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CERRITOS COLLEGE

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Students discuss U.S. Founding Fathers

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Cerritos College student volunteers gave out prizes to those who answered general knowledge history questions about the United States Constitution on National Constitution Day on Monday at Falcon Square.

International Student Association President Nino Jose Flores, along with other student volunteers, ran a booth that gave students an opportunity to win a prize.

Other student volunteers handed out pamphlets containing information about the U.S. Constitution.

In order to win a prize, a student participant had to take a short multiple-choice test about the U.S. Constitution.

Participants who answered 75 percent of the questions correctly were eligible to spin a wheel and win a prize.

Possible prizes that participants were eligible to win included pens, pencils, coffee mugs, stickers, and Cerritos College USB flash drives.

Flores expected a bigger turnout at the booth this year compared to last year's Constitution Day.

"We have more prizes than last year, so hopefully we get a bigger turnout," he said.

Undecided major Desiree Rodriguez was the first participant to receive a perfect score on the test.

The student volunteers who ran the booth gave her the opportunity to choose the prize that she desired without having to spin the wheel because of her perfect score.

She chose a Cerritos College USB flash drive.

"I feel pretty good. It makes me feel accomplished," Rodriguez said.

Biology major Rodrigo Guzman also received a perfect score on the test.

He was also allowed to choose the prize that he desired and, just like Rodriguez, chose a Cerritos College USB flash drive.

"I needed a USB flash drive. I lost all my other ones," Guzman said about his prize.

According to economics major

Dania Hernandez, Constitution Day at Cerritos College was more than just a day to give out prizes.

"It is a day to inform the students about what our founders did for our country," she said.

The reasons some students chose to participate varied.

"I get to show off my knowledge of the Constitution," Rodriguez said.

"(It's a) great way to test your knowledge," Guzman said.

The reasons for the student volunteers who ran the booth also varied.

"I think it is a great cause," Hernandez said.

"(I'm) trying to educate others about the constitution," Flores said.

The students that ran the booth, as well as those who participated to win a prize expressed a sense of patriotism for the U.S. on this historic day.

"It makes me feel better about our foundation," said Rodriguez.

"(It's) a way to celebrate how our country was founded," said Guzman.

"I feel a sense of pride," said Flores.

The booth was scheduled to run from 11 a.m. to 12:30 p.m.

All of the Cerritos College USB flash drives on hand were given away to winning participants.



Wheel of Fathers: ASCC President Lance Makinano along with booth volunteers watch as the wheel stops at its designated prize. Students received prizes for answering questions regarding Constitution Day.

Mobile News

Scan to view a video of
Constitution Day



<http://bit.ly/OCmjni>

2013 Hall of Fame nominations now available

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Following what was known as Cerritos College's first Hall of Fame this spring, nominations for the 2013 Hall of Fame awards are now being accepted until Nov. 16 and should be submitted to the Cerritos College Hall of Fame website.

Categories in which the Hall of Fame nominees are chosen are as follows:

- Distinguished Male Athlete
- Distinguished Female Athlete
- Distinguished Coach/Administrator
- Distinguished Team State Champion
- Distinguished Alumnus
- Distinguished Classified/Confidential
- Distinguished Faculty
- Distinguished Corporate Partner
- Distinguished President's Award of Excellence

The President's Award of Excellence is a new award that will be given at the Hall of Fame Awards ceremony.

In Cerritos College President Dr. Linda Lacy's weekly message to the faculty, she said that the award "will be presented to an individual in recognition of his/her outstanding generosity through service, leadership, volunteerism or commitment to the college."

Administrative Assistant Cheryl Thury said, "We had a good pool (of honorees) last year so we're hoping to grow upon that."

According to the Cerritos College Hall of Fame website, the induction process is all done by the Cerritos College Hall of Fame Subcommittees.

The chairmen for these subcommittees include:

- Sports Information Publicist John Van Gaston for the Distinguished Athletics Awards
- Public and Governmental Relations Director Mark Wallace for the Distinguished Alumnus Award
- Staff Development Assistant Debbie Thomas for the Distinguished Classified/Confidential Award
- Faculty Senate President Bob Chester for the Distinguished Faculty Award
- Foundation and Community Advancement Executive Director Steve Richardson

The subcommittees meet several times throughout the fall and spring semesters.

They narrow down the choices of recipients by thoroughly reviewing each candidate and then picking no more than five candidates for each category.

Once the candidates for each category are selected, the Cerritos College Hall of Fame Steering Committee selects the final recipient to receive each award.

In spring 2012, the recipients included former Cerritos College football player and NFL hall of famer Ron Yary for Distinguished Male Athlete, retired Cerritos College philosophy professor Dr. Edward Bloomfield for Distinguished Faculty, and Cerritos College financial contributor GST Inc. for Distinguished Corporate Partner.

The master of ceremonies for the event last year

See Nominations on Page 2

Health Services brings back Pound by Pound

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All students can receive help and tips for healthy living from the Cerritos College Health Services as it started up its Pound by Pound Program again at the beginning of September.

The program has been active since the fall 2010 semester, with a few changes being made to it since then with the purpose of getting more people engaged.

"Before, registered students had to attend all classes, the nutrition and the exercise, Student Health Services registered dietitian Hazel Ng said.

The purpose of the Pound by Pound Program is to help people on campus who want to lose weight and want to start living healthy lives.

Dance your way to healthy

The addition of Zumba classes to the program every Monday, Wednesday and Friday at 5:30 p.m.

has registered dietitian Ng. very busy.

"Starting last semester, we started a Zumba class instead of a regular fitness boot camp.

Zumba is really popular and we find that people really enjoy it. Also it is a good aerobic type of exercise, cardio exercise and at the same time doing some muscle toning. So it's a good combination of workouts."

Fitting your routine

Individual Dietitian Consultations are also free; they are specifically designed for every individual.

Graphic design major Monica Jerez is excited about this benefit.

"It is a great opportunity for us students because you know sometimes we don't have a healthy diet. So it's a great shift, for us to keep up with our diet and our weight," she said.

In order for students to take advantage of this benefit, they must be currently enrolled.

Ng encourages anybody who has any of the following problems to participate with Pound by Pound

program:

- You have Diabetes, cardiovascular problems or high blood pressure.
- You are thinking of having or have had gastric bypass surgery.
- You have digestive problems.
- You're pregnant or trying to get pregnant.
- You need guidance and confidence for breast-feeding your baby.
- You have issues with food and eating healthy.
- You're caring for an aging relative.
- You want to improve your performance in sport.

All the services provided by the Pound by Pound program outside of school can cost you lots of money, like Pound Melters which charges \$95 a month.

At Cerritos College, it's free of charge for students, staff and faculty members.

According to Ng, if you are trying to solve any problems associated with your health or losing weight,

See Health on Page 2

Culinary Arts is featured on PBS Special



Fire in the kitchen: Culinary Arts instructor Michael Pierini teaches students how to properly saute in a commercial kitchen. Pierini, who was interviewed by "American Health Journal" promoted healthy eating for today's society.

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The Cerritos College Culinary Arts program has gone "Hollywood," it was recently featured on PBS' award winning show "American Health Journal."

The show has been dedicated to educating the public on health care issues since 1988.

The program is also scheduled to be featured on LA 18 here in Los Angeles for its choice in promoting healthy cooking and food diets.

Cerritos College chef instructor Michael Pierini, who has been teaching at Cerritos College for 18 years, sat down with the American Health Journal to talk about today's food trends and health concerns. "We decided to pursue the project to address today's society with obesity and health issues," Pierini said.

"With television chefs on Food Network like Paula Deen and Rachel Ray promoting using lots of fats and salt, it's our responsibility to promote somewhat of a healthy eating."

The student salary free program which focus in teaching incoming students everything, from proper knife skills to meat and poultry fabrication, also focus much of its time into learning from the program's very own Cafe.

The Cafe, where students rotate every week through various stations such as, line cooking, salads, breads, and more.

Students also learn many more aspects of a restaurant's atmosphere by using the Cafe's point of sale sys-

tem and even creating their own menus.

"Although foods with lots of fats do tend to taste better, we're trying to teach our students to think about their customers and always try to buy fresh produce opposed to canned or processed foods," Ernest Lu instructor of the Culinary Arts program said.

The program has actually taken part of going "green" themselves, by using locally purchased produce as well as economically friendly products.

"I think its great! As the instructional lab technician, I do a lot of ordering for the program whether it's food or paper goods I am very much for that and going green," said the program's Instructional Lab Technician Amanda Aiton.

The program, which showcases healthy driven plates every week, from salads to sandwiches, somehow keeps getting upstaged by other high-fat content plates.

"We have tried promoting health conscious foods, but it seems more like the kiss of death since students and faculty will not buy them," Pierini shared.

"They want to come to reward themselves with high fat content foods after whether they went on a walk or simply because they're eating out."

"I loved the fact that the chefs here took the time to teach us how to cater to our customers," alumni of the program and hospitality major student Debra Andres said.

You can view the Culinary Arts program's feature episode on American Health Journal at the Cerritos College Culinary Arts official web page.

Nominations: 2013 Hall of Fame applications are available

Continued from Page 1:

was Richardson who said that due to large crowd of people that attended last year's Hall of Fame ceremony, the ceremony will change venues with the expectation of an equally large crowd.

Richardson said, "This year we are anticipating probably 400 people in attendance and so to do that we have to find another venue.

"We are just going to try to duplicate the wonderful evening everybody had last year."

He added, "Whether a Hall of Fame event is successful or not really depends on who you're honoring.

"We can set up nice rooms and nice dinners but it really depends on the honorees and what type of attraction there is to those names when they're disclosed."

The 2013 Hall of Fame induction ceremony will take place on March 7, 2013 at the Double Tree Hotel by Hilton in Norwalk, Calif. with dinner provided by the Cerritos College Culinary Arts Department.

Last year, the Cerritos College Culinary Art students provided dinner and several students from the Cerritos College Music Department provided music and sang as the guests had dinner.

Health: Pound by Pound is available to all current students

Continued from Page 1:

working out is not the only thing to do.

"You can't really lose weight by doing part of it, you also need to eat right and eat healthy.

"That's why we have twice a month nutrition talk series that last 45 minutes long where healthy eating is promoted," Ng said.

In addition to the exercise and the eating tips, the Student Health Services dietitians Ng and Mary Jean have been pairing up with the Culinary Arts Department by putting a pound by pound logo on the healthy choices available at Culinary Arts during lunch in the Student Center.

Not only the Culinary Arts Department works along with pound by pound, Ng said the Book Store now has a lot more healthy choices.

"They have fresh fruits, sandwiches and salads," she said.

This program has been active for five semesters consecutively, and it will continue as long as the means are available and participation is active.

For more information on the program, contact Student Health Services at (562) 860-2451, Ext. 2321.

Disabled students encouraged to join Mentoring Day

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Windy Herman, computer art major and disabled student, encourages fellow Cerritos College students with disabilities to attend Mentoring Day on Oct. 17 at the Los Angeles City Hall.

Mentoring Day is an event specifically designed for students with any type of disability.

Attendees will receive a mentor for the day and meet with job seekers who offer employment opportunities to these students so that they too could have a way of facilitated employment just like those without a disability.

October being National Disability Awareness Month, Disabled Students and Programs and Services Counselor Aurora Segura said that both teachers and students should note that this seminar is crucial to all disabled students, not only at Cerritos College, but at all of the

nearby colleges as well.

Herman said, "I think it would be beneficial to all the students with disabilities to attend these events because it would help them out greatly and if they attend the seminars about disability awareness also, that's even better."

She suffers from a disease called Spina Bifida which causes a gap in the spinal cord, preventing the spinal column from fusing together, causing her to be in a wheelchair.

Segura said, "It is important that the students know they have this opportunity to open up doors for them in so many ways."

"I can pick up the students and drive them to the seminar myself, I just want the word to spread so that disabled students that are interested know they don't have to worry about transportation or parking issues," Segura added.

Rose Vasquez, program assistant at the Cerritos College Career Services Center, said, "Mentoring

Day is such a wonderful event for students to unite with others who they have so much in common with because I believe that you are more in sync with what is happening when you have someone or something you can relate to, in this case being a disability."

Vasquez also added that Cerritos College is not the only participant in this seminar and added that Puente Community College also participates in this event as well as other nearby colleges.

Herman said, "If they had more events like this, it would help us greatly because then we have even greater opportunities than before (these events)."

For more information on Mentoring Day or the Disabled Students Program and Services, contact Segura at 562-860-2451, Ext. 4641 or at asegura@cerritos.edu.

Lacy gives State of the College Address

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The decline of education in California and across the United States has become an even more critical issue as addressed by Dr. Linda Lacy in her State of the College Address at the City of Cerritos Chamber Meeting on Thursday.

Over the course of the past two years, the issue has gradually been exposed to the consciousness of the nation and gathering steam as a cause for distress.

Dr. Lacy, president and superintendent of Cerritos College, is one of the many people who is concerned with the quality of California's educational system.

"The United States is losing ground as far as being the world leader in educated society, that should alarm everybody. In California, we used to lead the nation in education and we are far down to the bottom now.

"It's time that citizens step up and say, 'If they want a quality life for themselves, their children and everyday in their community, we need an educated workforce.' We need to have educated citizens and the key to do that is to invest in people," she said.

Dr. Lacy, along with the Cerritos Community College District Board of Trustees, met with the Cerritos Chamber of Commerce for a yearly State of Higher Education luncheon.

At the luncheon, she delivered a

presentation speech on the academic issues currently affecting Cerritos College and the accomplishments that although have been achieved by the campus, can potentially be impaired if the issues at hand are not addressed.

As of today, Cerritos College has been instrumental in assisting the California Community College system in providing over 80 percent of the certifications in Law Enforcement, Public Safety and Paramedics; training over 70 percent of California nurses and transferring over 48 percent of UC Bachelor graduates holding a Science, Technology, Engineering and Math major.

More than 136 associate degrees and 75 certifications are also available at Cerritos College, spanning Liberal Arts, Behavioral Sciences, Business Administration, Child Development, Culinary Arts, Cosmetology and Pharmaceutical Training.

While these programs continue to be available on campus, they are currently at risk of facing deeper cuts due to a possible drastic drop in state financial support as it has been steadily declining.

"The fact that we are losing 17 percent of our budget in the last three years is a major issue. What's really happened since 2008 (is) we've lost 19,592 (class) seats because of lack of funding. (The state bureaucracy) continues to withdraw the revenue to the tune of 91 million dollars in 2008 to a possible 76 (million) if November fails," Dr. Lacy explained.

Graphic Design major Raul Montejano said in regard to the budget cuts, "How do they (schools) expect students to come to school if they keep raising their prices (on classes)?"

In regard to November, Dr. Lacy referred to the upcoming California ballot elections where Proposition 30 is going to be voted on.

If passed, the proposition would generate between 6.8 and 9 billion dollars in revenue from increased sales taxes, over the course of seven years. 11 percent of which would be invested into the California community college system.

"Well, we (Cerritos) hope that they (the members of Cerritos Chamber of Commerce) understand and would support the general state on the bond issue that's calling for Prop 30 and we would also hope that they would support our local measure G.

Measure G is also one of the recovery measures that Cerritos College is hoping will be approved in the upcoming electoral season.

"It is a facilities bond that will complete the facilities master plan that was adopted last year."

She continued, "If you invest in education, you are invested in the economy, you are investing in the rebound."

Prop 30 will go on the ballot on Nov. 6 of this year. Currently, it's backed by over 26 million dollars in collective contributions from supporters Governor, Jerry Brown and the California Federation of Teachers.

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“Why is it important for students to know what the constitution is about?”

COMPILED BY:
ALEXANDRA SCOVILLE
PHOTOGRAPHS BY: CARLOS MARISCAL

SPEECH
ZONE



DANIEL ORTEGA
Computer science major

“Without it, we wouldn’t know what rights we have, especially freedom of speech.”

CHRIS MALDON
Psychology major

“It allows you to know pretty much your history as well as your bylaws.”



LILLIAN LEYVA
Film major

“I believe it’s an important part in society today and people don’t see how important it really is.”



ALEC HERNANDEZ
Undecided major

“People should know it because it’s part of the United States.”



JUAN ARTEAGA
Chemistry major

“It’s our rights. We have to be able to protect ourselves if we get in trouble.”



AMBERROSE VALCHO
Animation major

“It’s what our founding fathers made and everybody should know what’s in it and everything.”



•EDITORIAL•



Students aren’t taking advantage of scholarships

ILLUSTRATED BY OSCAR RODRIGUEZ/TM CONTRIBUTOR

The economy is getting tough, especially when it comes to college, but if you are knowledgeable about scholarships available to students and take the time to look for them, it could make your time at school during these economic times a little easier.

There are so many things that students are doing with their lives like going to school, going to work, hanging out with friends, homework, other errands.

Instead, students should take the time to look into scholarship opportunities instead of complaining about the help and money not being there for them or not having enough money, they can do so by going to the College Foundation website.

If you feel as if you don’t have the time to fill out an application for a scholarship, you’re wrong.

It’s easy. Everyone is on the internet nowadays as it is and you can get most of the information needed on scholarships right from the Cerritos College Foundation website.

Of course with anything there is a process for applying for a scholarship. You shouldn’t let this discourage you.

We are at a time in life when most things are hard to get, you shouldn’t have a second thought about looking into scholarships that are available to eligible students.

Most students are not even aware that they can become eligible for a scholarship.

First, you need to fill out the General Scholarship Application available at the Cerritos College Foundation website.

Then a review will be conducted and you will get to see what scholarships you’re eligible for.

Now, of course, this may take some time but it’s worth it.

It’s a little extra money to help toward paying for books, classes and other things you see the need to pay for.

With so many scholarships available it shows that Cerritos College wants students to succeed.

There is no reason why the Cerritos College Foundation wouldn’t want students to receive scholarships.

Just by typing “scholarships” into the search bar on the Cerritos College website, you can find pages and pages of scholarship information.

And by going to the foundation website, you can find multiple scholarships including a General Scholarship, an Automotive Technology Scholarship, an Edison Green Jobs Technology Scholarship and an Osher Scholarship.

But that’s not it. There are so many more scholarships.

On a flyer printed by the Cerritos College Foundation there are 12 categories for students to look into to see if they are eligible.

It isn’t just for a certain major or a certain program. It’s both and more.

You can be a business major or health occupations major. You can be involved in community service or even be a first time Cerritos College student.

If you keep looking you can find a scholarship that works for you.

It’s all about just taking the time and looking online at the website or you can even add the Cerritos College Foundation on Facebook in order to stay updated on deadlines and tips on applications.

The deadline for the General Scholarship Application is on Friday.

Weak gun laws are not keeping us safe at school

TALON MARKS



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Having stricter gun laws at schools will give students, professors and faculty a safer placeto be in.

If you are carrying a gun at school or anywhere else, the intent of using it probably is to kill.

Many of us are in favor of stricter gun laws in schools. According to the Pew Research Center for the People the Press, 47 percent of people believe that gun control should be important while 46 percent of people think their gun rights should be protected.

Although not all states are the same since they all have their own regulations for firearm sales, it’s crazy to think that in some states you can purchase a gun without a permit or license. What is this world coming to?

Maybe banning guns from schools and having metal detectors

at every entrance would do the job. Sure it will cost money to add these detectors in our schools but wouldn’t your rather lose some change out of your pocket rather than to a loved one or two?

Allowing guns on school grounds will only make students more fearful of their fellow students and professors.

Some will argue that the second amendment protects the right of the people to bear arms, but then again, one must remember that a firearm is for self-defense only and the gun must be kept in a locked and safe place in the home and not at our schools.

Tragic situations happen to people all over the world, but unless the people take a stand and speak out to make a change for the better and to keep guns out of schools, change will never happen.

Women need to be aware of where they breast-feed

TALON MARKS



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There needs to be specific places on our campus designated for women to breast-feed rather than do it out in the open where people can feel uncomfortable.

People have been debating over rather breast-feeding in public is appropriate or if it is something that needs to be changed.

Some women choose to breast-feed and some decide not to do it. It is totally their right to breast-feed or not.

Some people get upset about it being done in public arguing that they don’t want to see a breast hanging out of a woman’s shirt.

People can argue all day about the topic, but it’s perfectly fine for women to breast-feed. Some people just don’t like seeing women breast-feed out in the open. People have that right to speak their opinions on breast-feeding in public.

Women who breast-feed should be more modest and distant with covering themselves while they are breast-feeding.

It is like a smoking area. A smoking area is specifically for the purpose of allowing people that feel the need to smoke the opportunity to do so in a place that is not offensive to others.

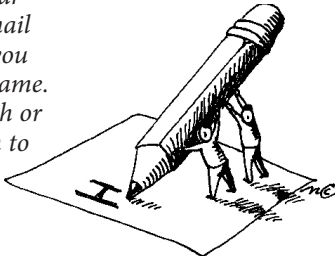
It is not like there is an epidemic of breast-feeding going on around campus, but if it is becoming an issue, that is the answer.

Breast-feeding in public should not be frowned upon, there just a way its supposed to be done.

Many states have laws protecting breast-feeding mothers, but breast-feeding in public is not illegal. Most countries are so accustomed to it but it seems like we as Americans are bothered by it.

It is one of those things that can be as big of an issue as people make it. If you breast-feed, be careful where you do it. If you happen to see it, chill out.

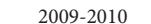
Did one of us write something that ground your gears? Do you want to congratulate us on the great job we’re doing? Whatever the case may be, we would love to hear from you, our readers. Send a **LETTER** to the **EDITOR**. We accept electronic mail at editor@talonmarks.com and boring regular mail at 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.

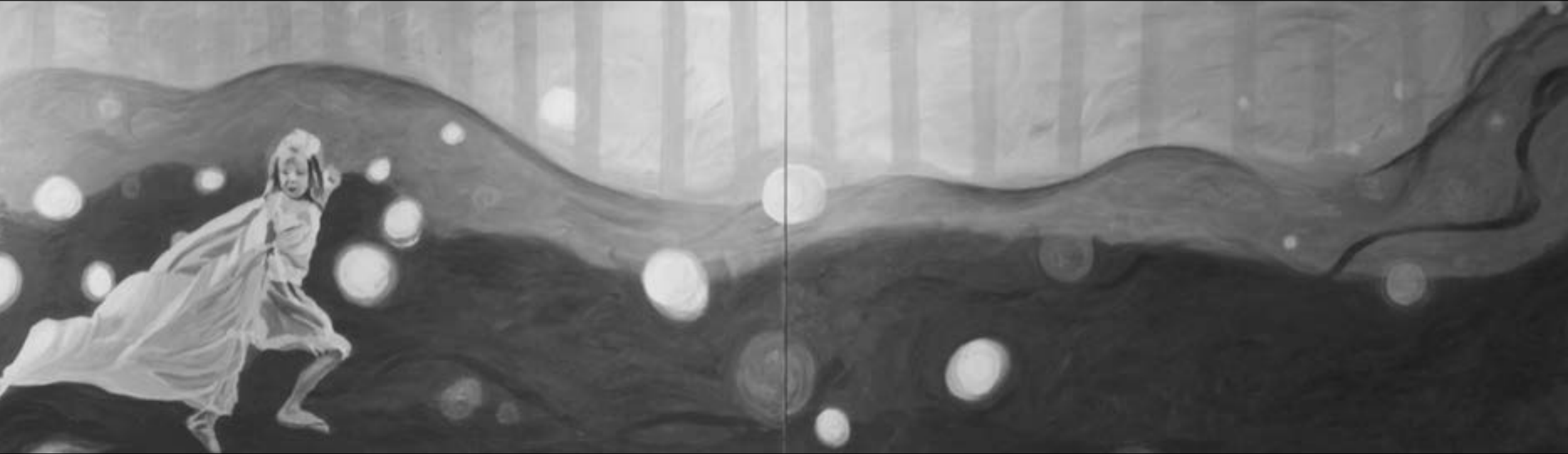


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By a dream: An acrylic painting created by Mee Jung Lee titled “Girl” at the Cerritos Student Art Show in Norwalk. Lee wanted to paint a fantasy of a little girl.

JOHN MORFIN/TM

Students group art show

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‘Cerritos Student Art Show’ located at Cultural Arts Center now through Oct. 5 in Norwalk, Calif.

Undecided major Erica Figueroa is a student from a group of artists from Cerritos College whose art is displayed at the Mary Paxon Gallery in Cultural Arts Center located in Norwalk, Calif.

“This is my first official gallery exhibition,” Figueroa said.

The group is part of the Cerritos College Art-

ists’ Society club that grouped together to make the art show.

Vice President of the Artists’ Society Nury Vargas said the artists worked hand-in-hand to gather all the work.

Artists’ Society Club President Gerardo Franco said he visited the Cultural Arts Center a lot and even had an art show as a kid.

“I kept in touched with the people who worked here and I asked them if they can let us have a show.

“I got a couple friends together and we put this show together,” Franco said.

He said that he and his group of friends planned the exhibition a year ago and are “very grateful” for it to happen.

The artist reception was held on Friday with many people coming to support the student art.

Music was provided by disc jockey business major Darwin Vargas.

Undeclared major Mee Jung Lee’s daughter Amy Lee came to the reception to take a look at the art, including her mother’s work.

“They’re very unique pieces, the styles are all very different,” Lee said about the student art pieces. She mentioned that she is proud that her mother’s work is on display.

“Just to be able to be in the space where everyone collaborated, all the artists, I think it’s a great effort. You can really get a sense of that,” Lee said.

Professor of music at Cerritos College Connie Mayfield commented on the Cerritos College Student Art Show. “I think it’s a phenomenal gallery. There are so many really wonderful works,” she said.

“Even more important I think it’s so cool that the students organized this. The initiative that the students have shown is really remarkable,” Mayfield continued.



A prayer: An oil painting created by Janet Figueroa titled “Silent Prayer” at the Cerritos College Student Art Show. This painting was not for sale.

JOHN MORFIN/TM



For the art show: A group of attendees sit and chat outside the art show while listening to the music being provided by disc jockey Darwin Vargas.

JOHN MORFIN/TM

JOHN MORFIN/TM

Playing music:
Disc jockey Darwin Vargan playing music for the attendees present at the “Cerritos Student Art Show.”



No more pain: A sculpture created by Jean Ngo titled “Sister Valkyrie.” The sculpture had a sales price of \$500.

JOHN MORFIN/TM



Part of life: Music performance major Frank Ceballos started playing banjo as a joke, but immediately connected with the instrument. He said the instrument was something that was missing from his life.

Banjo player takes the ‘funny’ out of playing

ROBERT BEAVER
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Music major Frank Ceballos goes to class to practice singing, play the piano, and the guitar, but when he goes home he picks up his banjo.

He strums the five-string instrument using a two-finger picking style known as “Clawhammer.”

Ceballos alternates between his middle finger and thumb as he strums, while his other hand forms various chord shapes. Together, his hands produce a twangy, melodic sound.

The unpredictable instrument

Originally, Ceballos bought his Epiphone MB 500 banjo thinking it would be a great joke to share with his music friends at Cerritos College.

He did not know that he would become a folk artist.

“It started off as a funny thing,” Ceballos said. “Everybody plays guitar and I just wanted to try something different.

“I thought it was going to be easy like guitar, but after some research, I found out that I was in over my head. It’s totally different than guitar. You can’t even compare the two,” he said.

As it turned out, Ceballos started playing his banjo more often than any of his five guitars, bass guitar, keyboard and eight harmonicas.

“Out of all my instruments, this one has the most character,” Ceballos said.

“After a while it wore into the way I played it. The neck is bent the way I like it and the

head is worn from my fingers. I modified it a few times as part of my self-expression.”

His banjo reads, “This train is bound for glory,” which is a quote he pulled from a book called “Bound for Glory,” written by folk icon Woody Guthrie.

Ceballos said that his banjo, with all of the modifications, has become an extension of his body and a significant part of his personality.

“It’s a piece that was always missing from my life,” Ceballos, who also plays to relieve stress, said.

“As soon I got it out of the box, put it together and played it, I realized this is something I’m going to have on me at all times. This is something that is going to be a big part of my life.

“The sound is what drew me to it in the first place. It’s loud and harsh sounding. It’s something you would recognize if you heard it,” he added.

Ceballos said it was hard at first, but he eventually “broke through” and got the hang of playing.

Playing a new kind of music

To date, he has been playing banjo for seven months.

He can now play various folk songs like “Worried Man Blues,” by an unknown artist, and “This Land is Your Land,” by Guthrie, who is one of Ceballos’ personal heroes.

In each song, Ceballos adds his own style.

“They’re songs that have been passed down long ago,” Ceballos said. “There’s so many ways to play them. When you learn the songs you develop your own way of playing them.”

Ceballos said his favorite place to play on campus is on the grassy hill near the Music Department Building.

He said it is a good place for people to hear and appreciate his music.

“You get to meet a lot of interesting people there,” Ceballos said, “But the staircase in the Social Science Building is also a good place to play. You get some pretty good sound there because it echoes all the way up the stairs.”

Remembering the beginning

Some of his friends can recall the day when Ceballos bought the banjo.

“I can remember before he could even pluck it,” Javier Segura, nursing major, said.

“I thought it was a pretty sick instrument. Nobody plays it so it was cool to see (Ceballos) take on the challenge. It was really ran-

dom.

“He got better and it was entertaining to hear him play. I can see him actually doing something with music.”

Ceballos was already a fluent musician when he first picked up the banjo. He started playing music seven years ago when found an old dusty guitar in his garage.

He got more serious with music as a senior in high school.

“It was then when I decided that all I wanted to do, was music.

“There are so many rules in life that you can’t deviate from. In music, if your creative enough, you can make your own rules. Music is second to breathing in my life and just above eating,” Ceballos said.

Ceballos has also performed live in various venues in the local area.



From a hero: Frank Ceballos’ banjo reads, “This train is bound for glory,” which he pulled from the book “Bound For Glory,” by Woody Guthrie, a folk icon and one of his heroes. Scan to view a slideshow of Ceballos playing the banjo.

‘Assassin’s Creed III’ to be one of the top video games

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“Assassin’s Creed III” will be the next video game coming out from Ubisoft this fall on the PlayStation 3 and Xbox 360 consoles, as well as for the PC.

“Assassin’s Creed III” will mark change in setting from the games that it preceded. This time Assassins Creed III will take place during the American revolutionary war in 1775.

In the past Assassin’s Creed games, you had to play in the crusades of the Renaissance Era.

The main protagonist from the previous games have you take control of either Altair or Ezio.

Like in previous games, you

get to see this through the eyes of Desmond Miles, a descendant of prominent assassins.

This time around, Desmond will play a bigger role in Assassin’s Creed III than the games that preceded it.

The new main protagonist in “Assassin’s Creed III” is named Connor, a half Native American and British man who is sworn to protect the 13 colonies from a powerful group that is threatening their freedom.

The game will have you playing in memorable landmarks like the battlefields of Lexington and Concord, the streets of Boston and New York, and the snow covered appalachian wilderness.

A new feature in Assassin’s Creed III will feature George Washington, Benjamin Franklin,

trol of a ship and its artillery, as well as board other ships as Connor.

Another feature that is new to the Assassin’s Creed is hunting, where your tasked to kill various forms of wildlife, the player will benefit based on how quickly and efficiently they hunt.

These new features will offer something fresh to the already fantastic game play that Assassin’s Creeds is known for.

New weapons in “Assassin’s Creed III” will be the tomahawk, hidden blade, bow and arrow, pistol, musket, rope dart, and the sawtooth sword. These new weapons will add more interesting ways of playing the game.

The supporting cast in Assassin’s Creed III will feature George Washington, Benjamin Franklin,

Charles Lee, and many other important figures during the American revolution.

The multi-player modes that are announced so far is Domination, where two teams of four players try to capture three different zones, and Wolf Pack, where you and four other people are tasked to take out enemies in a specific amount of time.

In the previous Assassin’s Creeds games, the multiplayer modes that were offered before are Wanted, Manhunt, Escort, Chest Capture, Deathmatch, Artifact Assault, Assassinate, Training Ground and Alliance.

“Assassin’s Creed III” will be released on Oct. 30 on the PlayStation 3, Xbox 360 and PC.

Mobile News



Scan to view the Assassin’s Creed III website



http://bit.ly/ySx02i

‘Resident Evil: Retribution’ is a full action packed film

Movie Review

Resident Evil: Retribution

Starring: Milla Jovovich
Director: Paul Anderson
Rating: ★ ★ ★ ★

ISRAEL ARZATE
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“Resident Evil: Retribution” is and will be the most action packed and exhilarating movie of the fall.

Don’t see this newest Resident Evil film if you have not seen the previous films.

It has has action, betrayal and loss but in reality, nothing is what it seems.

You may not fully understand what is going on.

It is one of the best movies out now.

The fifth installment of the Resident Evil is written, produced, and directed by Paul W.S. Anderson.

“Resident Evil: Retribution” is mind-blowing because people will see favorite and beloved characters in a way they never thought you would see them.

This movie has what any action movie fan would want, which is heavy artillery weapons, big sharp deadly knives, grenade launchers, and best of all an unstoppable evil company that wants to take over the world.

What more could you ask for?

The fact that iconic characters such as Claire Redfield and Chris Redfield will not return this is not such a major disappointment.

The main reason they are gone is because they need to make room for new characters and new plots.

This is a good idea because they can be sent away so they can later bring them back and they make more of a connection with the new upcoming plots and cast members for future films.

Fans will be excited when they do return and with their absence it will give people to more reason to watch this and other up and coming Resident Evil movie.

This movie, by far, tops the last four “Resident Evil” movies currently out on DVD and will remain No.1 for weeks to come.

It will be very enjoyable and very interesting to fans of the Resident Evil franchise from both the game and film because they get to see their favorite characters in new plots for the film.

This will make fans rethink if a character is still a favorite after watching the film.

The film is bringing in characters from the game such as Ada Wong, Leon S. Kennedy, etc., and giving them their own plot that differs from the game. This is very clever and well-thought.

The best actress of the night was Milla Jovovich.

Jovovich portrayal of Alice has gotten better since the first Resident Evil movie. There has never been a more dedicated actress a job than her.

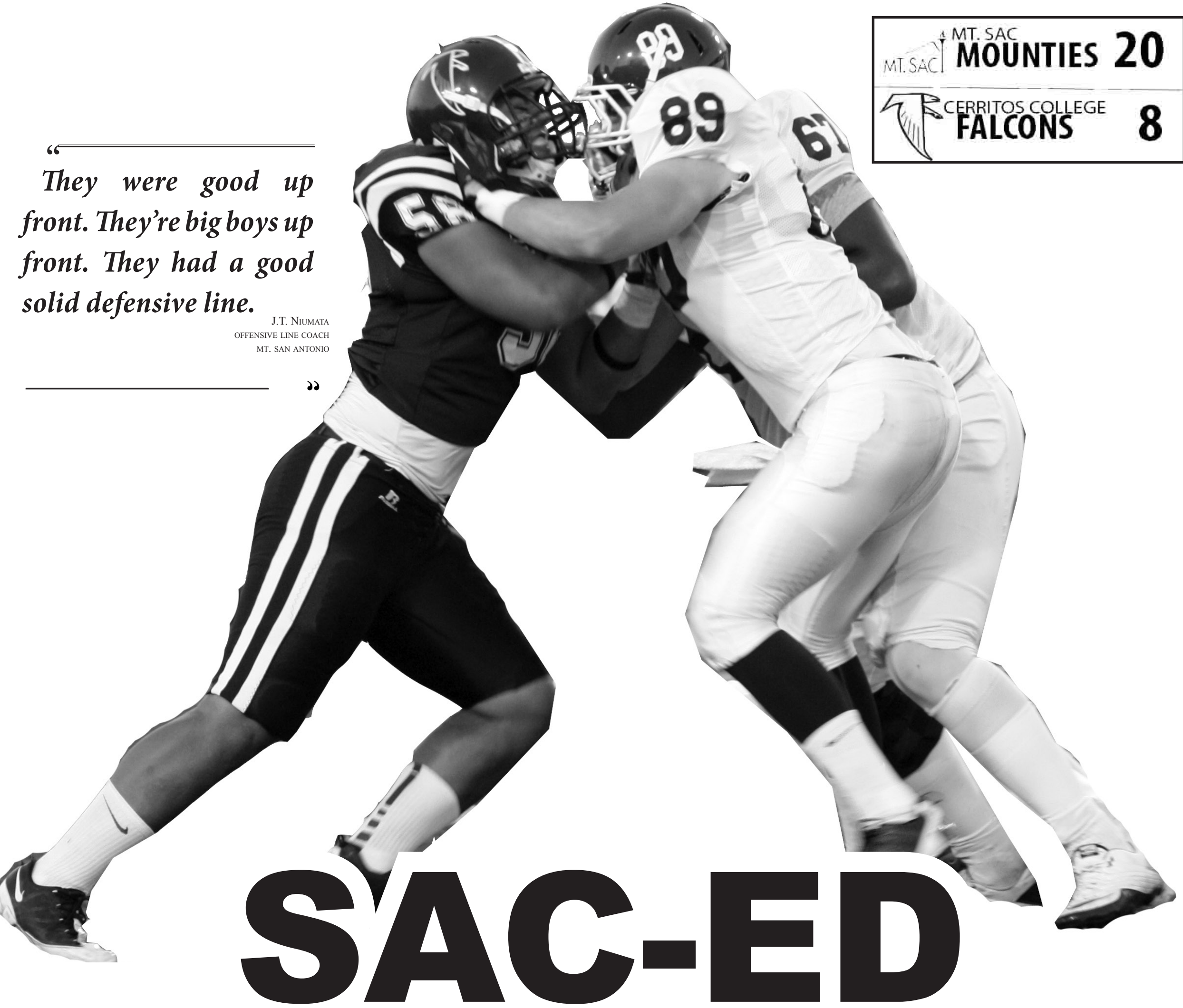
The worst acting came from actress Li BingBing as Wong.

Her acting did not fully give off that same vibe you get from the Wong character as you get in the games.

There’s nothing special in BingBing’s acting because she’s not getting into the action of the movie.

The money that is spent to watch the movie will be a great profit for action fans.

This movie gets two thumbs up.



“
They were good up front. They’re big boys up front. They had a good solid defensive line.
”

J.T. NIUMATA
OFFENSIVE LINE COACH
MT. SAN ANTONIO

SAC-ED

Falcons shot down by Mounties

RAUL SAMANIEGO
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A heavily-penalized contest ensued on Saturday at Falcon Stadium, with the No. 1 team in the nation. The Mount San Antonio Mounties came away with a 20-8 victory over the Cerritos College Falcons.

There were 340 total yards in infractions between both teams on Saturday night.

Falcons quarterback Morgan Fennell, recorded 13-of-33 completions for 180 yards and a TD with 1 interception.

After the game, Fennell commented that, “It wasn’t the defense of Mt. SAC; it was a total team effort.”

Mt. SAC’s defense held the Falcons overall offense to just 204 yards.

The biggest gains for the Falcons were the numerous penalties against the Mounties which helped moved the ball all night for the Cerritos College offensive unit.

After the game, Falcons head coach Frank Mazzotta shared his thoughts on the contest.

“My God, that’s pathetic on both sides, it’s a (expletive deleted) game when you have that (expletive deleted) going on,” Mazzotta said.

Mazzotta had to reflect back nearly 30 years to when he recalled a similar game, “Had that one time back in the 80’s with Fullerton and we were both playing in the championship at the end of the year. We had 36 penalties in the game, how do you play a championship game with that many penalties?”

Offensive line coach J.T. Niumata of Mt. SAC said of the Cerritos College defensive unit, “They were good up front. They’re big boys up front. They had a good solid defensive line.”

At one point, Cerritos College held the line after Mt. SAC pulled its field goal unit off the field and opting to go for it on 4th and 1 near the Falcon goal line.

Coach Niumata of Mt. SAC said, “I don’t know how I feel, it’s the game [and] I let the coach (Mt. SAC Head Coach Robert Jastrab) make the call, my job is to make sure we do what he says.”

Niumata said that he has never seen that many penalties in his life.

Mazzotta said, “Our defense played well again. They’re (the Mounties) not stupid. They’re up two touchdowns, that’s not a bad call (going for it), we (the Falcons) still have 98 yards to go and we’re not moving the ball, why not (go for it)?”

Mt. SAC amassed 484 yards total offense, but the Falcon defense did sack Mounties’ quarterback Nick Montana five times on the night.

Cerritos College sophomore linebacker Chass Glaspie led the Falcons with 12 tackles.

Teammate, sophomore Theodore Chambers added 4 tackles, as well as an assist on another.

Chambers commented about the Cerritos College defensive hold of Mt. SAC near the goal line, “Yeah, I got some of that; I had to hop up in there.”

About the penalties, Chambers added, “I’ve never seen so many penalties; especially with the interception I had. They [officials] called it back.”

With two weeks off before their next contest against Pasadena City College, he replied that he was going to, “Train, train.”

“All you got to do is work hard, work hard as a team

and come back against Pasadena,” Chambers added.

Montana spoke about his team’s effort, saying, “It was good, I thought we missed some opportunities with all the penalties, but I liked what we were doing offensively, we kept moving the ball.”

Concerning his teams’ high ranking in both the state and national polls, Montana continued to speak positively, saying “You gotta love it. Right now we gotta keep coming out every week...it doesn’t mean anything, we still have a lot of games ahead of us.”

Montana also discussed the possibility of the Mounties facing the Falcons again this season. “There’s a very good chance, they’re a great team, so, you never know.”

The Falcons have a bye this week before traveling up the 110 Freeway to play at Pasadena City College on Sept. 29 at 6 p.m.

Visit www.cerritosfalcons.com for full schedule.

Brown pledges to sign with Brigham Young



LAUREN GANDARA
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Known to the Cerritos College football team as a “physical force on the defensive line” last season, defensive end Ma’atua “Ma’a” Brown begins this season trying to impress his future coaches at Brigham Young University.

Brown pledged to sign with BYU for the 2013 football season after being recruited during the 2011 season.

Unlike most college football

players, Brown has only played for about 5 years.

He didn’t begin playing football until his sophomore year at Paramount High School.

Brown said that he has always loved football, but his mom Salamasina Brown was unaware of his interest in playing.

“He never showed me any interest in wanting to play. He was just like the quiet kid that didn’t want to associate with anybody or get into activities like this [football]. It was kind of like a shocker to me.” she said.

During Brown’s first year of playing football, he went straight to playing varsity as the offensive tackle where he received Sophomore Athlete of the Year.

The following year, as a junior he received Junior Athlete of the Year. He also contributed to his team’s CIF Championship win that year.

Brown’s brother Michael said “Since he began playing, I haven’t seen anybody match up his skill. There hasn’t been anybody who overpowered my brother or can go head up and take him down.

“My brother can be very nice,

he can be your best friend, [and] he can be anything you want him to be when you’re off the field. But when he puts his pads on, his helmet on, he’s a whole different person.”

After high school, Brown decided to attend Cerritos College to get more experience on the field and was also undecided about his major.

According to the Cerritos Falcons website, in his first year playing for Cerritos College, Brown recorded 29 tackles overall with 12 solo tackles, as well as eight quarterback

See Brown Page 7

LAUREN GANDARA/TM
Brown: Ma’atua Brown performs drills at practice. Brown will join Brigham Young University for the 2013 season.

Brigham Young accepts lineman Ma'atua Brown

BROWN: Continued from page 6
hurries and a season-high four tackles against Allan Hancock College.

This season, he practices aside his cousin defensive tackle Ima Polamalu who recently transferred from the University of Utah.

Polamalu said, "Ma'a is the heart and soul of the defensive line so he does his thing out there."

"He's 'the guy,' everybody counts on him. When I came in here from the University of Utah, that's one thing I noticed about Ma'a is that everybody looks up to him."

Other university choices for Brown to transfer to included Oregon State and the University of Washington.

Washington recruited Brown; however, religion played a big part in his decision to go to BYU.

"I like how every Sunday each classroom is like a church service. Right now I'm working on trying to become stronger and get back into the church," Brown said.

Being Mormon, he would like to stay a strong church member and he feels that BYU would be the best environment to do that

According to Deseret News, BYU said that they expect Brown to "contribute immediately."

Brown said that he is nervous and can't really put into words the feelings he has after hearing what is expected of him.

Brown said that as of right now he feels that he isn't ready to transfer and play for BYU. He feels that there is room to improve and there are still things that the Cerritos College coaches can teach him.

"Every week I'm still learning and I still have a lot to learn."

Comparing to how he did last season, he said that he'll work

harder, get in better shape and train harder this season.

Brown said that while having a love for the sport, his other inspiration to do well in football is to make his parents proud.

"My main goal is to make them happy and proud that I'm doing good in school and football."

Salamasina said that she is very proud, supports Brown, and wants to see him succeed in the sport.

With six siblings, Brown said that he works as hard as he does on the field so that his family won't have to struggle financially.

"I come out here and I play for them, because I see that it's hard and don't want my parents struggling."

"They're the main reason why I do this because I don't like the way they struggle so I'm to trying to get them out (of a tough situation) and take care of my family."

Brown said he wants to study Kinesiology and his future goal after college includes playing for his favorite team, the Dallas Cowboys.

His current role model in the game is offensive linebacker Marcus Ware. He is impressed by his skills but said he has a long way to go before he reaches that level.

Brown said that if he doesn't make it to the NFL, he would like to become a football coach.

According to Michael, Brown already coaches his siblings that are in football and uses the technique and skills he has been given and taught so that they can be just as skilled.

"My brother goes home every day and he watches his little brothers play and tells them what to do and how to do (it) so when they come here (Cerritos College) to watch him, they see it and they learn from it."



ROBERT BEAVER/TM

Cross Country: Cross Country's Jesus Morales runs down the finishing chute during the overflow race at the Orange Coast So Cal Preview Meet in Costa Mesa on Saturday. Morales, a mechanical engineering major, finished the race in 23 minutes, 10 seconds.

Kahssay leads cross country into Bay Area

ROBERT BEAVER

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The Cerritos College Cross Country team is looking to make a statement against the defending state champion American River College on Thursday, at the Lou Vasquez Invitational in San Francisco.

Assistant coach, Daniel Ozan, said that the

upcoming meet is a priority race since it gives the team a chance to face the State Champions on its own turf. He added that the last meet was more of a workout, rather than a race, so he expects the team to give a stronger effort in San Francisco.

Cerritos faired well against the champions this past week at the Orange Coast So Cal Preview with top runner Munir Kahssay finishing first, while four American River athletes filled consecutive spots behind him.

"We hope to get after the state champs," Ozan continued, "about 60 to 70 percent of our team set new personal records. It's going to give (the team) the confidence to take on the big dogs."

"Our team is deep this year," Ozan added. "It's exciting to see people improve. It gives them the confidence to take on the big dogs."

"We are finding good success by focusing on the races that count," Ozan said. "The men's team looks really good so we want to get after the (state champs)."

Woes continue for Volleyball team, as it loses in the OC

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The Cerritos College volleyball team lost a tough road game against a highly-ranked Fullerton College squad on Sept. 12 in the Hornets' home gym, 3-1.

The outcome was very much in doubt with the Cerritos College volleyball team remaining competitive to the bitter end.

Freshman server Stephanie Ortiz of Huntington Park placed the ball in bounds on six consecutive serves, allowing the Cerritos College volleyball team defensive and offensive plays to materialize during the opening run.

South Coast Conference leading hitter Susan Suski, kept the pace with three scoring hits of her own.

"I was nervous at first, but I just had to relax and play my game," Edwards said after the game about returning to her former teams' home gym.

After dropping the first match, 25-21, both teams see-sawed back and forth until they were tied at 21-21.

During an exciting play, sophomore server Gloria Chang, hit a

crucial ace to keep the momentum going for the Falcons.

At the start of the final run to the win, Ortiz matched Garrett's effort herself, with another set of kills to move the Cerritos College team within two points of the victory 23-21.

With the Cerritos College's next serve, the Fullerton College were unable to mount a scoring drive by hitting the ball into the net.

With the game now evenly set at one win apiece, the third match was no different than the first two.

Both teams once again went back and forth with the score knotted seven times including near the end, 21-21.

Cerritos College finally succumbed 25-22 on a fine defensive Fullerton College middle block of an attempted strike at center court.

With the Fullerton College volleyball team leading the game two sets to one, Cerritos College team's challenge lay before them.

In the final set, the Cerritos College would surrender a valiant effort 25-19, completing the four-set win for Fullerton College.

Nine players contributed with at least a kill each including six from

sophomore Johanna "Jade" Peralta, hitting from the left side.

Edwards and Suski contributed with 11 kills apiece.

Suski contributed a team-high 17 digs in addition to her offensive output, showing no fear of anything hit in her direction.

Freshman left-side player Ashley Castro was busy digging 15 want-to-be kills herself, keeping Cerritos College scoring opportunities alive.

In addition to her serving efforts, Ortiz also contributed 13 digs for the stingy the Cerritos College defense.

After the game, Head Coach Eddie Rapp of Fullerton College said of the Falcon effort, "They've got some good players over there. They are well coached."

The volleyball team will travel south on Saturday to compete in the San Diego City tournament.

A complete game summary will be posted on www.talonmarks.com following the game.

For a complete schedule visit www.cerritosfalcons.com.

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Constitutional rights

Everyone has them, but are they always a good thing?



Con

“Anything that is over 200 years old, it is in need of restoration.”

TALON MARKS



Patrick Dolly
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The United States Constitution is outdated and is in dire need of a makeover. It should be re-written to more closely reflect the direction that we are going in as a country, the problems that we face, and the governmental concerns that exist today.

Like anything that is over 200 years old, it is need of some serious restoration.

For example, there were not political parties when the Constitution was written so it makes one wonder if there would have been any significant changes in the Constitution had political parties been in existence?

A rewrite to the Constitution may be the answer to some of the problems that we face in our country.

English major David Hernandez says that he doesn't remember what the Constitution is about.

“It has something to do with history and the laws of our country but I honestly don't remember exactly what it was about,” he said.

At a time in our country when saying that the Constitution needs to be re-written can, and more than likely will be viewed as a lack of patriotism, the leaders of our country need to consider some drastic measures toward change because that type of thinking is exactly why we are in such despair as a nation.

Article 2, section 1 of the Constitution speaks about power being vested in a president of the United States of America and refers to the president as “he.”

Does this mean that we can never have a female president? Simple things like that are things that can't hurt to be re-written.

The thought of a female president was not even a part of the conversation at that time, but it is very much so part of the conversation in today's society.

People often say things like “that's unconstitutional” or “that's my constitutional right” but do we as Americans really know what our constitutional rights are?

Not simply referring to the things that we can retain from what we learned in high school, but do you actually know your constitutional rights?

If people are accused, arrested, and tried regarding a crime, they often say “innocent until proven guilty” and even the guilty quote the presumption of innocence as a constitutional right.

However, the constitution does not speak as to the presumption of innocence so how can it be a constitutional right?

Similarly, we often hear the phrase “It is my constitutional right to have my case heard by a jury of my peers.”

The Constitution does say that a trail be heard by a jury and the 6th amendment clarifies that to say an impartial jury but it does not say “a jury of my peers” anywhere in the Constitution.

Sure, there will be those that consider it “unconstitutional” to speak about the Constitution in anything but a positive light.

People will argue, debating that by saying that the Constitution needs to be re-written is unpatriotic.

To those people, the only thing that needs to be said is “freedom of expression” and guess what, that is in Constitution.

Pro “Thank those gray-haired men and that 225-year-old document you think you are too busy to read.”

TALON MARKS



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People need to pay more attention to the U.S Constitution, it has become a thing of the past.

Sure, pretty much everyone had to read it in high school, but who actually remembers what it said?

Our generation has it easy. The people before us had to fight for the liberties that have been handed to us.

We take that for granted; they have always been there so we pay no attention to our inalienable rights.

Because of that, it is a lot easier for the government, or whoever, to take advantage of us.

If you don't know your rights, then it is easy for someone to come along and deny you of them. You can't fight for something you didn't know you had.

The Constitution is slowly becoming a historic thing instead of a historical document.

Meaning people look at it as thing of the past, not something that was one of the most important documents that had ever been written.

Yes, on Monday, the Constitution turned 225-years-old, and a bunch of gray-haired men wrote it,

but that doesn't change the fact that without it your life would be drastically different.

Do you like the fact that you have the option to go to school to become whatever you want?

How about going to whatever church you please?

Even better yet, do you like the fact that you have the option to write anything you want to inform people on, or that other people can write about things regardless of what the government thinks so you can be a more informed person?

If the answer to any of those questions is yes, then thank those gray-haired men and that 225 year-old document you think you are too busy to read.

Granted, it's not the easiest thing to read and it isn't as entertaining as “50 Shades of Gray” but the

Declaration of Independence and the Bill of Rights are hands down some of the most important things you could ever read.

It isn't just about reading the Constitution but understanding it as well.

Skimming through it and not knowing what you are reading does no good for you.

With all of the crazy things going on, it is becoming more and more important for you as a citizen to know and understand your rights.

So take the time, download it on your nook, Google it, or find a good old fashioned book version, it doesn't matter how you do it, just sit down and read the Constitution. It's almost guaranteed that you will be happy that you took the time to do it.