

TALON MARKS

CERRITOS COLLEGE

WEDNESDAY NOVEMBER 6, 2013

First issue free, additional copies \$1

WWW.TALONMARKS.COM

VOLUME 58, NO. 07

Army shows off 'the Sarge' on campus

Students get to witness the Army's personal drag car, capable of reaching up to 330 miles per hour

ABRAHAM DAYFALLAH
Staff Writer
abraham.dayfallah@talonmarks.com
ANDREW CASILLAS
Arts Editor
arts@talonmarks.com

Standing out amongst the rest of the cars parked in the C-10 parking lot, the Cerritos College Automotive Department received a glimpse of an Army drag race car at the Army Drag Car Show on Thursday from 7 a.m. to 2 p.m.

This event not only showcased a drag car dubbed "the Sarge" that can reach 330 miles

per hour, but they also had a leadership event that was presented by Army sergeant Jesus Sanchez.

"You pretty much get one side to the other side to think as a team, not for themselves., Sanchez said.

There were a lot of different mini obstacles that the students participated in.

In the beginning, students had four people working in cohesion, carrying a large plank that they couldn't let touch the ground, as if it were a survival scenario.

Next, the teams had to balance a ball connected to four chains, then the team would have to do sit-ups and pull-ups after that.

Once all the teams finished, they were awarded a camouflage Army t-shirt and were congratulated by the girls working the obstacle course.

Blaring music and the course were merely somewhat of a gimmick to attract students to look at the real interesting piece.

Dustin Varner the Mobile Marketing Specialist and handler of the hot rod dubbed it 'the Sarge' for its vast length and shiny black coat from stern to bow.

"The car drives out of 24 races a seasons and can drive up to 330 miles per hour and has between eight and 10 thousand horse power while a regular street car will have about 200 horse power.

"The hot rod can accelerate from zero to one hundred in eight tenths of a second.

"By the time the back of the tires hit where the front ones are, the car is already going 90 miles per hour."

At 25 feet and a weight of 2,340 pounds "The Sarge" is so souped up that the regulations on driving it are up to ear-popping

speeds.

To race in the National Hot Rod Association, there are a couple of different licenses required.

"I know there is a license to go 180 and a different one to go 210 and it goes on and on."

"The hot rod can accelerate from zero to one hundred in eight tenths of a second."

DUSTIN VARNER
mobile marketing specialist

stealth fighter jet.

Right now, there are only three cars in

the NHRA that run the canopy like that.

By 2015, most hot rods will be running the canopy top.

At the event, the technicians explained that it's not necessary to be a part of an Army branch to work on these mighty machines.

Scan to see more on the Sarge



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



PHOTO BY: ABRAHAM DAYFALLAH/TM
Breaking it down: Sergeant Shen briefs liberal arts major Victor Valenzuela on the specifics of 'the Sarge's' engine.

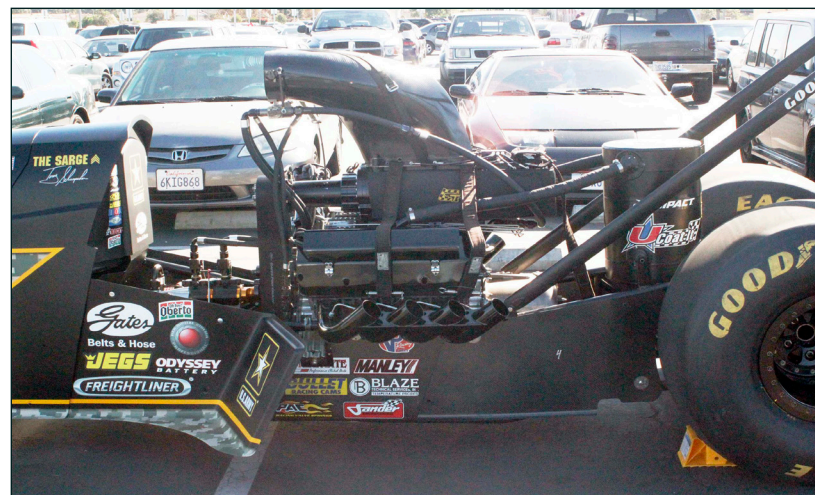


PHOTO BY: ABRAHAM DAYFALLAH/TM
Under the Hood: According to sergeant Shen the car has a eight to ten thousand horse power engine, which cost \$75 to \$80,000 by itself.



PHOTO BY: ABRAHAM DAYFALLAH/TM
The Sarge: Owned by the United States Army, "The Sarge" can reach speeds up to 330 miles per hour. The car is 25 feet long and weighs in at 2,430 pounds. The car has raced in the National Hot Rod Association.

Day of the Dead event highlights different culture's views on death



PHOTO BY: DENNY CRISTALES/TM
Learning about Death: A member of the Puente Club hosted a table about Mexican history and culture. The event was hosted by the Anthropology Club

DENNY CRISTALES
Sports Editor
sports@talonmarks.com

According to English major Mirella Garcia, who is affiliated with the Puente Club and displayed Mexican culture during the event, the Cerritos College Day of the Dead event was structured to inform about different cultures' customs concerning death.

The event was hosted by the Anthropology Club in Falcon Square Thursday, Oct. 31 and had various clubs across campus participating.

"It's the Mexican Day of the Dead celebration, but it's for different cultures.

"We're trying to teach (about) different cultures and show the different rituals each one has for the dead. It's not only something that is Hispanic, as it is predominantly known as, but it's something diverse."

She said about Mexican culture, "It's basically about death being seen as not something negative, but (as) something positive. It's something to

look forward to after life.

"I've never known someone who has died, but if someone did die, I would continue the tradition because I am Hispanic. I would teach my family about (the culture) and keep the tradition going within us."

Students stopped and analyzed the posters and the informatory cardboard cutouts to learn more about Day of the Dead and what it entails.

A variety of customs were on display, ranging from religious festivities like Diwali to occult practices such as Haitian voodoo.

Haitian voodoo, an aspect of religion borrowed from Africa, according to philosophy major and Anthropology Club member Mariaelena Iglesias, is an art of sacrifice to spirits in exchange for one's safety or to afflict evil on an individual.

"This religion basically has two sides," she said. "The white side wishes to enhance your life. The dark side, which uses voodoo dolls, is used to harm somebody."

Garcia mentioned how it is good to inform

the masses on Day of the Dead, as it is often misunderstood and prone to be subject to ignorance in the minds of people.

"It's something seen as commercial and, with this event, we teach (students) on something that's cultural. We don't want to give into consumerism where it's like, 'Oh, Day of the Dead, that's a sugar skull, let's buy it.'"

"It's really more of knowing the history behind it and what culture represents specific things and to learn from that and keep the traditions going."

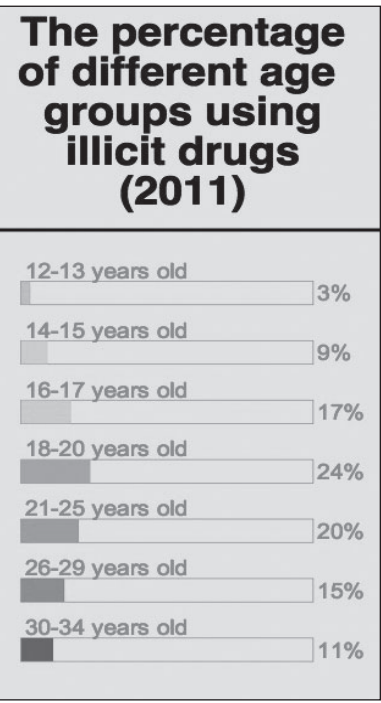
Psychology major Jay Ricardo Nunez from the Active Minds Club thought the event was conveying in comparison to previous years.

He jokingly, but honestly, mentioned that the Zombie Fest, which was happening at the same time, helped bring in more people.

"I enjoy it. I have fun with it. Compared to last year, it's going a lot smoother. There are more people coming by and it seems more lively."

He added, "It helps for people to know how others recognize the dead."

Media influences society to ‘pop a molly’



INFOGRAPH BY LAUREN GANDARA/TM
Information provided by www.DrugAbuse.gov

ALEXANDRA GOMEZ
Associate News Editor
alexandra.gomez@talonmarks.com

“Popped a molly, I’m sweatin’” is a catchy phrase that music artist Trinidad James uses in his hit song, and this constant exposure to drugs in the media has desensitized college students to drug use.

Luis Morales, a criminal justice major, said hip hop music plays a major role in the environment at college parties.

“You hear that music every day and it puts you in a peer pressure situation where students want to be cool at parties, so they use drugs,” Morales said.

Michelle Lewellen, a biopsychology professor at Cerritos College, identified the main drugs used by college students to be: marijuana, amphetamines and alcohol.

Molly, a pure form of an ingredient typi-

cally found in ecstasy, is also heard in songs by artists such as Kanye West, Tyga, Miley Cyrus and Rick Ross.

“It’s funny because on Instagram and Twitter, that’s all you see: people talking about poppin’ molly. I don’t know if it’s true or not, but it has played a major role in our society today,” Morales said.

Todd Gaffaney, a psychology professor at Cerritos College and clinical psychologist, said that the media desensitizes the average person to drugs, but the use of drugs mainly depends on individuals’ environment and upbringing.

“If they grew up with drugs in their family, it makes it more appealing,” Gaffaney said.

“If they have psychological needs, like they get tense in social situations, drugs have a small positive value of relaxing (them) at a big cost.”

The current drug he said that media have

been showcasing on commercials, especially NFL commercials, was beer.

“They glamorize beer,” he said. “You have people in their early twenties having a great time. You’ve got sex appeal, and it’s like we think everyone is (drinking beer).”

People may question the statement that alcohol is a drug, but Lewellen said, “It’s the way that our culture talks about alcohol that makes people think that it’s different than other drugs. In science, it is a drug,” Lewellen said.

She defined psychoactive drugs as anything that changes one’s behavior.

When it comes down to the argument of whether media have desensitized people to drugs, Lewellen’s main argument came down to the dilemma of what came first, the chicken or the egg?

“Is the media responding to the public, or is the public responding to the media?,” was

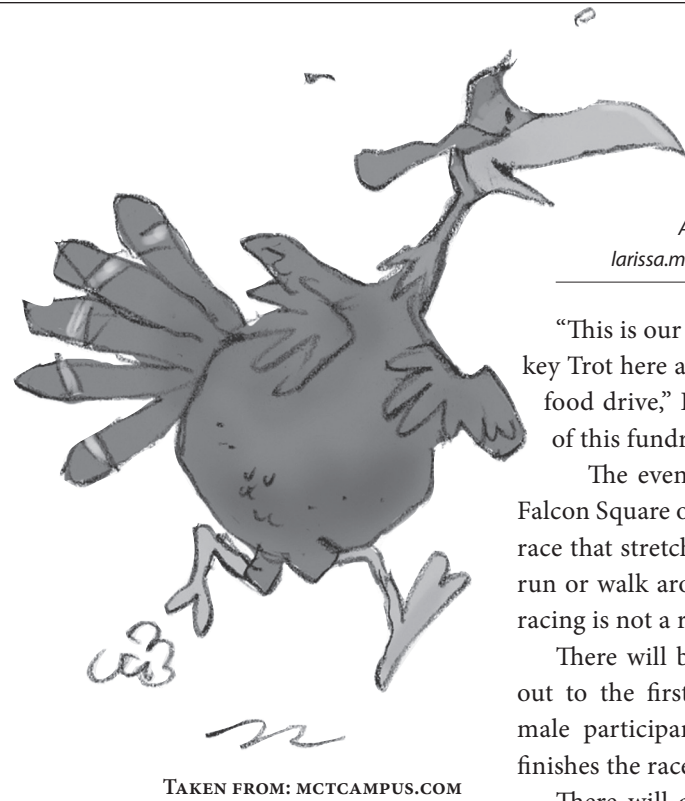
the rhetorical question she posed.

Lewellen said that the media’s purpose for using drugs in their medium is to make money.

“When you see drug use on films, in television, that’s to sell the show,” Lewellen said, “because that’s what people want to watch. If they didn’t want to watch that, then (drugs) wouldn’t be on television.”

Chris Barreras, psychology major, feels that the media is a “role model” for its average viewers.

“The media show people having such a great time with drugs while they’re in the club, with money flying everywhere and scantily clad women all around them,” Barreras said. “If the person that they idolize is doing it, then they’re going to be more inclined to do it as well.”



TAKEN FROM: MCTCAMPUS.COM

Trotting to the starting line once again

LARISSA MORALES
Associate Opinion Editor
larissa.morales@talonmarks.com

“This is our 16th year of doing the Turkey Trot here at Cerritos College and it’s a food drive,” Dr. Ni Bueno, an organizer of this fundraiser, said.

The event, which will take place in Falcon Square on Nov. 21 at 11:00 a.m., is a race that stretches out to a mile and a half run or walk around the campus, although racing is not a requirement.

There will be prizes that will be given out to the first place female participant, male participant and staff member who finishes the race first.

There will also be a raffle, so patrons

who take part in the race will also have the chance to win a prize when it is over.

“These gifts are donated by the Student Health Center, staff development and the Norwalk (Community) Coordinating Council. (They) give us gifts for that as well,” Bueno said.

Along with the Turkey Trot, there will also be a Tot Trot.

Children from the Child Development Center on campus come out and will run through different obstacle courses during the same time of the Turkey Trot.

“It’s a great experience because you get to work with the professionals that ran the Turkey Trot and you get to work with the kids and the teachers together,” kinesiology major Michelle Nino De Rivera said.

Nino De Rivera was a student volunteer last year who came out to help the kids run the Tot Trot.

“Part of it is a food drive but the other part of it is bringing the campus community together to do something of service to others,” Bueno explained.

“The food is donated to the food bank of the City of Norwalk, and the food bank provides baskets for families who are in need around the holidays.”

Betra Pena, who works for the City of Norwalk’s food bank, said that the food that is donated has helped many families over the years in their time of need.

Once the food is sent over to the food bank, the workers there will then sort out the food and check for anything past its

expiration date, and it will be sorted out evenly and then handed out to families in order of family size and then distributed.

Anyone is allowed to participate in the event.

“We have people who bring their friends, their babies in their strollers, but no dogs; no animals,” Bueno said.

Early registration for the event is encouraged, but participants can also register the day of the event in Falcon Square.

The fee for this event is one non-perishable food item and students who pre-register will also receive an extra raffle ticket.

Anyone with more questions can always visit the Health Department for more information.

ISA celebrates Mexican culture

MARIA LOPEZ
Associate Online Editor
maria.lopez@talonmarks.com

Domestic and international students in the International Student Association Club came together on Wednesday to hold their weekly International Tea Time, which is a meeting that celebrates a different culture every week.

Various students from different countries including the United States, Sri Lanka, Mexico, Columbia and other countries from around the world attended the event.

ISA members learned about aspects of Mexican culture like the Chupacabra, banda music and duranguense, a type of dance that originated in Mexico.

President Charles Caguioa, computer science major, gave a speech in the beginning that welcomed new members and explained the purpose of the ISA Club as a place where people can talk about their country.

“I was an international student before coming here from the Philippines seven years ago, so technically I was an international student,” Caguioa said “That’s why it means a lot to me trying to give back to international students.”

This year, Caguioa gave the club a new goal: to go big and blow the club events to attract more attention on campus.

“We’re trying to change it up a little bit more to where we want to educate more,” he said, “We want to make people more aware that there are different cultures here on campus, that there is so much diversity and that we need to understand that while we have something different, we also have a lot of things in common.”

“(Students) are always going to learn something different with this club and that’s what we’re going to bring to them,” Caguioa said.

Student Body Vice President Aldemar Sanchez, animal science and political science major, is also a member of ISA. He has been in the club for a year and says he has gained a lot from it.

“I learned a lot about our Office of International

Student Services. It’s really great learning how their culture is different from mine is,” he said.

Sanchez encourages other students to join the club because he sees it as an opportunity to learn and grow.

“I encourage (each student) to join this club because it does teach you a lot (about) what is outside of America pretty much. I encourage to join because you do grow a lot.

“I was officer last year and I grew a lot by planning events. It’s fun, you see. We’re always joking a lot, laughing and eating different foods.

“I just encourage them if (students) want to start in a club somewhere, ISA is a great starting point,” Sanchez said.

Albert Saucedo, a computer science major and ISA club Vice President, has been in the club for two years and says he has grown to love it because it helped him become active in the community.

“What I gained in this club is family. I met so many people throughout the years. I’ve grown to love Cerritos very well. I became involved with student body and student activities. It helped me to gain better leadership qualities to be able to speak in public. It helped me get rid of my stage fright,” he said.

David Tilahun who is the ISA Club advisor and International Admissions Specialist was there for the Tea Time.

He is originally from Ethiopia and migrated to the United States “many moons ago.”

“I have learned a lot from students interacting with each other, learning about different cultures. I enjoy meeting each of them and I enjoy also helping them out with their leadership skills, their planning, their programs and activities and collaborating with one another and other clubs as well,” Tilahun said.

He hopes that members gain new skills in the club and that they go on to achieve transferring to the University of their choice.

The ISA will cover other countries in the future International Tea Times. Caguioa says he hopes to cover Ireland, Germany and Denmark.



FINANCIAL AID WEBINAR

- DURING THE WEBINAR YOU CAN:
- Learn how to access federal & state financial aid options and scholarships
 - Get answers and assistance from financial aid professionals
 - Receive a comprehensive Financial Aid Guide for attending
 - Application fee will be waived for attendees

PROMISE YOURSELF SUCCESS
Thursday, November 14 at 5:30 p.m.



© 2013 National University 13487

REGISTER NOW: www.nu.edu/FinAidWebinar

VIDEOS

Check out Talon Talks

Visit our Talon Marks Youtube channel and check out our weekly Talon Talk webisodes where students discuss the topic of the week.

Visit [YouTube.com/Talon Marks](http://YouTube.com/TalonMarks)

Scan to view the first episode of Talon Talks

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

CALENDAR EVENT

No School for Veteran's Day

On Monday, Nov. 11 the Cerritos College campus will be closed for the holiday.



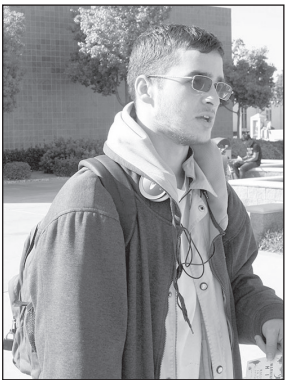
FREE SPEECH ZONE

“Should marijuana be legalized?”



CHRISTOPHER COTTO
Undecided major

“I’ll say it should because it could help a lot of people medically... but it should really be regulated so people won’t abuse it...”



EDUARDO GONZALEZ
Computer science major

“I think it shouldn’t be legalized because it’ll cause a lot of people who already smoke... to find the marijuana for free...”



KAYLANA VITHOULKAS
Theater major

“Marijuana should be legalized. There are so many people that get arrested for having small amounts and it’s crowding up jails...”



JOHNATHAN BENISTER
Theater major

“I think it should be legalized. It’s not really that bad of a drug compared to most things that are illegal. It’s a peaceful drug too...”



LISSETTE ALCALA
Business administration major

“I believe it should for medical reasons (and) also because you could make a lot of money from taxing marijuana alone...”



CYNTHIA FIGUEROA
Nursing major

“Yes, because people smoke it anyways, so why not have it legalized?”

COMPILED BY:
SOLMAYRA MENDEZ

PHOTOGRAPHS BY:
ANDREW CASILLAS



**Abraham
Dayfallah**
Staff Writer
abraham.dayfallah@
talonmarks.com

Noticing your drugs

Drugs are anything that makes you spend money and turns you into an addict.

The truth of the matter is people find drugs as something more literal as it stands for (e.g., weed, cocaine, meth, crack, etc.).

No one really thinks of caffeine as a drug, but it is.

You can drink as much soda as you want and still be craving more and go out of your way to purchase some when you are running low.

Drugs don’t always have to come in the bad influential forms of marijuana or crack, but they do affect your pocket spending.

Eating fast-food can even kill you by causing obesity, cancer, high blood pressure and that is why it could be technically seen as a drug.

Another meaning of a drug is anything you inject into your body that enhances your abilities to focus, write lyrics, boost confidence, wake you up and even satisfy your cravings.

Alcohol is a big substance that people often abuse.

It can make lives happy, but it could also wreck families, ruin your education or even cause car crashes bringing more death into this world.

Yes, there are mild forms of drugs, but the real life-threatening ones are alcohol and narcotics.

In today’s society, people accept drugs for what they are and embrace them knowing that everyone is doing them or trying them once in their lives.

Not all people accept drugs, but they are aware of their affects.

Take average students at Cerritos College. They take 5-Hour Energy drinks, drink cups of coffees or even take Adderall to enhance their will power to stay awake and cram.

To be less reliant on your old habits are the best way to fight “drugs” even if you don’t think you have the will power to do so.

•EDITORIAL•



COURTESY OF MCT

Know what goes into your body

Students need to be realistic about the effects drugs have on those that abuse them, and they must not embrace how society portrays them as things that are needed for having a good time.

Neither should they view them as a safe way of enhancing the way their bodies function.

A drug, according to the Merriam-Webster Online Dictionary, is “a substance other than food intended to affect the structure or function of the body.”

This definition of a drug would definitely include the caffeine found in tea, coffee and energy drinks.

Since college students (for the most part) are autonomous adults, they have the power to make their own choices about what substances they want to put into their bodies.

If they want to drink booze on the weekends with their friends or drink Red Bull to get them through their days and long nights, they are free to make those decisions.

However, students’ attitudes toward drugs

and their actions with them ought to be based on knowledge.

This is not an argument for temperance or a cry for prohibition, but here are a few of the harmful realities of abusing alcohol that students should be aware of according to collegedrinkingprevention.gov:

- “About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers and receiving lower grades overall.”

- “Among drivers with BAC levels of 0.08 percent or higher involved in fatal crashes in 2010, more than one out of every three were between 21 and 24 years of age.”

Alcohol is not alone when it comes substances which have negative effects.

“Long-term caffeine intake may cause ongoing spikes in blood pressure levels and raise (one’s) heart rate (livestrong.com).”

Regular marijuana smokers have a one in

five chance of developing a psychosis and a long-term effect of smoking marijuana is becoming schizophrenic, according to health.harvard.edu.

In light of these facts, drugs should not be treated by students as things that are a must for a fun time with friends. In the long run, abusing these substances would not benefit a student that is trying to obtain an education for the purpose of having a decent career.

If students are offered a beverage at an event, they should be sure of what they are drinking lest they wind up as Drew Barrymore’s character did in “Never Been Kissed” with having “loser” stamped on her forehead after being coaxed into eating “special cake” when at a club, at the least.

Take the time to know the short and long-term effects of the substances you are using, and always be mindful that any moderate abuser of a drug could stop if he would and any addict to a drug would stop if he could.



**Amairani
Mendez**
Staff Writer
amairani.mendez@
talonmarks.com

Underage for a reason

College is a big step to underage drinking because students believe once they hit college, drinking is OK.

Although many of them are underage, they try to maintain older friends to give them the opportunity to drink.

Underage drinking has led to car accidents as well as fights between friends.

Students do not understand the danger underage drinking can lead to.

Drinking or doing drugs can lead to legal consequences or even death.

Being cool in college is not the main purpose of consuming alcohol throughout your college career.

Peoples use alcohol at parties or gatherings so they can relax or have enough courage to go out on the dance floor.

Although it is used for a positive time, it could have some very negative results.

Depression is a condition that can lead to an excessive use of alcohol in hopes of feeling better and thinking that it will solve their problems.

With midterms ending and final exams coming up, it can be difficult and stressful for many students; this is another reason for them to consume alcohol.

Although they think alcohol is the number one solution, in reality it’s not.

Stress and depression can be controlled as well without consuming alcohol.

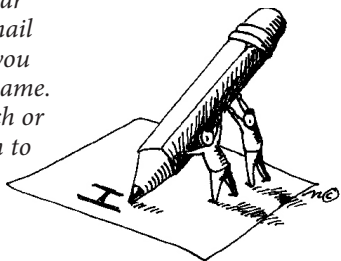
Exercising and going out with friends can help you keep your brain calm and relaxed.

It may sound crazy, but having fun can be possible without alcohol.

Every underage college student should always think ahead of time in what they are getting involved with.

It’s for those that are 21 and up, so let’s keep it that way.

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.



TALON MARKS is a First Amendment publication. Editorials express the views of the Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publication’s staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees. Production and printing of TALON MARKS is partially funded by the Associated Students of Cerritos College.

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

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650
Telephone numbers: (562) 860-2451, ext. 2617 FAX (562) 467-5044
Vol. 58 © 2013 Talon Marks

Talon Marks Fall 2013 Staff	Editor in Chief <i>Lauren Gandara</i>				Associate Editors			Staff <i>Abraham Dayfallah, Dominic Hennix, Alan Leyva, Eduardo Medina, Solmayra Mendez, Jessica Pacheco, Daniel Quintero and Justine Young</i>	Faculty Adviser <i>Rich Cameron</i> Instructional Lab Tech. I <i>Alicia Edquist</i> JACC Pacesetter Award 2009-2010
	Online Editor <i>Jonathan Garza</i>	News Editor <i>Daniel Green</i>	Sports Editor <i>Denny Cristales</i>	Copy Editor <i>Trinity Bustria</i>	Online Editor <i>Maria Lopez</i>	News Editor <i>Alexandra Gomez</i>	Sports Editor <i>Sebastian Echeverry</i>		
	Opinion Editor <i>Gustavo Olguin</i>	Multimedia Editor <i>Luis Guzman</i>	Arts Editor <i>Andrew Casillas</i>		Opinion Editor <i>Larissa Morales</i>	Multimedia Editor <i>Andres Patricio</i>	Arts Editor <i>Amairani Mendez</i>		



WORD
ON THE
STREET

COMPILED BY:
ANDREW CASILLAS
PHOTOGRAPHS BY:
SOLMAYRA MENDEZ



KEVIN PADILLA
Architecture major
“There’s McDonald’s, In-N-Out and Jack in the Box. Usually, I crave McDonald’s because its the fastest and the greasiest, plus they have the dollar menu.”



DEYSI MONTOYA
Kinesiology major
“Senior Baja, fish tacos for a dollar on Mondays and Wednesdays, it’s good. The tacos usually cost \$3. I go home on those other days for my mom’s cooking.”



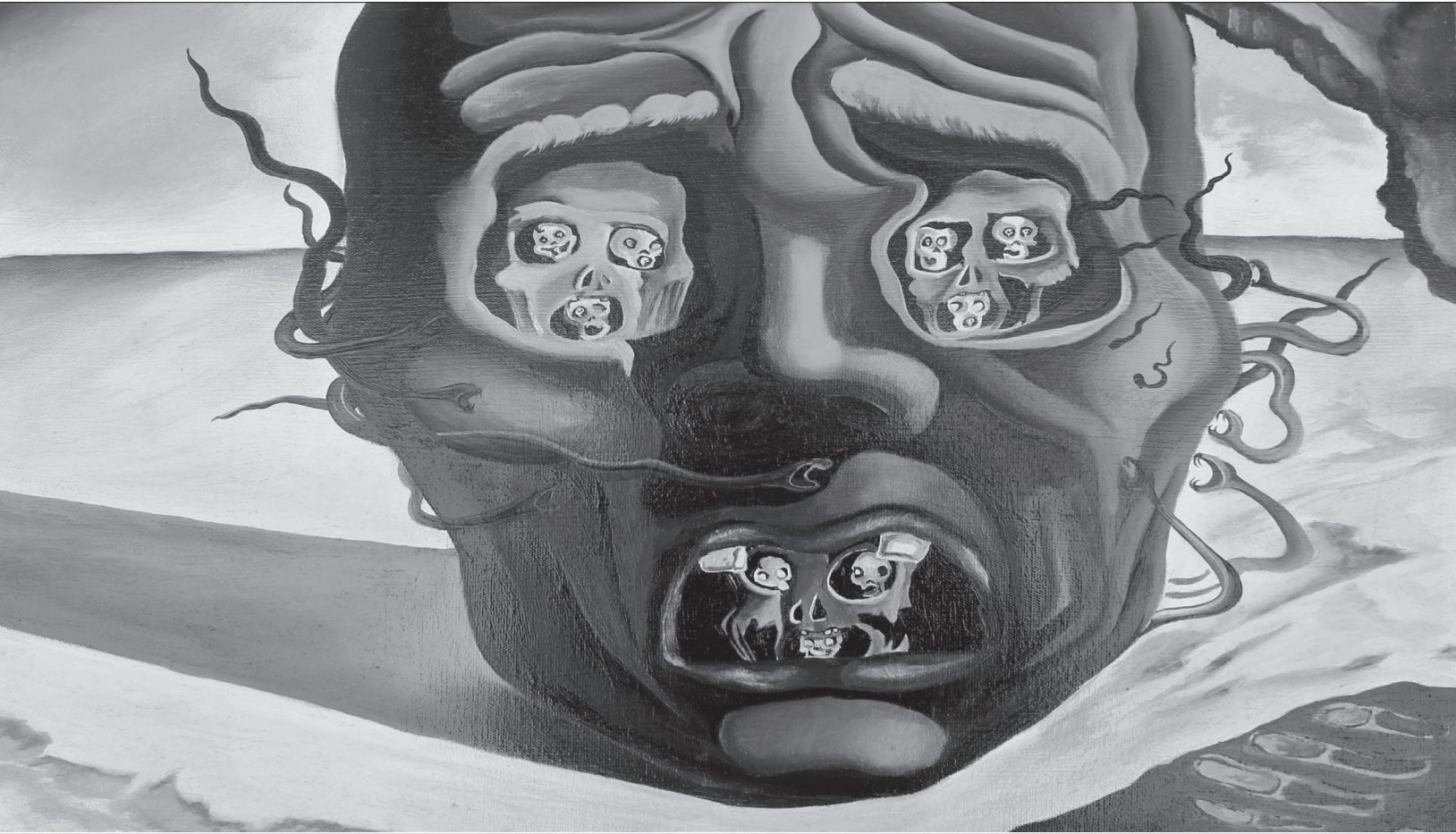
APRIL MONTOYA
Social work major
“Home ‘cause it’s convenient. I live down the street from work and school, so just walking home to eat, and then if I have to come back., I come back. It’s faster easier and cheaper.”



ALEXIS DIAZ
Undecided major
“I would probably have to say Kabuki Sushi. It’s pretty good...it’s the best sushi I’ve tried and it’s open pretty late, too, sometimes.”



INGRID DISALVO
Psychology major
“Del Taco because I like Del Taco’s french fries; those are bomb. It’s cheap. Also at Domino’s because I get EBT pizza. I go to Jack in the Box and Domino’s; I get free food, it’s pretty dope.”



Everlasting Strain: Titled “The Face of War,” piece was created by Salvador Dali and recreated by student Robert Squires, who paints styles that are similar to Dali’s.

Psychedelic and associates

Andrew Casillas
Arts Editor
arts@talonmarks.com

The word psychedelic evokes different images for various people. Oftentimes, people think of mushrooms or the influence of drugs. If we open up our eyes, we can see that psychedelics demeanor has been around for years to pass that wasn't drug induced. Oftentimes, these works had a point to make. They honed in on what one can say with a more rebellious side and might tease the problems in society and sometimes may just be very peculiar. We must account for the ‘60s with flower power, fluorescent colors and messages of peace. People believed that the hippies were good for nothing and wanted an excuse to do drugs, but there were some real vehement activists who weren't just sedentary and whose pursuits were portrayed in what was most commonly music, but also art. We must remember nothing comes without a past. Along with these different ways of expression, influence isn't necessarily tied to drug influence. What led to the ‘60s were two very impactful movements. Art and Design Department

Chair and professor Najarian, who also teaches painting and drawing classes at Cerritos College commented, “Surrealism is tied into art history and we can see techniques, colors used and story telling and there is definitely a chronological order.”

Do you see what I see?

Surrealism started in the 1930s and ‘40s and “allows people to sort of network and weave states of mind together where you can use what’s real and naturalistic looking, but then move through different things happening in one canvas which is totally new,” Najarian said. Abstraction began after surrealism in the ‘40s and ‘50s. Abstract art is being created up to today and started up after surrealism near the 50’s with the use of more geometrical shapes and depiction of visual realities. Salvador Dali (1904–1989), a renown artist from the surrealist world known for his peculiar placement of his mustache and different sense of style. Fine arts major Kimberly Batson is a big fan of Dali’s work shares, “He was a new way of thinking for me. Usually, you think of art as representation. You look at a tree, it looks realistic, therefore its art, but he was more concerned with dreams. Everything was realistic, but they weren't arranged in a logical way. Giraffes are burning and elephants have real fragile legs, and tigers were launching out of castles. It was refreshing to see a new way of thinking.” It’s safe to say that psychedelic art isn’t the same as surrealism or abstraction, but they are similar in the sense that they use less than usual methods as a framework. Psychedelic art did tend to be stigmatized for drugs while the others aren’t as much, so the issue is: just because there are minor influences in one, it doesn’t mean that all three genres have to be affected. Can drugs even help in the painting process anyway? In the past along with places worldwide, even here at Cerritos College, there have been painters who have used said stimulants to “enhance” their creative flow. Professor Najarian confessed, “To be perfectly honest, yes, I have had students who have come to class high.” Oftentimes, when students come in high on drugs they might be paranoid and work less effectively and space out. Najarian claimed, “Once, I smelled it overtly on a guy and I said ‘please don’t do that ‘because it puts me at risk. I think, personally, there’s a focal point. You have to really know what you’re doing to make a painting.” His overall opinion was that he didn’t think drugs help the creative process in general, but may work for others. “It’s only when you get comfortable, you do it (paint) well,” Najarian said. Robert Squires, a 3D animation major, actually recreated one of Dali’s works, “The Face of War.” For him, the work reminisced to his days of service. Squires said, “The type of imagery that Dali uses is stuff I use in my own (paintings). I like more of darker images and the painting portrays feelings that I have. The picture has one face, but within that face and within that face there are three more, and it goes more and more and it symbolizes never ending suffering as people.” Art means something different for everyone. It’s all a matter of what you feel is right inside. Hippies thought it was mind-altering drugs; everyone is different.

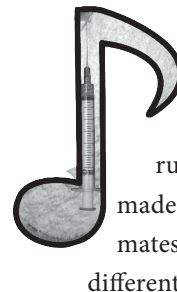
ly and space out. Najarian claimed, “Once, I smelled it overtly on a guy and I said ‘please don’t do that ‘because it puts me at risk. I think, personally, there’s a focal point. You have to really know what you’re doing to make a painting.” His overall opinion was that he didn’t think drugs help the creative process in general, but may work for others. “It’s only when you get comfortable, you do it (paint) well,” Najarian said. Robert Squires, a 3D animation major, actually recreated one of Dali’s works, “The Face of War.” For him, the work reminisced to his days of service. Squires said, “The type of imagery that Dali uses is stuff I use in my own (paintings). I like more of darker images and the painting portrays feelings that I have. The picture has one face, but within that face and within that face there are three more, and it goes more and more and it symbolizes never ending suffering as people.” Art means something different for everyone. It’s all a matter of what you feel is right inside. Hippies thought it was mind-altering drugs; everyone is different.

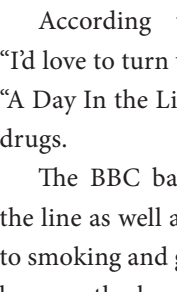
ly and space out. Najarian claimed, “Once, I smelled it overtly on a guy and I said ‘please don’t do that ‘because it puts me at risk. I think, personally, there’s a focal point. You have to really know what you’re doing to make a painting.” His overall opinion was that he didn’t think drugs help the creative process in general, but may work for others. “It’s only when you get comfortable, you do it (paint) well,” Najarian said. Robert Squires, a 3D animation major, actually recreated one of Dali’s works, “The Face of War.” For him, the work reminisced to his days of service. Squires said, “The type of imagery that Dali uses is stuff I use in my own (paintings). I like more of darker images and the painting portrays feelings that I have. The picture has one face, but within that face and within that face there are three more, and it goes more and more and it symbolizes never ending suffering as people.” Art means something different for everyone. It’s all a matter of what you feel is right inside. Hippies thought it was mind-altering drugs; everyone is different.


Top 3 drug-inspired musicians throughout the history of music

LAUREN GANDARA
Editor in Chief
Editor@talonmarks.com

Throughout the history of music, drugs have played a big part in the lives of many famous rockstars. Here is a list of the most famous, drug-influenced performers in music history:

 **1: The Beatles**
Many rumors have been made about the bandmates taking many different types of drugs throughout their careers as the lyrics to their songs having drug-related references.

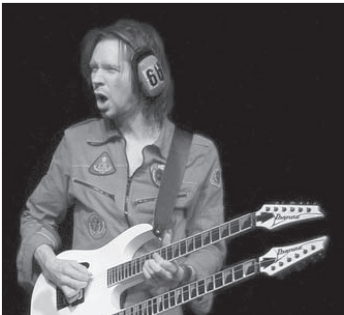
 **2: Bob Marley**
Bob Marley and his band The Wailers were known for being big promoters of the legalization of marijuana. As someone who smoked it himself, Marley based a lot of his music on his love for marijuana and creating peace and love for all. His song “Kaya” was based on his love of weed. According to UpVenue.com, kaya is another word for marijuana. In an article from About.com, Marley’s weed smoking was considered a holy sacrament as a Rastafarian. About.com said that Rastafarianism is an Abrahamic religion that originated in Jamaica and uses marijuana for meditation.

 **3: Snoop Lion**
From “Gin and Juice” to “These Drugs,” many of Snoop Lion’s songs have drug-related references. According to Infoplease.com, his influence as a drug dealer gave him street credibility and gave him that “gangsta” appeal. In 2006, he was arrested and charged with possession of weapons and drugs. Snoop Lion was once quoted as saying, “So what if I’m smoking weed onstage and doing what I (have to) do?” “It’s a peaceful gesture and they have to respect that and appreciate that.” After being released from prison, in an interview with Larry King, Lion said he doesn’t smoke around his small children and promotes that parents teach their kids about responsible drug use.

smoked it himself, Marley based a lot of his music on his love for marijuana and creating peace and love for all. His song “Kaya” was based on his love of weed. According to UpVenue.com, kaya is another word for marijuana. In an article from About.com, Marley’s weed smoking was considered a holy sacrament as a Rastafarian. About.com said that Rastafarianism is an Abrahamic religion that originated in Jamaica and uses marijuana for meditation.

DANCE
Fall 2013 dance concert
Genres: ballet, modern, commercial and world fusion
Location: Burnight Center Theatre Nov. 7 and 8 at 8 p.m., also Sat. Nov. 9 at 2:30 p.m. and 8:00 p.m.

MUSIC
Paul Gilbert’s birthday November 6
Previously guitar player for Racer X and Mr. B, Gilbert later pursued to create a solo career as a guitarist virtuoso. Born in 1996, Gilbert is now 46.



MUSIC
Imperialistic picnic
John Hogan will perform numerous songs from the perspective of the band Ponce de Leon’s Titular Conquistador. Free snacks will be given. Nov. 18 at 11 a.m. in Falcon Square Amphitheater

THEATRE
Late night Burnight - a comedy valety show
When midterms and finals have burst your last bubble, we all need a second for a laugh. Starting Dec. 6, 7, 12, 13, 14 at 8 p.m.
VISIT THEATRE AND FILM PAGE

MUSIC
Novemeber and December music concerts
Friday, Nov. 15 at 11 a.m. - Burnight Center Building “Do You Hear What I Hear?”
Tuesday, Nov. 17 at 7 p.m. Choir, band and orchestra in Burnight Center Theatre

Supplement misuse can be avoided

SEBASTIAN ECHEVERRY
Associate Sports Editor
sebastian.echeverry@talonmarks.com

Supplements can and do help people's body reach its fitness goals, but misuse of said supplements can harm, rather than help their bodies.

Physical education instructor Shane Toal explained that overusing supplements can cause jaundice, which according to www.wellness.com, is a visual symptom of liver toxicity which can lead to bruising or bleeding when the liver fails to produce blood clots.

"Creatine has been getting a lot of mixed reviews," Toal said. "What some people do not realize is when you take creatine, you have to increase your intake of water.

"Body builders misuse supplements," Toal said. "They take way more than they need."

Toal explained that long-term misuse of creatine can lead to a "major let down" in the future, causing loss of weight and muscle mass. He recommended cycling it.

Wrestling head coach Don Garriot is for supplements when the amount is not irrational.

"I definitely think science helps athletics if it's done within reason and if it's done with a lot of information.

"I don't think guys should just grab things and start taking things. They should do a lot of research on (them and) talk to doctors about (them).

"My theory has always been to work hard and just rest, you know, and natural things will take care of (themselves)."

An alternative would be to have a healthy diet, a good structured workout and to switch up workout routines.

Freshman wrestler Java Maglasang uses protein and creatine in the off season.

"With protein, it helps me recover from my workouts. Creatine helps me work out a little bit longer and a little bit harder."

Maglasang is aware of the harm that supplement overuse can cause.

"Creatine causes dehydration, so you always want to stay hydrated."

Supplements like protein and creatine have labeled instructions on how to take the product properly. Misuse of the supplement can leave you with harmful health issues.

Drug Testing

AMAIRANI MENDEZ
Associate Arts Editor
amairani.mendez@talonmarks.com

The Cerritos College Athletic Center has no requirements among drug testing athletics. Everything is done with the relationships between the coaches and their team.

"Its really expensive for the school to afford drug testing," Athletic Director Dan Clauss said.

Mandatory drug testing is not being required, but it's up to the coaches to decide whether or not they want to drug test their athletes.

"We do not have a mandatory drug test. We can take them to the health center," Clauss said.

Coaches have the last word, deciding whether or not they should drug test their students. If a student doesn't pass the drug test, personal talk will be suggested

"It all depends on the coach," Clauss said.

"I personally haven't been drug tested, but only if the coach feels suspicious," Zhavon Resendez, sophomore wrestler said. "At the beginning of the semester, coach has his rules that are required to be (kept)."

Coaches know their players well enough to realize if a lecture is needed.

"We work very closely with our health center and Nancy Montgomery and her team," Dean of Athletics Daniel Smith said. "Every coach has his own rules. Some coaches don't believe it's a big deal, others believe it's a big deal to drug test and give health and nutrition lectures.

"I know because for seven years I was in charge of the athletic drug testing program at the University of Illinois and we paid \$15 to \$100 per test. Testing athletics can become a pricey budget.

"We have coaches that have Nancy (Montgomery) coming in constantly to give lectures," Smith said. "Trusting Montgomery and her team has helped in a variety of ways. Not only do they concentrate on drug issues, but also nutrition, and it also being an important part of being an athlete."

"Every sport is allowed to get a free drug test, and a free STD test," Jaime Leija, sophomore tight end football player said.

Leija has been playing for two years and "only once" was there a random drug test schedule. "It's all done confidentially with our students," Smith said.

IMAGE TAKEN FROM KEENE-EQUINOX.COM

Drugs not as prevalent among athletes

SEBASTIAN ECHEVERRY
Associate Sports Editor
sebastian.echeverry@talonmarks.com

Drugs have had a huge impact in the history of sports, from the doping of cycling champion Lance Armstrong to Celtics basketball hot-shot rookie Len Bias.

On Cerritos College's campus, however, severe scenarios like those have not occurred.

Dean of Athletics Daniel Smith has experience with athletic drug testing, as he worked at the University of Illinois athletic department.

"The difference there is I had a huge budget," Smith said. "I could do drug testing whenever I wanted to."

Universities are supplied with a higher budget for athletic drug testing than community colleges.

Smith explained that there is no major drug testing facility here because the budget is not large enough and no one is in charge of drug testing for athletes.

"If we had the budget to test, we would test every athlete

at least three times during the season." When Smith worked at UI, the policy was three strikes and you're out.

"The first time a person came up positive, I was the only one that knew," he said. "(He'd) come and meet with me and I would scare (him) a little bit saying, 'This can never happen again. Next time your coach will know.'"

Smith explained that sorority and fraternity systems are a main contributor to the drug problem. Cerritos College is not currently operating with such systems, so the drug issue is not evident.

The thought of being tested at any given moment kept the athletes vigilant at parties and events and kept drug use at bay.

"What we do here at Cerritos College is if a coach has a problem, he'll deal with it at the individual basis," Smith said. "(He) could refer the person to Nancy Montgomery."

Head of the Health center Nancy Montgomery is the main source in case any major drug problems arise. She has met with different campus teams and spoke to the players of

not only drug use, but of sexually transmitted disease awareness and alcohol problems.

Although the drug problem has never struck Cerritos College's campus as far as Smith could recall, Smith has seen it when he was in Illinois.

Smith was at UI when it played in the final eight of the NCAA tournament against Len Bias' team. According to the Los Angeles Times, Bias passed away when he over dosed on cocaine.

Head coach Ruben Gonzalez of the women's soccer team addressed the concern of drug use to his players.

"We actually do drug test the players. We send them over to the health center and we randomly pick them."

According to Smith, no legislation on the budget issue will be worked on at the community level.

Gonzalez mentioned that he has not run into a drug related issue since coaching at Cerritos College, and the college has kept clean thanks to the efforts of the health center and the entire athletic department.

A foul call on athletes who falsely advertise



Denny
Cristales
Sports Editor
sports@talonmarks.com

Professional athletes endorsing unhealthy foods? Irony.

They are constantly endorsing foods and drinks that are lacking nutrition, and the ironic promotion of such brands needs to be eradicated as it sends the wrong message.

It's unfortunate that some athletes refuse to take the higher ground and not resort to a moral approach to things and refuse Sprite's offer to be in its latest commercial.

As professionals, athletes around the world, like LeBron James or Peyton Manning, know

what one's body requires for a well-rounded and balanced development of nutrition.

Having the greatest athletes on the planet promote a substance that doesn't truly exemplify what they consume on a daily basis is a confusing message for most people and could be misleading.

Having an aspiring youth watching an advertisement with the likes of James can cause him or her to associate a product, such as McDonalds, with being successful and athletic.

It's not only misleading as aforementioned, but it's pretty close to a straight-up lie.

It's far too common to see younglings dress a particular way just because Justin Bieber or Selena Gomez are wearing a certain outfit or donning some sort of new hairstyle.

People, kids in particular, are easily influenced and susceptible by individuals they look up to.

We live in a world where celebrities are those people one looks up to.

So when an athlete starts promoting Coca-Cola or Pepsi, then people instantly attach the character or image that is associated with that particular athlete to the product that's being endorsed.

This can only further alienate people from good nutrition and a healthier lifestyle.

It's difficult to ask athletes to resist such lucrative offers from these brands that ask them to endorse products like Pizza Hut, but when people like James already make millions of dollars a year, then the extra money isn't much of a loss.

It's time for athletes to give that celery endorsement, folks.



TAKEN FROM LEGENDARYAUCTIONS.COM

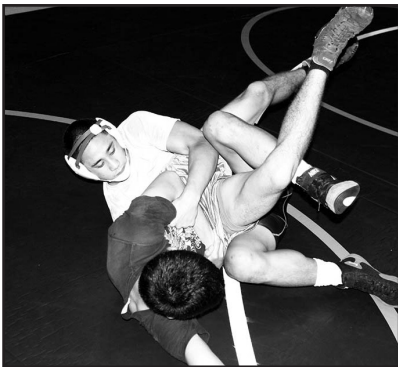
"Can't beat the real thing": Six-time NBA champion Michael Jordan is no exception when it comes to athletes who advertise unhealthy products. It's misleading and could prove damaging to the youth who look up to such athletes.

Nov. 6

Wrestling seeks to build off first home outing

Victorious in its first home meet, the wrestling team faces Santa Ana College at 7 p.m. in the gym.

Head coach Don Garriott said, "The technical stuff will make the difference."



Nov. 7

Water polo teams partake in SCC Tournament

The men and women's water polo teams will go to Pasadena City College, where the SCC Tournament is being hosted. The men hold a 14-12 record and the women hold a 13-15 record.

Nov. 8

Cross country to compete at Central Park

The SC Championships await the cross country teams at Santa Clarita at 9 a.m. Head coach Marco Anzures said, "The races will be highly contested, and I expect us to be in the mix."



Nov. 9

Football faces an improved unit

College of the Canyons faces the football team at 6 p.m. Safety Stanley Taylor said, "They're balling pretty (well). It should be a pretty good game." The team has a 6-2 record.

Basketball is back

The NBA isn't the only one starting its season

Missing playoffs again not an option for women's basketball Men's basketball: 'We want a State Championship'

DENNY CRISTALES
Sports Editor
sports@talonmarks.com

After missing the playoffs for the first time since 1992 last season, the women's basketball team is looking to "surprise people" and increase its defensive intensity as it begins its season Saturday, Nov. 9 against West Los Angeles College.

The season opener will be at 4 p.m. and it will be a double-header with the men's team's match against Rio Hondo College at the Falcon Gymnasium.

Last season, the women's team had an overall record of 14-13 and a conference record of 8-8.

The women's basketball team is seeking to turn its attention on defense and increase the tenacity on that end of the floor, a concept long emphasized by head coach Karen Welliver.

"Defense keeps you in games. A lot of our emphasis has been on winning the hustle plays, and making sure that we're blocking out."

With its two leading scores gone from last season, the team has lost its offensive focal points, but the incoming freshman and the returning personnel have offensive talents of their own.

"Offensively, we have some real skilled players, so we run a lot of five-player motion and plays where everyone kind of does everything. It attributes to the skill-set that these players

have."

Welliver noted the women have the desire to learn and get better, but the transition for freshman from high school to college is not a simple one, no matter the talent one may have.

She said, "Even if they're really skilled, it's a different play set, it's different terminology, but they're catching on and doing well."

Sophomore guard Jacalyn Saiza said that aside from improving the Ceritos College team's structure, it has been aware of what its opponents have been doing.

"We've been preparing on what the other teams are going to do. There are bigger and faster teams, but we're keeping up. We're learning every day."

As the team has been scouting its opponents, the season opener against West Los Angeles College is quite different in the sense that both teams are quite unfamiliar with each other's styles of play.

"(The team) hasn't played (West

Los Angeles College) for a long time," Welliver said. "It's not like it's somewhere where you know what they're going to do. We have tape on them, but it's going to be brand new."

Sophomore forward Alii Salone said, "We're going to surprise a lot of teams. Teams might underestimate us, but if we remain vocal and play unselfishly, we'll surprise them."

DENNY CRISTALES
Sports Editor
sports@talonmarks.com

Being champions of the South Coast Conference South Division is not enough for the men's basketball team, as head coach Russ May notes the bar is set high for a unit that is after a State Championship.

The men's basketball team opens its season with a double-header with the women's team Saturday, Nov. 9 against Rio Hondo College at 6 p.m.

Ending its season with a 69-54 playoff defeat against Antelope Valley College, the men's basketball team has a new set of athletes, and three reasons why it should be successful in its goal for a championship, according to May.

"No. 1 is the fact that (the team) has a brand new building and a place to call home the entire season. That's an emotional lift," he said.

"Second of all, there are a lot of returning players from last season

who have experience.

"The third factor is the amount of talented freshman that have come in.

"With those three things combined, (the team) has a chance to be pretty good."

May said that the freshman have "absolutely" meshed well with the returning members of the team, and that the athletes are working on fundamentals to become technically sound.

"They're talented guys. We recruited good-character kids and we have a pretty tight crew. They enjoy each other's company and they like being around each other, so that's a good sign."

Playing in unison is indeed what will be needed in the season opener against Rio Hondo College.

In past years, Rio Hondo College has struggled however, finishing with a 4-22 record last season.

Sophomore guard Victor Jones attributes the work to the little things to be the difference for this season's team and outcome for this Saturday.

"We worked on our fundamentals during the summer. It's all about us as individuals, and playing for pride."

Sophomore forward Iyke Akajiobi said, "The tone we want to set is hard work. Every game we want to go out there and play hard."




NIGHTS WEEKEND


MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Are you going with us?

Big Ride

As a student, you're always on the go, whether you're hitting the beach, catching a movie or, yes, even going to classes. Long Beach Transit is the best way to get where you're headed. Plus, with a Day Pass or Student 30-Day Pass, no parking fees and our Rider Rewards — it saves money you could be spending on all those extracurricular activities. **And for ultra convenience** use our mobile site m.lbtransit.com

562.591.2301 | Like us on  lbtransit.com



LONG BEACH
TRANSIT

