

TALON MARKS

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Cerritos College • Norwalk, California

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Celebrate Ramadan next Tuesday

MICHEAUX FORTSON
OPINION EDITOR

This month the Muslim Student Association is celebrating the Holy month of Ramadan, which is the month of fasting for Muslims around the world.

Students can take part in their celebration by attending a questions and answers event on Tuesday from 3 to 6 p.m. in the Student Center.

Ali Haider, president of the MSA, and fellow MSA members are planning an event to enlighten seekers of knowledge concerning Islam.

This event is designed to both celebrate Ramadan and offer guidance and instruction for those participating in the fast, as well as those who are seeking to gain knowledge about Islam.

There will be a small lecture from one of our club members and then a woman from UCLA will be the guest speaker and she will talk about Islam in general.

The main attraction will be an open question session for anyone who wishes to know more about Islam.

Any Muslim or non-Muslim are welcome to ask any question about Islam, especially with all the things you see on TV," Haider said.

There will be refreshments served and healthy conversation for any who chooses to join.

In the spring of 2002 Cerritos College became the home of the first Muslim Students' Association of the millennium. Its members are approximately 20 to 30 in number.

The doors of the MSA are open to all who seek information about Islam.

"I was the founder of the MSA and I think the MSA is a very good club to be in because it clarifies the misconceptions about Islam. I came to the campus September of 2002 and I saw there was no MSA on campus. I had been to San Francisco and every single school has an MSA on campus. I saw that we had a lot of Muslims on campus."

"So I decided to start it. I only needed to have a certain GPA, go to the ASCC and fill out some forms and say that a lot of students want to start an MSA and explain why we wanted to start it and that's basi-

RAMADAN EVENT

- **Who:** All students welcome
- **What:** Event celebrating Ramadan
- **When:** Tuesday from 3p.m. - 6p.m.
- **Where:** At the Student Center

cally how we got started," explained Farah Chaugule founder of the MSA.

"We started out with about six or seven members, now we have between twenty to thirty members. I have seen excellent progress since we got started."

"We have tables out now with members standing post with brochures explaining what the MSA is about, we have a display at the library, we have class discussions where we go out and speak to classes that speak about religions and Islam and we did not do that in the beginning. In the beginning it was very hard."

"Our website tells non-Muslims what the MSA is about and what Islam is about, we have pictures and articles about Muslims in America. Our meetings are held on Thursdays in the International Students Center in the conference room at 11:30 a.m."

The doors of the MSA are open to all who seek information about Islam. This month the MSA is celebrating the Holy month of Ramadan, which is the month of fasting for Muslims around the world.

"The reason we are here on campus is because a couple of instructors approached us concerning questions their students were asking about Islam. The instructors could not give them a concise answer so we are here to help provide information."

For instance: this is the month of Ramadan. Ramadan consists of 30 days. This is the holiest month on the Islamic calendar and it is the ninth month. In this month, Muslims fast from dawn to dusk.

At this time we do not eat, drink, engage in sexual activity or any type of negative conversation.

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JAMIE LEE/TALON MARKS

Juanita Ortega strives to finish the Turkey Trot. Ortega was one of the nine people participating in the event in a wheelchair.

Turkey TROT

The community of Cerritos gathers canned foods to participate in Turkey Trot walk/run.

SONIA SAENZ
A&E EDITOR

For video of Turkey Trot, go to www.talonmarks.com

obby Salinas, a Business Administrative major, rubs the sweat out of his eyes and gulps down the rest of what's left in his water bottle.

"The heat didn't affect me today. I've participated in other things before but this was really fun," Salinas said.

Turkey Trot went off with a bang on Tuesday morning as 260 people came together to run or walk for a good cause.

The qualifications to participate was to be in good health and to donate a minimum of two cans for the Norwalk Food Shelter.

According to Dr. Carrie Gleckner, an estimation of about 1000 cans and counting had been donated.

The winners of

There was only one set back. The heat. When the event began at 11 a.m. the temperature was 85 degrees.

Juanita Ortega, a major in Special Education and Child Development was among the many to guess her time and get it

Turkey Trot Bests

Best time male and female staff

Tom Jackson 27 min. 32 sec.
Bernice Watson 19 min. 53 sec.

Best guess male and female staff

Tom Jackson off by 2 min. 28 sec.
Yvette Juarez off by 25 seconds

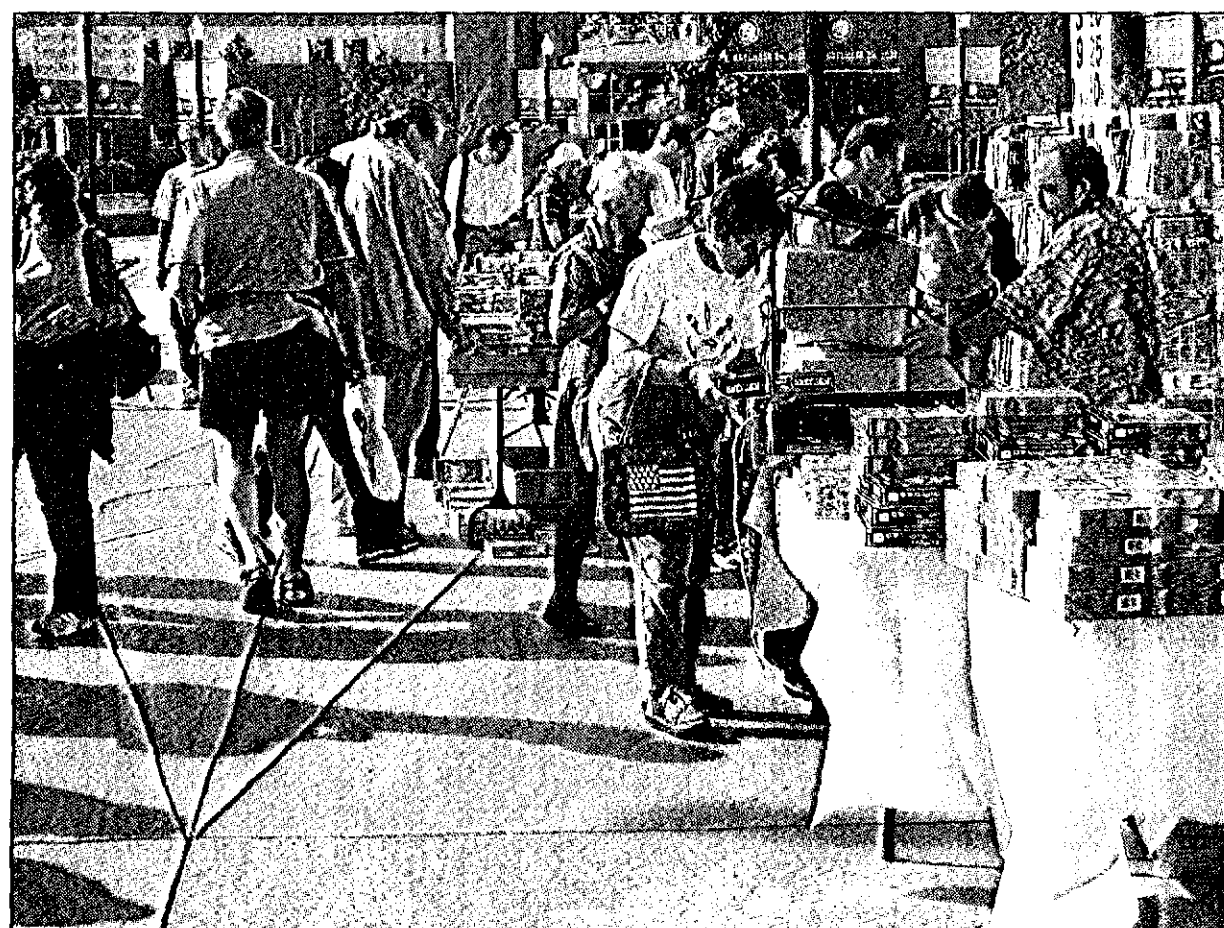
Best time male and female students

Geraldo Flores 11 min. 8 sec.
Julie Stewart 11 min. 27 sec.

Best guess male and female student

Richard Carbajal off by 0 seconds
Maria Ugalde off by 14 seconds

For more results visit www.talonmarks.com



LAUREN RODRIGUEZ/TALON MARKS

MacFair sparks interest in people from the community allowing them to interact with professionals from the field.

MacFair 2002 brings in crowd

LAUREN RODRIGUEZ
FEATURES EDITOR

Although many students are only acquainted with seeing the student center bustling with hungry lunch-goers, Saturday was met with an entirely different crowd.

It was bustling. But no one was there to eat.

Nearly 1,000 people showed up from 10 a.m. to 5 p.m. to enjoy the Southern California MacFair 2002.

"We were amazed at how smooth it went," Show Manager Keith Mueller said.

Between 40 exhibitors and vendors, 24 seminars and 12 California Mac User Groups, the center was packed, even in comparison to 12:30 on a Monday afternoon.

Some of the more notable exhibitors included: Apple Computer, Aladdin Systems, MYOB, Movieworks, Provue, CoolMacStuff.com and Diamond Soft.

Kevin Langdon, of the CoolMacStuff.com booth, commented on his merchandise: "We have all the fun toys." Fair attendees flocked to this booth to play with innovative products such as a silent, flexible, waterproof keyboard.

At the Unitek booth, Joe L. Alvarez displayed a less-than-palmsized digital camera and impressed onlookers with their pictures as they walked by. "We've been using this all day," he said.

Attendees seemed impressed. Mac user, Gary Marston said, "I found a lot of interesting things here."

Both he and his friend, Phillip Aaron, commented that the fair had been entertaining.

For more of this story see TalonMarks.com

Contact Writer at: features@talonmarks.com

INSIDE

Moliere Comedy



Rene Duran rehearses for the Moliere comedies that will play at Cerritos College.

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NEWS

Cerritos College police logs

Monday
No significant incidents were reported.

Tuesday
At 4:45 p.m., an officer responded to a disturbance call at the weight room. The officer was told that a male suspect hit several students who were now at Health and Wellness. The victims were contacted and interviewed. The suspect was later located and arrested for Battery on School Grounds. He was also arrested for an outstanding warrant.

Wednesday
At 10:30 a.m., an officer responded to a hit and run report in Lot C-5. A vehicle swiped a parked vehicle and fled the scene.

Faculty votes yes on union

SONIA SAENZ
AGE EDITOR

After campaigns, meetings and voting, 71 percent of Cerritos College faculty chose to have a union represent the faculty.

This means that out of the 743 people who voted, 527 were for a union and 216 were against the union.

The next few months will contain a lot of constructing of the contracts and policies.

This also means that by voting in favor for the union, the faculty has chosen to have AFT (American Federation of Teachers) to be the sole bargaining agency for the union.

Faculty member, David Fabish was the Chair of the stirring committee who has been for the union since the beginning.

"For me, this is a great and significant victory for the faculty," Fabish said.

But what about those who have been strongly against the union from the beginning?

Instructor Wendell Hanks, for

example was one who could often be found speaking out against a union, but is also among the many supporting it.

"We're going to have a union and we'll work with it," Hanks said. Fabish said "Those people have been fairly quiet. They resisted as long as they could but now they support it. I think that they were fearful at first that the union would be too aggressive. But anything new is always scary."

According to Fabish, Cerritos College was practically the only school left that had no faculty union.

A big benefit of the union is that the faculty will be able to put forward a better bargaining agenda.

This includes bargaining for better salaries, not only for full time teachers, but mainly for part time teachers.

It also includes bargaining for better health benefits, being able to negotiate on class size, and negotiating on work place issues.

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Women's opportunity award

TERESE LEON
EDITOR-IN-CHIEF

The Women's Opportunity Award, a cash gift of \$750 to \$2,500, is being given out by the Soroptimist club of Bellflower.

To win the award, a woman should be going back to school or already in school to re-enter the workforce and be considered the head of the family.

"99.9 percent of the time, they are single mothers going back to school, or they are already in school, to re-enter the workforce to improve their own lives and the lives of their families," said Doreen Robbins, a

member of the Bellflower Soroptimist club.

Robbins was quick to point out that applicants don't have to be single mothers though. Married women can apply for the cash awards as well, as long as they are considered the head of the household and as long as they are women.

Women wishing to apply for the Women's Opportunity Award can do so by contacting Ferri McCone-Williams at (562) 804-1404 before Dec. 15.

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LAURA AGUILAR/TALON MARKS

ASCC member gets food at the ice cream social held on Friday.

Student senators relax at social

JUAN DANIEL FLORES
NEWS EDITOR

The ASCC gathered together for a little rest and relaxation. Twelve video games, three pool tables, two Ping-Pong tables, and one table hockey made up the ice cream social last Friday in the game room.

All games were "free play," there was food, and karaoke. The vice president of the ASCC James Towns sang "Respect."

Sara Mayorga, Nassrin Bonyadloo, and Mark Duran sang "Like a Virgin." In the fall the ice cream social is held in the spring there is a softball game.

This isn't an annual thing for sure, this is just the second ice cream social, and there might be a softball game in the spring.

Everyone had his or her own opinion on why was this held. "So the senators, executive, and cabinet to met, get to know and work together. Once we unite we can gather to solve students concerns," President Mayorga said.

"I think it's a good opportunity to met fellow students who are in the

student government and it's fun," said Lauren Guterrez Commissioner of the Cabinet.

"I got to know Sara, James, usually they're busy, by knowing them we can reform the school to a better place," Senator Tae Kim said.

"It's a honor, working with ASCC dealing with students and concerns working with people with high self esteems," Tiffany Garcias Fine Arts Commissioner said.

"It's a good opportunity to have fun with fellow students government," Steven Arias Senator said.

However, this wasn't just all fun and games, near the end of the event ASCC gather around the table and introduce one another to each other, and answer a question, "why did you joined the ASCC?"

After everyone answered a serious topic came up in a discussion. Dealing with the disable students tutoring at Cerritos College.

They asked themselves what they could do to aid them? And came up with some solutions.

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RAMADAN

continued from page 1

Ramadan is a time when you learn to control yourself, your conscience, your emotions, etc., like a real person should act everyday.

The Qur'an (the holy book of Islam) states that if one prays during this time your prayers will be answered if they are proper prayers.

These are things a person should be working on everyday. They should not wait for Ramadan. Ramadan is an opportunity for you to view yourself and try to improve yourself," Haider explains.

The MSA has grown, in members substantially since its inception, from a little over five members to nearly 30 since the end of the spring semester. There is a new MSA website for students and faculty to check out. The address is: <http://www.geocities.com/msacerritos> and msacerritos@hotmail.com



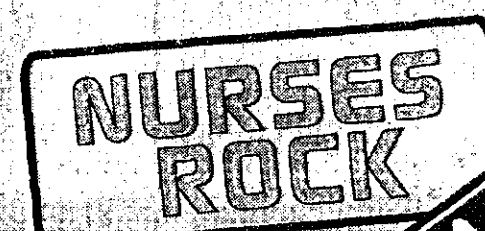

Ali Khalil designed the website. Khalil is the MSA representative in the ASCC.

"The MSA has made a big change for the Muslims. I started coming to Cerritos last fall. At that time I would see other Muslims but we would never talk to each other.

What the MSA did was give us an opportunity to come together and now we are more familiar to each other. So first the MSA helped us to unite with each other, second we began to get non-Muslims to attend our meetings last spring. They were really interested in Islam, and Al Hamdu Allah - meaning all praise is due to God - one of the non-Muslims accepted Islam," Khalil said.


The MSA is one of many groups devoted to sharing information about Islam, its principles and its history. There are many books, websites and magazines devoted to the spread of information concerning Islam. One helpful source according to many Muslims is a book known as Toward Understanding Islam. It can be found over the web or at any Islamic bookstore.

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EDITORIAL

Diversity...
an American heritage

Cerritos College is a school rich with culture. Among our students there are a variety of nationalities and ethnic backgrounds mingling. One has the opportunity to learn first hand about diversity on campus.

As the holidays merge together this year for all who celebrate them, whether Christian, Muslim, Jewish or otherwise, we find that all have the same goal. The same initiative... happiness, celebration, "goodwill toward men." Thanksgiving and most of all peace!

We must take into account the great many gifts we share. We are neighbors, countrymen, whether foreign born or native.

We must not turn our noses up in disgust at any of the differences we may find in our neighbors. We must embrace their uniqueness. That unique quality or practice represents a new us, a new beginning and a new understanding.

It is revolution of the best kind. The revolution that is the true desire of the civilized man and that revolution is simply change.

No war or bloodshed, no malice, nor malcontent. It is the coming of a new day. The day in which the sun revolves peacefully and we evolve naturally together.

We are proud to say that we are a part of this cultural renaissance. We have the opportunity to make a difference in the world. This is an opportunity many of our parents and ancestors never had.

Many of them had only heard talk filled with bias about different cultures. We have the advantage. We are exposed to the truth of diversity. We do not have to rely on hearsay; we can march right up to one another and ask, "What can you tell me about your people? What is your religion about? What are your customs? What is the purpose of this celebration?"

More often than not, you will find that through further research it has been proven most cultures stem from the same root like apples that have fallen from different branches of the same tree.

They may look different and they may have rolled a slight distance away from the tree, but they all taste the same.

As for those who choose not to contemplate on the message we are trying to send in this editorial, those who are afraid of diversity, those that hate for the sake of hating and you know who you are;

Realize that natural law demands balance and there is nothing man-made that will stop natural law from bringing that balance. There is nothing you can imagine that can stop the development of harmony.

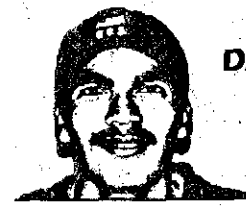
For those who may not ordinarily realize how lucky we are to have our neighbors, try harder to understand your fellow man and you'll see he is just like you just trying to be free! Happy Holidays to everyone!



ILLUSTRATION BY OSCAR RODRIGUEZ

There's nothing to be thankful for

I give thanks to me, myself, and I. All this baking and thanking makes no sense!

DANIEL FLORES
NEWS EDITOR

Why is it that every year there's this holiday named Thanksgiving, where basically everyone has to say what they are thankful for?

I mean, I just don't get it. I really don't celebrate the holiday. Last year I tried it. I invited all my close friends for a Thanksgiving dinner, a feast, and I woke up at 5 a.m. to start baking.

I spent over seven hours cooking, preparing and setting up for the dinner. Since my friends had their own dinner to get to, I made it easy for them.

It was an early dinner at 3 p.m. By 2 p.m. everything was ready, the table was set, the turkey, ham and all the sides were done. I was so excited; I couldn't believe that I completed all the trimmings and

that I was going to have my first real Thanksgiving.

Three o'clock came and I just said, "It's okay, nobody is really on time." Then 15 minutes passed. I thought to myself, "I guess it's okay."

Then about 45 minutes passed and I called my friends to see if something came up or if anything happened, or if they were on their way. None answered their phones. And then one of my friends called me to say she was going to be late.

Two hours later I began to think that they weren't going to make it.

After four hours of waiting, I gave up hope that they were going to make it. I was so mad. I was mad that I spent a lot of my money.

I was mad at them for not calling me to at least say, "Sorry I can't make it." I was mad because I let myself go through all the stress and pressure of preparing everything.

I was mad at myself because I let myself believe that I had to celebrate

Thanksgiving and give thanks.

The only thing I think I should be thankful for is myself. I will pat myself on the back.

It's me who keeps myself going on and dreaming.

I don't think I need to say thanks. Thanks for what?

I mean, come on people. Let's get real here. Thanksgiving, why do we do this? Many people put themselves through stress, pressure and heartache.

I mean, come on, we hurt one another by this holiday.

There's disappointment if the turkey is too dry or bugged, if the kids are too noisy, if the family's pet eats the main course, if one of the adults starts the party before and gets drunk and spoils everything.

You may say I'm petty or cruel but I'm just saying what many are thinking.

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TED & ED



BY DAVID DUGAN

There's so much to be thankful for

Let us reflect on all the things we should be thankful for this year, and the years to come

LAUREN
RODRIGUEZ
FEATURES EDITOR

Every year we sit around a big turkey with people whom we rarely see, save occasions such as this, watch football (or, in my case, the season's first airing of *It's a Wonderful Life*), socialize, listen to music and stuff ourselves to near illness.

Then there is that necessary, but slightly uncomfortable part of the evening when everyone takes turns and says what they are thankful for.

There is tension, pressure to say the right thing, but I think most of all, people genuinely question, "What am I thankful for?"

A slumping economy? The prospect of war? A dead-end job? A broken car? In a time when things seem so bad, why take a

day out to remember the good?

Perhaps I just answered my own question.

When things are the worst, I still have things to be thankful for. The Bible says, "Give thanks in all circumstances," (1 Thessalonians 5:18). I would like to point out it doesn't say, "give thanks for all circumstances."

Even in the most seemingly horrible, chaotic, boring or hopeless situations, I believe there is always something to be thankful for.

Life—the fact that I was ever born.

My family—my imperfect, slightly dysfunctional, but always there for me family.

My church—the people that I share my life with. They pray for me and care about me.

My country—because despite all its flaws, it is still the freest place in the world. I am blessed to live here.

Food—sometimes I don't realize how lucky I am to have something to eat every, single day.

Flowers—their simplicity and beauty astounds me when I take the time to think about it.

A Job—even if I don't like going.

The Ocean—I know of little other places so accessible to me where I find myself consistently amazed at its power.

My friends—the fact that I made and have retained friends since kindergarten. That is special.

God's Grace—because despite my misuse of and neglect to be thankful for the things listed above He still loves me.

I have lots to be thankful for. If there is breath in one's lungs, I believe we have to be thankful. Let this Thanksgiving be a reminder of that.

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Campus Comment

Has Sept. 11 changed your perspective on what you're thankful for this Thanksgiving? How?

COMPILED BY
VERONICA FORTUNATI

ONLINE POLL

Has Sept. 11 changed your perspective on what you're thankful for this Thanksgiving?

- ☐ No, not at all
- ☐ Somewhat
- ☐ Very much
- ☐ Completely
- ☐ I'm a completely different person now
- ☐ I hate Thanksgiving

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



"I'm actually thankful that I'm alive. My cousin was in New York when it happened. I don't take my family for granted."

LOUIE
HERNANDEZ
UNDECIDED

"Not really, because I always spend time with my family."

MARIA RIOS
PSYCHOLOGY

"I never took anything for granted. I'm going to be thankful when we nuke Afghanistan."

RYAN NORMAND
MOBILE SELLER

"Yes I'm thankful all the time because you think about other families that suffered and I have mine."

EVA OROZCO
JOURNALISM

"I'm thankful I'm a Republican. These people say the dumbest stuff on these things!"

ANDREW
DAHLIN
COMPUTER
SCIENCE

"I've taken the little things for granted. 9/11 gave me more to be thankful for. I'm more appreciative of life."

DANIEL DOK
BALLET

"Yes, because it makes you appreciate things. I realize life is short."

VIVIANA IVERRI
TEACHING

"No, it hasn't really affected me because I didn't really know anybody there."

SHAWN
IGERIC
UNDECIDED

OPINION



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

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Preparing to perform Moliere

Rehearsals for "The School for Husbands" and "The Imaginary Cuckold" are being held.

SONIA SAENZ
AGE EDITOR

Director Robyn Huber pushes up his glasses and rubs the bridge of his nose. "Ok, hold on what's going on there," Huber asks his cast as they review act two of The School For Husbands.

The School For Husbands is about a man named Sganavelle whose plan to keep his future wife on lockdown backfires on him.

Although it may look like it on the outside, The School For Husbands is not just another ordinary comedy.

Christopher Alvarado, is a theatre arts major who plays the part of Valere, the man in love with Sganavelle's future wife, Isabella.

"It's difficult to tackle the language because it's inverse," Alvarado says. "I mean, it's a 17th century play. You have to have everything down from the posture to the way to speak. It has to be very natural."

The actors have been rehearsing for four weeks and practice two days a week for about three hours.

But tackling the mannerisms of the characters isn't the difficulty here. Students still have to think about school. And as some of the actors put it, a student/actors life depends on "school, shows, lots of coffee and cigarettes."

What's different about this cast is that besides having students act in it, they also have teachers performing as well. John Madden, who is a Philosophy instructor and Ken Rugg



The cast of "The School for Husbands" rehearses a scene Monday night. From left, Celeste Jimenez, Kim Silver, Ken Rugg and Rene Duran.

who is a theatre instructor are also starring in this comedy.

Frank Ledezma, who is a theatre arts major as well is "very happy with the cast that Robyn picked."

"I really encourage everyone to

come and see the show. It's a comedy. If you're looking for a good laugh, come down and check it out," Ledezma said.

And like one of the characters in the show say, "Do you know any

churlish husbands? If you do, send them to us: we'll teach them a thing or two."

The School For Husbands and The Imaginary Cuckold will be on Dec. 6, 7, 12, 13 and 14 at 8 p.m. and

on Dec. 15 at 2 p.m. Admission is \$10. Students and seniors \$7.50.

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Art sale

What: Student Art Sale put on by the Art Club. Includes student made ceramics, drawings, jewelry, paintings, photographs and prints.

When: Sale hours are December 11, 6 p.m. to 9 p.m. and December 12 from 11 a.m. to 8 p.m.

Where: Cerritos College Art Gallery.

Info: There will be music and food. For more information, call the Cerritos College Art Gallery at ext. 2612 or the advisor of the Art Club, Hagop Najarian at ext. 2610.

CD releases

George Harrison, "Brainwashed" Release date: Monday Genre: Rock

Shania Twain, "Up" Release date: Tuesday Genre: Country/Pop

2Pac, "Better Dayz" Release date: 11/26/02 Genre: Rap/Hip Hop

Bob Dylan, "Bootleg Series 5: Live 1975, Limited Edition" Release date: 11/26/02 Genre: Folk

Fat Music "Fat Music 6: Uncontrollable Fatulence/ Various artists" Release date: 11/26/02 Genre: Punk

No Doubt, Limited Edition "Rocksteady" with bonus live CD. Release date: Tuesday Genre: Pop/Punk/Ska

Quotes

"Most rock journalism is people who can't write interviewing people who can't talk for people who can't read."

Frank Zappa

"Rarely is the question asked: Is our children learning?"

President George W. Bush

"Be thankful we're not getting all the government we're paying for"

Will Rogers

"Our second fanzine was called Girl Power and I remember wondering: Did the Spice Girls get that from us or was that just a coincidence? I was thinking: Am I an egomaniac that I think this is happening? Have they been following us around, or was it just cultural osmosis? Antifeminism sold as feminism is so super-creepy!"

Kathleen Hanna, former singer of Bikini Kill

Movie releases

The Emperors Club

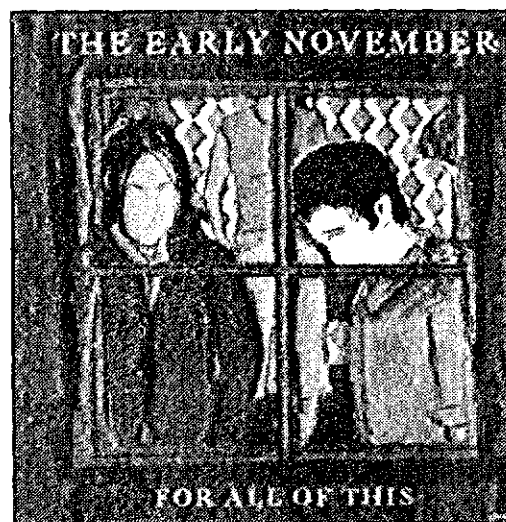
Rated PG-13 Release Date: Friday William Huerd (Kevin Kline) is a talented, tight-fisted professor at a boys' prep school. But he receives a life lesson in the form of a new student who challenges him.

Friday after Next

Rated R Release Date: Friday This third installment in the series that began in 1995 takes place during the Christmas season back in Craig's (Ice Cube) old neighborhood, where he and cousin Day-Day (Mike Epps) now share a rundown, but festive, apartment. Everything's great until a ghetto Santa Claus breaks in and steals their Christmas presents and the rent money.

Die Another Day

Rated: PG-13 Release Date: Friday From Hong Kong to Cuba to London, James Bond circles the world in his quest to unmask a traitor and prevent a catastrophic war. On his way, he crosses paths with Jinx (Berry) and Miranda Frost (Pike), who will play vital roles in the adventure.



Early November comes in with the wind

Drive Thru records' band releases new CD



SONIA SAENZ
AGE EDITOR

Early November is when the weather decides what to do.

It's a changing. The Early November is a new indie band off of Drive Thru Records that does just that. Right when you think it's got that soft side to it, it clob-

bers you with harsh drums and screaming.

The Early November began about ten years ago in Hampton, New Jersey. It consists of Ace Enders on Guitar and vocals, Jeff Kummer on drums, Sergio Anello on bass, and John Dubitsky on guitar.

With their new record, "For All of This [EP]," this band has won over audiences at Warped tour and on MP3.com where three

of their songs rose quickly to the top five of the punk/indie charts.

This CD is awesome. If you need a description, think Jimmy Eat World and Get Up Kids combined. It screams raw emotion.

My favorite song on the album was "Sunday Drive," which is about a couple who is just sick of trying to work things out, yet they can't stand to be apart from one another.

"I'll give it all my best and

now/what can you be doing that's so much fun/ without me by your side?"

To be completely honest, I've had this CD for a week now, and I have not been able to put it down. It made me bob my head even when I didn't realize it. So what are you waiting for? Go out and buy it before the seasons change.

Contact Writer at:
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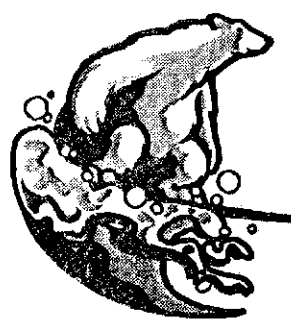
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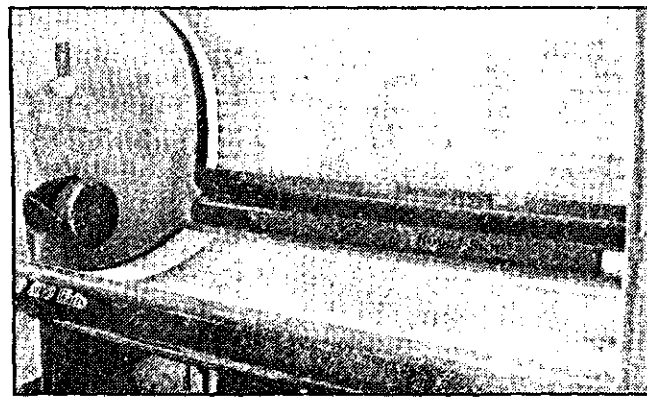
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TANNING:

High Beams vs. Sun Beams



LAUREN RODRIGUEZ/TALON MARKS
In California Tan, tanning beds give clients artificial color.

Which is worse for tanners?
Tanning beds or the sun?

LAUREN RODRIGUEZ
FEATURES EDITOR

With the winter months approaching and summer tans fading, many are flocking to tanning salons in hope of a year round bronze.

The perceived risk of tanning salons seems to outweigh its benefits. According to the Indiana State Medical Association's website, "continual tanning, especially in tanning beds, can develop melanoma – the most dangerous type of skin cancer."

But users are not so easily convinced. Kathleen Rumbolz, Cerritos College student and employee at California Tan in Long Beach, points out, "tanning beds are safer than the sun; outdoors you have no control over what kind of UV rays you come into contact with. In here, we can control it."

Another California Tan employee, Amber Nelson says, "It's healthier to be in here than to be in the sun."

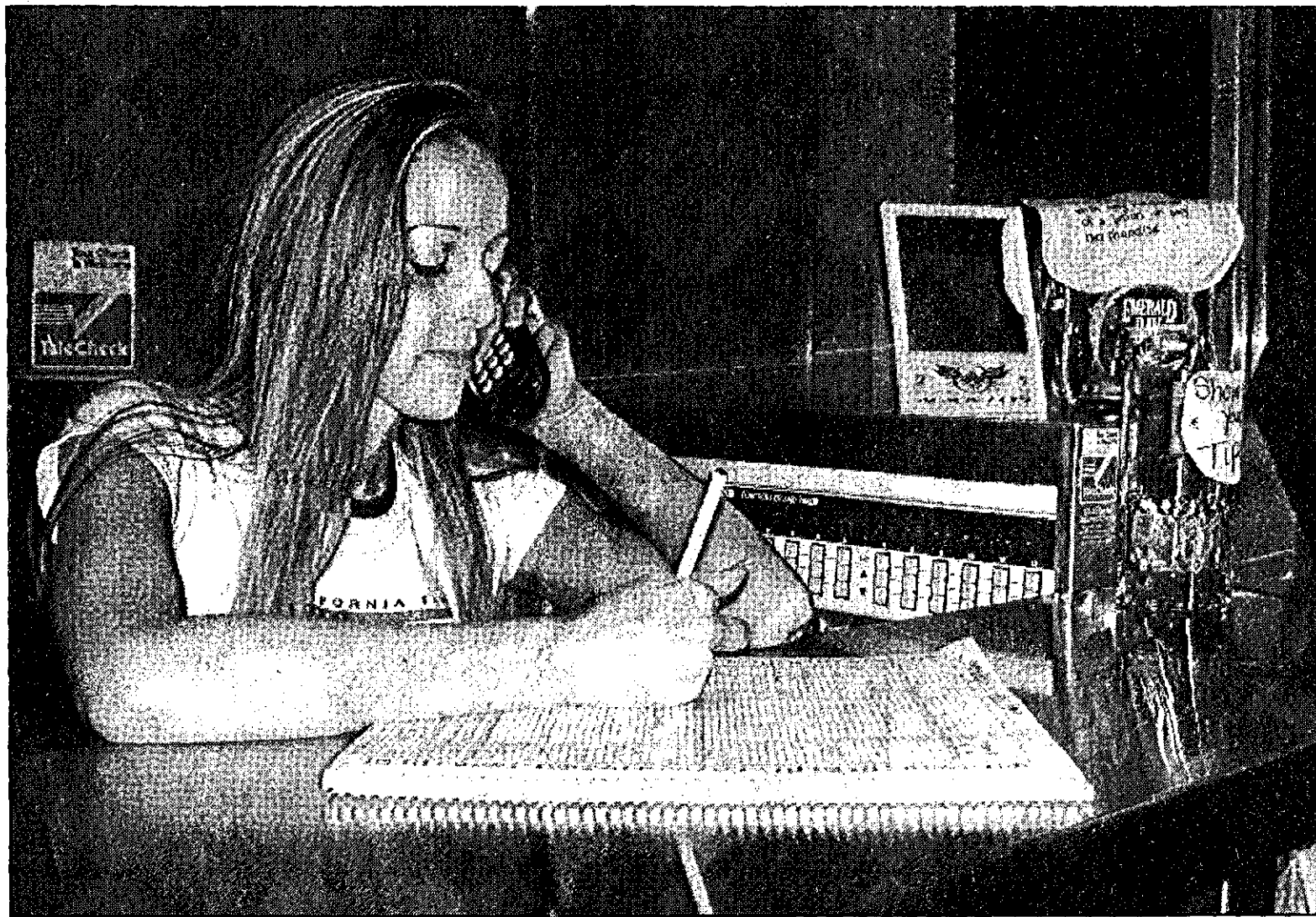
Rumbolz is not convinced by the recent medical studies. She points out that often the people used in those studies tanned for years, many in beds very unlike those used today.

The skin cancer.dermis.net website supports this claim. "Right now there are not many good studies that determine the carcinogenic effect of tanning beds. However, research studies do show that UVA rays cause premature skin aging and wrinkling."

Rumbolz is not worried about this situation. "Everyone gets old and gets wrinkles. Its excessive use of the beds that give you wrinkles prematurely."

On the International Smart Tan Network web site, flaws in the methodology of the studies are introduced.

One of the most compelling arguments against the validity of the studies is that "near-



LAUREN RODRIGUEZ/TALON MARKS
Cerritos College student and California Tan employee, Kathleen Rumbolz, schedules a client at for a session in a tanning bed at California Tan.

ly 60 percent of the indoor tanners used in this study started tanning indoors before 1975." The page explains that because there was no commercial tanning until 1979, the subjects of this experiment were using equipment, much unlike the modern equipment used in salons today.

Rumbolz also points out that the sun, "contains UVA rays and the beds don't. UVA rays

are what cause cancer."

But the Federal Trade Commission warns that both UVA and UVB rays can be harmful. On its website it states, "Short-wave ultraviolet rays called UVB can burn the outer layer of skin. Long wave ultraviolet rays called UVA penetrate more deeply and can weaken the skin's most connective tissue."

Rumbolz explained that there may be risks

associated with tanning, but there are risks everywhere.

She explains that skin cancer is determined by many factors. "If you take care of yourself and go to the dermatologist, you won't get skin cancer."

Contact Writer at:
features@talonmarks.com

FEATURE

Health Fair

Student Health Services will be hosting the monthly Health Fair on Thursday from 10 a.m. to 1 p.m. in Falcon Square. This month's theme is Substance Abuse, and 11 vendors will be on hand with information regarding different forms of substance abuse and student health.

Raffle time

The 7Cs is offering a free Thanksgiving raffle. Simply go to the Communication Center and pick up your free ticket before 11 a.m. on Thursday. Winners will receive gift certificates for turkeys and pies. Each employee must pick up their own ticket.

Disaster Drill

A mock Disaster Drill has been set for this Thursday. There will be one drill during the day and one during the evening.

Piano Classes

A new piano program, coordinated by a new instructor, Christine H. Barden, has been started at Cerritos College. The program is provided for school-age children. All of the classes are \$69 for six weeks, with an additional materials fee. At the end of each six week session, children have the opportunity to perform in a recital for friends and family members. For more information or to register call (562) 467-5050 extension 2521.

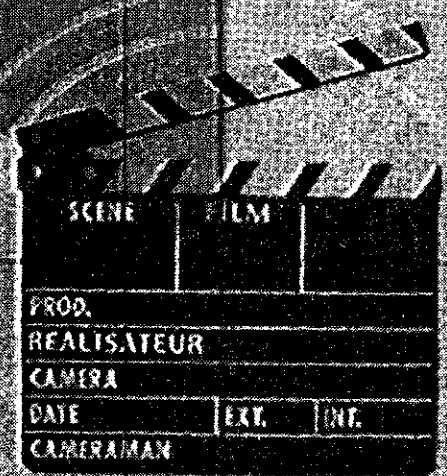
Avalon wins

Avalon at Cerritos, the city's third most affordable senior housing facility, has been awarded the 2002 SAGE (Senior Achievement and General Excellence) Award for "Project of the Year." The SAGE award recognizes a senior project in Southern California that has been designed innovatively, has created or contributed to affordable, attractive senior housing, and serves as a model for senior developments.

Workshops

The Cerritos College Web Administration is holding Web Workshops on how to convert department pages to utilize the college's new website design. These workshops will be offered by appointment only as space is very limited please respond as soon as you can. Please contacting Michael Ybarra at mybarra@cerritos.edu or call ext. 2966 to make your reservation.

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SPORTS

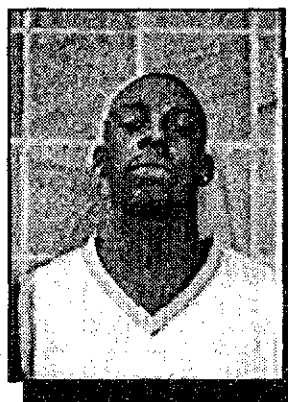
Athletes
of the
Week

Tiffany Amette



Sport: Basketball
Height: 5'11
No: 44
Accomplishments: During the San Diego Mesa Tournament Tiffany was one of the member of her team to receive an award. The award Tiffany received was All Tournament Team.

Tony Roberts



Sport: Basketball
Position: Guard
Height: 6'1
Weight: 190 lbs
Accomplishment: Tony Roberts had a twenty point performance during his last game.

He is 3-3 -points

He is 7-9 in his free throws

* To nominate an athlete of the week, email nominations to the sports editor at sports@talonmarks.com. Include name of athlete, sport, position, stats and reason for nomination.

Starting off as the CHAMPS

The women's basketball team is starting off the season by winning three.

ELYSE MURO
SPORTS EDITOR

This year's women's basketball team is off to a great start this season by taking a victory over the San Diego Mesa Tournament this past weekend.

The Falcons had three matches at the tournament.

Winning all three matches the Falcons won the team the title of Tournament Champions.

One of the teams' players Marci Wong received MVP (most valuable player) of the tournament while Tiffany Amette received All Tournament Team at the tournament as well.

During one of the three matches the Falcons were down by two with 23 seconds left in the game.

Lavonne Amette put-up a three pointer, thus putting the Falcons ahead by one point.

During the game against San Monica all 14 players on the team scored at one point during the game.

"This shows our team has balance," Head Coach Karen Welliver said.

To add to the teams' balance Nicole McCarthy was 6 for 6 from the three-point line.

While in the last game against Moorpark Mara Wong hit a three pointer with two minutes left to go.

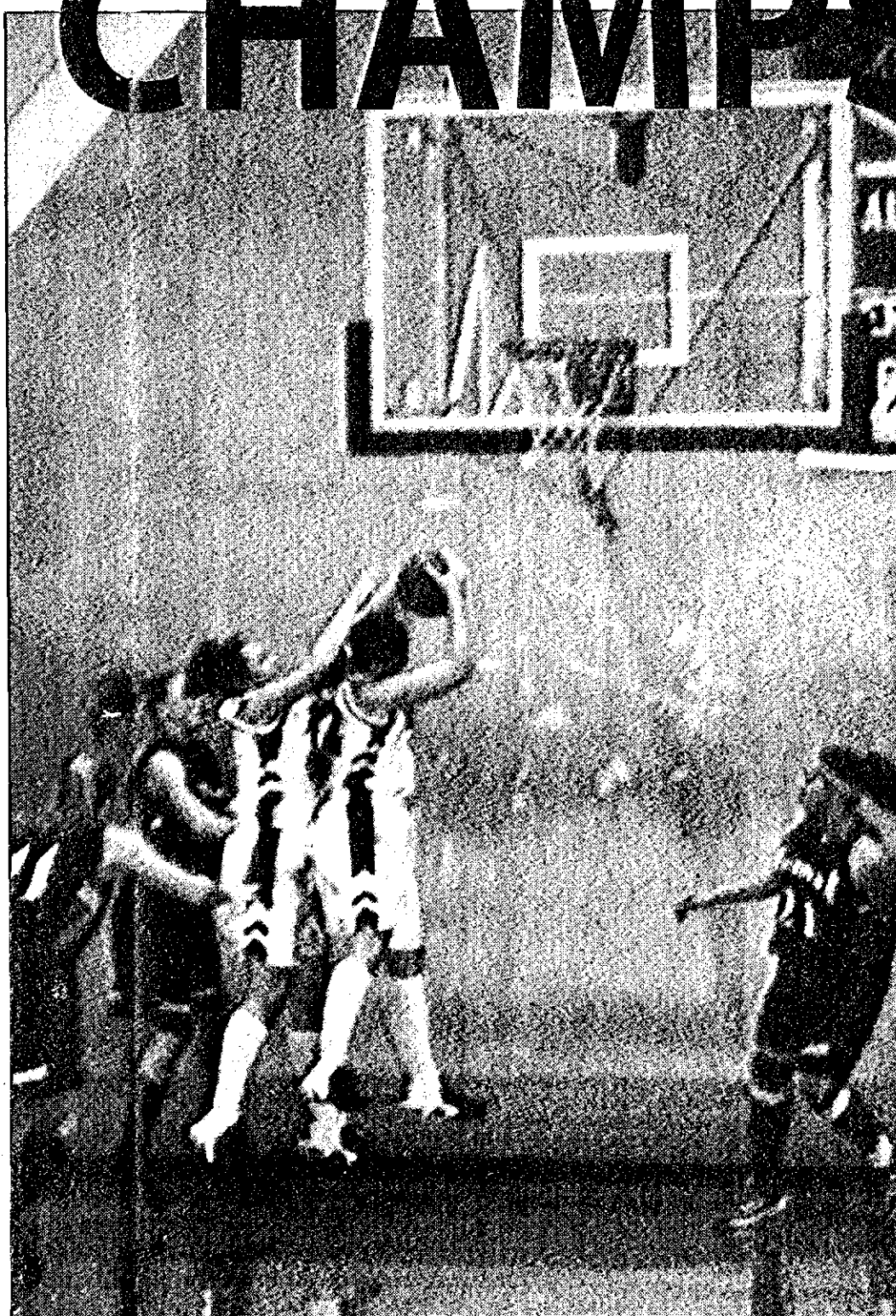
But that was not the end of the game.

Shannon Aiono was fouled with one minute left to go.

Because of the foul Aiono received two free throws and put both free throws away winning the game with a 50-47 lead.

The Falcons will play East Los Angeles on Wednesday at 7p.m. and Orange Coast on Friday at 5:30.

Contact Writer at:
sports@talonmarks.com



Cerritos goes up to get the offensive rebound which soon led to their victory.

STEVEN BURNS / TALON MARKS

Falcons experience shutout

Women's soccer team loses to L.B.C 7-0.

ELYSE MURO
SPORTS EDITOR

In their second match against Long Beach City College the women's soccer team lost last Tuesday, 7-0.

"We weren't focused and we didn't play as a team," Defender Maria Mejia said.

In the first half Long Beach City scored six goals on the Falcons in the first half.

"The team gave up after the second goal was scored," sweeper Mirna Funes said.

During the second half the team woke up and played strong in the second half.

Long Beach City only scored one more goal against the Falcons in the second half.

Overall the team has experience four losses this season.

The women's soccer team will have to face their first round of playoffs against Cypress with out their most valuable and leading scorer forward, Grisel Ramirez due to surgery.

The Falcons feel that they have a chance to make their mark in playoffs this season.

The Falcons played Orange Coast earlier in the season and defeated Orange Coast 2-1.

The point being made is that Cypress lost to Orange Coast, but who knows they could have had a bad game.

"We have a chance if we play with out hearts," sweeper Mirna Funes said.

The Falcons will play Cypress and if they have a victory they will go to the second round of playoffs on Saturday.

Football fumbles

Falcons lose the "game of the year" to Pasadena and fall from state championship consideration

ELYSE MURO
SPORTS EDITOR

In what was considered to be the game of the season the Cerritos College football team lost to Pasadena City College on Saturday, 45-20.

This was a tough defeat for the Falcons, reason being that it was the teams' second loss and now it has no chance of going to Nationals or State.

The Falcons and Lancers were neck and neck with a 13-13 score until the third quarter.

The third quarter is where everything came unglued.

Along with forgetting to stop the clock continually, the Lancers made four touch downs in the third quarter.

The Falcons managed to make a t in the fourth quarter, but the Lancers quickly finished the game with a final touchdown ending the game 45-20.

Overall the Falcons were penalized 15 times in a playoff game.

"We made too many mistakes. We can't be turning over the ball and receiving penalties if we want to be the productive team we know we can be," Defensive End Armando Calderon said.

The game was not the loss the Falcons experienced but a loss of time as well.

Overall the Falcons lost three

minutes off the clock.

How does that happen you say, especially in a playoff game?

The person(s) above who was supposed to be paying attention to the game forgot and had to be constantly reminded to stop the clock.

They were not only being reminded by frustrated coaches, but the crowd as well.

"Football is a game where anything can happen," Head Coach Frank Mazzotta constantly reminds.

If you think about it, three minutes is a lot of time to lose on the field.

What can happen in three minutes, an interception or one more touchdown?

How is it, that during such an important game, when young guys are playing in the cold weather, putting their bodies out there for school spirit, that time can not be taken care of accurately in a heated and cushioned room?

The Cerritos College football team will be facing Riverside Community College this Saturday at 7p.m.

Riverside currently has a record of 2-2 in conference and 5-3 overall.

If the Falcons win they will go onto the Strawberry Bowl.

Contact Writer at:
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Basketball team loses to the Eagles

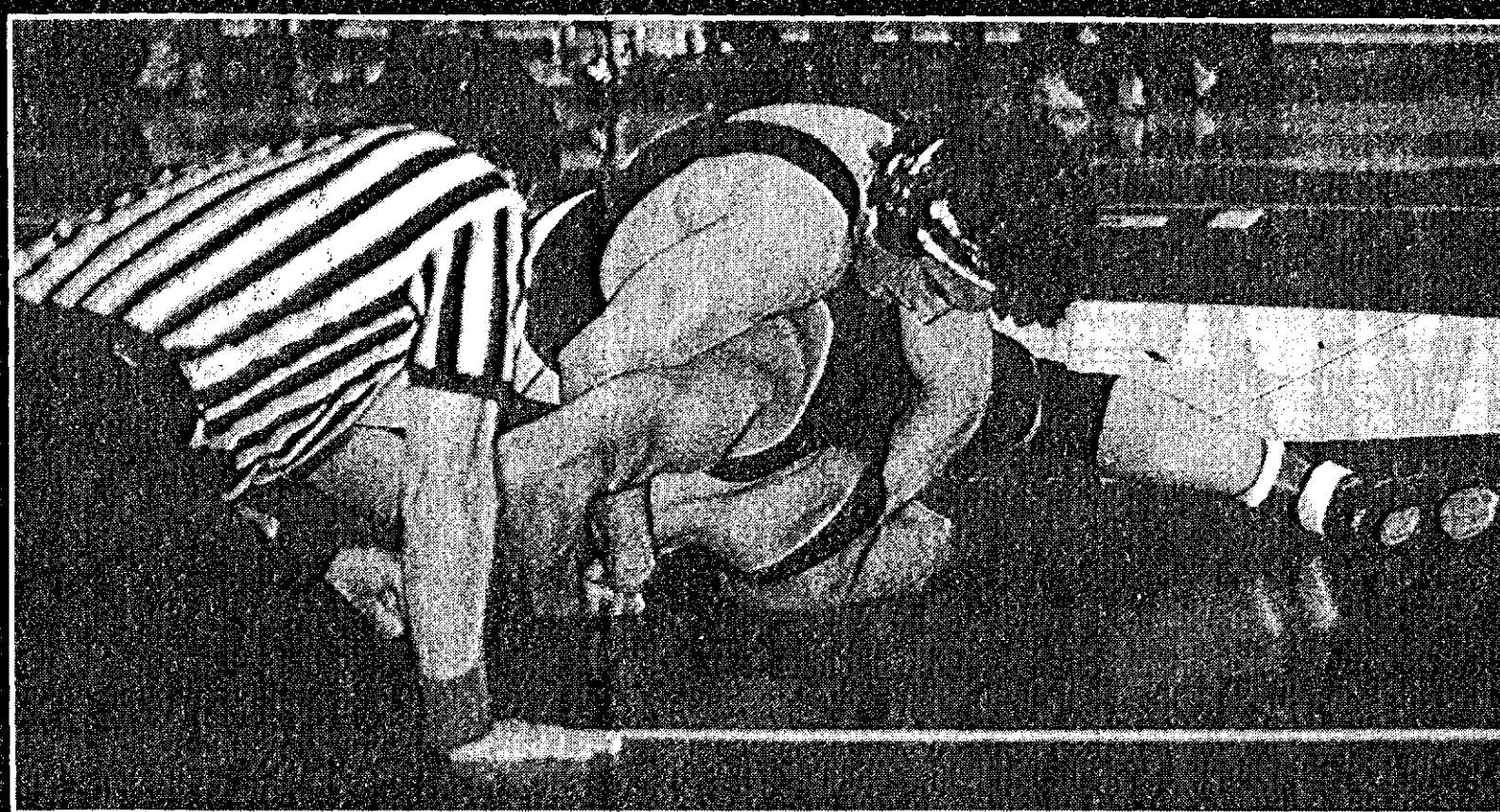
For the second tournament in a row, the Cerritos College men's basketball team had turned in a solid showing. After placing third in the Saddleback Tournament, the Falcons defeated Southwestern (73-69) and Riverside (72-70) to advance to the finals of the Irvine Valley Tournament. The win over Riverside redeemed the team for their loss to the Tigers in the semi-finals of the Saddleback Tournament the week before.

In the championship game, the Falcons (4-2) were unable to come back from a 20-0 run by Mt. San Jacinto, and fell, 92-84. It was the first half that hurt the Falcons, as they trailed, 44-31 before a solid 53-point showing in the second half.

The loss overshadowed a 20-point performance from sophomore guard Tony Roberts, who netted three three-pointers and made 7-of-9 free throws. Sophomore guard Ronald Banks chipped in with 13 points, with freshman guard Matt Reid contributing 11 points and three assists in the loss.

It was the performance of Banks that helped the Falcons in their win over Riverside, as he drained 11-of-16 field goals, en route to a season-high 23 points. He turned out to be the only player to score in double-figures, as the Falcons used a very balanced attack. Six other players scored at least six points, led by Reid (nine points, six assists) and freshman forward Leonard Ceja who added nine points and four rebounds. Freshman center Tezarray Banks led the team with 11 rebounds, while sophomore forward Malcolm Heron finished with six points, five rebounds and three assists.

Cerritos opened the tournament with a tough four-point win over Southwestern, as Reid led the way with 13 points, five assists and four steals. Reid and Ronald Banks (10 points) were the only players in double-figures. It was another team effort, as six other players scored six or more points. Tezarray Banks (nine points, four rebounds), Sophomore guard Marcel Justin and freshman forward Rashawn Childs each added seven points and combined for seven assists and four rebounds.



A Cerritos College Wrestler has a Golden West opponent pinned to the point of no getting up.

LAURA AGUILAR/FALCON MARKS

Pinned

The wrestling team threw down Golden West with a 25-21 victory.

ELYSE MURO
SPORTS EDITOR

The wrestling team faced Golden West and had a victory of 25-21 in a dual conference match.

The Falcons are now rated No. 3 in the state.

The wrestling team is 6-2 overall and 4-1 in Conference.

The Falcons will have their last Conference match on the 20th of Wednesday against Palomars who is ranked No. 1 in the state.

If the Falcons win against Palomars the Falcons will be Conference Champions.

After becoming Conference Champions the team hopes to go on to

Regionals, State, and Nationals.

The results of the Golden West Tournament are:

-Juan Ravolta who weighed in at 133 pounds won in his weight division.

-Demacio Page who weighed in at 141 pounds won in his weight division.

-Marq Alra who weighed in at 149 pounds won in his weight division.

-Scott Oda who weighed in at 157 pounds won in his weight division.

-Emiliano Lopez who weighed in at 165 pounds went into double time.

"I guess I just ran out of gas," wrestler Emiliano Lopez said.

-Jerry Baragain who weighed in at 174 pounds won because of a technical fall.

-Jason Alavazo who weighed in at 184 pounds was pinned and therefore lost in his match.

-Tad Malaine who weighed in at 197 pounds won in his weight class by pinning his opponent.

"We have a lot of good skill, but we need to bring our skill together if we want to win state," Emiliano Lopez said.

The match against Palomars will be a tough match for Cerritos to face but they have the talent and skill needed to go all the way.



Contact Writer at:
sports@falconmarks.com

SPORTS

It's over for men's soccer

ELYSE MURO
SPORTS EDITOR

The Cerritos College Mens Soccer Teams' season is official over.

The mens' soccer team was not able to make it to playoffs due to a rough season.

The Falcons had trouble coming together as a team, but they did have talent.

Maybe next year they can combine their talent as a team.

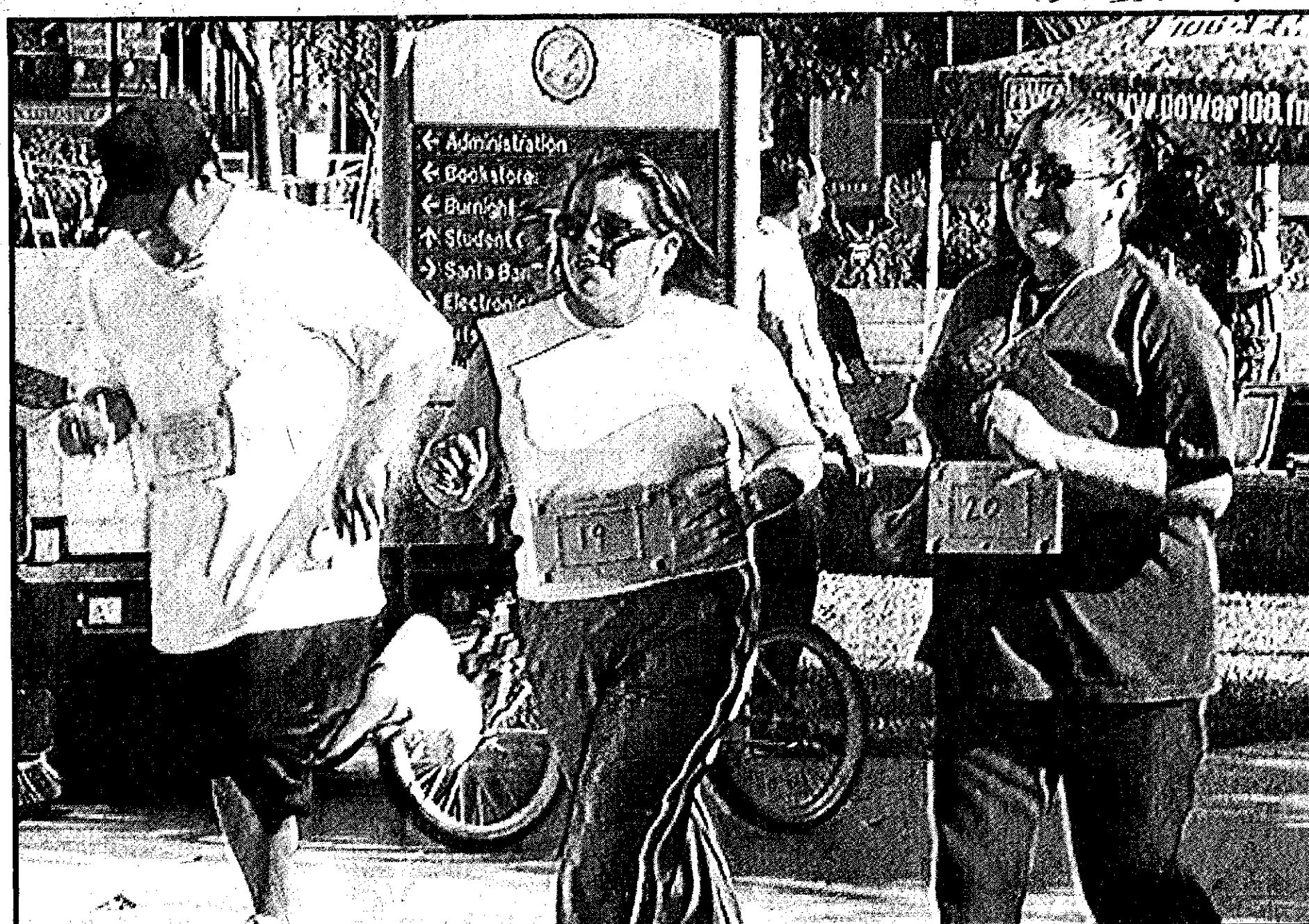
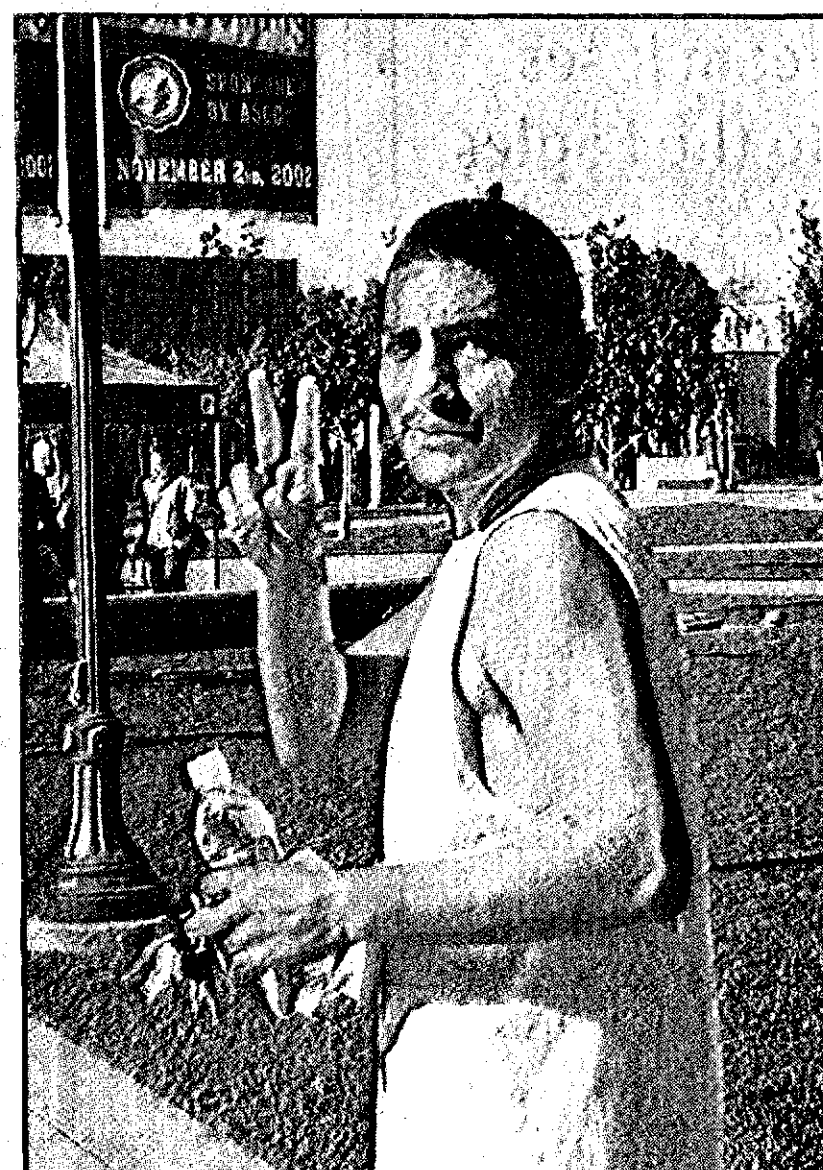
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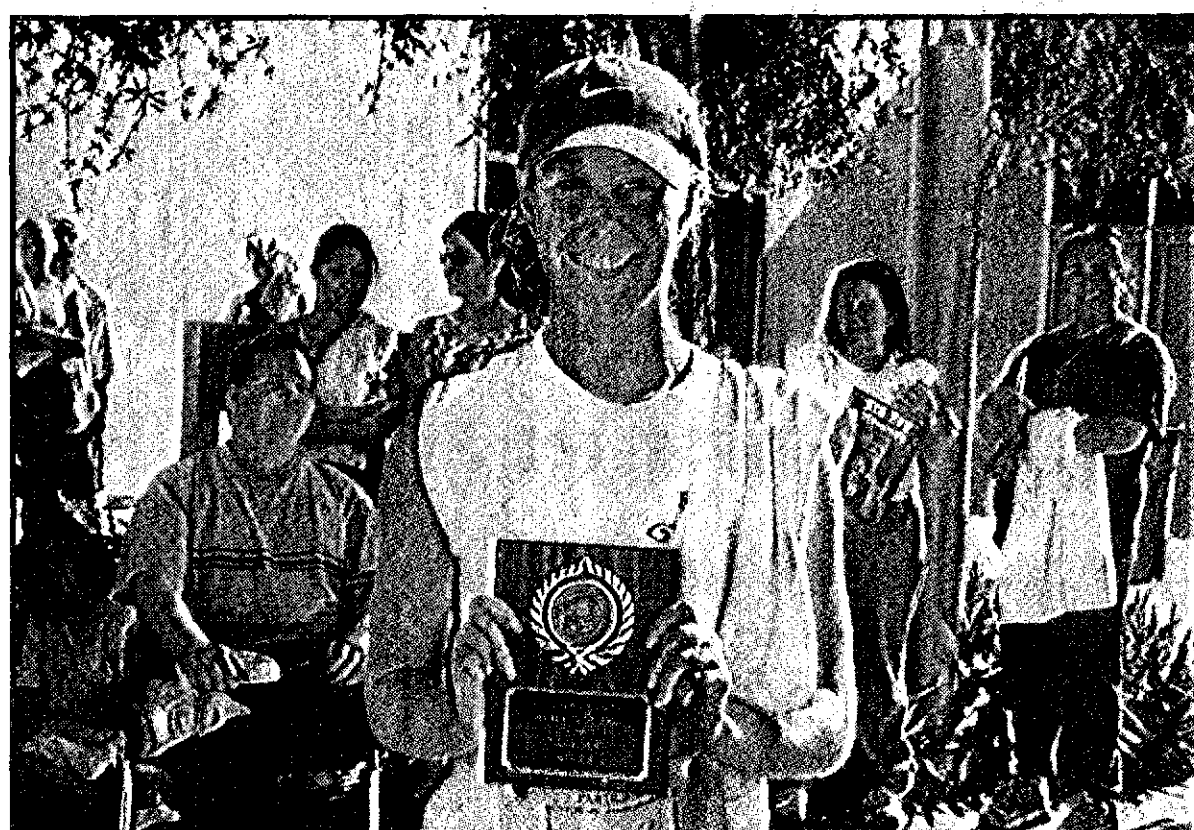
On your MARK ...

Turkey Trotters race around campus Tuesday.



Turkey Trot Winners

Castaneda, Manuel
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Banks, Tezarray
Roberts, Tony
Oceauera, Martha
Barajas, Max
Lawyer, Marlane
Orphey, Warren
Cisneros, Rebecca
Hernandez, Juan
Gomez, Christina
Solis, Kristina
Chor, Vannadaniel
Dabu, Brandon
Martinez, Diego
Nava, Kalia
Watson, Bernice
Flinn, Lori
Fernandez-Perez, Amparo
Chear, Dallas
Rizo, Maria
Diaz, Jose
Estrada, Adriana
Jimenez, Jasmin
Garcia, Aracely
Villarreal, Christian
Arthur, Teri
Pinedo, Mary Lou
Dao, Tuan
Biley, Ariel
Alonzo, Camilo
Tirona, John
Ortega, Juanita
Stark, Michael
Moore, Katy
Enes, Michael
Malsonave, Nancy
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PHOTOS AND TEXT BY JAMIE LEE

Vannadaniel Chor just made his goal, well done! Let's wish him continued success. (top left) It's so good, it's so cool, thank God, it's water! COOL! (top middle) Unbelievable time! At eleven minutes and eight seconds, Gerardo Flores gives the victory sign. Congratulations! (top right) It was 85 degrees when the Turkey Trot started at 11 A.M. So hot, and so hard, but just look at their faces. They

trot for their hopes, their school, and for their community. Run. Run. Run. (top) Julie Steward looks so happy holding the first place women's award. She made the trot in eleven minutes and 27 seconds. Good job! Wishing you luck. (bottom left) It's not easy if you don't want to run or if you feel nervous, but it is nothing when you just step into it. It becomes



easy when you begin smiling, people, Go for it! (right first) Who thought she could make it a round with her baby? But here she is, Elbirtha Watson and her daughter Green Ashely. What a cool mom and baby team.