

TALON MARKS

Dec. 5, 2001

www.talonmarks.com

Vol.47 No.11

Faculty, school at salary impasse

ARMANDO BROWN
EDITOR IN CHIEF

Instructors at Cerritos College will have to make some important decisions regarding their futures in the upcoming months.

According to various sources, their salaries over the last five to six years, have gone from being the eighth highest out of the 108 community colleges in California to now being ranked No. 20.

The Salary Committee, which negotiates the amount of pay increases the faculty receives each year, is currently in negotiations with the school's administration to bring faculty salaries back up to a higher state ranking.

At the present time, however, the two sides are at an impasse.

The faculty has been offered an increase of four percent, which the salary committee feels is substantially less than what it is seeking.

On Tuesday, Salary Committee chairman, David Fabish, presented the administration's offer to interested faculty for their review — approximately 75 out of 290 full-time instructors showed up.

Fabish said, "We have some of the finest faculty in the state.

"You deserve a raise," he told them. "This is how you are appreciated."

He feels that in recent years the school has had the financial ability to give its faculty substantial raises, but has not done so.

School president, Dr. Jane Harmon said she comes from the faculty ranks, and she hopes that an agreement can be reached that will make everybody happy.

She feels that the offer made is one in which faculty can receive a raise and at the same time keep enough funds in the pot to pay for campus programs as well as any emergency situation that might arise.

Next Tuesday, Fabish will go back to the bargaining table to inform the administration as to whether the faculty has decided to accept its offer or not.

In the past, when Cerritos faculty enjoyed one of the top salaries in the state, everything was good.

Continued on page 2



Photos by Jun-Sik Kim and Elizabeth Parra
Cerritos' International Student's Club gave people on campus a taste of their foods, and a peak at some of their traditional styles of dress at the Food Fair, and Cultural Fashion Show.

International theme at Cerritos

ARMANDO BORBOA
OPINION EDITOR

Although his degree is in medicine rather than cultural anthropology, Dr. Nayyer Ali's lecture on the roots of Islam was delivered to a standing-room audience in the teleconference center last week.

The lecture capped off four days of activities co-sponsored by the International Student Center and Club, events designed to bring multicultural awareness to the Cerritos campus.

According to club president Ikuko Takeuchi, the activities highlighted critical similarities and differences between some of the largest cultural groups that make up the population of the college.

"For example, most people do not know the difference between Chinese, Japanese or Koreans," said Takeuchi, "they think of them all as simply Asians."

Other campus clubs and organizations such as M&EHA and the Black Student Union attempt to bring attention and understanding of a particular culture, traditions and background to their members.

The Int. Students, however, try to acclimatize their members to the larger American culture while at the same time celebrating each individual's own culture and background.

The activities kicked off with a three-day

Foreign Film Festival held in the Student Center.

The Festival showcased such diverse films as the Chinese box office smash "Crouching Tiger, Hidden Dragon" to the French sleeper hit "Chocolat" as well as other lesser-known but equally acclaimed films such as the Argentine drama "Evita," the Mexican "Amores Perros" and the Indian "Kuch Kuch Hota Hai."

The International Food Festival was held on the second day in the Falcon quad, with club members each bringing their favorite ethnic dish from their own culture to share with visitors.

On the fourth day, the Cultural Fashion Show was held inside the Student Center with the students themselves modeling the latest fashion trends from their homelands.

"Their outfits don't look too different," said Liberal Arts major Shamilla Jackson, "I might wear some of that stuff myself."

The lecture by Dr. Ali was titled "Islam: Myth and Reality" and attempted to answer some of the most basic questions people unfamiliar with that particular religion often have.

Although the lecture did not attempt to explore very deeply the current Middle East crisis, Dr. Ali did address certain issues and cultural stresses that cause much of the

strife in those developing nations.

A question and answer period brought to light several misconceptions regarding Islam's beliefs, different cultures and its shared aspects with both Christianity and Judaism.

"All three religions have similar aspects,"

said Dr. Ali "they teach charity, love and tolerance."

The fashion show, food fair and movie festival are not new events to the Cerritos campus, but in light of current world events, it was thought that grouping them all together in one week would have more of an impact.

To see more pictures from the International Week activities, go to www.talonmarks.com

Culinary UN at food fair

JUN-SIK KIM
STAFF WRITER

As a part of international cultural events, the International Student Association (ISA) held an International Food Festival in Falcon Square last Tuesday from 11 a.m. to 1 p.m.

Cerritos College's Falcon Square was transformed into what looked like a meeting of the United Nations as its international students cooked up dishes for the school's community to sample.

Ikuko Takeuchi, president of ISA, said, "We wanted to introduce our culture. We thought the first way is to introduce food because everybody is going to be hungry."

The selection was made by different international students who prepared dishes from their particular countries. The menu involved more than 15 kinds of food like Gal-Bee from

Korea, Olive Pasta from Italy, Leaflet Sushi from Japan, Pastillas from Philippines, and so on.

Tuan Mao, international student from Vietnam, who brought Vietnamese Egg Rolls, said, "People really liked my food. I was happy to see them smile."

The foods were sold at relatively low prices so that students could taste different kinds of food for less than \$5. They really enjoyed their meals sitting around the table prepared.

Mary Pardo, Art major, liked the Chinese food, and even hoped that a cookbook with all the recipes of international foods would be made by the international students.

"It was really really good," said Douglas Johnson, Japanese major. "I wish we can have this every week."

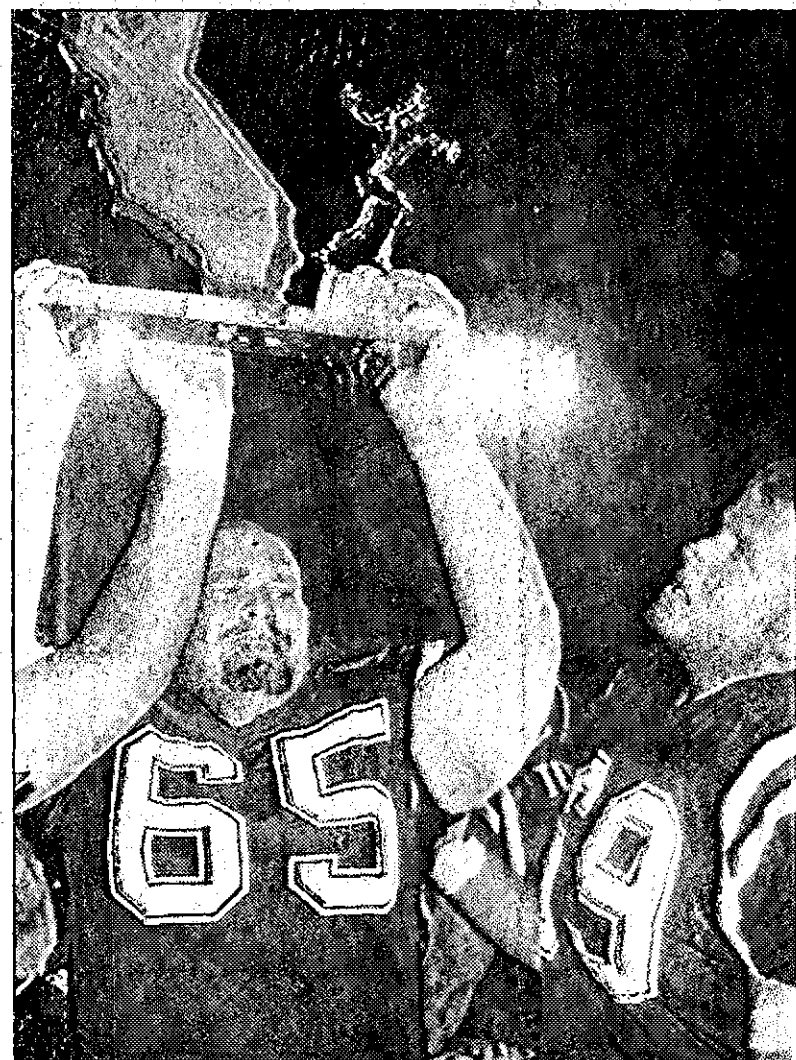


Photo by Armando Brown/TM

Falcons find Strawberry Bowl sweet

Cerritos player, Jason Lehman (65) hoists the Strawberry Bowl trophy after the Falcons defeated Allan Hancock College Saturday night, 39-28 at Falcon Stadium. Tom Robinson (69) looks on. See complete story on page 8.

Sign language offers alternative

JUN-SIK KIM
STAFF WRITER

Why do you study foreign languages? To study different cultures, to get a job, to fulfill graduation requirement or transfer to other colleges.

Whatever your reason is, American Sign Language (ASL) will satisfy you completely.

Duane Rumsey, Interpreter Coordinator and ASL Instructor for Cerritos College rewrote curriculum for the courses last year and ASL courses have been approved here on campus as Humanities/Foreign Language general education credit.

Now we have three ASL classes: Beginning (SL 101), Intermediate (SL 102), and Advanced (SL 102) as new three-unit courses.

In the past, students were able to take American Sign Language as a two-unit elective.

"I was just interested in Sign Language, but I needed some foreign language requirement. So that was like a double bonus," said Renee Elliott who is majoring in SI Interpreting.

The units from the SL 101 class have been accepted for CSU

transfer ability as well as UC's foreign language transfer credit. SL 102 also has been approved for Humanity credit and Rumsey is waiting to hear back about the CSU and UC.

He anticipates approval for general transfer credit for SL 201 class for fall 2002.

"I think it's wonderful. It gives students the opportunity to learn ASL," said Richard Morales, History and Counseling major, who is helping tutor students learning ASL.

"They can communicate better with deaf people and learn more about the deaf community which gets bigger every year."

Several certificate programs such as Court Reporting, Child Development, and the Speech Language Pathology Assistant Program require SL 101 and SL 102 for their Certificate and Associates Degree.

People in each field tend to work with the deaf and hard of hearing community, and ASL classes will increase their ability to communicate.

ASL also offers students a number of job opportunities. Although many people learn sign

language as a hobby or to communicate with deaf family members, there are lots of jobs available for people who know it. They can work in the school district, a deaf agency, law firm

and hospital helping the deaf and hard of hearing. Sign Language Interpreter is one of big money makers you can make \$40 an hour.

Continued on page 2



Photo by Jun-Sik Kim

From right to left, Paul Grow, Karla Miranda, Courtney Elliot and Elizabeth Saldana practice their new language.

Faculty salary impasse

Continued from page 1
and there was no need to belong to a union.

More and more, however, faculty members are signing up with union representatives.

Film professor, Robert Campolo said, "I'm really behind it... I know a lot of people are skeptical about unions, but as far as I'm concerned... workers who work under the union really benefit a lot."

"Without the union the Board of Trustees or the administration can do anything they want without any outside arbitration against it."

In order to unionize, 50 percent plus one of the faculty on campus must sign up with a particular union.

For the last few months, the American Federation of Teacher's union has been on campus garnering a lot of interest in unionizing among the faculty, and AFT representative, Linda Cushing says it is very close to reaching that number.

However, in the last three weeks the California Teacher's Association union, which according to representative, Lisa Adams had a strong presence on the Cerritos campus eight years ago, and has continued to maintain a low profile is now trying to raise that profile as it is attempting to garner support for its union.

There are mixed feelings among faculty about the CTA's emergence.

There are those who are fully behind the AFT, and feel that the progress it has been making is going to be hampered by another union vying for the support of the same faculty, then there are those who feel that the faculty now has a choice.

In fact, according to Adams, as well as Fabish, it was faculty members who initially called the CTA and asked it to come on campus and force an election, rather than just one union coming in without opposition.

To force an election, one union has to have gained 30 percent of the faculty vote by the time the other union has reached the 50 percent plus one mandatory for unionization.

Fabish is hoping the faculty does not accept the administration's offer because then a greater ground swell of support for unionization will develop.

It would be a bargaining chip he could use the next time the two sides meet.

The whole thing is expected to come to a head in February, when the faculty will be voting on whether to unionize or not.

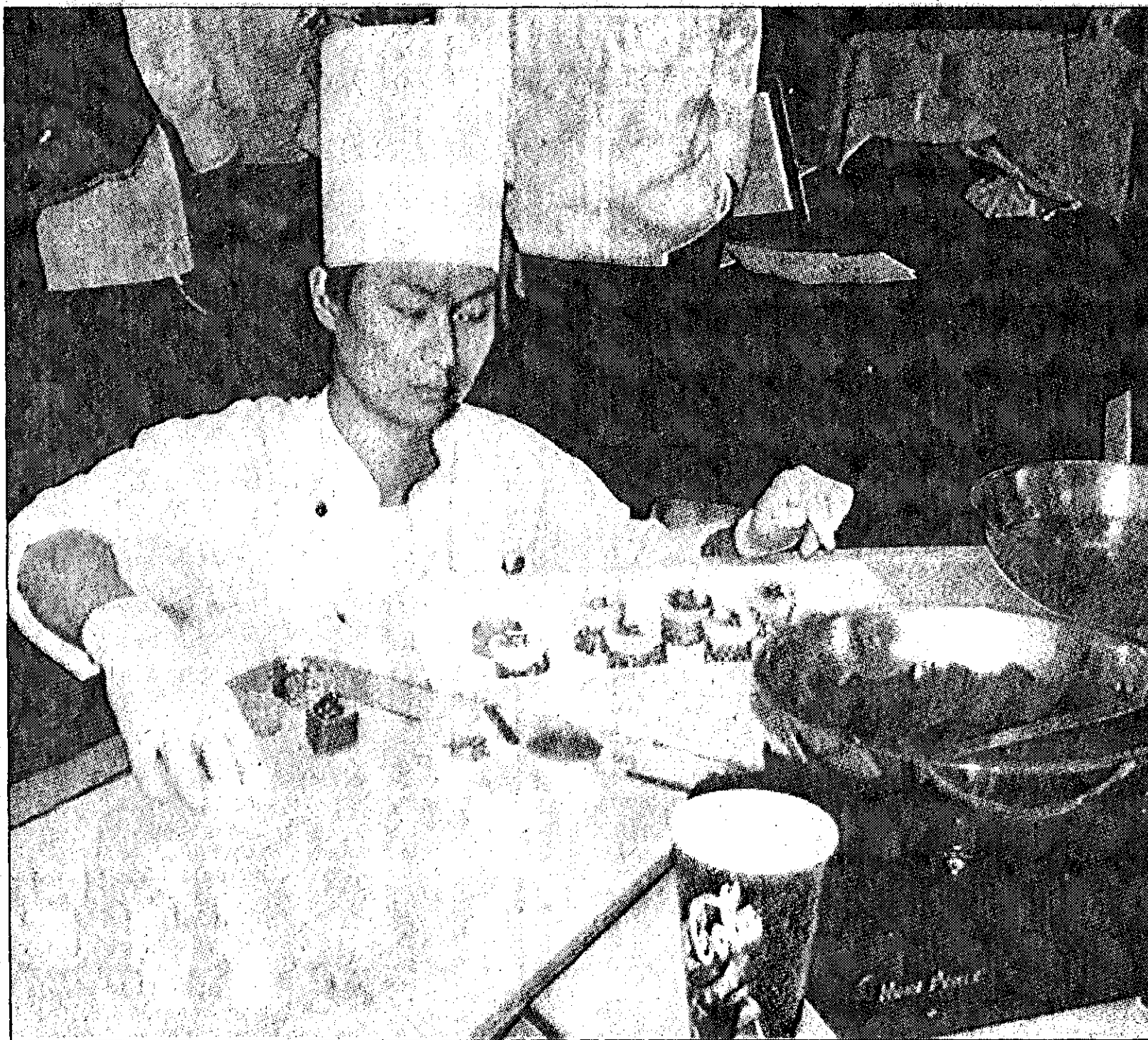


Photo courtesy of Culinary Arts

Bum Parks of Cerritos College's Culinary Arts Program won the of show award at the Los Angeles Trade Tech competition.

CULINARY ARTS

Students sizzle the competition

ALICIA WARNER
TALON MARKS STAFF

Students in Cerritos College's Culinary Arts Program took home awards at the annual Culinary Arts Symposium and Competition, Oct. 26 at Los Angeles Trade Tech.

Two advanced pastry and baking students participated in the event.

Out of the three silver medals given at the competition, two were awarded to Jessie Lopez and Bum Parks.

Bum Parks took the Best of Show award. Seven community colleges and two private culinary arts colleges took part in the event. However, only one Best of Show award was awarded.

Michael Pierini, Pastry and Baking teacher, is very proud of his students accomplishments.

Pierini has taught at Cerritos College for nine years.

The students bring their pastries to the competition already cooked and prepared. When they arrive they begin putting the final touches on their presentations for the competition.

Students are judged on presentation, appearance, techniques used and skills.

"They put a lot of effort and hard work into their presentation," Pierini said.

The judges are professionals in culinary arts. They have to compete in the Culinary Olympics in France to become a judge.

The students are judged one standard below

what the Culinary Olympics is judged on.

The students get to expand on what they have learned in class and use it in competition.

"The competition is where the students finally get to put it all together... the baking, sugars, and chocolate," Jacobson said.

"Both students are very excited and happy to have won," Pierini said.

Along with all the preparation that is put into the competition, it can become very stressful. There were people constantly watching the students put their presentation together.

This is the first time the students have won in competition.

"It has Always been in our reach, but we finally got it," commented Jacobson.

Universities to look at more than grades now

TARA CARTER
ASSOCIATE EDITOR

The chances of getting into a University in California just got a little better.

In a 15-14 vote, the regents of the University of California recently approved "Comprehensive Review," a policy that will allow universities to judge applicants not just on their academic achievements, but also on their personal backgrounds and achievements.

"Comprehensive Review" will make the UC admissions process more like those of private universities, which take into account a student's background, hardships and extracurricular activities, when selecting their students.

The plan won't alter the eligibility requirements for UC campuses, but it is likely to alter who attends the most selective campuses such as UC Berkeley and UCLA.

Regent Tracy Davis, was excited about voting on the policy.

"The main reason I support it is that it says a lot about the values of the University. In embracing a purely academic framework we tell students that regardless of your background you still must achieve at this level."

"Comprehensive Review" embraces the value of students having different opportunities and different backgrounds," she said.

Tanya Hernandez, an English major at Cerritos College is hopeful that "Comprehensive Review" will increase her chances of getting into UCLA.

"I used to make straight A's but my grades have dropped a little because I had a child and I had to start working."

"I Hope UCLA will look at my background and see that even though I don't have a 4.0, I am a good student and a hard worker."

Since the passage of Proposition 209, a measure that outlawed the use of affirmative action on California universities in 1988, the number of minorities attending California universities has decreased.

Students are hoping this measure will increase diversity.

Sign language for credit

Continued from page 1

"There is a big shortage of people to work with the deaf and hard of hearing," Rumsey said. "The three classes will get you started in the right direction for that."

"It's not just learning a language. You can get a better appreciation for how a member of the deaf community has to overcome hurdles in the hearing society," said Harry Wind who is a student in SL 101 class.

For more information about the ASL courses, please call Duane Rumsey at 562-860-2451, ext. 2352.

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EDITORIAL

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EDITORIAL

National tragedy for sale

The most notable thing about tragedy in America is the remarkable way we have of soon trivializing the most heinous of acts and turning them into marketing opportunities.

When Princess Diana died, the world was shocked at the death of this great humanitarian.

Within weeks, supermarkets and newsstands were flooded with calendars, posters and cheesy memorabilia of all descriptions attempting to capitalize on the death of this gentle woman.

In a similar vein, now that the dust of the twin towers is beginning to settle, maps, calendars and all sorts of tourist crap can be found flooding Ebay and are available from mail-order catalogs.

Supposedly patriotic marketers are attempting to give Americans their very own piece of history at rather reasonable prices.

Now, to be fair, capitalism IS the American way and it has been a longstanding tradition to make the best of a bad situation.

Taking that into account, it is not fair to bash people who were simply in the right place at the right time business-wise.

Since the events of September 11, people have felt the need to show their pride by displaying the old red, white and blue.

The lucky storeowners and manufacturers who stood in the way of this financial windfall are probably the only retailers making a profit in the midst of the current recession.

Within days of the attack, there was an unprecedented run on stores carrying flags and the backorder list grew to three weeks.

Of course, it wasn't very long before reports of theft tainted this patriotic upsurge.

Car windows displaying flags were smashed and lawn flagpoles were stripped.

In the city of Pasadena, a flag carried by an American POW in World War II was stolen right off the front porch of that vet's granddaughter.

Unfortunately, opportunists are still trying to make a fast buck from the suffering of others.

Several auction houses reported they had turned away people attempting to put memorabilia from the towers on the block.

The FBI is currently investigating some New York construction companies that instead of taking rubble from the disaster site to a forensics site were instead selling the metal as scrap.

As bad as these examples have been, how tragic is it when people start using America's fight against terrorism to justify their own personal perversions?

Just a few weeks ago, a man living in LA county was shut down by the city for running an illegally licensed business out of his home.

This man was holding "swingers" parties in his house and charging admission, in essence an ongoing orgy every weekend.

When the city shut the guy down, his lawyer immediately files suit claiming the man's civil liberties had been violated.

The lawyer claimed his client's freedom of self-expression had been curtailed.

The lawyer was quoted on national television as saying, "It's like the Taliban all over again."

How dare this shyster equate his client's pervert parties with the repression, beatings and killing of women by a tyrannical regime?

There is something seriously broke with a society when people feel justified in trivializing such atrocities.

President's message

I have been president of Cerritos College for six months.

During that time I have spent time with all of the college constituents – the students, the support staff, the administrators, the faculty, the trustees, and the communities we serve.

All of my contacts have proven true my first impression of Cerritos College – that this is a place where excellence and creativity go hand in hand as the college works hard to meet the needs of the students and community.

During this past week I attended two graduation celebrations.

The first was the Ford Asset

Recognition Dinner.

Twenty-two students were being honored for completing both their Automotive Certificate, which required half-time work at a Ford dealership as well as an intense schedule of classes over a two-year time span.

Students not only ended their studies with this certificate, but they also ended with an AA degree and a guaranteed full-time job with the Ford dealer who has sponsored them.

In speaking with the Ford representatives I learned that Cerritos had the reputation of turning out the best graduates and that they had great respect for the instructors and the quality

of both the technical and academic education at the college.

They said that their dealerships were filled with successful graduates of the Cerritos College Asset program and that they wanted every graduate they could get.

The second event was the pinning ceremony for the December 2001 Cerritos College Nursing Program graduates.

They had just completed one of the most academically and physically demanding programs offered at any college and they are going into a job market that welcomes them because of the reputation of Cerritos College.

As the head of the Nursing

Department at Downey Medical Center said during my recent visit, she would be happy if every nurse came to them as well prepared as those from Cerritos.

Cerritos College follows through and they follow through with high quality, creative solutions that meet the needs of the learners they serve.

That has always been my personal/professional goal – to serve well the learners and so I am proud to represent a community of professionals who are committed to that same ideal.

DR. JANE M. HARMON
CERRITOS COLLEGE PRESIDENT

To read the full text of Dr. Harmon's column, go online to www.talonmarks.com



To the writer goes the final word...



ARMONDO BORBOA
Opinion Editor

Although I am repeating myself, let me reiterate my opening from the last issue:

The great thing about having my own opinion column is the fact that I can pretty much pick my own topic and say whatever the hell I feel like saying and get away with it.

The only problem is that I have to dodge the occasional bullet thrown my way.

For example...

Last week I went to visit my long time friend at the theater department where he is starring in the independent production of "The Council of Thirty" (Rock on, Joe).

We were busy making insulting jokes about each other's questionable parentage and insane ex-girlfriends when one of the actors put two and two together and exclaimed in a loud and thunderous theater voice "Hey,

you're that writer, right? You suck!"

He was referring of course to my last column where I unabashedly listed a couple of things I pissed me off, one of which was my ex-girlfriend.

As I stated in that last column, my ex and I are still the best of friends. Some people go through their whole life without finding someone they can bond with the way we can.

Unfortunately, she keeps beating me over the head about how sweet and caring and sensitive her current boyfriend is compared to me and I keep hoping that Mr. Wonderful will fall down an open elevator shaft.

Our relationship is like something out of an "Ally McBeal" episode, so of course I enjoy poking fun at her on occasion.

All of my friends who read the opinion said they loved it and even she said she fell out of her chair laughing when she read it and showed it to all of HER friends.

Unfortunately, this one disgruntled and frustrated individual took personal offense to my writing and decided to teach me the error of my miscreant ways.

How dare I use MY space on MY page to write MY humor column about MY life???

I obviously need some serious medical attention before I go out and hurt somebody.

After he ranted and raved for a while, I had the unmitigated gall to ask him what I should have written about instead.

For a moment he had that frightened bovine look cows get just before getting run over by a speeding train.

I of course used his moment's hesitation to whip out my razor sharp wit and verbally skewer him mercilessly.

Little did this poor lost soul know he had challenged the Great and Powerful Armondo, self-proclaimed center of the universe and inflated ego with no peer.

I taunted him, I teased him, I left him gapping like a fish out of water as I strutted triumphantly away.

I guess all those years of speech and debate finally paid off.

Let that be a lesson to you, foolish mortal, never mess with someone both smarter and better looking than you.

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.

Production and printing of the TALON MARKS is partially funded by the Associated Students of Cerritos College.

Facilities and academic supervision are provided by the Department of Journalism.

Newsroom offices are located in the Arts & Crafts Building, Room AC42, Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650. (562) 860-2451, ext. 2617. FAX (562) 467-5044.

Volume 47, No 12
2001-2002
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Letters to the Editor are subject to editing due to content and spacing. Letters must be submitted the Thursday before publication at Talon Marks, AC 42.

Campus Comment

What is the most interesting thing that happened to you this semester?

COMPILED BY:
TARA CARTER & DAVID AMEZCUA

ONLINE POLL Most interesting moment on campus:

- ☐ Mock rally
- ☐ Karoke Singing
- ☐ Mosh Pit at the Talent show
- ☐ Halloween's Parade of Freaks
- ☐ Candlelite vigil

Register answer online at
www.talonmarks.com
Results are immediately available.

"I got to play guitar in front of my entire class and talk about the soul of playing guitar and how it connects with people."

DOUGLAS JOHNSON
JAPANESE



"In my art class the campus police came in because some guy had a problem. I think it was something he did on campus. He looked out of it."

AMBER ORTEGA
PSYCHOLOGY



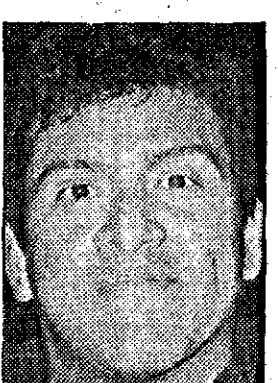
"In my art history class, we were talking about the Egyptian era. I just kept raising my hand and answering all the questions, then the teacher complimented me."

AKASH MULCHANDANI
UNDECIDED



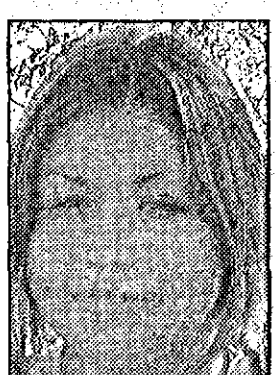
"The most interesting thing that happened to me this semester was having a fire drill and I had to walk down from the 3rd floor in my wheelchair."

DENNIS DIAZ
REAL ESTATE



"I actually watched really good movies in my theatre 151 class."

ANGELICA ANCHONDO
UNDECIDED



"After taking the placement test I went to the Student Center and a fight broke out between two guys."

DIANE DELGADILLO
PHYSICAL THERAPY



"Nothing interesting happen in my classes, something interesting is that they moved the couches from the student center."

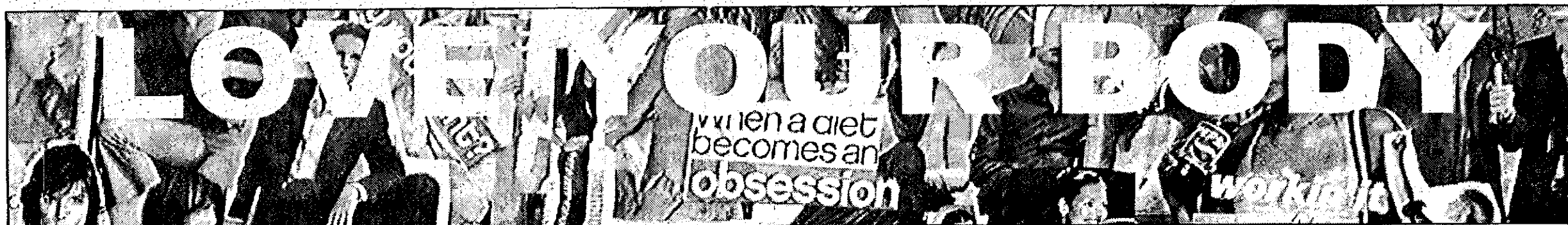
CARL JOHNSON
UNDECIDED



"Actually this semester was pretty boring for me in my classes."

LYNE WHINE
PSYCHOLOGY





ARMONDO BORBOA

OPINION EDITOR

Having experienced a personal battle with eating disorders, four of the women gathered at the "Love your Body" fair two weeks ago were more than passionate about helping others to recognize their illnesses.

Sponsored by the Feminist Majority Leadership Alliance club, the event was designed to help Cerritos students come to term with this hidden epidemic.

According to the Journal of the American Medical Association, three out of four women at some point in their lives will

experience some form of eating disorder.

Although the majority of the women at the table had experienced some form of eating disorder, each of their stories was as different as could be.

Rose (not her real name) became anorexic about a year ago and still suffers occasionally with bouts of depression and poor self-image.

"I am not sure what set me off, but suddenly I could not stand being me," she said. "I was too fat and nobody liked me."

In a period of less than two months,

Rose lost almost 30 lbs. and was still determined to loose even more.

Even though her family noticed her rapid weight loss and radical loss of appetite, there was little they could do to help.

Several trips to different doctors did not make any difference to a girl determined to fit into what she saw as society's ideal of what she should be.

"There were some days when I would only have a diet soda... and I would feel guilty about that!" said Rose.

It was only after she began to have heart

problems and fainting spells that Rose recognized the damage she was doing to her body.

Only by coming to terms with her body, was Rose able to stop the downward spiral she was on.

Jane (not her real name) never changed her eating habits but did become bulimic through the overuse of laxatives, vomiting and working out more than six hours a day.

"I immediately began to have problems with my esophagus, stomach and throat. Once I could no longer vomit, I would work

out until I almost fainted."

If you or someone you know has an eating disorder, the numbers you can call for help are:

Overeaters Anonymous
(505) 891-2664
Bulimia and Self help line
(314) 567-4080
National Association of Anorexia/Nervosa and Associated Disorders
(708) 831-3438
National Eating Disorders Org.
(505) 891-2664

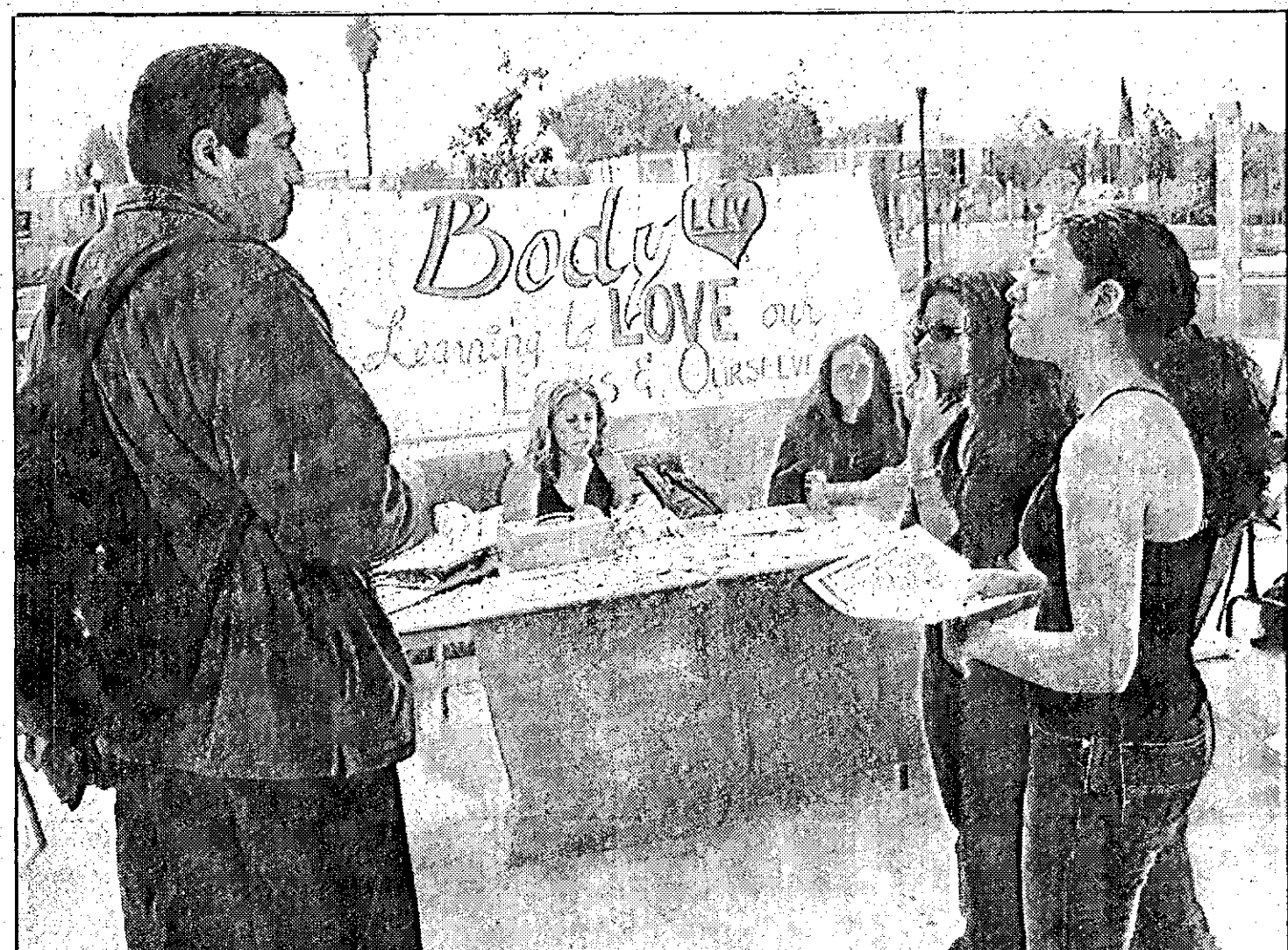


Photo by Armondo Borboa

Members of Feminist Majority Alliance discuss women's issues with a member of the conservative religious right.

Myths

Only teenage girls suffer from eating disorders

You can never fully recover from an eating disorder

Eating disorders are solely a problem with food

Bulimics always purge by vomiting

You can always tell someone is anorexic by their appearance

Anorexics do not binge or purge

You cannot die from bulimia

People cannot have more than one eating disorder

Anorexics do not eat candy, chocolate, etc

Men with eating disorders are gay

Realities

Just about anyone can fall victim to this disorder

With hard work and proper treatment full recovery is possible.

They are in fact only a symptom of underlying problems

Purging can take the form of laxatives, diuretics, exercising or fasting

Some anorexics may only be from 5 to 15 lbs. Underweight

Many anorexics will occasionally binge and then purge whatever they put into their system, including water

Bulimics have died from low potassium, an electrolyte imbalance or a ruptured esophagus.

Multiple eating disorders are common as the behaviors are only symptoms, not the problem

An anorexic might only allow themselves 300 calories a day and then eat only a single chocolate bar

Someone's sexual preference has nothing to do with developing an eating disorder

International student lives the American Dream

JUN-SIK KIM

STAFF WRITER

I came from a country where more than half of the young people born there probably wouldn't like to be reborn there if they had a choice.

Despite the fact that most of them have never been abroad, they just believe vaguely that somewhere else should be better than their own country. A country losing hope!

On the other hand, you are living in a country where more than half of young people would like to be reborn here if they had the choice.

Although you may not agree with me, a number of people from all over the world

are rushing daily into your nation, legally or illegally, sometimes at risk to their own lives.

I don't think that the seven months I've stayed here is long enough to evaluate two countries. However, I'm going to say how beautiful your country is and how wonderful your life is reflected in my eyes is.

If I were to ask you what you are doing, you would say you are studying a certain subject and that you work at a certain place.

If I ask the same question to students in my country, they would say "I am going to school because I have to and I'm not sure if I could even get a job."

The hope of life is not something special. When I study what I want to learn and in doing so I dream of my future, then hope exists in my mind, not somewhere else.

Have you ever thought that you take a good amount of rest (meaning free time) here. Parks and libraries are located in every city. There are plenty of cultural events and a variety of places to hang out. All of them nurture your life and allow you to rest comfortably.

The fact that you can get a rest as much as you work is one of the reasons I think this country is wonderful.

Every time I see the disabled people on campus, I feel really happy. I seldom see

them going around in my country. They can go anywhere they want and they do whatever they need here.

There is no reason to voice down because you are female. You don't have to be buried into the masses just because you are a minority. What you have to do is to keep living your own life as a human.

You might not have thought what I've talked about so far is important and precious in your life. My country is not an undeveloped country where people are suffering from starving and malnutrition.

There is just not enough hope and rest to make their lives beautiful.

Now I'm gladly going back to the coun-

try I belong to, to the family I love, and to my friends I trust and because I've seen what a beautiful world it is, I want to share that beauty with my people.

I would like them to realize that we have a beautiful world in my country and set their minds at rest with happiness.

EDITOR'S NOTE

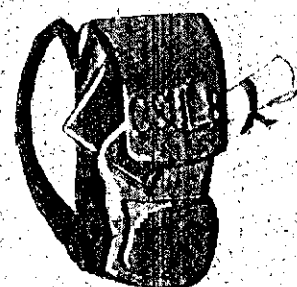
Jun is an exchange student who joined the paper as a means of improving his English skills.

In the semester he has been here, Jun has shown an incredible work ethic, always willing to volunteer his time and energy.

In addition to winning this year's Turkey Trot race, he has attended every event held on campus and encouraged other foreign students to participate.

Jun was asked to write this column to showcase the freedoms most Americans take for granted.

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Thirty continues

The Cerritos College Theater Department continues its performance through this week.

The play, 'The Council of Thirty' is directed by Kevin Hoggard.

The play tells the story of a father estranged from his wife and family. The wife, an alcoholic, who has been denied custody of her son accuses her ex-husband of molestation to get back at him.

The piece was not originally written as a play but has been re-interpreted by the theater department.

The show is being done in a very neutral and minimal setting, says Hoggard. The 14 different scenes will all be on stage at the same time.

Lighting plays an important part of the setting, spotlights dictate where the action is occurring, which makes following the play an easy task. "This approach serves to emphasize the acting, and I think the audience will find we have very talented cast," says Hoggard.

The cast includes Joseph Wise, Celeste Jimenez, D'Shene Cotton, Thomas B. Buck, Diane Christensen, Sarah Duran, Christopher Alvarado, Brenda Banda, Frank Ballesio, Alfred Lama and Jen Kow.

Tickets are available at the Theatre Arts Box Office. General admission is \$10, and for \$7.50 for students and seniors.

Remaining show times are Dec. 6-8 at 8 p.m., as well as, Dec. 9 at 2 p.m.

Tokyo student now trainer



Aoyagi cuts tape from the ankle of a Cerritos football player at a recent game.

Photo by Armando Brown/TM

ARMANDO BROWN
EDITOR IN CHIEF

Mimi Aoyagi attends classes two days a week at Cal State Long Beach, where she is working toward a Masters degree in Sports Medicine.

Most any other time of the week she's working toward becoming a certified athletic trainer at Cerritos College, where she's getting the real life experience necessary for her chosen field by working with Cerritos' sports teams as an athletic trainer intern.

Aoyagi began working at Cerritos College one-and-a-half-years ago, shortly after arriving here from her homeland of Japan.

Having already obtained a bachelors degree in sociology from International Christian University in Tokyo, she enrolled at CSULB and began taking the prerequisites necessary to enter the Masters program. One of the requirements for admission was 150 hours of athletic training experience. CSULB put her in contact with Cerritos College's athletic trainers department, and her life as an athletic trainer was underway.

Long-time Cerritos College athletic trainers, Brian Cable and Beverly Sweet both attended Long Beach, so they are two of the people CSULB refers its students to for athletic trainer's experience.

In describing her first few months at Cerritos College, Sweet said, "Mimi was very quiet and reserved, but extremely curious. She attached herself to anyone who had experience and who she could learn from."

Once she became comfortable, however, Aoyagi opened right up. Her quiet demeanor in the

beginning was probably because she was still "working on the language," Sweet said. But the presence of other Japanese student trainers who had already been working at Cerritos helped to ease Aoyagi's transition into her new environment.

Now, Aoyagi's is one of the most recognizable faces at Cerritos College's many sporting events.

It seems, no matter which team's games you attend, Aoyagi is right there working with the players.

From the 80-man roster football team to the 16-player women's soccer team and all other teams in between, Aoyagi can be seen supplying players with water, or towels, taping an ankle or checking out an injury.

There is a lot of affection for Aoyagi among the school's athletes. Many of them call her their good luck charm.

A few weeks ago, shortly before a big game against Pasadena City College, the players on the football team found out that Aoyagi wasn't going to be on the sideline like she usually is — the women's basketball team was away at a weekend-long tournament in San Diego and Aoyagi had drawn that assignment instead.

Many of the football players were grumbling about how they were going to be without their good luck charm, Aoyagi. There might have been something to it, as the team suffered its worst defeat of the season, 51-12.

Football team member, Jaron Rimson, said, "Mimi's the greatest... she makes sure everybody's okay... she stays on top of things."

Athletic trainer, Brian Cable said, "The guys (football players) really like her because she works real hard, does a really good job

Continued on page 7



Chrystal Johnson is checked out by Aoyagi after practice.

Photo by Armando Brown/TM

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Art Gallery Assistant Jason Wolfe getting student artwork retail ready.

Photo by Charles Purnell

Art sale this week

CHARLES PURNELL
STAFF WRITER

One of the most eagerly anticipated and well attended events on campus is the Art Club's annual Student Art Sale.

When there was only 27 hours before the opening reception, the fine Arts Gallery homesteaded dozens of tubs of ceramics, sculptures and matted pictures, stock-still, to be merchandised.

The sale will take place for two days only: this Wednesday from 6 p.m. until 9 p.m. and this Thursday from 11 a.m. until 8 p.m., with the opening reception on Wednesday starting at 6 p.m.

"I'm working but I'm not getting anything done," commented Art Gallery Director Geoff Allen circumferenced by ladders, construction tools, table clothes and boxed up art in the Fine Arts Gallery where the art sale is held each year.

Superb student, alumni and faculty artwork will be available, including ceramics, jewelry, drawings, paintings, print making, photography and ceramic sculptures.

Chairman of the Art Department Steven Potigal said next year the sale will be termed the "Student, Alumni and Faculty Art Sale."

According to Art Gallery assistant Jason Wolf, who will have his ceramic work for sale, there will be paintings priced as high as \$500 but primarily, the cost will fluctuate between a few dollars and \$100.

The artists determines the value of their work and prints it on the supplied price tag.

"Still, this is an opportunity for students to have their work in the gallery and up," Allen said.

The fee for entering artwork was \$5 and the funds were allocated

ed to the Art Club to balance the sale production cost.

The total investment was less than \$1,000 with the announcement costing \$300 and the tablecloths \$150 for two days.

The proceeds from the sale will be divided between the artist, Art Club and a charity to assist the families of the victims of the Sept. 11 tragedy.

Seventy-five percent will be allotted to the student artist, 20 percent will be donated to charity to help the those affected by the recent terrorist attack and 5 percent will be apportioned to the Art Club.

"The faculty felt it would be good to donate to the families of the victims on Sept. 11 and were still looking for a fund to go through," said Potigal.

The sale is open to the public.

Alaskan comedy to laugh at out cold

JOHN KITANO
ONLINE EDITOR

Here's the formula for a movie aimed at the college or teen audience.

A group of ne'er-do-well (participants in activity) battle to save their (favorite place) from a (villain) who wants to build a (massive development) there, while drinking and getting laid along the way.

Oh, and don't forget the gags involving bodily functions and private parts.

Put in the words: snowboarders, Alaskan town, developer and yuppie resort and you have the movie, "Out Cold."

One can imagine the person pitching the concept to Touchstone Pictures, possibly mentioning "Animal House," "Porky's," "American Pie" and "Hot Dog, the Movie."

The heroes, who snowboard down Bull Mountain by day and party at night in the bar, are Rick (Jason London), the leader and sane one (formula), Anthony (Flex Alexander),

Luke (Zach Galifianakis), who keeps getting drunk, Jenny, (A.J. Cook), the blond female (formula), and "Pig Pen" (Derek Hamilton), Luke's younger brother.

The guys like to play jokes on Luke after he passes out, such as putting him in a car and spinning it around (You probably saw that in the previews).

They have a competition called "King of the Mountain," where snowboarders race downhill while carrying a mug of beer (think of the "Chinese Downhill" in "Hot Dog").

All is well until a millionaire developer John Majors (Lee Majors), rides into town in his Humvee (with a Colorado license plate that reads "SNOWBIZZ") with plans to purchase the town and turn it into a ski resort with coffeehouses and white-tablecloth restaurants.

There's also a subplot involving a woman Rick once had a brief relationship with named Anna (Caroline Dhavernas). Anna is Majors' daughter, and arrives in town with her fiancé,

Barry (Todd Richards), a paraplegic.

Majors has another daughter, Inga (Victoria Silvstedt), the sexpot (formula).

When Majors buys the mountain and fires Luke, Pig Pen and Anthony, our heroes wreak havoc on Majors' presentation to the investors (remember the parade in "Animal House?").

Here's the type of humor to expect from this film: Luke gets Inga into a hot tub. Inga takes off her top, and Luke takes off his swimsuit. A sign warns not to let foreign objects get into the vacuum jets.

Generally, the movie provides entertainment that you don't need to think to follow, which is the idea all along.

The scenery and snowboarding sequences are spectacular, and the cast is attractive and entertaining.

"Out Cold" is rated PG-13, and someone probably got on the good side of the ratings board.

Harry Potter magical

BY ELIZABETH PARRA
PHOTO EDITOR

What makes a good movie? What spell did Harry Potter cast on everyone and me to believe that this is a great movie?

Well, Warner Brothers Productions took one boy with an unknown past that left him a lighting scar on his head, placed him in a school of magic and trolls, gave him many challenges to pass even sit through witchcraft classes and save the day, his friends and the school.

I enjoyed there final product, a kid's movie.

Yes, a kid's movie, and you're not to old to watch this one. It wasn't like Mickey and Minnie cartoons with them singing and all animated. It was the exact opposite: a live action

movie having kids play kids, with a lot of special effects that make you go oooh.

Although it was a child's movie it had a critically well-known child's book to use as it blueprints. A lot of the major events in the book were put on to the screen.

However, don't let the drama of Harry's books get you down. If you didn't read the book just watch the movie: It is almost identical to the movie.

Special effects were the best. A good scene is when Harry and his friend show up late to class, having no idea the teacher is really there. The teacher transforms into animals and back to a teacher again. (Can your psychology teacher do that?)

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Cosmetology's White 'remarkable woman'

Business owners induct her into hall of fame

SYLVIA DURAN
ASSOCIATE EDITOR

The National Association of Women Business Owners of Orange County accepted Cerritos College Cosmetology Assistant Professor Brenda White into the Remarkable Women Hall of Fame on Oct. 26, 2001.

Over 700 people attended the luncheon, held at the Marriott Hotel in Irvine, in which White was admitted into the Women Hall of Fame. "I was surprised; I felt very honored to have received such a prestigious award," marveled White.

Last year White was presented with The Remarkable Women's Award for her accomplishments and talents at Cerritos College and

in her own business. This year she was inducted into the Remarkable Women Hall of Fame for her lifetime achievements.

White recognizes the students' potential to succeed and takes pride in enhancing their performance.

"I want my students to encapsulate how to be professionals in the service world of Cosmetology. They need to learn how to sell themselves to be successful."

Raelyn Baioa, junior cosmetology student, thinks White is "an excellent teacher. She explains well and gives us hands on experience. She also brings in her own equipment for us to use on the floor."

During the summer, she travels to Ghana, W. Africa, to teach in a two-year Cosmetology program. The program offers apprenticeships to African students in a professional salon. "It's great working one-on-one and contributing to the cosmetology students in Africa."

White has been teaching at the

Cerritos College cosmetology department for 20 years. Originally from Texas, she began to style hair at the age of 11, and has been a professional cosmetologist for over 30 years.

Aside from teaching, White also manages to run her own cosmetology boutique in Tustin. A grandmother of five, she does not identify herself as "a typical grandmother. There's no babysitting for me," she joked.

Senior Jessica Sneed says White prepares students for state board, the cosmetology license exam. "She makes it harder here than it really is out in the professional world. She really deserved the award and the recognition."

The NAWBO-OC is the "premier educational and networking resource for local women business owners and professionals." The group strives to promote the growth, stability and profitability of women-owned businesses.



Photo by Elizabeth Parra/TM
White displays her award while talking to some students.

Rome trip offered by instructor

Interested in going to Rome, Italy this summer?

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Rome is a center to Italy, allowing many travel options for weekend trips to neighboring: Florence, Venice, Milan.

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For more information contact Hagop Najarian at (562) 860-2451, ext. 2610.

Also check out photos and more at www.cerritos.edu/Fac

Trainer familiar face at sporting events

Continued from page 5

and has an excellent attitude." "All sports would say that about her," he added.

Aoyagi's presence has become common around the trainers room and the playing fields, and many players such as Rimson have grown comfortable with her.

Recently, while taking a stroll across campus, Aoyagi was greeted by player after player, like young kids running up to a favorite aunt.

The women's basketball team had just concluded practice, and one

of the players, Chrystal Johnson, who had just taken a strong blow to her head spotted Aoyagi, and went straight to her to be checked out.

After talking to her for a few minutes, Aoyagi had Johnson go with her to the trainer's room where she could be thoroughly checked out.

Three other members of the team spotted her and ran over to plead with her to accompany them on an upcoming weekend tournament to the Fresno area.

Only two weeks prior, Aoyagi

had accompanied the team to a San Diego tournament, where the players said, she helped make the trip a lot of fun.

Marci Wong said, "She watched movies with us... she's just cool."

Eleri Wong said Aoyagi went to the mall with a bunch of team members one day, and they had a really good time.

Cable said that even "women's basketball coach, Karen Welliver was excited that [Aoyagi] was traveling with the team because the

girls really like her."

Aoyagi's dream is to master her craft and then go back to Japan and work for the Japanese National Soccer Team.

"I love soccer," Aoyagi said. "I played back in Japan, and while I was playing I got hurt a lot, so I got into taking care of myself and then I got into taking care of my teammates. One time when I taped a girl, she came back after the game and said, 'the tape job really worked.'"

Aoyagi says that's when she

started to think about making a career out of taking care of athletes.

A friend of hers, who was planning on coming to the States to study for the same field began talking to Aoyagi about it, and soon they were talking about coming out together.

After convincing her to come to the States, however, Aoyagi says her friend changed his mind and decided he no longer wanted to go.

"That was kind of shocking,"

Aoyagi said. "But I came by

myself."

All of these events were taking place during Aoyagi's junior year of college in Japan.

"I was undecided of what I wanted to be. I started out thinking of going to (work) for the United Nations (after college)," Aoyagi said.

When she made up her mind to go into athletic training, she thought about immediately transferring to the U.S. to get started, but her parents convinced her to first complete her education in Japan, which she would always be able to use there.

After earning her Masters degree, Aoyagi would like to stay and work in the States awhile longer. She says she would like to work at a Division I School and then at the professional level.

Talk to Aoyagi, and it might seem hard to believe she's only been in the United States a couple of years. She seems home with American culture. She says a lot of times "people mistake me for being an American born Japanese person."

The reality is that Aoyagi is not completely new to America. As a little girl she and her family lived in New York for four years. And after moving back to Japan, Aoyagi managed to come back to the States a couple of times to visit relatives.

She has an uncle who has lived here 30 years, and currently resides in Redondo Beach. Her brother has lived here many years, too.

Aoyagi says, "That soccer job (with the Japanese National Soccer Team) is a dream job for me, so that (goal) would never change."

But she now wonders if maybe she would like to stay in America. She says she really likes it here.

Right now, Aoyagi's enjoying living the Southern California lifestyle and hanging out with friends.

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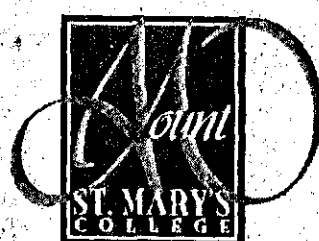


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FOOTBALL

Falcons salvage season with 39-28 win

JOHN KITANO
SPORTS EDITOR

All is well again with the Cerritos College football team.

After finishing the regular season by losing two straight games and three out of its last five, Cerritos came out of its funk with a 39-28 victory over Allan Hancock College Saturday in the Strawberry Bowl at Falcon Stadium.

Falcons' offensive guard Jason Lehman said, "We needed this one, to get our confidence back and get our program rolling again."

"A win like this will get a lot of new recruits here for next year and keep Cerritos on a winning tradition."

Wide receiver Chris Chatman, who caught touchdown passes of 59 and 58 yards, said, "I'm glad we won this game."

"We lost two in a row, and it's a lot off of my shoulders, (and) off of everybody's shoulders."

Quarterback Glenn DeBerg and linebacker John Lopez (14 tackles) were selected as the most valuable players for the game.

DeBerg, making only his second start for the Falcons (7-4), completed 21 out of 36 pass attempts for 272 yards and three touchdowns, including completions of 59 and 58 yards to Chatman in the third quarter.

Cerritos head coach Frank Mazzotta said, "I really thought DeBerg stood in there tonight and really did a nice job."

"What we didn't get last week (against Riverside) is, that all the other players played well around him."

DeBerg started the game two weeks earlier at Riverside in place of Mike Harrison, who suffered an injury to his thumb against Pasadena, and passed for 85 yards and two interceptions in a 17-7 loss.

He said, "I'm more comfortable this time. We played better as a group."

He also gave credit to the offensive line, saying that it "stepped it up big time."

Lopez said, "We had to play hard on defense since we didn't have our starting quarterback (Harrison) in this game."

The Falcons, who came into the game allowing a total of 1,813 yards rushing, including 432 to Pasadena and 257 to Riverside, held the Bulldogs (7-4) to 88 yards on 35 attempts.

Mazzotta said, "That was the best part of the whole thing, to end with a win, because we haven't looked real good the past couple of weeks."

THE GAME

With a pair of field goals by Adam Sonntag, the Falcons tied the game at halftime, 13-13.

On the Falcons' second play from scrimmage in the second half, Chatman caught the first of his two touchdown passes from DeBerg.

Chatman said, "I just beat the guy off the ball."

After the Cerritos defense forced Hancock to punt, the Falcons had first down on their own 28, when Josh Herrera scored on a breakaway run for 72 yards to put Cerritos ahead, 26-13.

Herrera scored his second touchdown on an 8-yard run in the fourth



EVERY YARD COUNTS — Josh Herrera of Cerritos runs into a defender while running to the right side against Allan Hancock College in the Strawberry Bowl. Herrera gained 125 yards rushing and scored two touchdowns in the game.

quarter to put Cerritos ahead, 39-21, and tied a bowl record.

Hancock then came back on the next series on a 31-yard touchdown pass from Ray Medina to Jermaine Moore with 4:27 remaining in the game, cutting the Cerritos lead to 39-28.

The Bulldogs attempted an onside kick, but the ball was recovered by the Falcons, who held on to the ball and ran out the clock.

Cerritos rushed for 226 yards in the game, led by Herrera with 125 and Jermaine Whiten with 114.

Falcons' defensive end Chris Eagen, who recorded three quarterback sacks in the game, said, "We all stood up, got it together and pulled this victory through, big time."

HONORS

Safety Charles Allgood was named Co-Defensive Player of the Year (along with Donte Nicholson of Mt. San Antonio College) in the Mission Conference Northern Division.

Also named to the team were Lopez, Eagen and linebacker Philip Perry. Chatman and Harrison were named to the conference's first team on offense, with guard Anthony Guerrero, tight end Fausto Gonzalez, punter Scott Mackay and tackle Jake Chavira, who was a unanimous selection.

Chatman was also named on the second team defense as a kickoff returner.

Herrera, Whiten and Lehman made the second team on offense.



ONE ON TWO — James Perkins (41) drives to the hoop against a pair of Fullerton College defenders Saturday at Cerritos. The Falcons won, 66-61.

MEN'S BASKETBALL

Falcons come back against Fullerton...

DAVID AMEZCUA
STAFF WRITER

Start jumping on the Falcon bandwagon.

The men's basketball team cruised its way to a 66-61 victory over Fullerton Saturday.

This week the Falcons (5-4) go to Modesto for a four-day tournament.

James Perkins made a jumper to give the Falcons an 8-4 lead.

But then the Falcons lost the lead to the Hornets on a put back.

Perkins said that it was important to come out strong despite losing the lead.

He said, "In the last couple of games we were good. But against Los Angeles City College we came up short. We have to approach the Modesto tournament games as conference games."

The Falcons went into halftime winning, 38-31.

Cerritos guard Ryan Reyes

made the score 52-42 with a lay up and free throw.

Nobody could stop Aaron Hamilton from making a lay up, which gave the Falcons a 60-50 lead.

Falcon coach Gary Cain said, "After losing to LA City College on Friday, we needed to have all 12 guys step up in every game. We do not have a team that relies on one or

two (players) to win."

He said that he wants the team to approach the Modesto tournament with the same way it approaches every game, which is by playing tough.

Cain said, "We need to trust in each other in order to stay consistent. In order to win on the road we need to stay consistent."

...after a loss to L.A. City

VERONICA CAMPOS
STAFF WRITER

Friday in basketball, the Cerritos men lost at home to L.A. City College, the third-ranked team in the state, 70-65.

The humbling loss led to some players wishing not to comment on the game.

Falcons' guard Ryan Reyes led the team with 17 points. Forward Aaron Hamilton had 16 points.

SPORTS BRIEFS

Wrestling team takes third in state

Andy Tufnell won the championship at 174 pounds as Cerritos finished third in the State Championships Saturday in Santa Rosa.

The Falcons finished just five and one-half points behind Moorpark in the team standings. Fresno City College won the championship.

Tufnell defeated Moorpark's Shannon Sams, 2-1, in the final.

Anthony Rodriguez (125), Damacio Page (133), Josh Johnson and Steve Garcia finished third.

Johnson, who was top-ranked at 141 pounds entering the meet, was defeated by Fresno's Russell Miura in the semifinal. He then defeated

two opponents to take third place.

Garcia (149) also entered the tournament ranked No. 1. He lost in the semifinal round to Nick Tatum of Sacramento City College, who won the state title, and came back with a pair of wins, both by technical fall, to finish third.

Gabe Barragan (157) lost his second round match, then defeated three opponents in the consolation bracket to get to the third place match, where he dropped a 9-3 decision to Palomar's Buck Meredith and finished fourth.

WOMEN'S BASKETBALL
The Cerritos women's basket-

ball team took third place in the College of the Sequoias Tournament with a 72-46 win over Solano College Sunday in Visalia.

Falcons' center Antares Vico delivered 19 points and 11 rebounds.

Forward Chrystal Johnson added 13 points for the Falcons, and guard Jennifer Decuir 10.

The Falcons (7-3) defeated San Joaquin Delta, 79-63, and College of the Canyons, 73-63, on the way to the semifinal against Ventura, the fifth-ranked team in the state.

Cerritos grabbed just 15 rebounds to Ventura's 29 in a 79-63 loss.

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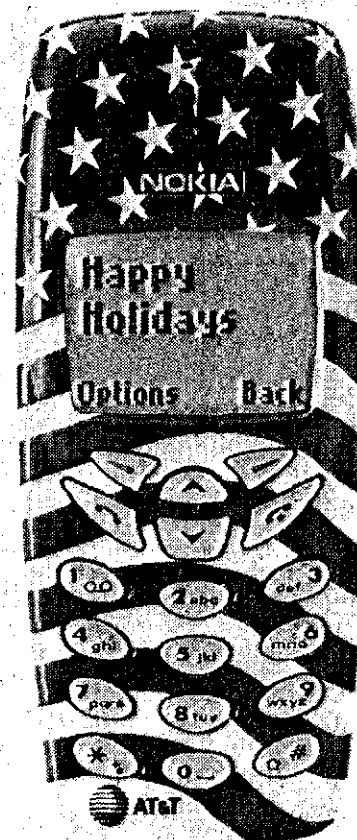
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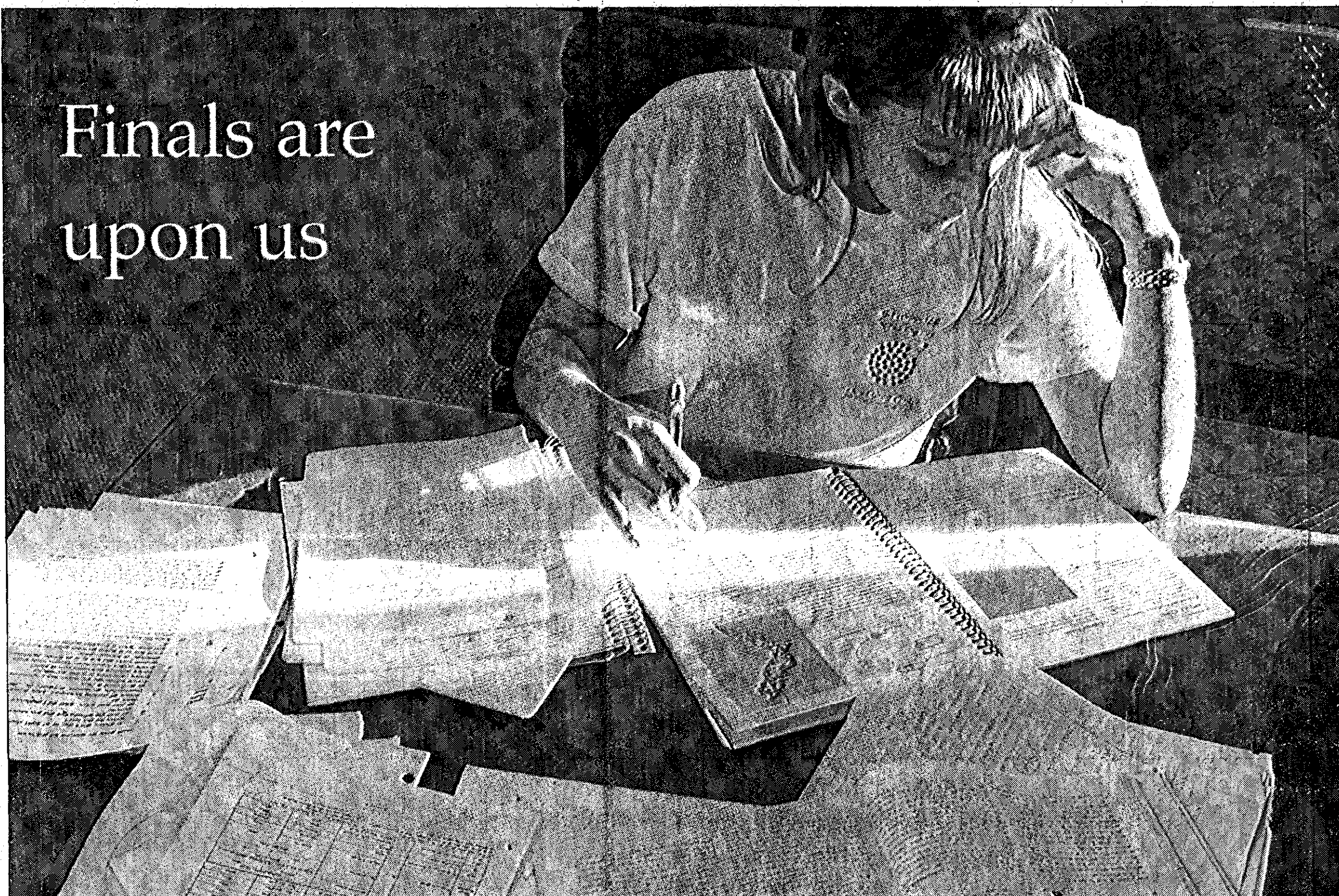


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Finals are upon us



How to survive finals without going postal

With the passing of the Thanksgiving holiday and the yearly bout of two weeks worth of leftovers, it is now time to turn our attention to December and all the attendant horror that comes with it.

Just as the planets revolve in their grand majesty around the sun, so too must the circle of life come to the yearly misery of crowded shopping malls, Christmas gift lists and maxed-out credit card bills.

Oh, yeah, there is also that end-of-semester final exam thing—geeze.

With a family that seems to double every year and the difficulty of remembering which kid belongs to what parent, plus add in figuring out the one thing she really, really wanted for Christmas this year, who has time to study and prepare that 20-page research essay due next week?

Stress is as natural to the holidays as infomercials are to 3 a.m. television.

It is how a person deals with stress that separates the strong from the rest of humanity who turn to jelly at the mention of another season of joy.

Go team.

Although a banning of the holidays and the public flogging of Santa isn't likely to happen any time soon, there are steps to deal with the stress attached to this time of the year like a hidden price tag.

In study after study conducted by fat doctors near coronary collapse, exercise has been proven an effective panacea for stress, worry and Dunlapp's disease.

Dunlapp is a common epidemic this time of the year, striking just about everybody going home for the traditional family feast. Dunlapp is when your belly dun lapped over your belt.

Exercise is also effective in working out the frustrations of daily life. A good gym will have a variety of machines and facilities spaced out far enough so that people with a "slender bone structure" are not forced to work out next to the steroid freaks lifting the whole stack as well as the machine itself.

An hour or so of working on the punching bag allows a person to vent their frustrations without involving local law enforcement personnel.

For people inclined toward spiritual and meditative forms of relaxation, there are a variety of stress busters to be tried.

The breathing exercises learned in yoga

classes and Tai-Chi center a person's focus and expel negative energy created every time the evening news is flipped on.

Tai-Chi teaches a person to focus on their breathing, since breath is the regulator of life and a person who controls their focus can control their life.

Besides, knowing how to breathe and count to 10 will help when a nephew decides to try out his new 132-color crayola crayon set on the bathroom walls. The killing of family members during the holidays is generally considered a faux pas by most of polite society.

Zen is the study of balance and control that allows a person to focus all their passion and energy into a single pinpoint directed at a particular goal.

Zen archery allows a person to skewer their personal demons like a three-foot shaft piercing a straw target.

In the early 70s, Zen became such a popular tool of a long-haired hippie dope-smoking generation trying to find itself that it was modified to focus on everything from motorcycle repair to corporate piracy.

For people who need more of a quick fix from the stress of the season, both AOL and Collegeclub.com have websites for students dedicated to dealing with everything from holiday depression to learning how to have a life away from a computer.

It is important to note that each situation and location has its own particular form of stress and each situation must be addressed in its own particular and unique way.

In the Talon Marks news office, stress is a relative unknown commodity all week long and then production day rolls in.

Writers are late, deadlines are not met, the instructor blows a gasket about some thing trivial and someone in the community is sure to complain he was misquoted or not given fair coverage in the last issue.

It is at times like these the genteel aroma of Chicago Harv's seasoned fries wafts into the air and provides a greasy 30-second culinary respite from screaming and crying editors claiming they were not given equal space as compared to the opinion pages.

Stress is like the rising of the tides. A person can learn to anticipate and ride out the waves without crashing face first into the surf.

Exam Time	Dec. 7 FRIDAY	Dec. 10 MONDAY	Dec. 11 TUESDAY	Dec. 12 WEDNESDAY	Dec. 13 THURSDAY
6 a.m. to 8 a.m.	6:00 F	6:30 MW 6:45 MTWTh	6:00 TTh	6:00 MTWTh	6:30 TTh
8 a.m. to 10 a.m.	8:00 F 8:00 MF 8:00 WF 8:30 F 8:30 MF 8:30 WF	7:00 MW 7:30 MW 8:00 M 8:00 Daily 8:30 Daily	7:00 TTh 7:30 TTh 8:00 T 8:00 MTWTh	8:00 W 8:00 MW 8:00 MWF 8:30 MW	8:00 Th 8:00 TTh 8:30 TTh
10 a.m. to Noon	9:00 F 9:30 F 10:00 F 10:00 MWF	9:00 M 9:00 MW 9:00 MWF 9:00 Daily 9:30 M	9:00 T 9:00 TTh 9:30 TTh 10:00 TTh 9:30 T	9:00 W 9:30 W 9:30 MW 10:00 W 10:00 MW	9:00 Th 9:30 Th 10:00 MTWTh 10:00 Daily 10:20 Th
Noon to 2 p.m.	11:00 F 11:00 WF 11:00 MWF 12:00 F 12:30 F	11:00 M 11:00 MW 11:00 MTh 11:30 M 11:30 MW 11:30 MTWTh 12:30 M	11:00 T 11:00 TTh 11:30 TTh 12:30 T 12:00 Daily 12:30 Daily	11:00 W 12:00 W 12:00 MW 12:00 MWF 12:30 W 12:30 MW	12:00 MTh 12:00 TTh 12:30 Th 12:30 TTh 12:30 WTh 12:30 MTWTh
2 p.m. to 4 p.m.	1:00 F 1:00 MF 2:00 F 2:00 Daily	1:00 MWF 2:00 M 2:00 MW 2:30 M 2:30 MW	1:00 T 1:00 TTh 1:30 TTh 2:00 T 2:30 TTh 2:30 MTWTh	1:00 W 1:00 MW 1:00 Daily 1:30 W 2:00 W 2:30 W	1:00 Th 1:00 MTWTh 2:00 Th 2:00 TTh 2:00 MTWTh
4 p.m. to 6 p.m.	4:00 F 4:00 MWF 4:00 Daily	3:00 M 3:00 MW 3:00 MTWTh 3:30 MW 4:00 M 4:30 M	3:00 T 3:00 TTh 3:30 T 3:30 TTh 4:00 T	3:00 W 4:00 W 4:00 MW 4:30 MW	3:00 Th 3:00 Daily 3:30 Th 4:00 Th 4:00 TTh 4:30 TTh



ARMONDO BORBOA
OPINION EDITOR