TalonVarks

Cerritos College

11110 Alondra Blvd., Norwalk, CA 90650

Summer Edition • June 12, 1996

Golf Could Drive Strawberry Field Out; Nunnery Sworn In

BY BEN VILLA

TM Editor-in-Chief

During last week's Board meeting, Cerritos College got a new look.

Maybe in more ways than one.

At 7:06 p.m. last Wednesday night, Wayne Nunnery was sworn in as the new Associated Student Body President of Cerritos

Nunnery, 49, was born in Kentucky in a small town with a population of 1,900. He has been a student at Cerritos College for two years.

Before taking office, Nunnery held the position of president of Alpha Gamma Sigma, the school's honor society.

"My most important job is to articulate and communicate student desires and concerns. I realize the students' opinions and the Board of Trustees' opinions will differ, and it's my job to let the Board know where the students are coming from," said Nun-

In other news relating to last week's meeting, the strawberry field located at the corner of Studebaker and 166th might have seen its final days. That's because the Board approved a request to develop proposals for a driving range and other uses of that property.

150 acres), generates about \$28,000 dollars in revenue per year.

The proposed driving range could bring in as much as \$200,000 per year, with the but several problems I see being faced are extra money going to help the school's infrastructure, possibly painting the campus or installing new lights. Cerritos College owns the field, and the lease runs out on June 30 of next year.

"We want to maximize our return on that property. The strawberry field is estimated to be worth 10 million dollars and we only get \$28,000 out of it per year. We Nunnery.

want more. While nothing is carved in stone, the Board of Trustees wants to move forward and this is probably the last year for the strawberry field," said college President Dr. Fred Gaskin.

The proposed move would seem to favor students at Cerritos College for numerous years to come.

For instance, the driving range would be leased from the school, so the land wouldn't be sold and if the College ever needed to expand parking or classroom space, the land would be readily available.

Secondly, the range would be a minimal capital investment with a large return and the school wouldn't have to build a permanent structure on the property in case of expansion or changes.

With the driving range being built, the school's golf team would have an adequate facility for practice. And student jobs could open up if a manager were hired who would agree to use students instead of bringing outside sources to work on the

Lastly, there is a proposed fee hike of up to \$40 per semester for using services like the Internet. And with the new computers and facilities on campus, the school's expenditures go up and need to be paid for. The strawberry field, which makes up With the driving range installed, the profit 10 per cent of the campus (15 out of the would pay for the new expenses and money would not come out of the students' pock-

> "I'm leaning in favor of it being built, the parking problems, operating hours, the lights and the neighborhood surrounding the streets, traffic, and the security problems the campus would face. But if we can work out these things, I would be in favor of a driving range because it would draw in a lot more revenue for the students and that would help us all in the long run," said



Wayne Nunnery, the new ASCC President, is congratulated by College President Dr. Fred Gaskin after he was sworn in as the new student trustee on June 5. -TM photo by Fausto Ramos

Student Center Renovation, Extension Finally Approved

BY VERONICA DURAN

TM Opinion Editor

"Our goal is to draw students back to the Student Center," Wayne Nunnery, president of Associated Students of Cerritos College, said.

Nunnery and other members of the student government body, such as Vice President Greg Nunez, renovation and extension of the Student Center is estimated to take six to nine months for completion.

On May 15, the Board of Trustees finally approved the money to improve the Student Center.

Making the Student Center larger, modernizing its old structure, and subjoining several restaurants to it will hopefully attract the students to use this center, which rightfully belongs to them, as much as they can, says Nunnery.

While the current cafeteria will remain intact, a food court will be added to the

Student Center. It will be comprised of a sandwich shop, the Falcon Grill, a mexican food place, and a pizza parlor.

A total of \$500,000 was contributed to the Student Center for the purchase of new floors, lighting, wall coverings and drapes. With the help and encouragement of An additional \$340,000 was approved for the removal of asbestos from the ceiling. That work is supposed to be done during the Christmas break.

According to Nunnery, the last seven presidents have tried hard to renovate the Student Center, but have not been able to.

"This has been a 10-year evolution. The building is 38 years old and hasn't changed. It has that 50s style look to it that needs to be updated. The last seven presidents have failed to renovate the center because of the lack of funds and disagreements in the past," stated Nunnery.

A comment that stood out among stu-

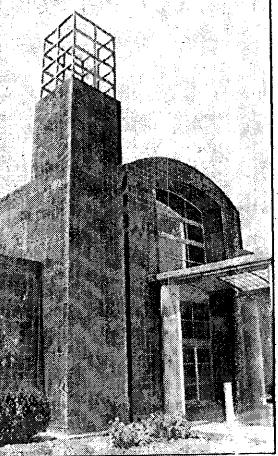
(continued on page 2)

Library to Celebrate Death of Card Catalog

The Library is sponsoring a Bar Coding Party for the new system called DRA on August 1. The new system consists of programs that will allow you to search for a certain book, magazine, or paper by author or title. Teachers will be able to use the system from their office computers, and students will be able to use the system in the library. Cerritos is the last community college not utilizing the system.

"We needed to move to the present in technology. We're really excited to use this resource system and about getting on the Web," said Val Mitchell, Librarian.

Summer session library hours are Monday, 8 a.m. to 8 p.m. Tuesday 8 a.m. to 8 p.m.; Wednesday, 8 a.m. to 4:30 p.m.; Thursday, 8 a.m. to 4:30 p.m.; and closed Friday through -by Alexis Moss



Health and Wellness Offers Services, New Summer Hours

BY RITA LARA

TM News Editor Several medical services are accessible

to Cerritos College students at the Health and Wellness Center, located between the Physical Education and the Weight Training buildings.

The facility will be open Monday through Thursday from 10 a.m. to 6:30

New summer walk-in hours are Monday, 10 a.m. to 6:30 p.m.; Tuesday, 2 p.m. to 6:30 p.m.; Wednesday, 10 a.m. to 2 p.m.; and Thursday, 10 a.m. to 1 p.m.

Appointment hours are Tuesday, 10 a.m. to 2 p.m.; Wednesday, 2 p.m. to 6:30 p.m.; and Thursday, 1 p.m. to 6:30 p.m.

Services available include diagnosis and -TM photo by Fausto Ramos treatment of short-term illness, first aid Center at 860-2451 ext. 2321.

care, and immunizations.

A fee is required for lab tests, urinalysis, pregnancy tests, and sexually transmitted disease screening.

The Health Center also provides referrals to specialists for off-campus health agencies for patients with serious illness or in need of medical follow-ups. Low cost prescriptions are also available.

Emergencies are handled immediately. Walk-ins are seen on a first come, first served basis.

The services are available to all stu-

dents with a valid Cerritos College I.D. Schedules and fees are posted in the Center. For more information on other services available, or to schedule an appointment, contact the Health and Wellness



Child Development Center Offers Summer Fun for Young Kids

BY MONICA POGGI

If you are a student at Cerritos College and would like to place your child in day camp while you attend classes, here's your chance.

The Child Development Center is of-1996). Your child must be toilet trained.

There are six one-week sessions. Each session will have a special theme to it, such as Bug Hunting, Circus Circus, Winnie The Pooh, and Down By The Bay.

Session three began Monday, June 10 and runs to June 14. Session four is Monday, June 17 to June 21. Session five is Monday, June 24 to June 28. Session six

runs Monday, July 1 to July 5.

Parents will be required to fill out an information/emergency sheet, provide verification of immunizations, and provide child's lunch if on a full day schedule. Snacks will be provided.

Fees are \$55 per child per session for 8 fering pre-school summer day camp for a.m. to 12:30 p.m. schedules; \$100 per children ages 2 years, 9 months through 5 child per session for 8 a.m. to 4 p.m. years old (entering kindergarten, Sept. schedules. There is a \$5 registration fee. Registration will be taken on Fridays from 8 a.m. to 10 a.m. for weeks desired. Payment will be due upon registration.

> There will be a fee adjustment for week six due to the campus being closed for the Fourth of July. Camp is subject to being closed for insufficient enrollment.

> For more information, contact the Child Development Center at ext. 2583.

Use a Condom, Save Your Life BY VERONICA DURAN, Opinion Editor

schools? Some say "yes," some say "no."

Different people think condom distribution in schools encourages sex while others think it is the best method for preventing pregnancies and sexually transmitted diseases (STDs).

The Health Center at Cerritos College provides students with access to condoms for safety purposes.

The only requirement for obtaining condoms at Cerritos College is a current school identification.

"Age is not investigated because there is no way to identify minors, " said Patricia Pinder, coordinator of Student Health and Wellness.

It is great that Cerritos College makes it simple to obtain something that may save

Condoms are one of the most effective contraceptives against STDs and unwanted pregnancies. They are also quite easy to use. So, why not slip one on before those moments of passion take over? The phrase, "a little bit of pleasure for a whole lifetime of pain," becomes true when a person contracts a fatal disease such as AIDS or when someone is prevented from attending college and pursuing a career because he or she must stay home and watch an unplanned child.

believe condom distribution in schools about sexually transmitted diseases, and knowing how to use condoms to protect oneself from contracting a disease, is a form of education.

People must educate themselves in order to live long and healthy lives.

They need to know that if they make the get to know the person first. People should also be aware that they may not learn everything about that person, such as their sexual history. It may not be discovered that they have been involved with multiple

Should condoms be distributed in partners before they were involved with them. That means that when they sleep with one person, they sleep with 10 other people as well.

> Therefore, a wise and responsible thing to do is use a condom. Whether it is you or your partner who is wearing the condom, I think it is important to know how to use it, know what brand is most effective and the do's and don'ts of a condom.

> For instance, do not keep a condom in the glove compartment of a car for a week and expect it to be effective. Do not store it in a wallet and think it will not dry out, and be aware of the possibility of tearing a condom. There may be holes in the condom that go unnoticed.

Overall, just know that there are many warnings that go along with using a condom.

Ultimately, I think condom distribution is highly positive. It may prevent a person from contracting AIDS or allow a young person to get a higher education, without having to worry about an unexpected dependent.

"Since there are many students at Cerritos College that do not have health insurance, there is a definite need for a health center on campus, and students use it well," said Pinder.

The same way students quickly learn Although some parents and students about the campus resources, they should also learn that condoms are always availmay promote sexual activity, knowing able at the Health Center for whoever chooses to be sexually active.

> The process is done as discreetly and professionally as possible, with full instructions to go with the condoms.

Therefore, don't be ashamed or embarrassed to ask for something that may save your life. Things like whether a woman or decision to sleep with someone, they should a man will distribute the condoms or what other people might think, should not deter you from obtaining something that will benefit you.

> So, act wisely, use protection and live a long and healthy life.

Talon Marks

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Summer Edition I • June 12,1996

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

Production and printing of TALON MARKS and WINGS magazine are funded by the Associated Students of Cerritos College (ASCC).

Facilities and academic supervision are provided by the Department of Journalism. Editorials express the view of the Editorial Board.

Other views are solely those of the author and are not to be considered opinions of the publication staff, the Editorial Board, the advisers, the Cerritos College administration, or the Board of Trustees.

Newsroom offices are located in the Arts and Crafts building, Room AC 42. Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA, 90650. (310) 860-2451.

Student Center Renovation

(continued from page 1)

student center was: "The place is cold to Cerritos College Student Center, he should the students and it looks like a barn."

This description made Nunnery aware of the negativity being expressed by the students.

"This is what we want to correct," he

said. ASCC is currently interviewing potential candidates for commissioner positions in the executive cabinet. There are 14 available positions at this time. A commissioner is in charge of making decisions such as the renovation of the student cen- 11a.m. ter. He or she will also work with students, clubs, and organizations.

Nunnery's highest priority this summer and throughout his entire term, is to renovate the Student Center.

"I'm not stopping; I'm going to climb that hill. The student center is the home of the students. We've got to be hard-headed for all CC students with ID. and get it done," he said.

dent may have a strong opinion about what session begins.

dents who stated a complaint about the he would like to see different about the not hesitate to tell the new president.

Free In-N-Out Burgers

BY RITA LARA News Editor

A free In-N-Out Burger and Coke will be given to all Cerritos College summer school students with an I.D. at Welcome Day in the Quad on Wednesday, June 26 at

Other activities to look for at Cerritos College include Activity Night in the Social Science Patio on Wednesday, June 19 at 6:30 p.m.

There will be a free showing of the movie "Sergeant Bilko" on Tuesday, July 9 at 6 P.M. and 8 P.M. at Burnight Theatre

Another date to remember is Monday, Nunnery also suggested that if any stu- July 8 when the second summer school

For Softball Coach, Success Comes Through Academics

BY NOFO TAUTOLO

TM Assistant Sports Editor

Never mind that they won 20 games. Never mind that they made it to the California State Championship "Sweet 16."

Academics appears to be the first priority of. Cerritos College Softball Coach Nancy Kelly. "Our goal always at this level is academics," said Kelly.

The Lady Falcons ended their 1996 season with an impressive record of 20-14. Kelly wanted to accomplish what she described as a difficult task, and that was to win 20 games and make it to the "Sweet 16" Tournament.

Although both tasks were accomplished, Kelly's highlight of the season was seeing her sophomores at graduation. With the exception of Lauren Moody, nine of the sophomores will

be attending four year universities. Moody will continue her studies in the Nursing program at Cerritos College. Kelly is very proud to see her athletes succeed academically. Team MVP Lisa Marie Hernandez, Dara Bills, Veronica Jaramillo, Karen Rosales, Leti Garcia, and Kristy Greenhalgh have all received their associate's degrees and are transferring to four year universities.

Pitcher Shannon Stanovich is on scholarship and will be attending the University of North Carolina at Greensboro.

The final two sophomores, Suzie Duarte and Lisa Musick, will return for the fall semester to complete the requirements for transfer.

"The main thing is to see the sophomores at graduation," says Kelly as she describes her pride at the accomplishments of her sophomores. "No one will know what these players went through to achieve what they achieved."

When asked how this team compared to last year's team. Kelly said there was no comparison academically. "I've never had a team that had all sophomores achieve like this academically," says Kelly. "No comparison."

Aside from herself, Kelly gives credit to the athletic academic counselor and her assistant coach, Colette Yonce, for keeping the players up-to-date. "Colette stays on them academically and that makes a difference," said Kelly. "It made a big difference because you can't do

Statistically, Cerritos' batting average was the team highlight. Leading the pack were the sophomores. Duarte ended her season as the team leader (.443) and teammates Hernandez

(.352), Garcia (.327), Rosales (.314) and Stanovich (.282) followed.

Pitcher Stanovich displayed outstanding leadership by barely giving up a run all season (ERA 0.81).

With the starting line-up consisting of all sophomores, Kelly's on the recruiting trail again. She would like to see some eligible players return, but if academics is not their number one priority, she would rather they not come back. "You find out the first year who's really here and wants to learn academically and not just play sports," said Kelly on possible returning players.

So far, Kelly already has about 25 recruits coming in and she likes what she sees. "I'm excited. Academically they seem pretty ready to be serious about school."

Gaskin Heads List of Dignitaries at 11th Annual Golf Classic

Gaskin heads a list of local dignitaries that will be on hand for the 11th annual Cerritos College Foundation Golf Classic.

August 12, at the Friendly Hills Country Club in Whittier. All proceeds will be foundation office at ext. 2526.

Cerritos College President Dr. Fred donated to the college library for books and materials.

At least 100 of the 140 golfers needed have registered, so openings are limited. The 1996 classic is scheduled for noon, For more information contact Pam Day at (310) 860-2451 ext. 2151 or the college

-Nofo Tautolo

KELLY'S KOURT

by Kelly Barth

Ready yourself for a journey in time, a journey back in time...just five months.

A journey through the world of the Cerritos College spring sports season. Not a bad season at that. A season that saw the baseball team and both men's and women's basketball teams

capture conference titles. The softball team qualified for regionals while the tennis, golf, water polo and swim teams continued to

In case you've been away for awhile-and judging by the attendance you have been—it's been quite a ride.

The hoopsters got us started off with a bang that included a "new" coach, although not so new; 1995-96 saw Dean Ackland assume the position held by the legendary Jack Bogdanovich, who sat this one out with a year-long sabbatical.

With Bogdanovich a spectator, Ackland proved himself worthy of the position by capturing the South Coast Conference Coach of the Year honors as he led the Falcons to a 23-11 record and into the state regionals where they fell short with a 89-73 loss to Chaffey.

In 1996 Jack will be back. So in conclusion, what does winning Coach of the Year honors and a conference title get you? Apparently thrown out on your butt...just kidding. Ackland, one of the community colleges' top and most respected assistants, will return to his more familiar role as Bogdanovich's right-hand man.

It just wasn't the guy roundballers playing above the fold in 1995-96. The women Falcons got into the act as well by being crowned queens of the court as they shocked the South Coast

Conference, becoming champions of it. Cerritos was paced by conference Most Valuable Player Babita Singh and All-Conference first team selection Ebony Charles. The duo helped guide the Falcons to 25-7 record.

Charles proved to be more than anyone could handle under the boards as the former Artesia High standout set a new standard for rebounding in a

single season with 471. Charles also established a new school record for rebounds in a game with 27 against L.A Harbor.

On the diamond, the baseball team's hopes of returning to the final four and winning a state championship fell just

Cerritos (30-18), was eliminated from the state playoff tournament with a 10-5 loss to L.A. Harbor.

Despite their early post season exit, Cerritos enjoyed terrific seasons from several players including Tyrus Acoba (329 avg., 11 doubles), Chuck Lopez (58 hits), Jose Alvarez (46 RBI's).

Great pitching was no stranger to Cerritos as ace John Ruiz (11-5, 2.36 ERA, 68 strikeouts), came up with one big performance after another. Ruiz received plenty of support from the bullpen especially from sophomore Jason Mair who led the team in saves with 10.

On the track Jay Young has proven himself to be one of the South Coast Conference's top performers. Recently. Young's star shined bright at the state track and field championships.

Young placed sixth in the 110 meter high hurdles with a time of 14.94. Cerritos also featured a champion

golfer in freshman Sam Vance. Vance hit the links and captured the individual championship for the South Coast Conference and the Southern California state title. Vance is quickly becoming a force in the conference golfing scene.

This kourt's adjourned.



Cerritos' Fito Marquez lays the tag on an East L.A. College baserunner attempting to get back to the base safely during a mid season contest. —TM photo by Fausto Ramos



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ON CAMPUS: June 19 from 9 a.m. to 12 p.m.

For more information, contact your campus Job Placement Center

Campus Comments: How do you feel about summer school?



"It's a drag. I'd rather be out somewhere in the sun."

Mary Luu



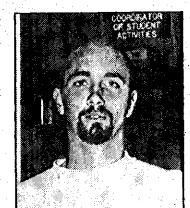
"I have to come to summer school because I have to take classes towards my General Education."

Samara Otero



"It's a quicker way to take or make up units. It's easier, but the thing is you have to come here every day."

Rudy Valverde Biology.



"It's great and I can get caught up on my homework."

Ed Ellis



"Summer school is very tiring, it consumes a lot of time, and the classes are too long."

Terrence McCarthy Business Marketing



"I think it's alright. It gives us a chance to do better in classes we slacked off in."

Taro Hernandez Communications

> **Edited by Nofo Tautolo** Photos by Fausto Ramos

CAMPUS NEWS

Think Again About Registration

Think it's too late to register for Summer classes at Cerritos College?

Think again. The second eight-week session begins on

June 24 and runs through August 15. Registration for students with appointments starts June 18. Registration for stu-

The second six-week session begins on July 8 and lasts until August 15.

dents without an appointment begins June

Students with appointments can register starting June 18. Students without an appointment may July 1.

Registration can be done at the Student Center on the above dates.

The Fourth of July is a student holiday. —Ben Villa

EAP Looking for Tutors Looking for a campus job?

· 1. 12

The Learning Assistance Program (LAP) is looking for tutors. Since several tutors will not be returning

in the fall, the LAP needs students who are subjects.

Also, the LAP is looking for counselor closed on Fridays.

Counselor aides should have experience with IBM and MAC computers, DOS, Windows, and computer-assisted instruction.

Good communication skills are a must. The LAP is willing to train new counse-

lor aides, but prefer those with experience. For both tutoring and counselor aide positions, the starting pay rate is \$6.64 an hour.

The deadline to apply for counselor aides is July 3. To apply, contact Judy Bulanek at ext. 2407, - Deb England

Paralegal Seminar

The Long Beach Paralegal Association will present Domestic Violence, with Paula Savage Cohen, in one of an ongoing series of seminars held by the Association.

The seminar will be held at the El Torito Restaurant, 3301 Atlantic Avenue in Long Beach on Wednesday, June 19, at 6 p.m.

Registration is \$13 for LBPA members and \$18 for non-members, students, and walk-ins. The fee includes accredited CLE certification to qualified registrants; an appetizer, choice of entree, beverage, dessert, tip, and tax is also included. Parking is free. For reservations or information, please

call (800) 311-4977. —Melanie Curd Summer Bookstore Hours

Bookstore summer hours began on June willing to tutor such subjects as math, En- 3 and are Monday and Tuesday, 7:30 a.m. to glish, history, science, and a variety of other 7 p.m. and Wednesday and Thursday, 7:30 a.m. to 4:30 p.m. The Bookstore will be

> For the eight week Intrasession, June 24 day. through June 27, Bookstore hours are Monday through Thursday, 7:30 a.m. to 7 p.m.

The Bookstore will be closed on Thursday, for the Fourth of July holiday.

8. Hours are 7:30 a.m. to 7 p.m. from July 8 through July 11, Monday through Thurs-

Regular fall hours resume August 7; Monday through Thursday, 7:30 a.m. to 8 p.m. and Fridays 7:30 a.m. to 4:30 p.m.

Buybacks will begin in July, Monday through Thursday, 9 a.m. to 7 p.m. at the back of the Bookstore.

-Michelle Espineda

Summer Food Fare Are you a starving student? Hunger and

thirst no more. A wide variety of food and beverages

offered on campus this summer will keep your energy level up while you hit the books. The Coffee Shop located in the Student Center, serves breakfast entrees until 10 a.m.

For afternoon appetites, burgers, sandwiches, soups and salads are also available at reasonable prices. Hours are 7:30 a.m. to 7:30 p.m. Monday through Thursday. The Coffee Shop will be closed during the second six

Frantone's is located inside the Coffee Shop. The menu consists of pizza slices, salads, ravoli and sub sandwiches and other Italian dishes. Frantone's summer hours are 10:30 a.m. to 8 p.m. Monday through Thurs-

The Elbow Room, located at the west end of the Liberal Arts building, specializes in fast, convenient snacks. Espresso, coffee, soft drinks and other caffeine-based bever-The second six-week session starts July ages are available. Beat the summer heat 12:30 p.m.

with a cup of frozen yogurt or iced tea. An assortment of chips, candy, and pastries are also offered. Elbow Room hours are 7 a.m. to 9 p.m. Monday through Thursday.

Have a sweet tooth? The bookstore has the largest assortment of candy on campus. Bottled water and other beverages are also available.

Vending machines, located in various locations on campus, are always stocked with snacks for the student on the go.

-Monica Perches

Transfer Center Offers College Fair

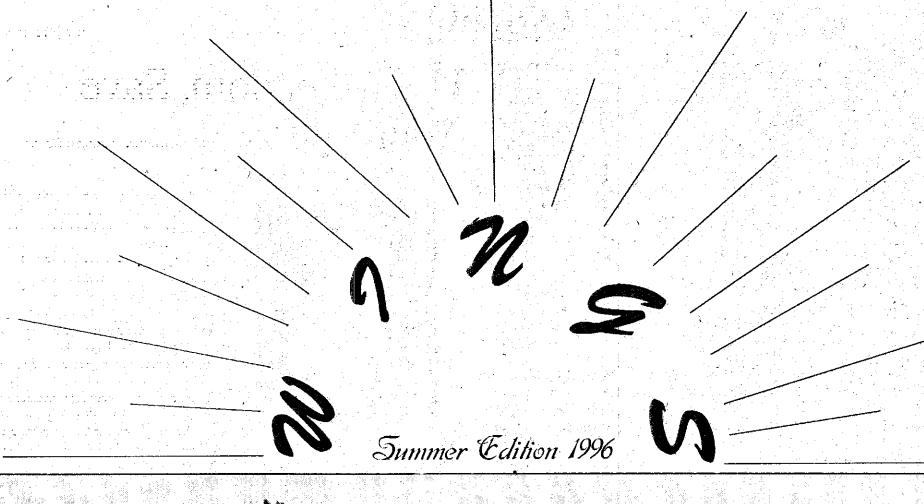
If you are thinking about where to continue your education after Cerritos College, the Transfer Center located in the Admissions Building is the place to go.

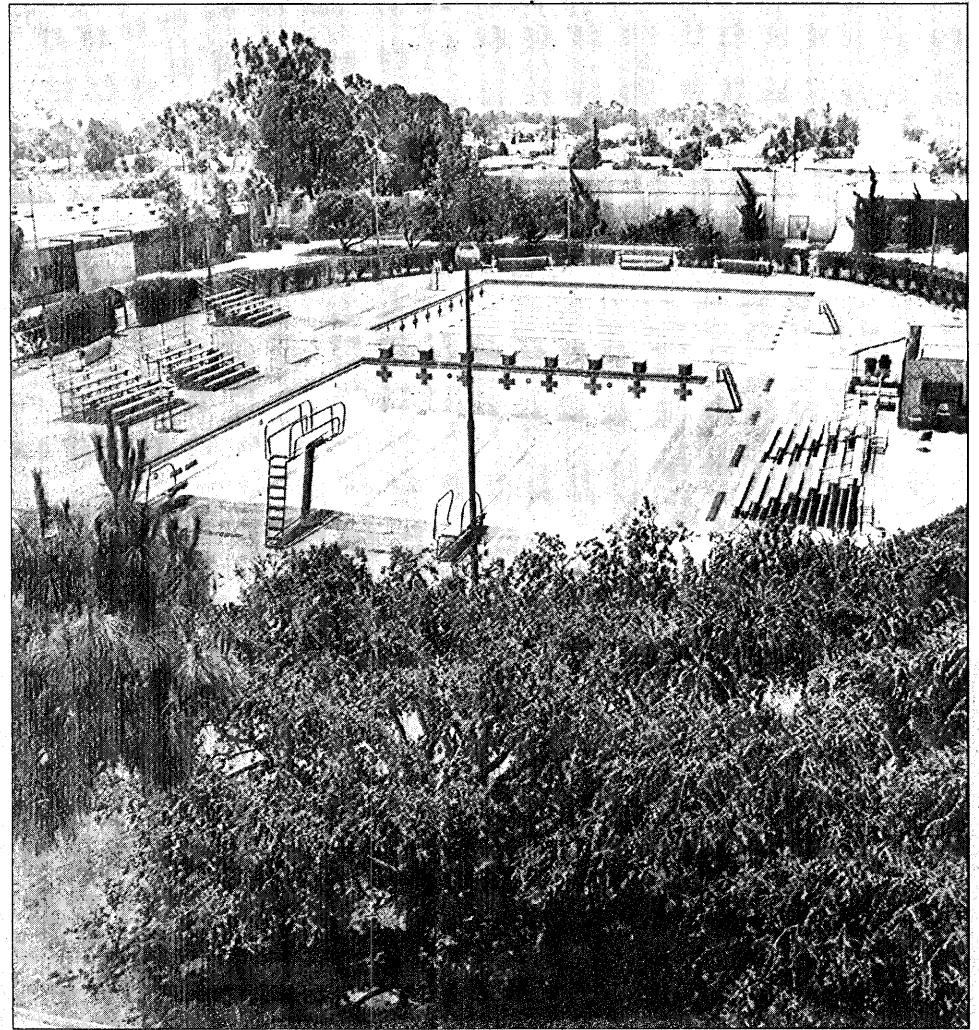
The Center offers catalogues and videos of different universities, giving you the opportunity to choose the best one suited to your goals. Any student with 56 or more transferrable units may transfer to a four year university.

See the Center's counselor Kathleen Shepherd for information about four year universities available and when representatives from them will be on campus.

The Transfer Center is open Monday through Thursday, 9 a.m. to 7 p.m.

To encourage more students to transfer, the college is holding a mini college fair in front of the library on June 20. Representatives from various universities will be here to promote their campuses from 9 a.m. to







A wink of an eye and your heart starts pounding.

A wave of a hand, and you feel warmed. The extention of the middle finger and suddenly you feet angry. Throughout the years, body movements such as these have been used to communicate. These simple gestures have developed rather complex meanings. Imagine a world without gestures. Try to tell an interesting story with your

When I worked as a sales clerk, I must have seen hundreds of gestures. The

hands at your sides and eyes straight ahead. How interesting can you be with just words?

company I worked for was rather small, so good guest service was paramount. They demanded

that the clerks give every customer the treatment they deserved, and then some. A customer would come into the store, and I would promptly greet him or

her with a smile. "Hello, and how are you doing today?"

The customer would either smile back and say "fine," or simply ignore me. If he or she had their hands stuffed in their pockets, I knew that it was a signfor me to back off and let them go through the store at their own pace.

If a customer looked at an item, and then looked at me, I knew that the customer was signaling me for help.

I would always rush to the customers who needed help. I would lean in closer and nod my head to show them I was listening.

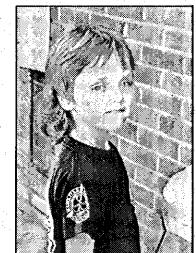
Now imagine if we switched gestures. The customer would walk into the store and I would turn my head when I saw him or her. Then I'd stick my hands in my pocket, lean back against the wall, and stare at the ceiling. A customer who saw these actions would probably not want me to help them.

"Hello ma'am, With no smile, no

like a robot. All around the

In some countries it is in others a kiss is consid-Maybe the reabelonging. They acextra value, They seem Next time you

and how important they If you have smile transcends every



how are you doing?"

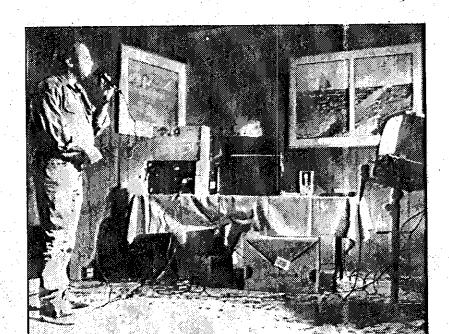
movement of hands, or any signs of interest, I would be

world gestures mean different things to different people. considered rude to look at someone directly in the eyes, ered disgusting.

son people use gestures is because they offer a sense of knowledge the audience messages and give them a little to indicate sincerity.

acknowledge someone, think of all the gestures you use, are in a conversation.

trouble thinking of a pertinent gesture, remember: "A barrier." —Gary E. Mecija



Wings • Summer 1996 • Issue I Editors • Michelle Espineda and Jennifer Kho On the cover: Campus pool drained for summer repairs

sing

Not just in the shower or i watching or listening, but I'm not a professional sing And what is Karaoke? It is music and words ranging fre

country music. From rap and danes

to. And songs that are making the charts today.

But these songs are programmed so that anyone can sing t had a desire to sing on stage in front of an audience that migpeople sing who couldn't hit the right notes if you had a gun Imagine being on the Gong Show, butthere's no gong, ---key all the way through. This isn't to say that everybody who out there.

Singing Karaoke songs is comparable to following the bou only there is no ball. The music plays, usually on very good \$ a television screen directly before you. All the singer has to even designed countdown marks so you know exactly when to star so the audience can see what you are singing.

Karaoke, which means "empty orchestra," got its start in apparantly still going strong since most of the music seems to producing music that is excellent, such as Sound Choice and St coming out every day.

Pioneer Music of Japan first brought Karaoke to the stat frequented mostly by Japanese or Korean people. Other nightclu places, and it actually caught on. Karaoke is gaining populari

Most Karaoke shows are held in bars and nightclubs for t to cater to the Karaoke crowd that isn't old enough for bars o lounges where they serve food as well as liquor, and even the

Nowadays you can buy Karaoke machines at stores that spe Artesia or at a big variety store such as Wal-Mart. Then you c are shy, or you can practice what you want to sing at home ins

You can even buy your own Karaoke CDs at places that spe places have. The CDs are the only ones that put words on the s There are several places around town you can go to sing ents, such as the Rusty Pelican in Long Beach or the Internati All you have to do is check the Karaoke Scene newspaper Now get out there and knock 'em dead! -David Klix

Junk, junk, junk, junk. During a normal day at

school all I eat is junk.

I understand not everyone is a junk food hound like myself, but a lot of other students are. I see people every day wolfing down Snickers bars on their way to class, or grabbing a bag of chips for convenience.

My mother always told me that breakfast was the most important meal of the day. It should also be your largest meal.

Breakfast not only helps you stay awake and alert through the morning, it also kicks your metabolism into gear. (Your metabolism

is what controls your hunger and how much fat is stored by your body).

However, to get these benefits, breakfast should not consist of a ton of sugar and a bunch of fat. The first meal of the day

should be a well-balanced diet of protein, carbohydrates, vegetables, or fruit and yes, a small amount of fat. Sorry, Snickers are lacking in the balance.

But with getting the kids off to school, finishing homework that should have been done a week before, and rushing to get to class on time, who has the time?

What can you do when you're always on the go and have only a few minutes to eat? Here are some snack suggestions that are quick, fast, and easy. Grab a carton of yogurt and a disposable spoon and eat it on your way to class. This is satisfying enough to get you through about two hours or until you can eat again. (You can toss the spoon in the trash.)

A bagel with cream cheese or jelly, or toast with peanut butter and banana can cure hunger fast. Try a lowfat granola bar and a glass of juice, or make your own healthy combination.

These snacks will not only keep you alert, but also healthier. You might have fewer cavities and will be

more energized until your lunch break. -Dawn Gonzales

Cheaters Prosper

n my car, which many of you doubtless do when you think nobody is I sing in front of and with many other people who sing. er, just someone who acts like he is. I sing Karaoke.

om children's songs that everyone grew up knows to popular rock or songs to the big band music that other folks grew up listening

hem whether they can carry a tune or not. For anybody who has ever ht like you or not, Karaoke is where that can happen. I have heard to their head, including this writer (just kidding). you have to listen to someone sing Madonna's "Like a Virgin" off

sings Karaoke is terrible; there are a lot of really good singers

ncing ball that shows you what the words are and when to sing them, ound systems (depending on where you go), and the words appear on do is sing the words as they are highlighted. Some companies have t. There are usually other video screens set up around the place

Japan where it has been popular for about 25 years and is , be coming from there. There are also companies here in the states arDisc. It is a multibillion dollar business with new technology

es in 1988 where it was popular in restaurants, bars, and lounges b owners saw potential in this new craze and tried it in their ty by leaps and bounds with more places to sing at than ever be-

he 21 and over crowd. However, a lot of other places are starting r just don't want to go to them. Pizza places and restaurant L.A. County Fair have Karaoke.

cialize in Karaoke equipment and music such as Sing-a-Long Music in an have the fun of singing in the privacy of your own home if you tead of in front of zillions of people who you don't even know. cialize in Karaoke music if you don't like the music selection most creen; the taped music does not.

Karaoke if you are in the mood to show off one of your many talonal House of Pizza in La Mirada, just to name a couple. or call 818-345-0040 for location information.

We all do it: Some of us do it better than others, and some of us have perfected it into an art form,

Cheating has historically been a source of guilty pleasure, monetary gain, and popularity.

It is taking the easy way out and (hopefully) having the satisfaction of getting away with it. We are all aware of the consequences and the stigma attached to getting caught cheating. So why do we

cheat? Perhaps it's simply human nature to deceive and connive for the sole purpose of looking out for one's best interests. Does it make it right since: everybody else does it? Does it just make us part of the human race?

Some of us cheat ourselves, cheat others, and cheat on each other.

Some may argue that there are levels of cheating. Cheating on a significant other can be far more devastating than cheating on a

There are also monetary rewards to gain if we "fudge" on our income tax. Some find great satisfaction in "pulling one over" on the government.

How much was your tax return? Cheating has provided us with the easiest route to instant gratification. This is evident when vieve niw elacea hand of poker, or when students ace exams they didn't

study for

People spend hours arguing about the immoral and unethical aspects of cheating. But will it prevent us from ever cheating again?

Probably not. We're all quilty of the crime. But perhaps the deed may be punishment in itself.

. Under all this cheating we do lies a conscience festering and rotting away, forcing us to eventually admit our

wrongdoing. Ultimately, we get caught, either bebecause we get sloppy, or simply because our luck runs out. Cheaters face consequences as karma steps in as a reminder of past wrongs.

Payback time has come at last, -Michelle Espineda

John Levin is not your traditional

college student.

At age 24, he started college for the first time after being in the work force for seven years in a job he disliked.

To many students, this may not seem unusual, nor may it seem strange that he's gone as far as he has, or that he has a high grade point average.

But Levin has earned a steady 4.0 GPA, and has been accepted to every university he's applied to, including some Ivy League schools like Boston College and Dartmouth.

Pretty impressive for a 29-year-old first-time college student who came to Cerritos on a fluke.

And how did he, a self-proclaimed "flake" in high school, make it this far?

"Gaining an interest."

Levin, a past co-president of Alpha Gamma Sigma honor society and a former student senator, started his college experience with one class per semester.

In 1990, he and his mother hosted a foreign exchange student from Japan. The student spoke English "fairly well," and sparked an interest in Levin. "I thought if he could speak English pretty well, then I could learn to speak Japanese," he says.

At that time, Levin was working in a computer job he resented, but he stayed for the money. He was surviving on his paychecks and school was far from his mind until his Japanese friend came along. "If it weren't for that, wanting to learn Japanese, I don't think

I ever would have started college," Levin explains. "Learning Japanese was a hobby." Levin came to Cerritos in 1991, and by the time he had finished his Japanese courses, he had developed an interest in taking general education classes.

However, it took seven years to decide college was for him-again.

In high school, Levin flaked. "I didn't concentrate on my studies. I was uninterested. I did the homework, went to class. If a certain subject didn't interest me, it was hard to get involved and do well."

But Levin desired to be a veterinarian. He took ROP classes during his junior and senior years and wanted to go to college to continue his studies after graduation. Levin worked at Lion Country Safari and later, at an animal hospital where he backed out. "I couldn't handle it—putting animals to sleep." His college dreams faded after that.

After his high school graduation in 1984, Levin's mother urged him to get a job since he wasn't going to attend college. He went to a computer learning center for five months and landed a job at Martin Marietta as a computer operator.

"When I first started working there, I thought it was interesting," admits Levin. "But then it felt like menial labor. I was working in the print room, I wasn't using my intelligence, and there were times I wanted to quit. But then I thought money—at least I've got money. I'm surviving with this, so I stayed. There were times I applied for positions within the company and didn't get them because some newcomer with no seniority over me got the jobs instead. I hated the politics of the situation—and I was always looking for a way out."

Levin's "way out" became college, but it wasn't an easy escape. "If I hadn't taken up Japanese," Levin says, "I would probably still be working at Martin Marietta."

And this straight-A student didn't start college with all A's in mind either. He worked for his grades; earned what he got. "I didn't make any decision to say, 'I'm going to get all A's and that's all I'll accept,' I just applied myself and worked for my grades for the first time."

Levin, an English and math major, wasn't the best of students throughout elementary and junior high. He had trouble with math, but in high school when he finally made it to algebra, "all of a sudden, I could understand it."

Levin's mother taught him to read at an early age, which he feels is in perative to fostering good English skills. Says Levin, "I could articulate my ideas, but I wasn't a good writer."

Consequently, Levin became interestedin both subjects and flourished in them. "When you have an interest in something, you can do well in it... that's the big thing."

When Levin first started attending Cerritos, he was an example of the stereotypical "uninvolved college student." He was the kind of student who goes to class and leaves after the last one for the day. But unlike that disinterested population, he still wondered what life was like

After Levin finished the last of his Japanese classes, his Japanese 4 teacher told him the Learning Assistance Program (LAP) needed a tutor. So he signed up and tutored Japanese two hours a week while still attending class and working at his other job. Levin was also taking a Shakespeare class and his teacher took notice of his good English skills. She told him of an

opening in the Writing Center, and he started working there as an instructional

Levin enjoys tutoring. He wants to become either an English or math professor, or both. "I see somebody who has a problem they don't understand and something's blocking them. When I see them understand what's going on, it's like I'm helping to remove this block. It makes me feel better to see their eyes light up when they finally understand... it's like I did something important."

Soon after he began tutoring, Levin's life became Cerritos—more classes, more working hours—and this prompted his leaving Martin Marietta.

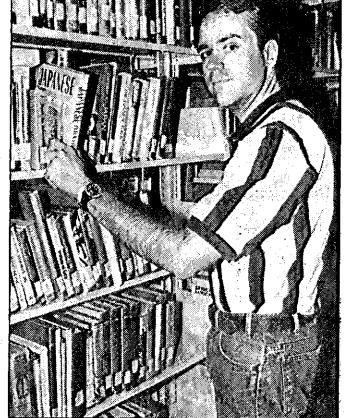
But still, Levin was too busy for extra curricular involvement until he saw what was available. "I started seeing more on campus. I saw clubs... and ended up joining AGS. I saw how they participated in the ASCC, so that's how I got in Senate.

"The thing I liked about Senate was that it made me more aware of what goes on around campus, it

made me feel like a working part of campus... being involved in activities like that makes you feel the campus belongs to

Levin's interest in becoming more involved also led to his co-presidency of AGS this past spring

semester. AGS is also where he was inspired to apply to more colleges than his local choice, UC Irvine. "After I started thinking about where I wanted to transfer, I was just thinking about UCI because it's about the same distance from my home as Cerritos. I didn't think about the quality of education or how long I'd have to stay there; I just



thought that's where I wanted to go. Then some other people from AGS were applying to other colleges, and they encouraged me to do the same, and I thought why? I'm a re-entry student, why would they accept me? I never thought about

Then one of Levin's friends showed him information from some other universities, including the Ivy League schools. "I read about Cornell and Brown and Yale and Harvard and Dartmouth, I thought they were pretty interesting, but what were my chances of getting in there?"

Levin was accepted to every university he applied to. Presently, it looks like Dartmouth is the one. "It's an old school, and oldest of the schools I applied to,

so it has a long tradition. Life is different back there, I'd like to experience it." Being an English major, Levin feels the need to choose a school with an

outstanding English department. Fortunately, Dartmouth has such a department. "I've had many English teachers here say how good Dartmouth is. Their tuition is like \$30,000 a year, and they're willing to invest \$17,000 in scholarships for me. I thought, 'Wow, someone's willing to invest that much just by looking at what I wrote on my application, and my records.' I thought it was pretty

impressive. អ្នក បានប្រជាពលរដ្ឋប្រទេស នៅ ប្រធានក្រុម នេះជនក្រុមប្រជាពលរដ្ឋប្រធានក្រុម ប្រធានក្រុម ប្រធានក្រុម "It's very surprising that someone like me who was so-so in high school and looked like I was going to be a computer operator for the rest of my life, decided to make this change and now all these opportunities are available to me. It makes me feel that all these doors have opened up to me."

Levin is still waiting for the rest of the schools' scholarship and financial aid information to come in before he makes a definite choice. He wants to survey his options first, and he does have a lot. I have not believed a lot of the l

Levin credits his English teachers for helping him along the way. "Beverly Cotton showed how impressed she was with my writing and I guessed that surprised me. I tend to be my own worst critic and not be impressed with my skills. I always put myself down and when people say, 'Oh, you're so good at this or that.' It's hard for me to break through that self-criticism; it's hard for meto believe. A lot of times I'll write a paper and one of my teachers will be impressed and I'm like, 'Was it really that good?' A lot of teachers, fellow students, people I've tutored—they all have encouraged me and it's really helped and improved my future outlook."

John Levin, a former "flake," who looked like he was stuck in a job that was going nowhere, certainly seems to have a better future ahead of him, just because he became interested. The property of the second refer the property of the contents of the

Wings • Summer 1996 • Issue I

