

First issue free, additional copies \$1

WEDNESDAY FEBRUARY 16, 2011

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VOLUME 55, NO. 15

Pearson soon brings cheap textbooks to Cerritos

MAYRA MURILLO Staff Writer mayra.murillo@talonmarks.com

Cerritos College and Pearson Higher Education share a partnership that will help students receive up to a 47 percent discount for textbooks for all social sciences courses.

The partnership will help faculty upload quizzes and videos onto the TalonNet server without making students log into a different website.

The idea for the partnership began in 2009, when faculty members pitched the idea to Bryan Reece, dean of academic success and institutional effectiveness, to integrate the TalonNet server with the publishers.

Not only was the idea supposed to help faculty members upload quizzes and videos but it will also help faculty members keep one grade book.

"Most of that department used Pearson for its books. So I started to negotiate with Pearson Books," Reece said.

As negotiations with the TalonNet server providers and Pearson book publishers merged, Reece's negotiations took a step further.

"So before we pulled the trigger on the deal, I said, 'Now if we do this, that means we are going

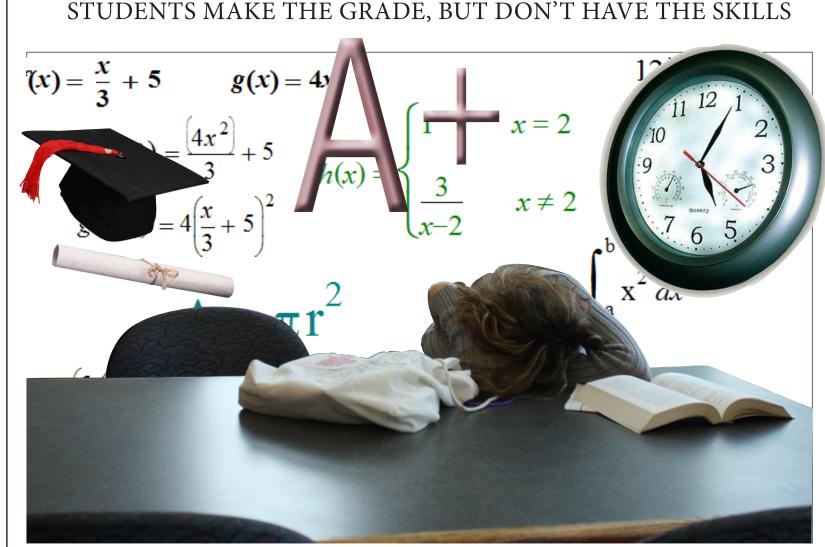


PHOTO ILLUSTRATION BY LAURA CHAU AND GREGORY HORSEY JR

Do students learn enou

Benjamin Farren Staff Writer benjamin.farren@talonmakrs.com

Critical thinking skill development is being questioned by a sociologist in a new book that examines the data gathered from students at 24 U.S. colleges and universities.

Richard Arum, a New York University sociologist, is the author of "Academically Adrift: collected from 2005 to 2009 from 2,322 students to determine their development of critical thinking skills.

At Cerritos College, most students and faculty agree that critical thinking skills are one of the most important things a college student can develop.

Daniel Guerrero, communications major, said, "I think it's (thinking critically) very important. I think it's at the wayside right now, because there are too many things that our society is just spoon feeding us."

"I think when some people talk about critical thinking, they're really promoting a particular set of ideas. I think if we were to look at teaching in general, the vast majority of our classrooms are all based on getting our students to learn certain things, which is memorization, it is not critical thinking," Falcon said.

The weight of responsibility, while split, does not reside primarily on the shoulders of Cerritos College faculty.

CAIR for students in need

MICHELLE MORENO Staff Writer michelle.moreno@talonmarks.com

A crisis intervention team is available at Cerritos College, where students will be able to receive resources for problems that disrupt their education. The Crisis Assessment, Intervention and Response Plan will be a service made accessible to students in need of mental help.

"Every college should have a crisis intervention team. I came here and found out we didn't have it and put one together." Coordinator of Student Health Services Nancy Montgomery said.

For the past year and a half, Montgomery, along with Coordinator of Judicial Affairs Student Activities Gary Cain, have provided faculty and staff with information about the CAIR Plan to educate them in effective ways to approach students with mental health or behavioral problems.

"With the CAIR team we have an actual committee that consists of DSPS (Disabled Students Programs & Services), our health services, campus police, myself and counseling," Cain said. He also mentioned the major benefits for students.

"The CAIR team is a resource for everyone on campus who may

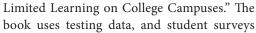
See Crisis manual Page 2

to have more books sold through Pearson so maybe we can negotiate a discount," Reece said.

Pearson agreed to drop an instant 35 percent discount for students, and if 60 to 70 percent of the faculty begins to use the server, then Pearson will increase its student discount by 8 percent.

In addition to the 43 percent discount, the student bookstore has agreed to give students an additional 4 percent discount, totaling a 47 percent discount for students purchasing Pearson books.

Cerritos College Bookstore Manager, Robin Lee, is enthusiastic about helping students with the new partnership program. See Book savings Page 2







audio/criticalthinking.mp3

Karen Fliss, speech communication professor, thinks critical thinking skills are important and said, "In order to evaluate speeches, in order to be able to evaluate information that is being received, you need to be able to know how to do it."

Students and faculty might agree on importance of critical thinking, but what about definition? A potential problem occurs when the structure of information is not defined and differs from professor to professor.

Dennis Falcon, political science professor, said, "I am not one of those, not a detractor, but I am a little skeptical because I don't think we [professors] all agree on what we mean by critical thinking.

Bryan Reece, dean of academic success and institutional effectiveness, said, "When it comes to learning anything, the student is the number one indicator of success. The amount of time a student spends engaged in the lecture, engaged in the reading and engaged in the assigned materials, that's the number one factor in whether the student will gain critical thinking skills."

Professors conclude that the environment should reflect the focus of the student and the instructor, which leads to educational success. To foster critical thinking skills, an environment that is conducive to learning and that provides additional support to students that require that extra support, place the decision to succeed into the hands of the student.



drinking and drug use by students go unnoticed

JIMMY EDWARDS-TURNER Opinion Editor opinion@talonmarks.com

Three students sat cross-legged on the hill by the Cerritos College sign on Alondra Boulevard and Studebaker Road as two campus police cars drove across the grassy field to accost them.

At 11 a.m. on Jan. 25, Sergio Rodriguez, Michael Salazar and Christian Spicer taking on the demands of school that Tuesday.

However, once traffic control officers and campus police got wind of their plans, they ended up burning any chances for a regular day of classes.

As of New Year's Day, possession of less than an ounce of marijuana is an infraction, punishable by a maximum \$100 fine with

planned on smoking a quick blunt before no criminal record under California Health act to enforce the law to the fullest extent. & Safety Code 11357b.

> This is just one incident involving students, controlled substances and college cops.

> According to Chief of Campus Police Richard Bukowiecki, campus police rarely deal with cases like these.

Unfortunately for Spicer, Bukowiecki assures that when it does happen, they will

The undeclared major confessed he was able to toss the contraband before the officers arrived on scene, but traces of marijuana on his possessions led to a search.

Police found a knife on the student and issued an arrest.

"[Getting arrested] is messed up. I'm just lucky these cops decided not to get me on the weed," Spicer said.

While campus police say students smoking pot or drinking alcohol on campus are seldom caught, other members of the school population are aware of the trend.

Business and art double major Aljen Medallo says he knows some students tend to smoke on the hill in front of the Music Department.

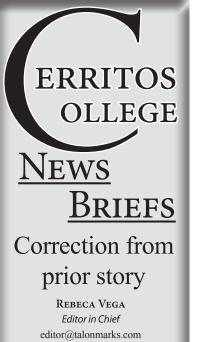
"Sure, it's their right to do what they

See Intoxicated peers Page 3



'Green' pastures: Students take a break at the grassy mount known at Cerritos College as "the hill." Visitors of the Falcon Square Amphitheater have identified the area as a popular hangout for inebriated students.

LAURA CHAU/TM



There were several factual errors reported in "Forensics expert visits Cerritos, explains work to students" published in last Wednesday's print edition.

Instructor Mary C. Pribble was erroneously identified as Marcy C. Pribble, and there were more than 40 students in attendance at the event, not six, as was included in a quote.

Also, forensics expert Douglas Wyler currently works as an instructor for the LAPD and lectures at colleges and universities. He is no longer receiving training to work in the field.

Campus police arrest library thief

ANTHONY HODGE Staff Writer anthony.hodge@talonmarks.com

Cerritos College Campus Police arrested a 19-year-old male for stealing books at the school library at approximately 9:40 a.m. last Thursday.

Chief of Police Richard Bukowiecki said that Mario Cuevas, who does not attend Cerritos College, took three books from the library



Hold still: Laura Ballat, paralegal studies major, cringes as the needle is inserted into her arm. Ballat is a repeat donor.

Bloodmobile makes a pit stop

AASTHA DHAKAL Staff Writer aastha.dhakal@talonmarks.com

Cerritos College is the second best college in Southern California for donating blood, according to Rob Torrez, senior field manager for the Red Cross.

During the last campaign that took place in November, more than 300 pints of blood were collected; this time the target is to collect more than 400 pints of blood.

The blood drive campign started on Monday and will run until Thursday from 8 a.m. to 8 p.m.

"I have been donating blood

since one year ago. I really feel good to help somebody, I think everyone should donate blood," Nallely Badillo, sociology major, said.

The Valentine's Day blood drive is the biggest blood drive compared to blood drives that have occured in other months.

The ICC club plays a main role in supporting the blood drive every semester.

Each year school clubs have a contest to see who can bring more people to donate blood. The Red Cross gives a crystal blood drop to the winning club and a pizza party to other clubs who participated.

Overall, a total amount of 700 pints have been collected since

Sergio Nevarez, mechanics mato think of happy places and it's just a poke and, really quick, you won't

"This time the campaign is not collection of blood," Torrez said.

Ninety eight percent of donors are Cerritos College students and 2 percent are from the community.

Laura Ballat, paralegal studies major, said, "We don't have money to donate, so we can donate blood to help the needy and it's free."

Juliet Wish, nursing major, said, "I donate blood three times a year. I feel so good about donating blood thinking that I am helping people."

Anyone who is willing to donate blood should weigh 110 pounds or more, should be 18 years of age or older and must have any type of stu-

Other requirements include: a person has had to live in the U.S. for at least three years and should not have any fresh tattoos.

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Book savings: Partnership aimed to save money

Continued from Page: 1

"We are happy to be involved. Whatever we can do to help students, we are all in," Lee said.

Though the program is just beginning, students have benefited. Prices have gone down, according to Lee.

Though the discount only applies to areas in social sciences, the discount also applies to electronic Pearson books.

English major Lorena Solorzano, who is currently taking a political science class, paid \$80 for her new book.

Others, like English major Jessica Castro, said they have not heard about the discount, but that they experienced problems logging in to TalonNet to complete their political science assignments.

"TalonNet has been giving us a lot of problems. My teacher doesn't want to use TalonNet anymore, he just wants to use MyPoliSciLab instead," Castro said.

The TalonNet server reported log-in problems earlier in the semester, and some of the failures were concerning this new partnership.

"About 1,500 students jumped onto the server and crushed the capacity levels and we are trying to find out how to work with the integration technology," Reece said.

Once technological issues are addressed, Reece's next step is to help integrate other departments into the partnership.

Crisis manual: Resources are made available to students

Continued from Page:1

be at a crisis point or moving in that direction. So, we can try and work with those students to help resolve

had problems with conduct.

"I've used CAIR before and it was very effective. The student was not behaving and got into the pro-

2010 until the beginning of 2011. jor, said, "Some students are scared of needles. I just want to tell them

feel anything." doing it in the Student Activity Center. Instead it's inside the bus, which limits the space and results in less dent LD.

NATIONAL

Transferring?

and removed the tags to avoid setting off the alarm.

Library Dean Carl Bengston said, "Before we were able to get around and find the individual and get him back to check his bags, the individual was able to go through."

The bag was retrieved and two magazines and a binder were found to be taken from the library.

The desk attendant called campus police, who arrested Cuevas.

Neither the desk attendant nor any of the witnesses were allowed to give comments.

Cuevas does not have prior history of stealing.

Clubs fundraise for Valentine's Day

Philip Okoli Staff Writer philip.okoli@talonmarks.com

Valentine's Day is a day where people have a chance to show love and affection; for a few campus clubs, it was a chance to help students and their clubs alike.

On Monday, five clubs had booths out in Falcon Square and the Social Science Patio to fundraise for their clubs.

"Believe it or not, people forget and say, 'Oh, today is Valentines day, I forgot and I didn't get a gift,' and we just so happened to be here," Areal Hughes, president of Phi Theta Kappa, said

their problem or provide them with the necessary resource."

The major goals of the CAIR team, according to Cain, are to inform the administration, staff and instructors that they have a guideline book, which they all received, to refer to when they have a problem with an individual student.

These guidelines help identify how to approach a depressed, suicidal, anxious, or demanding student who requires the attention of a staff member in order to assess their situation.

In different parts of the manual, the CAIR Plan not only addresses mental health issues, it informs Cerritos College on cases where a student may have a problem with sexual harassment or even drug and alcohol influence.

A student who needs the proper service for their mental or emotional condition can go to the Student Health Center to seek a mental health provider, where they can talk to a professional psychologist and counselor.

Psychology Director Rita Michelle Lewellen, who in the past used the CAIR Plan, saw results that worked for a specific student who

gram where he got resources and help. He was able to come back to school and is more productive," Lewellen said.

With the plan in effect, Cerritos College students can be reassured that they will have available support to assist them in the situations that they cannot handle by themselves.

The Student Health Center also provides services to students who need endorsements for food and shelter.

While students can receive multiple resources for whatever stressful situation comes in the way of their education, the CAIR Plan will structure the way the campus ensures students' safety and well-being.

History professor Walter Fernandez agreed on the importance of having an intervention plan for students in crisis. "The CAIR Plan is something that the college needs. We do have students that come with numerous types of emotional problems that need to be identified."

Students attending Cerritos College can take a look at the CAIR manual by going to the Student Health Center website and also find resources to their problems by going to the Student Health Center on campus.

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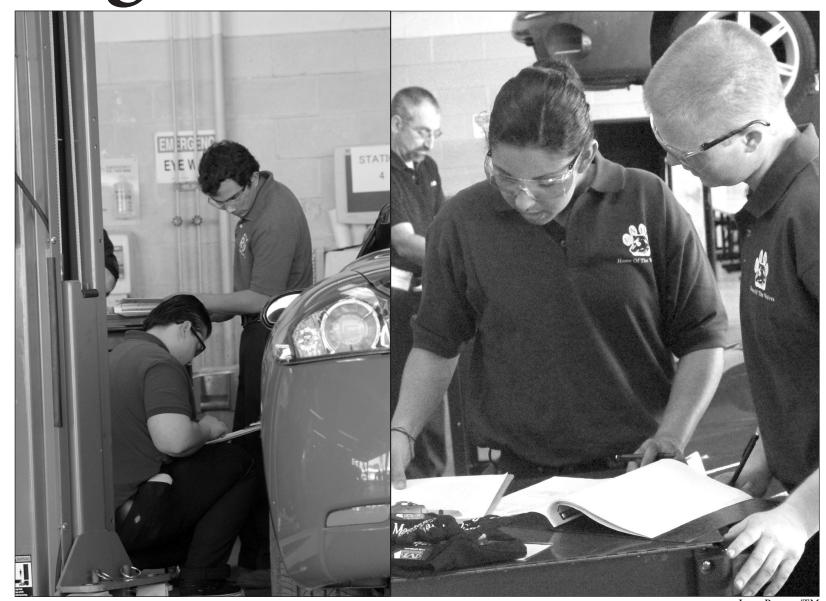




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High schoolers show off auto skills



JUAN RAMOS/TM Working to win: Left: Representing Southeast ROP, in the Auto Techinician competition, winners Pedro Ruiz-Barrios (right) and Frank Cornejo (left). Right: Van Nuys High School students Shane Sullivan (right) and Treniece Hill (left), who also won the competition. Twelve teams came to Cerritos College to compete on Feb. 12.

Teams gather at Cerritos for auto tech competition

BENJAMIN FARREN Staff Writer benjamin.farren@talonmarks.com

Two sponsors, 12 teams consisting of two students each "technically" competed for automotive excellence.

On Feb. 12, Cerritos College hosted the Auto Technician Competition for 12, two-man teams representing their high schools from all over the city of Los Angeles at the auto repair facility.

The competition that started at the Los Angeles Auto Show, then moved to Cerritos College, has been here for six years.

Todd Leutheuser, executive director for the Southland Motor Car Dealers Association said this move was to "expose avenues of higher education to students interested in the automotive industry."

The other sponsor was the Greater Los Angeles New Car Dealers Association.

The teams faced challenges at 12 different stations.

Leonard Glick, an instructor

of the Import Technical Training Program at Cerritos College, said that events consisted of measurements, part and system identification, problem identification, exercises involving the various functioning systems of an automobile and a mock interview that was added as part of the competition this year.

Jose Magana, a student at Narbonne High School, described his interview experience. "It went really smooth, not hard at all. Common questions about what we wanted to do in the future", he said.

After all the interviews were conducted and challenges at each station were faced, only two teams would move on to the New York Auto Show, Auto Technician Competition on April 27 and 28.

The winning team that will be sponsored by the SMCDA consists of students representing Southeast ROP. The students were Pedro Ruiz-Barrios and Frank Cornejo.

The winning team that will be sponsored by the GLANCDA is from Van Nuys High School.

The students were Shane Sullivan and Treniece Hill.

March is Women's History Month New Events!

Reading discussion forums on classic feminist readings. Pick up readings at the library and come join us!



Library Club book sale proves to be successful

Stephanie Cobian Staff Writer

stephanie.cobian@talonmarks.com

The Library Club held its third consecutive semester book fair on campus this last Tuesday and Wednesday.

With over 200 books sold, they raised \$616, making it their most successful book fair up to date.

Intoxicated peers: Students suggest stricter enforcement of anti-substance rules on campus

Continued from Page 1: like, but at the same time it distracts other students because we're going to ask, 'Who's smoking?' as soon as we smell it."

Although students admit knowledge of students consuming alcohol or marijuana on campus, cases of arrests or verbal warnings are not common knowledge among

enforcement a little, but not radically so. They surely can't leave it up to students to police themselves."

Bukowiecki agrees to an extent, saying it is necessary for the police force, and even the media, to inform and teach students the time and place it is acceptable to engage in recreational use of any substance.

Pragmatic students, like teach-

2011 Womens History Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Discussion Forum 1: "Growing Up Female and Male" 11:00am-12:15pm Student Center Stage Lunch Included	2	3 "Breaking the Bars: Women in Criminal Justice Careers" Alice Scott- Captain: Regional Detention Facility (Women) 11:00am-12:30pm S201	4	5
6	7	B Discussion Forum 2 "Gender: Where Have We Been?" 1:00am-12:15pm Student Center Stage Lunch Included WHM Film Series: "The Mistress of Spices" Sponsored by the Sociedad de Profesores Hispanos 2:00pm-4:30pm S201	9 WHM Film Series: "The Secret in Their Eyes" El secreto de sus ojos (subtitles in English) Sponsored by Sociedad de Profesores Hispanos 2:00pm-4:30pm FA 43	10 International Women's Business and Professional Panel Sponsored by the International Student Center and Business Education 11:00am-12:15pm LC 155	11	12
13	14	15 "Claiming Their Rights: African American Women in the Civil Rights Movement and South African Black Women in the Anti-apartheid Movement" Susan Oliver 11:00am-12:30pm SS 214	16 "Reweaving the Web of Life: Feminism and the Peace Movement-Post Vietnam" George Jarrett 12:30-2:00p.m. SS 312	17	18 Deadline: Women's History Essay Contest Essay turned into Liberal Arts Division	19
20	21 Discussion Forum 3: "Gender: Where are we Going?" 5:30pm-6:45pm Board Room	2.2 "Women, Technology and Power" Wendy Chapman 11:00-12:30 SS 314	23	244 "Tribute to Women Writters" Sponsored by the Profesores Hispanos (All readings in English) 6:00pm-9:00pm Board Room "Feminism and Literature" Sponsored by FMLA and The Literature Club 11:00am - 12:15 pm. SS 136	Ameri of Uni (AAUV	can Association versity Women V) Irship Brunch m
27	28	29	30	31	April 6, 2011 Board Room Essay Contest \ Acknowledgem	Vinners

The book fair offered a variety of textbooks and novels that students could choose from, which were priced at \$3 or less.

This semester, the Library Club decided to arrange the books according to their different genres to make the book selection go more smoothly.

"We tried to organize them so they wouldn't have to shuffle through them, which seemed to go well, because we didn't have a lot of people ask for help in finding them," club member Maria Lopez said.

students.

Criminal offenses regarding controlled substances are not listed in the campus crime statistics on Cerritos College's campus police website.

Ron Cordova, nursing major, says he has never physically seen anyone drinking or smoking, "but it doesn't belong on this campus.

"It can be a nuisance because of odors and distractions like that but since it's hardly seen, I can understand why there isn't much enforcement to keep it in check.

"[Campus police] could increase lice's time."



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ing major Francisco Castellanos, believe it is entirely up to students to use common sense and discretion if they plan on partaking of substances.

"If people want to [drink or smoke] then they should at least do it somewhere else and discreetly.

"They have to consider their peers; there are other people within their surroundings and if smokers or drinkers get caught doing that here, then they're wasting people's time, whether its students' or poTALON MARKS is a First Amendment publication.

Editorials express the views of the Executive Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publication's staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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

Facilities and academic supervision are provided by the Journalism Program. Newsroom offices are located in the Fine Arts Building, Room FA42.

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650

Telephone numbers: (562) 860-2451, ext. 2617 FAX (562) 467-5044

Vol. 55 © 2011 Talon Marks

Spring 2011 STAFF

Editor-in-Chief Rebeca Vega

Online Editor Victor Diaz

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•EDITORIAL• You're at school, not the bar

LIKE, I DON'T GET IT, MAN. I GO TO L OF MY CLASSES, I CAN'T REMEMBER BUT water the water when when a Man Hand And Kan Kan An An \Box

ILLUSTRATED BY JIMMY EDWARDS-TURNER/TM

Download your studies or hit the books

This isn't high school anymore. College students have more freedom and, as such, need to be more responsible with that freedom.

Many of us might remember smoking a joint or pounding a tall can before first period just to get through the mandatory drudgery of class.

If you didn't get inebriated, then you knew plenty of kids that were.

It's a sad fact, but it seems that juvenile delinquency has carried over to the college campus, as well. It is probably no secret, but com-

munity college students, including Cerritos students, are intoxicating themselves.

What sense does it make to get drunk or high on campus, right before class?

Maybe your excuse is that a little weed would do wonders for the mind if you're trying to understand what the hell is going on in philosophy class, and that some alcohol might make raising your hand less intimidating.

when you can't even remember what you learned or did?

waste of valuable time, we have yet to see it.

days, and it's getting harder and harder for people to pursue higher education.

to CSUs and UCs are evidence of that.

Be grateful that you're one of the

lucky few to attend college. The opening you take by enrolling in college courses could go to so

many other potential students. Don't squander your opportu-

nity for short-term thrills. Maybe if you had a job and weren't living with your mom, you could be spending more time burning up your favorite herb.

If you have peers that you know are spending more time getting stoned and buzzed than studying and passing tests, then take it upon yourself to intervene.

There could be more to a person's casual substance use than just cheap sensations.

As the rising generation and the leaders of tomorrow, we believe we're invincible and maybe too "hip" to fall prey to addiction.

Look out for your fellow schoolmates.

We not only have a responsibility to ourselves, but also to each other.

If students are caught smoking pot or drinking a beer at school, the campus police won't show leniency.

Those students will have to deal with the legal consequences, which will likely hinder their pursuit of higher education.

So everyone ends up losing.

If you're someone that likes to get "sick-faded" or "sloppy-drunk" on campus and you're reading this, congratulations; you made it to the end of the article.

Now quit being a baby and show some common sense.



"How do you feel about students that get intoxicated on



COMPILED BY: Philip Okoli **PHOTOGRAPHS BY:** Јімму Воттом



KRISTEBEL REYES child development major "I think college students could drink because it relieves stress. Also they can focus more after drinking."



SHAWN O'BRIEN psychology/sociology major "I think that students should be more focused on their classes and their grades."



Stephanie Cobian Staff Writer stephanie.cobian@talonmarks.com

Claudia Gonzalez Staff Writer claudia.gonzalez@talonmarks.com

Still, what good will it do you If there is a more disrespectful

Space is limited at colleges these The strict transfer requirements

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Digital transformation of media is a means of progress to be embraced

It seems that these days everything revolves around the Internet: music, movies, and even books.

From the Amazon Kindle to the Barnes and Noble Nook, e-readers are becoming more popular and with the many benefits that come with e-books. Why wouldn't they?

E-books can make the life of a busy student a lot easier. Instead of having to drive to the store and physically having to buy books, ebooks can be purchased instantaneously, and since the Internet never closes, they are available 24/7.

Imagine going to the bookstore and not being able to find what you're looking for. Either it doesn't have what you're looking for or it ran out. Regardless, e-books don't run out of stock, and are always a few clicks away.

For those who have books stacked on desks, shelves, or even on the floor, e-books can help clear up some of that space since they are stored electronically. No more having to worry about dusty books or lack of space.

Your whole library would be able to travel with you. From long road trips to simply waiting in line at the bank, you would have a number of titles available whenever and wherever you are.

Aside from the convenience factor, the environment also benefits from e-books. According to Epublishers Weekly, e-books save more trees, the need to fill up landfills with books and they even have an impact on the shipping process: There isn't one. Gallons of gas don't have to be used to deliver e-books across the country or even the world. That is a really big deal coming from such a small concept.

The content of the reading material is not changed just because it is online. It is all the same. There are even many classics available, such as "Pride and Prejudice" and "Romeo and Juliet."

E-books are convenient and easier to access. They can make the life of a busy college student run a little more smoothly.

Traditional means of consuming media do not need to be updated if they are still relevant to us

Students primarily purchase their textbooks from college campus stores. After they are finished with the books, they generally trade them in to receive credit from the campus store for the next semester's textbooks.

This has been the tradition for many years, but a new threat has risen: the e-Book, which is a text-and-imagebased publication in digital form and readable on computers or other digital devices.

Students are now faced with the choice of old traditional textbooks or the new digital books.

You may ask, "Which is better?"

A textbook is portable; it can be taken anywhere and read at any time.

For example, if you are on a subway or a bus it can effortlessly be used. Since a textbook is not electronic you never have to worry about the battery running low.

If you misplace a textbook you don't have to worry about it getting stolen most of the time.

There are no technical issues with textbooks. They are simple to use and hassle-free. You can write notes and highlight important sections right on the pages and not worry about viruses or other technical problems that can erase your work.

If you drop an e-Book it can freeze up and get damaged, but a textbook won't.

With textbooks there are no distractions. If you sit down and read the text there is no temptation of opening an Internet tab and signing on to Facebook.

So which is the better choice? The textbook of course, its reliable ways can make the hectic life of a college student go a little more smoothly.

SANDRA CERVANTES psychology major "There's a whole lifetime to do drugs. You can get drunk or get high after you graduate; after you get into your profession."



Priyanka Patei psychology major "Doing drugs as a student is really ridiculous. You should be busy doing other stuff rather than drinking and smoking."



CATARINA MADRUGA psychology major "It's probably not the best way to study, but if they can party and study then they can do whatever makes them happy."



JUAN PINEDA undeclared major "If they are going to do drugs, they should do it outside of school because this is a place of learning."

Did one of us write something that ground your gears? Do you want to congratulate us on the great job we're doing? Whatever the case may be, we would love to hear from you, our readers. Send a LETTER to the EDITOR. We accept electronic mail at editor@talonmarks.com and boring regular mail at our office in FA-42. If you want your letter or e-mail to be printed, you must proudly sign it with your real name. Letters in poor taste will not be printed. This means we don't want any hate speech or conspiracy theories (unless they're hilarious). We only edit your letters for length to print them, but they appear in full online. If the subject of your letter is campus-related, then it will be given priority.

OPINION - 5

Wednesday, Feb. 16, 2011 • www.talonmarks.com

The Many Faces Of Love



"What's the deal with fancily dressed students?"

COMPILED BY: Stephanie Cobian PHOTOGRAPHS BY: BRANDON RODRIGUEZ



PATRICIA ESQUIVEL graphic design major "I think it looks uncomfortable, but if they want to wear it then it is up to them."



ROMAN OCHOA psychology major "I love it, I love it. I wish more girls would do it."



Victor Diaz Online Editor online@talonmarks.com

Even if it had the most remote significance in earlier times, the concept of Valentine's Day has become absolutely moronic.

It seems as though Valentine's Day only serves two purposes now: for big businesses to make a quick buck and for those without a significant other to feel worse about their predicament.

Sure, you could very well say this about any other holiday, but which one emphasizes it as much as Valentine's Day?

You never hear that people dislike celebrating Easter because they can't look for eggs (although that is not the real meaning of the holiday), or not being able to celebrate Independence Day because fireworks are too expensive. So what makes Valen-

tine's Day the exception?

Valentine's Day, along with those who celebrate it, focus on one concept: love. But as we all know, love, nowadays, is subjective.

thing in the air on that day that makes couples think that the world is their hotel room.

It is understandable that these couples have the right to do this, but have they ever stopped to think about how the others feel?

It's like winning the lottery and shoving the winning ticket in the eyes of a broke college student.

In fact, it has been clinically proven that V-Day results in a spike of depression.

According to a study by the Canadian Mental Health Association, one in 10 young adults experienced depression and other feelings of emotional insecurity on this day

For these people, there is no "getting over it."

Valentine's Day is simply a holiday for the "haves" to show-off what they have at the expense of the "havenots

It's almost as if these

If you want to celebrate

people intentionally make

it so others see this day as,

this holiday and give in to its

ridiculous commercialism,

so be it, but please do it in

you and remember, not ev-

eryone has what you have.

You wouldn't want someone

to be eating a bacon cheese-

burger in front of you while

you've gone days without

food, would you? Of course

Consider those around

moderation.

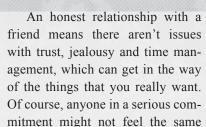
"Singles' Awareness Day."

Staff Writer

eral.

Imagine a relationship where you can do all the things you would while single. As an individual you want to have your own space, but at the same time you may want to enjoy the company of someone to express yourself sexually with.

Friends with benefits are just what you think they are: intimate overs who are also companions, route for those who do not want to



way. However, this is an alternative something more for the other, but the pain isn't as great as a break-up from a long-term relationship.

Your self-esteem rises as the sex between you and your friend escalates, but be sure to talk about boundaries you wouldn't want to cross with each other.

If things start to grow within the

your dog Scruffy a bone. If having a valentine is that big a deal, get one. Don't want one? Don't bash the holiday.

Still don't know what to do? How about we all spread the love.



Martin Reyes

martin.reyes@talonmarks.com

you can be in on this an-

You don't need a valen-

tine to celebrate and get gifts

because not everyone has a

Secret Santa on Christmas, but

I'm pretty sure most would get

just because you don't have

her you love her even if she gets on your nerves, or buy

Nana some flowers and throw

Don't limit your celebration

Go hug your sister and tell

some sort of gift regardless.

baby boy or a baby girl.

nual "love fest."

Staff Writer

people

Valentine's day, as

we all know, is a special

day for all the love bugs out

think of getting wives,

girlfriends, or any

significant others,

special things to show their love

and affection like

flowers, chocolate,

special outings, or

What people

may seem to

even proposals.

forget is that Valentine's

Day isn't just about cou-

ples in love anymore.

It's about love in gen-

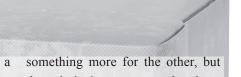
Whether it's mommy or dad-

dy, husband or wife, or even your

kids, as long as you love someone

Generally,

there.



To some, love is being able to spend the rest of their lives with someone they truly care about. To others, it's just a cheap word to justify bumping uglies.

Sadly, the latter has become the major meaning in our society, and Valentine's Day has not helped to solve this problem.

On Feb. 14, couples decide to parade outside, and abuse a little something known as personal displays of affection, otherwise known as PDA.

It's like there's somenot



and they can benefit you in ways that you would never get to experience in a regular relationship.

Instead, this is a relationship that celebrates the feelings two friends can have for each other, without the extra commitment that titles them as boyfriends or girlfriends.

Friends with benefits provide great opportunities to explore yourself sexually, mentally and spiritually.

Firstly, you don't have to be in a serious relationship where you're emotionally obligated to each other and secondly, you can continue being socially active within your own life.

Most importantly, there is nothing to fight about when you have an are possibilities of being hurt by open relationship with your friend.

feel like they have to take an oath to someone. Love for a friend comes from the qualities you have learned about them and the attraction that boils between you two can stir up chemistry that could lead to amazing sex.

An important factor in the concept is maintaining a tangible friendship outside of the sexual interconnection.

No one wants to deal with emotional hurt when having sex with a friend, if the sex is great and you two can talk about anything, then why would you want to have a relationship with anyone else?

This is where the complications can start with an FWB. There your friend when one starts to feel relationship between you and your friend, the best way to approach it is complete acknowledgement of what the outcomes may be.

By communicating with one another when things start to change, you can prevent parting on badterms

However, the ultimate reward of a trustworthy friend by your side to openly connect with is the satisfaction of pleasuring one another.

You're not risking STDs or the chance of giving yourself to someone you are not comfortable with. Believe it or not, an open relationship grants the most gratifying of times that are just as cherishable as being in a closed commitment.

Shauna Pounce undeclared major "I like to do it sometimes. I don't see anything wrong with it, because I do it."



Iulie Garcia nursing major "It is so uncomfortable, I don't know how they do it."



'Drawn' exhibit explores matter



STEVEN QUINTANA/TM Geometric: Sahari De Luna, culinary arts student, admires the art pieces. John O'Brien said that he and Steve Roden used a collage of samples of art.



JIMMY BOTTOM Staff Writer jimmy.bottom@talonmarks.com

"Drawn Into a Dialogue", an exhibit that has no attributions for its works, by John O'Brien and Steve Roden, is on display through March 10 at the Fine Arts Building.

"Steve and I wanted to be upfront about the fact that this is a collaboration," O'Brien said.

Roden stated, "When we first visited the campus at Cerritos, and the art gallery in particular, we were both excited and struck by the 50's/60's geometric modernist designs of the buildings."

The exhibit is a compilation of works with a centralized theme on minerals.

They also have a relationship to time, space and matter.

O'Brien explains, "A crystalline structure, when looked at microscopically, is incredibly geometric, but when you get to what it looks like in the world, it's incredibly bulbous, prickly, and it doesn't look geometric at all."

Using the Fine Arts Building as an example, he goes into detail. "[We] started out entirely orderly, but, see after time, it starts to get

banged up.

"The fading of the colors, someone grafittied on it, it got washed up, for us are forms of erosion that entered this structure, as well.

"If you consider this big giant a building to be a crystal, well, then the erosion is what happens inside the crystal as time goes on; it starts to break down a bit."

Not only were the art pieces done by both O'Brien and Roden, but a sculpture placed outside in the middle of the courtyard was, as well.

The "Sound Pavilion", as O'Brien called it, was a collaborated work between the two. It is a feature that represents the Fine Arts Building as the Cerritos campus continues to get revamped.

Those who look at "Drawn into a Dialogue" will see its similar patterns in pieces on the walls of the art gallery.

In particular, Roden made a musical composition based on the color scheme of the walls, giving the feature a track of its own, highlighting the Fine Arts Building's color.

Its creation, however, did not play a major role in the rest

of "Drawn Into a Dialogue," as Roden states.

"I don't believe so. At least, not in the case of the drawings I chose – but the installation, obviously, with the linear metal elements, also responded to the facade that the sound pavilion also responded to."

As for unity in designing the exhibit, Roden said, "There weren't any problems at all. In fact, there wasn't even a guiding principle until we got into the space with a lot of different work and intuitively started to put things together."



www.talonmarks2.com/ slideshows/drawninto



Former teacher



AASTHA DHAKAL Staff Writer aastha.dhakal@talonmarks.com

"Judging is an honor and I take is seriously."

Retired art professor, Joe Girtner, said, regarding how he feels about being a judge at the Hillcrest Festival of Fine Arts.

On Feb. 25 through 27, the Hillcrest Congregational Church will be hosting its 51st Annual Festival of Fine Arts, where Girtner is being called to be a judge in the festival.

In every year of the festival, he enjoys coming forward and seeing new things that are being created.

"Joe is really a good teacher, with lots of enthusiasm, and has great talent. He really made wonderful duck decoys, which were really amazing. He is really being missed in the school," Steven Portigal, chairman of the Art Department, said.

From 1968 to 1998 at Cerritos College, he taught jewelry, ceramics, sculpture, crafts, drawing, 2-D and 3-D design, printmaking and art for elementary teachers.

He taught jewelry, ceramics and sculpture in his final 18 to 20 years here.

"Art, to me, is a personal, creative expression through the process use of ideas resulting in a tangible object. Of course, many things need to come together to create a meaningful piece of art," Girtner said.

Since retiring, he has continued to make jewelry, wood carvings, art-concept knives, duck decoys, carving knives and tools. He is also learning to play the banjo.

Steven Quintana/tm

In Memoriam: The "Sound Pavillion." The piece detaches, making it retrievable before the scheduled demoliton of the Fine Arts Building. **Ambiguous:** Marcia Moguel, undecided major, looking at a piece from "Drawn into a Dialogue." O'Brien and Roden kept the artwork unframed and without titles or bylines in favor of emphasizing the exhibit as a collaboration.

"I feel that it is a must to study art with qualified instruction," Girtner said.



Spelunking: Father (Roxburgh) and son (Wakefield) bond in the film "Sanctum." The film was released on Feb. 4.

'Sanctum' surprises, despite its faults

Movie Review

Sanctum Starring: Richard Roxburgh Director: Alister Grierson Rating: ★ ★ ↓

GONZO SAUCEDO Social Media Editor socialmedia@talonmarks.com

"Sanctum" is an epic journey of a movie, swirling with thrilling sequences, and otherwise weak content.

The film centers on a group of rich and adventurous underground cave explorers, delving into the proverbial holy grail of caves, the colossal South Pacific Esa-ala Caves.

Once an unexpected storm rolls through the region, the caves quickly flood, forcing the team

deep into the caves, its escape path cut off by boulders.

At this point, the team's only hopes of escape lay in the slim chance of finding an unknown route leading to the ocean, as the treacherous caves pick off team members, one by one.

At its core, "Sanctum" is two different movies: a beautiful, unrelenting thriller, and a lame B-grade horror movie.

It is chock-full of ultra-cheesy dialogue, due in large part to poor acting— the kind you'd expect in a cheap SyFy channel production.

The only convincing character in "Sanctum" is Frank (played by Richard Roxburgh), hard-nosed expert diver, and the father of teenager Josh (Rhys Wakefield).

Roxburgh does an admirable job playing the part, burdened with trying to save everyone during this disaster, while attempting to be a good father to his son.

Other actors' performances are pe

very visibly forced, and could be done without.

On the other hand, the film's story and its environments are so awesome that they adequately compensate for those faults.

"Sanctum's" setting is truly grand, and, correspondingly, is visually stunning.

The film's 3-D is very well shot, and provides a wealth of visual depth, rather than ruining director Alister Grierson's admirable work.

As a result, "Sanctum's" action is equally as immersive, enveloping the audience in every horrifying mishap that occurs throughout our characters' journey.

The movie actually manages to make you care about the horrible things happening to these people, even though the bulk of the characters are, in no way, interesting.

Despite "Sanctum's" conflicting duality, its plot is engaging and enjoyable, and it's a movie worth experiencing. Producer pays Cerritos a visit

TITO BENAVIDES Staff Writer tito.benavides@talonmarks.com

The Film Department welcomed Kevin Commins, writer and producer from the film industry, to lecture on the simple do's and don'ts in this complicated career path.

Commins began his career as an actor, but also worked for a talent agent proofreading scripts. He honed his craft by becoming a story editor, and eventually wrote a script.

With film credits that include "UFO Hunters," "Cybermutt," and "The Santa Suit," Commins now enjoys steady work writing scripts for The Hallmark Channel.

The lecture consisted of viewing clips of his many films and breaking down the structure of script writing. Commins' candor attempted to demystify the business and its -isms that students should prepare to deal with in screenwriting's challenging field.

"The one thing that would irritate the hell out of me when I was accepting solicitations as a development executive was people who would tell me their life story on their cover letter. I don't care about that," Commins said.

Commins adds, "Be professional. This is a business. These people are buying scripts to produce and make money; that's really what it's about. It's art, yes, but it's art that has a financial basis, other-

 Outstanding Worthy effort So-so A bomb 	New review		Local critic	Chicago Ter	Los Angel-	Miami He	Philadelph:	Minneapori-	Seattle Time
Black Swan		R	-	\star	6	\star	\star	\star	\star
The Company Men		R	-	▼		▼		▼	\star
The Fighter		PG 13	-	\star		*	*	\star	
The King's Speech		R	-	\star	*	*	*	*	*
The Mechanic		R	-	1		V	V		V
The Rite		PG 13	-	$\mathbf{\nabla}$				6	
The Roommate		PG 13	-		6		6		
Sanctum		R	-	V		V	V		1

Courtesy of MCT

Top movie choices and music downloads of the week.

wise nobody would be doing it."

Alex Aguayo, film major, felt inspired by the frankness of Commins' lecture. "He installed a sense of realism in everybody in that room. He told us how he would have stocks of hundreds of scripts that are overlooked and he showed us how not to make our scripts one of those."

Steven Hirohama, professor of the Film Department, scheduled this lecture for his class because he believes Commins has plenty of valuable information his students can take with them to be better prepared for their chosen careers.

"In my production classes, doing projects begins with writing as it does in the storyboarding/graphic novel illustration class I also teach.

"When you think about how I teach the editing class, I focus on telling a story. Kevin made it clear to the students that if they want to write scripts, they need to read scripts and not just watch movies."

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60	Week ending Feb. 15, 2011	JU	
		fille	
#1 Album	Top tracks () Last week's ranking in top	nve	
	United States		
	Born This Way • Lady GaGa		1
MEMORY & ACCS	Never Say Never · Justin Bieber		2
Sigh No More	Firework · Katy Perry	(2)	3
Sigh No More Mumford & Sons	<i>S&M</i> • Rihanna		4
	What the Hell · Avril Lavigne		Ę
	United Kingdom		1
	Born This Way • Lady GaGa	(4)	-
ADELE 21-	Price Tag • Jessie J	(1)	4
21	Rolling In the Deep · Adele Grenade · Bruno Mars	(3)	4
Adele		(2)	
	Eyes Wide Shut · JLS		
PABLO	Spain		
	Born This Way . Lady GaGa		1
	Lead the Way · Carlos Jean		2
	Tonight (I'm Lovin' You) · Enrique Iglesias	(1)	3
Pablo Alboran Pablo Alboran	The Time Is Now • Virginia Labuat		4
Tablo Alboran	Mr. Saxobeat • Alexandra Stan		Ę

"Behind the scenes, he is a sensitive kid who deeply wants to improve and do the right things. He has matured immensly, but still has room to grow on and off the court."

- Falcons head basketball coach Russ May



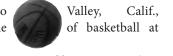
Keith got game: Freshman guard Keith Wiltz plays with a ball during practice. Wiltz is in his first season as a Falcon after missing the majority of the season at Riverside Community College

Freshman guard's rise to the top

ANTHONY HODGE Staff Write anthony.hodge@talonmarks.com

No matter how hard life is, or how many obstacles there are to overcome, for Cerritos College men's basketball freshman guard Keith Wiltz, basketball has always been there.

Growing up in Moreno Wiltz discovered the game the age of three.



[former NBA play-"I really liked watching er] Allen Iverson when I was little because I'm small, and he is really small," Wiltz said. "He just gave me the drive to feel like I can do it."

games and missed the rest of the season.

According to Falcons head basketball coach Russ May, he was given a medical redshirt making him eligible as a freshman this season.

"I was kind of discouraged. I was like, 'Is this the end of my basketball career?"

Wiltz said that he put off basketball and, for a moment, gave up on his dreams.

"I got into other things that resulted in negative consequences, and I just realized that basketball was what God gave me," he said.

Another chance at greatness

Last year, Wiltz enrolled at Cerritos College, where

times peopl e don't see that about him because he is so vocal and has a tendency to get under people's skin.

Behind the scenes, he is a sensitive kid who deeply wants to improve and do the right things.

He has matured immensly, but still has room to grow on and off the court."

After a subpar season, Wiltz is looking forward to next season and May acknowledges the fact that the guard continues to work hard.

"He is an intense player who competes hard everyday. He hates to lose.

This year he has had to do more than what we would like because he can score and create his own shot."

Looking to the future

Students use sports as an outlet from life



So many people from rough backgrounds use sports as an outlet as opposed to other options, such as arts.

Frustration and unhappiness flows through everyone's veins once in a while, but, for some, it is more common.

People grow up in many different environments, with different situations, around negative people and that puts them in bad situations.

With all of the tough times going around, people get distracted by the challenges that are brought to them while the rest of their world is crumbling before them.

That can bring many different ideas to a person's mind; it's just a matter of how they react to it.

There are many people who have come from negative surroundings and have made it big.

Just because life is hard, it doesn't mean there isn't any hope.

But, then there are those who do not have the talent it takes to write a book, or create a song, but they have speed, strength, and the motivation that it takes it takes to be a great athlete.

Perhaps that is why more people move toward athletics as opposed to arts, because anyone can play in sports as long as that person has the willpower.

You can create the strength that you need to be an athlete.

By joining a sports team, a person has guidance that comes from the coach, and encouragement to continue and do better that comes from other teammates.

They create their own little family as a team, giving them someone to talk to and depend on.

A positive surrounding pushes them to do better and increases not only their physical strength, but their mental strength, as well.

Creating a 👧 name for himself

Wiltz attended John W. North High School in Riverside, where he became a three-time All-CIF player and earned All-Ivy League honors for three consecutive seasons.

Despite these accomplishments, there was one moment that stands out the most for him.

"It was summer league. I scored 52 points on Rubidoux High School, and I made 13 three-point shots," he said.

"I made three people fall down (after a crossover).

The game was so intense that the crowd had cameras filming me play.

It was like all eyes were on me," Wiltz added.

After graduating high school in 2008, Wiltz attended Riverside Community College.

Upon making the school's team, Wiltz suffered a knee injury after playing a few May gave him an opportunity to become a Falcon.

May says Wiltz's competitiveness was one of the reasons that he was picked for the team.

"He has a passion for basketball, is very competitive and is skilled. He is a very good shooter."

Freshman guard Darren McQueen, a cousin of Wiltz, said, "He's a good player, on the court and off the court. He is a cool guy to hang out with."

"If our heads are down, he keeps our heads up," Mc-Queen said. "He makes practice fun."

Kyle Hall, freshman forward, said that Wiltz is the top energizer on the team.

"His energy is contagious, so it makes me play better," Hall said.

During the duration of a game or practice, Wiltz stays on his teammates to make sure that they stay motivated.

"He'll get on you, but it's a good thing. It's not like he's pointing you out or anything," Hall said.

May added, "Keith can be abrasive at times because of his competitive nature, but this year his fire and enthusiasm have been important for our young players to see his passion for hoops."

the best." Russ says he and Wiltz have maintained a good relationship throughout the season.

"He often calls me after games to ask for a critique of his play and what he can do better to help the team. Many

As for the future, Wiltz, a physical education major, is hoping to transfer to the University of Southern California to continue his basketball dreams.

"My biggest supporter is my family, and USC is right in L.A.," Wiltz said.

"They'll be able to come to all of the home games, at least, and [USC] gets a

Wiltz Mobile doesn't work out, he News will use his physical

> Scan to view a slideshow of Keith Wiltz at practice



slideshows/kwiltz

They do better in school and have a better outlook when going home.

School is, by far, the best way to improve life, because the education you receive can get you far.

Sports can help get their athletes through that because of the scholarships they offer.

Scholarships are the most common way to improve someone's life because they provide free schooling at universities and encourage athletes to continue doing well, and they give them hope.

Frustration isn't the only thing that gets to people, anger is also a factor; with anger comes violence.

Violence would probably be my main focus, because sports play a big role in preventing violence.

To be an athlete it requires body movement that helps relieve stress, and distracts people from the reason they were angry in the first place.

That way, violence is prevented, and that gives that person time to calm down and the reason for being mad in the first place then becomes unimportant.

Gabayeron and McCarthy get set to lead the Falcons this season

Stephanie Romero Co-Sports Editor sports2@talonmarks.com

Returning swimmers PJ Gabayeron and Pat McCarthy received All-American honors in individual races last season. Gabayeron and Mccarthy posted a time of 3:13.76 in the 400-yard freestyle relay, which landed them in 15th place in the state championships and gave them the 16th fastest time in the country.

Gabayeron earned honors in the 200-yard Individual Medley (IM), 100-yard breaststroke and 200-yard breaststroke, and also swam a leg of the 400-yard freestyle relay, 400-yard medley relay and 800-yard freestyle relay.

"I like to compete with the swimmers. I wanted to break the junior college record and I did it," Gabayeron stated.

"Being named Swimmer of the Meet at the state championships last season, it was great to see how hard I've worked."

He also had the second fastest time in the country, while his time in the 100-yard breaststroke was the sixth fastest. While winning the 200-yard IM, he set a new school record with a time of 1:52.33.

"The competition was all right. I expected it to get better as the time approached," he said.

McCarthy was also one of the swimmers that made it to the 16th fastest time in history, landing in 15th place in the 400-yard freestyle relay.

"Pi is talented in breaststroke and he is good at all other strokes, also," men's swim head coach Joe Abing said.

McCarthy was second in the team at the All-South Coast Conference.

"My motivation for state was on how good I actually was," McCarthy said.

In the first meet against Palomar, McCarthy clocked in at 23.48, which was good for 19th in the 50-yard freestyle and came in 33rd place in the 50-yard breaststroke with a time of 32.51.

"I didn't do well, but I really wasn't sure if I was going to swim this season, and just before the Palomar meet, I began training, but I'm getting my strength back slowly," Mccarthy said.

McCarthy feels that Gabayeron is a big motivation for his performance.

"I'm excited PJ is back. He is a motivation to me and he is faster and has showed me how talented he is," he said.

A back injury was the reason for him being slower at his first meet.

"I had a muscle spasm in my back and haven't been able to swim for five days," McCarthy said.



Finding PJ: Sophomore swimmer PJ Gabayeron swims in practice in anticipation for the team's next meet. Gabayeron has won three state championships.

education degree and become both a teacher and a coach. "I also want to own my own business. I have a clothing line in

mind," Wiltz added. "I'm just striving and working hard to be

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lot of TV exposure." However, said that if basketball 8 - SPORTS Wednesday, Feb. 16, 2011 • www.talonmarks.com



It's outta here: Outfielder Matauaina I'aulualo hits a home run in the Falcons 17-0 route of Pasadena City College. The win helps Cerritos snap a three-game losing skid.

Softball thrashes Pasadena College, 17-0

STEPHANIE COBIAN Staff Writer stephanie.cobian@talonmarks.com

The Cerritos College softball team finally got a win against Pasadena College after three consecutive losses.

On Tuesday, they shut out the Lancers with a score of 17-0 and ended the game after only five innings.

"Well, I felt like they did a good job at staying in the game, especially when the game was out of control. They stayed working hard and did their job," head coach Kodee Murray said.

The Falcons started off the bottom of the first inning with a walk for lead off hitter and center fielder Natalie Garcia.

A pop-out to right field by catcher Jessica Roper and a wild pitch by the Lancers' starting pitcher resulted in the Falcons gaining two more runs to end the inning with a 4-0 lead.

"We did well. We came and we battled and we got after it; after we started scoring runs, we just kept going and going," Quintana said. Starting pitcher Jessica Lozano

struck out her first two hitters in the second inning.

"Overall, we came out better, compared to last game. I think we just wanted it a little bit more," Lozano said.

Left fielder Courtney Priddle and right fielder Matauaina I'aulualo's home runs in the bottom of the second inning elevated the team's attitude and its score.

"For every game, we learn from our mistakes and we try and bring it to the next game, and try to redeem ourselves," Flores said. To end the fourth inning, catcher Jaqueline Flores and designated hitter Gabriela Villareal hit two more home runs against the Lancers' third pitcher and ended the game with Cerritos College on top, 17-0.

"I think we've been continually getting better as we have gone through our season; we've played a lot of top teams and we're young and learning a lot of things and I think we've played hard," Murray said.



Students should be coaches



Colleges should start a studentcoach program for aspiring coaches so students who are interested could get hands-on coaching experience.

This could help coaches to take care of assignments that they are too busy to do, such as running drills or filing papers.

This program would be an athletic class.

First-year students would take a lecture class on each sport to not only know every sport, but to help those who are confused as to which sport the individual would be interested in.

This would also give each student a chance to learn each rule of the game.

Students who take continuation class would be able to be an assistant coach for whatever sport they desire to coach.

This program could include doing some type of internships or being an assistant coach for whatever position is available.

The first-year course would be a three-unit course and would be a prerequisite class to move on to the next course.

The continuation course would also be a three-unit course and could be taken a maximum of two semesters.

NEXT MEET

BRANDON RODRIGUEZ Staff Writer brandon.rodriguez@talonmarks.com

Track and field takes over at Mount San Antonio College All-Comers Meet

News

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The Cerritos College track and field men's and women's team will host the Cerritos Invitational on Friday and Saturday.

The team is coming off two straight all-comers meets, one that it hosted and a second hosted by Mount San Antonio College.

One runner who claims to not have done his best the last meet is freshman Aaron Koeppe.

"It was intense," Koeppe said.

The school will now face somewhat different competition, having competed in meets that let anyone compete.

This may mean the competition was not training, nor competing like those who were on their respective school's track and field teams

Twenty-eight teams will be competing at this invitational, which, last year, the men took first place in for the 3200 meter relay, and falcon Cyntrail Pierce took first in the 100 meter for the women.

Although the team has lost some key athletes this year, such as Torion Bailey from the men's team and Cyntrail Pierce from the women's side, the team and coaching staff still look to improve from last year, say many of the members of the team.

The meet will start at 9 a.m. at Falcon Stadium both Friday and Saturday.

Last season, the men's side had one athlete finish in first place twice.

BRANDON RODRIGUEZ Staff Writer ndon rodriguez@talonmarks.com

brandon.rodriguez@talonmarks.com

Almost a week after the men and women of the Cerritos College track and field team hosted an all-comers meet, they took part in another one Friday at Mount San Antonio College.

One member of the team who did not participate in either meet, but was present for both, is injured sophomore from the men's team Daniel King.

"Cerritos almost won every event. I couldn't run because I was injured," he said.

King took second place for the 800-meter-dash in the state championships last season and looks to improve this season.

He also said that one in every three competitors at Mt. San Antonio were from Cerritos College.

With the new members of the team having used these meets as tools to see what the upcoming season will hold for each of them, they also looked to find what events they feel strongest doing.

In his first year on the men's Cer- vitational and

ritos College track and field team, sophomore Jorge Villareal set a personal record in the long jump, while also placing in third in hurdles.

"I am doing the decathlon, so, that is 10 events, and the events I did on Friday will be a part of the events that are in the decathlon," Villareal said at a recent practice.

Also at the practice, was Aaron Koeppe, who took third place in the 800-meter-dash Friday at Mt. San Antonio College.

"Everyone looked pretty good. We are still a little fuzzy, but we are getting there," Koeppe said on the team's overall performance in the last two meets.

King and a few other competitors from the team said coaches of the team believe the athletes need to step up before their invitational, which is on Feb. 18 and 19, but they all have high expectations for the invitational and the overall season.

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