

TALON MARKS

CERRITOS COLLEGE

WWW.TALONMARKS.COM

WEDNESDAY, FEBRUARY 10, 2016

VOLUME 60, NO. 13

FIRST ISSUE FREE, ADDITIONAL COPIES \$1

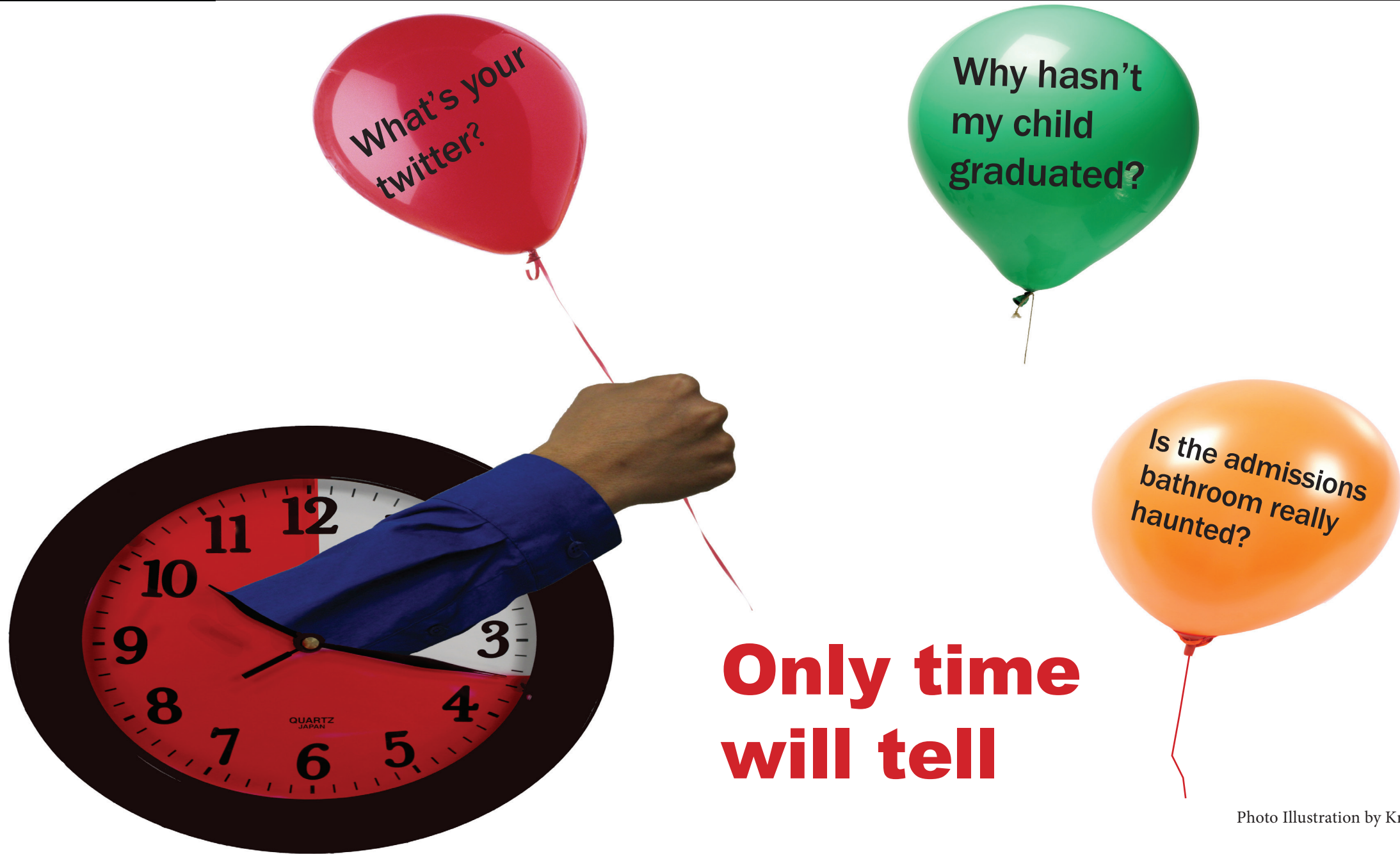


Photo Illustration by Kristopher Carrasco

President's Hour welcomes all

The rivalry continues

ETHAN ORTIZ
News Editor
@EthanEnvy95

The time is coming for students, faculty and staff to speak their mind and bring ideas to the president of Cerritos College.

The first ever President's Hour will be held on Feb. 11 and will be an open forum for all who would like to speak and present any topics to Dr. Jose Fierro.

Miya Walker, director of College Relations, Public Affairs and Governmental Relations, said, "Dr. Fierro wanted to create a regular opportunity for students, faculty and staff to talk to him about anything ranging from new ideas, campus issues, and more."

Walker and the public affairs team will help the president execute his idea so that people on campus know that President's Hour is an outlet for them to share their concerns directly with him.

She went on to describe the process of the session.

"The process is pretty informal, Dr. Fierro will be in the board room on the second Thursday of every month," she said.

The hour will be open to anyone and there is no RSVP process.

Although there is no date planned yet, there is a plan to have a table in Falcon Square so students will have the opportunity to engage with him.

Walker is looking forward to hearing dis-

cussions between the president and the campus community.

Fierro has past experience with having President's Hour in his previous jobs.

He served in a similar role as a vice president for Academic Affairs and started having open office hours and eventually the vice president and president got involved in an open forum.

"Last semester it was just so busy that I didn't get the chance to do it," he said.

One way is to have everyone speak for a few minutes and answer some quick questions.

The other option would be to listen and take notes about things that may require a follow-up.

"There may be things I can answer right there, and there may be things that I can't, then at least I know it is happening so I can get back to the person that is asking," he said.

For him, the purpose is to give people the opportunity to interact with him and get to know people and understand what is happening.

He does not know what to expect, he revealed he has received all kinds of questions, however with faculty wages a main issue at board meetings, he would not be surprised if that topic were to come up.

He hopes to get to know people and create a good relationship with everyone on campus,

The hashtag that will be used is #POC-Hour.

TERREL EMERSON
Sports Editor
@sir_chatterbox

Thirty-three minutes and three ejections later, Cerritos completed a 10 point comeback in the last 1:24 of regulation to beat rival Long Beach City in overtime.

In what many people are calling the game of the year, Cerritos scored a comeback win over rival Long Beach City 87-81.

The win seemed improbable as the Falcons trailed by 10 points with 1:08 remaining in regulation until freshman guard Tyler Payne scored 16 of the team's final 20 points.

"I told my guys during the delay to stay positive and believe in God," Payne said.

What ultimately kept Cerritos in the game was the poor free throw shooting of Long Beach City down the stretch. In the final 1:24 of the second half the Vikings missed eight of 14 free throws.

Trailing by five with under 30 seconds to go sophomore forward Kyle Geer nailed a three pointer with 21 seconds left.

Geer also relished at the opportunity to guard Vikings' leading scorer Chris Camper.

"We didn't want him to do whatever he wanted so pressuring him full court helped us defensively," he said.

Jumps to page 5



JENNY GONZALEZ/TM

Expressing Culture: The presenters thanked everyone who attended the Black History Kickoff Event. There will be more events throughout the month that students, faculty and staff are welcome to attend that relate to Black History month.

Black History kickoff

JENNY GONZALEZ
Staff Writer
@jennnnay44

African drummers performed in the Student Center for the Black History Month Kickoff event and the reaction of the audience was unexpected.

The Black History Month Planning Committee, made up of students, faculty and staff, hosted the event on Feb. 3.

Miya Walker, director of College Relations, Public Affairs & Governmental Relations expressed, "We were blown away by the audience's response to the drummers[...].It

was a lot of fun."

Daniel Gonzales, kinesiology major stated, "I heard the music and it attracted me. The music is very energetic, I like it, I like drums and I like what they are playing."

Students went on stage and were taught dancing techniques.

"Learning about different cultures is a must for a person to be culturally diverse. It is important to know different backgrounds without having to judge other people and how they live their life," he continued.

Walker stated, "Diversity is a key value here at Cerritos College. We have heard a lot of great feed-

back from students who said they enjoyed the chance to learn about a culture outside of their own.

"For the campus, it is important to show that no matter your background, when you share culture in an inclusive and meaningful way, people are generally receptive and happy to participate."

She continued, "As with the theme for Black History Month, 'Each One Teach One' the goal of the planning committee was to create engaging and inclusive events that give more insight into African American culture and to celebrate those aspects with the whole campus."

NEWS

FULL STORY ON PAGE 2

Associated students celebrate Franco's birthday



CAMPUS LIFE

FULL STORY ON PAGE 3

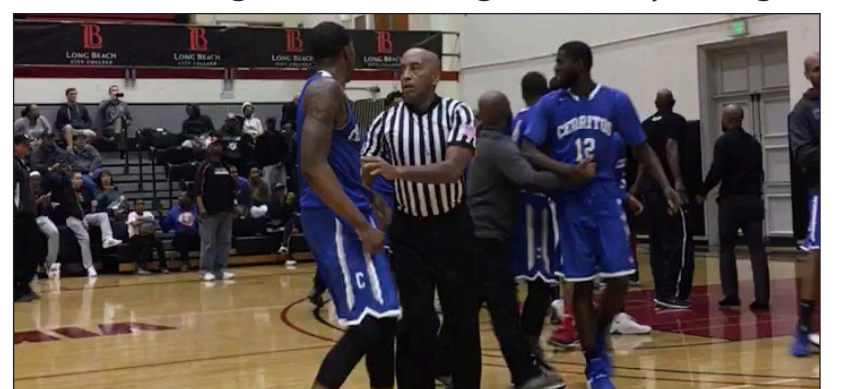
Racial tension continues across the United States



SPORTS

FULL STORY ON PAGE 5

Cerritos College takes on Long Beach City College





Happy Birthday: Franco Falcon with a toy in his mouth, it was one of the gifts he received. Franco gave away candy to students as well as thank you cards.

Franco celebrates his first birthday

JANEL OLIVER
Staff Writer
@Janelmedia

The Cerritos College mascot, Franco, was all smiles as Student Activities hosted his first birthday on Falcon Square, Feb. 4.

The event started at 11 a.m. where Franco posed for several pictures as students joined him for a photo.

Steven Anker, a kinesiology major said, “I think he’s very motivational and spirited. He brings such good energy to the school. I think the event is fantastic because it’s the first birthday for the mascot.”

Student Activities promoted the celebra-

tion by giving out flyers to put the word out that it was Franco’s birthday.

Students were asked to bring Franco gifts, but it was not required.

Student Activities gifted Franco by opening up a scholarship under his name for students.

Franco was greeted with chocolate, drawings, girl scout cookies, shirts, candy and stuffed animals among other presents.

Julia Plecnik, another kinesiology major said, “I brought him my triathlon shirt. Franco is awesome and I love the way he is so involved with everything.

“He’s just an awesome bird. There should

always be a school mascot and also some rallies with Franco leading the way.”

The celebration continued when the Cerritos’ choir sang Franco happy birthday as he blew out the candle.

Students who came out to celebrate received lollipops and a slice of the birthday cake.

Amna Jara, Student Activities coordinator, who helped organized the event said, “I’m very excited about the turnout. Franco was very happy and he got a lot of gifts.”

She added, “It was nice to have all the clubs come out and wish him a happy birthday and give him gifts.”

Vending app gives students accessibility

KELLY NAM
Staff Writer
@talonmarks

Now there is a way to get a refund for that snack you bought from the vending machine that got stuck.

Cerritos College has a contract with Canteen, a company that provides vending machines.

The Associated Students of Cerritos College is working on informing students of this service so they can obtain a QR code that utilizes the Canteen app.

Dr. Gilbert Contreras, dean of Student Activities expressed, “In spring we are going to do a whole marketing campaign around this [app] so students are more aware.

“We presented some info to the student life committee [...] on the new QR code for the app so we can report any issues that come up with the vending machines.”

The app will allow students to get service without having to place a call.

Many students are not aware of this service available to them.

Contreras said, “We currently have a month-to-month contract with Canteen Vending until the district can solidify a more long term contract with them.”

He explained the difference between the Canteen Vending machines and the soda machines.

“The Pepsi contract is separate from the Canteen. Pepsi is just for the beverages. The food products like candies, chips and gum is from Canteen Vending.”

Angelica Garcia, music major expressed, “If I was more aware of the app I would use it. The feature I would use most is the nutritional facts and how to get a refund in case something does go wrong with the machine.

“Sometimes the credit card part doesn’t work either. I suggest we have healthier snacks since we only have candy and chips, and some energy drinks but I don’t know if those are good for you.”

German Sanchez, recycling technician said, “I think the nutritional facts are the most beneficial feature for the Canteen app.

“I am a cyclist and knowing the nutritional facts would be very helpful for my diet especially because I am currently training for my cycling team at Cal State Long Beach. I drink mainly water, I try to avoid drinking sodas because of the high calories and I don’t need that.”

Tanisha, customer service from Canteen Vending said, “The answering service takes messages 24/7 from callers and forwards the message to the Canteen Office.”

“For example, if you need a refund they will hear out your case and take proper measures.”

Religious take on LGBTIQ issues in diverse communities on campus

BENJAMIN GARCIA
Staff Writer
@talonmarks

The Women and Gender Studies Department welcomed Professor of Religious Studies Adam Ackley, from the University of Redlands to two workshops focusing on building meaningful and respectful vocabulary on Feb. 4.

The goal was to transform dialogue and engagement with diverse people and explore the various views by and about LGBTIQ people in different world religious traditions.

Anna Torres-Bower, the chair of the Women and Gender Studies and Philosophy departments explained. “Part of women’s and gender stud-

ies is the coordination of the Women’s History Month Celebration, so [Ackley] is one of the first guest speakers,”

He came to Cerritos last October to give a presentation on behalf of the Department of Philosophy and Religious Studies.

“He talked about the LGBTIQ+ community and the religious experience,” Bowers said.

Ackley said, “I expected to engage the community in a discussion of gender and sexual orientation identities and how religions around the world have diverse views about that.”

This event was well attended by philosophy majors.

Attendees of the lecture were met with literature explaining

transgender terminology published by the National Center for Transgender Equality.

Ackley went into detail about the various world views of the gender binary, the view of people of color, for the queer members of their community prior to European involvement and varying degrees of acceptance amongst modern and influential religious leaders.

Daniel Shaper, linguistics major said, “I have gone to a lecture like this before. It pretty much just talked about terminology rather than history and religion and connections with mortality.

“It would be nice to have more [workshops]. It would be great to have more representation.”

CLUB ACTIVITIES

Join the SoCal Reef Systems Club

Let's start a Salt Water Aquarium Reef club at Cerritos College!

Club members will learn how to build, maintain, and take care of fish, live coral, live rock, and reef aquarium setups. Members will also take field trips to wholesale distributors of fish and aquarium supplies, and will be able to purchase fish and supplies at a discounted prices. Whether you are a beginner or expert, if you would like to join, please contact Ray Algieri at ralgiere@cerritos.edu.



Cerritos College Police Department LOST & FOUND

Apple iPhone
Bicycles

Please contact Campus Police for lost and found items.
Call Campus Police 562-860-2451 ext 2325

RE-ENTRY RESOURCE PROGRAM WORKSHOPS - SPRING 2016

Scholarship Workshop

Join us as we walk through the Cerritos College Foundation Scholarship Application process

1. Learn how to apply and begin your application!
2. Get tips on how to write your best personal statement!
3. Get detailed list of available scholarships!

Tuesday, February 2 – 11am-12:30 pm, BE 117

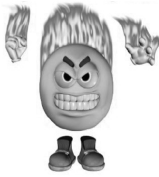


Anger Management Workshop

Anger is a normal and even healthy emotion—but it’s important to deal with it in a positive way.

This workshop will cover:

- “Healthy” vs. “Unhealthy” Anger
- What’s beneath anger
- How to listen to and release anger
- Management skills for us and our kids



Thursday, February 11 – 11am-Noon, BE 109

Single Parenting & Blended Families Workshop

Topics covered include:

- Co-parenting after separation
- Stages of grief & loss
- Tasks or a single parent
- Tasks of blended families
- Steps to successful step-parenting

Thursday, March 10 – 11am-Noon, BE 109

Self-Esteem Workshop

Would you like to have better self-esteem? Come and learn some tools and techniques that are necessary for enhancing your self-esteem.

Thursday, February 25 – 11am-12:30pm, BE 110

Goal Setting Workshop

Setting goals is important for life’s direction, meaning and satisfaction

Wednesday, March 30 – 2-3:30pm, BE 116

Depression Workshop

Depression is a common illness that can affect anyone.

Attend our workshop and learn:

- The definition and symptoms of Depression
- What strategies to take to prevent depression
- Where to get help
- Maintaining a support system
- Referral information



Wednesday, March 30 – 11am-Noon, BE 105

Stress & Relaxation Workshop

Attend our workshop and learn:

- What stress is and how it manifests in your life
- Is there a cure?
- Common causes, signs and symptoms of stress
- How it affects children, adolescents and adults
- What you can do to build resilience
- Coping strategies to decrease negative effects of stress

Wednesday, February 24 – 11am-Noon, BE 105

Effective Note Taking

Find out how to listen and effectively use fur simple steps to take great notes in class!

Wednesday, February 10, 10-11am, LC 137

Test Taking Strategies

Do you want to be confident that you have prepared properly for your exam? Attend this workshop to gain knowledge of effective test-taking techniques!

Wednesday, March 9, 10-11am, LC 137

Free Drawing
Each Month

Attend at least one workshop listed on this flyer and be entered into a drawing at the end of that month.



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www.cerritos.edu/re-entry-program.



Protestors make a bold statement: A group of Penn State University students organized a protest in reaction to the events in Ferguson on Tuesday, Dec. 2, 2014, in University Park, Pa. The students dressed in black and laid on the floor of the HUB building for 45 minutes, many wearing signs that said “Black Lives Matter.”

NABIL K. MARK/CENTRE DAILY TIMES/TNS

Racial division in today’s society

BRIANA HICKS
Campus life editor
@askCelena

Over the past few years, racial tension has spun out of control in the nation. For example, black students at Missouri State University were terrorized by white students who threatened their safety, and a girl who was forcibly dragged and flung out of her seat.

Also, countless people have died in cop related instances. Such as, Sandra Bland, who mysteriously died while in a holding cell. These discriminatory acts seem to be centered around African Americans.

Issac McIver, president of Black Student Union, admitted that he has experienced discrimination here on campus.

He has expressed that his views are his own and not a representation of the club.

McIver stated, “I spent years in Queer Straight Alliance, constantly hearing racial slurs, black jokes and

general ignorance from a group of people constantly being victimized.

“In most of these situations I remained silent because when I chose to voice my opinion, I was dismissed. In the beginning, I felt insecure and worthless. I felt my skin, my culture and who I was, was less than,” he said.

Some people have pointed out that the division between black and white people exists due to the fact that black people segregate themselves.

For example, actress Stacy Dash, recently did an interview with Fox news. She explained, “We have to make up our minds. Either we want to have segregation or integration.

“And if we don’t want segregation, then we need to get rid of channels like BET and the BET Awards and the Image Awards where you’re only awarded if you’re black. If it were the other way around, we would be up in arms. It’s a double standard,” she said.

According to McIver, he believes that racism has

been around since the beginning of time and the fact that people choose to believe that racism is a thing of the past is just absurd.

Taitu Negus, undecided major, had similar views to McIver. She stated, “America was built around a social construct that favored White-Anglo Saxon [people of European decent] over any other human.

“Even though this country was built and founded by people of color.”

Negus expressed that she hasn’t personally experienced any discrimination here on campus. But, she recalls a time when her teacher referred to a character in a movie in a racially joking manner.

Negus explained how her teacher referred to an African American woman dressed in white with a head dress on singing, and her professor called the woman “Aunt Jemimah.”

Aunt Jemimah is a character on a syrup bottle that is sold in groceries stores across America. But Jemimah’s past isn’t void of racism.

According to fortune.com, “The marketing of Aunt Jemima came of age in an era when middle-class housewives were not able to employ black maids as easily as they once did. The ads targeted the nostalgia for those earlier days.”

She stated, “I was disgusted with the comment because first of all Aunt Jemimah is a fictional character on a syrup bottle.”

Many celebrities have decided to take a stand and support efforts to put an end to racial division.

For example, Beyonce performed her new song during the half time show honoring the famous Black Panthers movement, and the culture of black people.

Although the times of slavery, exclusion and segregation for black people have ended, the line of racial division still stands today.

CAREER SERVICES WORKSHOPS SPRING 2016

Choosing a Major

Explore major and career choices through this hands-on workshop

Wednesday, January 27th – 3pm-4:30pm – BE 120
Monday, February 8th – 2pm-3:30pm – BE 120
Tuesday, February 23rd – 11am-12:30pm – BE 120
Wednesday, March 9th – 5pm-6:30pm – BE 120
Tuesday, March 22nd – 11am-12:30pm – BE 120
Monday, April 11th – 2pm-3:30pm – BE 120
Tuesday, April 19th – 11am-12:30pm – BE 120



Resume Basics

Learn the basics of resume structure and content

Tuesday, February 16th – 11am-Noon – BE 105
Wednesday, March 2nd – 11am-Noon – BE 105
Wednesday, March 23rd – 2pm-3:30pm – BE 120
Tuesday, March 29th – 11am-Noon – BE 105
Monday, April 4th – 2pm-3pm – BE 108

Resume Critique Walk-ins

Quick feedback on resumes

Every Wednesday 3:00pm-4:00pm in Career Services

Career Café

Join us for cookies, coffee, and conversation on various career-related topics!

Monday, February 29th – 2pm-3pm – Career Services
Monday, March 28th – 2pm-3pm – Career Services
Monday, April 25th – 2pm-3pm – Career Services

Prepping for the Job Fair

Find out how to market yourself to employers

Tuesday, April 5th – 11am-Noon – BE 105



Enterprise Rent-A-Car Info Session

Information session on job opportunities

Wednesday, April 20th – 3pm-4pm – BE 116

Free Drawing Each Month

Attend at least one workshop listed on this flyer and be entered into a drawing at the end of that month.



Interviewing Techniques

Discover tips & techniques to prepare for job interviews

Thursday, March 24th – 2pm-3pm – BE 108
Tuesday, April 26th – 11am-Noon – BE 105



Disney College Program Internships

Learn about opportunities and requirements to apply

Thursday, February 25th – 11am-Noon – BE 109



INROADS Internships

Tuesday, March 1st – 11am-Noon – BE 109

SAVE THE DATE!

Employers Panel - Thursday, March 3rd

Job Fair - Thursday, April 7th

Community Res. Fair - Thursday, April 21st

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Nina Simone leaves behind an unforgettable legacy

“Nina Simone was a talented musician who was able to take her talent and spotlight and move the focus from her music to social issues that were taking place in society.”

BENJAMIN GARCIA
Staff Writer
@talonntw

With a wide variety of hits such as “I Love You Porgy,” a tender and affectionate song, to “I Put A Spell On You,” a more sultry and fiery tune about unrequited love and a one-sided relationship, Nina Simone’s music has become highly influential among many artist through out time.

Dr. David Betancourt, director of bands and orchestra said, “Nina Simone was a talented musician who was able to take her talent and spotlight, and move the focus from her music to the social issues that took place in society.

“She was able to convey the issues of civil rights and social equality in a very personal way, through many of her performances,” he added

Simone was born Eunice Kathleen Waymon in the small town of Tryon, North Carolina.

She was one of six children born to a methodist preacher.

In this incubator of Gospel music it was no surprise that the first song she learned was “God Be With You, Till We Meet Again.”

Before the age of 12, she would perform weekly at Sunday service.

From that time on, Simone aspired to become a concert pianist.

As a black woman in the mid-twentieth century, it was typical for

Simone to face discrimination.

“Her family had already moved to the [Philadelphia] but Eunice’s hopes for a career as a pioneering African American classical pianist were dashed when the school denied her admission,” stated nina-simone.com, the official website for the artist.

Her site also informs her fans that to the end, she herself would claim that racism was the reason she did not attend.

[Waymon] in the end gained an incredible worldwide career as Nina Simone – almost by default.

It is also known that at Simone’s first classical concert her parents were moved from the front row to the back row in order to make way for white audience members.

The Oxford Press author of the Nina Simone biography, Ruth Feldstein stated, “She moved to New York in the late 1950s. At that point she was friends with many activists but wasn’t thinking of herself mainly as a political person.

“In September of 1963, she heard that three girls had been killed in Birmingham, Alabama as a result of a bomb that the Klu Klux Klan had planted in a church. She talks about hearing that news and feeling filled with fury and rage.”

She added, “At that point she wrote ‘Mississippi Goddam,’ which was her first civil rights song.”

Later in her music she discussed the death of Martin Luther King in

“Why The King Of Love Is Dead.”

Simone also talks about the way people of color were met with extreme violence in her rendition of “Strange Fruit.”

Other civil rights era songs by Nina Simone include “Back Lash Blues,” “I Wish I Knew How It Feels To Be Free,” and “Turning Point.”

Liberal art major, David Gonzales, expressed, “As a person of color, her music has been so influential to me. She’s the real deal.

“She’s what Elvis, The Beatles and even Frank Sinatra borrowed from. Without them copying her sound, and many others who contributed to,

“The rhythm & blues genre -the sound- we have today would be drastically different.”

It is true that many modern musicians have admitted to admiring her style.

Rock stars such as The Animals and even David Bowie have covered songs that she made popular.

Indie music singers, such as, Lykke Li and Lana Del Rey have expressed their admiration of Simone.

Her use of storytelling within the lyrics, as well as, her unique use of tone, are inspirational.

In this way today’s jazz enthusiasts know that Nina Simone’s legacy lives on in a vast number of consequential musicians, even if she isn’t always credited.



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Editorials express the views of the Editorial Board. Other opinions express the view of the author and are not to be considered opinions of the publication's staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

Production and printing of TALON MARKS is partially funded by the Associated Students of Cerritos College.

Facilities and academic supervision are provided by the Journalism Program.

Newsroom offices are located in the Fine Arts Building, Room FA42.

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650

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Vol. 60
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Spring 2016

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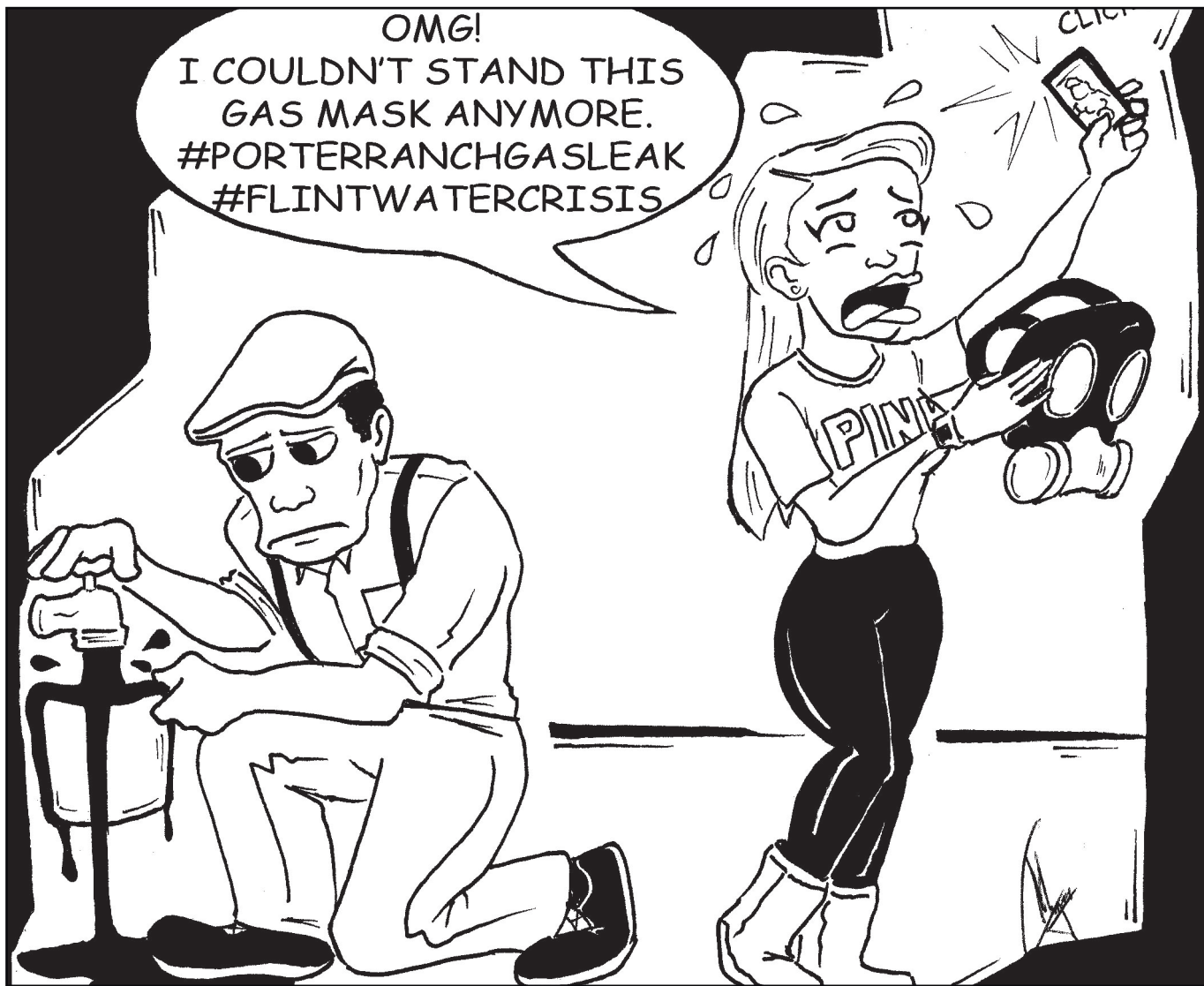
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EDITORIAL



CARLOS MARQUEZ/TM

Choosing race over ethics only creates a bigger problem

Imagine if you lived in a city where the very air you breathe wasn't clean and you couldn't hide in your house to get away from it. Toxic air is not only invisible, but also virtually inescapable.

What if the water supply in your house was as toxic as the gas you put in your car?

Water and air are the two things needed for life. Without it, we're at ground zero for a human extinction.

The Porter Ranch, California gas leak and the Flint, Michigan water crisis seem like relatively new issues. However, the residents of these two very different communities have been suffering from major toxicity issues for a long time.

According to latimes.com, Porter Ranch is made up of an upscale Caucasian community. On the other hand Flint's residents are 40 percent African American and is known to be a poor city.

Race should never be a factor when it comes to the welfare of human beings.

According to nbclosangeles.com, the Porter Ranch gas leak was first discovered on Oct. 23, 2015 while the Flint Michigan water problem began on Apr. 25, 2014.

Although, both are pressing issues and both city's residents are suffering, why is it that Porter Ranch's problem is getting solved quicker than Flint's?

When local and state officials, in both communities, failed to take the necessary actions to control the situations the national government should have stepped in.

According to cnn.com, the U.S. At-

torney's Office is investigating the problem and a plan is under way to fix the water.

In Porter Ranch, over 2,800 residents were relocated for safety reasons, and some students were moved to schools in different areas.

The Southern California gas company has been working since December to fix the leak. The company is expecting to have the leak fixed by sometime in February.

Mlive.com reported that Flint, Michigan's problem began when the Flint city council agreed to stop buying water from Detroit, and join a new project where the city would be able to receive water from Lake Huron without having to buy from Detroit.

Soon after, Detroit informed Flint that it would stop selling the city water in April 2014. Unfortunately, the project wouldn't be ready for at least three years.

Flint was faced with the pressing issue of being able to provide running water to the city's residents.

State-appointed emergency manager, Darnell Earley, implemented a plan for Flint to receive water from the Flint River. The water was to be treated before distribution.

However, there was a problem with the filtration system and after the city of Flint began to receive their drinking water from the river the residents began to complain about smell and taste.

Mayor of Flint, Dayne Walling, kept reassuring residents that the water was safe to drink.

After it was discovered that the toxicity level in the water was above the safe amount that the law allowed, a letter was sent to residents on Jan. 2, 2015, informing them that the water violated the Safe Drinking Water Act.

With the letter now putting residents in full awareness of the situation, the city council was demanding to stop using water from the river.

Things only continued to go down hill from there. Many residents are now suffering from lead poisoning, skin lesions, and other terrible afflictions.

Why is it that we're just hearing about these problems now? Why does it appear to look like Porter Ranch is getting its leak taken care of quicker than Flint Michigan?

How do you put a label on which issue is of more importance than the other?

It's apparent that these two different neighborhoods are receiving completely different treatment. If you compare the two, it looks as though race is playing a big role in how the situations are being handled.

But, it seems like this problem didn't begin to get taken seriously until it received the media's attention.

These are two very different situations, two vital parts of human existence, handled in two different ways.

When it comes down to it, when a major problem arises like this in America, the problem should be handled with the same level of intensity regardless of race, income, and social standings.

FSZ

FREE SPEECH ZONE

What are your plans for Valentine's Day?

COMPILED BY:
BRIANA VELARDE

PHOTOGRAPHS BY:
BIANCA SALGADO



JASON TRAINOR
Graphic design major

"Stay at home and get drunk. I don't like Valentine's Day because it's a hallmark holiday."



VEDISTE TORREON
Mechanical engineering major

"If I had a girlfriend, I'd probably do something with her. Take her somewhere she wants to go, maybe Disneyland."



BRITTENY JACKSON
Photography major

"Well what I'm going to do for Valentine's Day is nothing, but what I'm going to do after for Valentine's Day is go get all the extra candy that is on sale at CVS since its close."



SAMUEL UM
Radiology major

"I'm going to go watch Deadpool with friends."



BREANNA TAYLOR
Music major

"I'm just going to meet up with some of my friends and we are just going to head out somewhere."

Clothing can speak just as loud

TAYLOR OGATA
Staff Writer
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College is way different than high school, middle school, and elementary school and thus the limits of expression have been pushed.

One example is the language that students can use and the type of clothing that can be worn.

However, according to the Cerritos College Student Code of Conduct, clothing that contains offensive and or sexual content can not be worn on campus.

College students tend to use profanity, vulgarity, and other inappropriate language frequently, but the fact that they can't have it on clothing is not right.

Everyone has the right to free speech, and it includes what is depicted on clothing and thus it can not be taken away.

Even if what anyone is wearing is inappropriate, it should still be allowed because we are adults and we are mature enough to interpret such material.

They also tend to watch a lot of explicit

content, including porn, TV and internet videos, but when they wear explicit content, they are showing that they are into adult humor, which is the type of content that college students like to be exposed to.

According to an article on Covenant Eyes.com, an internet accountability and filtering site, 1 in 8 searches online are for erotic content.

Also, minors rarely set foot on college campuses unless they are with their mother, or father, so there should be a more adult flavor to campus, including the type of humor that college students use.

Dean of Student Services, Dr. Gilbert Contreras, is also the college's student discipline officer, and he is in charge of enforcing the Student Code of Conduct.

According to Contreras, the goal of enforcement is to protect students' rights, the safety of the campus community and also to balance those rights.

Adults are more mature than children and in an environment where there are hardly any minors, inappropriate clothing should be allowed.

Women are not objects for your brand

TISHA LENON
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A campaign is using a new hashtag called #WomenNotObjects to promote the need to stop objectifying women when it comes to advertising products and companies.

The YouTube post, "We Are #WomenNotObjects" has received approximately 1,075,821 views and demonstrates to its viewers that you can find many advertisements that objectify women just by googling it.

For example, Burger King's ad for the BK Super Seven Incher, shows a woman with her mouth open, a sandwich in front of her and in big letters it states, "It'll blow your mind away", hinting that the woman is going to give the sandwich a blow job.

The campaign video shows many businesses using women's bodies to sell their product.

Some of these major companies include Tom Ford, Marc Jacobs and

American Apparel.

These big companies are showing a bad example to people that are trying to start a small business.

Big companies that use sexist advertisements are showing smaller businesses that in order to get people's attention, or make their product sell, they need to show a woman's butt or chest in an image of their product.

If a plus-sized woman wanted to show her body off, like women do for an advertisement, her picture would be blocked and flagged as inappropriate because of her body type.

Social media has become a part of the next generation's way of life and these companies and advertisements are showing young women that they must objectify their body, in order to appeal to the world.

Additionally, in doing so, it teaches boys and men that it is okay to objectify women, to be sexist and not care how women are treated.

These types of ads, used, objectify women while simultaneously offending working women, and mothers.

According to a Times article, Madonna Badger, an advertising executive, created ads like the Calvin Klein campaigns with Mark Wahlberg and Kate Moss, as well as many others, that objectified women.

Now she has decided to no longer make ads that use women as objects and instead urges advertisers to follow this campaign.

After losing her three daughters in a fire, Badger realized that these ads are not safe for younger girls to see and is trying to raise awareness to stop sexist advertising.

Living in a male dominated society it will take some time to get #WomenNotObjects campaign across, but it is important to start somewhere.

Women are not objects, they are human beings that want equality and respect.



Fight Night: Brian Nebo, left, and Elvis Okafor (No. 12), right, had to be restrained by teammates, coaching staff and referees. Both along with Jamal Watson will miss Wednesday's game versus LA Harbor due to suspension.

Men's basketball stun Vikings

TERREL EMERSON
Sports Editor
@sir_chatterbox

Continued from page 1

Before the game freshman guard Brian Nebo said that nobody was concerned with the task of playing Camper despite his talent level.

May didn't think too much of Nebo's comments prior to tip-off.

"It's just a player downplaying the enormous job of handling Camper," May said.

After the game Nebo stood by his comments.

"He earned his points at the [free-throw] line he didn't do too much explosive, but he played a good game," he said.

Camper finished with 33 points, 12 rebounds and five assists.

Following a 1-for-2 chance at the charity stripe for the Vikings, sophomore guard Jonathan Brown passed the ball to Geer standing on the left wing who quickly shov-

eled the ball to an open Payne in the corner for the game tying three-pointer.

"When Tyler tied the score I felt we had all the momentum," May said.

The emotions could not be higher in that moment as Cerritos was without three players due to an altercation that elapsed 33 minutes with 7:07 remaining in the game.

According to officials, players from the Cerritos left the bench and charged the melee however, did not believe that the Long Beach players did the same.

Fans from the stands found their way onto the floor and almost came to blows with multiple Falcon players.

May chose to downplay the situation, "The officials are professionals and made judgment calls, I sensed no bias."

Following the contest both teams had to be escorted to their respective buses via police officers.

Geer felt as though a lot of the calls Long Beach was getting was because they were the home team.

"A little bit but we didn't let that get to us. We expect a little home officiating wherever we go and that goes for us too," he said.

Ultimately, once the disruption was settled down Nebo, Jamal Watson and Elvis Okafor were all ejected from the game but no one from Long Beach City was.

"It was one-sided," Nebo said.

All three of the players will serve a one-game suspension Wednesday, per CCCAA rules. Although, Nebo is not too worried about the team being without three vital members.

"They are going to get the job done I have faith in all my teammates," Nebo said.

In the mind of Payne all of these things served a purpose and he was thinking about them all as the game drew to a close.

"I told [Nebo] and [Watson] that I had their backs and I know that all

my brothers trust me," he said.

Payne finished with a team-high 19 points.

In the midst of all of the bad blood and quarrel both coaches agreed to not shake hands after the game in order to prevent any more activity.

Yet, following the game Camper sorted through the crowd and found various members of the Falcon team and was seen embracing them after the heartbreaking loss.

One of the players was Payne himself.

"He came to me to show respect and said 'That was a hell of a performance we [Cerritos] put together and great game.' I told him 'Great game himself and we will see him at our house,' Payne said.

The teams will meet once more Feb. 19 during the regular season finale.

Athletic Director Dan Clauss has said that there will be a rise in security in order to ensure safety.

Falcons baseball, like the weather, remains red hot

TAYLOR OGATA
Staff Writer
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The weather on Tuesday afternoon was unusually hot, but that did not stop the Cerritos College baseball team from grabbing another win.

The team remained just like the weather as it picked up right where it left off Saturday by dismantling the Mt. San Jacinto Eagles 18-8 in the extreme winter heat at Kincaid Field.

Next up, the Falcons will travel out to Santa Ana College on Tuesday with the first pitch at 2 p.m.

The game was called after the eighth inning because as it progressed, the sun got lower and lower in the sky and eventually, it was too dark to see the ball because Kincaid Field does not have lights.

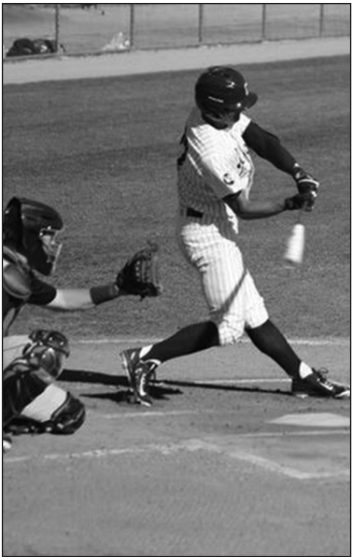
Mark Pena went 4-for-5 with two doubles, two RBIs and four runs scored and on his fifth at bat, used his super speed to beat out a throw to first to get an infield hit.

"I practiced a lot, and I also train at a fitness club. That's how the team and I get better," Pena said.

Fermin Beza and Daniel Lopez also had decent games; both players went 2-for-5 with two RBIs each.

"We all just did our job, hit the ball hard, and put up runs," Beza said. "After we almost fell apart in the sixth and seventh, we just came together as a team and added some insurance."

Cerritos built an 11-2 lead through the sixth inning, but made costly mistakes and gave up a lot of hits as Mt. San Jacinto cut the lead to three runs by the seventh.



TAYLOR OGATA/TM
Swing for the fences: Mark Pena leads off the Falcons' half of the first inning with a double. Pena went 4 for 5 with two doubles and two RBIs on the day.

"We eased off the gas a little bit, but then we added more runs when we came up and just kept pouring it on," Lopez said.

The Falcons ended up chasing the Eagles' starting pitcher Johnny Hernandez in the second inning and continued to rack up hits.

"We came out swinging again," head coach Ken Gaylord said. "[Mt. San Jacinto] put in a lot of pinch hitters, but that did not stop us and we just kept scoring runs and getting hits."

Cerritos accumulated 15 hits for the entire game.

The Falcons improve to 4-1 overall and 3-1 at home with the win.

The win also gives Cerritos the season sweep of Mt. San Jacinto.

Long Beach takes round one from women's basketball

TERREL EMERSON
Sports Editor
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The Vikings early intensity and defensive pressure proved to be too much for the Falcons in the first meeting of season.

Sophomore Ashley Flores said that when she heard the name Long Beach City she thought, "Bring it."

Prior to perhaps the biggest game of the season sophomore forward had a positive attitude.

After the Feb. 3 game she admitted that she wished her team could've brought it the way the Vikings did.

Cerritos fell to Long Beach by a final score of 56-46.

"I feel like we weren't as ready as we should have been. I feel like our intensity wasn't there in warm-ups and I felt that was our downfall," Flores explained.

She finished with six points, seven rebounds, a steal and a block.

The team did not look as fluid on offense to begin the game as it did in recent weeks.

Head coach Trisha Raniewicz was very aware of it.

"I said be the aggressor, win the 50/50 battles, loose balls but that's

always a battle. [...] Sometimes there are players you have better instincts for the ball, but we have to get after it, I knew it would come down to that," she said.

In the early going of the first quarter Raniewicz called on two of her role players to be her spark plugs.

"I think it reflects how hard [Janet Oliver and Sydney Lopez] practice and I think [Lopez] has been great coming off the bench for us and [Oliver] as well," she said.

Raniewicz even added that this was probably one of Lopez's best games.

Both sophomores Oliver and Lopez combined for 15 of the 22 bench points for Cerritos.

"I just try to not force things but first get into the flow of the game and then look for my shot and then look for my teammates," Lopez said.

She finished second in scoring with nine points only behind freshman Allyson O'Brien, who had 10 points.

Another key contributor off the bench was the continued always-ready play of sophomore forward Crystal Lomax.

When Lomax was on the floor the Falcons outscored the Vikings 17-8. In fact Cerritos captured its first lead of the game when she was on the hardwood.

"I thought I was a great asset to the team because we did get open looks when I was in. We did get putbacks and we did get offensive rebounds," Lomax said.

Lomax looked winded at times throughout the game and Raniewicz noticed so she was forced to make frequent changes.

"It's all about how I feel she can keep it going in terms of sprinting the floor. If she starts jogging that's when I sub her [out]. And she knows that," she said.

Lomax felt foul trouble was the reason why her time on the floor was cut short.

"Every player wishes [it] could play more. I was about to back

down that's how I got most of my fouls," she said.

"My thing was I'm not about to let anybody punk me, that's why I was on the bench most of the game," she added.

Lomax finished the night with three points, two rebounds and a steal in just 10 minutes of play.

The Falcons held around with the Vikings for the majority of the game evening heading into the fourth quarter only down by three points.

For the final 3:25 of the contest Cerritos went 1-for-11 from the field and allowed Long Beach to open an insurmountable double-digit lead.

Despite the fold at the end of the game, Raniewicz still remains confident that anything can happen especially with the Feb. 19 season finale against Long Beach City remaining on the schedule.

"We'll see what happens [Feb. 19]. Anything can happen. I've been in this conference a long time, you never know who can get hot on what day," she said.

The team will look to shake off its first conference loss as it will travel to LA Harbor Wednesday.

Tip-off is set for 5 p.m.



MONIQUE NETHINGTON/TM
Tip-off: Miranda Martinez (No. 32), left, gets set for tip-off versus Miranda Valentin, right, as Taylor Smith (No. 22) looks on. The two teams will square off again Feb. 19 at Cerritos College.

Basketball Schedule

Up Next:

Men and Women's Basketball

Basketball: Wednesday at LA Harbor 5 p.m. (Women's) 7 p.m. (Men's)

FULL SCHEDULE ONLINE, SCAN QR CODE

Women's Track and Field Recap

Mack-Talalemotu breaks record in open

Despite the team's first meet being a non-scoring event, Destiny Mack-Talalemotu shattered the 2009 record for hammer throw.

FULL STORY ONLINE, SCAN QR CODE

Tennis Schedule

Up Next:

Men and Women's Tennis

Tennis: Thursday at Victor Valley 2 p.m. (Both)

FULL SCHEDULE ONLINE, SCAN QR CODE

Water polo and persistence molded Garcia

TERREL EMERSON
Sports Editor
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The bond that Danny Garcia and his brothers forged over sports has turned him into who he is today.

He followed in the steps of so many others in order to achieve his dreams.

However, once faced with a tough injury Garcia was forced to rethink his present plans and make some difficult decisions.

After completing his time at Cerritos, he has since become a chiropractor in Orange County.

Despite no longer playing a sport, Garcia keeps the sports alive in his heart and his mind throughout his constant inspiring work.

The Road More Traveled

“When I was growing up there were two sets of kids. Kids from the late 80s into the early 90s and kids from the late 90s into the early 2000s,” Garcia recalled.

One thing both sets of kids had in common was the educational plan.

“At that time everybody went to Gahr and then Cerritos so I’ve always had a positive outlook on Cerritos,” he said.

Garcia has three brothers Andy, Ben, and Robbie. All of which followed the same schooling plan.

For a stretch spanning eleven years there was someone from the Garcia family at Cerritos.

Ben attended Cerritos from 1995-1996, Andy was a Falcon from 1997-1999, Danny took stage in 2000-2003 and lastly, Robbie finished the legacy from 2003-2005.

All competed in water polo and/or swimming and diving at Gahr high school and Cerritos College.

Danny said, “There was a competitive dip but I feel I left better.

“I’m happy as I look back and I can say I did my best.”

Playing Days

“Coming out of high school, I didn’t feel I was ready for a four-year university. My game wasn’t ready[and] I had just dislocated my shoulder,” Garcia said.

In addition to the dislocation of the shoulder, he tore cartilage as well; something he admits has never been the same since suffering the injury.

“It was the perfect choice for me. A lot of people said ‘it wasn’t good to go to a community college,’” he reflected.

Garcia knew that everybody’s

very well in those classes and I finished at the top of the class,” Garcia said.

At that time, he changed his major from engineering to biology, a decision that would unknowingly shape his future forever.

He balanced the idea of a student-athlete as he recorded a 4.0 GPA during the 2002 season in which he swam as well.

In his first season playing water polo at Cerritos, Garcia reflected on the year under head coach Ron Parks as fun.

“That season was our first winning record in a while,” he said.

The Falcons would finish third in

said.

That season was also the team’s first season under Abing.

“I remember when [Abing] came you could see he was in it to win it. You could see we were more organized and under good leadership,” Garcia said.

With it being Abing’s first year he was open to learning from a veteran like Garcia.

“He showed me right away that anything was possible, taking over a program that wasn’t a successful program,” Abing said.

“We fed off of each other’s energy and motivation so it was really a good fit for him and myself,” he added.

That year Garcia recalls that the level of competition increased. Furthermore, the team still finished third in conference and had its season end in the regional round again.

Post-Playing Days

“Coming out of Cerritos, I went to Cal State Long Beach and majored in biology. I had no idea what I wanted to do,” Garcia admitted

During his time at Long Beach State he redshirted on its swim team. It was during that tie he injured his lower back while lifting weights.

“I never could get my back right. I went to all kinds of orthopedics and physical therapists but nothing worked until I went to see a chiropractor and that’s when it clicked,” Garcia said.

From that moment, on he worked day and night in order to enhance his biology background and turn it into a chiropractic career.

In 2009, he started Garcia Chiropractic.

Garcia said, “It was a huge transition. It was the biggest for me.”

In regards to students who feel as though it is not possible to achieve their dreams he said, “It takes a focused effort. You have to be in a good mood all the time which is the most energy costly thing.”

Danny Garcia

NIGHTS WEEKEND

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