been together, it has become a very big family. "It's been a good run," Reeder said.

ARMANDO BORBOA CONTRIBUTED TO THIS ARTICLE



Photos by Armando Borboa & Elizabeth Parra/TM

The age of live radio meets MTV generation—From left to right musicians Dave Eastly, Tim Reeder, Debbie Reeder, and Bruce Cooper brought swing era and big band music of the 30s and 40s to students and faculty in the Student Center, Tuesday.



Cerritos student remembered at vigil

ARMANDO BROWN
EDITOR IN CHIEF

There weren't many dry eyes in front of the Whittier home, Sunday, that murdered Cerritos College student, Anthony Rico once shared with his family.

Approximately one month after his Aug. 31 death, Rico's family members gathered friends, neighbors and loved ones in front of their Breckenridge Dr. home to say their final good-byes to their 22-year-old son at a candle-light vigil.

Even many of the young men in attendance, who in today's day and age try so hard to appear tough, had tears in their eyes on this night.

Rico's long time friend, Thomas Marino said, "I feel bad that he's gone, but I feel good that all these people showed up to show all their love for him."

Approximately 120 people came out to celebrate the life of this young man who will surely be missed.

"He was an awesome person... very respectful... he was just a beautiful person," said Rico's former Candlewood Country Club co-worker Monica Viegas. "I've never known him to be mean to anyone, or have an enemy, or have anything bad to say about anybody."

These types of sentiments were echoed by many in attendance. Marino described his friend as "warm... kind-hearted... the kind of person that would go out of his way to do things for others.... He was a hell of a guy."

Rico was allegedly brutally stabbed to death by 21-year-old Brandon Pacheco, a young man who had lived only a few doors away from his.

He met Pacheco 17 years earlier when his family first moved to the Whittier neighborhood.

The two of them quickly became friends, but as they grew up, Pacheco developed a deranged kind of hatred for Rico; one that even now, no one can figure out why.

In recent months, Pacheco's hatred for Rico had become so powerful that he began stalking, and finally killing him.

When she found out about Rico's death, Viegas said she was "shocked. It didn't seem real... it was like, who could do that to him."

Standing in front of the Rico house with all of the other hurting people, Viegas said, "I think tonight is on the level of overwhelming because even though we've had time to realize what's happened, it still hurts very strong. He's really going to be missed."

The vigil was led by pastor Sherry Chapman, of the Universal Mind Science Church in Long Beach who talked about the kind of person Rico was, his life's dreams and goals, and the need for his loved ones to let go of him so he can go on to do his next work.

Rico's cousin, Victoria Ruiz also came up to read a poem about him. As she cried while reading the poem, many in attendance who had been strong began to cry also. When she finished, Rico's older brother Jesse, his aunt Christina Martinez, his cousin James and Ruiz embraced and cried together.

After regaining their composure, Martinez went up to talk about her godson Rico. Along with talking about her love for him, she made a promise to do something to try to change police policies that the family feels contributed to the murder of Rico.

The family feels that despite their many pleas to the Sheriff's department, nothing was done to protect him.

Martinez said, "Now it's time to let him rest... let him go. But our fight has just begun... I am going to change things. We have to be able to feel safe in our own homes, and not have to always be looking over our shoulder for fear someone is watching us."

"I have already contacted my assemblyman, and written letters to my state senator and the president."

"For me the biggest fight is against the Sheriff's station because they didn't provide him with the adequate protection that he deserved and needed."

"I promised [Rico] till the day that I die, I will keep on fighting for him," Martinez said.

Family member, Cindy Rodriguez said, "It could not have been a better night for this vigil. There was no breeze so that the candles could be lit. It's not too hot, it's not too cold, the moon is perfect coming through the trees, it's just...."

The energy here tonight was just awesome. There was a lot of love here tonight, and I think a lot of healing took place tonight, and now we need to let him go, as hard as it is."

A lot of talk among those in attendance was about a moving poem Rico wrote shortly before his death, and was read by Martinez at his funeral for the approximately 400 people in attendance there.

"What are my words? Besides a reflection of my character, a reflection of my depth as a person."

"What are my words? A definite means to power, power exceeding that of nations yielding arms. Power to idolize, power to immortalize oneself."

"What are my words? Hopeful, positive, recognition. Thoughts of inspiration when pondered and reflected upon, a provider of comfort in the uncomfortable hour of life."

"My words are a mediator to balance anger and frustration, and create subtle tears of battled emotion, revealing manifested stress to avoid anarchy divided by rage."

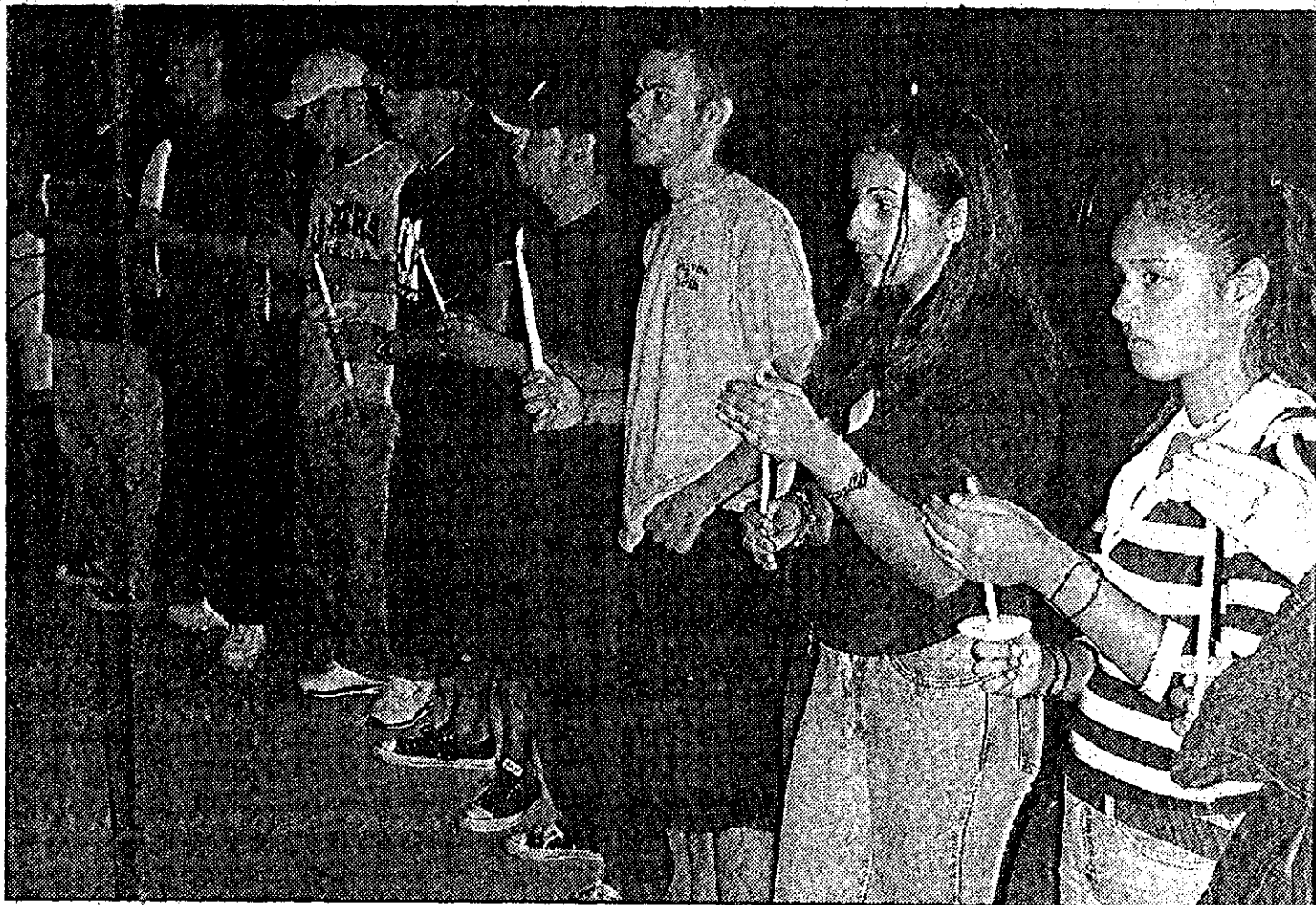


Photo by Armando Brown

Friends and family members gather at the Rico home for a candlelight vigil in remembrance of Anthony Rico.

STARMITES

Superhero comes to Cerritos Burnight via Broadway stage

Starmites, a critically acclaimed musical that has been nominated for six Tony awards is headed for Cerritos colleges Burnight Center theatre.

Brought to you by the Cerritos College Department of Theatre and the Associated students, *Starmites* will run October 12, 13, 18, 19, 20 at 8 p.m. and October 21 at 2 p.m.

Starmites tells the story of an ordinary girl who becomes obsessed with her comic books and gets sucked into a fantasy world of comic book superheroes where she becomes a "Starmite."

"It is a super, action, adventure, rock musical kind of a thing" said Jordan Alexander, who plays the part of "Space Punk". "It's real fun family entertainment, it is not too heavy or thought provoking, you can just come for a couple of hours, forget the world and enjoy yourself. The shows "larger than life" appearance will be visibly stimulating for its audiences.

Director and choreographer, Georgia Wells, costume designer

Gary Castler, lighting designer Brad Enoch, and make-up designer Christine Steinkamp, have created an out of this world feel with a plethora of exotic lights, fog machines, make-up and costumes.

Cast members include:

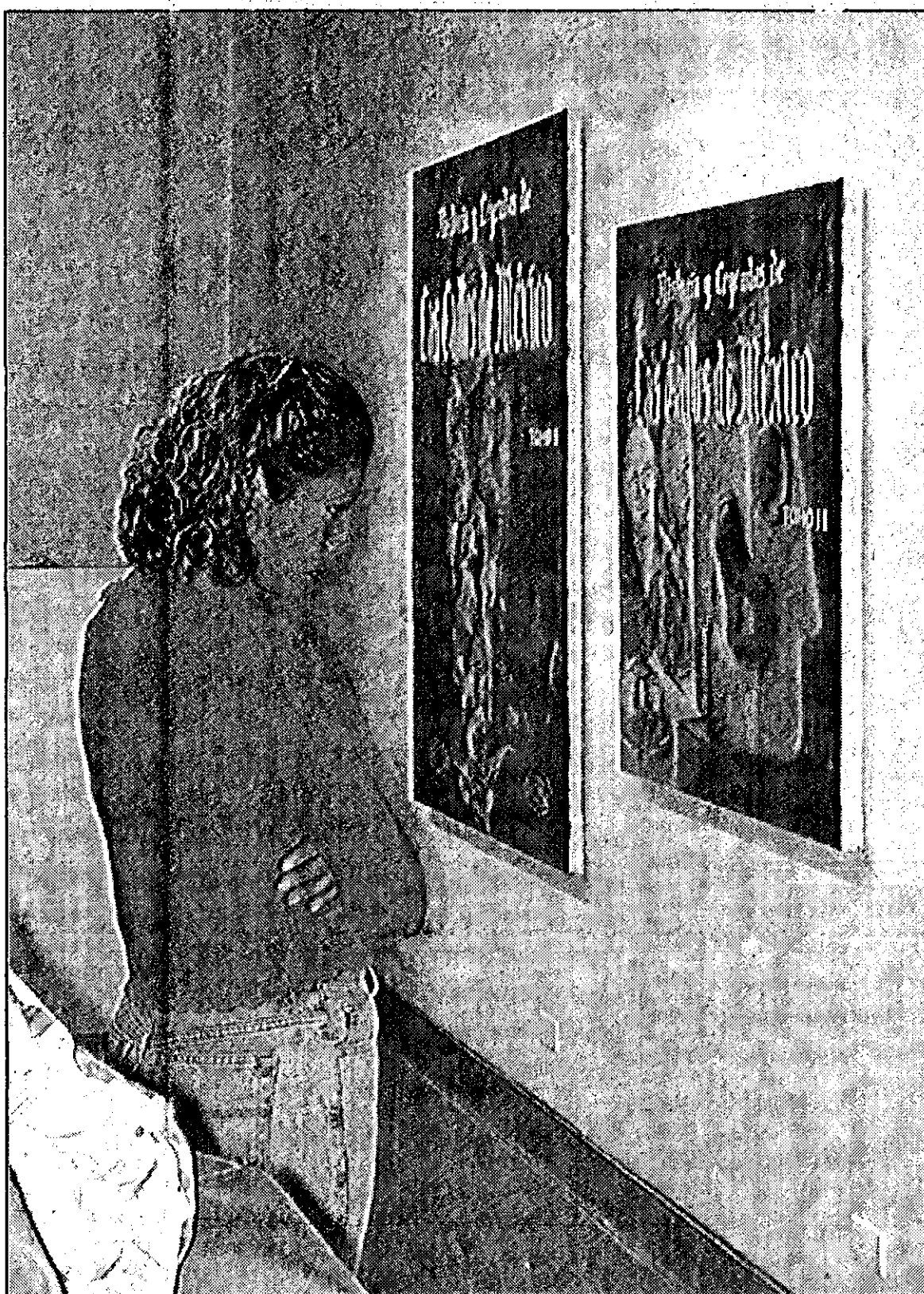
- Claudia Aicardi
- Jordan Alexander
- Rafael Aparicio
- Diane Christensen
- Jonathan Jimenez
- Fabian Otero
- Tony Paniagua
- Revy Pantig
- Geri Samuelson
- Amber Queen
- Noe Hilyard
- Mel Messina
- Gustavo Ruiz.

Tickets for this event will be \$15 general admission and \$12.50 for students and seniors.

Group rates and a family pack for \$44 are also available.

For more information please call 562-467-5058.

Aicardi and Alexander have performed in previous productions.



Cerritos College student Sylvia Miller studying a renown painting by Raul M. Guerrero.

Photo by Elizabeth Parra

Latino art displayed in gallery

LISAJOYCE VERGARA
SPECIAL TO THE TALON MARKS

There's a new exhibit on campus that focuses on "Forming Identities On Both Sides of the Border."

Artist Raul Guerrero allows himself to express Mexican Art.

The opening night was on Sept. 25. The turn-out of arrived guests was around 40 or more. The guests included Julie Traeger-Lagier's Art History Class.

The students got the chance to view Mr. Guerrero's work. One of the students', Lynette Roccazzella, enjoyed the exhibit and was fascinated by the history and legends of the streets of Mexico that the paintings captured.


Another admirer, Herrson Preciado found his work "Very expressive with a very colorful meaning."

"The Seven from Guadalajara Exhibit" will be showing from Sept. 23 through Oct. 18, at the Cerritos College Art Gallery in AC-50. Hours are Mon-Thurs. 11 a.m.-4 p.m. and on evenings Tues-Thurs. 6 p.m.-9 p.m.

The show is open to the public and the artist is scheduled to be in the art gallery on Oct. 11. "When you look at the cultural aspect of the school, there are a lot of Latinos so it's good to have a show that shows Latino influences," said the art gallery instructional aid Jason Wolff, who hung the paintings on the wall.

Guerra's unique art has been making notable appearances, particularly in the Tijuana/San Diego and other Southern California regions for more than 20 years.

It's nice to stroll down the long halls of academia, but there's something to be said for completion.

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EYE CARE

Laser surgery can correct vision

An increasing number of people are finding that Laser eye surgery is the way to go, to correct their eyesight.

Laser eye surgery is the latest technology for a people with bad eyesight to correct his/her vision.

During 1999, ophthalmologists performed some 940,000 vision correction surgeries, more than twice as many surgeries as the previous year, according to estimates from Spectrum Consulting.

Laser eye surgery cost about \$2,500 for each eye. It takes 10 minutes for each eye, though for both eyes to have laser eye surgery it takes approximately 90 minutes.

The latest techniques involve a doctor using a laser to alter the eye's cornea, which is vital for focusing the images you see.

If you wear corrective lenses you must take them out for a period of time so that the cornea can return to its natural shape. Soft-Lens must be off for four to seven days prior to surgery and hard-lens need to be off

for a period of four weeks before surgery.

During the most common type of laser eye surgery, known as laser in situ keratomileusis, or LASIK, a programmed mechanical device slices a flap in your cornea that is thinner than a grape skin. The numbing eye drops prevent you from feeling pain. The surgeon lifts and peels back the flap with a tiny instrument.

CLICKING NOISES

Then you hear clicking noises as a laser precisely removes tiny amounts of your inner cornea. Next, the doctor flips the flap back so it can naturally re-adhere to your eye. The doctor administers anesthetic, anti-inflammatory, and antibiotic eye drops.

When the procedure is complete, the doctor covers your eyes with transparent shields.

At first, laser eye surgery was used primarily to treat nearsightedness. Today doctors also use it to

treat farsightedness and astigmatism. For each case, they directly treat the underlying problem by reshaping the cornea in a way that allows it to focus light rays better.

However, presbyopia, which occurs as a natural consequence of aging, forcing many people to rely on reading glasses, can't be directly treated with laser eye surgery. Instead, the doctor can use the laser to create monovision, or to alter the cornea in only one eye, making it slightly nearsighted. This process may allow you to read without glasses, but overall vision may not be crisp.

During recovery, the eyes may feel gritty, irritated, or watery, and they may be more sensitive to light. These sensations typically last from a week to a month. Painkillers, rest, and cold compresses can help decrease discomfort.

You also need to use antibiotic and anti-inflammatory eye drops for about a week.

Most people can return to work

either the next day or within a few days after the procedure.

After surgery you should notice a dramatic change in your vision. The vision, for about two to three weeks your vision may fluctuate.

On the downside, you also may see halos or starbursts around lights at night. Usually this goes away in three to four months.

POSSIBLE PITFALLS

The surgery may overcorrect or undercorrect your vision; you may need a second surgery to bring your eyesight closer to a perfect range.

If your vision problems are extreme, laser eye surgery may not be effective.

Even if laser eye surgery improves your vision, you may still need contacts or glasses after the procedure to provide complete correction.

There is risk of scars, injury, infection, and permanent sight impairment.

Source: WebMD

Students may check vision at low cost

ALICIA WARNER
ASSOCIATE EDITOR

Having trouble seeing? Think you might need glasses? Cerritos College Student Health Services are now taking appointments for eye exams.

The new Eye Care Clinic, located in the Student Health Services Building, has been open for six weeks and has been serving 10-15 students a week.

The Eye Care Clinic is open every Tuesday from noon to 5:30 p.m. The clinic offers a full eye exam, contact lenses, glasses prescriptions, and eye health exams and will handle eye emergencies.

Full-time faculty member

with the Southern California School of Optometry, Dr. Loreta Ng, has been overseeing the new Eye Care Clinic.

"We are here to help students get glasses and contacts," says Ng.

Dr. Ng added, it costs \$20 for uninsured students and discounts to students that have insurance could have [their] insurance

cover the cost of the exam.

There is \$20 fee for a complete eye exam for students. Frames start at a low price of \$79 for students. Contact lenses are also available for students.

Director of Student Health Services, Charles Gale is excited about the Southern California School of Optometry coming to Cerritos College to help in taking care of students.

California School of Optometry, located in Fullerton. The Student Health Services provides care for uninsured and insured students and staff. Sami Habboushi, a student at Cerritos College was there getting an eye exam.

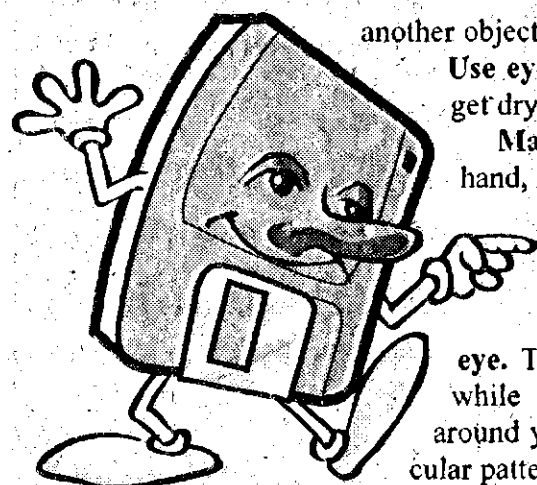
"I am here for a general check up, its been two years since my last exam," says Habboushi.



Doctor Loreta looks deep into Sami Habboushi eye during a checkup in the Otomotery dept. of Cerritos Health Center.

To help students with eye difficulties while at the computers or studying, here are some helpful hints for students:

When your eyes hurt while working at a computer



Blink away. Blinking lubricates the eyes, which prevents them from drying out and being irritated.

Take a break. Looking at any object too long can cause strain on eyes. Refocus your eyes on another object instead of the computer screen.

Use eye drops. Use lubricating eye drops when your eyes get dry and irritated. Some eye drops can be addictive.

Massage your temples. With the pointer finger of each hand, massage your temples (the side of the head on the level with the eyes) in the depression that you will find there. If you wear glasses, the depressed location is right underneath each side of your glasses frame.

Rub your hands together and cup them over each eye. The warmth from your hands helps to relieve tension while shielding your eyes from the light. Gently massage around your eyes using your index and middle finger in a circular pattern.

Look around. To work the muscles surrounding your eyes, look to all four directions, left, right, up and down. Close your eyes tightly, then open them as wide as you can. Repeat three times.

Source: WebMD and doctoryourself.com

Symptoms of eye strain

Students constantly working on computers either typing papers or doing internet research can have difficulties with seeing correctly due to eye strain. Some common symptoms/signs of eye strain:

- Eye irritation, including dry, red, itchy or watery eyes
- Eye fatigue
- Difficulty focusing
- Headaches
- Backaches

Consult Your Doctor If:

- Symptoms persist even after taking a break
- Symptoms appear as soon as you begin working at your Computer

There are methods to help correct your vision. Optometrists can prescribe corrective eye glasses, and contact lenses. Behavioral optometrists can offer vision therapy or vision training to help your eye sight improve.

Source: Web MD

Some children feel

to read if you want
move to right side
if you totally reversed
to not to read
every other line into
writing. Some move
xav side eyes tied!

Another exercise for those
who read from right to left.



Do you see a duck or a rabbit. Those who read from left to right will see the duck, but those who tend to see from the right see a rabbit.

WOMEN'S SOCCER

Cerritos humbled by latest loss

VERONICA CAMPOS

STAFF WRITER

The 6-0 South Coast Conference loss at Mt. San Antonio College Friday was humbling enough for the Cerritos College women's soccer team. The one-sided setback left the team virtually speechless afterward.

Virtually, but not entirely.

"We gave up as a team," said Cerritos midfielder Belen Gonzalez.

It should be noted that the Falcons' loss to the Mounties came against a team that is ranked 18th in the state according to one poll. However, in an earlier match this season against No. 2 ranked Long Beach City, Cerritos' effort was much better, but its result similar — a 4-0 loss.

Gonzalez wasn't the only Cerritos player critical of her team's performance against a solid team. Several players said similar things, however, they did not wish to be quoted. Other players didn't wish to discuss it at all.

"We could have performed better," Gonzalez added. "We need to keep our heads up when we compete against the tough teams."

Overall and

Tuesday's key game with host Los Angeles Harbor. On Friday, the Falcons host Pasadena City.

It has become clear that the team is at a crossroad and frustrated by its lack of efforts and results. The team doesn't appear to be able, at this point, to compete with the upper class in the conference. However, it still can salvage a solid season with good efforts and victories against the middle and lower rungs of the league.

Cerritos can take a step in the right direction Tuesday against the Seahawks. At the present time, Cerritos needs a win to further distance itself from the possibility of finishing last in the conference. The team's lone SCC win came Sep. 14, when it beat Los Angeles City, 1-0.

In the loss to the Mounties, freshman goalie Carmen Cortes was kept busy, stopping 18 shots. Six different Mt. SAC players scored goals.

The Falcons' offensive surges were limited to a few. However, midfielders Maria Zuniga and Jessica Escorsia and defenders Jessica Colocho and Socorro Jimenez made some noteworthy

Volleyball team swept by Mt. SAC

Makes consolation final in tournament

DAVID AMEZCUA

STAFF WRITER

The Falcons' volleyball team lost to Mount San Antonio College three games to none Wednesday at Cerritos.

Falcons' setter Jennifer Bullock said, "We could have played better. We started out playing nervous and continued to play nervous."

In the first game middle blocker/offense hitter Tiffany Amete tied the score at 1-1 on a kill.

Amete and Bullock combined to give the Falcons an 8-7 lead on a double block.

But Mt. SAC held on to win, 30-26.

In the second game, Cerritos middle blocker Vanessa Cid and offense hitter Jessica Baez combined on a double block to make the score 9-6, Mt. SAC. Arvizu tied the score at 15 with a serve.

The Falcons ended up losing game two, 30-22.

In the third game, Amete gave the Falcons a 15-14 lead on a kill, and Baez made the score 26-24 Cerritos on a kill.

But the Mounties came back

to win the third game, 31-29.

Falcons' Crisol Mendoza, right setter/defense specialist, said that the team is young and that the players need to put all of their playing experiences together as a team. "This game was a wake-up call for us."

Right setter Pearl Arvizu said that the team has great talent, and they just need to play as a team. "We need to show our skills. Hopefully the talk that the coach gave us will motivate us to play hard."

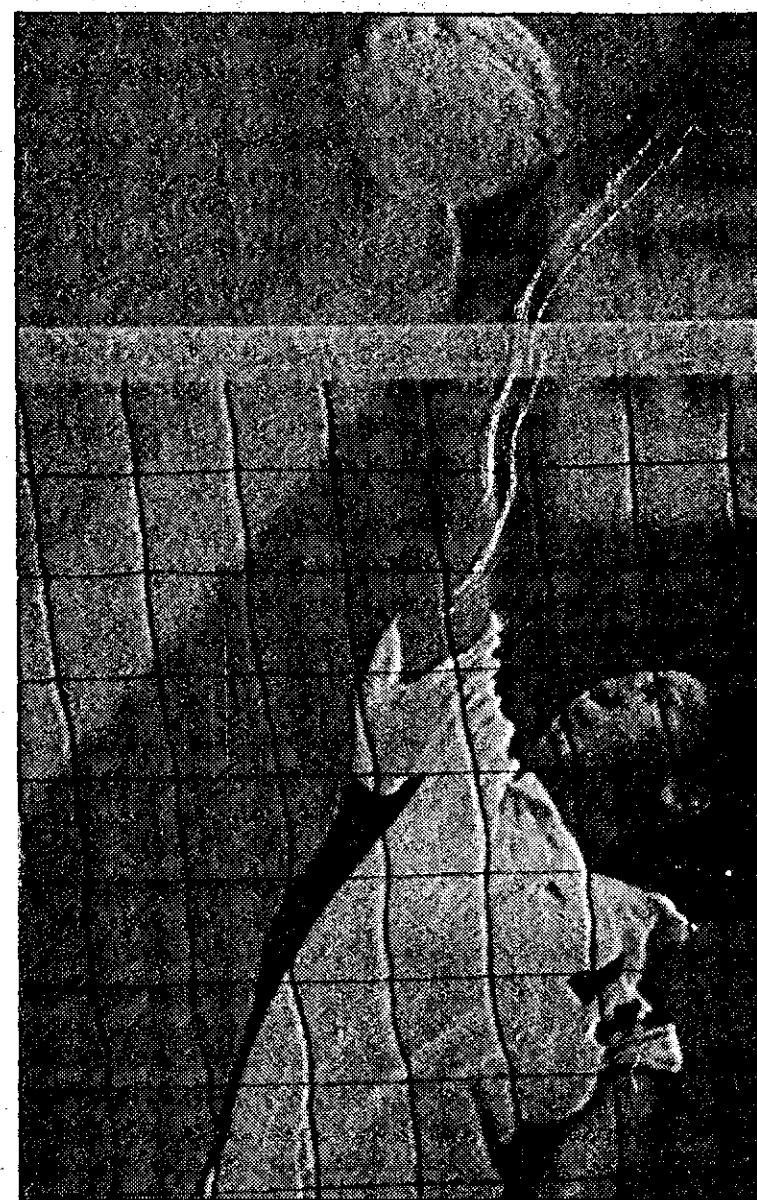
"The way we play at the San Diego Mesa Tournament is the way we are going to play all season. We have no other choice but to play hard from here on out."

S.D. MESA TOURNAMENT

The Falcons were defeated by Cypress College in the consolation final of the San Diego Mesa Tournament Saturday.

In pool play Friday, the Falcons split two games each against Arizona Western and Riverside, and dropped two games each to San Joaquin Delta and Grossmont.

In the consolation semifinal, Cerritos held off host San Diego Mesa in the deciding game of a best-of-five match.



REACHING UP -- Arelyn Gallardo spikes the ball over the net against Mt. San Antonio College.

Photo by Carlos Verdugo/TM

FOOTBALL

Falcons struggle to beat Golden West

JOHN KITANO

SPORTS EDITOR

While the Falcons' offense struggled, the defense saved the team's tailfeathers in a 17-3 win over the Rustlers Saturday at Alcon Stadium.

Cerritos (3-0) entered its contest ranked eighth in one national poll, while Golden West (1-3) snapped a 31-game losing streak two weeks earlier.

Falcons' running back Josh Herrera, who rushed for 100 yards, said, "We were a little sluggish. We didn't have that spark early in the game."

"We were going through the motions."

Falcons' defensive end Chris Eagen, who had three sacks in the game, said a "team is a team," and it wins or loses together even if one part outperforms the other, and the Falcons "won as a team."

Linebacker Rajace Barnett said that it was just an off game or everybody. "We (the defense) just stepped it up, like the offense would step it up for us."

In the fourth quarter, the Falcons drove the ball 80 yards and increased their lead to 17-3 on a five yard run by Herrera.

Herrera said, "At halftime, we talked about it (the offensive struggles). We were just going to pound it down their throat."

On the next possession, Golden West, with fourth-and-goal in its nine-yard line, saw its last chance slip away when receiver Brian Panique caught quarterback Porter Lacey's pass out of bounds.

Cerritos head coach Frank Mazzotta said the game was one of dropped passes, penalties and big mistakes.

"I think our players going in thought it was going to be a little easier than it was. They didn't have a lot of respect for Golden West, and that's the wrong [idea] to have."

"You just have to learn to respect your opponent no matter who they are, or how many wins they have."

Wrestling team takes 2nd place in own tournament

Defeats Santa Ana in dual meet

JOHN KITANO

SPORTS EDITOR

Gabriel Barragan and Damarion Page finished first in their weight classes as the Cerritos College wrestling team finished second to Fresno in its own tournament Saturday at Cerritos.

Barragan won at 157 lbs. and Page took the title at 133 lbs.

Josh Johnson finished second at 141 lbs., as did Andy Tuffnell at 184 lbs.

Andy Lopez pinned his opponent to take third place at 165 lbs.

Wednesday, the Falcons won six of ten matches to defeat Santa Ana College in a dual meet, 28-17 in the Falcons' gym.

Falcons' coach Greg Gascon said that Santa Ana "showed us their strengths and our team's weaknesses," and is "glad we found them out now."

"As a whole, the team did really well."

He added that key wins by alternates Chris Loera and Brian Rod-

gers "gave a spark to a lot of the other guys on our team."

Rodgers defeated Santa Ana's Guillermo Gonzalez at 174 lbs., and Loera, at 125 lbs., defeated Adrian Arriero by a technical fall.

Loera said, "It was a tough match. He (Arriero) put up a fight, and so I had to keep on going."

Gascon called Page, who won his match at 133 lbs., the outstanding wrestler for the meet.

Page scored points early and often in his win over Jose Palomares, and Johnson took control of a close match in the third round in his win over Israel Sanchez at 141 lbs.

Barragan was leading his match against Jamie Chaves by several points, and won by injury default when Chaves was unable to continue after the second round.

Cerritos' Loy "Buddy" Luna was pinned by Andres Sepuveda at 149 lbs., and Lopez (165 lbs.) and Vince Teachman (197 lbs.) dropped close decisions.

Tuffnell and Santa Ana's Rodrico Cibrian (Heavyweight) were awarded forfeit victories.

win for men

JOHN KITANO

SPORTS EDITOR

Cerritos forward Jorge Vargas scored two goals as the Falcons recorded a 4-1 victory over San Bernardino Valley in men's soccer Friday at Cerritos.

Midfielder Jesus Gutierrez, translating for Vargas, said that the Falcons dominated and kept the momentum for the whole game.

Gutierrez added that the team is having its "ups and downs," and that the Falcons have "got to step it up."

In the second half, Vargas scored the first of his two goals with an assist from Josue Perez.

The Falcons increased their lead to 4-1 when Vargas scored his second goal of the game, assisted by Angel Piazza.

Falcons' head coach Juan Torres said, "We're improving in [ball handling], one touch and (then) pass the ball as soon as possible."

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EDITORIAL

Page 7

TALON MARKS

Oct. 3, 2001

EDITORIAL

God is back with a vengeance

An interesting side effect of momentous events in history is how they help put other, more mundane things into their proper perspective.

The events in New York as they unfolded on national television seemed like outtakes from a Schwarzenegger movie.

A criminal mastermind, an incredibly intricate plot to humble a nation, simultaneous hijackings, suicide attacks, calls from doomed hostages fighting until the end...

This stuff can give people nightmares.

Psychologists and psychotherapists across the nation are reporting a sharp increase in the number of reported cases of sleep deprivation, surfacing phobias and panic attacks from people who never experienced these problems before.

On the other hand, people who have lived their entire lives under a cloud of depression are suddenly reporting they are doing much, much better.

Having thousands of people die suddenly in a massive act of senseless violence seems to have made their own fears and uncertainties appear to be not so bad.

In this same way, the formerly unmentionable seems to have become an everyday utterance.

Where as once the mention of "God" was unthinkable in governmental or educational circles, it is now commonplace to start every meeting with a short benediction followed by a heart-felt "God bless America."

This is not to say that bringing God into everyday life is a bad thing, because it is certainly not.

It is simply remarkable to note that it took such horrendous events of such sheer magnitude to bring this nation back to its moral foundation.

Before the Vietnam era, America was all about God, mom and apple pie.

Neighbors all flew the American flag, every school kid knew all the words to the 'Star-spangled Banner' and people voted along party lines, regardless of the issues.

After Vietnam, we became a cynical nation where nobody over 30 could be trusted. The government was corrupt, politicians were liars and God was dead.

In one sense, a national loss of naiveté is a good thing.

We now hold our politicians accountable. More people than ever are involved in their communities.

Nevertheless, the very reason for the founding of this great nation is still overlooked.

Millions have come to the United States looking for religious freedom. Even our decadent capitalist money still carries the logo "In God we trust."

Once we had our religious freedom, we seem to have forgotten to care about it.

But that has all changed now.

Knowing we could be faced with death at anytime has brought this nation back to its fundamental roots.

After all, there is no such thing as an atheist in a foxhole.

Letters to the Editor

Letter from Mom

One Nation, Under God.
Another Generation, Another War.

Called to battle, so far from home. Families left behind, but never alone.

The world looks on as America stands proud. We'll avenge the deaths of our people attacked on our own ground.

Terror struck our shores on the 11th of September, a date the world will always remember.

There have been other times, when we were called to attention. The wars of the world are too numerous to mention.

But, this one is different, and will take our resolve. It will take all that we have in order to solve.

It will take the trust in our leaders to direct us today, to send our great military out on their way.

It will take our great fighters and all those here who protect. It will take all of our people at home to pray and reflect.

It will take sacrifice and giving, and pain beyond measure. But, we must do all this and more to save the nation we treasure.

For, God chose America to be His own, God is the only reason we have prospered and grown.

We know we can win this, God is on our side, He knows where evil lurks and where evil hides.

The echoes of our fathers whisper over the land, all Americans must have courage, and tall we must stand.

Yet, we must be patient and seek God every day, on our knees asking Him to "Bless the U.S.A."

Debbie-Kaye Drake, Yorba Linda, California Proud Parent of a United States Marine

Angry retort

In the words of Oscar Wilde, "Journalism in unreadable, and literature is unread."

And so, my deepest thanks to the journalists of the Talon Marks for putting my words in a blender and pouring them out.

Now the English Department has a basis for asking me to drink hemlock, and my students are asking for a drug test.

According to Rebecca West, "Journalism is the ability to meet the challenge of filling space."

That's why paragraphs in letters to the editor are reduced to sentences, and the logic is reduced to rubble.

So, if anyone wants to see the original letter, just stop by my office.

Joseph van de Mortel / World Religions Instructor

EDITOR'S NOTE

It is the policy of the Talon Marks newspaper to publish as many letters as possible within the limitations of space.

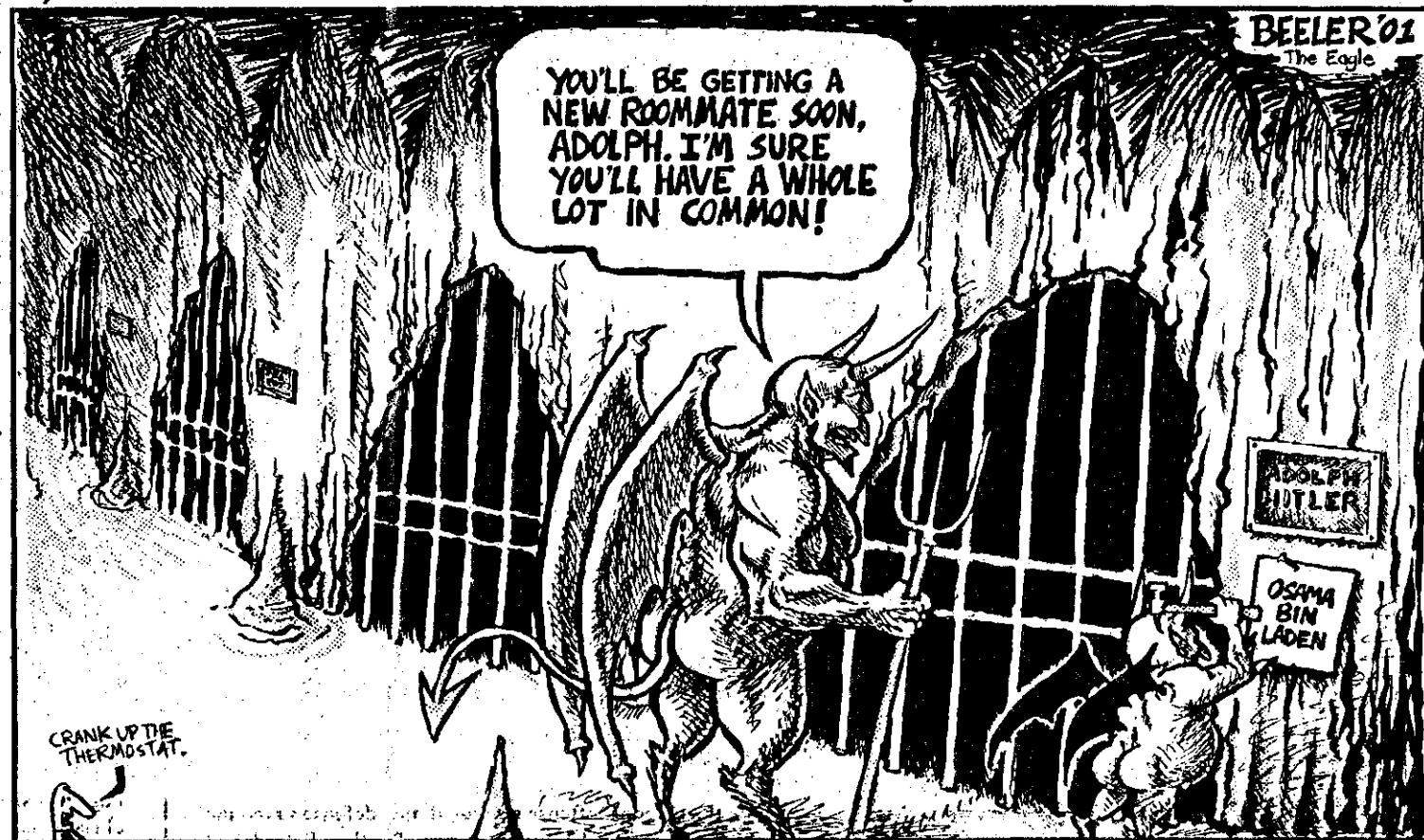
Letters are subject to editing due to content and spacing.

The Editorial board reserves the right to edit letters due to obscene, libelous and/or racially, sexually or religiously offensive text.

The full original text of van de Mortel's letter was printed, with only paragraph breaks inserted for spacing purposes.

Inaccuracies may be pointed out in an editor's note.

Read additional letters to the Editor or send them to www.talonmarks.com



Addicted to love, or something like that



ARMONDO BORBOA
Opinion Editor

Addictions are strange and funny things. Not funny as in "Ha, ha" rib-tickling funny... but more like "I just ran face first into a brick wall" funny.

"Well, no kidding, genius" you might say. Addictions cause pain and suffering. They can be severe, intensely painful affairs with intense bouts of depression, weight-loss and binge eating.

On the face of it, this analysis is probably true. When most people think of addictions, they think of their strung-out, longhaired, needs-to-move-out-and-get-a-job nephew, or perhaps their neighbor who is hooked on something heavy like cocaine or alcohol.

Most people never stop to think of themselves as being addicted to the more mundane things in life.

Things like daytime soaps, teapot collecting or racking up speeding tickets.

Damn that lead foot of mine.

Webster's Dictionary gives the definition of addiction as "dependence on or commitment to a habit, practice or substance to the extent that its cessation causes trauma."

One hot summer, a buddy and I were drinking an entire two-liter bottle of Pepsi a day, every day at work.

On a dare, we decided to quit drinking Pepsi, just to see if we could do it.

Within a week, his diabetes sent him into sugar-shock and I was bouncing off the walls.

Addictions can be painful but they can also be pretty funny if you know how to play your cards just right.

Other people's compulsive and irrational behavior is not your fault, so why bother getting in their way?

So, when a fatally polite person always offers to pick up the check, no matter how expensive the restaurant, you should go ahead and let them indulge themselves.

Trekkies can be a whole world of fun all by themselves, just try taking one to the next Sci-Fi convention.

Hours and hours of fun can be had watching the wretched creatures run themselves ragged trying to find Mr. Spock's stunt double's second set of prosthetic ears, or something of similar worth.

Try inviting a neat freak to your house the day after a wild party has trashed your house. Give him or her a sponge, a mop and get out of the way!

As for myself, I am trying to break my last remaining bad habit, no matter how painful it might be.

Those high-maintenance women I date are really putting a dent into my wallet.

Campus Comment

Addictions can take on many different forms and levels of intensity.
What are you addicted to and why?

COMPILED BY
ALICIA WARNER & ANDY KARLE

ONLINE POLL What are your favorite addictions?

- ☐ Food
- ☐ Clothes
- ☐ Sex
- ☐ Friends
- ☐ Alcohol
- ☐ Chocolate
- ☐ Music
- ☐ My Psychotic Ex

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"The telephone, because it's the only way to keep your social life intact."

SHALIAA SNOWDEN,
HISTORY

"Photography, it's my anti-drug."

CARLOS FAGUNDO,
PHOTOGRAPHY



"Cigarettes. I grew up around musicians and they all smoked. Easier to start when you are 13 or 14 and everyone is smoking."

JOHN MACKENZIE,
LAW

"Shopping. You can never buy too much stuff."

ANDREA DELA,
NURSING



"Basketball. For the love of the game and the fans."

DONYAE MOLETT,
SPORTS MEDICINE

"Music. It affects the way I feel and the mood I am in. I love it and love to play."

GLADIS GARCIA,
NURSING



"Buying imported CDs, aside from listening to the radio."

DAVID ESQUEDA,
ENGLISH

"People. Because I think it's fun to meet all different kinds of people with different ethnicities, backgrounds and personalities."

MARY AYALA,
CULINARY ART





ALEXA MACIAS
MUSIC CLUB



CLAUDIA GELDIS
FEMINIST MAJORITY ALLIANCE



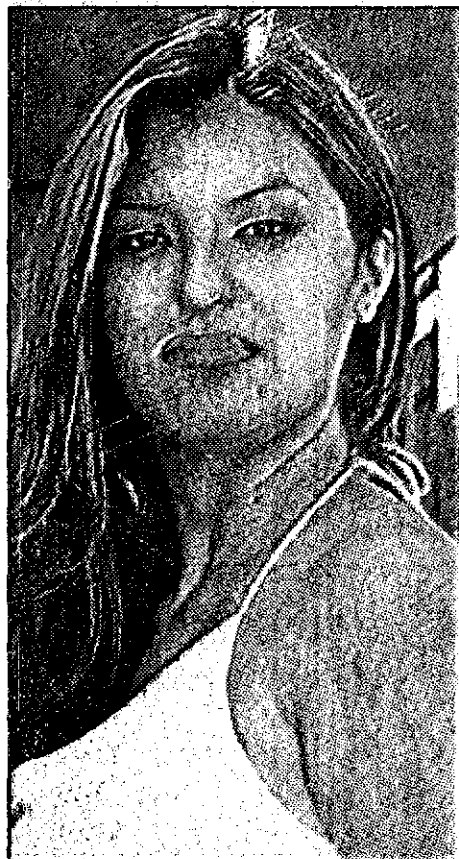
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Homecoming Hopefuls

With a flourish of dresses and high heels, flashing their dazzling smiles, 15 blushing candidates were presented to the Cerritos College student body for the 2001/2002-homecoming court at last Saturday's football pre-game reception.

All this week, candidates will be campaigning to win one of seven spots on the homecoming court, with the Homecoming Queen to be later selected from the finalists.

The homecoming court is chosen by popular student vote, with the top seven candidates being announced to court this Thursday night.

Of the seven finalists, a further election two weeks later will determine who will be the Cerritos College Homecoming Queen.

Three voting booths will be set up for both elections, with voting open to any student with a Cerritos College student ID and a current sticker.

Voting Booths will be located in front

of the Food court, by the Elbow room in front of the Liberal Arts building, and by the Health Occupations building.

The hopeful applicants are already out in force passing out flyers and chatting with students in the Falcon Square and the Breezeway in the SS patio.

Most of the women running for homecoming are heavily involved on campus and are active participants in many campus activities and organizations.

Several are members of the Associated Students of Cerritos College student government.

Some are involved in athletics or sports competition. Many are members of various academic honors organizations. Others are involved with curricular clubs and campus activities.

Most are hoping that by running for homecoming Queen, they can bring attention to their favorite cause and increase student participation.

Campus clubs, which hope to gain

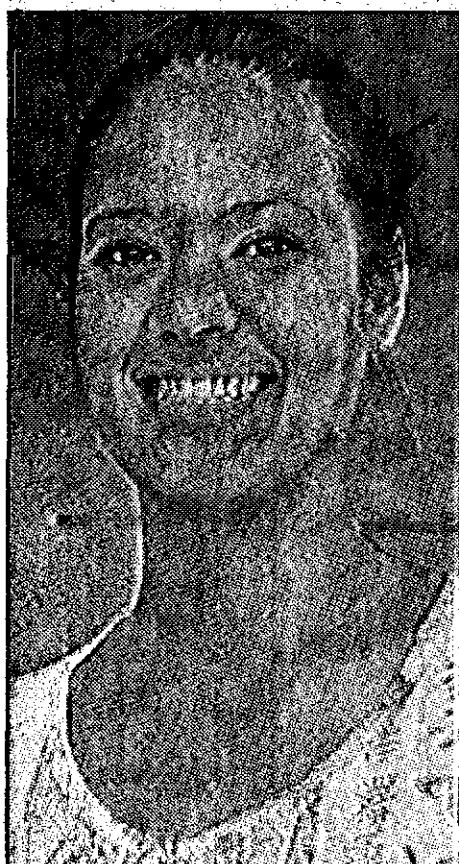
prestige and exposure by helping their nominee to win the coveted queen's tiara, sponsored individual candidates and will help them with publicity and exposure.

Once they secure their place on court, candidates will be involved in various campus activities over the next few weeks in order to present them to the Cerritos community.

Students will have a chance to meet the candidates in person during the Oct. 10 Activity Night, with free pizza and candidates talking to different classes in the SS building.

Students are encouraged to meet the candidates and ask them questions about the clubs they are involved in, the activities they attend and the causes they are advocating.

The position of Homecoming queen does not have any assigned duties, but the queen is invited to attend various dedications, groundbreakings and other events in and around the College community.



SARAH NORD
SCHOLAR'S HONOR CLUB



ANDRIA VARGAS
AMERICAN CRIMINAL JUSTICE



MIMI MARISELA PIMENTEL
INDEPENDENT

Homecoming Calendar

Court Elections

Wednesday-Thursday

Activity Night

Oct. 10

Mock Rally

Oct. 11

Float Construction

Oct. 15-20

Queen Elections

Oct. 17-18

Homecoming Game

Oct. 20



CRISTINA NEGRETE
INDEPENDENT



VARANGANA RUNCHHEWA
INTERNATIONAL STUDENT ASSN.



CYNTHIA MORA
INDEPENDENT



BETTY SANCHEZ
DISABLED STUDENTS ASSN



SAMANTHA ARMENTA
INDEPENDENT