

TALON MARKS

CERRITOS COLLEGE

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Talon Marks News

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8 Dalton is the example as she juggles multiple track and field events.



AMAIRANI MENDEZ/TM

FREE SPEECH ZONE

Q: Do students care about school politics?

Erick Linares



"That's where major decisions go by. Students have to know what's going on."

More responses on page 4.

CERRITOS' HISTORY

This month in Cerritos College History:

April 1, 1959:

"The Talon Footprints" staff chooses the ideal males and females on campus.

April 7, 1961:

Talon Marks publishes a dramatization of an H-bomb hitting Cerritos College.

April 5, 2000:

ASCC president was voted to be removed from office for altering ballot boxes for the 2000 election.

LET'S GET POLITICAL

The Candidates

Student Trustee

Vanessa Vega
Joe Nino
Daniel Flores
Lance Makinano

President

Aldemar Sanchez
Miles Aiello
Hector Arillano

Vice-President

Dennis Garcia
Charlie Zuniga
Charles Caguoaia



GUSTAVO OLGUIN/TM

Elections: ASCC Senator Miles Aiello presents his case for getting Aldemar Sanchez off the ballot to the presidential board.

Candidates to campaign for upcoming election

LUIS GUZMAN
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Cerritos College will be having elections to fill the roles of leaders in student government starting April 16.

The elections will include a presidential spot, student trustee spot and a vice-president for ASCC.

Candidates for student trustees will include: Vanessa Vega, Joe Nino, Daniel Flores, Lance Makinano.

Presidential candidates will include: Aldemar Sanchez, Miles, Aiello, and Hector Arillano.

The vice presidential candidates are: Dennis Garcia, Charlie Zuniga and Charles Caguoaia.

Nino said, "I am running for student trustee because the students at Cerritos College need to have a bigger voice at the Board of Trustees."

Nino's goal for the Board of Trustees is to listen to the problems of students so that change can be possible.

"I was an average student and the more I got involved the more I became aware of things. I feel like I am not doing this for myself, I wanted to be a person for the students."

"I feel like there are a lot of things we need to change, I feel like I am the right candidate," he added.

He wants to leave Cerritos College's financial situation better as well as help students with many cost saving initiatives like having PDF copies of textbooks.

Aiello said, "I am running to be in the position to motivate students. To publicize ASCC to all of the students on campus so they can know that they have resources to utilize."

He believes that his goal will help students contribute to the success of Cerritos College and help provide a stable community.

See "Candidates brace for election" on Page 3 ...



GUSTAVO OLGUIN/TM

Candidacy: Hector Arillano shares thoughts on how the board should honor the contract that all of the candidates signed.

Infraction causes a stir amongst ASCC

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ASCC Vice President Aldemar Sanchez will be allowed to continue to run for student body president despite an infraction that he committed.

He failed to turn in his statement within the 24-hour window that is given after the candidate's application is turned in, which would cause the application to be void.

The Board of Trustees overturned that ruling and allowed Sanchez to run, but he won't officially start his campaign until Wednesday, four days after the other candidates start.

Senator Miles Aiello doesn't feel that the punishment matches the violation that was committed.

"It is completely insufficient because ... there is no real way for the election board to validate and to make sure that the candidate is not campaigning," Aiello said.

Ryan Morris, campaign manager for Aiello, said, "One of those violations clearly states that if you don't turn in your statement within 24 hours of the packet submission with your signatures, your ap-

plication is void and nil. It is a very clear statement."

Daniel Gomez, a senator for the Student Senate of California for Community Colleges, feels that Sanchez should be able to run, but that the ruling sends a sour message.

"It's going to set a bad precedent. So next year and the year after that, something similar is going to happen."

Aiello added, "It may look bad on his part or it may not, because of the support that he has in his little group."

I feel like we are fighting a giant and the giant is huge compared to our size, in that we don't have a fair shot."

Sanchez feels targeted by the other candidates because of the relationships he has built from his time in ASCC.

"A lot of them were getting mad because a lot of the student government wanted to support me next year because of everything that I have done for ASCC."

"It's going to be fine, because we have the rest of that week and the following week before campaigning starts," he said. "Any penalty ... would have been fine, because we are still allowed to run."

"It's going to be fine ... because we're still allowed to run."

ALDEMAR SANCHEZ
ASCC Vice President

Void? ASCC Vice President Aldemar Sanchez is still eligible for student body president despite not following guidelines. This decision has ASCC members thinking there is a sort of bias in the way it handles its decisions.





Festivities: Butch Locsin, an art major, gets his face painted to help promote the Art Society Club's face painting booth.

GUSTAVO OLGUIN/TM

A ‘festive’ time for the Falcons

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Spring Festival, formerly known as Hoe-down Days, was in full swing on Tuesday with clubs hosting a variety of games to help raise funds for their clubs.

The booths were set up along Falcon Square with balloon animals, a trivia game and a puppet act entertaining the crowds that passed by the event.

Nursing major, Kevin Lebrilla participated in the trivia games and won a special prize.

“It’s a pencil. It’s absolutely amazing. And it has camouflage,” he said. “This is (a) weapon of war and I can be sneaking in the jungle.”

Lebrilla also liked how it had the feel of a carnival with all the games that were available to the people in attendance.

Art major, Butch Locsin, is part of the Art Society Club and painted his face with inspiration from the Mexican tradition of The Day of the Dead.

He participated in the face painting in hopes to get other people involved. The reaction to the event was mostly positive.

“We already have four people right here, so I should really start buckling down and start doing some face painting,” he said. “We have continuous amount of people show up and we are making some change for the club.”

ASCC President Juan Ramirez has attended three Spring Festivals since he has been at Cerritos College and has seen the growth of the event.

“I’ve think that it has been a fantastic event so far,” he said. “This is my third Spring Festival since I have attended Cerritos College and I feel that it gets more attention and more people come every year.”

Spring Festival continues for the next two days with the chili cook off on Wednesday at 10:30 a.m. and the video game truck on Thursday at 11 a.m.

Let the Falcon Games begin

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Judy Yip, criminal justice major, is looking forward to competing with other students at the Falcon Games.

The Falcon Games will last three weeks, starting Thursday. One week will be dedicated to video games, the next week decathlon games and the third week physical games.

Yip does not know what to expect, due to the fact that this will be the first time that she will be participating in the Falcon Games.

“I heard that there was going to be old school games like racing games

and fighting games,” said Yip.

Yip does feel that this event will build up more school spirit for students at Cerritos College.

“This is something that I never really heard of before in the college. I am pretty sure that there is going to be school spirit since a lot of the clubs are participating in it,” she said.

Abner “Ace” Caguioa, English major, was one of the founding members of the Falcon Games.

The architects of the Falcon Games learned from the first time around that it needs to improve structuring and organizing a bit further.

“Planning games is not exactly that easy, especially physical games, you really have to go down the line in terms of safety and in terms of accessibility,” said Caguioa.

The team that put together these Falcon Games wanted a wider range of people to participate.

Caguioa also shares Yip’s way of thinking and that this indeed is another way that students can bond with each other and make their presence felt at Cerritos College.

“It’s really toward camaraderie. It’s basically our mini version of the Olympics. We are not here to just compete against other clubs, but to really bond with these other clubs,” said Caguioa.

Juan Ramirez, Associated Students of Cerritos College president, hopes that the Falcon Games can have the same success they had when the school first tried it out.

Ramirez is hoping that students can simply have fun competing in the Falcon Games as well noticing the different kinds of clubs that the campus has to offer.

“The original concept of the Falcon Games was to come in solidarity and compete amongst each other but without being a form of destructive competition,” said Ramirez.

NIGHTS WEEKEND

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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Biode



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LONG BEACH
TRANSIT

Pay raise ballots out

ALEXANDRA SCOVILLE
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Negotiations for faculty pay raises have been taking place since last October, and the end is finally near according to Solomon Namala, the president of the Cerritos College Faculty Federation (CCFF). Part-time instructors have been without a pay raise for seven years, according to Namala, and every year instructors negotiate for raises. According to Lyndsey Lefebvre, vice president of CCFF and part-time English instructor, all members of the union get to vote. According to Lefebvre, faculty will have a new schedule for part time faculty, librarians and counselors and receive a 2.5 percent retroactive raise. "The great thing about the new schedule is that it will pay people who have advanced degrees more, which is aligned with how many colleges pay faculty people with a doctorate (degree). (They) get paid more than those with a masters. That's just how it works." If approved by the board of trustees then the new schedule will become effective July 1.

She said that one of the sticking points throughout the negotiations was part time equity funds. COLA, or cost of living adjustment, is also going to change part-time instructors. "In the last seven years the state has not given any increase for cost of living," Namala said. Namala sits on the board of trustees where a lot of faculty members have gone to speak up on the issue of pay raises. All faculty members, including full-time, part-time and classified employees, have asked for a 2.5 percent raise but part-time instructors have been asking for something a little more.

Scan to read the full story on the Talon Marks website.



<http://bit.ly/1my0x6j>



New vendors: ASCC President Juan Ramirez presents methods of getting new vendors on campus to the board of trustees.

New food vendors decided

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The Frantones that has been in the food court for more than 20 years, along with two other vendors, will no longer be there when school starts up again this fall semester. The Italian food mainstay and Chicago Harv's are going to be replaced by Fresh and Natural in hopes to bring healthier food options on campus. Director of Purchasing, Mark Logan, had high praise for the company and would be impressed if there was another company that could compare to them. "They have more experience than most food services do when it comes to serving a community college, so they have a really good track record," he said. While the same company would be taking over both locations, each would have something different to offer. The Frantones location is going to offer an Asian type food with the concept of one bowl, one meal. The Culinary Arts Department will take the space that Oh No Tokyo occupies, with plans of using that space as their cafeteria and kitchen. All of the other vendors will remain on campus, but there will be an addition of a coffee cart that will be able to sell Coffee Bean products the way Zebra Cafe sells Starbucks products. The cart's location is still in the works. The Chicago Harv's location is going to offer burg-

ers, hotdogs and a Subway like service when it comes to deli-fresh sandwiches. Logan was aware of the demand for students and tried to get as close as possible to those that wanted a Subway. "We made sure that we contacted every Subway in the district," he said. "We had three Subway owners show up at our meetings, but it's hard for a Subway to be profitable from what I am being told." The Fresh and Natural takeover continues with the Elbow Room and Logan says that it will be like convenience type store that is currently on campus. "I think the students are going to be excited that area is going to get a facelift and that they are going to offer fresh and healthier options," he said. Another aspect to Fresh and Natural, is that it will be offering vegetarian options that Dhruti Khetnai, Associated Student of Cerritos College senator, is excited for. "As a vegetarian, it's really important for us to have a variety," she said. "We don't eat salads everyday, I swear. So I think it's good to have a variety and it's going to be a positive change with the vendors that are coming in on campus." ASCC president Juan Ramirez had getting healthier food option on his platform when he was running for office and he did not want to be that politician that didn't come through with his promise. "To actually accomplish something that I specifically said during my campaign, it's an amazing feeling," Ramirez said. "It feels like anything is possible."

Continued from page 1: Candidates brace themselves for election

Aiello's other campaign promises include the addition of recycling, where students will be able to work for hourly wages. He also wants to promote ASCC and take it to a more professional level. Aiello's campaign so far as been difficult. According to Aiello, he had to do a lot inward thinking about the responsibilities that going with being a leader. Juan Ramirez, president of ASCC, has already made up his mind on who is going to vote for in the coming elections. He has decided to vote for Aiello and Charles Caguioa. Ramirez states the reason that he is going to vote for Aiello is because he has gotten to work with him. "I've seen this deep down am-

bition in him to really change the atmosphere of the ASCC and the possibilities of taking it even further in terms of increasing the environmental consciousness of students." Ramirez believes that the students need the right leader to help guide the community of Cerritos College. "The students need an assertive leader and a leader who is willing to admit to his mistakes when he makes them. I feel that it also shows strong character, a (strong character) makes for a great leader," said Ramirez. In past elections, candidates would usually campaign by making posters and offering candies to students. However, not all the candidates were able to campaign on the first

day. Aldemar Sanchez was punished four days of not campaigning due to the fact that he did not turn in his statement on the deadline. Now, some candidates will be using different ways of getting students out to vote, such as the use of s videos to get their message across. Many of the candidates have been campaigning since March 27. Only one candidate, students who want to vote will have to bring their Cerritos College ID with the current semester sticker to the voting booths that will be located around campus. Presidential candidates, vice presidential candidates, and student trustees candidates' terms will be one year. Elections for all three happen every year in April.

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“Do students care about school politics?”

COMPILED BY:
ALAN LEYVA

PHOTOGRAPHS BY:
GUSTAVO LOPEZ



LINH LE
English major

“Yeah I do because it effects everybody on campus right?”



JOSEPHINE DIAZ
Psychology major

“More students should get involved to see changes they want.”



RICHARD OLMOS
Business administration major

“I just don't care about politics.”



KHARECE WILSON
General studies major

“I think it's important because(student govern-ment) is in control.”



JOHNNY CORTEZ
Mechanical engineering major

“I thinks it's important for students to know what happens but I don't think it's important to have a student government.”



TORI WALLACE
Undecided major

“I think it would be good to know what's going on, especially if it's something that affects students.”



Larissa Morales
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More than just a selfie

Selfies or belfies, which are photos taken of your face or your entire body have become a huge craze in the recent year.

They're so popular that there is even a song out there right now that tells you to take a selfie.

There is nothing wrong with wanting to take a picture of yourself and wanting to share it with the entire social media world.

There are people who can argue that it is a narcissistic thing to do, but if you don't love yourself then nobody will.

There are those who will take a million pictures of themselves and every other post you see on Instagram is of them and that can be annoying, but it's their Instagram and if you aren't a big fan of seeing those kinds of photos, you always have the option to unfollow that person.

Our society makes such a huge deal about people, who are too into themselves, but it is not right because, let's face it, when you look in the mirror, you may not love what you see, but you do have those days where you know you look good.

Those are the days that you choose to share it with the world and be proud of who you are.

Everyone wants some sort of validation besides the reassurance from family or close friends who say that you are pretty or beautiful.

So when that sort of love comes from a complete stranger, it means so much more and makes you feel good about yourself.

Selfies are a good thing despite what anyone says and should continue to be a part of our culture for years to come.

Until that day comes, we should continue to use the front facing cameras on our phones and snap away.

Let's clutter up people's newsfeeds on all social media and be proud of who we are and what we look like.

You can call it narcissistic or conceited, but all it is, is confidence.



EDDIE THOMAS/MCT

It's college not recreation time

When we think of etiquette we would think most things are common sense, but no that is not always the case at Cerritos College.

Certain designated areas like the library and the student center are meant to be used for their purpose and with respect and not for recreation.

They are resources we all us as a community to succeed so why try to miss use them and block the success of others?

Like in the library there's clearly a problem whether you've experienced it first hand or heard whispers about the infamous "Cerritos Confessions" page there's clearly a disruptive noise level issue.

There's always mention that there are people that rent out the "study" rooms that are located in the library not to "study," but to talk loudly and disruptively about their ratchet activities over the weekend.

Yes, the door to the study room

is closed, but you can still hear the noise while "most" people are trying to focus on an essay or other work.

But what's the answer here, should we dig into school funds to get better insulation and noise canceling glass doors to mitigate the issue?

No, let's just be mindful adults toward others and that same logic goes out to the people that are on the computers.

At times when the computer lab is so packed that there's a long line and it sucks when you're the person trying to type an essay before your deadline.

Also the student center it not a rec. room where you can play fight with your friends, act disruptively dramatic yelling at your friend, smoke your menthol e-cigarette(no matter how nice it smells) and bump loud music like raving it up at EDC or in some

Snoop Dog music video.

Ultimately, we are all in this together, so why misuse the resources provided to us.

Tax dollars are put into our education center to insure that any career plan laid down to be achieved, finds itself completed.

We are all at that age that we all seek our own paths and even friendships once forged in the loud cafeterias of our high schools do not stand a chance against our dreams and ambitions.

Some of us go to school where there are banners, flags and the fire of school spirit roars inside every student.

Those are usually known as PAC-12 schools and even though our humble little campus is not usually televised for sporting events or hold some of the biggest protests cells, it's still the "after high school."

Some students believe that

school spirit is lacking at Cerritos College.

Others say "is that even necessary?" Well Cerritos was designed to get you to transfer to a school where the mascot is sacred or to get your AA degree and find a stable career.

However, the question rises, "should there be school spirit at a two year?"

Yes is the answer, if we do not have respect and even a sliver of love for the home of the Falcons, then how are we to ever appreciate the higher level of education given here?

Royal blue and white does not have to necessarily flow through the vein of every student enrolled at Cerritos College, but respect for the schools inhabitants and resource centers should be the norm.

In the end, we are all in this together. Using the schools resources for the right purposes is the key.



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Then there were four

If you're an avid college basketball fan, you're probably just now wondering what it is that has been happening in the world.

"A 5.1 earthquake? When was that? All I know is that Kentucky just bested Michigan!"

It's OK, you're not alone. It's what any logical basketball fan goes through.

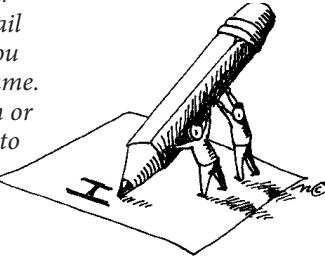
You get revved up by the prospect of 68 teams doing battle while a frenzy-induced pack of college students yell in the background of your television. You're excited about your bracket. "This is the year," you tell yourself. "I'm finally going to do it." And then you don't and you cry.

You'll feel bad for the sorry saps who lost out on lord knows how much money gambling over Duke winning it all, (it gets funnier every year) but now we countdown the 10 things we learned about March Madness.

1. Barack Obama will do anything to promote Obama Care because he totally cares about the game more than his expensive commercial.
2. The surprising amount of times the term "Sweet 16" reminds me of that old reality show from MTV. On a side note, how many of those girls are pregnant now?
3. Wiggins might not be the best player in collegiate basketball like everybody thought he was. This title now goes to Jabari Parker.
4. How frustratingly tyrannical referees can be.
5. March Madness is probably the first time over half of America watched college basketball this season.
6. How terrible the referees are. That was said already? Oops.
7. The amount of band-wagons in basketball. Oh, wait. We already knew that.
8. C'mon. Who actually fills out the bracket?
9. The Final Four; Florida against Connecticut, Wisconsin against Kentucky Saturday is what basketball is all about.
10. We definitely can't wait for the championship game Monday.

Did one of us write something that ground your gears? Do you want to congratulate us on the great job we're doing? Whatever the case may be, we would love to hear from you, our readers. Send a **LETTER to the EDITOR**. We accept electronic mail at editor@talonmarks.com and boring regular mail at our office in **FA-42**. If you want your letter or e-mail to be printed, you must proudly sign it with your real name. Letters in poor taste will not be printed. This means we don't want any hate speech or conspiracy theories (unless they're hilarious). We only edit your letters for length to print them, but they appear in full online.

If the subject of your letter is campus-related, then it will be given priority.



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PHOTO BY: DENNY CRISTALES /TM

Place to be: The Leche Cafe and Bookstore, located in Norwalk, is looking to become a place where people can not only share talent but to read and broaden literary horizons as well.

Cafe looks to be next literary hangout

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“A place for talent, a place for literacy;” this is the motto of the Leche Cafe and Bookstore. And Jesse Pelayo’s ambitions for a welcoming, the-spot-to-be location is coming to fruition “little by little.”

Pelayo is a teacher and the owner of Leche Cafe, a venue in Norwalk that regularly hosts comedy shows, open-mic nights and musical guests.

Holistic contribution of talent

Thought to have been a roadblock, finding talent to entertain the customers of Leche Cafe on a regular basis is not a challenge for the cafe owner.

Pelayo said, “The amount of talent college students and just professionals; it’s incredible. People just start coming in. And every day we get about three or four people coming in and saying ‘hey, I want to perform here. I want to play here.’ So we haven’t had the lack of interest in performing.”

On a monthly basis, attendees can consistently find entertainment at the cafe, with improv groups, musical guests, among others, regularly performing for customers.

Want to perform, yourself? You can contact the event and talent coordinator at (714) 225-7305, per lechecafe.com.

Behind the Leche

Playing both parts of teacher and cafe owner is exhausting for Pelayo, but he found a pleasant surprise through the willingness of others to contribute and help where needed.

“To juggle both responsibilities has been hectic to say the least. But I’m getting some support. I didn’t realize people were so willing to give their time. People willing to give has helped out tremendously.”

Suejin Kim, program director for ASES Prep, an after school program targeted at elementary students, for the Nor-

walk and La Mirada school district, is among the contributors.

“We try to bring as much business as we can,” she said. “We (Jesse and I) are both fans of one another. I’m a huge advocate of the work he’s doing in trying to get reading and literature accessible to people of the community.”

Pelayo went on to call Kim “pivotal since the beginning,” as she was one of the first teachers to consistently attend the venue.

“She’s been coming in religiously. And (ASES members) come and have their staff development here on Wednesday nights. So that helps tremendously,” Pelayo said.

Kim said, “This is sort of the perfect environment for not only our educators, but for our students.”

A yearning for literary development

A promotion of literacy is a common goal for Pelayo and Kim, and the recent emergence of Leche Cafe and Bookstore is the platform that they needed in order to promote such an initiative.

An overlooked part of Leche Cafe is the “Bookstore.” Pelayo really wants to push the promotion of literacy among not only students and kids, but have it widespread amongst the community.

The cafe has one and two dollar promotions on books, a discounted marketing attempt to push literacy in people.

He said, “I didn’t read for pleasure until I was about 18. So it immediately clicked in my head, the importance of books. People don’t understand how important it is. I have not had it before, so when I started reading for pleasure it was a huge impact. So much so that I actually became a teacher by the impact reading had on me.”

Being a teacher, Pelayo only naturally found a partnership with Kim.

She said, “If we as a school district or a district entity program can support literacy and all of the businesses that are about literacy development, then I think we’re working together to promote that in the community.”

Kim mentioned how a local like Leche Cafe and its book offerings are merely “one step” in the big scheme of things.

“Intrinsically motivating people, whether they are students in the program, out of the program, in the community, to be invested in and see the value in reading. That’s going to take more time. So it’s more than just the presence of the bookstore. It takes cultivation over time of the culture of reading.”

Although there is an apparent negligence in terms of the book portion of Leche Cafe, the initiatives and the promotion of literacy is a step in the right direction, according to Pelayo. Like Kim said, it takes time.

‘Little by little’

There are two challenges for the cafe, attracting the customers and overcoming its seemingly hidden location.

“What I’ve learned is that people from Norwalk don’t typically go to Norwalk for coffee ... People in Norwalk are not used to coming here for that sort of thing,” Pelayo said. It’s sort of a challenge. And the other challenge is that it’s sort of hidden ... there’s no visibility, so if you’re not looking for it, it’s very difficult to see it.

In its early stages, the cafe is not necessarily making steady revenue, but Pelayo is optimistic about the prospect of the business sustaining itself, as right now, his wife and two sons are the ones running it in a family-type occupation.

“The idea is that within two to three months to be able to have enough business to not have to live here, basically.”

Pelayo wants the cafe to be more than just walking in, buying a drink and leaving. He wants people to stay here and utilize the resources available.

It’s a true love of his job.

“I love doing this. I enjoy this very much. I think when you start planning for a new business, for me in particular, I had a vision as to how I wanted it to look like. And this place, little by little, is looking like how I envisioned.”

Leche Cafe and Bookstore is located at 11723 Firestone Blvd, Norwalk, CA 90650

Practice makes perfect for students in next concert



PHOTO BY: CARLOS HOLGUIN /TM

Musical stylings: John Eric Santamaria plays guitar to prepare for the Scott Henderson Memorial Concert. The concert will take place on Friday.

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“We have some great talent around here,” stated music performance major Jesus Antonio Rodriguez. “There are students our age who are playing pieces beyond their time. Students go on YouTube and see a 40-year-old man playing and say ‘wow I wish I could play that.’ Well we have people playing like that right now.”

Rodriguez is just one of the performers that have been preparing for Friday’s Scott Henderson Memorial Concert in the Burnight Center. While he has been practicing the guitar for five years, this is only Rodriguez’s second time performing.

Playing a piece called ‘La Cathedral’ by Agustin Barrios Mangore, a three-movement piece, Rodriguez is worried about having to omit the first piece due to time constraints.

Zineb Fikri, a vocal performance major, sees the concert as a way to better herself while competing with others.

“I have a very competitive nature and I like to try my hardest to be the best I can be whenever I perform,” said Fikri

Fikri has been practicing opera in the Applied Music Program for three years, but has been practicing opera for four years. This is her third time performing at the Scott Henderson Memorial Concert and plans on singing ‘The Trees on the Mountain’ by Carlisle Floyd.

“When I graduated high school, I knew I wanted to be in music. I knew I could sing, and that competitiveness pushed me to try singing opera,” said Fikri.

Fikri agreed with Rodriguez on the talent that seems to be amounting in the Applied Music Program.

“We have a bunch of students in this program who are doing their best,” stated Fikri.

These students in the Applied Music Program auditioned earlier in March to perform at this concert. Making use of the practice rooms available in the music department, the sound of their practice can be heard immediately. The performances will range from operatic pieces to guitar duets.

Music major John Eric Santamaria is going to be performing a musical duet with his partner Javier Castillo, and has been practicing for the past three weeks. With help from Castillo, Santamaria composed his own piece to perform at the concert.

“I was jamming out with Javier and he said ‘Hey, maybe I can put something with this.’

“It took us five hours to complete the song. Castillo actually has it down on paper, and we plan on selling the piece.”

Santamaria and Castillo also perform outside of the college with the bands Midday Knights and Weird Creatures. This includes per-

Performers shine in music recital

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The Applied Music Program held a music recital last Wednesday at the music department.

Dr. Christine Lopez, director of the Applied Music and Piano Studies Program, was really pleased with the progress of her performers.

“We’ve had these students in the applied program for quite a few semesters and so I’ve seen their progress and it has been wonderful,” said Lopez.

Students have to audition before the start of the fall and spring semester in order to be in the Applied Music Program.

The program offers private lessons on any particular instrument that a student wishes to play.

Janet Cisneros, music major and participant of the Applied Music Program has been playing the since the sixth grade.

“You just have to go for it and play with your best tone and your best intention of the piece, your emotions, and whatever you have to demonstrate for your music.”

Cisneros stated that the pieces she played were difficult, because Poulenc was technically demanding with the clarinet.

“Throughout the pieces, I have to make sure that I play with a warm tone. It’s a very beautiful movement and very longing, I am glad that I got to perform it,” said Cisneros.

Ariel Salazar, psychology major, was another person that performed at the music recital, said that he has been singing ever since he was little, from there on he has been gradually developing his voice.

“I was actually pretty pleased about my performance. I was really nervous about forgetting the lyrics and I actually did but no one knew because I kept on going.”

In order to participate in this event needs to be enrolled in Cerritos College. The Applied Music Program offers private lessons in piano, organ, voice, electric and acoustic guitar.

If students who join will get a chance to work with certified instructors who have experience in performing.

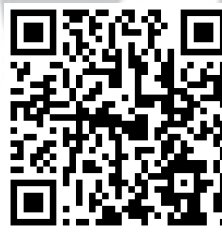
formances at Long Beach Community College and Cypress College.

“If you think sports is tough, try playing music,” said Rodriguez” sports may be physically demanding, but music is all mental.

“Students should come see us perform. Some of these people they might just be famous.”

Students can purchase tickets at the Burnight Center an hour before the concert starts, or for a discounted price online at <http://bit.ly/1kqbm9g>.

Scan to listen to a concert preview



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

Music Department Scott Henderson Memorial Concert

The concert will be at the Burnight Center Theatre Friday at 7p.m.

For guaranteed seating buy tickets online

www.cerritos.edu/music



Music Department Do You Hear What I Hear?

A piano lecture / concert series held at the Music Department in BC-51 Friday April 25 at 11 a.m. at the Burnight Center Building

Free Admission

Music Department 8th Annual Spring Sing Concert

The concert will be held at California Heights United Methodist Church, 3759 Orange Ave, Long Beach, CA 90807 on Sunday, April 27

Free Admission

Theatre Department The Boys From Syracuse a musical comedy

The musical will be held on Burnight Center on May 2,3,8,9,10 @ 8p.m. and May 11 @ 2 p.m. For guaranteed seating Buy tickets online

www.cerritos.edu/theatre

Music Department Guitar Ensemble Concert

The concert will be held at the Burnight center Building Music Department Rm. BC-51 On Saturday May 10 at 8p.m.

Free Admission

Baldwin, your 'mild-mannered Superman'

Swimming and diving is just part of the job for Randy Baldwin

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Some athletes can only handle one sport but there are people like Randy Baldwin, who can juggle many collegiate responsibilities.

Baldwin is currently involved with the swimming, diving and water polo team for Cerritos College.

Baldwin's routine starts the day off with a morning practice with the swimming team and then he goes straight to class.

From there he goes out to dive and then goes onto another swim practice.

"It's busy but I like it because it keeps me busy," Baldwin said. "I don't really have much free time, but it's nice because I'm learning and I'm staying in shape."

Baldwin started playing water polo in his freshman year of high school and is currently been doing it for six years.

Baldwin started diving for fun when he was in high school and has been competing for Cerritos College starting this year.

"I've become the captain of the (water polo team), it helped me learn a lot of leadership skills and to just work as a team to achieve our goals," Baldwin said.

He has been coming to Cerritos College for three semesters, with his first semester starting in the Spring of 2013.

After he is done with school, he

is aspiring to be a computer engineer.

His accomplishments include being named 1st Team All-South Coast, 3rd Team All-CIF, voted the swimming team's Athlete of the Year as a senior and earned all-league recognition in his junior and sophomore years.

Baldwin is hoping to study at Cal State Long Beach, where his dad went to study, as a computer engineering major. There he is hoping to tryout for the swim team and the water polo team as well.

Other than competing for the swimming team, water polo team and diving team; he is very passionate about learning, especially with his pursuit of higher education.

He likes to work with computers and make video games with his friend.

Fernando Lua, a fellow swimmer and water polo player said, "Randy is that type of dude, you put him into a sport and he's great at it."

"Randy is a fun guy, he is (always energetic) and he always wants to do something. You are never bored when you are around Randy."

Glen Myer, diving coach for the Cerritos College said, "he is a gifted water polo player, he's a pretty good swimmer, but when it comes to diving he's just a real natural athlete because he's got really good coordination and a great sense of awareness."

He is the only person that is actually doing both swimming and water polo at Cerritos College.

"Randy is a real mild-mannered guy; Superman comes to mind. He is very polite, he's very respectable and he is very tough," Myer said.



There is no end to his energy: Randy Baldwin plunging into the Cerritos College pool during swim practice. Baldwin and the Cerritos College swim team will be competing the Golden West Invitational II.

LUIS GUZMAN / TM

Fatigued swimming team looks toward the 'Gold'

Golden West will face the Cerritos College Falcons in an invitational meet.

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The Cerritos College men's swimming team will be swimming in its next meet at the Golden West Invitational this Friday.

Joe Abing, men's swimming coach for Cerritos College, wants this invitational to be another step toward his swimmers's ultimate goal.

"It's another opportunity to get more experience, getting ready for our conference championships," Abing said.

Abing wants the team to use this invitational as a way for his swimmers to compete with different teams.

The Cerritos College men's swimming team has competed in an invitational at Golden West, during that meet it managed to place 5th as a team.

According to coach Abing, his swimmers are feeling the weight of all of their training and swim meets that they worked for so far into the season.

"Physically, the team is actually pretty tired right now because we have been training really hard, but that's what we do at this point of the season."

"It's good for us to try and push through our fatigue both physically and mentally. If we can still swim well when we're tired, when we're rested, we're going to swim really fast," Abing said.

Marlon Moreno, Cerritos College men's swimmer, thinks that his team will be ready to do their best when they compete at Golden West Invitational II.

"I think if we practice hard we can be better than them, they always think that Golden West have the best guys, but we can be better than them," Moreno said.

Moreno's main focus coming into this meet is to improve on his 100 freestyle swim and 50 freestyle swim, even though his body is feel-

ing the pains of his swim meets and training. In the previous Golden West Invitational, he managed to finish first place in the 50-yard backstroke.

Alan Pae, men's swimmer for Cerritos College, states that not only are him and the team working out physically but they are also working with the mental part of their training.

"We do mental pictures of our races, we think about our starts, our turns and our swims. We push ourselves and we think of the goals we want to achieve," said Pae.

Pae's goal is to make it to the state championship, with the Golden West Invitational another stepping stone to his season aspirations.

Abing believes with all of the hard work his team puts into the the season, it will makethem that much faster as a team.

"When we get closer to the end (of the season) we'll rest and

taper a little bit, hopefully we swim our fastest at the end of the season," said Abing.

The Cerritos College men's swimming team's next meet will be at the Pasadena Invitational on April 5.

“
If we can still swim well when we're tired, when we're rested, we're going to swim really fast.
”

— JOE ABING
Swim Head Coach



LUIS GUZMAN / TM

Pep talk: Joe Abing, coach of the men's swimming team, instructs his swimmers on what they are going to do during practice.



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No fear for Dalton in athletics

Track and field star
Alexus Dalton
whisks away any of
her challenges

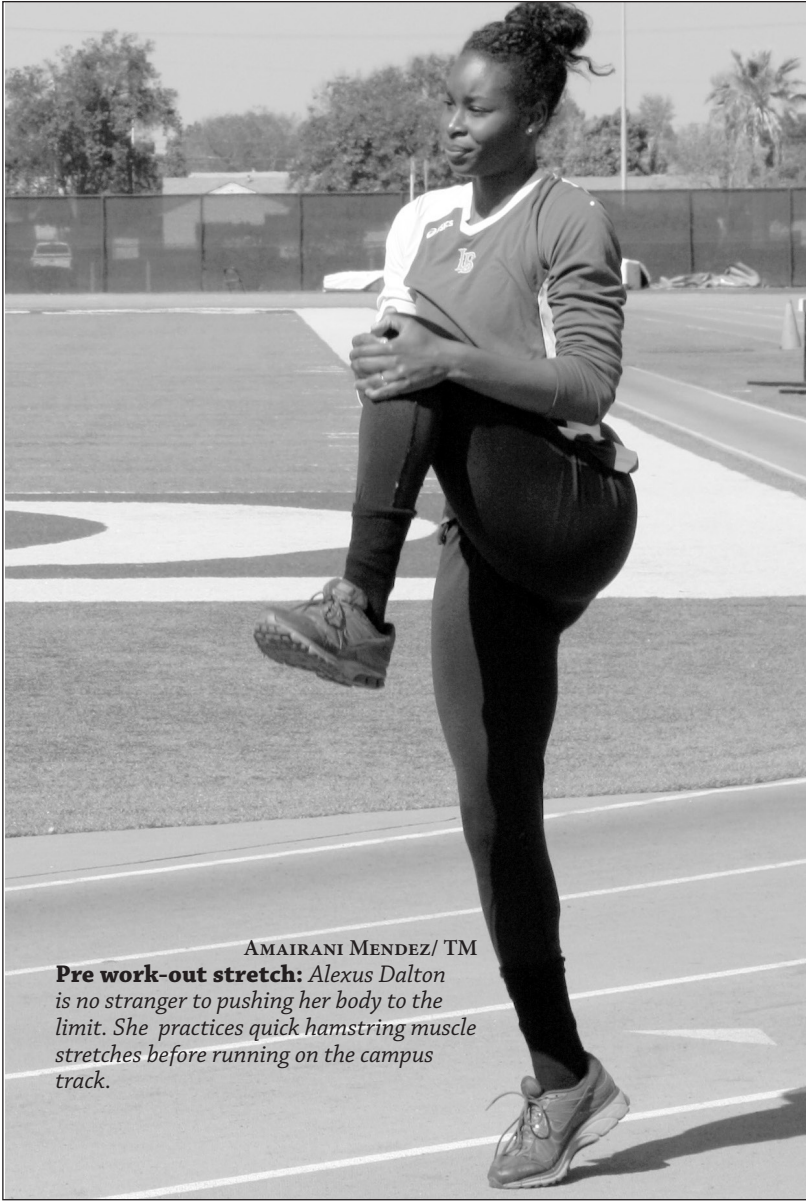
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“I think she is a special, young woman; really extraordinary,” track and field head coach and director Christopher Richardson said. He refers to Alexus Dalton, a motivated person to her team members, as well as a great leader on the track and field squad at Cerritos College. Winning events is an extraordinary achievement to any track and field athlete. Last year Alexus Dalton was declared Cerritos Athlete of the Year. She won a total of nine events in three meets. In the Southern California Championships, she won three events. In addition to that, she also won four events in conference competition and two events in the State Championships. Dalton graduated from Long Beach Polytechnic High School. However unlike other college

students who begin in a university, she made her way to a community college. She spent a year at the Academy of Arts University, but she didn't know where she was heading career-wise in that university. She heard from a friend, that currently attends to Cerritos College, that this school has one of the best athletic programs. Growing up she has always been involved in extracurricular activities, which she enjoys doing. Dalton came to Cerritos College in hopes of continuing said activities and seizing the benefits of the athletic program that her friend told her about. She migrated from different athletic hobbies, such as gymnastics and soccer, yet something about track and field moved her. “I guess I have been doing track since last year because that's when i actually started to run,” she said. Conditioning helped Dalton to be where she is right now, after just being a jumper in freshmen year on high school. Being in college helped her overcome herself and be that successful person she is now. “Track became my priority when I realized the luxuries that came with it,” Dalton said. Dalton, being the captain of the women's track team, does seven events in two days, including the 100 hurdle, long jump, high jump, 800 and the 200 distance. Dalton spends her time reading books and stays dedicated to her goals in life. Although she is known as a great leader and a great athlete she also is an outgoing person who likes to spend time with her family and friends. Not only does Dalton see her athletes as a team, but as friends. Although they are separated during meeting events by participating in different competitions, “We have a great kickback dynamic,” said Dalton. She has become closer to her fellow track and field players by being a helpful person and being a captain to her team. Together they have accomplished many team goals in her Cerritos College track and field career. “She is great, she is funny, she is a beast,” Raiven Ellis, kinesiology major, said. Ellis, being a freshman and a fellow friend, looks up to Dalton. Her leadership as captain of the track team fuels the effort of other runners under her wing, runners like Ellis. Dalton is helpful and friendly to others on the team and is willing to give it all to help other team members to achieve their individual goals. Dalton is not afraid to use her athletic gift to demolish any roadblock in her way, or at least hurdle over it. She also uses her leadership ability to set a example to other athletes in which she works hand-in-hand to bring honor and glory to the community college she has so deeply embraced. Like many other students in search of something after high school, Dalton came to Cerritos College and thought of it as if it was her new path to higher education and athletic goals.

“
I think she is a special,
young woman; really
extraordinary.”

— CHRISTOPHER RICHARDSON
Track and Field head coach



AMAIRANI MENDEZ/ TM
Pre work-out stretch: Alexus Dalton is no stranger to pushing her body to the limit. She practices quick hamstring muscle stretches before running on the campus track.



MARIO JIMENEZ/ TM
Dedication is key: Deborah Jensen likes to switch up class routine for her students. These changes in traditional class schedule sets strong relations with her students.

There can only be one

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The Cerritos College Physical Education Department and its employees are pretty much oblivious to most of the students that attend the college. Each year however, a panel from the California Community College Physical Educators Association gathers and decides who is awarded the outstanding physical trainer award from a pool of about 100 community colleges in California. This year Cerritos college physical education instructor Deborah Jensen has been awarded the Outstanding Physical Trainer award for California. Jensen has been working at Cerritos for 19 years and this is the first time she has won the award. Jensen is humbled by her recognition “I feel great. It's an honor to be recognized by my peers throughout the state and I'm very grateful for the award.” According to Jensen, physical education is an essential aspect in the growth and development of the students at Cerritos. Jensen's organization throughout her career was a catalyst to her recognition. “I try to go to class organized everyday, I have a lesson plan all drawn up and the lesson plans are progressive so they get harder and harder as we go through the semester.” Jensen says that her class is unlike most of the other classes on campus in that her classroom can range from the football field, the track, the basketball court, etc. “I have a different kind of classroom than the traditional teacher and that allows me to talk to my students and ask them personal questions and get to know them,” she said. Jensen went on to say that building good personal relationships with her students is essential in establishing their trust. Zoology major Jeremiah Levy

is enrolled in one of Jensen's classes this semester. He is very thankful for the support Jensen has given to the class. “I think she's a great teacher. She does exercises that I haven't even done before and they work really well.” Levy said that his goal in Jensen's class is to build more stamina, so far he's accomplishing it. Dean of physical education, dance and athletics Dr. Daniel Smith is very proud to know that out of many, Jensen has been recognized. “There's over 100 community colleges in California that offer physical education. So obviously there's a lot of potential people for this award.” Smith says that it is a real honor for Cerritos College to have the best physical education instructor in California on campus. Smith said that there are many classes Jensen has provided for the student body on campus. “She teaches fitness classes, she teaches a lectured course in women's sports, she teaches a jogging class, she teaches a variety of physical education classes.” According to Smith, Jensen is the adviser for the Kinesiology Club, which is one of the many services she provides to students at Cerritos College. Smith believes teachers that put fitness at the top of their concerns are very valuable to any educational institution. Needless to say there are many teachers around California that value fitness, however, Jensen is very involved with her activities outside the classroom that also benefit the greater good of the student body at Cerritos College. “The most important part of this award is the quality of teachers that they are. How knowledgeable they are about things like fitness, about being able improve their fitness level, to improve their health, to improve their quality of life,” Smith said.

Rookies look to keep momentum in big upcoming invitational

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The diving team, made up of mostly beginners, is looking to improve in their upcoming Pasadena Invitational that will be held this Friday. Glen Myer, diving coach for Cerritos College, believes the Pasadena Invitational is important for the diving to see the different school that are competing. Myer states that there has been a change of where the diving team has been with the rest of the schools. “It's going to be a bigger meet for us, we are probably going to fall more in the middle section where as we used to be on the the top,” said Myer.

As for the diving team's preparation, Myer wants his divers to look at what they did in the past that can help them for their next dive. “Every week we build on what we have achieved so far, we look at the last competition where we came up a little bit short and focus on our weaknesses and revisit our strengths, it's a long ongoing process,” said Myers. Coach also mentioned that the team is actually is made of some novice divers who are barely learning to play the sport.. “Our divers are actually all fairly novice divers that are learning the basics and yet they are picking it up really quickly and being fairly competitive,” said Myer. Myer reveals that the divers have experienced a lot of injuries early into the season.

Estevan Abrajan, Cerritos College men's diver, “Right now I'm just trying to recover from an injury.” Hopefully I can get back into on Friday, so far everything has been okay,” said Abrajan. Abrajan had an injury that caused a head laceration two weeks ago while he was diving. With the Pasadena Invitational in sight, he still feels like the injury can play factor leading up to his meet. “Hopefully by this week, (I can) put in a lot of hours in the pool. And just getting in that practice as much as I can so I can be in decent condition for Friday,” said Abrajan. Abrajan holds high optimism with his other diving teammates, leading up to the Pasadena Invitational. “I really confident that they are going to improve re-

ally well. Hopefully we can be in the top five and hopefully we can get a good outstanding performance,” said Abrajan. Randy Baldwin managed to get second place and Richard Park finished with a fourth place finish in their last dive on March 14. The last meet the falcons attended was against Pasadena City and El Camino on March 28. Cerritos lost to Pasadena City with score board that read 160.5 to 119.5 Cerritos trailing behind. The South Coast Conference Chapionship is looming close for the men's Cerritos College diving team. They will face off against El Camino's diving team in a SCC conference game at 12 a.m. on April 11.

April 3
Baseball team heads to Jackie Robinson field
Head Coach Ken Gaylord and his players hit the road to confront Pasadena City College. The team holds a positive 8-5 away game stat.

Game starts at 2:30 p.m.



April 3
Softball returns from Ventura College tournament
Winning all four games of the tournament, the Falcons will continue to ride the victory train through the rest of the season. Next they face Pasadena City.

Game starts at 2 p.m.

April 4
Men's track and field prepares for Stanford Invitational
Sophomore Terrell White led the pack in the Point Loma Nazarene University Invitational's 200 meter dash. Moments like that is what the team searches for in the upcoming meet.
Meet starts at 3 p.m.

April 4
San Diego Mesa await women's track and field
Winning four events at the Point Loma Nazarene University Invitational, similar results will be sought out in San Diego.
Meet start time TBA