lalon

If the campus newspaper doesn't watch out for the students, who will?

Vol 34/16 ● CERRITOS COLLEGE, Norwalk, CA ● April 17/1991

Hot race is on for 91-92 ASCC presidency; voting April 24-25

By Angelita Moraga TM Executive Editor

It's turned into an all-out horse race for the ASCC presidency.

With three strong slates in the running, it could be anybody's rei(g)n.
In order of their appearance on the

ballot are Mazen Nabulsi and Chris Stewart, Diana Schmitt and Scott Kahale, Jerome Hayward and Michael Driggs, and Adam Padilla and Abe Semaan,

Hayward and Padilla filed papers on the last day to intensify the rivalry.

However, Diana Schmitt had informed Talon Marks that she was going to drop out of the race but her name will still be officially on the ballot.

Health considerations running mate Kahale, were said to prompt their withdrawal.

At a public forum yesterday, the usual questions were asked of the candidates but more specific questions per-

taining to the student body, were also

In reference to the severity of the gang problems on campus, Nabulsi stated, "I'd like to see more security on campus.

"A lot of times the handball courts are littered with trash.

"I want to make sure the only people using this campus are the ones paying for the services on this campus.'

Padilla spoke for himself and Se-maan when asked for an opinion on what they think of the radical ethnic diversity of the student body.

"Abe and I don't see color, we only see students.

"I think it's great," Semaan contin-

(Continued on Page 8)

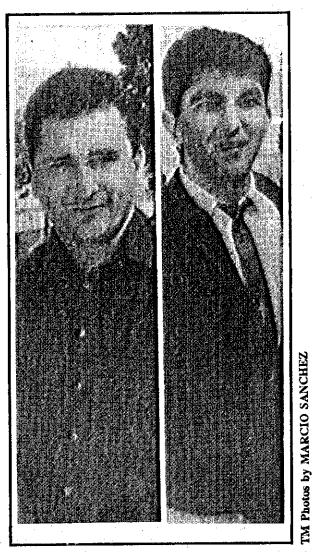
SLATES IN THE PRESIDENTIAL RUNNING



MAZEN NABULSI **VP Chris Stewart**



JEROME HAYWARD VP Michael Driggs



ADAM PADILLA VP Abe Semaan

Senate rejects Pavone; seat remains empty

By Angelita Moraga TM Executive Editor

Due to an ongoing dispute between ASCC President Rocky Pavone and the Student Senate, there is a real chance an empty Senate seat will not be filled the remainder of the semester.

The seat was vacated because one of the Senators had excessive unexcused absences.

Pavone decided to bypass the tradi-tional method of picking from the next in line list and chose Irma Rojas of the Disabled Program.

According to the tabulations, at least a dozen people received more votes than Rojas which irked the Senators even earlier but was tabled because of the controversy.

Although her appointment was overwhelmingly denied, Senators stressed their argument was not with Rojas but with Pavone.

The vote was 1-15. Eleven absten-

Pavone made a personal appearance before the Senate but some of his comments only rankled the Senators more.

Some felt Payone had overstepped his boundaries by ignoring a Senate suggestion to appoint the person with the next highest votes, and making his own choice for Senator.

"I wasn't gonna let him get away with it." Senator Abe Semaan was later heard to say.

She had been submitted to the Senate Semaan initiated some catty dialogue between Pavone and Senators which some observers said turned into a series of insinuations.

According to Payone, he appointed Rojas to represent the disabled students since they usually don't have the numbers or incentives given by other groups to win a seat on the Senate.

At one point, the room became silent save a few nervous chuckles when Semaan suggested that incentives are very often what it takes to get into office and the person who fell just short of winning in the elections should have first bid at the empty seat.

"Don't you feel the voting process is similar to the way you got elected, through giving out hotdogs?" Semaan interjeted. (Continued on Page 2)

File summer intent by Monday, April 22

By Ian Humburger TM Staff Writer

Intent to register for the first sixweek summer session deadlines Monday, April 22.

Continuing students who expect to attend are encouraged to file the intent to better assure them of an earlier choice for classes, according to registrar Ruth Knobbs.

Registration by appointment starts: May 6, with sign-ups ending May 29, the second day of regular classes for the initial six-week period and the eight-week session.

(Continued on Page 4)

Solutions sought to ease faculty tension

Will Cernitos issue pinks to new 'employees in order to stop seeing red?

"I don't see how assurances can be given with the crisis in the state," remarked Faculty Senate President Connie Mantz.

Mantz spoke in reference to the state giving Cerritos the green light to continue hiring faculty in order to fulfill the AB1725 mandate.

The measure requires a 75 full-time to 25 part-time ratio of faculty or face stiff penalties for non-compliance.

"If we don't hire, we're going to get penalized for 75/25 if we do we run risk of having to let them go," added Mantz. In the wake of impending severe

In the wake of impending severe budget cuts, Cernitos is bracing itself for a rough ride.

However, Cerritos does not seem to be in as dire straits as other community colleges in the area due to finagling and creative alternatives to reducing the CAP problem.

"We're really reducing our amount of over CAP and cutting teaching units.

By Angel Gilbert
TM Editor-in-Chief

By doing that we're bringing down CAP and ADA. We're in real good shape compared to other schools," consoled Mantz.

Apparently faculty and administrators statewide are waiting with baited breath for the final word on whether the state will approve Governor Wilson's proposed cuts.

Wilson has suggested several cuts to the education budget seriously eradicating the future of community colleges and public schools in an effort to offset the huge deficit.

"I'm afraid of two things – one is some people (prospective faculty members) we want will turn us down, not wanting to leave the security of a full—time job and seniority. Number two, if we get them here we will have to renege," said Senator John Boyle.

His concerns seemed to echo those

of the faculty senate.

But the state argues that the money is there as part of AB1725 and part of the permanent budget, therefore guaranteeing funding.

However, the state is talking of cutting the measure but does an about – faces by telling community colleges to keep hiring.

For the most part, the new hires at Cerritos are replacements and do not seem to be in immediate danger. "This is the best of times and worst of times," decried Mantz.

But the cuts will surely be felt at Cerritos, if not as severe, by a possible cut in teaching units of summer session by as much as one—third.

Only general education courses may be offered during summer session or cut out one summer session altogether.

In other items Gloria Hassan was voted outstanding faculty senate officer by the Faculty Senate.

Speaker Davila to be awarded AA honorary degree

The first ever honorary AA degree to be awarded by Cerritos College will go to Bill Davila, President of Vons supermarket chain and this years commencement speaker at ceremonies Sunday, May 19.

One of the reasons Davila was chosen by the commencement committee is his stature as a role model in the Hispanic community.

He began as a boxboy and worked his way up to the top

his way up to the top.
Some 800 students are expected to participate in the annual event.

Faculty outfit rentals begin Monday, May 13 prices vary per degree.

Students can purchase caps and gowns at the bookstore now for under \$20.

Following the ceremony, a reception will take place in the Student Activities Center.

We even have our own smell thanks

Even our schools win because of we

Despite all the stereo types and myths

about our beloved state, it our way of

So come on non-Californians...

Appointment nixed

for appointing Rojas, was that there

According to Pavone, another reason

(Continued from Page 1)

to Jaclyn Smith.

have a LOTTO money.

life and what we are.

Get REAL!!!

True native dispells myths about California living

Lisa-at-Large



By Lisa Puch

Facade, fake, phony—California.

The land of sunshine and slimfast, and silicone.

Where real is rare and fake is an everyday fact.

Sound too harsh?

If you're a *true* Californian probably not, we're used to the ridicule.

In fact, we don't consider it ridicule. We're too hip not to recognize it for what it truly is...

Jealousy.

Plain and simple.

I mean where else but So. Cal can you be tan all year round, have any shade of hair color imaginable and for a paltry price be able to decrease—or the ever popular increase your bodily assets at any given time.

From liposuction to chemical face peels, the price of beauty is cheap compared to the rich rewards.

What's that phrase... no pain no...?

Or is it looks that kill

Whatever the phrase, the important thing is that people from California be identified for what they are...

Trend setters.

You might even consider us the American bowl of culture with banzai trees from Japan, palm trees from Hawaii, and water from "a higher source."

Although we are known to "borrow" some paraphemalia, we also give back a lot of *neat* stuff...

Real California cheese, California fresh eggs, and of course the world famous California raisins.

Our cops are nice, our mayors honest, our freeways never congested—in short we have a stable foundation.

wasn't anyone on the Senate from the Disabled Program to represent the disabled students. That argument was refuted when Senator Chiavuan Hung corrected Payone

nator Chiayuan Hung corrected Pavone and noted there was one person already on the Senate to represent the disabled.

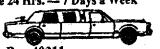
As of press time, Pavone would not

As of press time, Pavone would not commit to a plan to fill the empty seat. It is widely thought the seat will remain unfilled the remainder of the semester since no new names have been

submitted to VP Jeannie O'Neil by Pavone.

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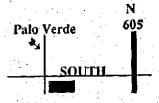
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CALENDAR

Wednesday, April 17

- · Health Kick workshop, 11:45 a.m. to 12:15 p.m. Sunday, April 21 in the Student Center, North Stage.
- Softball vs. Long Beach, there at 3 p.m.
- Golf vs. Cypress/Citrus at San Dimas, noon.

Thursday, April 18

- Health Fair from 10 to 11 a.m., in the Student
- "Guidelines for Writing Reports," a free Learning Assistance Workshop, held in the Board Room, from 6 to 7 p.m.
- Men's Tennis vs. El Camino here at 2 p.m.
- Women's Tennis vs. Pasadena here at 2 p.m.

Friday, April 19

- Softball vs. Mt. SAC, there at 3 p.m.
- · Men's and Women's Swimming vs. Pasadena here at 2:30 p.m.

Saturday, April 20

· Softball, Falcon Invitational at Dolphin Park,

- Annual Faculty Gala Concert in the Burnight Center Theatre, 2:30 p.m.
- "The Empty Boxcar," play held in Burnight Center Theatre, 6 p.m.
- Emergency Preparedness Fair, 10 a.m. to 4
- Images of the Future III: high school conference sponsored by the Latina Leadership Network Chapter, in the Student Center, from 8 a.m. to 3 p.m.
- Softball, Falcon Invitational at Dolphin Park.

Coming Events

- Retired Faculty Luncheon and semi-annual meeting of CCRFA on Thursday, April 25 at
- Career Fair in the Student Center, April 23, from 9:30 a.m. to 12:30 p.m.



Playwright-in-Residence Sylvia Gonzalez Scherer

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KCEB airs Psych Services programs featuring Navarro today from Center

"Is This Health Kick Being Overdone, or, Isn't Money More Important" is the subject of the half-hour

"Contemporary Life Issues" broadcast airing from 11:30 to 12:00 in the Student Center, North Stage.

Health and Wellness Coordinator Steve Navarro will be the guest of Dr.

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Allan Boodnick on today's edition of the program held in conjunction with Psychological Services and KCEB Broadcasting.

This is the second of a series of five broadcasts by KCEB and Psychological

Upcoming on the slate of shows are: April 27, Vice-President of Instructional Services Robert Silverman on "Everything You Always Wanted To Know About Not Getting An Education At Cerritos.'

May 8, Director of Programs for the Disabled Dr. Robert Hughlett with "What, Who and Why is Disabled and Handicapped—And Does Anyone

May 15, Counselor Dr. Steven Helfgot on "Who Are You — Do You Have An Identity?"

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'Empty Box Car' play in production for June

The Cerritos College Theatre Department presents The Empty Boxcar by Sylvia Gonzalez Scherer.

The production is one of two 1991 Lee Korf Playwriting Award recipients. The story is about the plight of illegal aliens and employs Hispanic actors and actresses in quality roles.

The play will be in full production in June 1991.

Career Expo '91 to feature Disney types

No need to go to Disneyland to meet Mickey. Disneyland will be here, so to

Disney characters are due to be on campus for the Career Expo '91, April 23 in the Student Center Area, from 11

Knott's Berry Farm will also be on hand to recruit new employees as well as Disney.

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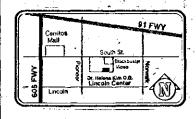


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CC's expect invasion of four-year students in fall

By Angel Gilbert
TM Editor-in-Chief

Faculty has some reservations on how to handle the distinct possibility of transfer students unable to transfer to universities.

So much so that it has been recommended by the faculty and some administrators to set aside a certain number of spots in registration for those unable to get into Cal State or UC schools. This problem is in part due to tight admission standards, and high tuition caused by the budget crunch.

Hundreds of students are expected to be turned away at CSU after cancelling up to 40 percent of its classes.

Cerritos has decided to tackle the problem by considering an allowance for a certain number of students who cannot transfer to upper division institutions at the present time.

"We don't want to be exclusionary...We know we already have more demand than supply. It's going to be tight and there are no easy answers," stated Connie Mantz, Faculty Senate President.

Part of the school's responsibility is matriculation (complete degrees and programs) and making sure students are well-prepared and ready to go.

With the economic struggles in the state affecting unemployment figures, enrollment is expected to increase. Add to that the diversity of Cerritos College

Transcripts \$2 after first two

The fees for transcripts will be increased to \$2 each, up from the previous \$1, beginning Wednesday, May 1.

The first two transcripts are free, but after that the new fee will apply to every one needed.

It's \$5 for "emergency" records needed sooner than three working days.

students that calls for more ESL and remedial classes, in order to meet the changing needs of the average student. Yet at the same time Cerritos hopes to maintain a delicate balance of transfer types in the mix.

"At this point in time the curriculum is set up to meet the basic goals of the mission statement, providing AA degree programs and personal enrichments," added Mantz.

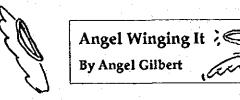
Tuition fees were also approved for increase here at Cerritos College along with other fee increases.

The state imposed enrollment fee of \$5 per unit may be escalated to \$6 per unit

Parking currently \$10 per semester and \$5 for summer was raised to \$15 per semester and \$8 for summer. Faculty for the first time will have to pay \$15 per semester for parking. This measure is being implemented to generate funds to offset rising costs for parking lot maintenance and security. This is also part of a plan required by the South Coast Air Quality Management District to reduce the number of college commuters,

A new \$7.50 student health service fee will also go into effect, along with a new \$10 photo student identification card. The current cost is \$8 for student body and does not include a photo.

Overall, a full-time student may be expected to pay as much as \$92.50 per semester compared to the current rate of \$68.





Did you ever notice that when you have broken up or been dumped every love song was written for you.

The radio deejay seems to be saying "This song is for Angel, you choked, didn't you? Here's a lullaby 'Love theme from Silence of the Lambs' just for reminiscing about the good old days. We even have a sing along rendition of tear jerking love gone sour songs to keep you company for the next three lifetimes."

Some lyrics of love songs seem to make little or no sense but make me feel as if someone can look through me and into the very depths of my soul.

Other songs take me to a deserted street about 2 a.m. on a slightly foggy night, dancing to music only my heart could hear.

Then there's the gut wrenching ones that seem to have sharp teeth that clean out your stomach while stretching the heartstrings.

Worst of all, the world seems to revolve around love and the intense pursuit of the real thing while having to drive down a lonely stretch of highway. Listening to a stereo that has no cassette or CD player, forcing you to listen to the stations that drone on you till your ears bleed with songs of love.

There are other things to sing

about...

How about the pursuit of missing socks lost in the wash? Or why the stars only come out at night? What re-

ally happened to monoliths in Iceland? Why are the Kurds called Kurds?

In the spring when love rears its arrow in all directions all I see are couples holding hands and getting engaged.

holding hands and getting engaged.

This month alone I have received more wedding invitations than I have in my whole lifetime.

Barraged by ads from jewelry stores selling friendship, engagement, wedding, anniversary, accidental death, and divorce rings, I sometimes feel left out.

Cupid however, seems to have a sense of humor when it comes to me in the love department. I have to like someone who is moving out of state next week or dying of a rare disease.

If love conquers all, how does one go about conquering love?

Caveman tactics don't seem to work. The last time I clubbed someone over the head and dragged them by their hair I had to appear in court on assault and battery charges with intent to do deadly harm.

Little gifts don't seem to carry over well either. The time I bought love cuffs only to get his gift mixed up with his mother's. Imagine her surprise when she opened her gift and Tom got his leather bound Bible.

Mom kept inviting me over for exorcisms after that but I declined. Something told me I was the guest of honor, next to the Dark Prince.

When I do find someone they talk to my machine more than they do to me. Soon they start calling my answering machine by pet names and telling me that they need their space. He and Rita Machine are in love and plan to have eight cassettes.

Eros, God of Love, seems to keep missing the mark. He only sends missing links, dying men, moving men, and men who wear the pants with a smile on the back.

Pump up the volume, our song's on.

Touchtone for 1st six weeks

(Continued from Page 1)

Touchtone telephone registration will only be used for the first six-week session, and will run May 6-10, based on appointment cards sent out after April 25.

Phone scheduling hours are from 7 a.m. to 10 p.m.

Final exams for this semester begin on Thursday, May 16, and conclude Wednesday, May 22.

A complete schedule of finals is in the schedule of classes, posted around campus, and will be printed in the next issue of the *Talon Marks*.

Music hosts 'Faculty Gala' Sunday

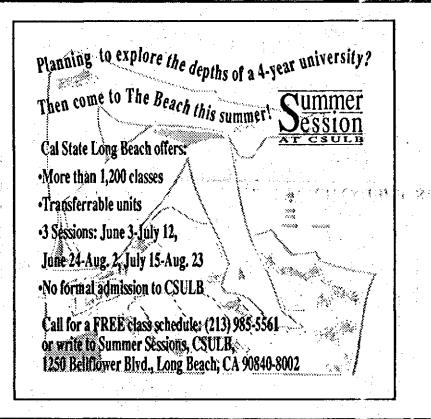
The Cerritos College Music Department is hosting its sixth annual Faculty Concert Gala, held April 21, at 2:30 p.m. in the Burnight Center

Fourteen Faculty members combine their talents to create a musical

extravaganza.

All proceeds from this event benefit the Music Dept. Scholarship and Special Projects Fund.

Students with an ASCC card and Sr. Citizens are \$5, General Admission is \$6.



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For more information, see the Job Placement Office. If you are unable to see us on campus, you can apply at 3333 Downey Rd., Vernon, interviews conducted Mondays 1-3 PM; or 13233 Moore St., Cerritos, interviews conducted Mondays 1-3 PM. We are an Equal Opportunity Employer.



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Mental Health Fair slated May 11; to feature De Angelis

By Helen Taylor
TM Staff Writer

Noted radio and TV personality Dr. Barbara De Angelis will be the keynote speaker at the 6th Annual State of the Mind Mental Health Fair at Cerritos College Saturday, May 11 from 9 a.m. to 4 p.m.

Theme of the event is "A Positive Approach to Mental Health."

Featured will be a variety problem solving workshops led by mental health experts, simple exercises and techniques for attaining and maintaining mental wellness, music, lunch, resource booths, handouts, and other related activities and events.

Pre-registration of \$25 is required for the intensive health fair. Contact or call Community Services.

3 win as Phi Beta Data readies for state meet

Three Cerritos College students came away with first, second, and third places in the state's Southern Section Leadership Conference on March 16.

Winners Gloria Chieruzzi placed first in Management, Denise Brown took second in both Business Communications and Computer Concepts, and Mike Howard earned a third spot in Information Management.

The conference was held by the Cerritos' chapter of Phi Beta Data in preparation for the state competition on April 26-28.

7 C's bus to Laughlin

Do you like to gamble, then hop on the bus to Laughlin, Nevada, June 7 and 8.

Leaving via California Charter, the 7 C's invites you on a trip that includes a "Gold Rush Package" of 2 nights lodging at Sam's Town, a fun book, and coupon for a free prime nb dinner.

Tickets are \$80 per person, double occupancy.

The California Charter will depart Fri., June 7, at 1:30 p.m. from Cerritos College parking lot C-10, and returning Sun., June 9, at 5:30 p.m.

For further information contact Carmen at the switchboard, or ext, 200.

Rape Awareness meet

Acquaintance rape, sexual abuse, victimization and peer pressure are the topics of the "Rape Awareness and Prevention Workshop," held April 30, form 11 a.m. to noon in LA 2.

Presented by Helaine Esterson, a representative from the Santa Monica Rape Treatment Center, the workshop stresses the danger associated with these abuses,

For more info or to obtain a reservation contact Maureen May, at ext. 530.

'Dress for Success'

Cerritos College Legal Association will be presenting a "Dress For Success Seminar" that will be coming tonight at 5 p.m. in the Cerritos College Cafeteria Stage. The guest speakers will be Rosie Partida and Monica Rubacalva and focus on how to get interesting tips on what to wear and not, also how to present yourself in an interview with future employers.

Ladyanne Lopez and Damon Buckley will be modeling the outfits that you should be wearing to any job interview.

Admission is free to the public.

Faculty in Teleconference on Drugs program; students invited today

A Teleconference focusing on "Substance Abuse and Depressive Illness: Dual Diagnosis," will be held on Wednesday, April 17, in the Board Room.

Sponsored by Bright Futures Drug Awareness Program and Staff Development, the Teleconference will house a question and answer period with panel participants from the Cerritos Faculty.

The panel consists of Matilda Barker, PhD., Sociology; Todd Gaffaney, PhD., Ed. Psychology; and Virginia Wyman, MSN, Nursing.

All staff and students are invited to participate.



April 17, 1991

News

5 • Talon Marks

EDITORIAL

Fate of vital education funding hangs on Wilson keeping Prop 98 alive

A cut here and a future in tatters.

The future of public education that is, with the possible slashing of the education budget close at hand and Governor Wilson presiding over the shears.

Governor Wilson in his budget proposal, slated for approval July 1, recommends suspension of Proposition 98.

Proposition 98 passed in 1988, guaranteed that at no time community colleges and grades K through 12 would receive less than 40 percent of the state budget.

Included in the postponement is COLA (Cost of Living Adjustment) that would halt any increase to offset inflation and ever rising costs and fees for replacement of equipment, salaries, etc. The decrease would amount to an estimated loss of \$215 million.

If suspended, funding for K through 14 would drop to 36.8% of the State General Fund, the lowest percentage ever. Current rate is 41.2%, the same as school year 1980-81.

Wilson argues that lawmakers have only three choices: cut state services, raise revenues, or a combination of the two.

What he does not point out is that with the huge deficit it would take several years with the suspension of Proposition 98 to stave off some of the deficit, even then putting only a small dent in the gaping black hole.

The deferment of Proposition 98 however, will greatly affect students and public education, leaving a trail of unemployment and rising crime figures.

People who cannot attend school due to budget cuts would be forced to seek a job. With more people seeking employment in an economy gone bust unemployment figures will continue to climb.

With unemployment figures escalating so will the rate of

Students who are able to attend overloaded and overcrowded public schools will receive an inferior education, having to deal with substandard and out of date equipment.

Community college and other public education personnel will seek employment at institutions in the private sector or abandon teaching altogether, once again leaving the knowledge hungry in

The picture is bleak at best if we continue to strike down education in an effort to balance the budget.

What is worse, in twenty years no one will be well educated enough to even deal with balancing the budget.

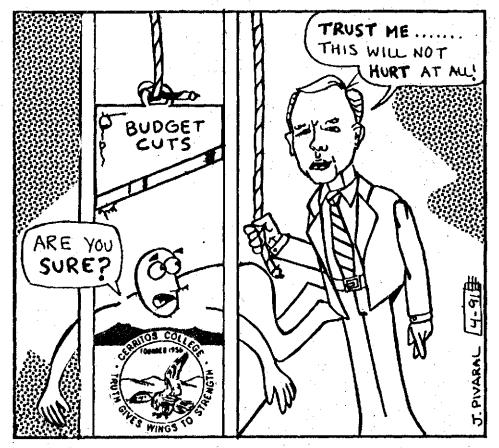
One solution to the deficit would be raising revenues, not necessarily across the board but to wealthy taxpayers and large corporations receiving too much of a tax break.

Perhaps we could tax the investment income of insurance companies, which alone would generate more than a billion dollars.

A half-cent sales tax increase would raise an additional \$1.7 billion.

Most balk at the thought of raising revenues, but allowing ourselves to dig ourselves deeper into debt by cutting education, is not the solution

Being brought up in the generation of "Just Say No to Drugs and Yes to Education" what will we have to say yes to if lawmakers continue to wield an axe at the education budget?



EDITORIAL

There's a student body election -- and the new President needs your help

Not all that many people normally vote in a campus election — even in the X-making for student body president.

To say that everybody should would be pedestrian, and to suggest that everybody do it would be unreal, even insulting.

Some folks simply have better things to do with their time and concern.

Some don't vote because they don't know enough about what it's all about — and they don't particularly feel the intellectual or political or societal need to play games.

Some, however, find it a nice experience.

...A good way to express themselves.

...To make their voice heard...to do because that's sort of the thing to do.

We're not bugging anybody to vote.

It would be nice if you're so disposed, whyever.

If not, maybe next time..
Since we'll probably have less than 1,000 turn out — even in this suddenly intense and heated race — don't write it off as an exercise in silliness or insignificance.

And those of you who do vote, think of it as having the burden of responsibility for seeing that things go well.

You see, in a way, you're speaking for all those who don't have the time or interest to vote.

After all, it's the electorate that makes the body politick work.

Take it as seriously as you can.

Somebody needs to.
Even those who don't vote — including faculty who don't urge and encourage students to vote -- would not want to see the show fold.

It would be a sad day if there were no elections...or if they gave an election and nobody came.

Here's to those who do come.

Letter calls for more lasers

Dear Editor:

With all the budget cuts hitting the school systems, I can see why we, the students, must learn to tighten our belts.

But we returned from Spring Break to find four new Macintosh computers in the CAI lab of the Learning Resource Center.

At the present time, I fail to see sufficient justification for purchasing new computers when it is *laser* printers we desperately need.

As it stands now, in order for us the use the one and only laser printer, we must first deal with some lab assistants who don't always seem all that anxious to serve users.

Instead of purchasing new computers, they (CAI facility) should have purchased new laser printers to save any misunderstandings.

> Sincerely, Juan M. Covarrubias

Talon Marks

"If the campus newspaper doesn't watch out for the students, who will?"

Vol. 34/16 Cerritos College, Norwalk Ca.

Talon Marks is produced weekly by Journalism and Communication majors and minors and others interested in enhancing their writing, analytical, and critical thinking proficiency—and in developing highly marketable primary and secondary skills.

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Questions for this Public Service feature should be submitted to Dr. Allan Boodnick, Psychological Services, or Talon Marks.

Q. I just had a baby. I'm 20 and a single mother. I've felt awful, like moody, and I don't have anyone to talk to except the doctor at the hospital, but he's never around. This isn't what I thought having a baby was.

A. We're led to believe that having a baby is a joyous experience, but for many, it means gloom and terror. After childbirth, nearly 50 percent of all new mothers experience a form of depression known as the "baby blues." This is caused by the nearly 500-percent change in hormone levels which occur within 24 hours after birth. What with interrupted sleep, physiological changes for lactation and the physical strain from the hormone level changes, overwhelming amounts of stress occur.

Emotional changes-mood disordersrange from mild to severe, and to a sense of disorientation, which affects all women differently.

<u>Baby blues</u>, the mildest form, is characterized by loneliness, sadness, irritability, lowered sexual drive, loss of identity, heightened sensitivity and vulnerability, and low self-esteem.

Postpartum depression has less common symptoms, including despondency, insomnia, an ayersion to touching or caring for the baby, crying, anxiety, feeling out of control, and a fear of harming the baby.

The most severe form of the disorder is known as postpartum psychosis, which includes unusual fears, loss of contact with reality, and "strange" thoughts. Suicide or infanticide may result

Treatment includes correct diagnosis, medication (hormonal, anti-depressants, tranquilizers, etc.), social support, and family therapy.

Baseballers make it to 1st

ON THE BALL

Third baseman Vickie Davis gets ready as Dennelle Drullas delivers. The Lady Falcons, fighting to make a playoff spot, currently are in third place at 6-5 in the conference.





Track & Field looks good for prelims

By Jimmy Baro TM Staff Writer

"With the South Coast Conference Preliminaries coming up very shortly the track team is gearing themselves up for the upcoming championships," said coach Gary Gaudet.

When the season began Kirk Ayers and the Falcon track team had high expectations for the year.

A state qualifier last season, Ayers hoped to be one again this year but nagging injuries kept him from doing his best.

Tomorrow, Ayers and the Birds invade Mt. SAC running in the Mt.SAC relays against top competition hoping to surprise some people in preparation for what's ahead.

This past weekend at the Bakersfield relays, Ayers couldn't have felt better as he placed himself third in Southern California finishing in the 400 meter intermediate hurdles with a 53.4 mark.

Keith Pouncey improved his best time in the 100 hurdles running it in 14.5 seconds, second in Southern California.

Chris Bilek and Bruce Rustman recorded times of 5:22.0 and 5:23.0 in the 1500.

The men's crew of Ayers, Mike Peters, Byron Scott, and James McCarron finished in the 1600 relays at 3:14.20, third best in the state.

McCarron then ran in the 800 and won his event at 2:00.7. Eric Dayis placed second in the 400 IH with a mark of 56.2,

On the women's side of the ledger, Diane Dang also turned in personal bests in the shot put 37-10, while chalking up a fourth place finish in both relays and discus.

Patrice Hall placed second with a time of 15.00 in the 100 meter high burdles

Hall placed second in her heat of the 200 with a time of 26.8.

Renee Bailey, Lusha Brown, Hall, and Roshanda Johnson moved into third place in Southern California in the 400 women's relay with a mark of 49.6.

Remarkably it was the first time they had ran together.

LB sweep puts Birds at 18-13-2; 12-6 in league

By Charlie Waldorf
TM Executive Sports Editor

Take out the broom, it's time to

That's just what the Cerritos baseball team did last week as they swept their first conference series of the season by dusting off the Long Beach City Vikings.

"The sweep couldn't have come at a better time," said coach Dave Serrano. Cerritos (12-6 SCC, 18-13-2 overall)

Cerritos (12-6 SCC, 18-13-2 overall) has taken a game and a half lead over second place Mount San Antonio College.

Looking to keep that stranglehold on first place in the conference, the sluggers will get the week off and resume action Tuesday, April 23 at Kincaid Field against the Pasadena Lancers.

Since the opening game of the Allan Hancock Tournament March 28, the Falcons have won eight of their last nine sweeping the competition under the rug.

rug.
"These players have finally gelled into a team, we're playing with a lot more confidence and enthusiasm," says Serrano.

Their latest victims Long Beach City were outscored 30-10 in the three-game series and have lost five of six from the Birds by a 51-20 margin for the year.

In the final game of the series Saturday, Cerritos vacuumed up the Vikings 5-1.

Through five innings, Long Beach did have a chance to salvage one game of the bout as the game was tied 1-1.

But, Falcon starter Scott Moten held the Viking bats in check striking out seven and walking five in seven and a third innings.

An unearned run on three hits was all the Vikes' could muster up as he went on to record his fourth win

Moten ran into trouble only twice in the contest by walking two in both the fourth and sixth but no harm was done.

The sluggers opened the game up in the eighth scoring three on a Marc Benjamin two-run double scoring Vic McCraney, running for Stosh Navarro, and Eddie Davis who both reached base

Adam Millan singled in Benjamin for the final run of the game.

Steve Morales relieved Moten in the eighth and stopped a Viking ninth inning rally to record his fifth save of the year.

The Falcons ended their Thursday jinx sinking Long Beach 8-1.

The game snapped Cernios' perpiex-

(Continued on Page 8)

Men's tennis eyes strong second

By Jimmy Baro TM Staff Writer

First place was on the line for the top two mens' tennis teams in Thursday afternoon's "Battle of the South Coast Conference" between Long Beach City and Cerritos.

Tomorrow, the Falcons finish conference play hosting foe El Camino at 2 p.m.

The Birds had another shot at avenging an earlier 9-0 loss at the rackets of

the tough Vikings.

But, Long Beach City showed why they're undefeated and No.1 in the state, spanking Cerritos 9-0 again.

Sparked by the play of Mark
Magsadia and the rest of the young
men's doubles, they are sitting comfortably in second with a 6-2 record.
"We should finish second and get

"We should finish second and get into the playoffs with victories over L.A. Trade Tech and El Camino."

L.A, Trade Tech and El Camino. "
"The scores didn't indicate it, but we played tough against Long Beach City,
"Magsadia said.

April 17, 1991

Sports

7 • Talon Marks

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Vote "4" Excellence



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Abe Semaan Vice-President

and receive your "A. A."

<u>A</u>dam & <u>A</u>be for

PRESIDENT & VICE-PRESIDENT

Prexy Forum

(Continued from Page 1)

"I've made a lot of friends with people of all backgrounds, Blacks Mexicans, Asians, and Arabs such as myself."

Student and faculty interaction was encouraged by Hayward.

"I had one teacher who had a discussion period with his class at a restaurant

"I thought that was an excellent idea." Hayward commented.

The President and VP must have a minimum 2.25 cumulative G.P.A. and must live in the district.

They must also maintain 10 or more units during their term in office and have a valid ASCC membership card.

Elections are April 24 and 25 from 8:30 a.m. to 2:30 p.m. and 6 p.m. to 9 p.m.

Polling booths are located in front of the Coffee Shop, the Social Science Patio and Health Science Patio.

To vote a student must possess an ASCC card with valid sticker number.

Falcons sink Vikings' hopes

(Continued from Page 7)

ing six game Thursday losing streak.

A three run fifth inning widened a narrow 2-1 gap.

Designated hitter Navarro led off the inning reaching base on an error, the next batter Greg Bergeron singled sending Navarro to third.

Benjamin singled driving in Navarro and second baseman Eric Martins followed with a two-run single scoring Bergeron and Benjamin.

Left-hander Mark Holiday pitched an exceptional eight innings giving up only one run on seven hits chalking up his fourth victory of the year.

Cerritos would go on to score three more runs, two coming in the sixth and one in the seventh.

The series opener saw the Birds receive 17 walks from four Viking pitchers leading to a 17-8 Falcon triumph.

Right fielder Robert Matos tied a school record slugging seven RBI's in the game with the bulk coming on a thunderous ninth inning grand slam.

"The team has fought hard to get back to the top of the South Coast Conference, where we're used to being and where we hope to stay, "says

Along with Long Beach, the sluggers have also taken the season series from Mt. SAC winning four of six, scoring 18 more runs then the Mounties 51-33.

Summer time

is the

write time...
to get in some ABCs
on the
campus newspaper

ans in

OPINION...COLUMNS...EDITORIALS...
REVIEWS...FEATURES...INVESTIGATIVE REPORTING...SPORTS...ETC.

We're talking learning REAL writing BY DOING for fun, prestige, ego, service, personal and professional enhancement, \$\$\$\$\$ (for blockheads. RE: Samuel Johnson), getting better grades on essays, and myriad misc. matters....