

TALON MARKS

CERRITOS COLLEGE

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WEDNESDAY, APRIL 16, 2014 VOLUME 58, NO. 15

FIRST ISSUE FREE, ADDITIONAL COPIES \$1



For some students, choosing a major is a hard process. Students often struggle in choosing a major because they are often operating on misconceptions and have little clarity on what they want to pursue. See the full story on Talonmarks.com or scan the QR code.

INSIDE THE MARKS

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3 Editorial: It's not the words, it's the intent behind them.

4 GIPS provides laughs at comedy show in the Student Center.

5 Jared Robinson being scouted for baseball.



MARIO JIMENEZ/TM

FREE SPEECH ZONE

Q: Why are suicide rates rising for college students?

Roxy Mane



"... Because there is a lot of neglecting from parents or certain situations that students are put into ..."

See more on page 3

Ready for more classes this summer?

100 total sections added for summer session



INFOGRAPH BY: DENNY CRISTALES

Social Equality Club 'fulfills the mission'

ALEXANDRA SCOVILLE
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One hundred sections have been added to the 2014 summer sessions, according to Dr. Joanna Schilling, vice president of academic affairs.

This was announced on the Cerritos.edu website on Monday.

Schilling said that 80 sections will be added to the first summer session, and 20 sections will be added to the second summer session.

Members of the Social Equality Club and other students were present at Board of Trustees meetings leading up to this announcement.

They have been advocating for extra sections by speaking at the Board of Trustees meetings and presenting infor-

mation to the board members to show that the resources were available and the need was there for classes.

Earvin Chavez, member of The Social Equality Club, feels like this addition is "necessary."

Chavez has done research along with other members of his club and found that back in 2008 Cerritos College offered 1091 summer sections. Since then, that number has dropped.

For the 2014 summer session, it's now at 612, this is higher than last year's number of 432.

The first summer session starts on May 27 and ends on July 3. The second summer session starts on July 7 and ends on August 15.

To see your enrollment date for the summer sessions go to mycerritos.edu and more information can be provided by the Admissions and Records office.

The sections can be viewed by following this link:

<http://bit.ly/Qb6Ceo>.

One of the common problems for students is that they are so close to transferring, but with a low number of classes being offered, and a high amount of students wanting classes, they find that they are being held back.

Dr. Stephen Johnson, vice president of student services, has a solution for this saying that there is a form available in the admissions office called the "extenuating circumstances" form.

Students can fill this out to receive possible priority enrollment so they can reach transfer, but this form is recommended for students who have about one or two classes left.

It was mentioned on the April 2 meeting from board members that it might be beneficial to students if the name of the form was changed for clarity.

The next board meeting is scheduled for Wednesday.

CERRITOS' HISTORY

This month in Cerritos College History:

April 19, 1972:

Instructors begin a nine-week course about learning how to "speak" with a computer.

April 22, 1992:

Student Health Services re-opens after its move to present location.

April 17, 1996:

Wrestling assistant coach Sheldon Kim took first place at the Western Regional Olympic Trials.



JOE ZERMENO/TM

Time is now: Prospective ASCC student body officers are (left to right) Miles Aiello, president; Aldemar Sanchez, president; Dennis Garcia, vice-president, with student trustee candidates Vanessa Vega, Daniel Flores, Joe Nino (hidden) and Lance Makinano. Hector Arellano and Charlie Zuniga are hidden toward the left.

ASCC election time is upon us

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Students will have the opportunity to vote and elect their future 2014-15 campus leaders Wednesday and Thursday by presenting their ASCC student I.D. with sticker. For trustee voting one needs a California I.D. or Driver's License.

Student trustee candidate Daniel Flores, a two-year latin american studies major, is a member of the Social Equality Club.

He said, "My platform is to increase course offerings to pre-recession levels and initiate textbook reforms so the library has more reserves; stopping tuition hikes and making sure extra fees aren't levied upon the student body population."

Student trustee candidate Joe Nino's main concerns are student success rates and the night student access to services. "Mainly, I'm focusing on student success. Increasing our completion rate at Cerritos College which is (currently) 39.9

percent, nationwide our completion rate is 10 to 25 percent."

Charles Caguioa, ASCC student body vice-president candidate, computer science and education major, is running for office with Miles Aiello, candidate for ASCC student body president, a geography and sustainability major. They each support the same platform and are running mates with Nino.

Student trustee candidate Vanessa Vega, a four-year English major said, "The student voice is powerful and not to be underestimated."

Presidential candidate Aldemar Sanchez, is the current ASCC vice-president, and observes that presidential candidates have a friendly foe attitude, "It's that way with every election," he said. "When it's done, we are all great friends and after the election we will all stay great friends."

He stressed, "Go vote."

Voting stations are prevalent all across campus for Wednesday and Thursday. Other candidates were unavailable for comment.



PHOTO PROVIDED BY LORRAINE GERSITZ

“Chills”: Lorraine Gersitz (far left with the white hat) is running the Boston Marathon on April 15 2013, the upper-right corner indicates the spotting of the two bombers. Gersitz said the picture “gives her chills” every time she looks at it.

One year later: Boston Marathon bombings

Gersitz remains ‘Boston Strong’

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It’s been one year since Lorraine Gersitz ran the Boston Marathon and experienced the bombs that shook the running community she has been apart of for years.

Gersitz, who is a reference coordinator for the Cerritos College library, was just 200 yards away from the finish line last year when the explosions took place.

Now she is packing her bags for Boston as she prepares to run again in the 118th Annual Boston Marathon on April 21.

The last Boston Marathon was planned to be Gersitz last trip to the event but after the explosions took place she felt like she had to go back.

“I wanna go back and have a positive experience this year and hopefully I can leave with a good feeling about the event.”

Gersitz said last year, and reiterated this year, that marathons are usually a happy event and that runners are on a “high” after finishing the event, and with the bombings that “high” was

over shadowed.

The running community has remained strong according to Gersitz. She has heard from a lot of other runners that there’s a sense of “We have to go back” and that they are not going to let this event stop them from doing what they love.

She mentioned that since last year there has been a lot of support for the running community, which is why she wants to go back.

“I feel like I need to go back again,” she said.

Boston Strong is an organization that was started to help support all runners since the bombings.

The organization sells shirts at its website staystrongboston-strong.org to help fund The One Fund Boston to support victims of

the 2013 Boston Marathon.

So far the organization has raised \$1,009,774 and has sold 66,407 shirts.

Gersitz mentioned that there will be a change this year for the marathon as security measures are being increased.

“Because of that incident they have instituted a lot of security measures,” she said.

Something that has changed, according to Gersitz is that runners can’t wear their warm up gear to the start any more.

You have to show up how you’re going to run from the start, and leave clothes to change into at the finish.

Other clothes will be donated to charity. Runners also can’t carry anything on their backs while they are running.

“I have my doubts about how they will monitor the course. It’s an open street that people are running on,” Gersitz added.

She went on to say that with the extra measures she doesn’t feel like an attack will happen again and she does feel safer going to the marathon.

Gersitz has continued her running events throughout the past year and says that she doesn’t plan on stopping any time soon.

She said that in marathons, you’re always competing with people in your own age group so that makes it comfortable to run.

“It’s really a lifetime sport, there are people in their 80s still running marathons and those are the people that inspire me.”

Gersitz recently competed in a half man triathlon in Oceanside, Calif. and finished first for her age group of 60 to 64.

She now qualifies for the Ironman World Championship Triathlon that will take place in Canada this September.

“The goal really is to qualify for the full ironman that’s in Hawaii.”

For more information on the upcoming Boston Marathon event visit: <http://www.baa.org>.

Double events last Friday

High schoolers visit for Senior Preview Day

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Welcoming over 1000 seniors from 34 schools around the greater Los Angeles area, Cerritos College hosted Senior Preview Day on Friday.

The event started off with a rally that took place in the gym, after which, students walked to Falcon Square where many academic departments and student clubs gave demonstrations at their booths and answered any questions seniors might have, also doing on-site admissions.

Along with all the excitement of welcoming the seniors, food was provided by In-N-Out and live entertainment by the Pop and Rock Ensemble band formed by students at Cerritos College.

The Cosmetology Club was a hit by providing free manicures to all the seniors and they sure did took advantage of it.

Alejandra Hernandez, from South East High School, was one of the participants. “It feels good,” she said, after getting a manicure.

Hernandez, was amazed how the Cosmetology Club treated her. She also enjoyed exploring different clubs and can’t wait to join some of them when she starts in the fall.

Peter Esparza, from Norwalk High School, found some classes that would help him be more talkative and interesting, “The one I found was bio-physics and I’m thinking of signing up to that one.” Esparza said.

Esparza’s highlight was In-N-Out and said with a big smile, “It was delicious, it was free and free meals taste better.”

Volunteers and tour guides were working hard and enjoyed showing seniors around campus.

Jody Lindsay, was the emcee for the rally and has participated multiple times with senior preview day saying, “I love it. I think it’s a great event and we offer a lot of programs that will benefit them in the long run and that’s the whole point to getting them knowledgeable of education and higher learning.”

See more on talonmarks.com

Psych Day immerses students in experience

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There were workshops, food, a competition, an alumni panel and a keynote speaker during Psychology Day on Friday.

According to Laura Duvall, a psychology professor at Cerritos College, “The goal is to give students here at Cerritos a chance to see what (it) is like to attend a professional conference and to show students that have done research to talk (about the) work that they’ve done.”

Students at this conference got a chance to present some of the research that they conducted to the audience. There were a total of eight groups each composed of Cerritos College students. Only three of these groups were chosen to win a scholarship award. First place won \$350, second place \$250 and third place won \$150.

Ronquillo applied and received another grant from the Cerritos College Foundation, which was worth a total of \$3,250. Both of these grants helped cover the cost for Psychology Day.

Other groups that helped in the event were the Psychology Club and Active Minds Club.

According to Alexandra Gomez, Psychology Club president, “We split up into different groups as psych club and we all handled a specific thing.”

“The workshops at the conference were helpful and interesting to the students that attended them,” Jorge Prado, psychology major said.

See more on talonmarks.com

Equity plan to be revised

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Cerritos College has been given the opportunity to revise its student equity plan in order to help students along on their road to success.

According to the Chancellor’s Office website, in 1991 the California Legislature charged all levels of public education to provide educational equity “through environments in which each person ... has a reasonable chance to fully develop his or her potential.”

In 1992, the California Community Colleges Board of Governors adopted a student equity policy in order to help underrepresented students have the means necessary to access, success and transfer.

Linda Lacy, Cerritos College president said, “The idea [of the plan] is to try to develop programs or services that help level the playing field. In other words, if you come from a family where you are the first generation to go to college, you may not have all of the support networks that you need ... the idea is to make sure that everybody comes with an equal start.”

Cerritos College has a committee that will get together for a one-day retreat on June 12. It will consist

of a day-long planning session that will hopefully end in a draft of the plan that will be sent to the chancellor’s office to be approved.

Stephen Johnson, vice president of Student Services, said, “What’s a little different this year is that the governor has proposed funding for the colleges statewide for supporting implementation of the student equity plans.”


What that means is that for the 2014-2015 school year, there is \$100 million in the state budget to be sent off to schools in order to help with student success.

How much money each college will receive will be based off of how much help the school needs for different programs for success.

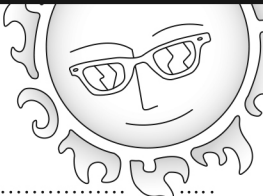
“We’re going into this, I think, in a really strong position ... we’re already deeply committed to address student outcomes for success and this gives us another tool,” said Johnson.


Norma Rodriguez, the Director of Student Program Services, is going to be part of the committee that will help put the new student equity plan.

“I am delighted to be a part of this group ... All of those different perspectives tackle this issue [of student equity] and I think that lends a very holistic, very healthy approach to our student body.”



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“Why are suicide rates in college students rising?”

COMPILED BY:
KRISTOPHER CARRASCO

PHOTOGRAPHS BY:
CARLOS HOLGUIN



KARA KIMORA
Psychology major

“There is a lot of people who are pressured to do well in school and when they don't they feel like they're failing themselves.”



JENNIFER AGUILAR
Psychology major

“Damn, I honestly didn't know it was rising.”



ROSA TRAJIO
English major

“I think it has to do a lot with the cost of college or just the pressure that not only parents put on you but everyone around you.”



ALBA JIMENEZ
Criminal Justice major

“I guess family issues or too much pressure from school sometimes.”



GEORGE GARCIA
Business major

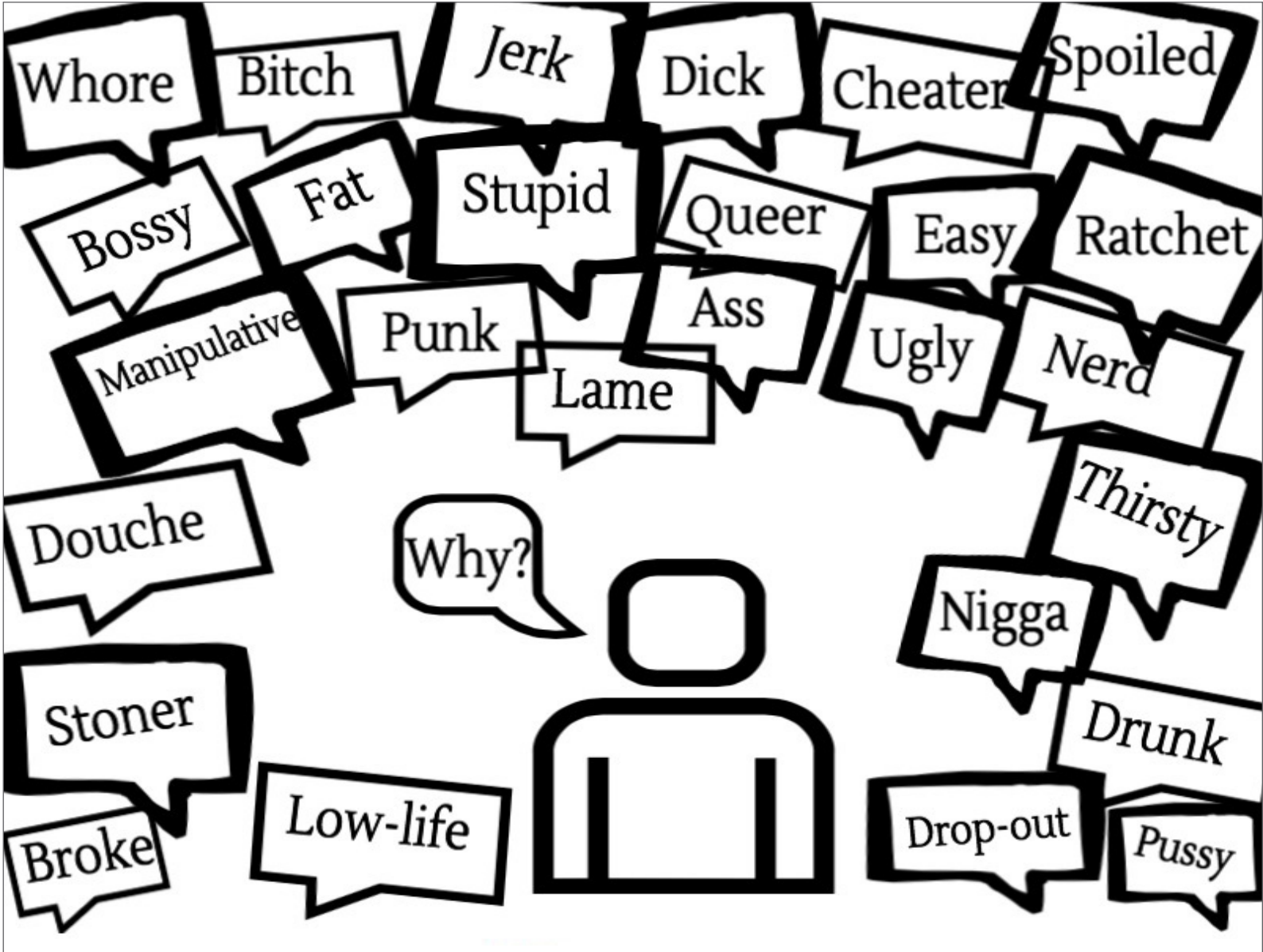
“If a college student can't find his way out with no support from his family, life might be hard for them.”



JONATHAN TALVEVAE
Business major

“There is no place for students and even when they come to school they're in financial need.”

•EDITORIAL•



ALEXANDRA SCOVILLE/TM

The context is the real venom

Offensive? Probably. There are people reading the very words on this page and cringing at the very thought of seeing the word dick thrown around so blatantly.

People say these things to one another with the intent of malice and harm. Words can carry a lot of gravity. In the midst of anger one can spout some pretty hurtful things. Heck, maybe you mean it.

Regardless, the point is, it's always what is meant, the emotional backing behind what is said, that ultimately matters when one says such negatively connotated words like nigga or pussy.

It's the intent behind the words, not just the words itself.

“Ban Bossy” argues a certain premise when it comes to words and what it means for not only an individual, but society in the big scheme of things.

It argues that “words like bossy send a message: don't raise your hand or speak up.”

The reasoning behind this is that boys at a young age are supposedly taught to be assertive and embrace leadership roles, but that the reverse is true for girls and that it's frowned upon.

Therefore, girls who develop these “masculine” tendencies will not be seen as leaders, but

rather as “bossy,” or not up to par with what society envisions or expects from them.

But is it the term “bossy” that conveys this, or is the norm that people have placed upon these young girls?

Words like bossy don't reflect this ideal, it's just the ideal itself that conveys this perception. Bossy is just a word. Bossy doesn't scream out those condescending judgments toward women, again, it's just a word.

So when “Ban Bossy” presents this case, it shouldn't ban bossy, it should attempt or yearn to ban the misconceptions that are placed on girls with leadership or assertive qualities.

If things are heard in passing, such as someone calling someone out as a douchebag in a seemingness harmless manner, then it doesn't mean anything.

Some people are sensitive toward words. It's best to recognize that looking at and rationalizing where the words stem from and how what could have been something that is seen in a negative context, really might not sound so bad after all.

Again, what ticks you, what gets to you is your deal. Not everybody is accepting of these words being a type of norm, but it's reality.

People call each other asses everyday, but the aforementioned words in this article, and words heard in public passing mean absolutely nothing if not put to heart.

See, because there's no meaning behind any of it. Those “negative” words have as much meaning behind them as the hair behind your hand.

Obviously if the person next to you calls you an asshole and decks you in the face. Well, he probably means it. And, well, depending what you did, he or she could be justified in doing so.

Now, this doesn't give you the liberty to call people names and say “oh, yeah, man, totally didn't mean it.”

Yeah, you're probably an asshole if you are that person. See, asshole means something in this regard. Catching on, eh?

Always remember when you catch a whiff of these words in the public realm, stand back. Analyze it. What's it mean? Is there true emotion behind the word or is it just silly banter that is spewing out of a person's mouth.

Figure out the intent, recognize where the other individual is coming from and let that be your undisputed weapon.



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Rise in suicide rates means a call for help

A few weeks ago, my life came to a halt when I got a phone call halfway through my day. I stopped typing up an essay for a class and decided that some things are worth more than a good grade.

A friend of mine had attempted suicide. The stress from school and life was a bit too much for them to handle.

This is a bright, young individual who I know is better then a few bad marks on a sheet of paper. They were not the problem. The problem was that college life had implanted the idea that anything less than perfection isn't good enough. It breaks my heart to know that they think their best isn't good enough.

We have all been to the library during finals week and have seen the results. Students putting excruciating detail and effort into studying for a test or essay so then can get a step closer to transferring to a university sleep deprived students who are stressed out about the thought that they might not pass.

The pursuit of higher education that, according to the Suicide Prevention Resource Center, is killing students “at a rate between 6.5 and 7.5 per 100,000 among college students, approximately half the rate for nonstudent college-aged adults.”(http://bit.ly/1pQWIEZ)

Students are afraid of what the people close to them will think if they fail. How our parents and relatives might be disappointed in them if they don't graduate, or how it's now harder to get a job without a college degree (http://exm.nr/1ee2O1f).

Dropping the class won't solve the problem either. Too many dropped classes and the college might make you pay them back for the lost financial aid, adding to student's stress levels. The monetary cost might also be too much for the students to handle.

And our lives and problems are not limited to just this school. Work adds a new category to balance. Some students might have to skip class for the day, missing important information, and work a shift instead.

No degree or class is worth your life. Every single student on this campus is worth more then any grade. Taking your own life does not solve your problem, but instead leaves the loved ones in your life to face the world without you.

That being said, you are the victim here, not the source of the problem. No one should blame you for your attempt. Desperation and pressure makes suicide seem like a way out of a horrible situation. Anyone who tells you your attempt was a grab for attention or idiotic is not going to help you.

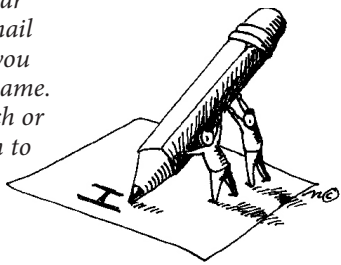
Do not be ashamed to ask for help from the right people. The anxiety may seem like it prevents you from moving forward, but you'll find plenty of people, even ones you don't know, are willing to drop everything to help you.

We even have a club here on campus dedicated to helping students in this situation, the Active Minds Club. Students should not hesitate to find the club for question and help.

Help is everywhere around you, I can't emphasize that enough. From absolute strangers to trusted friends and family, there is help. You can even come in and talk to me if you have no one else. I will go out of my way to make sure I can help you.

If you don't feel like talking to someone in person, you can always call the Suicide Prevention Hotline at 1-800-273-TALK (8255) or text a professional online at http://www.suicidepreventionlifeline.org. They are always ready to help someone in need.

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

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650
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Vol. 58 © 2014 Talon Marks

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Woolen follows her passion

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"Baby it's up to you, will you love me forever? Or is there someone new? so many years, and so many tears, my friends think I'm crazy for, but I still have faith in you. I'm still holding on baby you done me wrong." These are lyrics to the single "Up to you" by Coco Danja, that can be found on iTunes.

Fifty people purchased her song on iTunes and she has received 500 views on YouTube.

Melinda Woolen, who performs under the name Coco Danja, attends Cerritos College and is majoring in child development and minoring in music.

She has performed at places such as the House of Blues and the Key Club and has released her first CD, "Ratchet 101" in September of 2012 in which she wrote her own lyrics.

"My mom plays the flute, she's always been in a band but singing is something I always wanted to do on my own," Woolen said.

She has been inspired by her mom and decided to take the music industry to a different level. A level in which her voice will be heard by the public.

Woolen comes from a big family of five, being the middle child. She says she is the one that's been more focused on music and has passion for it while both her brother and sister rap.

She has been the one who has more passion for the music industry.

Woolen has been singing professionally for three years and has sang in a church choir.

Choir taught her to sing, and how to arrange her voice.

Although it was a church choir, the skills she learned were helpful for her future.

"She is very dedicated with her music and all her projects.

She is doing a t-shirt line for plus size women," Kevin Owens, a fellow artist said.

Owens helps Woolen with shows and together they have done a mix tape that will be released on May 3.

"She has been quite successful," Brandy Jones, Woolen's cousin, said.

Her music is also now being sold on iTunes, and is available to listen to through Google, Amazon and iHeart Radio.

Scan to listen to "Up to you"



<http://bit.ly/1m5Dd2O>



COURTESY OF MELINDA WOOLEN

iFalcon presented a night of improv comedy with GIPS

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Last Thursday, the iFalcon Club and Generic Improvisational Peep Show (GIPS) presented a night of improv comedy at Cerritos College.

The performance started at 7 p.m. and lasted a little over two hours.

Kevin Hoggard, a former theatre professor, started GIPS at Cerritos College in 1985. GIPS is a class at Cerritos College and a touring improv group that goes to local high schools to showcase improv abilities in an effort to encourage students to consider the Cerritos College theatre program.

lege theatre program.

The school performance was a hit and kept the audience entertained throughout the show, they very quickly pleased the crowd with their innovative humor.

An audience member Vanessa Manning, said, "It was the best show I've ever seen, it was super fantastic, we came in here thinking it was just going to be alright but we were cracking up the whole time and it was kind of embarrassing how much we were laughing."

For many of the students performing that night, it was the first time performing live at the school. According to Michael Timoney, president of the GIPS, "A lot of the people up on stage were actually first time performers who have done theatre in high school but as far as improv goes, they are getting started up and they are all very talented group."

The performers on stage are very interactive with one another, they have no script and each person was working with another in every scene.

Timoney said, "Being on stage with people, it's all about chemistry and having that chemistry with somebody on stage helps the scene out so much and with everybody up here, I have chemistry will all of them and they are always doing fun scenes and hopefully making the crowd laugh."

According to Michelle Mancilla, president of the iFalcon Club, the proceeding made that night will be divided 50/50 between GIPS and the iFalcon Club.

The GIPS touring class rehearses every Thursday and visit schools on Fridays, and then there is the improv club who welcomes any visitors.

The improv club meets up on Thursdays from noon to 1 p.m. to discuss topics such as business and future events, they also rehearse and practice the improv games to better their skills so that they will be better prepared for the future.

To connect with GIPS, students can find them at <https://www.facebook.com/cerritosgips>

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MARIO JIMENEZ/TM
Swinging at home: Robinson is not just a pitcher, he's also on the everyday right field when he's not on the mound and sports a .310 in 100 at bats with one home run and a team leading 19 RBI.

Eyes set on sophomore baseball player



MARIO JIMENEZ/TM
Fastball: Sophomore Jared Robinson is the go to choice during baseball games. According to Robinson, the pressure or scouts does not falter his game.

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This season, the baseball team has prospered from the hard work of the pitching staff that has an outstanding 2.60 ERA (earned run average) on the year.

The staff is led by ace Jared Robinson. Robinson in 77 innings pitched this season 8-4 with a 2.34 ERA, 53 strikeouts and 25 walks.

When Robinson starts his overpowering arsenal of pitches, it brings plenty of scouts and radar guns out to Kincaid Field.

With an outstanding resume under his belt, Robinson will be entering the Rule 5 Draft this summer in hopes of turning professional.

Robinson's work ethic is part of the reason

he's come so far.

"It takes a lot of hard work and dedication, you know, seven days out of the week, no days off," said Robinson.

Robinson appreciates all the support he's received all year from the Falcon faithful.

"I've been through it my whole life so I just go out there and try to pitch the same game that I've been pitching since little league till now," Robinson said.

Falcons pitching coach Ben Gonzalez believes whole heartedly in Robinson's future.

"He has a bright future if he continues to work hard as he's been working now and developing his command with the fastball and his breaking pitches I think he's going to be fine," said Gonzalez.

According to Gonzalez, Robinson can reach

anywhere from 90-94 MPH on his fastball, which at this level of competition allows him to blow the ball right by hitters.

"What gets the scouts here is his fastball, that's the first thing that they see," said Gonzalez.

Gonzalez says Robinson also features a modest change-up and cutter/slider that he learned how to throw this year.

While the pro scouts like Robinson as a pitcher, head coach Kevin Gaylord differs.

"I really think the kid can hit that's why I hit him. He's not your prototype 6'4 right hander," said Gaylord.

Gaylord thinks that pitching-wise, Robinson will be a good closer at the next level, but his bat should not be overlooked and at the next level he will need everything he has going for him in order to succeed.

Athletic recruiting boundaries revised

Bylaw revision lets community colleges recruit athletes by electronic means

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A revision of bylaw P-9 F-13, brought out by the California Community College Athletic Association which will come into effect July 1, will now allow coaching staffs of the community college level to

make direct first contact with athletes only through electronic forms of communication.

Originally, an athlete interested in a specific school would first have to contact the coach of the school's athletic department and only then could the coach give information back to the student athlete.

The new law will allow a coach that is interested in a student athlete outside normal recruitment barriers the ability to either call the athlete or e-mail the athlete about inquiring his or her skills.

Athletic dean, Daniel Smith, was on the board that voted against the revision.

"What I think could happen, and it won't be good for the state if this happens, is the really good programs will get better, and the really bad programs could get worse," Smith said. "And so there would be a bigger gap"

According to Smith, all out-of-area athletes will be contacting the schools with the best sporting programs leaving the weaker athletic departments in the dust.

"That's my fear," Smith said. "I don't know if that will happen but I think the potential is there."

Athletic director, Dan Clauss, also shares the same concern Smith has about having students go to spe-

cific sporting departments and leaving others behind.

"It gives an unfair recruiting advantage," Clauss said.

The Cerritos College recruiting district touches El Camino Compton center district, Long Beach district, Los Angeles district, North Orange district and Rio Hondo district.

Clauss said that representatives from other school sports will keep a watchful eye to help regulate when coaches from outside recruitment districts attempt to make illegal physical contact.



SEBASTIAN ECHEVERRY/TM
Inbalance: Dean of athletics Daniel Smith voted against bylaw P-9 F-13. His concern is that schools will have bigger skill gaps due to the law's effects which will take place July 1.

Track and field Falcons place in championships



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The Cerritos College track and field team qualified for the State Championships in Mt. San Antonio with its performances in the Southern California Decathlon Championships on April 9 and 8.

Alexus Dalton, heptathlon participant, was one of many track and field athletes that qualified for the state championships in Mt. San Antonio college.

Dalton believed that she performed well in Southern California Decathlon Championships, getting a personal best and season best.

According to Dalton, it has been a long process in thinking of the state championship.

Dalton looks at her qualification

for the state championship as another accomplishment for her.

She managed to get 5201 points, good enough to get second place overall and beating her old school record of 5129 last year.

Dalton was edged out for the overall championship by Jasmine Hall of College of the Canyons, who finished with 5243 points.

Dalton racked up wins in the high jump, 100 meter high hurdles, a first place in long jump.

She came into the Southern California Decathlon Championships, with a mentality that she had already made it to the championship.

"I wanted to think the most positive that I can think of my performance," said Dalton.

Dalton feels that the track and field team will perform well when it comes to the state championship.

Dalton thinks that the team will pull it together when it counts.

"We work really good as a team, one of the good things is that we feed off each other," said Dalton.

Thomas Cheval, decathlon participant, feels like that the Southern California Decathlon Championships helped with performing better for future contests.

According to the Cerritos Falcons website, Cheval recorded 6742 points putting him in second place at the Southern California Decathlon Championship.

During the two-day event he managed to get first place in another one event, second place in one event, and third in two other events.

Cheval credits his good showings and high confidence to Christopher Richardson, director of Cerritos College Track and Field.

"I'm more prepared now than I was before, I feel more confident than the competition because I'm getting the best training I ever gotten in my life by Coach Richardson," Cheval said.

Cheval feels like, even though he qualified for the state championships, his training process has not changed.

"My mental stability is just the same, I am more worried about myself because I want to see where I'm at, I'm not trying to see where everyone is at," said Cheval.

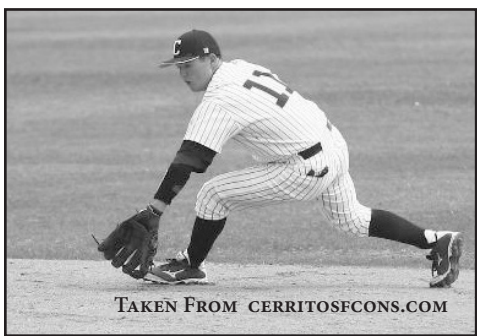
Cheval has a high confidence that he will win coming into the state championships because of his mentality and physicality.

The track and field team's next competition will be the Long Beach State Invitational, April 18 and 19.

April 16
Cuesta will face the baseball team in tournament

The second day of the Allan Hancock tournament will pit Cerritos against the Cuesta College Cougars.

Game time at 2 p.m.



April 17
South Coast Conference championship awaits Men's swim team

The first day of the three day battle against Mt. San Antonio College will be determined on the waves of the SCC championships.

Meet is all day event

April 17
Women's swim team looks to make a splash at championship

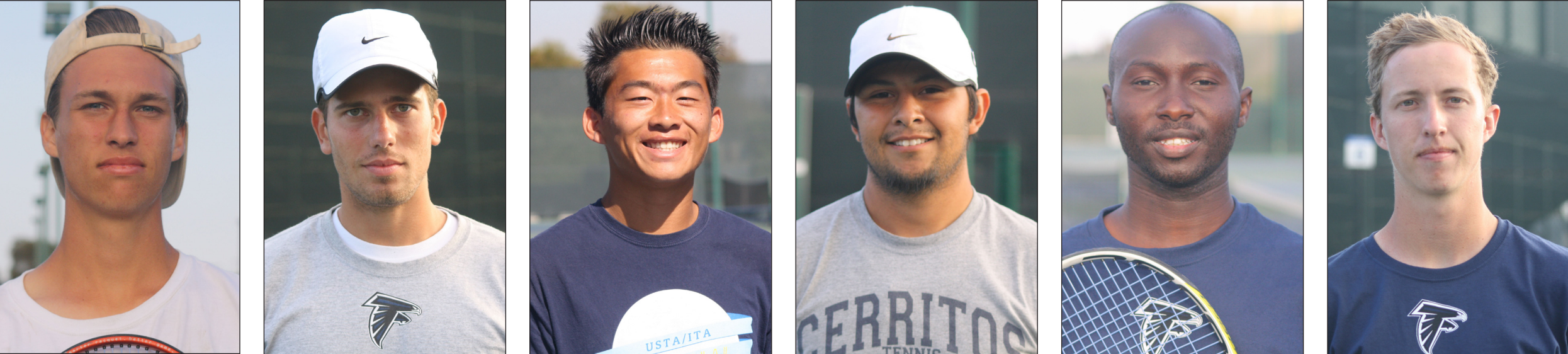
The first place Cerritos team from the Golden West Invitational will face the Mt. San Antonio Mounties in the South Coast Conference Championships.

Meet is all day event

April 18
Men and women track and field teams will venture to Long Beach State invitational

The meet will last two days away from the Cerritos College track. Terrell White placed first in 400 in the Mt. SAC relays, Ariana Wright placed third at the relays.

TBA



Relaxed yet competitive: (Left to right) Nick Simonelli, Milos Zoric, Sheldon Hseih, Mark Herrera, Amadi Kagoma, Nathan Eshmade. According to head coach Alvin Kim, the feeling of relaxation while playing the tournament comes from the fact that the conference is in the bag for the team. Every tournament, however, needs a winner. Nathan Eshmade was the winner of the tournament.

Six defended Cerritos College in SCC tournament

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Before the playoffs resume, some players from schools within the South Conference competed in the South Coast Conference Tournament.

Six players of the Cerritos College men's tennis team competed in the three-day tournament, were representing the Falcons in men's singles and doubles: Nathan Eshmade, Amadi Kagoma, Sheldon Hseih, Nick Simonelli, Mark Herrera and Milos Zoric.

"It means that we've dominated our conference for some time and, kind of, making an annual tradition of it," said head coach Kim of the six players competing in the tournament for Cerritos College.

The top eight finishers in both singles and doubles matchups will

advance to the Southern California Regional Tournament, played in Ojai from April 24 and 25.

Nathan Eshmade accomplished back-to-back tournament titles in men's singles and also in doubles, with partner Amadi Kagoma, by winning the South Coast Conference Tournament concluding on Saturday, April 12.

"It was one match a day so it wasn't too bad, physically-wise, I continued to bring my momentum and came out with a pretty easy win," said Eshmade on winning the tournament.

Three of their six singles players, as well as all three pairs of doubles players advanced to the quarterfinals in both singles and doubles play.

Entering the contest, Eshmade and Kagoma were undefeated in singles matchups and primed to

face each other in the final round of the South Coast Conference Tournament.

Whitney Reed of El Camino College managed to pull an upset victory over Kagoma in the quarterfinals, handing him his first loss of the season.

"I was a little bit relaxed because I thought it was going to be easy, almost everyone in this tournament I've played but it turns it was different, everyone worked hard," said Kagoma after his loss to Reed.

Throughout the tournament, the Cerritos College men's tennis team played in some friendly competition against one another.

First, in the quarterfinals of singles play with Eshmade taking on teammate, Sheldon Hseih.

Then twice in doubles play, as Eshmade and Kagoma beat the duos of Herrera/Zoric and Hseih/Simonelli.

Despite the friendly competition, the Falcons players took it lightly when facing each other as they had their eyes set on beating College of the Desert.

"It was more of a, I'll say, comedy match, it was a good time, going at it, making fun of each other as we go," said Hseih on playing teammate Nathan Eshmade.

The Falcons continued the Southern California Team Playoffs on Tuesday as they squared off against College of the Desert on the road.



Lucky hat: Nathan Eshmade was the winner of the South Coast conference tournament. Eshmade played the tournament with a colorful hat because he had lost a bet and had to wear it.



Hybrid athlete: Swimmer and diver, sophomore Randy Baldwin, placed third in the conference. Now that diving has ended, swim will have all the attention of the swimmers and divers.

Diving finishes within top five, swim continues

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The Cerritos College Diving team ends the season with a couple of top five finishes in the South Coast Conference Diving Championships this past weekend.

The diving team earned 55 points that go toward the SCC Championships at Mount Sac. on April 17 and 18. Diving coach Glen Myer is proud of the way his team performed.

"I knew we weren't going to be the leaders. We have a new group of divers," he said. "So we set goals for ourselves and we definitely met those goals. We performed about as I expected."

Diver Randy Baldwin placed third in conference and twelve in Southern California and enjoyed the event as a whole.

"Our conference didn't have much competition, so it was kind of nice for us because weren't amazing

as well," he said. "We did our best and I'm proud of myself for just diving twice a week."

While the competition went well for Baldwin, Richard Hyo Park ended up getting a concussion from the warm up's before his official event.

"On Friday morning with a long warmup and again he was trying to hit those dives and instead the pool was hitting him," Myer said. "On the drive home the symptoms started to hit him and he couldn't compete on Saturday because of the concussion."

With the diving season now over, Myer still thinks the 55 points that the divers earned can end up being a difference maker when the tournament comes along.

"If we are trying to get second or third, it's really going to keep whoever is fighting for fourth out of our hair," he said. "It's nothing to sneeze at, it's a good chunk of change."

Swim team head coach Joe Abing feels that the team has been training hard and is ready for the competition.

"Finishing with their best times and I feel confident that they are going to do that this week," he said. "As long as they do their best, then everything will take care of itself from there."

Abing feels that the team has confidence after coming off a first place finish from the Golden West Invitation that took place on April 4.

"We didn't swim well as (far) as our times go at that meet," he said. "The more important thing is for everyone to get their best times. If we do that, it will be a successful team effort."

Baldwin, who is also a swimmer, stands by his coach's thoughts and feels that the team has the what it takes to do well.

"Mt. San Antonio has a lot of good swimmers, but we are just trying to do our best and I think that we are going to take some first places and place a lot," Baldwin said.



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