

# TALON MARKS

CERRITOS COLLEGE

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JOHN MORFIN/TM

**'Breaking' news:** The Student Activities office entrance was damaged during a break-in that occurred over the weekend. Plywood was used to board-up the broken windows and caution signs and tape were placed on and around the affected areas.

## Vandalism and thefts leave parts of campus destroyed

JOHN MORFIN  
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Cerritos College begins the recovery process after being burglarized and vandalized by unknown individuals over the weekend.

Cerritos College faculty members discovered broken glass and missing property at multiple campus locations.

Two campus locations were vandalized and one location was burglarized.

The Student Activities Center located adjacent to the bookstore was broken into and vandalized.

After the vandal(s) gained entry into the Student Activities Center, the

vandal(s) broke into an office belonging to Robert Chester, coordinator of Student Judicial Affairs.

According to Media Relations Coordinator Aya Abelon, nothing was stolen from the Student Activities Center.

The game room was also vandalized. The vandal(s) gained entry by breaking through a glass door located in front of BK 111/112.

Some windows of the game room were also broken.

The Math Success Center was also burglarized. The burglar(s) gained entry by breaking through a door located outside the Learning Resource Center Building.

After the burglar(s) gained entry to the Math Success Center, they broke into

LC 173, a computer lab containing Mac desktop computers.

The burglar(s) targeted the Mac desktop computers located in the LC 173 computer lab since they completely ignored the multitude of PC desktop computers found all over the Math Success Center.

According to Leonard Webb, computer science major, and student of LC 173, eight Mac desktop computers were stolen.

"Not all the computers were taken, but it is unfair for those students who used to sit there."

Webb goes on to say, "It's kind of disappointing. The class is going to be impeded by this."

Students who sat where the computers were located must now share computers

with classmates until school officials obtain replacements.

According to Cerritos College Police Chief Richard Bukowiecki, the vandalism and burglary are two different incidents.

"The vandalism and theft are unrelated," said Bukowiecki.

Bukowiecki estimates that the vandalism happened sometime Sunday between 11 a.m. and 2 p.m. and that the theft took place sometime during the weekend.

He also estimates that \$15,000 in school property was stolen and \$2,000 in property damage was created.

Since the vandalism and burglary are ongoing investigations, Bukowiecki was unable to release much information.

Student Success Center Instructional

Aid Susana Pimentel believes that more than one individual carried out the theft since multiple computers were stolen.

ASCC President Lance Makinano was one of the individuals who helped clean up the mess created by the vandal(s) in the Student Activities office.

Makinano suspects that a disgruntled student or former student may be responsible for the vandalism.

"It is kind of depressing. We (Cerritos College students and faculty) have to take precautions to prevent things like this from happening again."

If you have any information regarding the vandalism and/or burglary, contact the Cerritos College Campus Police Department at (562) 860-2451, Ext. 2325.

## Students unaware of cross-enrollment program

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Cerritos College students are unaware of an important academic tool available to them, due to the fact that the Counseling Department and Transfer Center at Cerritos College do not know any or much information about it.

The cross-enrollment program offered at UC Irvine and Cal State Fullerton allows for community college students who meet certain requirements to attend classes totaling up to five units at respective university campuses without being officially enrolled.

According to Mike Park of UC Irvine's Extended Educational Services, these are the following requirements:

- Completed at least one term at the home campus as a matriculated student
- Enrolled for a minimum of six units at a community college for the current term
- Earned a grade point average of 2.00 (grade of C) for work completed at home campus
- Paid appropriate tuition and fees at home campus for the current term
- Completed appropriate academic preparation as determined by host campus
- California residency based on the guidelines set forth by the home campus.

This means that community college students who meet the above criteria may enroll at both their community college and take one class up to five units at UC Irvine or participating Cal-State universities simultaneously.

An added benefit is that financially, students may pay less than the equivalent units at their community college.

Currently, the cross-enrollment fee at UC Irvine is \$20 per unit with a \$10 computer account fee.

So the cross-enrollment student fee for one four-unit course would be \$90.

At Cal State Fullerton, while there is no tuition to take a course, there is a \$39 processing fee assessed at the Extended Education office, that oversees the program there.

At Cerritos College, students now pay \$46 per unit with additional fees such as health service.

The UC Irvine course is valued at 75 percent of its unit value, but since Cerritos is on a semester system that equates to 3 units of university credit while still a lower division student.

Cal State Fullerton is on the semester plan like Cerritos College and equates to full credit or 3 units for an average class.

Theoretically, but doable, a student can attain 12 units of UC or CSU credit before he or she enters the four-year university system.

Evelyn Madison, an administrative clerk said the course of action at Cerritos College "is to

have the inquiring student set an appointment with a transfer coordinator.

"The process would first include an appointment with an academic counselor who would then ascertain the student's needs before recommending setting an appointment with a transfer coordinator."

She also mentioned that the transfer coordinator does not offer same-day appointments.

Madison added, "The normal waiting period is two weeks.

"A walk-in session is available on Wednesdays from 5 to 7 p.m."

This lack of knowledge does not end at the information desk level.

Cerritos College Dean of Counseling Services, Renee De Long Chomiak said, "We're aware of it (cross enrollment), but we don't have any forms for it. There obviously hasn't been a lot of information back and forth on it (between UCI, CS Fullerton and Cerritos College). I can certainly try to ensure that we try to find out more about the program and all the colleges that do offer that."

Chomiak also added, "That would be a benefit to all our students.

"Sometimes there is a lack in communication from the four-years (universities) to us or vice versa. But truthfully, I think I am going to try to find out more about that because anything

**See Enrollment Page 2**

## Students learn healthy tips when dining out

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College life comes with busy class schedules, piles of homework and long study sessions, but Student Health Services Dietician Hazel Ng says that these circumstances are not excuses for neglecting proper nutrition.

Ng is leading a free program that combines monthly nutritional talks and exercise to target students, faculty and staff, to give them the tools they need to live a healthier lifestyle.

This past week, the topic was "Healthy Dining -- How to look for healthy options on-and-off campus".

"It's very easy for students to eat poorly because they have classes, jobs and some have kids at home," Ng said. "It's hard for them to have a regular eating schedule.

"Unfortunately, that is one of the main reasons why people gain weight or eat unhealthy.

"The Student Services is trying to target (students, faculty and staff) and help them to start thinking about what they have been eating and how it is affecting their schooling, life, energy levels and well-being."

Ng said that the first step students need to take to start eating healthy is as simple as being aware of what they eat.

She added that students often skip breakfast, which makes the situation worse, but it's an easy fix. Skipping meals can lead to decreased energy levels and overeating at later meals.

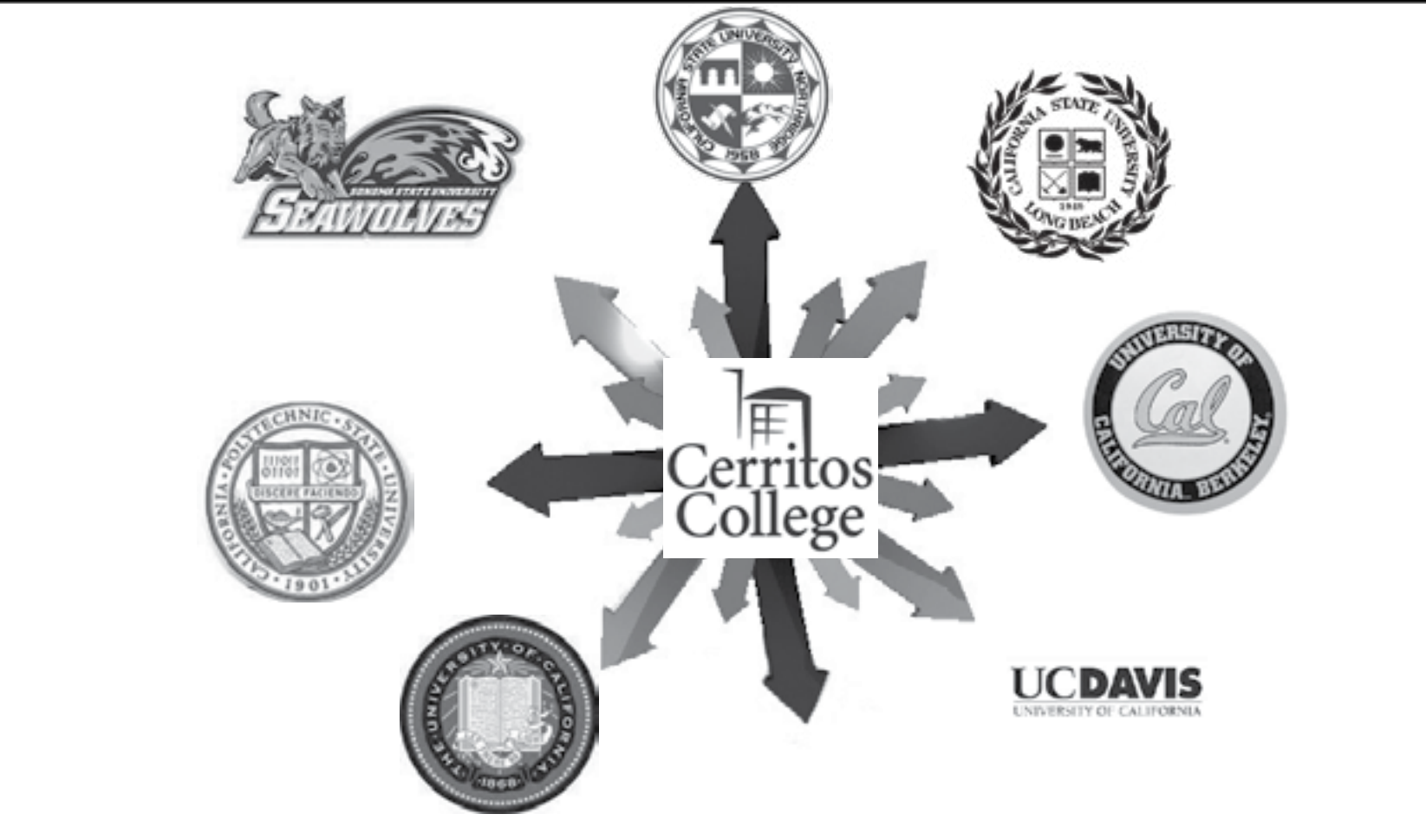
"Without enough energy, without glucose, our brains do not function well. It will be hard to focus, it makes us think slower and feel sluggish," she said.

Newcomers to the talks will receive a food journal, which Ng said is the number one tool to aid in weight loss, to help keep track of what they consume.

**See Tips Page 2**



# List of some universities that offer cross-enrollment in California



**Crossing over:** Listed above is some of the CSUs and UCs that offer cross-enrollment from another university or community college.  
INFOGRAPH PROVIDED BY LAUREN GANDARA/TM

## Tips: Students’ healthy options when dining out

Continued from Page 1

“By just writing down what I ate every-day, I lost three pounds,” Jose Villa, English as a second language student said.

“When you write it down, it helps you avoid fat and eat what’s best.”

Since the program started three weeks ago, Villa, as well as other students involved, are already seeing positive results.

Karen Ortiz, business major, said, “I’ve learned how to portion my meals and manage calorie intake,” she continued “I’m a

runner, but I started work recently so I haven’t had time to run. I thought I would gain weight, but I actually lost weight because of these classes.”

The health talks are held twice-a-month and consist of an hour-long class where Ng covers a different angle on nutrition each session. These classes also include group sessions where participants can share and relate to each other in the health goals.

Ng is also available for personal ap-

pointments for free, which she said can cost more than \$100 outside of school.

Ng recommends the following tips:

- Plan meals ahead of time. This helps you stay aware of what you are eating.
- Drink water before meals to fill stomach and prevent overeating.
- Avoid dips or any meal that has the word “cream” in it. It most likely has extra calories. When ordering soups, clear

or broth dishes are better options.

- Be aware of cooking methods. Some are healthier than others.
- Avoid fried foods. Poached, roasted, grilled, broiled, seared, and boiled are healthier cooking methods.

Ng added that exercise is also important and she recommends at least 30 minutes of cardiovascular exercise every day.

“Good nutrition along with exercise



**Learning through visuals:** Radiology technician Anthony Feolo shows Project HOPE students medical equipment during their tour of Kaiser Permanente hospital in Downey.  
SARAH BAUTISTA/ TM

## Project HOPE visits Kaiser Permanente

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A handful of students majoring in the health field got the chance to participate in a behind-the-scenes tour at Kaiser Permanente Hospital in Downey on Friday.

The tour was conducted exclusively for students who are involved with Project HOPE at Cerritos College.

According to the Cerritos College website, Project HOPE is a support group for students who have aspirations to obtain “healthcare-related or science-related certificates and/or degrees.”

Once all of the students arrived in the hospital lobby they were greeted by Kaiser Project Manager, Roseanna Edwards and Public Affairs Director Elizabeth Trombley; both were the tour guides for the day.

The tour guides led the students through various units throughout the hospital, where they were greeted by the lead technicians. The technicians took the time to walk the

students through a typical day of working in a hospital environment.

The students experienced a behind-the-scenes sneak peak of what they could anticipate from having a career in the medical field.

Lead radiology technician, Leo Zamora, showed them images on a computer screen of various computed tomography (CT) scans done on admitted patients. The technicians were sure to keep any personal information on the images private, as any disclosure of information would violate the patient’s confidentiality rights.

The images shown were of various organs, such as the lungs, liver, kidneys, as well as the brain. Phrases such as “awesome” and “wow” were heard among the crowd of students as they looked at the images.

Biology major Tracy Crespo said, “Something that really stuck out to me was the CT room (because) we can see the different parts of the body and we can get really nice 3-D pictures.”

Nursing major Melinda Barr said, “It was really interesting, I

really liked how all the physicians that we saw throughout the units all seemed like they really loved their careers.”

She continued, “They seemed like they were excited to come to work and it was just a good vibe the whole time.”

If you are interested in a way to help Project HOPE continue with its efforts, you can do so by dining at designated local restaurants where it will be hosting “Eat for Education” fundraisers in October and December. A portion of the profit will go directly to the 2012-2013 Project HOPE Scholarship Program. This month, the event will be held on Thursday, Oct. 12 at Five Guys Burgers and Fries in Cerritos.

For more information on Project HOPE or further information on its “Eat for Education” fundraiser please contact the Project HOPE office at (562) 860- 2451, Ext. 7847 or visit the Project HOPE website at [www.cerritos.edu/hope](http://www.cerritos.edu/hope).

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# Homecoming Court

## Lauren Gandara - Talon Marks Press Club

PATRICK DOLLY  
Editor in Chief  
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Lauren Gandara is a broadcast journalism major who aspires to work for E! News or ESPN. Her campus involvement in addition to classes includes serving as news editor of the Talon Marks as well as secretary for the Talon Marks Press Club.

Gandara, who has had aspirations of being Homecoming Queen since she ran in high school at Santa Fe, decided to run at the urging of her club.

"I hope to make them (members of the press club) proud. I want to do them justice and get them exposure that there is a press club because a lot of people don't know that," she said.

With a strong friend and family support system, Gandara hopes to use that support to continue the tradition of dignity to the homecoming crown at Cerritos College.

Ballot No. 1

JOHN MORFIN/TM

## Amber Rose Belmonte - Phi Beta Lambda

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"It's probably one of my best feelings ever. I already feel like I won Queen," Amber Rose Belmonte said.

She decided to run for court because she didn't run in high school.

Some of her hobbies involve running, jogging and reading. Most of her time is spent on studying. She also does woodworking, creating shelves and cabinets.

Her most memorable moment in life is occurring right now.

"One of my most memorable moments has to be getting up to Homecoming Court and winning princess."

Belmonte recognizes all the hard work that the other candidates have put in for Homecoming Court.

"I wish all of the girls good luck. I know it's been really fun and we all worked hard."

Ballot No. 4



JOHN MORFIN/TM

## Geovana Sarmiento - Student Veterans' Club

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Undecided major Geovana Sarmiento from the Student Veterans Club described herself as a creative person.

Having a passion of becoming a physician, she wants to educate the public about health.

"We only have one home for the rest of our lives and that's our body. If we don't take care of our own body, our lifespan will be uncomfortable while we're here," Sarmiento explained.

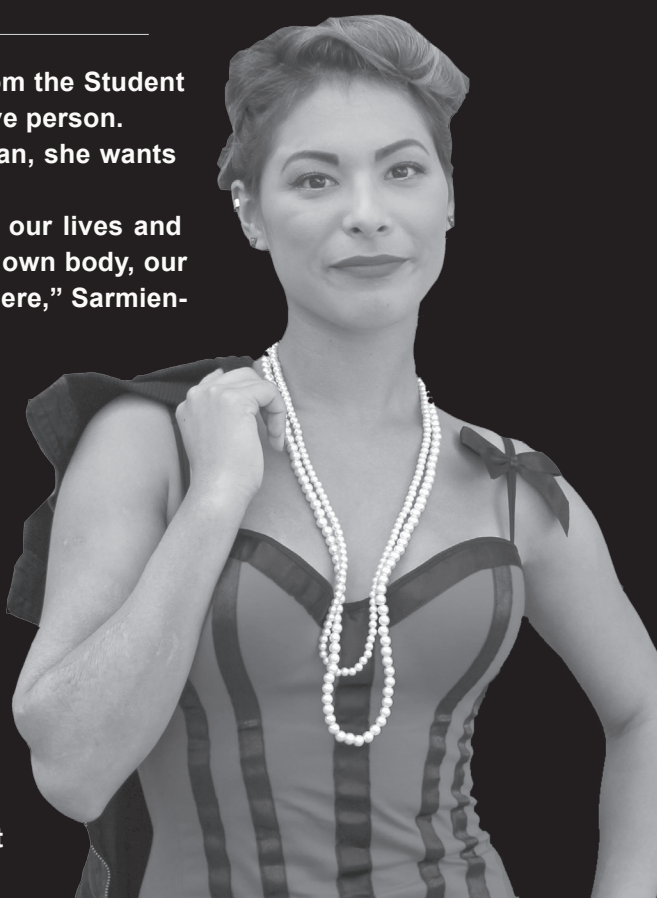
Her hobbies include painting on canvas, drawing with charcoal, acting and modeling.

She is training with the Los Angeles Center Studios on a production as an actress and has modeled for different vintage clothing companies.

One of her memorable moments is when she met actress and songwriter Miranda Cosgrove.

"She is just full of life and was an inspiration to me."

Sarmiento said that Cerritos College students should stay focus and remember that today is a step closer to tomorrow.



Ballot No 5

JOHN MORFIN/TM

## Zineb Fikri - Music Club

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Opera performance major Zineb Fikri is one of the seven women up for Homecoming Court.

"I was happy about the fact that I was rewarded for my hours of hard work and exhaustion, even happier that I got the Music Club some recognition," Fikri said.

She is backed by the Music Club. It helped her campaign for Homecoming Court.

Fikri said she is a very blunt and straight forward person.

"I always make people laugh and I joke around endlessly."

One of her goals is to be an opera singer and to go down in history as one of the greats.

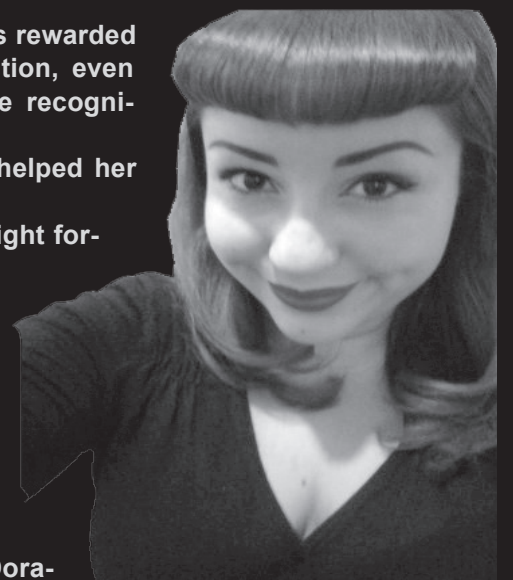
Fikri dresses with a vintage style and does her hair in a 1940's fashion.

She is also an archer.

"I enjoy shooting regularly at the El Dorado archery bales."

Ballot No. 2

COURTESY OF FACEBOOK



## Kenia Avalos - Broadcasting Club

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Broadcast major, Kenia Avalos is running for homecoming queen with the Broadcasting Club and said, "I want to get more involved in the college and get to know it better, since it's my first semester here."

Her plan after graduating from Cerritos College is to transfer to Cal State Long Beach and get her Bachelors degree.

Soccer, competing in pageants, and spending time with family and friends are some of her hobbies.

On of Avalos's favorite artists is Drake.

Ballot No. 3

JOHN MORFIN/TM



## MarJona Smith-Holieway - Independent

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Dental hygiene major, MarJona Smith-Holieway is running for Homecoming Queen in order to be more active in Cerritos College.

"I want to stay positive," Smith-Holieway said for keeping up her school spirit.

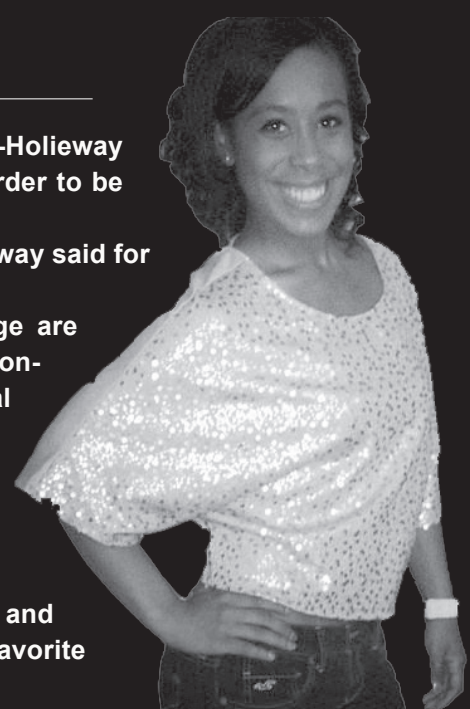
Her plans after leaving Cerritos College are transferring to Cal State Long Beach to continue taking classes to obtain her dental hygiene degree.

She enjoys spending time with her friends, going to the movies, dancing, listening to music and having dinner with her family.

"My favorite artist is Drake." Hip-hop and country are among Smith-Holieway's favorite music genres.

Ballot No. 6

COURTESY OF FACEBOOK



## Brittany Forsythe - Leo's Club

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Communications major Brittany Forsythe of the Leo's Club is running for Homecoming Queen in order to get the Leo's Club name exposed.

"I want the Leo's Club more known and get more members," Forsythe said.

By running for Queen, she is honoring her late grandmother. Her grandmother and grandfather were once Leo's Club members.

One of Forsythe's aunts was once Ms. Cerritos.

"It's very appropriate that the Leo's Club is sponsoring me to carry on her (my grandmother's) legacy."

She wants to go into the business world in the future and teach speech.

Ice skating, modeling, singing and volunteering are some of Forsythe hobbies. She enjoys listening to any kind of music genre except country.

Ballot No. 7



JOHN MORFIN/TM





“What issues on the upcoming ballot affect you as a student?”

COMPILED BY:  
DAFNE BRAVO  
PHOTOGRAPHS BY: ANITA VELAPATINO

SPEECH  
ZONE



**PRISCILLA LOPEZ**  
*Human resources major*

“I know that budget cuts are affecting me and student loans.”

**MILAGROS RAMIREZ**  
*Graphic design major*

“The budget cuts because there’s going to be less time for school and it will take longer to graduate.”



**RACHEL-ELIZABETH MILLS**  
*Dance major*

“I am not that concerned about the measures but about the presidential race.”

**JAMES DRISCOLL**  
*Anthropology major*

“Prop 30 should be voted yes and 32 should be no.”



**TYLER ROBBINS**  
*Culinary arts major*

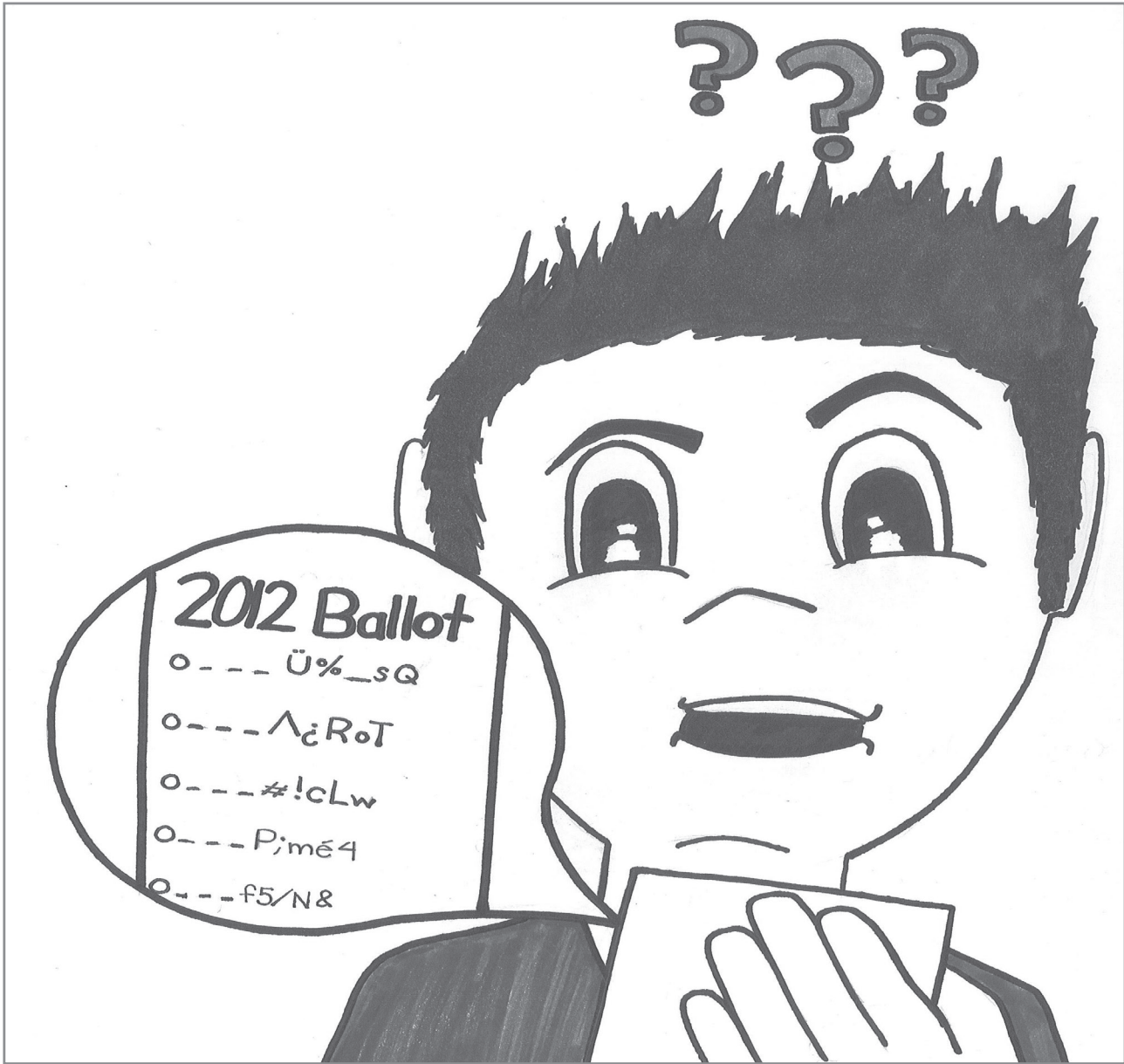
“I do not pay attention to the issues because the electoral college is the only thing that matters.”

**LAKISHA JACK**  
*Undecided major*

“I’m not really into politics. I live my life and I really don’t care about the issues.”



•EDITORIAL•



ILLUSTRATED BY LAUREN GANDARA/TM

Educate yourself about voting

Students need to not only vote in November but make an educated vote. Most people remember the big “Vote or Die” campaign a few years ago where celebrities in all walks of life were stressing the importance of the younger generation going out to vote.

People in the 18-25 age group casted more votes than in the previous election year due to the “Vote or Die” campaign.

However, just voting isn’t enough, you need to be knowledgeable about what you are voting on.

It’s not difficult to watch a few minutes of news or YouTube the candidates speeches to learn what they are talking about.

You can find the majority, if not all of the speeches given at the Democratic and Republican conventions on the internet.

Education is a hot topic right

now; see where Romney and Obama stand with it.

Does their opinion on the topic match with what you want to see happen?

Something else that will really affect Cerritos College and schools all over California is Proposition 30.

Prop 30 will raise taxes. Most likely you are thinking, “Why would I vote yes on that?”

But that’s exactly why you need to make an educated vote. If Prop 30 doesn’t pass, the Cerritos College budget along with schools all over California will get cut even more.

Read Prop 30 and figure out what is most important to you. Maybe it’s keeping your money in your own pocket. Whatever it is, an informed decision will always be better than an uninformed one.

Read all of the propositions. Every one of them is going to affect you

in some way.

You can’t let the older generation decide everything. We all have to live with it so we all should have a say in what is done.

Talk to people, see what they think about what’s going on and how it will effect things.

Granted, not everyone you talk to is going to have solid information.

Make sure what you hear is correct before deciding to vote based on what someone else says.

There is help available which may assist you in thinking about the issues in a way that you may have not considered.

This is college; we are now a part of the adult world. That might be a scary thought for some of you, but it’s time to start acting like it.

Part of that is helping to mold this country and steer it into a world that you will be proud to grow old in.

Summer session is something we could live without

As many students don’t know yet, Cerritos College will be cutting its summer session beginning the summer of 2013.

While many students may be outraged at the fact that summer session is being shut down, it may not be such a bad thing.

With the recent budget cuts, a lot of students have struggled to get courses needed in order to reach their academic goals. Also students are also busy studying so they can pass their classes.

We’ve also seen how crowded a classroom can get with students trying to add a particular class. It could get a bit frustrating at times.

Many students get turned away and are forced to wait for another opportunity to re-attempt to take a class.

Summer session should not be a



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problem that hurts Cerritos College’s budget.

Summer session could be quite difficult with the workload of a six-week course.

Workload in the summer session can stress and it can eventually make students fall behind forcing them to drop courses.

Cutting the summer session could eliminate that problem and open up more courses during the fall and spring semesters. Giving students a more manageable workload.

Opening up a couple of extra courses a semester means more room to get students into classes, which can

be a huge stress reliever for most students who have struggled semester after semester to add a course they may need.

Cutting the summer session could also help funding for school wide programs such as our sports programs and the many academic programs in Cerritos College.

Sacrificing the summer school session at Cerritos College is necessary. It’s either the summer session or shortening the fall and spring semester.

Cutting the summer session is a tough decision that has to be made for Cerritos College to have their budget in better shape.

While many students may be disappointed with the decision of the summer session being shut down due to budget cuts, there are some things that can be positive in the long run.



**Angela Arellano**  
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Get up and find a job already

There are many job opportunities at Cerritos College that students are not taking the time to learn about.

It is hard enough to find jobs just around the community. Turning to your school for a career opportunity is a good way to start.

If students visit the Cerritos College Career Services website, they can view options that can lead to a job or career.

Students should go to the Assessment Center because that’s the place where you can get help with essential skills that you would need to fill out job resumes.

The Career Center contains information about available job opportunities, majors, and colleges. It assists students to develop an educational plan to meet goals, and prepare for employment.

The Job Placement Office provides a variety of free employment services to currently enrolled Cerritos College students and alumni.

Students shouldn’t say that there isn’t any employment opportunities because Cerritos College is holding a job fair in October on campus.

There are many job fairs going on that not a lot of people are aware of. Don’t complain that it is hard to find a job, it’s really not that hard to learn about job opportunities.

All it takes is spending a couple hours on the Internet to find about job opportunities.

The Human Resources Department is another great place to work in for those students who like to help other individuals meet their educational goals.

The Child Development Center is a good place for students who enjoy spending time with kids and for those who want a career with children.

Students who are interested in helping other students should look into the Math Success Center and the Language Success Center.

The Math Success Center and the Language Success center is a perfect place for students who are in helping other students in math or English.

The Success Center is hiring tutors based on availability. It just hired employees for the Math and Language Success Center.

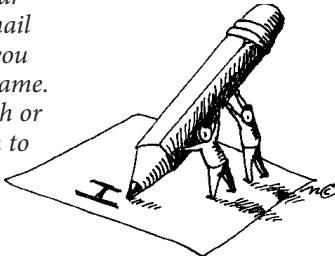
Talking to teachers and counselors about employment on campus is a good idea.

Teachers need help with grading papers and counselors probably need help filing papers.

Some teachers would probably know more about job openings. Teachers want students that they trust and are committed to doing a good job.

There are job opportunities for everyone, all that matters is if they have that desire to get a job that will help them in their life.

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](mailto: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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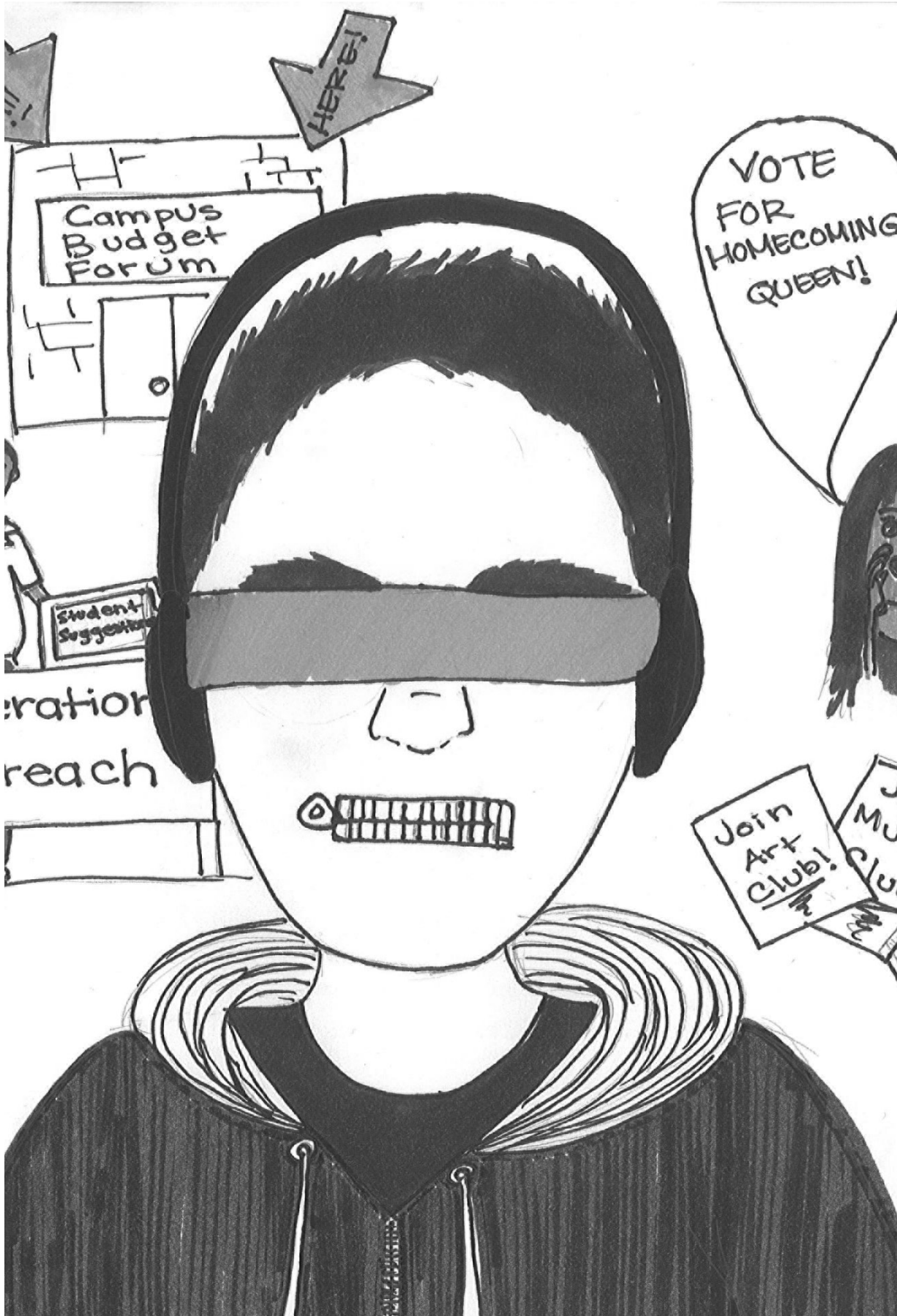
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•EDITORIAL•



LAUREN GANDARA/TM

# Change at Cerritos College is possible through the students

As students, we need to take advantage of the options available to us to have our voice heard on campus.

If you don't do anything to impact change, you have no right to complain. Impacting change begins with education.

We are in school to educate ourselves so wouldn't it stand to reason that we educate ourselves about the things that exist on our campus to assist us in that regard?

With committee's like Operation Outreach available on our campus to inform students about the different things that are going on around campus, there is no excuse for not being involved.

Operation Outreach has what it calls "Falcon Booths" which is also a way to bridge the divide between students and student government.

It's dumb to simply be an uninvolved student with no knowledge of campus activities.

Decisions are constantly being made both by our school administration as well as our student government and a large majority of students have no idea about why those decisions were made, what they mean, or how they impact students.

There is no excuse for why students don't speak about issues that concern them because the Associated Students of Cerritos College Student Senate allows any student to speak about any issue that the student would like to speak about before the senate.

We always talk about having a voice and wanting that voice to be heard.

Well, that voice can't be heard if you don't speak, so speak up.

Students often complain about classes being cut while money continues to be spent but have they generally have no understanding as to why classes are cut, or why money continues to be spent for that matter.

As students, we are completely ignorant when it comes to the things that go on around our campus as is related to our student government.

Most people are shocked to hear that we even have a student government, much less have a clear understanding about who it is and what it does.

Another good option for getting involved is to actually serve as a member in student government.

Along with the ASCC president, vice president, and student trustee positions that the student body elects each April, there are a lot of other student government positions that students can apply to be a part of.

There are also senate and court positions that students can apply to be a part of.

Cerritos College is our school. Decisions that are made here impact us. How would you feel if a program that you cared about was in danger of getting cut?

What about if discussions were taking place to make some type of changes to something that you are heavily involved in?

Don't wait until something like that happens before you decide that you want to get involved.

There are so many clubs and other things around campus that students do get involved in but that involvement does not always translate to involvement within our student government.

Sure, each club is required to have an Inter-Club Council representative at ICC meetings but that does not do enough to help increase an individual student's involvement with student government.

A big part of students increasing what they are informed about on campus comes with knowledge.

Take a chance, students.

At some point during your day on campus, stop by the ASCC which is located right next to the book store and ask what you can do to be more involved on campus.

Just by walking in, you will know where your ASCC president and vice president offices are, and very possibly leave with a sense of accomplishment, knowing that you can make a difference.

## Steps on how to make your voice heard at student government

1. Talk to students or friends about issues concerning school

2. Contact Operation Outreach

3. Pick up a form to prepare a two-minute speech

4. Speak at a senate meeting

The steps that were mentioned are just some ways to make a difference at Cerritos College and have a student voice. There are many decisions that impact our school. Important issues are discussed at senate, cabinet and court meetings. All these meetings will affect the lives of all students and faculty alike.

## Editors Note: Printing Error

In the Sept. 19 issue of the Talon Marks, we ran an opinion page with an editorial speaking about scholarships, as well as stories

on gun laws and breast-feeding on campus. Due to a printing issue, the Sept. 26 issue of the Talon Marks contained the same opinion

page as the previous issue. Talon Marks recognizes the mistake and apologizes for any inconvenience that this may have caused.



“Do You Hear What I Hear?” holds piano concert and lecture series



Performing Beethoven: Piano instructor Sung Ae Lee playing the piano sonata “Pathetique” by Ludwig van Beethoven at the “Do You Hear What I Hear?” music lecture series. She also performed Beethoven’s “Moonlight.”

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The opening performance of the Cerritos College Music Departments’ 2012 -2013 “Do You Hear What I Hear?” piano concert and lecture series was held on Friday.
“Beethoven: drama, passion and sheer beauty” was a composition of two of Beethoven’s most renowned sonatas, “Grande Sonate Pathetique” and “Moonlight Sonata” performed by piano instructor Sung Ae Lee.
The lecture preceding the performance was led by Director of the Applied Music & Piano Studies and founder of “Do You Hear What I Hear?” Christine Lopez.
“This lecture focused on two well-known sonatas (“Pathetique” and “Moonlight”) that any serious pianist needs to know,” Lopez said.
“I taught (the lecture) in an hour-and-a-half. A lot was accomplished,” Lopez continued.
Besides explaining the importance of these sonatas, she also gave a brief history of Beethoven’s personal life and musical career.
Lee began with “Pathetique” and closed with “Moonlight Sonata.”
“Whenever I play I feel a connection, an emotional connection, like I feel what the audience feels,” Lee said.
Teaching at several campuses and being on the Cerritos College faculty for more than seven years, Lee knows the importance of good teaching.
“I have a great passion for teaching,” Lee said.

Mobile News
Scan to view full schedule of piano concert and lecture series
[QR Code]
http://cms.cerritos.edu/music/concerts/fall-piano-concerts.htm

“I believe that music is a powerful tool through which people can communicate with one another. Music has the power to change our mood, our mind, our heart and our spirit.” - Professor David Isaacs



Guitar/voice duet: Music professor David Isaacs sits with his wife and duet partner, Chelsea Camille. Together, they make up the duet Chanson du Soir.

Guitar instructor in duet with wife

Guitar professor expresses passion through performance and teaching.
ROBERT BEAVER
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The audience often tells guitar instructor David Isaacs that he is his guitar. For the 37 year-old resident of Long Beach, his music is entirely spiritual.

Musical experiences
Within the numerous songs he has performed, Isaacs shares feelings of sadness, hope, exhilaration, madness, confusion, anger, passion, ferocity, joy, peace, comfort, kindness, and playfulness.
Isaacs, a music professor at Cerritos College, has traveled to 27 states, and as far as Greece to perform classical guitar music.
He has been on radio stations, TV shows, and at various colleges, libraries, churches, guitar societies and homes.
“I believe one of the main reasons I am here is to affect peace in others and to inspire them to explore something new and different,” Isaacs, who owns 23 instruments, said.
“Music is what gives my spirit purpose, keeps a roof over my head, and food on my table. It connects me to my dearest companions, encourages me to wake up in the morning, to stay healthy, and it inspires me to be.”

Chanson du Soir
Isaacs has released three classical guitar albums as a solo artist and is currently part of the voice/guitar duo called Chanson du Soir.
He hopes to travel the world with his duet partner and wife, Chelsea Camille, to share their work and define a new style of music.
“Chelsea is an amazing communicator, a wonderfully engaging and enigmatic performer, a brilliant researcher and she sings like an angel.
“She lights up every room she enters and works diligently to refine her craft,” Issacs said.
Isaacs and Camille will perform in a library concert series this month in Oklahoma.
“We want to carve a new niche in the classical guitar world for voice and guitar duets,” Isaacs said. “We want to expose people to the magnificent repertoire for our type of ensemble, encourage others to explore it, and share it with as many people as we can.
“We also want to make recordings that people will enjoy and be able to study well into the future, and to encourage composers to write new music for voice and guitar duets.”
Beyond performing in front of an audi-



Mumford and Sons at the 54th Annual Grammy Awards at the Staples Center in Los Angeles, on Feb. 12, 2012

‘Babel’ cries out powerful M&S

Album Review
“Babel”
Band: Mumford & Sons
Rating: ★★★★★

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Mumford & Son’s new album “Babel” is an awesome album that fans will enjoy.
Any fan can recognize the similar style in “Babel” that came from the first album “Sigh No More” from 2009.
“Babel” still has the same folk vibe from the first album that fans loved but with a new kick. It has heavier songs that were not from the first album.
It’s not the “Doom Folk” genre that the band said it would be, but it has a new kind of “beast mode” that fans will love.
People will not regret buying this album.
Their sophomore album is well worth the wait with its amazing songs and sound.
While the band has gone harder with this album, its original sound is still present throughout the album.
That original sound is something that makes the album stand out on its own.

The entire album has a sensational tone from the beginning. It will make you want to reach out with a powerful swing into the sky to celebrate life.
The lyrics on the album something that people can relate to because of the stories that they tell.
The lyrics can be seen as representations of life’s joy, travels and pain but explains it in a poetic tone.
All of the lyrics cry out in their own way that has made a special place in fans’ hearts.
Each song has a unique theme and structure that has fans reciting lyrics.
Not every artist has songs that are valuable.
For Mumford & Sons, all of the songs on the album are festive in their own way.
“I Gave You All” was the song from the first album that the most dark sensation.
For “Babel,” the track “Broken Crown” has its own “Doom” place in the album.
“Broken Crown” lashes out Mumford & Sons in such a dark approach that was yet to be expressed by them.
Any fan can recognize that “Broken Crown” is a new approach from the band that has the absence of white light.
Often times, an album’s success is measured based on certain songs. This is not one of those albums.
Its safe to say “Babel” is a pleasure to listen to.



# Artists’ set time should be respected



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With the recent outburst of Green Day’s lead singer Billie Joe Armstrong at the annual iHeart Radio Music Festival in Las Vegas, many have questioned if today’s musicians have a right to over react at times and when it’s actually appropriate.

Some may feel that Armstrong’s reaction to Green Day’s set being shortened due to Usher’s performance extending past its designated time and having to perform 30 minutes later from what was originally scheduled was completely understandable.

Being mad that your set is cut from 45 minutes to only 20 minutes would make many attendees, as well as the performers, angry, especially considering that it was cut-off due to another artist going over his set time.

Armstrong had every right to yell at the producers for reminding him he only had a minute left constantly while trying to perform “Basket Case” with his band. Armstrong went as far as blasting Justin Bieber, stating that he wasn’t Bieber and that he has been around in the industry a lot longer than him.

Although, many believe that Armstrong’s reaction to the situation was over the top, people should consider that there would not have been an outburst if it wasn’t for Usher going over 30 minutes from his own set, depriving Green Day those remaining

minutes for it to perform its own set and letting Rihanna close the show as scheduled.

Another possibility was for the producers to allow Green Day to finish its set and then extend the festival and let Rihanna do her set.

Armstrong’s on stage outburst is not the first public outburst of its kind.

Back in 2009, Kanye West had his own outburst at the 2009 MTV Video Music Awards.

Many would argue that West’s outburst was a little more over the top and completely unnecessary toward Video of the Year winner Taylor Swift. West barged on stage and interrupted Swift while making her acceptance speech on live television.

West’s excuse to the whole incident was that he believed that Beyonce should have been the one to receive the award. He made sure everyone knew about his feelings toward the VOY winner.

West later apologized to Swift in private, and Swift reportedly accepted the apology.

Our society should not be shocked about these kinds of incidents by now, after all, our society is so fascinated with today’s celebrities

They always seem to be under a microscope with everyone watching their every move and photographers following them everywhere to get the visuals.

So what if Armstrong had his outburst in public? Just know he has entered rehab to better himself and try to get away from the chaos that follows him everywhere. Maybe a little rehab is all he needs to get his sanity back from all the craziness he endures on a daily basis.



**JULIAN GODOY/TM**  
**Continuing with surf rock:** (Left) Bassist Andrew Ariza and (right) guitarist Juan Alvada of surf rock band Bodysnatchers at Cerritos College. They have gone through several changes for a drummer and are currently in search of a new one.

## Former Cerritos students form surf rock band

**JULIAN GODOY**  
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Originally out of Norwalk, both guitarist Juan Alvada and bassist Andrew Ariza attended Cerritos College as music majors.

Both formed surf rock band The Bodysnatchers.

It has been two years since the band’s first show.

A fan of old sci-fi and horror movies, Alvada chose his favorite MGM movie classic “Invasion of the Body Snatchers” as an influence for what he said is, “a band name that could convey the style of music we are going for. I just thought it was an automatic choice.”

Influenced by such bands such as Slacktone, and Dick Dale, band members took the traditional surf roots and made it their own.

Ariza describes their sound as “surf with a hard edge to it.”

Alvada said, “You can make music sound like a thousand pound monster without having that heavy distortion.”

The Bodysnatchers have gone through several changes in the drum department and are currently in search of a new drummer.

However, this is not holding the band back. The band has performed shows where guitar player Alvada recorded drum tracks and played them through speakers to have drums at shows.

Alvada even played at the Orange County Fair with the Cerritos College pop rock ensemble several years back. He found himself back on the O.C. Fair stage with The Bodysnatchers in 2011.

For the Bodysnatchers, it isn’t about making money or fortune, but making enjoyable music for people to hear.

“Were not in this to make money, it comes as a perk,” Alvada said. “When you get to play a show and it’s a success, it’s a rewarding feeling.”

Playing shows and promoting its music is the band’s number one goal.



**COURTESY OF FACEBOOK**  
**Making music:** The Bodysnatchers’ “Calling All Creeps” EP was released on Halloween 2010.

All of the music was recorded by Alvada in his garage using Audacity, a free online audio editing program.

The band’s Facebook website is <https://www.facebook.com/TheBodysnatchers>.

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# Osaka to Norwalk

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Twenty students from Osaka, Japan visited Cerritos College and took part in a sports training program this past week, taking place from Thursday- Saturday.

This was the eleventh year that students from Osaka came to Cerritos College due to the program.

• **THURSDAY**

The students were welcomed on Thursday morning by Cerritos College Athletic Trainer Beverly Sweet, who introduced the other faculty members that would address the students.

Among the faculty that spoke to the Osaka students were Cerritos College President Dr. Linda Lacy, and Cerritos College Athletic Trainer Brian Cable.

Cable explained what the athletic trainers roles were within the program, and how the students can benefit from learning in America.

“They get very good book knowledge in Japan, but not a very good clinical experience so we’re able to help to show them what athletic training is like here in the United States.”

Guest translator Yukiyo Matsumoto translated English into Japanese for the Osaka students, and Japanese into English for faculty and others.

Kris Boyle-Walker, guest speaker at the event, led a lecture on joint mobilizations where the students learned more about how to therapeutically heal a joint in the body by passive movements.

First, she led a lecture focusing on the shoulder, where she explained and demonstrated to the students about how the joints in the shoulder worked, and how they could assist a patient who was sore with physical therapy.

Once the lecture was finished, the students were able to practice the methods that Boyle-Walker taught them.

From there, the students went to lunch and then participated in other activities on campus, including a tour of the Senior Center.

• **FRIDAY**

Friday’s events took the students on location to Whittier, where they experienced a cadaver lab at the Southern California University of Health Sciences.

Tadashi Matsuuta, 22, mentioned that the cadaver lab was his favorite part of the program.

However, school-mate Saya Kato, 19, stated that she had enjoyed everything about the program, including the shopping they had done around the area.

After the trip to SCUHS, the students headed back to Cerritos College to participate in activities, such as cheerleading.

Guest speaker Ni Bueno led a core strengthening lecture in room BK 111/112, where the students learned about exercises that taught them how to strengthen core muscles.

Following the lesson was a first-aid lecture led by Cable. He showed the visiting students pictures of the many injuries that different athletes at Cerritos College experience, including an ankle sprain and a dislocated knee.

The lecture also focused on the splinting and bandaging techniques practiced by the Cerritos College Athletic Training Department.

Athletic Training Department.

At the conclusion of the lecture, the students watched part of the Cerritos College men’s soccer game, a contest that was played at home.

• **SATURDAY**

Saturday was the last day of the program. It started off with the students traveling to Cal State Long Beach, where they toured the Athletic Training Facility, as well as the rest of the campus.

After presentations, the students received an explanation on how American football works, providing information before being given the opportunity to take in a live game, traveling to Pasadena City College for the Cerritos College football game.

Not only did the students watch the game, they also performed alongside the Falcon cheerleaders during the game.

The visiting students are scheduled to graduate in March. Every year of the program there is a new set of students that visit Cerritos College.

Cable mentioned what he hoped the students of this year’s program learned.

“I hope they are able to obviously learn something that they feel is important for their schooling.

“We (people involved in the program) also want to make sure that they get to interact with Cerritos College students because just that whole cultural exchange is really important to the Japanese people.”

According to Cable, some of the Osaka students have returned to Cerritos College to visit but not to enroll as a student, often studying at universities in the United States.



LAUREN GANDARA/TM  
**Schooled:** Students from Osaka, Japan receive a lesson from Cerritos College athletic trainer Brian Cable.

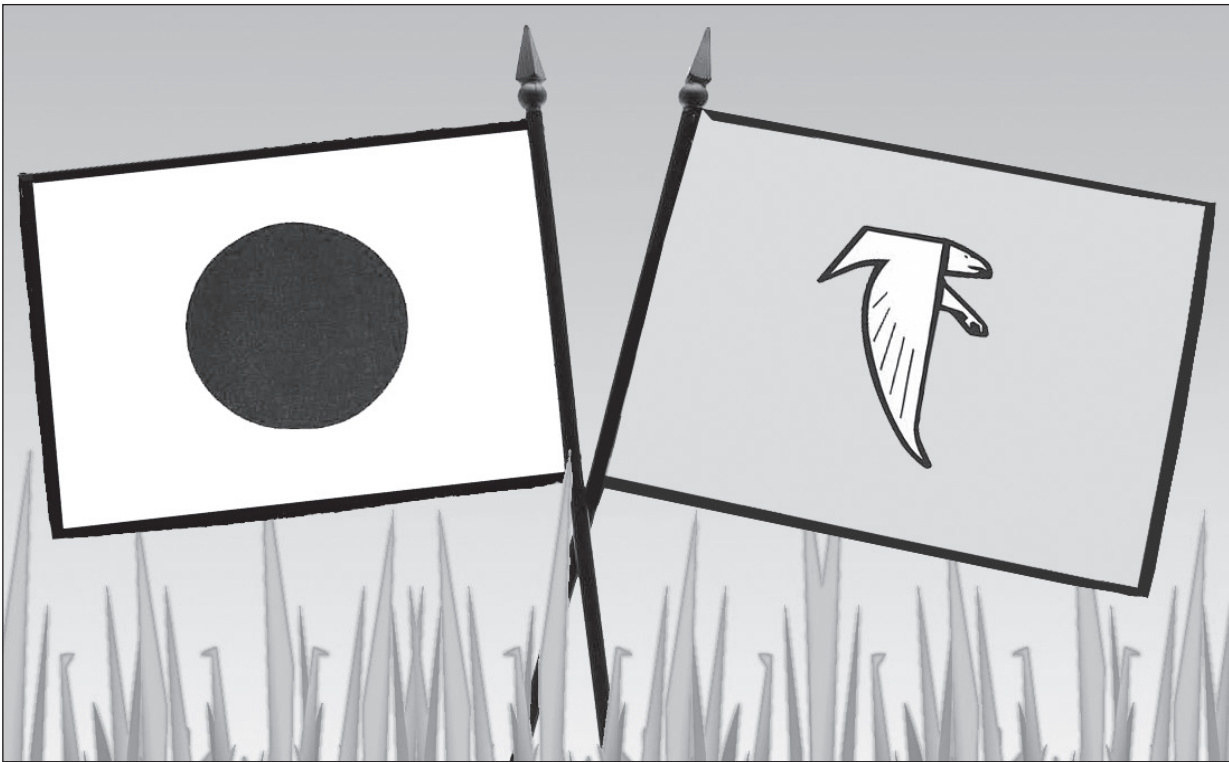


ILLUSTRATION BY: JONATHAN GARZA/TM  
**Rising to Cerritos:** Cerritos College shared their American traditions with students from Osaka, Japan.



ILLUSTRATION BY: JONATHAN GARZA/TM  
**What a flight:** The students from Osaka, Japan traveled 8,197 miles to arrive at Cerritos College in Norwalk.



LAUREN GANDARA/TM  
**Common Interest:** Chemical engineering major, Aaron Lin partakes in a push-up activity with students from Osaka, Japan.

## Sports Briefs: Falcons continue to set up identity

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The Cerritos College sports teams enjoyed a stellar week, turning in outstanding performances.

Men’s soccer continued its prowess, winning both its games. In its first game, leading scorer, freshman forward Jose Rivera added a goal to his team-leading total of four, which aided the Falcons in toppling the third-ranked Los Angeles Harbor Seahawks, 3-2.

The two wins improved the soccer team’s record to 6-1-2 on the season, helping to maintain its ranking in the state of California, which stands at No. 3, trailing the City College of San Francisco and Taft College.

On the other side, the women’s soccer team continued its unbeaten ways across the week, sweeping the Seahawks and Tartars.

In its effort against Los Angeles Harbor, it was freshman forward Jennifer Torres, who scored the lone goal in the 27th minute of the contest, giving Cerritos College the win, and propelling the Falcons to a No. 1 ranking in community college soccer.

Following the hotly-contested contest against the Seahawks, the Falcons returned home to embarrass the ECC Compton Center Tartars, equaling the men’s score, triumphing 6-0.

Women’s water polo received five goals from sophomore utility Katherine Gabayeron, as they plastered the Pasadena City College Lancers in Pasadena on Wednesday, 11-2.

The team then traveled to San Diego over the weekend, triumphing in three games, defeating Miramar College, 21-7, Chaffey College, 20-6 and Palomar College, 9-6.

After coasting through the San Diego Mesa Tournament a week ago, the seventh-ranked Falcons men’s water polo team went right back to work, out-pointing the 10th-ranked Monarchs of Los Angeles Valley College in their home pool, grabbing ahold of a 14-10 win.

For the Cerritos College volleyball team, things continued to get rough -- as the Falcons dropped their seventh match of the season to the Mt. San Antonio College Mounties, falling in straight sets.


Finally, the Falcons football team put on a show at Robinson Field, home of the Pasadena City College Lancers on Saturday night, out-pointing them to a 65-14 victory, improving the Falcons to 2-2 on the season.

Cerritos College shined, piling 522 yards on offense, led by sophomore quarterback Morgan Fennell, who was 10-for-14 for 194 yards and 4 touchdowns. The Falcon defense allowed 221 yards.

For more information on Cerritos College athletics, visit www.cerritosfalcons.com.

### Mobile News

Scan for full stats of the Falcons win at Pasadena



<http://bit.ly/SYJf1g>



LAUREN GANDARA/TM

**Fumbled:** The Lancers turned the ball over four times as the Falcons won 65-14.

 CERRITOS COLLEGE <b>FALCONS</b>	<b>65</b>	 PASADENA CITY COLLEGE <b>LANCERS</b>	<b>14</b>
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