

VOLUME 57, NO. 08

CRIME WAVE!

Fourth break-in pushes for new safety measures



Alexandra Scoville/TM **Caution**: *Caution tape covering what used to be a window* on the door of coordinator of Student Judicial Affairs Robert Chester's office. His office was broken into during the first break-in and the window has yet to be replaced.

JOHN MORFIN Copy Editor copy@talonmarks.com

The Associated Students of Cerritos College Building was broken into once again, but this time it resulted with a staff member's master

keys being stolen. Amna Jara, coordinator of student activities, confirmed that another break-in took place at the ASCC office and that the burglar(s) gained entry through room BK 111/112.

According to Jara, the break-in was discovered on Saturday, Nov. 3. She received a call from Cerritos College Campus Police officials informing her of the incident around 2 p.m.

She also states that campus police believes that it happened sometime on Friday.

When she arrived on Monday, she reported to campus police what she found to be missing from her office.

Office Shopping

"They went through all of our of-

tor, they stole electronics," Jara said about what was stolen.

ASCC Athletics Commissioner

student activities, she is the backbone of everything," Gomez said.

Gomez questions the procedures set in place by the Cerritos College Campus Police Department.

"The fact that we've had so many break-ins in the last two months kind of makes me question what campus police is doing when we are not here. It's ridiculous that the fact that the people were here for enough time to steal and go through every office," he said.

ICC Commissioner Abner Caguioa was informed on Monday, about the break-in and what was stolen upon arriving to the Associated Students of Cerritos College office.

He was told that the master keys were specifically targeted.

Where are the keys?

fices and they stole a bunch of tools went to ASCC. We were told that we out of my office, they stole a projec- were broken into again and that the master keys were stolen and targeted," Caguioa said.

ASCC President Lance Makina-Daniel Gomez is frustrated at the no believes that a student or somefact that Jara's office was broken into. one who is involved with ASCC is "Of all the people involved in involved in the burglary.

"They knew where the keys were. It has to be a student or someone that's involved with ASCC, which is very saddening, but no one else would of known where these keys were, nor what they know that they open up certain areas," Makinano said.

"The bottom line is that we have to protect the students."

Jara would not comment as to whose master keys were stolen.

Makinano added that the school is currently in the process of replacing the locks that the keys open.

Makinano will discuss campus and student safety in the next Board of Trustee meeting on Wednesday at 3 p.m. during the public forum portion of the meeting.

The public forum allows attendees to sign up to speak openly for up to 5 minutes to the Board of "I found out yesterday when I See Safety 2 on Page 2



CARLOS MARISCAL/TM **Boarded up**: The window of the Room BK 111 has been boarded up. The vandals broke it and used it as a point of access during the break-in.

Crimes become a cause for concern regarding students safety



JOHN MORFIN/TM Tagging the restroom: Graffiti located inside a renovated restroom stall in the Learning Resource Center Building



John Morfin/TM Game room: The Cerritos College game room door and several windows to the room were broken.

CONNIE GARCIA Staff Writer connie.garcia@talonmarks.com

Graphic design major Daniel Montano spoke out against the recent thefts that took place in various locations of Cerritos College in the past few weeks which have affected his studies in multiple ways.

With crime occurring on campus, such as the thefts at the Math Success Center, and the Journalism Department and the break-in at the Student Activities Center, Montano suggests campus police pick up the pace with security measures.

Montano said he was in the class where the break -in took place when he first heard of the theft in the Learning Resource Center.

"This (theft) really set us back. Those computers were our resources to complete our work and now we resort to time limits."

Reassurance

Cerritos College Police Chief Richard Bukowiecki assures all students that the Cerritos College campus is indeed safe.

"Crime is always happening at all times of the day, but students' safety is not at any stake, we are here 24 hours a day, seven days a week, 365 days," Bukowiecki said.

Montano is concerned about his own safety and goes on to explain what security measures he believes should be added to the school. "Security cameras at every en-

trance could really help, or maybe campus police could put a little more effort into patrolling the school more often," Montano said. Bukowiecki commented that

new security measures, he cannot release any information since it may hinder their efforts.

"It is actually not the person that is targeted, but their belongings such as their cell phones, backpacks, articles of clothing," said Bukowiecki.

What students can do

"Students could do their part to decrease those thefts by being more aware of their personal belongings." Welding major Mark Campbell said he doesn't think any more security is needed and that he feels as safe on campus as he would at home.

"Well campus police is doing its job as best it can, and they have the resources to deal with any suspicious activity," Campbell said. Bukowiecki also explained that while the department is working on several emergency phones are avail-

able throughout campus for students to use to report any suspicious activity.

"These phones are there for the students to feel they can reach us at any time, they are red, and we encourage them to use these resources to help us bring the campus crime rate even lower," Bukowiecki said.

As an added service, students taking night or late classes can call campus police and request an escort to their car. All to ensure the students' safety," Bukowiecki added.

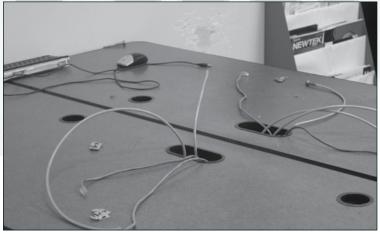
Safety Tips

Here are several and different tips that could help all the students decrease their chances of being a theft victim.

• If driving to school, always roll up the windows and lock the car. See Safety 1 on Page 2



PATRICK DOLLY/TM Picking locks: Unknown burglars broke off part of the wood of the FA 42 room door and stole two MAC computers.



John Morfin/TM Missing MACs: The burglar(s) used a cutting tool in order to remove an anti-theft cable that secured the computers to the desks in the Math Success Center.



MARTIN CALDERON/TM Bike tire burglar: Wrestler Orlando Alfaro describes an incident involving his bike's front tire being stolen while on campus.



Рното Courtesy of MCT Keeping the weight off: Don't let the holidays be an excuse for overeating. Turkey -- but not the stuffing or mashed potatoes -- is OK for seconds. (Bob Fila/Chicago Tribune/MCT)



MICHAEL ARES/TM The Panel: Film Maker Oscar Avalos, Spanish Instructor Froylan Cabuto, and Chair of Psychology Michelle Lewellen lead the panel discussions at the Anti-Gay Bullying Symposium in the Teleconference Center on Thursday.

Queer-Straight Alliance hosts Anti-Bullying Panel to raise awareness of bullying, and not just for people

MICHAEL ARES Photo Editor photo@talonmarks.com

When Romance Linguistics major Daniel Schaper stepped forward at the age of 13 and announced that he was gay, the news quickly spread like wildfire throughto raise awareness of bullying, and not just for people who are gay, but also for those who are perceived as being gay and are beaten up for it to. It's all the same type of bullying."

The conference consisted of two movie presentations, as well as a panel of three experts on the topic giving their inputs on questions brought forth from the audience.

How to prevent from shaking like a bowl full of jelly this holiday season

MICHAEL ARES Photo Editor photo@talonmarks.com

Thanksgiving is a holiday that is filled with laughter and drinking, as well as weight gain.

Health instructor and women's basketball coach Karen Welliver, gives an in-depth look on how to not gain those post-feasting pounds.

"Thanksgiving holidays are very hard, but the main thing to keep in mind is to take small portions of the food that is brought. Try not to over eat, just take a little bit of each entree that is served in front of you, but don't pile humongous amounts of food on your plate," Welliver said.

She recommended not to deprive your body of eating before Thanksgiving as the human body would not receive the proper nutrition that it needs.

"One should not starve themselves, you should never feel hungry when trying to keep calories off," she continued.

She advised that an individual gets plenty of exercise to help keep those calories at bay, "Get lots of cardio done. Try to get yourself as fit as you can before the holiday comes, and then after the holiday is over, do some extra cardio."

Safety 1: Students become concerned with safety on campus after multiple crimes *Continued from Page 1*

Park in busy, well-lighted areas.
When driving, keep your car doors locked and windows rolled up at

all times.
Do not leave your personal items unattended, even for a minute.
Always keep a look out for any suspicious behavior or activity and report it to campus police

and report it to campus police as soon as possible.

For students who do not go to the gym, there are some simple things that an individual can do to help burn calories.

"Ride a bike, if you are not in very good shape at all just start walking, a little jogging, do something fun like going dancing," she said.

"These are great simple ways to tone your muscles without weights." Transfer major Crystal Cesena,

plans to work out after the Thanksgiving holiday.

"I don't overtrain, if it's a holiday, for my family, eating is a big part of our holidays. I still work out, but I'll still eat what I want to eat. I try to eat in moderation, but sometimes that doesn't always work so I'll just work out a lot harder after Thanksgiving, not before," Cesena said.

For physical therapy assistant Marcelino Acosta, he plans to keep up his work-out habits all through the holidays.

"I've had to deal with weight all my life, it's a struggle for me, and if I don't work at it, I'm going to let myself go. If I have a busy day of eating I try to wake up early before I come to school and try to get some running done and burn some calories."

Safety 2: ASCC gets

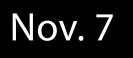
broken into a second time Continued from Page 1

Trustees.

Board of Trustees President Bob Arthur commented and said, "Dr. Lacy has added extra security and a new security system is being put in. It's unfortunate that another break in has happened so soon."

Cerritos College Police Chief Richard Bukowiecki was unavailable to comment on the break in.





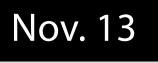
Board of Trustees Meeting in Cheryl A. Epple Board Room at 6 p.m.



First Annual Project HOPE Silent Auction Scholarship Fundraiser at Student Center from 5:30p.m. to 8:30 p.m.

Nov. 9

Piano Recital: Italian Masters: Works By Scarlatti, Clementi And Diavelli in BC-51 at 11 a.m. to 12:30 p.m.



American Red Cross Blood Drive Volunteer Opportunity at Cerritos Falcon Square from 8 a.m. to 8 p.m.



out his school campus.

"When I came out I told a group of friends, and it was a spontaneous 'I am gay!' and they ended up telling the entire school."

Schaper was brought up in a religious household and was taught at a young age that homosexuality was wrong.

"My parents would tell me that it was wrong, and if you are gay to just keep it to yourself, but I was just so full of pride and thought to myself that there was nothing wrong with being gay."

Schaper immediately sensed some distance between some of his classmates.

"When the news was spread about me being gay, some people began questioning me, and some people even backed away from me calling me fag and queer and all other sorts of derogatory words. Not only was I bullied for being gay, I was also bullied for being overweight, and being made fun of for those two things at the same time seemed like the icing on the cake for them."

Schaper is just one of many students in the gay community that have dealt with issues caused by bullying and ridicule. Nov. 1 the Psychology and Modern Language Departments hosted a Symposium on Anti-Gay Bullying in the Teleconference Center.

Psychology Professor and moderator of the panel get bullied, it's straight peop Brett Wheeler said, "The main goal of this seminar was equal, and it's just not fair."

Wheeler believes that the men need to be the "first line of resistance" against gay bullying.

"If there's a woman and she says 'Don't pick on them,' no one is going to call her out on her own sexual orientation. Whereas with men, that will be the first thing that is going to happen.

If a man says 'Hey don't pick on him,' the oppressor might say something like 'oh are you a faggot too?' It is not that this is only a men's issue when dealing with bullies, it's just that men need to learn how to bear the burden of being questioned in that way, because if they don't then bullies don't get stopped."

Chair of Psychology Michelle Lewellen said, "I think that just like women and Civil Rights issues, it's all about time. It is going to take some time, and there are some cultures out there that are very entrenched with religion and family.

It takes people like us to try and spread the news that people kill themselves over this (bullying), rather than wanting to face their families or their friends."

Child development major Austin Garrido said, "This (seminar) was great because it really helps out those who are gay with their own personal lives, as well as showing those who are not gay just how much other people are struggling. It's not even only gay people that get bullied, it's straight people too. Everybody should be equal, and it's just not fair."

Male student accuses another male student of "peeping"

JOHN MORFIN Copy Editor copy@talonmarks.com

A male student accused another male student of taking photos of him while using the restroom facilities.

Campus police officers responded to a call placed by the accuser around 10 a.m. on Oct. 30, according to Cerritos College Campus Police Chief Richard Bukowiecki.

The male student claimed to have been photographed with a cell phone by another male student while using the restroom facilities located inside the Liberal Arts Building.

Police then questioned both parties involved.

Robert Chester, coordinator of judicial affairs, was alerted and informed of the situation by campus police.

According to Chester, protocol for something like this is to call the Judicial Affairs Office.

The responding officers checked the phone of the accused in search of indecent photographs of the accuser.

No photos of the accuser were discovered in the phone. According to Chester, he spoke

with the responding officers as well as the accuser and accused.

"I spoke to the complainant, the accused, and the officers who responded in order to help determine what course of action should be taken.

Chester continued, "It was more of an educational opportunity than a formal judicial action."

According to Bukowiecki, officers filed a report, but an arrest was not made because the search of the accused provided no evidence.

Art major Gabriel Carrasco finds the thought of a male student taking photographs of another male student while using the restroom disturbing.

"It's weird. It's kind of gross," Carrasco said.

Carrasco recommends that instead of directly confronting someone who you believed to have photographed you while using the restroom, you should get a good description of the individual and report it to the authorities.

"A direct physical confrontation wouldn't solve anything," Carrasco said.

According to Bukowiecki, if someone photographs someone while using the restroom, it is considered to be a misdemeanor lewd act crime and can be subject to arrest.

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EDITORIAL - 3 Wednesday, Nov. 7, 2012 • www.talonmarks.com

•EDITORIAL• "Do you feel safe at school, regarding If I would have only.... the recent break-ins?" PHOTOGRAPHS BY: ABRAHAM VENEGAS ALDO LOPEZ ASCC vice president "I've never really felt unsafe, I think the fact that there's been a lot of robberies and break-ins does raise a bit of concern." Illustrated by Edwin espinola/TM



DAISY QUIRARTE Education major

ling."

"I do feel safe because I see a lot of security and cops patrol-

BRADLEY BOUNDS Communications major

COMPILED BY: ISRAEL ARZATE

> The robberies and vandalisms re going to happen but it's not is bad as it could be."

JULIA ESCRIDO Arts major



Out with the old, in with the new

"Fool me once shame on you. Fool me twice shame on me," is the old saying that should encourage Cerritos College officials to make changes to the current safety procedures in place on campus, since burglars broke into classrooms and stole computers for the second time in less than a month.

It is easy to question the preparedness or effectiveness of the procedures set in place by Cerritos College officials when the issue of student safety and crime prevention comes to mind.

A recent campus earthquake drill has proved how one of the current safety procedures can be ineffective.

For instance, the district along with campus police conduct several safety drills each year which evaluate and assess the effectiveness, but if a student is not scheduled for a class during that time frame or chooses to miss class, then the opportunity to teach earthquake safety to that student is lost.

and flyers posted on building entrances, but does nothing for the person en route to campus who could possibly be entering a dangerous environment.

If campus officials wanted to warn students immediately of a threat, the most adequate way would be through AlertU which would deliver a warning straight to their cell phones via text message.

However, Cerritos College does not automatically subscribe its students nor require them to subscribe on their own, meaning only some students will receive warnings of threats in time to avoid them.

One of the biggest crime threats recorded in an annual security report prepared by campus police are motor vehicle theft and burglary, with a combined average of 29 incidents per year over the last three years despite routine vehicle and bike patrols by campus police officers and cadets. The Cerritos College annual security report is a safety resource made available to the public and includes statistics of all reported crimes, which means it can only be accurate if crime and safety threats are actually reported to campus police by the campus community.

This is just one way that members of the student body can ensure their own safety.

Until every student feels completely safe, it is up to each individual student to seek out and demand that the best safety and crime prevention procedures are offered and implemented at Cerritos College.

- Reporting crimes to campus police will help other students know about them.
- Talk to members of the student government who work in conjunction with campus police to improve campus safety.
- Familiarize yourself with current safety measures and share ideas on how to improve them with campus police.
- Speak up about existing safety concerns on campus with campus police.

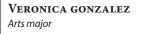
You can contact the Cerritos College Campus Police Department at (562) 860-2451 Ext. 3076 or via email at campus-police@cerritos.edu.

"I still kind of do feel safe, but I don't feel like my stuff at school is safe."



Yesenia Segura Music majoi

'Generally I do still feel safe at school, but in the night it could be dangerous."



"I don't feel safe at all because we need more things like cameras and motion detectors."



Another flawed safety procedure is the warning system between the college and the campus community.

It calls for warnings to be issued through the college's e-mail system, campus' student newspaper

It does not make sense for officials to only improve safety measures after certain issues arise because crimes and threats are not always scheduled and often, it is the most devastating ones that catch people by surprise.

The single life will help students with their education



School and relationships don't mix well. Unless you have an understanding partner who knows where your priorities lie, it is best to stay single during the school year.

In high school, no one really took dating seriously. It was all about having a good time and making sure you passed your classes so that you could graduate.

In college, we begin to gradually mature and take our relationships with people more seriously. That could become a problem when it comes to school work.

Most of the time, when you decide to be in an official relationship

a number one priority for each other.

That isn't always the case with certain people. Some consider school or family to be a bigger priority because those are the things that you feel will affect you the most.

For that special someone, unless it is made clear to them that they are understanding of how you feel, the relationship can go from good to bad in a heartbeat.

Especially if you're special someone is super clingy and wants your undivided attention 24 hours a day, seven days a week.

It's incredibly distracting when you're trying to take notes in class and you have your phone going off every five minutes and then if you don't reply, your special someone is being an extra special pain in the butt because you didn't text them during your class.

Then the drama begins, because

one else or are just ignoring his or her messages.

If you like your partner enough, then instead of finishing up your English paper or studying for your test, you're busy calling and texting your partner to work things out with them.

If you're part of one of those couples that celebrates monthly anniversaries where you get something for each other once every month, then you become so focused on what you plan to do for your partner instead of doing your homework.

Being really physically attracted to your partner can be even more distracting at times.

Instead of studying for your midterm, you're too busy studying your partner and how much you want to pounce on them.

From then on, it all goes down-

with someone, you both expect to be your partner figures you're with some- hill and come the day of your midterm, you realize maybe it wasn't the best idea to have your partner around while you studied.

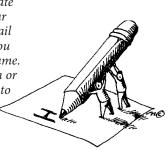
If you're in one of those relationships where you and your partner are always fighting and breaking up and getting back together.

Being in a serious relationship can be like a ticking time bomb because the drama and heartache can make focusing on anything else other than your toxic relationship difficult.

College is the time to strive for what you want, form professional relationships with people and experience new things.

Unless you have a supportive partner by your side, spend more time in your books and less time with someone who might break your heart or that you might consider a waste of your time later on.

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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Letter to the Editor

Dear Talon Marks,

In the Wednesday, October 24th issue of the Talon Marks, your News Editor, Lauren Gandara, published a small article on professors humiliating students in class. While I do agree that professors calling out and humiliating them in class is dumb, I think her reasons could have been stronger.

A professor calling out a student for failing a test or for their cellphone going off, while unprofessional and highly unnecessary, shouldn't have been the basis for her argument. I don't know if she wanted to list more reasons, but I believe that there are better examples to give when a professor calls out a

student. A prime example happens material, which leads to a student in math classes; sometimes, if a student asks a question, the instructor feels the need to make the student feel dumb by insulting them for not being able to do a certain homework problem. THAT is incredibly stupid of an instructor to do. It also makes a student feel dehumanized. A student goes to an instructor for help, to understand something, so they don't scratch their heads at said concept or continue to scratch their heads if they continue to encounter said concept in similar problems.

But some instructors, sadly, stoop to such a level. As a result, students end up not asking questions in class, which leads to the instructor believing they understand select

having difficulty on a problem and refusing to ask for help because they are afraid of being insulted, which means a student may not pass a class and/or not understand the full material on homework. I know a friend of mine who was taking Pre-Calculus; I won't mention the professor or the name of the student, but he said the instructor told him, "If you can't do this problem, I hate to see how you will fare with your Calculus 1 class." Is such a comment really necessary? No! Does it make the instructor seem unprofessional? Yes! Does it deem the instructor as a source of help? Not if they want to insult students.

I also wish Lauren Gandara

informed students of where they could report instructors for their disrespectful conduct. A student has a right to go to the Student Activities center. They can discuss any manners regarding an instructor with the ASCC on why an instructor is not doing their job teaching them.

This is a matter that effects student's willingness to communicate with their instructors, and something every student needs to do. As for the instructors; as Ms. Gandara pointed out, the classroom time is not your stand-up time. Either take your job seriously, or do not bother teaching.

-Matthew Ruiz computer science major

Random Facts

- A person's nose and ears continue to grow throughout his or her life.
- Coconuts kill more people in the world than sharks do. Approximately 150 people are killed each year by coconuts.
- Did you know until the 1960's men with long hair were not allowed to enter Disneyland.
- Did you know Walt Disney, the creator of Mickey Mouse, was afraid of mice.
- If a lobster loses an eye, it will grow another one.
- Men's shirts have the buttons on the right, but women's shirts have the buttons on the left.
- One in 500 humans has one blue eye and one brown eye.
- The average person falls asleep in seven minutes.
- The human eye blinks an average of 4,200,000 times a year.

Facts from http://www.did-you-knows.com



Flamin' Hot Cheetos should not be banned from California school campus'

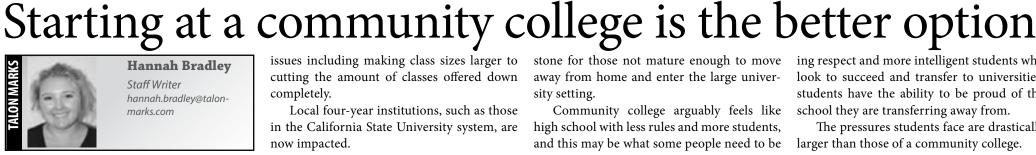
Why Flamin' Hot Cheetos is being singled out to be banned is a mystery, especially with the fact that now high school principal's are allowed to confiscate the Flamin' Hot Cheetos from students if they are caught bringing the snack to school.

Several schools in Pasadena have banned Flamin' Hot Cheetos from their snack menu.

The main reason for banning the snack is that it is very high in fat and sodium.

Why just Flamin' Hot Cheetos? Why not ban the regular Cheetos too?

The comparisons are not even



Transferring to a four-year university from a community college will not only save students money, but it can provide a better chance of completing all the general courses for a degree before entering the even more competitive market students are facing at four year institutions.

The large price difference from a community college to a four-year university level shouldn't be the only incentive to take general education courses away from universities.

The recent budget cuts on education, especially in California, has caused a variety of

cutting the amount of classes offered down completely.

Local four-year institutions, such as those in the California State University system, are now impacted.

To be impacted means that either a major or a campus has more qualified students than capacity can permit, meaning qualified students will start being turned away from admission and courses that they need to obtain a degree.

While these cuts have also been made at the community college level, the less expensive and larger community college system enables more students to participate in their required classes without too many obstacles to overcome.

Moving on to a community college after high school can also be the correct stepping

issues including making class sizes larger to stone for those not mature enough to move ing respect and more intelligent students who away from home and enter the large university setting.

> Community college arguably feels like high school with less rules and more students, and this may be what some people need to be larger than those of a community college. comfortable moving forward with their education.

In regard to feeling that a transfer from a community college may cause those overlooking applications at four-year universities to turn their noses up and issue denials, times are changing.

When families had more money to spend and expressed no issues with their children completing general education courses at university tuition prices, community colleges may have received less respect when being seen on a transcript.

Now as these local colleges are both gain-

look to succeed and transfer to universities, students have the ability to be proud of the school they are transferring away from.

The pressures students face are drastically

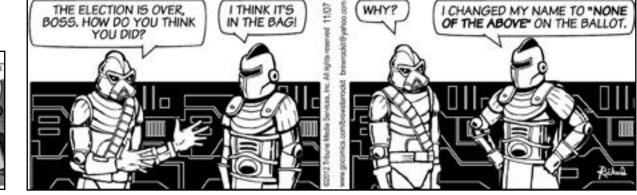
Larger drop out rates are present for freshman and sophomores at universities, as being both away from home and on your own in a large setting can be hard to handle as an 18 year old.

The more impacted, expensive and difficult courses at a four-year university are simply the worse choice for students who look to have a successful college career.

The reversal of options provided at community colleges may not only keep cash in your wallet, but also better prepare you for the difficulties you are forced to face once transferring to a university.







that different with the Flamin' Hot Cheetos 2 oz. bag having 170 calories, 11 grams of fat, and 250 milligrams of sodium, in comparison to the regular Cheetos that have 160 calories, 10 grams of fat, and 290 milligrams of sodium.

Why just stop with Cheetos? Why not all the other snacks and sodas?

Don't they have other things to look out for like students texting on their cell phones instead of eating Flamin' Hot Cheetos?

The Pasadena school district seems to be taking things a little bit too far when it comes to healthy eating.

Heaven forbid that restrictions like that come upon our school grounds.

Can you imagine if Cerritos College decided to ban selling Flamin' Hot Cheetos?

Would the banning stop at Flamin' Hot Cheetos? Or would the banning continue on to all the food places on campus like The Elbow Room where donuts and Hot Pockets are sold.

What if we had a life on campus where teachers and other college staff were allowed to examine what you are eating, and determine if you are allowed to continue eating it or not?

That type of control on campus definitely does not sound like a great college experience.

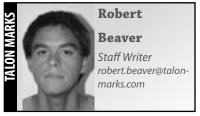
Healthy living is a choice, not something that you force students into doing.

Forcing foods to be taken away from you doesn't make you decide to not eat it anymore.

Students will eat what they want to eat, even if they have to sneak snacks in, so why force us?

It is our right to decide what goes inside of our bodies, not the school districts.

Online classes can be better for students



Online education should be placed among man's greatest ideas like duct tape and the wheel.

Online classes mean no more sitting through long, boring lectures from wacko instructors.

You don't have to listen to that one student who always interrupts everything and starts talking about himself like everyone is in group therapy and no more neglecting the small, important things like nutrition, just to make it to class on time.

But the best part about taking online courses is that students get to go to class in their underwear.

That's the beauty of online classes. Students can literally roll out of bed naked, hair all lop-sided, and crawl over to the computer to have some education for breakfast.

There are fewer things like proper nutrition, deciding what to wear, and commuting to worry about.

Now, students can focus on education.

The online classroom provides a more comfortable and effective learning environment than the classroom. In other words, students have the ability to personalize their learning environment, which would mean more focused studying sessions for students.

A personalized learning environment is better than what the smelly classrooms offer on campus. Classrooms also offer a room

temperature that is always too hot or cold and never in between, and the instructors' teaching aids like the computer and projector don't always work.

Ever spent the first 20 minutes of class sitting there while the instructor trouble-shoots his equipment? How can students focus under

22

these classroom conditions?

The naysayer might argue that there are too many distractions at home and that it is harder for students to focus on the material, than in a classroom.

There's a simple solution for that. Turn off the television and stop texting your best friend.

The classroom has it's distractions as well. How can you expect the hormone-enraged male students to focus in class when there are so many beautiful women sitting in their chairs, you know, being all distracting?

The naysayer might also add that students are more likely to fail their online courses. Can you read? Because that's all it really takes to be successful in the online environment.

The online environment forces students to open the books.

If students can't open a book and read it, then they probably don't belong in college in the first place.

In an online course, the material is all based on the textbook, as it is in the classroom, only that students can still pass a classroom course based on the professor's instruction and without actually reading the book. There is a saying: "Intelligent people can teach themselves."

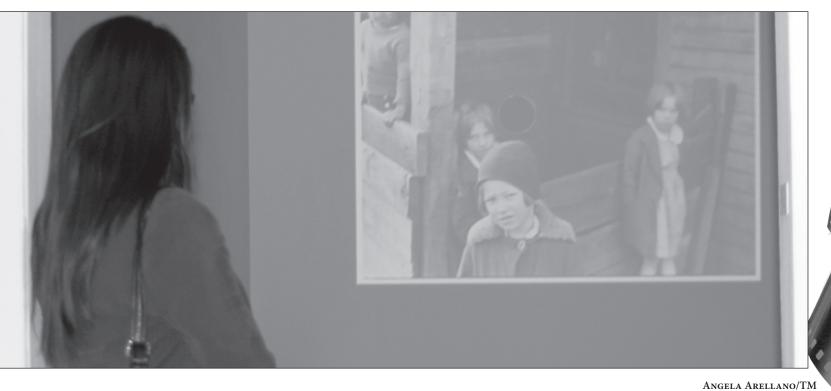
What a great way to test that idea.

FOR RELEASE NOVEMBER 7, 2012

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis





Presented differently: Math major Raquel Ramirez stands to look at a fast paced digital projection art piece at the art exhibition. "Killed" done by William E. Jones is a sequence of black and white pictures.

Photos represented in different degrees

RAUL SAMANIEGO Staff Writer raul.samaniego@talonmarks.com

Geography, math and art are what greeted visitors on the first day of Cerritos College's presentation of, "After Image: The Photographic Process(ed)," on Monday in the Cerritos College Art Gallery.

Many of the artists used angles to cut their pictures and reassemble them in interesting shapes and sizes.

Others combined mathematical concepts that incorporated their design and imaginary ideas into their unique finished presentations.

The pieces were assembled from collections from local as well as national and international artists.

Curator and director of the art gallery James MacDevitt is the one who put the exhibition together.

"I always start with a theme for a show and then over the course of maybe six months I look for artists dealing with those particular themes.

"I then start contacting them," MacDevitt said.

The collection has photo pieces that have been transformed into a combination photo metamorphosis of sorts.

Pieces have been soaked, folded, cut, sewn and have gone through other processes to give them their final presentation uniqueness

Some were soaked in Oregon lake water or had chlorine bleach poured over them to give a strange sense of how moisture in various forms affect old fashioned photo paper produce images.

Art student Gary Gibbons said, "I am more into impressionist arts or situational surrealism than straight photography, but I like both."

All of the pieces displayed were more than snapshots of photos.

"I would want to create something other than what I could take a snapshot of. When I paint or draw, I want to do things that are different than what I can (do with) just taking my camera out and capturing," Gibbons said.

Looking at a piece from San Diego by Scott chael Hernandez, who talked to people about Hazard, Gibbons simply said, "It is pleasant to me."

Explaining why he brought this style of art to Cerritos College, MacDevitt said, "We live unfortunately in an 'art desert' out here in Norwalk."

His desire to present items that may be found in the north, it inspired him to bring these artistic pieces to the gallery here at Cerritos.

"You have the gallery rows of Chinatown and La Cienega. Those are close enough that if you hopped into your car, you could probably be there in 45 minutes to an hour, depending on rush hour traffic."

"The benefit of having a show here on campus is that you don't have to travel that far. It's kind of effortless," MacDevitt added.

Additionally, he said, "We have works on display from Berlin and Brazil that aren't even on display in Los Angeles."

One of the artists who was present at the gallery's opening reception was Gregory Mi-

his art. His pieces included intricately cut and assemble photos in a spherical form.

Hernandez said he took picture of structures from both the outside and inside and then pasted them on a form, in which he called, "A truncated cub octahedron."

This is a shape the artist claims the Greek mathematician Archimedes discovered.

Hernandez was originally trained as a painter and graduated from Biola University in La Mirada in 1999.

His inspiration for painting came about when he started going to the desert only to discover that he didn't have time to paint.

Since he brought along his camera, he took photos and made collages.

"Photography was mostly a tool for making paintings," Hernandez said.

The exhibit runs through Dec.13.



Life Drawing keeps Halloween spirit in art

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ANGELA ARELLANO/TM

Different direction: "Proposal for a

of many Gregory Michael Hernandez

pieces that was on display at the art

stairs in the city of Los Angeles.

Monument to Upward Mobility" is one

gallery. This piece of artwork is a set of

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SANGEON SHIN Staff Writer sangeon.shin@talonmarks.com

> JOHN MORFIN Copy Editor copy@talonmarks.com

Art 112 Life Drawing class arraigned for a special Halloweenthemed nude model.

Professor Hagop Najarian said, "I thought we would take advantage of Halloween and have the model dress up in costume."

The professional model named Michael Schmidt wore a pair of black wings and used prosthetic horns and a tail in order to look like a demon.

"I'll glue on the horns and the tail for Halloween," Schmidt said. Schmidt also stated that he of-

ten performs themed modeling. Schmidt was in a seated pose and held a three-pronged fork, signature tool of the devil.

The backdrop for the model contained skulls, crossbones, and pumpkins, as well as a red spotlight which shined down over him.

The students were seated in a semi-circle around the model.

Every student had a different perspective of the model, depending on where they were seated. The light shined on the model from different angles which also caused certain effects.

"Every model we put in here we use to draw usually has a different characteristic and body type like skinny, tall, short, male or female," Najarian said.

"This particular model dressed up in a demon outfit with a tail and horns. I think it's fine.



John Morfin/TM

In the process: Art major Melissa Duran draws nude model Michael Sscmidt on paper for her Life Drawing art class. Since the class was on Halloween, a Halloween-themed model was arranged to come in to class.

It's interesting for the students a small piece of clothing, there is because, he is not just nude, now they have to think of him as an actual character."

Art major David Guerrero found the Halloween-themed model challenging to draw due to the fact that the model wore black wings.

"We get used to drawing the body as it is. When we get even

a little bit of a challenge," Guerrero said.

Art major Alba Bermudeg enjoyed drawing the Halloweenthemed model.

"Bringing in the Halloween theme was interesting," said Bermudeg.

Taylor Swift grows in 'RED'

'RED'

Album Review

Musician: Taylor Swift Rating: $\star \star \star \star$

> **ALEXANDRA SCOVILLE** Social Media Editor social@talonmarks.com

The album "RED" by Taylor Swift is just another catchy pop-country album, but shows more potential for the singer to grow.

"RED" is Swift's fourth studio album, and is by far her most mature effort yet.

The album as a whole has this sound that is different from the singer's previous works.

There are some songs that just don't sound like something Swift should have sang

"Stay Stay Stay" and "22" are songs that seem to be more pop orientated rather than the country side.

When Swift has a good mix of both pop and country is when her songs really stand out.

This album achieved a new sound but there is still room for that big stand out album by her.

Some of the songs made by Swift seem more mature and edgy, although there are some songs that don't quite make the cut.

The first single off of "RED" titled "We Are Never Ever Getting Back Together" is commonly heard on the radio and was quick to memorize and sing along with, as are most of Swift's songs.

It doesn't fully show how much she has grown, but an album from her wouldn't be complete without that kind





http://bit.ly/alxvVB

of song.

Another single off of the album titled "I Knew You Were Trouble," is by far better than every other song on the album.

It has been described on the internet as dubstep country because its electronic style is not usually associated with Swift.

"Begin Again" was the second single off of the album and is closest to Swift's normal pop-country style than the other two singles.

What makes it different than the other singles off of previous albums is the tone of her voice.

It naturally gives off a more adult vibe, which is relatively new for Swift.

When she strays away from the catchy pop song genre you can tell something is played from her heart and it's lovely.

"All Too Well" may not be a single of "RED" but it is one of the best songs off the album.

RAUL SAMANIEGO Staff Writer

along with performers, dressed up in costume for the concert.

raul.samaniego@talonmarks.com

Community Orchestra member Lisa Rapp didn't expect to be playing 2nd trumpet at the first Fall Exchange Concert held on Halloween in the Student Center.

Rapp said she has been a member of the orchestra "for about three or four years."

The event featured musical pieces by both the Cerritos College Orchestra and Concert Band, directed by Dr. David Betancourt of the Music Department at Cerritos College.

Many of the orchestra and concert band members dressed in costumes for the spirit of the holiday.

Betancourt himself was dressed as the Mickey Mouse character

"Fantasia."

He elected to direct without his huge four fingered white gloves because he could not hold and maneuver his baton.

The evening began with music seemingly written for the All Hallowed Eve's festivities including the opening piece "Funeral March of a Marionette" written by Charles Gounald.

Betancourt gave a brief description of the next selection to be performed and asked the audience to imagine ghosts and goblins having a party while prancing around in a festive mood.

Betancourt went on to announce the second piece.

"Danse Macabre" by Ed. William Ryden, indeed created a sense that spirits, phantasms and ghosts

Merlin from the Disney classic were dancing in an old haunted mansion at the Student Center.

For the music: Music director David Betancourt leading the Cerritos College Orchestra and Concert Band at the Student Center for the Halloween Concert. Betancourt,

During the intermission, about 30 children in attendance participated in a costume parade with candy being handed out to the

most interesting costumes. Many adults were in costume and accompanied the children in the festivities as well.

This was the first concert the Music Department scheduled on Halloween night.

Betancourt said, "They (students) have been preparing since September for this concert."

Nervousness wasn't evident but Dr. Betancourt prepared the students by, "Talking about it (nervousness) all the time because it is one of the natural parts about performing," Betancourt continued.

"The best thing you can do is be

being prepared musically, so really

RAUL SAMANEIGO/TM

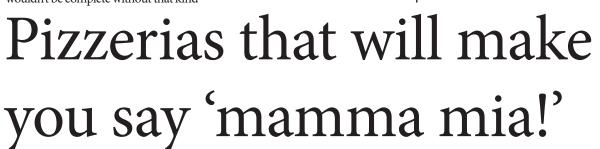
"Mostly, it's preparation," he said.

All of the event's preparation was done by the Music Department and the Music Club.

"Different members of the band and orchestra came in at 3 p.m. and transformed the whole Student Center to what you see tonight with the tunnel, the stage and everything," Betancourt said.

The Concert Band completed the evening performances with renditions of its own by Frank Tichell and "Abracadabra" concluding with Selections from Walt Disney's animated movie "Fantasia."

The next music concert is scheduled for Nov. 13 in the Burnight Center Theatre.





Halloween Concert held at Student Center

know your music.

JONATHAN GARZA Co-Sports Editor jonathan.garza@talonmarks.com

It is without a doubt that in the United States, one of the most popular choices that Americans make in their daily routine is to answer the question, "What's for dinner?"

The answer is simple: Pizza!

At Cerritos College, students might get accustomed to the tastes from Italy, courtesy of Frantone's Pizza, which is conveniently located in the campus food court as well as other campus locations.

However, apologies are in order for Frantone's who did not make this list.

Here at the top five pizzerias within 25 miles of Cerritos College.

5. BJ's Restaurant and Brewhouse

The first spot is the most commercial one and a place where you can enjoy much more than just pizza, not to mention, just around the corner

The crust really makes the pizza here. The cheese is tasty, giving off a unique flavor. It is sweet, kind of like french toast, but it works, and it makes the pizza all the more delicious.

Heed the warning that many customers tend to dislike the roma tomatoes that are added as an additional topping.

Waiters have recently begun to ask whether one would like them to be included on the pizza.

There aren't many compliments to the pizza and the bland taste of the toppings make it increasingly difficult to taste more than the rest of the pie.

As far as the toppings go, they could be tastier, which is why BJ's chimed in at No. 5 in this list.

The sauce isn't special either, so if you are a lover of extra sauce, you might find yourself looking elsewhere.

4. Rosario's Italian Restaurant

Word of advice when visiting Rosario's Italian Restaurant, call and order your food 20 minutes before arriving, there is quite a delay.

But oh boy, what a pizza. It's like love at first sight.

The pizza looks spectacular, and it boasts a ton of toppings.

Some have had to ask for light toppings so that they might dare to finish the monster of a pizza.

The toppings are the highlight of the pizza at Rosario's, as they are so flavorful, captivating the taste buds of the eater.

Cheese here is good too. It's not the best, but absolutely not the worst. It absorbs the flavor of the toppings, which can be raved about all day long.

3. Clara Rio's Pizza

The downfall to Rio's Pizza is that it's solely a takeout restaurant, with no tables to sit down and enjoy this pizza.

Tasty is the perfect word to describe Rio's Pizza. It falls just a good crust shy of being higher on this list.

Finally some tasty sauce for those previously mentioned sauce lovers and they stack on the cheese too, giving fans a little bit of everything.

There are an abundance of toppings that keeps mouths watering for more.

A recommendation should be noted though: Order the pizza with a thin crust.

Do not deprive yourself of the need to taste the greatness of this

pizza. The crust is not Rio's strength,

but it's tasty, however, just unnecessary.

A double pepperoni pizza from Rio's is to die for.

2. Petrillo's Pizza Restaurant

My warning to you about Petrillo's is the service, beware, it's terrible.

However, it will all be forgotten when the pizza arrives.

For years it seemed as if Petrillo's was perfection, offering the perfect blend of cheese and toppings, while enticing taste buds with a flavorful dough.

The sauce is okay, but this is one of those places where it's alright to ask for no sauce and allow for the pizza to take a different element. After all, it might be your cup of tea.

1.Tony's Little Italy Pizza

The best pizza on this list resides in Orange County and it is another hole in the wall, but one you absolutely must drive out to enjoy.

Think about the pizzas you just read about and implement much of that into the champion -- Tony's Little Italy.

Impressive is the word for the pizza at Tony's Little Italy and it never stops impressing from the first bite until that last sad moment when it's finished.

Let's begin with the first bite, it packs a punch full of flavor and everything tastes delicious, which begins with a combination of different spices, stemming from the buttery crust to the different cheeses used.

It continues with the excellently blended sauce, which has a very authentic Italian taste to it, then finally finishing with those toppings, completing the ultimate pizza bite.

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SPORTS - 7 Wednesday, Nov. 7, 2012 • www.talonmarks.com

Cross country places high at SoCal Finals in Costa Mesa

RAUL SAMANIEGO Staff Writer raul.samaniego@talonmarks.com

A week after both the Cerritos College men's and women's cross country teams captured the South Coast Conference title, they both qualified for the California State and I kept telling him over and over Championships by finishing second and fourth overall respectively in the Southern California finals held at Fairfield Park in Costa Mesa Saturday.

Championship was the first in the history of Cerritos College men's cross country.

It was the fourth overall conference title for the women's team.

The men's team almost had a catastrophic outcome when Munir Kahssay and Brandon Taylor were said to be disgualified at the finish line after completing the 4-mile race.

Initially Marco Ochoa, Orange Coast College's head cross country coach acting as Meet Manager, said that Cerritos' 2nd and 4th place runners had been disqualified.

It was later learned that Cerritos College runner Brandon Taylor was misidentified as the second runner disqualified, when in fact Falcons' runner Tommie Poston was penalized for what was termed a decorum violation.

According to Cerritos College Athletic Director Dan Clauss, that decision is currently being appealed.

A decorum violation would keep the runner from participating in the next meet, or the California State Community College Cross County Championship.

Ochoa said after the race, "The do anything.

first guy (Kahssay) to get disqualified was second place in the race." "They (the racers) have in-

structions to move along the chute (Pathway set up for the runners to go through in order of finish) and he was not listening to directions, to get going, get going, and he ignored me.

"He was backing up the whole line."

Ochoa continued, "He bad The South Coast Conference mouthed one of my coaches prior to this.

> "He also gave me an attitude and did he not listen to my instructions. He ignored all my instructions and so finally I gave him an ultimatum.

> "He still ignored me, so I said, 'Okay, you're out."

Cerritos College head coach Christopher Richardson was quick to respond to the heated decision by the race officials.

Initially, he did not know what was happening as he was celebrating with the rest of the men's team in what seemed like a very high finish in the preliminary race being used as preparation for the State Finals coming up Nov. 17 in Fresno.

Richardson engaged in a discussion with both Ochoa and another man, who was identified by the name or title of "Dean" regarding what had happened in the seconds after both runners crossed the finish line and seemed to be on their way to collecting their official time bands.

Khassay and Taylor were reinstated as finishing second and fourth for the race.

Khassay said, "I just fell off at the finish. I was tired and I couldn't

"I got second place." The Men's team received second place honors.

The women finished fourth overall and will travel with their male counterparts to Fresno to compete for the State Team Championship, as well as individual hon-

Top female finishers for the Falcons were runners Maira Solis and Carina Sanchez, who placed 15th and 19th respectively in the 5-kilometer race.

Additional representatives on the women's team were Amineh Beltran, Kaela Crone, Patsy Hurley, Julia Piecnik, and Isabel Medina.

Both teams ran essentially the same race with the men's division adding an extra mile to its length.

The course included romps over dry dirt, across lush grass, up and down through small hills and finally a steep climb up a hundred-yard hill, which claimed many runners on their way to the finish.

They each had to traverse "the hill" twice before heading for the finish line.

When faced with the big hill at the end of the race, Sanchez said, "It wasn't that big of a hill.

"It's just that I didn't have it today in the first mile."

To prepare for the State Championship, Sanchez said, "I think I just have to rest up a little bit, I mean last time (at the preliminary race) I placed third, so I know I can beat these girls."

Both Cerritos College cross country teams have two weeks to prepare mentally and physically for the State Championship slated for Nov. 17 in Fresno's Woodward Park.



Keep on Pushin': Sophomores Brandon Taylor (left) and Munir Kahssay (right) lead the race coming over a steep hill in the first leg of the race. Kahssay finished No. 2 and Taylor No. 3



Leading Falcon: Cerritos Falcons cross country runner Maira Solis near the finish line at the Southern California Champi onships. Solis was the top finisher among the Falcon runners and placed No. 15 overall.



Brief: water polo playoffs

JONATHAN GARZA Co-Sports Editor jonathan.garza@talonmarks.com

For the first time since 2004, the Cerritos College men's water polo team reigns atop the South Coast Conference as champion, with its women's counterpart securing its conference title for the second consecutive season.

Both teams have received a firstround bye, and will be playing their second-round matchups on Friday.

The No. 3 seeded Cerritos College men (25-9) will play Palomar College (21-6) at 4:30 p.m., while the No. 4 seeded women (28-3) prepare for a rivalry clash against Long Beach City College (16-10) at 9 a.m.

For the Falcons, two familiar foes present themselves as a playoff challenge, with the men having defeated the Comets (Palomar) twice, and the women triumphing over the Vikings (Long Beach).

Rounds 3 and 4 are slated to take place on Saturday.

All matchups are to be played at Fullerton City College.

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http://bit.ly/PyVJ3m

Anthony Holliday going to Lamar LUIS GUZMAN **Opinion Editor** opinion@talonmarks.com

Falcons' point guard Anthony Holliday has made a verbal commitment to attend Lamar University, a Division I program located in Beaumont, Texas. Holliday will plan on making his commitment official during the November signing period.

Holliday has been playing basketball since he was three years old and has also played soccer and football. Holliday is planning to major in psychology. He started to take basketball seriously at the age of 10.

"I get joy out of playing basketball, I love basketball," Holliday proclaimed.

Coaching was a big factor in Holliday's decision to give his pledge to attend Lamar.

He said, "When coach Holmes came, he was just a genuine guy.

"He was upfront about everything, he was interested and sincere. When I went down there he was the same way, also the coaches

were the same way, I felt like I was at home."

Falcons head basketball coach Russ May had nothing but positive words regarding Holliday's decision, stating, "It's life changing, he is getting an opportunity to play in a Division I school with a full scholarship, he gets to play in a small town where he will be getting more attention from the people and the media, he has worked very hard for it and we are very happy for him.

"He has got a wonderful per-

sonality, I can't think of anyone who doesn't like him, he is very fun to be around, he is very competitive on the basketball court, he's got a personality that kind of lights up the room, he can definitely be the life of the party," May said.

Teammate and Falcons power forward Marquise Washington had plenty of good things to say about Holliday's decision, wishing him well, "It's a good move for him, and I hope he does good out there.

"As a basketball player on our team, he is our biggest threat from the wing, from the perimeter and as a person, he is like a brother to me," Washington said.

This is only a small step in Holliday's path to basketball success, as Holliday feels that he will play professionally some day, "I'm going to play pro somewhere, if it's not in the NBA it's going to be overseas and I feel that Lamar is going to take me there."

Transferring is pivotal

LAUREN GANDARA News Editor news@talonmarks.com

In an article from Ezine Articles, athletic scholarship expert Gary Hawkins said that athletic scholarships are much harder to obtain than those awarded for academics when it comes to being picked by universities.

He said that the main difference is control.

In academics, you apply for the scholarship and have your application reviewed.

Everyone is ranked and has an academic standing where the numbers are clear.

However, in athletics, it isn't all about statistics. Even with that being a key factor, according to Hawkins, some of the most talented athletes out there are overlooked and missed.

Coaches also seem to overlook their recruits' academic standings.

According to an article by Mike Knobler of the Atlanta Journal-Constitution, "Nationwide, coaches who would never offer a scholarship to a player who was six inches shorter or half a second slower than other prospects routinely recruit players whose standardized test scores suggest they're at a competitive disadvantage in the classroom."

Cerritos College wrestler Miguel Peralta said that school is a main priority for him and wishes that every athlete would think like him when it comes to prioritizing school and athletics.

"The way I see it, some people want to get out of school quicker and others would enjoy the free ride." he said.

Cerritos College baseball infielder Zach Johnson talked about whether student athletes care about what university they go to or not.

"Well if you have options, yeah you should take consideration into your school. But I mean if you just want to go somewhere (to any university) then you probably would not care much," Johnson said.

When it comes to challenges in being recruited by a university, Peralta said it is harder at the community college level rather than going straight to a university from high school.

"I think being in a community college makes it more difficult to transfer due to the fact that people have jobs or other obligations that are sidetracking their goals and aspirations."

Johnson sees community college as an opportunity to improve and get noticed by recruiters.

"You have to be a stud muffin to go (to a university) straight out of high school. A (junior college) gives you time to improve your game, create a name for yourself, and to get more looks (from recruiters)."



U P C O M I N G



Illustration by: Jonathan Garza/TM

Leaping to Transfer: Cerritos College athletes are working hard in classrooms toward their goal of transferring to major universities such as UCLA or USC.

ence title against rival Vikings

Women's Soccer wins Confer-

Vikings on road

Falcons down

SPORTS EVENTS

Nov. 7

Women's Volleyball vs. East Los Angeles College - 6 p.m.



Wrestling vs. Rio Hondo College - 7 p.m.



Women's Water Polo vs. Long Beach City College - 9 a.m. Women's Basketball vs. Grossmont College - 1 p.m. Women's Soccer vs. Mount San Antonio College - 2 p.m. Men's Water Polo vs. Palomar College - 4:30 p.m. Men's Soccer at Mount San Antonio College - 5 p.m. **Volleyball** vs. Pasadena City College - 5 p.m.

Men's Basketball vs. Santa Monica College - 7:30 p.m.



Football vs. Moorpark College 7 p.m.

RAUL SAMANIEGO Staff Writer raul.samaniego@talonmarks.com

Cerritos College women's soccer player Claudia Ibarra was a little rattled after a Long Beach City College player cut-off her attempt at a third goal late in the second half of the Falcons' shutout of the Vikings at Long Beach, 3-0 on Friday.

Arriving via the Universidad de Guadalajara, forward Ibarra, spoke through an interpreter.

"I worked hard and it just happened.

"I like to put them away and do the best I can," Ibarra said.

After Cerritos College took a 2-0 lead into the halftime break, head coach Ruben Gonzalez elected to keep his original starting lineup to begin the second half.

Gonzalez said of his strategy for the second period, "I want to put the team away early and not give them any hope."

In their first meeting of the season on Oct. 9, Long Beach City College surprised Cerritos College on its home field, 2-1, knocking it from the No. 1 ranking in the state.

Sitting atop the South Coast Conference at 10-1-1 (14-1-2 overall), the Falcons seemed primed to avenge their only loss of the season to their south county rivals, the Vikings.

It wasn't until the 82nd minute of play that Cerritos College sophomore midfielder Lauren Nanez scored the third and final goal of the game, coming on an assist from fellow midfielder Julissa Castaneda.

Most of the plays were on the Long Beach side with Long Beach goalie Jeanette DeAnda taking 23 shots near her, with 10 on goal, 3 finding the back of the net by Cerritos College players.

Her counterpart in the Cerritos College net, Falcons' goalie Maria Santoyo, stopped all 5 shots on goal, preserving the shutout.

Assisting Ibarra on her first goal, Nanez took advantage of a free corner kick by recovering the deflected pass and sending it toward Ibarra where she found the seam and put it in to start the Cerritos College 3-0 run.

"It felt good to get a goal and an assist against them," Nanez said.

The game was filled with vicious tackling, hard hits and illegal use of hands.

"You know, it's kind of part of the game sometimes, you just have to take it and go, you have to get aggressive too or else they (the Vikings) are just going to keep cracking you," Nanez said.

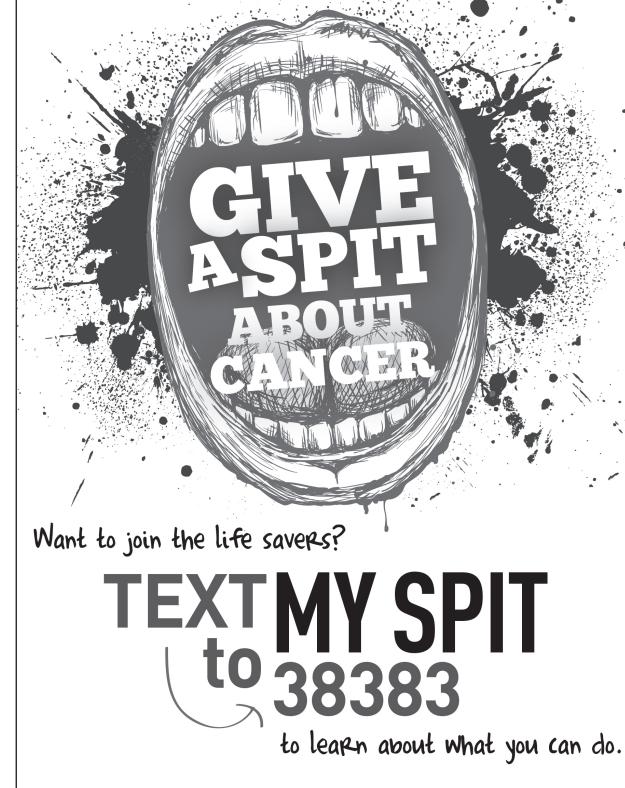
She was a little sore, but no injuries to report.

Nanez said, "I was really proud of everyone who worked their (expletive) off."

Receiving a yellow card in the second half, Cerritos College forward Jazmin Aquas said, "I got a little angry because there was some dirty play out there, I just think it was funny that he (the referee) was marking all of our (penalties) and to me that was not fair."

With the win, the Falcons clinched the South Coast Conference Championship.

The Cerritos College women's soccer team is ranked No. 2 in the state of California by California Community College Soccer News.



HINT: ITS MUCH EASIER THAN YOU THINK.

*Standard data and msg rates apply