

TALON MARKS

CERRITOS COLLEGE

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WEDNESDAY, FEB. 5, 2014 VOLUME 58, NO. 11

FIRST ISSUE FREE, ADDITIONAL COPIES \$1

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INSIDE THE MARKS

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ROBERTO MALDONADO/TM

FREE SPEECH ZONE

Q: How do you relieve stress?

Priscilla Quinones



"I scream; I let it out or vent to someone."

See more responses on page 3

CERRITOS' HISTORY

This month in Cerritos College History:

February 18, 1959: Talon Marks plans to bring a full-size newspaper to campus the following year.

February 13, 1970: Cerritos College enrollment hits an all-time high for a semester, with a total of 13,627 enrollments.

February 16, 1983: The spring semester of 1983 was the first time in Cerritos College's existence where parking fees were charged.

A "SNOWY DAY" FOR THE KIDS

DENNY CRISTALES
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The Child Development Center hosts annual event for kids and family.

It was indeed a "snowy" day on campus, or at least it was at the Child Development Center last Friday.

Carmina Weir, mother of four year-old Joshua Weir, enjoyed the social aspect of the "Snowy Day" event, hosted by the Child Development Center, as the event had dancing, performances and recreation for all the children at the annual event.

"It's so much fun, because he is socializing with the other kids. They learn how to play together instead of fighting."

"Snowy Day," as the name implies, had snow for all the kids at the Child Development Center, as workers prior to the event had the play-center decorated for the festivities.

Debra Ward, Director of the Child Development Center, said the annual event all started four years ago, when the program wanted the children to have some sort of Christmas and winter annotated event.

Now, the event has members of the program and family members participating and assisting where it is needed.

"We are funded by three grants from the state. The process works by having a committee of parents and staff. They have worked together for the past two months to put this all together."

"We contacted the company called 'The Ice Man,' which comes out and brings the snow. Then the staff and parents provide the food and organize the activities."

The event had a snow slide, where kids and parents alike gathered around and took turns going down the ramp.

Carmina noted the kids were visibly engaged and involved in all that the activities the event had to offer, including her son, Joshua, who was enjoying his time in the snow.

"It's good. I like the inner tubes," Joshua said, as he described his favorite part of the event, which was interacting with the other children on the playground.

Along with the snow slide, "Snowy Day" had ice fishing, painting, a choreographed dance from the children and a magic show lead by Melissa Bueno, a Liberal Studies major.

Dubbing herself "Bueno the Magnificent," Bueno

interacted with the kids, along with her assistant Emma Ramirez, an arts and education major.

"I'm actually very shy in front of people," Bueno said. "I get stage fright, so when I was up there, I did it for the kids to see them smile. I'm not a magician, but I did whatever I could to make them happy. It was nerve wrecking, but it was worth it."

Ramirez, called "Batgirl" for the show, as she was dressed in the character's clothing, and Bueno performed magic tricks, such as the "Head Twister," which involved applying separate boxes to her assistant's head and spinning them, giving the illusion that her head was rotating a complete 180 degrees.

The magic show culminated with Ramirez changing clothes behind a cloth, swapping off her Dark Knight apparel in favor of the character Elsa's clothing from the movie "Frozen."

Joshua said he enjoyed the magic show and was elated that the show had "Elsa, too."

Building off of the "Frozen" conclusion of the magic show, Ramirez then performed with the other children in a dance with music from the respective movie.

Along with the events that the Child Development Center churns out, Carmina also enjoys the program as a whole, and what it offers.

Ramirez enjoyed the patient manner in which the center caters to its children.

"They do a lot of activities for the kids here. They have stations that they work in. If my kid is interested in building shuttles, then they will teach him how to build a shuttle."

"They will start from scratch and slowly start building and put together a little shuttle. They focus on whatever the child wants."

The event was a success, according to Bueno, and it will indeed be returning again for the following year.

"I think that it's magnificent. It's awesome. There are smiles everywhere, so that's a good thing."



SEBASTIAN ECHEVERRY/TM

Winter wonderland: Four year-old Joshua Weir sliding down the snow slide at the "Snowy Day" event last Friday. He said he had fun participating in all the activities.

Scan to watch a video of the "Snowy Day" event.



<http://bit.ly/1n9k8IM>

Chester resigns from Faculty Senate, coordinator

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TAKEN FROM CERRITOS.EDU

Resignation: Bob Chester (right) at the 2013 Outstanding Faculty Awards Ceremony and Luncheon. He resigned as Faculty Senate President and Coordinator of Judicial Affairs last Wednesday.

Bob Chester, coordinator of Judicial Affairs and Faculty Senate president, has resigned from his respective positions, as of last Wednesday, as sources cite "personal attacks" on him as the reasoning behind the resignation.

Scott O'Neil, head of the math department, will now serve as the new Faculty Senate president.

"It was upsetting when it initially happened," O'Neil said. "The college is very important to him and he felt it was in the best interest of the college and himself."

Chester announced his resignation through an email to the Faculty Senate, and Linda Lacy, the Cerritos College president, knew why he resigned.

"He indicated to me that it was personal reasons, and he felt that there had been several attacks on him personally," she said. "It was the best for him and his family to go ahead and resign. I certainly understand when you put those two factors ahead of it, and I respected his decision to do that."

Chester's email, as reported at Los Cerritos News (<http://bit.ly/1fQBWo>) said, "Colleagues, friends, and others: It has become absolutely clear to me that because of the continued personal attacks against me – some you know about, and some you do not – that it is no longer possible for me to effectively represent

faculty members in the senate or to handle matters in Judicial Affairs.

"I am stepping down from both positions as of today. Thank you to everyone who has supported me, and I sincerely wish you all the best. As always, Bob."

Recently, the "personal attacks," have stemmed from a Faculty Senate meeting, where Chester acted in a supposed unprofessional manner.

"There has been a couple of things said in different settings and more recently there was an email coming from another faculty member to him," Lacy said.

Philosophy professor Ted Stolze apparently took offense to a joke Chester told.

"At today's faculty senate meeting I was deeply offended by your vulgar attempt to explain why there would be no cookies available (I won't relate the 'joke')," Stolze was reported saying on <http://bit.ly/1fQBWo>

"I don't care how you speak in private, but I do care as a colleague how my senate president addresses a public meeting. Sexist humor in such a forum is not acceptable."

O'Neil will take the position, but the Faculty Senate elections will occur during the fall semester, as the term was set to end this spring semester.

"Whatever direction we need to take, whether it be for students, which is our No. 1 priority, smaller things that need to be done and just moving on, we're all on the same team, and we'll take care of it," he said.



It's almost here: Construction workers work on the soon-to-be completed Liberal Arts and DSPS building . It's set for the second summer 2014 session at Cerritos College.

KRISTOPHER CARRASCO/TM

New Liberal Arts and DSPS Building set for Summer 2014

ALEXANDRA SCOVILLE
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Since its demolition in Dec. 2012, the old Business Education building is long gone and the new Liberal Arts and DSPS building has taken shape with almost 75 percent of it completed.

Cerritos College President Dr. Linda Lacy seems pleased with the progress of the construction.

"It's what we call, 'on schedule,' and on budget, so that's good ... and we hope to offer classes in summer of 2014," Lacy said.

Director of the physical plant, David Moore, said that the building is still on track for its completion date of summer 2014. Moore added that the building should be open for the second session of summer classes.

This date was threatened during the Jan. 22 Board of Trustees meeting when project manager Tilden-Coil came to the Board of Trustees with a new bid for contractors.

The bid came from Dalke & Sons Construction, based out of Riverside Ca., which will be working on low voltage work for the Liberal

Arts and DSPS building, so it can meet its expected opening date.

Low voltage work includes things such as non-electrical wiring, like cables for computers, alarm systems or any audio or visual equipment.

Some of the board members, like Marisa Perez, who is currently serving as board secretary, felt a bit disappointed during the meeting when presented with the one bid offer by Tilden-Coil.

Since there was only one offer, some board members seemed cautious about voting to approve the bid.

If the bid was not approved, the building completion date could have been set back about 3 months, putting classes at shorter reach for students in the summer sessions.

"If we weren't trying to make a deadline, we might have said, 'we only have one bid, let's back up, let's look at how we went about this and re-bid,' but we really want to bring this building," Moore said.

During the meeting, Perez stated that she was "losing confidence" in Tilden-Coil as project manager. Perez felt that a local construction company may have worked out better for the

community.

The term "putting the community back in Cerritos College" was used by board vice president Sandra Salazar during the meeting, in reference to the contractor bids.

Although the Board approved the bid for the contractors, Moore said that he and Tilden-Coil could have done a better job of getting more bids, but with the bid approved, they are moving along with construction.

Lacy said that the new Liberal Arts and DSPS building will have a few more classrooms than the current Liberal Arts building has.

"It's not a huge expansion in space, but it's updated and I think more usable. There are.. more multi-purpose classrooms," Lacy said.

This building will have more "flexibility," according to Lacy, with classrooms that can easily be switched from a lecture room to a meeting room.

With the first floor of the building hosting classrooms for the disabled students of Cerritos College, Lacy said it will be an improvement from students having to go to multiple locations.

Now all the students of Cerritos College can have a new home with this building.

Campus sends out alert about sexual battery

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Cerritos College issued out a campus safety alert on Monday at around 8:30 p.m., when an act of sexual battery was committed on campus to a female student, as she was on her way to the restroom.

The suspect is described as a Hispanic male, dark complexion, short, black hair with no facial hair and around 20 to 22 years old.

According to Tom Gallivan, the Cerritos College Police Department Captain, "On Monday at 5:30 p.m. a female student reported that she had been a victim of a sexual battery. The victim was in the Learning Resources Center, near the Teleconference room.

"A male suspect approached her and attempted to engage her in conversation. The suspect grabbed the victim's breast through her clothing, as she walked into the bathroom, and then fled on foot."

Linda Lacy, the Cerritos College President, praised campus police's initiative on sending the alert out in a swift manner, as she was adamant about sending out awareness for such a situation.

"I received a phone call at about 9:30 p.m. (on Monday). When we got a report of sexual battery, we put out the alert immediately, so that all (of the) campus can be aware of the situation," Lacy said.

"We wanted to make sure that there wouldn't be any heightened activity and we wanted everybody to be aware of that.

"That's one of the things that we do very proactively. As soon as we got that report last night, we put the alert out."

And proactive the approach was, as campus police already made flyers warning about what had occurred prevalent among the campus.

Gallivan said that this is still an ongoing investigation, and that the suspect already looked at video footage to see if she could identify

the victim, but she couldn't.

However, Gallivan did note that at the time of the report, the victim claimed the same suspect had confronted her a week before this initial encounter occurred.

"The suspect tried to engage her in conversation and then slapped her on the buttocks, through her clothing, as she walked away," he said.

With such a general description, Gallivan said that "there is not to go a lot on," and that the goal is "to maintain high visibility on campus" in order to keep the campus safe.

"We want people to know that we are out there. We are asking the

faculty and the students to keep their eyes open, be aware of your surroundings."

Lacy said that although the situation is obviously one that would want to be avoided, its occurrence still proves how effective the

procedures are for such a scenario, and that it proves the campus is a safe place to be.

"I think this didn't escalate any further because of the proactive approach that we take with (these situations). We get the information out to people to be alert, to be prepared for that.

"I think when you do that type of thing, it helps discourage those type of activities on campus. If you have a campus this large, you can't really say that we can prevent everything from occurring on an open campus, unless you put fences around it and prohibited entrance and exit. We have a sworn police force that is proactive about all these reports.

"The safety of our students is our primary concern."

The campus police provides an escort service for individuals who feel uncertain, such as going to one's car during night time.

The number is a direct line to the dispatch center and it is 562-402-3674.

“
We are asking the faculty and the students to keep their eyes open, be aware of your surroundings.
— TOM GALLIVAN
Cerritos College Police Department Captain”

Financial Aid process a tedious one, but help is available



ZEINAB CHAHINE
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An estimated 70 percent of students apply for financial aid each year.

Some of these students many have problems applying, but the financial aid office has provided four steps to guide students through the financial aid process.

Step one is to apply; when applying for financial aid, it's best to apply early.

Dean of Student Support Services Kimberly Westby said, "Right now, students are filling out their FASFA (free application for student financial aid) for next August, so, it's good, but know that the form comes out Jan. 2 of every year.

We already have thousands of students that have already applied, it's all about getting that done by January."

Another problem is that many students don't fill out their FASFA as early as possible because they wait until their parents file for taxes. This is a misconception and only delays students.

According to Financial Aid As-

sistant and Director, Jamie Quiroz, "When students first do the FASFA, they can get in early and then go back once their parents file taxes or they file taxes, go back and use the IRS database retrieval tool to confirm and pull in the IRS data and that makes it really easy and quick."

Some students don't know about the IRS database retrieval tool. For students that do know about it, it makes it much easier.

History major, Heidi Quinonez said, "I thought it was long, but then my friend advised me that I could just put it so that they can look at the IRS themselves."

This tool makes it a lot easier and a lot quicker to get the financial aid process done in time.

According to <http://1.usa.gov/1iaEkcz> other times students are delayed because of simple mistakes they make.

The most common mistakes made are, forgetting to list the schools code, forgetting to use the pin for electronic signatures and something as simple as misspelling their name can set them back.

Step two, submit forms; Students sometimes have missing information, so, it is important that

students check their to do list.

Quiroz says, "Checking their to do list and submitting the forms in a timely manner is very important."

Step three, receiving the award, and for this, students need to meet the satisfactory academic progress of a 2.0 or higher.

Students need to keep their grades up, if a student has too many F's, D's, or W's, they will be given a warning and if the warning isn't taken seriously, they may lose their financial aid completely.

According to financial advisers, many students either don't see their warning or just fail to do something about it, so, it's important to stay ahead of the curve.

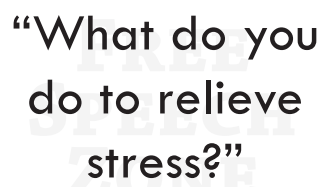
Quiroz advises students to speak to their professors, speak to the Financial Aid Office and speak to their counselors; this will make things run as smooth as possible.

Westby adds, "Read, read, read our policy. If you don't understand something, come to the office and ask questions about it. Don't wait for the worse scenario to happen."

The deadline for financial aid applications is April 30th and the deadline for the Cal Grant is March 3rd.

In need of aid: Shaquia Hughes, cosmetology major, seeking assistance from the Financial Aid Office. The Financial Aid Office is open Monday and Thursday from 8 a.m. to 4:30 p.m., and Tuesday and Wednesday from 8 a.m. to 7 p.m.

GUSTAVO OLGUIN/TM



PHOTOGRAPHS BY:
CARLOS HOLGUIN



"I scream. I let it out or vent to someone."



"I relieve stress by meditating. Just one-on-one with myself."



"Sometimes I just listen to music and lay down."



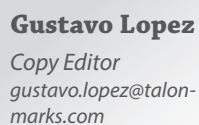
“Play some basketball. It’s been my passion since I was little.”



"I like to eat and learn new things."



“Personally, I like going to raves, listening to music, and dancing with friends.”



DLC for suckers

Gamers who haven't been crushed under the band wagon of DLCs or "season passes," as they're sometimes referred to, have to stand up to these and other video game developers.

• EDITORIAL •



Sounding like a broken record

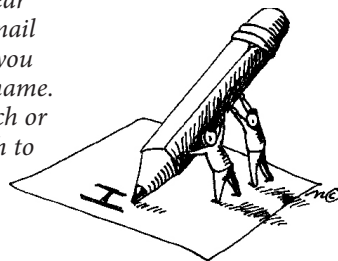
As touching as it may all sound, these are topics that have either been promised before, or were brushed aside just as people began paying more attention to them.

Both of these topics having been gaining attention for years, with more and more people supporting them every day, but were only addressed for what amounted into a few paragraphs


Insist on making changes you want to see, so that way we don't have to listen to another president repeat the same line every year.

*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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Vol. 58 © 2014 Talon Marks

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Radio station gains four nominations

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The Cerritos College radio station, WMPD (Where People Make a Difference) got nominated in four categories for being the one of the best Community College radio stations out of three others nominated in this category.

The Cerritos College radio station, WPM D, has received four nominations from the Intercollegiate Broadcasting System since submitting entries back in November.

Director Casey Piotrowski, who submitted the entries, said there are a variety of different categories for the awards that were open to enter the competition.

“The intercollegiate broadcasting system has a award every year for excellence in a variety of areas in broadcasting, high school broadcasting, student broadcasting,” Piotrowski said.

He went on to say that the radio station submitted a total of 37

entries, but within those 37 entries only four categories were being nominated for this year.

Piotrowski is excited to make the announcement that four categories are being nominated.

One nomination was for the “Best ID / Sweeper,” the two students who achieved that nomination was Gildardo “DJ Demo” Aquino and Sadeon “Ignite” Simon.

Dauvee “Utoa” Simon and his brother Sadeon were both nominated for “Best Innovated Show”

Sadeon was also nominated for “Best Liner.”

“It was a blessing,” said Sadeon, “We’ve been doing a lot of hard work and I was psyched when I got the call... I was just flippin.” said Sadeon with excitement.

His brother Dauvee was also joyous about his nomination. “I think it’s remarkable, I’m actually quite shocked,” Dauvee said, “I did not know this was gonna happen, I am very happy, extremely, extremely happy, I’m jumping on my heels.”

The brothers aren’t sure what they see themselves doing in the future after their respective nominations, but they sure do know that something big will get in their way after this nomination and they are in hope of a win.

“I have no idea, actually I got approached by one of the radio stations ‘Radio Korea’ in LA,” said Dauvee.

As for Sadeon, he doesn’t really know what to do. He says that if his producing and rapping career takes off, then he might continue that route.

If not, he says he would like to continue to do something within music and radio.

The awards will be held in New York on March 9. The station has yet to determine whether or not they will send someone to New York.

The station also was nominated in a Public Affairs category.

To listen live to any of the shows provided by WPM D, go to www.wpmd.org.

Or for more information on the radio station or the Broadcasting Club visit its Facebook page at <http://on.fb.me/1eS8TA7>



AMAIRANI MENDEZ/TM
The “K Pop” Hour with Darvee Simon and his co-ost Saveon Simon was nominated for Most Innovated Show Tuesday from 9-10 a.m. This nomination was just one of four that the radio station recieved after sending in submissions back in November.

Free Speech Zone

What’s your Awkward Moment?



Kenosha Hawkins

Early childhood major

“When people don’t talk to you. When your trying to have a conversation and they won’t give you the 50/50”

Jonny Korn
Computer engineering major

“When I was in middle school. I was running to class, there was a puddle of mud over the grass area and I slipped”



Aliya Schotel

Nursing major

“I was at the mall and I didn’t see a drink spilled on the floor. I slipped and fell on my hands and knees. I asked my mom for help but she was just standing there laughing at me”



COMPILED BY:
Jaqueline Naranjo

PHOTOGRAPHS BY:
Zeinab Chahine

The movie that makes you feel love

Movie Review

“That Awkward Moment”

Starring: Zac Efron
Director: Tom Gormican
Rating: ★★★★★

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Hey girls, guys eat ice cream when they are depressed too. “That Awkward Moment” is such a refreshing movie that it will make your heart beat fast, your eyes swell up with tears, and don’t forget that pain in your side when you laugh a lot.

This movie has it all, it’s pretty obvious that girls will rush to movie theaters to see Zac Efron alone, but this movie has more to offer than just Efron’s abs.

“That Awkward Moment” follows the lives of three best friends from college. It stars, Miles Teller as Daniel, Michael B. Jordan as Mikey, and of course, Efron as Jason.

These three actors were the perfect choice for this movie, their chemistry was amazing.

Within the first 20 minutes of the movie, you will already be hooked on the characters lives. It’s like you’re right there on the actual streets of New York.

Even though this movie is from the guy’s point of view, that doesn’t mean it can’t be a pick for girls’ night.

Mikey has just received notice from his wife that she wants a divorce, after learning she’s been having an affair with her lawyer.

What makes you really feel for Mikey, is knowing he finds out about the affair and the divorce at the same time, and the lawyer is the one handling the divorce.

After seeing this scene you will already be crushed, and probably confused. Later, howev-

er, the audience finds out the couple married at 23, this relationship gives some perspective on the idea of young love.

When his two best buds Jason and Daniel find out about this they decide to make a bet that none of them will settle down and be in a relationship, they choose however to build up their “roster”.

A roster is described in the movie as a list of girls that a guy has that he wants to sleep with, this list is supposed to be continually updated and changing.

Usually the guy will kick a girl off the roster once the “so” moment happens, the “so” moment is when a girl says “So... where is this thing going” or something similar.

Great, this is the point in the movie where a girl may wonder “am I a member of some guy’s roster?” Well, don’t fret girls, because these guys soon figure out that having a roster isn’t exactly all they thought that it would be.

It’s tough to watch Jason and Daniel fall into love while their friend is falling out of it, but that’s what makes this movie so great.

How often does an audience get to sit and watch the guy chase the girl, or watch a man cry while eating Ben and Jerry’s and drinking whiskey on the couch?

What will be most memorable about this movie are the surprising touching moments. Although at first glance of the trailer or poster you would think it would be nothing but funny awkward moments.

Don’t get discouraged though because there are plenty of those scenes, some are even completely unexpected, but it will surely give off the awkward vibe the movie is going for.

These friends have such a great bond, and watching them come to the realization that they are hooked on the girls that they once thought was just a chick at a bar that they were trying to pick up, or the friend that was always meant to be more is just awesome.

There’s really no other way to describe this movie, the way you feel walking out is indescribable because it’s real. It’s love. It’s life.

You’re watching the feelings you’ve dreamed

of come to life, and it makes one think that love is really out there.

And that guys are serious about it.

Just when a girl gets mad about the guy calling back, it’s just his idiot friends taking his phone away or he’s scared to act like he likes that girl.

In another perspective. Guys tend to act different when they are around their other guy friends.

They have feelings too, they get scared sometimes, they pull away when they feel like they’re getting into a deep relationship.

There it is, this should be a relief to not just girls but guys too.

Everyone gets scared whether it be a male or female, no matter what kind of relationship they are in things are going to come up that may cause them to be insecure or get scared.

Don’t go and assume all guys are jerks because one stood you up, or that all girls are jerks because she didn’t call you back or bailed on a date.

Things happen and this movie proves that sometimes we let our mind run wild with thoughts about what actually happened, the real reason behind a call not returned almost never crosses our minds.

Learn from this movie, embrace what it’s trying to teach this generation and have fun, be young and when the time is right fall in love.

“That Awkward Moment” is by far one of the best romantic , realistic comedies ever. Sure there are those “classics” but for the modern age it is a must see movie.

Scan for “That Awkward Moment” trailer

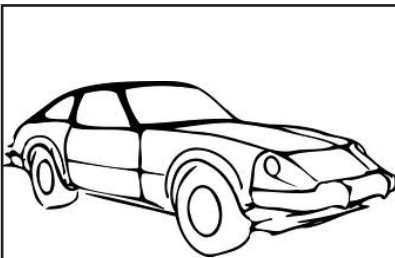


<http://bit.ly/1brWPaS>

Theatre Department
Rebel Without A Cause

Feb 28. March 1, 6, 7, 8 at 8 p.m.
and March 9 at 2 p.m.
Buy your tickets online

111.cerritos.edu/theatre



Theatre Department
The Boys From Syracuse

Auditions at the Burnight Theatre
Feb 18 at 7 p.m
Feb 19 at 7 p.m. in BC-17
Callbacks Feb 19. at 7:30 p.m.

www.cerritos.edu/theatre

Music Department
Do You Hear What I Hear?

11 a.m. at the Burnight Building
Music Department Rm. BC-51

free admission

Culanary Arts
Chef Ray L. “Duey Cec”

Feb 28. at 9 a.m- noon
at the Student Center

Free Admission

Music Department
Faculty Gala

March 2 at 2 p.m.
at the Burnight Center Theatre
Guaranteed seating buy tickets online.

www.cerritos.edu/music



Swimming to the finish: Freshman Marlon Moreno is practicing for the spring season by swimming laps. Moreno also played all 29 games for the Cerritos College men's water polo team in the fall season scoring a total of 47 goals, 14 assists to goals and 31 steals.

ALAN LEYVA /TM

Swim and dive prepare to compete

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The Cerritos College swim and diving team is preparing for its first swim meet of the season. The meet takes place on Feb. 7 and 8 in the city of San Diego.

"I feel that our team is prepared," freshman Daryl DaSilva said.

The team practices very hard everyday in order to get ready for the upcoming season, according to DaSilva.

"Despite only two weeks of practice into the season, we have been practicing two to six hours a day. We are at the point where as the season goes by, we will only get faster," DaSilva said.

Freshman Brittany Erickson said "we practice everyday and do different drills"

Erickson added, "Tuesdays and Thursdays we go to the weight room and fitness room to workout."

The swimmers are confident in their team on how well their outcome will be this season.

"The team, even though its rather small, will do rather well I think," Erickson said.

"Not only are we confident in our teammates, but we are also confident on our own performances," she said.

"As a team we are pretty strong and have each other's backs," DaSilva said.

According to DaSilva, the hard work has glued together a well knit team of swimmers.

"We all get along well and are getting closer each day as we suffer through endless practices together," he said.

The long hours in the pool have created a cause that the whole team feels obliged to fulfill.

"As an individual I'm feeling stronger as the days go by," DaSilva added, "but there is always room for improvement."

Swimmers as individuals are confident and know which stroke they are strongest in.

"This season I am hoping to swim the 100 fly and 200, I'm 100 breast and 500 free, I'm not such a big fan of long distance events," DaSilva said.

Men's and women's diving wish to shake off all bad experiences from last season and remember the key element of the sport, and that

is to have fun while competing, according to diving head coach Glen Myer.

"We had a lot of potential last season," Myer said, "some of our beginners come out and did quite well."

Apart from the new divers, the veteran divers had trouble with nerves in big meets, according to Myer.

"Our more seasoned divers, had a problem with nerves, at championships and things did not go as well," he said.

Diving is a very mental sport, says Myer, and if the diver is not concentrated in his or her dive it can affect his or her performances.

The diving team does not have any divers coming back from last season.

"Our top diver graduated and is diving for a private school," Myer said.

Surprisingly enough Myer is thrilled to know that the divers in his team this season are already showing impressive results.



Relentless practice: Women's swimmers like freshman Daryl DaSilva and freshman Brittany Erickson both believe that the rough practices completed through the off season leading to the first meet has built a 'well knit team of swimmers.'

ALAN LEYVA /TM



J. PATRIC SCHNEIDER/MCT

Nate Irving (56) of the Denver Broncos breaks up a pass intended for Jermaine Kearse (15) of the Seattle Seahawks during the first half of Super Bowl XLVIII at MetLife Stadium in East Rutherford, N.J., on Sunday, Feb. 2, 2014.

Defense wins big in Super Bowl

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'Defense wins championships' and with the win on Sunday at Super Bowl 48, the Seattle Seahawks showed the world why.

The Seahawks outplayed the Denver Broncos in every aspect of the Super Bowl, earning Seattle a 43-8 victory over Denver Sunday.

Seattle held Denver to only 8 points in the entire game when they had averaged 37.9 points per game in the regular season.

Seattle scored in the first 12 seconds of the game with a safety and then stopped Denver from getting a first down in the first 20 minutes of the game.

Seattle's offense played solidly with no turnovers and Russell Wilson had 18 of 25 passes completed with 206 yards and 2 touchdowns. Peyton Manning had 34 of 49 for 280 yards and 1 touchdown and 2 interceptions.

The rushing was also one sided, as Seattle rushed for 135 yards and a touchdown as opposed to Denver which only rushed for 27 yards total and no touchdowns.

The game was a completely one-sided game from beginning to end.

Students on campus that viewed the match were surprised to see the enormous lead Seattle had over Denver.

Broncos supporter Garron Featherston, communications major, felt that the game was not what he expected.

"It's not what anybody expected," Featherston said, "(these were) two of the best teams in the league and one couldn't expect to know the results so it kind of shocked me."

Regular season shows that Broncos' offence was the most damaging and score-hungry, that viewers expected a gridlock.

"I think the Broncos have top ball in the NFL, it's just that Seattle's defense was all over them," Featherston said.

According to Featherston, the Seahawks had scouted Denver's tactics for two weeks leading to the super bowl.

"When top defense scouts an offence for two weeks like that, of course it's going to dominate when they have the athletes that Seattle has," Featherston added.

The road to the super bowl final is very competitive as team strive to achieve the win, Featherston understands the struggle teams prevail through in order to reach the final.

"I feel that the Broncos really shot themselves

in the foot, for example the first play of the game with the safety situation, playing against a team like Seattle you can't shoot yourself in the foot.

"You have to play your game," he said, "for example key turnovers had no protection in one of the picks."

Neutral spectator, mass communications major, Andrew Garcia was disappointed by the result of the game.

"I didn't mind who was going to win, I just wanted to see a good game," Garcia said. "The Super Bowl was not that great this year."

Garcia feels that after the first half the game lost its appeal and the winner was obvious.

"I didn't expect that first play," Garcia said "It was a moment that would last a life time."

Garcia spotted the obvious fact that Denver did not come with its head in the game.

"Peyton Manning didn't come out to play," Garcia said.

"It wasn't his (Manning) day and the Seahawks sent a message saying 'hey, you guys weren't ready.'"

When a well rounded attacking team like Denver runs into a high wall defense like Seattle in the final, the team with the best defense came out to play and the 43-8 score mirrored that.

Feb. 5

Mt. San Antonio College recieve women's basketball

Mt. SAC's women's basketball team has a record of 20-4 so far. Cerritos' women's basketball is on the offensive to regain winning momentum lost at Pasadena.

Jump ball at 5 p.m.



Feb. 5

Falcons visit Mounties in basketball away game

Men's basketball face off against Mt. San Antonio College for the first time in season. The Falcons hold a record of 14-8 overall.

Jump ball at 7 p.m.

Feb. 7

Winter olympics begin in the Caucasus region.

Sochi, Russia greets athletes from around the world as the city hosts the 22nd Winter Olympics.

Event ends Sunday Feb. 23rd

Feb. 7

Season opener for track and field at Mt.SAC

Both men's and women's track and field teams will compete in the first spring meet of the new semester.

Meet starting time TBA

ONLINE POLL

What spring semester sport do you like most?

- A. Basketball
- B. Swim/Dive
- C. Baseball
- D. Softball
- E. Track/Field

VOTE ON TALONMARKS.COM



Chargers await the Falcons: Freshman outfielder Joanna Perruccio is perfecting her hitting at softball batting practice.

Softball has slow start for the spring season

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Starting off the season with a two game losing streak and an upcoming game on Wednesday, head coach Kodee Murray finds that this season has, “a lot of freshmen in key positions.”

With freshman in positions that are not typically awarded to them, this year will have challenges up ahead, but there is no doubt, they can overcome them.

Murray said “they are very talented freshmen and trying to learn how to play at this level. And I think their outlook for this season is really good, I think that we’re going to start a little slow, but we’ll get better as we go”.

Dennis Drulias, pitching coach, finds that this season the team is “struggling, we’ve got a lot to learn, and add some improvement”.

Drulias later goes on to comment on some problems that the players are currently facing, “we’ve had some illness and injuries to our pitchers that are really hurting us.”

In response to how the last season played out, “Last year we did really well, we came in second in our conference and went to play offs,” Murray said; and with college sports being quite competitive, this is no mere feat.

Even though last season wasn’t bad according to Haley Whitney 1st base (infield / outfield) she feels that it should have gone differently. “I think the last season we (players)

could have done a lot better than we did, I don’t think we played (as a team) , but all in all, I think we did ok, I think we could’ve gone a lot farther than we did.”

As far as practicing goes, “In this sport you have to focus on everything. You have to be able to field, hit, base and run.

“If you can do those four things you can be pretty successful,” Murray said.

Condensing the sport, into four main points, instead of a giant list of what needs to be worked on, is a good strategy, but consistency is also key.

Practice wise, the players spend 10 hours each week practicing from batting, being on the field, and more.

Not counting the time that they are in games playing.

“Practices, are practices. We make mistakes, but that’s the time to make them. We need to learn from them, and just keep working harder,” Whitney said.

Jamie Ramirez, pitcher, finds that “practice is tough, but we get through it.”

“The practices go good, the girls work hard,” Drulias said.

With a key member of the team facing an illness problem, the issue will have an impact on the whole team and with a game on Feb. 5, the pressure is on. With the weather taking a turn for the worse, this proves to be a challenge.

“Between a virus that has been going around and one player that

we really count on, is having some leg problems,

“We’re hoping to rest her enough to get her to heal up, and we should be in pretty good shape”, said Drulias.

Typically when starting a season, against a team like Cypress it can be rough and from Drulias’ standpoint, there is no doubt.

“We’ve played some tough teams already in the first week and we’ve got a few more tough games and then once league hits, we have a few tough teams in league too. So it could be a tough season if we don’t get healed up and well,” Drulias said.

As for the Falcons up coming game, it will be their fourth, but for Cypress College, it’s their first of the Spring season.

“We haven’t seen them but they are usually one of the tougher teams in the state, so it could be a rough game,” Drulias said.

“They’re going to be intense games, but I think we can do it. I think we can fight through it” Ramirez said.

With a handful of games already behind the team and with Cypress College just about to start its season, this could be a turning point for the Falcons.

There is no doubt it will be a challenge, as they are faced with a two game losing streak; there’s no way to tell who will come out on top.

All will be decided at gametime.

NIGHTS WEEKEND

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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