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The Value of a Thank You

Behind the Faculty Federation slogan

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Physical Education Instructor and Coach Debbie Jensen sat in the back of the Cheryl A. Epple Board Room on Jan. 22 with a sign that read “The Power of a Thank You.”

While the Cerritos College Faculty Federation President Solomon Namala addressed the board, Coach Jensen occupied one of the back rows, quietly holding up her sign.

Origins

Since then, the slogan has appeared across campus and is seen in the red shirts that the faculty federation wears.

“I was trying to figure out a connection to why would faculty deserve to have a raise, what would make the board feel like it should give us a raise.

Jensen continued, “For some reason I [thought] ‘ok the students get to say thank you in these ways and how would [the board] say thank you, and I said well the thank you from the board would be in the salary schedule.

“It sort of snowballed from there to how powerful would it be if the board would give us a raise, and then it went to that would be their [form of a] thank you.”

The coach contacted Kinesiology Club President Amanda Passi in January, who assisted her in making the poster with the slogan.

“She told me to make the sign and then I started to understand what it was for, so I was really happy I did make [it],” Passi expressed.

Plight of the faculty

She sympathized with the struggle part-time professors encounter at the college.

“Part-time faculty [members] have been dubbed freeway flyers because of the back and forth of trying to create a steady income and these employees can’t just work at one institution, they have to work at several institutions,” said Passi.

She added, “I’ve known people who go to Citrus and Asuza, all the way down to Golden West in Huntington Beach, so I’m totally behind the faculty’s movement, they’re people and should be given a decent raise.”

The Negotiation Process

According to Jensen, the negotiations are at an impasse.

Faculty has attended board meetings on separate occasions, one of them being a rally.

She stated, “You can make the faculty feel better with this raise because that would show that you value us, so [that type of thank you has power.]”

“[It is] just an analogy for telling us that you appreciate what we do.”

At the Feb. 17 board meeting, Cerritos College President Dr. Jose Fierro said that the federation is being presented a competitive raise based on data he has viewed.

He continued, “10 percent over a period of three years will cost the district about 10.3/10.4 million in additional salaries,” he stated.

Instructor and Librarian Stephanie Rosenblatt believes there is a difference in perspectives.

“I think everyone in this situation wants to do a good job and wants to serve the students, we just have different perspectives.

“For a long time on this campus, money has been saved I would say on the backs of the instructors and also on the backs of staff.”

She went on, “Staff members got a nice raise this year, but it had been a couple years since they have gotten a raise. For faculty, the majority of our classes are taught by part-time faculty, those people are paid the lowest of anyone in this area and that is exploitive.

“I don’t think the district would exploit anyone on purpose, it has things it wants to get done and it wants to get the most out of its budget,” she stated.

Effect on Student Success

Rosenblatt expressed that this situation is bad because if the school pays the lowest out of anyone in the area, the institution becomes a revolving door.

This poses a conflict for students who may come back to get recommendation letters from previous professors who may have looked for employment elsewhere.

Rosenblatt also expressed the issue with office hours for part-timers and how that affects students.

“We don’t pay part-timers for more than eight hours of office hours a semester, so that person will schedule those office hours when he or she thinks it is most needed,

“But if you need help another time, you have to email that person and if that person is a responsible teacher, they will email you back, but we’re asking them to work for free.”

She continued, “I’ve even had students tell me that they are reluctant to ask those people for help because they know they are working for free.

It just makes me sad because I feel like students are being short-changed on the quality of their education. [...] I think we can do better.”

Board president Dr. Shin Liu stated at the Jan. 22 board meeting that she agrees more should be done for the part-time faculty.

“Our part-time faculty has office hours, it was one of the very very few colleges, but I agree that we should do more.”

Coach Jensen noted that as time has gone by, the meaning of “Power of a Thank You” has changed.

She expressed that the quote applies to every day life activities and she is happy to see when her own students accept her gratitude.

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Innovation and experience wanted in new VPs

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Innovation, experience, support and understanding are some of the qualities faculty and students are looking for in the next two vice president positions Cerritos College is looking to fill.

Open forums were held on March 30 and 31 in the Cheryl A. Epple Board Room where input was given on what the campus community looks for in the next vice president hires.

The college is looking for both a vice president of Academic Affairs and Human Resources after JoAnna Schilling’s departure and Mary Anne Gularte’s imminent parting.

Faculty walked in throughout the forum, while the student portion was comprised of a multimedia reporting class on assignment.

College President Jose Fierro stated that an electronic survey will be available for those who could not make it to the forum,

“I would like someone who is visible around campus, [...] someone [who will be] involved,” Fierro said.

Fierro also expressed that it is important for the next vice presidents to focus on student success.

He is looking for a vice president of Academic Affairs that will help drive the completion initiative that not only assists students in finishing their college careers, but will also help them do it faster.

When it comes to human resources, he would also like to see someone continue the work in diversity, produce initiatives in employee development and is looking for someone with collective bargaining experience.

“Someone who has collective bargaining experience to see if we can get to a point in which we can wrap a contract and can help the union get to a closure point [...] someone that has the experience and willingness to continue the work and bring it to a closure soon, in a realistic amount of time.”

Furthermore Director of College Relations Miya Walker, expressed the importance of an innovative vice president.

She would like to see an emphasis on technology.

“Someone who really embraces the movement toward technology or growing technology that is going to help advance student learning, it is going to help students to access what they need through technology.

“I think sometimes education institutions are a little a little slow to adopt changes in technology because either there is not an understanding of the importance or the infrastructure doesn’t allow for changes to happen that quickly,” Walker concluded.

While the discussion kept moving forward, faculty and students present shared that while they are looking for certain qualities, they also want to portray the unique and diverse culture on campus, the sense of family and the passionate professors who make up Cerritos College.



Experience Wanted: Trustee Bob Arthur explains what he looks for in a vice president of Academic Affairs and Human Resources at the March 30 open forum. He cited experience was something he was looking for.

KARLA ENRIQUEZ/ TM

The story of an activist and professor



From activist to professor: Professor Diane Pirtle hosted an activism presentation in which she told her story as an activist. She explained the different organizations she was involved in.

ETHAN ORTIZ/TM

Diane Pirtle speaks about her experience fighting for her beliefs

ETHAN ORTIZ
News Editor
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Fighting for what you believe in is something Diane Pirtle, sociology professor, knows all about.

The professor hosted a presentation called My Life As an Activist: How to use your talents effectively! about her years prior to becoming a teacher, as part of the Women's History Month Celebration.

The event was held on March 31 in the Social Science Building where an audience filled the classroom beyond capacity.

Sociology major Linda Sanchez spoke about being inspired by Pirtle from a board of trustees meeting where she spoke about faculty wages. "The passion that she has for the human being (is inspiring)," said Sanchez,

Pirtle who is known for her passion, delivered to the crowd with

her stories filled with emotion and dedication.

She began by giving a background on why she was so passionate for defending her beliefs.

She discussed living with two gay men in the early nineties where one of them got the AIDS virus and got extremely ill, before he passed.

"Once he passed, many funeral homes refused to take him away because they lived in a 'gay zip code'.

"Finally a gay owned mortuary took him in, but it took two days for them to pick him up," she said.

She explained how so many gay men were dying from the disease that the mortuary had a list of people to take away.

Pirtle revealed she joined gay rights organizations after her friend's passing.

"I wasn't going to get AIDS, so I didn't have to join," she said.

She explained it was something

she wanted to do, after having to change her friend to the clothes he wanted to be buried in.

"The activism came from my heart, because my friends were dying," she said.

Some of the organizations she joined were "A.C.T. U.P." (AIDS Coalition to Uphold Power) and the "Woman's Action Coalition".

As part of those organizations she went from going to Chicago and almost getting arrested before she was saved by her fellow activists, to being in charge of stopping the Rose Parade in 1992.

She went into detail saying she was in charge of about 15-20 people that were expecting to get arrested, and then going to get them released when they were in jail.

The first gay pride parade really brought sadness to Pirtle, in response to the religious protesters that attended.

"We were being spat at [...], and the heartbreaking part was seeing children holding signs saying derogatory remarks against homosexuals," she said.

After several stories told, she took questions, in which many of the attendees asked what they could do to have their voices heard.

One thing she is against is violence, "violence is never necessary," she said.

She went on to say that whenever there was violence, she would stay away from the situation and she encouraged students to do the same.

She believes everyone has a voice and urged students to write a letter to congressmen, and she stated that no one has to be in the streets to be an activist.

"You guys will take action when you feel the consequences for not taking action," she ended.

Empowered by a thank you and inspired with a gesture

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The Meaning Behind Thank You

"Once it got out there I was thinking about it, it has since taken another meaning for me. It is much broader than that and I could apply it to anything.

"I was joking around with some of my friends and they said 'thank you' and I said 'oh my god, that made me feel so good, see the power of a thank you,'" she said.

Jensen believes this gesture makes people feel good because it shows genuine acknowledgement and care.

"Who gives an insincere thank you? Who would ever do that? Why would you? Somebody says thank you, you say 'wow they noticed me'. The power of a thank you works for

the person who receives it but also the giver," the coach noted.

The coach likened the board's behavior to that of a parents ignoring their child.

"You want to make your parents proud. If your parents ignored you all the time, how would that feel? Not that we work for them [the board] to come by and say 'hey great job every single day,'" she said.

The Union

Jensen however expressed that the union receives lots of thank you's from the faculty.

She continued, "The people that you are essentially working for don't care about what you do, I'm not saying all board members, I'm just making a general statement.

"When you hold up the raise, because that is really the only way you say thank you, when you hold that up, that tell us clearly that you

don't care about the work that we do."

She continued by stating, "It just comes across to the faculty and myself that we have to go prove our worth, we have to go to the board meeting and say 'we've done this.'"

The Effect On Students

Jensen believes the work of faculty is shown through student success and awards won.

"That shows when you walk across the quad and you see kids talking with their instructors. That tells you that good things are happening in this campus. We win awards all the time, that's great."

She concluded, "I think there is plenty of evidence on this campus that our teachers are doing a great job."

Rosenblatt noted that another rally may take place at some point this year.

CLUB ACTIVITIES

Cerritos College Student Veterans Military Ball 2016

April 30, 6:00 P.M. – Midnight
For more information: Veterans Resource Center (562)-860-2451 Ext 3716
Formal Attire is required

Third Annual Dynamic Dance Club Show

ic Dance Club is inviting everyone to its third annual dance show on Tuesday, May 3 at 6 at the Student Center!
Admission is FREE!



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Call Campus Police 562-860-2451 ext 2325



Receiving awards: Microbiology major Zeinab Chahine receives award from Trustee Bob Arthur at the Academic Excellence Awards on March 31. 19 students were awarded scholarships.

Students get awarded for excellence

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Sheila “Samii” Yakovetic is an English major with a concentration in creative writing who has been awarded the Best Feature Screenplay Award at the Hollywood and Vine Film Festival while one of her video projects was given attention by The Huffington Post.

Yakovetic was one of the students recognized by Cerritos College at the Academic Excellence Awards on March 31 at the Burdick Center.

“I am awe-struck, there is no

other way to put it,” expressed Yakovetic, who also received the Roger Ernest Creative Writing Scholarship.

That night 15 other scholarships were given to 19 students.

The English major said, “I was absolutely stunned to be nominated, I am just so honored because the teachers here are so encouraging and have helped me accomplish so much.

One of the other scholarship recipients was neuroscience and biology major Alejandra Carranza, a young mother who manages two majors and a one-year-old girl.

“As you can see it is a constant

juggling of priorities, what do I need to get done immediately and what is going to get done tomorrow,” Carranza said.

Carranza was given the Jules Crane Scholarship for biology.

“Today during the ceremony, I was hesitant to bring her and I said no, this is as much part of me, who I am. The whole time she was like ‘that’s mommy, that’s mommy,’” she said with a smile.

Students honored also use their skills to help others outside of school.

Jose Perez, who received the Dr. Keith Allen Hinrichsen Scholarship for economics, helps inmates

get their high school diploma.

“The whole goal behind that is just to help them respond to situations instead of reacting. It is the reactionary actions they take that land them in prison or jail.” That is all I try to do, help them view the world in a different way.”

Perez noted that as a student, his economics professor woke up a passion in him for the subject.

As keynote speaker Mark Fronke, professor of accounting and finance, noted in his speech; these students were in the right place, at the right time, with the right equipment, and the right attitude.

UCLA welcomes transfer students to become Bruins

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The UCLA representatives hosting Transfer Day have updates regarding the personal questions transfer students must answer that are part of the enrollment process.

Transfer Day was held Friday, for 20 students, not all Cerritos College students.

Paitzar Giourdjian, Transfer Admission Officer at UCLA, said in her presentation, “The more information you share[in your application], the more we get to know about you, and the stronger your application becomes[...] Just keep [in] mind that we really do take into consideration everything you put on your application when we review [it].”

Giourdjian advises that it is better to take the required courses (like both English and 1 Math course) before the end of the fall semester which is the time you submit your application.

This is because the Transfer Admissions Officers will not be able to see an overall application if they have to wait until they receive confirmation on recent grades.

The personal questions for the UC system students that must be answered have been renamed “Personal Insight Questions” and now have a specific criteria that need to be met.

According to the handout included in the portfolio provided, a few of the basic criteria are as follows:

You will need to answer three of seven questions provided, but there is one required question you must answer.

Each response is limited to 350 words.

Giourdjian stated, “Highly selective majors at UCLA become highly selective because we have so many applicants that apply to these majors alone.

We don’t have enough room to accommodate all the students that apply.”

Alternate majors are majors that are often similar to the highly selective, but not as popular, because a lot of students don’t know about them.

Diego Madero is a Peer Mentor for CCCP Scholars Program.

He mentioned that students don’t know of the program, but is beneficial for those who fall into the criteria.

The brochure handed out at the event pointed out that “students in the program have access to our summer and year-long academic preparatory transfer programs which guides students through the community college experience, the application and admissions process, research and pre-graduate opportunities and career exploration.”

Madero stated, “It’s a bit unfamiliar to most students at any college really, just because we center ourselves in the Transfer Center,

“A lot of students don’t attend the Transfer Center to begin with. We do classroom presentations as well, but students don’t get the word out about our program.”

Madero also advises students to, “Take advantage of any resources offered. It is a great opportunity to get a feel for the university if you are interested in going to UCLA. This gives you a chance to get introduced to the school.”

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Flores earns national radio recognition



Best in show: Rob Flores working in the studio at WPMD. His show was deemed the best Student Public Affairs Radio Program in America by The Intercollegiate Broadcasting System.

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“Falcon Spotlight”, created by Jaime Roberto Flores, has been recognized for its uniqueness and creativity as one of the best radio shows across the nation.

The winners were announced by the Intercollegiate Broadcasting System (IBS) during a ceremony on March 5 in New York.

Flores did not attend due to a prior commitment to his community.

Flores fell in love with radio after being introduced to it by a class he took at Cerritos College.

He took his first courses in 2008 and was hooked on broadcasting.

It wasn't until 2011, when he was a guest on three different student's radio shows, where he gained confidence to start his own.

“Working at WPMD has helped me grow as a person in so many ways because I used to be the quietest student here on campus.

“It has helped push me to who I am today and from there [...] I changed as a person. I've become more daring and this place just gives you confidence,” he said.

His love for radio is evident, he dons a microphone tattooed on his forearm.

Flores has put in hours of research and studying of past student's radio shows at WPMD.

He spoke of Mando Ponce, Ray Martinez, and Samuel De La Cruz, who were influential to him in how he should run his show.

“Mando is an inspiration because he's a product of Cerritos College and made it to Power 106. Samuel de la Cruz, is extremely creative and I just love the confidence that he has.

“Ray Martinez [...] spoke to me about the things he accomplished while he was at Cerritos about a year ago. One of the things he was determined to do was get an interview with Muhammad Ali,” he said.

Flores expressed that it didn't

matter to Martinez if Ali gave him a one-line sentence. He tracked him down, and actually got an interview and aired it.

Flores has created his own standard and has become the first student at WPMD to get national recognition from this award and was inducted in the WPMD Hall of Fame.

He said, “This award is a great honor and this is my first competition. It means that the judges saw that I best informed individuals about the things that affect us all.”

He acknowledged that this is a learning process and that he was inspired by various people.

He stated, “I got to study what worked for them [other radio shows], what stood out to me that they did, and I just incorporated it in what I do now. If it wasn't for my peers, I might not have been able to do what I do now.”

Casey Piotrowski, Co-advisor of WPMD, said, “Rob has been our Mr. Inside.

“He has all kinds of really important people on his show, not only on our campus but in the community as well. He does a great job doing the show and interviewing.”

Flores interviews all types of people like club organizations, administrators, faculty, students, and his favorite, council members.

“I enjoy interviewing council members the most because I'm learning what it takes to be a city official.

“Now that I'm a City Commissioner of Traffic Parking and Public safety in Lynwood, I like to get their stories and learn how they eventually became elected officials.”

Flores hopes to attend Cal State Los Angeles or Cal State Fullerton in the near future and maybe pursue acting.

“Falcon Spotlight” airs on Tuesdays and Thursdays from 10 a.m to 10:55 a.m.

The math club gives back to local shelter

TISHA LENON
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The Math Club held a book drive to donate funds and books to a domestic abuse shelter called the Su Casa Foundation.

From Tuesday through Thursday the club sold books in front of the admissions entrance.

Elliot Olvera, president of the Math Club, expressed that he is glad he joined the club.

“I was scared of it initially and I wanted to see if it was actually a community.

“[...] I found out there were a lot of people that were into it and it kind of motivated me to take it a little bit more serious,” he said.

Su Casa Foundation is a local women's shelter in Long Beach.

According to www.sucasadv.org, it was established by Petra Medelez, who was a survivor of domestic abuse.

Medelez began helping others by housing other victims and taking crisis calls in her home.

Su Casa Foundation takes people who go through domestic abuse and builds partnerships with communities to end domestic violence.

Also, the foundation offers counseling services for women still living in domestic abuse homes.

The foundation offers women and their children emergency housing, food, clothing, daily group and individual counseling, case management, household establishment, court accompaniment, among other services.

Before spring break, the club

received book donations from different professors and students on campus.

The books donated were used in the drive.

The club also used books from a storage unit where they had built up a collection of books.

The club sold textbooks, science fiction books, novels and children's books.

After hosting the drive for three days the club hopes to have raised a significant amount of money for the organization.

Sara Hinton, a Math Club member, described some of the resources the club offers.

“We normally cover a lot of what's happening on campus that maybe we want to participate in, but we also hold a lot of events.

“We also partner with the Astronomy Club every semester and we go on hikes,” she said.

The club offers tutoring at the end of each meeting for anyone that needs help with their math class.

Hinton expressed, “It's [...] good because we get together with each other, and we help [people]. So if anyone needs any help they can just come.”

The book drive is a tradition they've kept for many years.

The club continues to look forward and carry on the tradition.

The Math Club holds meetings every Tuesday at 11 a.m in BE 111.

For more information on the foundation or if you'd like to donate please visit sucasadv.org or call (562) 421-6537.



TISHA LENON/TM

Giving back: The Math Club held their traditional book drive to donate proceeds to a domestic violence shelter, Su Casa Foundation. The club offers tutoring sessions every Tuesday, after their club meetings.



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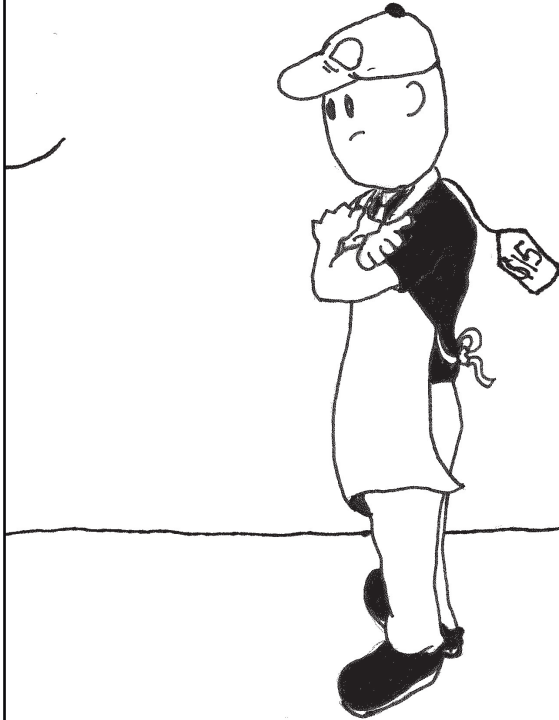
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EDITORIAL

Make sure he doesn't leave a bad Yelp review!



Make sure he doesn't die!



KRISTOPHER CARRASCO/TM

Demand for economic justice for low income employees

California Governor Jerry Brown passed a law raising the minimum wage to \$15 an hour.

The wages will increase to \$10.50 an hour in 2017, \$11 in 2018 and a dollar every year after until 2022.

The wage increase is to help raise the salaries of 6.5 million California residents that live at or below the poverty line.

The biggest advantage of the wage increase is the possibility of wage stipulating consumption.

The idea is that, in addition to helping with their cost of living, the consumers would be led to purchase more goods and services.

This, in turn, would help increase economic flow in California.

Other benefits would include incentive to work harder, equal/fair pay amongst all individual workers and assurance that there is no underpaying of employees.

While this creates economic justice for the lower income individual, and family; where's the economic justice for other people?

By "other" it is meant to reference employees of public service jobs and jobs that require skill.

If the wages are to increase for basic jobs that require little to no skill or experience, then the wages of those that do, should also increase.

For example, in California, an Emergency Medical Technician makes an average of \$17.99 per hour. That is an an-

nual salary of \$37,410 a year.

With the increase of minimum wage to \$15 an hour that would also increase the annual salary to around \$31,000 a year.

Although it may seem like a big economic difference, it's not.

The amount of work that an EMT, along with the risk factors, completely out ways that of, say, someone working at a fast food restaurant.

EMT's go through extensive training and certification before actually becoming paramedics.

Their training is continuous as they go through the workforce and gain experience.

These people save lives and run the risk of being put in harm's way to perform a service for their community.

Without negating the hard work that all individuals should do at their place of employment, it is jobs, like that of EMTs that require higher education.

Yes, all work involves working hard but the skill required to "flip burgers" is not at the caliber of an EMT.

If the state government wants there to be economic justice throughout California, then it should be for everyone.

Just because someone does not live at or below the poverty line does not mean he/she is not struggling as well.

Take an entry-level high school teacher struggling with thousands of dollars in student loans.

(The average student loan debt after graduation is \$28,400.)

Starting salary for teachers is \$39,948.

After factoring the amount of student debt they have, they are left with roughly \$12,000 left of their salary.

Yes, the debt is paid off in increments, but if you increase the pay of a teacher, they would have the ability to pay off loans in a more timely manner.

Teachers are the people that shape and mold the minds of our youth.

There are teacher that spend hours and hours of their time going above and beyond to make sure their students get the attention and knowledge that they need.

These occupations also deserve a pay raise.

If we're going to give one party a pay raise then it should be offered to every working person.

Everyone deserves economic justice, not just those living at the poverty line.

The state government should recognize that there are people working minimum wage jobs that are struggling.

However, there are people who are not working minimum wage jobs that are struggling just as much if not more.

What people should realize, plain and simple, is that while minimum wage will increase so will the cost of living.

Essentially, how much of an increase is it if people still cannot afford the simple necessities of life without breaking their banks.

With this increase how will it affect the American citizen?

Women choosing their drivers

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Hiring women specifically to drive other women would help to reduce sexual assaults against women.

The risk of assault increases for a woman who finds herself alone or under the influence of alcohol.

The Uber company should think about implementing this service for women who would like to be more selective on their driver.

Women should have the option to choose who their driver will be, especially since they are paying for a service.

As reported by T.J. Parker on WCPO.com there have been cases where women have been assaulted by their male Uber drivers.

Such was the case of Jenn Prine, an Uber customer in Cincinnati who experienced an unfortunate event with an Uber driver.

"Prine repeatedly tried to free herself from the suspect's grasp, during which

time, the report states, the suspect attempted to lift up her shirt. 'I did nothing but say no to him from the first minute,' she told WCPO.

KXAN.com published an article by Robert Maxwell about sexual assaults occurring in Austin, Texas.

"Seven sexual assault claims, that's how many cases Austin police say they're investigating involving Uber and Lyft drivers accused of sexually assaulting their passenger over the past few months.

"Each case is alleged to have happened late at night when the rider was alone with their driver."

Although this is only a small statistic in Austin, it doesn't mean that the problem is exclusive to this city.

Services like Uber and Lyft are used in many locations and these sort of issues should be addressed with urgency.

Women have the right to be safe and by using the ride services, companies should provide them with a secure journey.

Don't list your political affiliations

MONIQUE NETHINGTON
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Today's youth is more politically active than that of any other generation.

It mirrors that of the activist that stood up against "the man" back in the 1960s.

Young adults today spend numerous amounts of hours volunteering in demonstrations, rallies and other politically inclined activities.

Taking part in such activities can expose a person to knowledge and experience that may be of help when trying to find a career.

However, employers are unclear whether they want these experiences on a resume when applying for a job.

Do you really need it on there? Probably not.

Even though putting your po-

litical achievements and activity can give an example of your skills as a worker and your work ethic, but they can also have adverse effects on whether or not you get a professional job.

Our society today is one that is very judgemental, especially when it comes to your political views.

It is possible that unless you share the same views as the other people, or company you may not get hired.

Now, that doesn't make it right for them to discriminate against you because of your political preference.

A person should be hired on what they bring to the table not who they think will be best in office.

Unfortunately the world is not like that and companies like continuity in their business.

Yes, even in how people think. This is the risk that you take

when adding politics to your resume.

Also, nobody wants to work with a pretentious know it all that can't wait to push their ways and beliefs on somebody else.

You will be that person that no one wants to talk to in the office.

If nobody is asking you, or it is not the topic of conversation, please do not say anything.

Do not offer your opinion.

It's great that you have accomplished all these political things, and you're proud of it, but there's no need to always speak of it.

Bottom line, unless your future plans involve working in politically driven places of work there's no need to add it to your resume.

Overall, It's best to keep politics out of any social equation unless warranted.

FSZ

FREE SPEECH ZONE

What's a reason that humans will go extinct?

COMPILED BY:
BIANCA SALGADO

PHOTOGRAPHS BY:
KARLA ENRIQUEZ



ANTWAN TRIH

Sign Language Interpreter for DSPS

"I think violence will be the cause of our extinction. For example, when you start to have a war, say if we were to have World War III, nuclear weapons would put us at risk to go extinct."

LEODEL GLEYO
Engineering major

"We are ruled by corporations, so businesses are taking for granted the climate. A lot of cultures are being taken advantage of by these corporations which leads to global warming."



JENNIFER CABEZAS
Psychology major

"Health reasons that are affected by not eating right, exercising properly, or not getting enough sleep, in addition to being stressed. "

IESHIA NOONAN
Undecided major

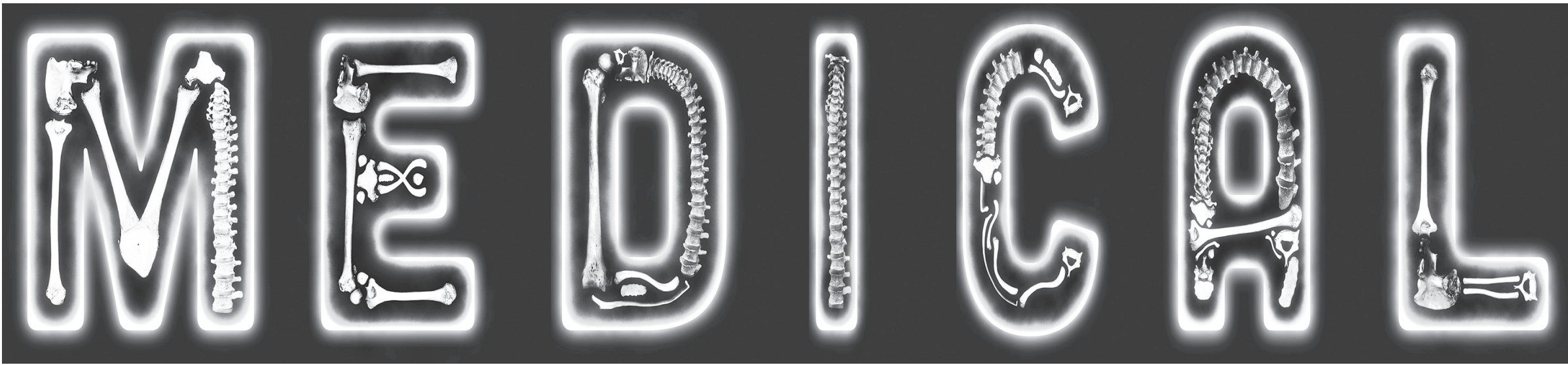
"In my geography class we watched "Cowspiracy". It said that the number one reason for global warming is animal agriculture. Humans are breeding animals for human consumption and that's taking a great amount of water and food."



JESUS VERA

Computer science major

"Climate change, because the weather is affected by all the chemicals that are sprayed in the air which make it change."



Student medical staff learning on the job

BRIANA VELARDE
Platforms Editor
@breevee_

The athletic training program at Cerritos College is comprised of certified athletic trainers, who teach student staff to become trainers by guiding them through procedures which provide medical services to injured athletes on campus.

The student staff team is hands-on. Beside setting up for games and gathering water for the athletes, the staff performs other services.

The services include injury evaluation, taping, and stretching. Veronica M’Caughan, student staff member said, “I usually start at 11 a.m. but if I come in earlier, I start as soon as I come in because there is always athletes in here.

“There is a benefit of all of us being here because we help each other, we feed off of each other.”

Student staff members are the first responders when athletes are injured.

Once they get to the injured athlete they go through a systematic and standardized procedure used to evaluate injuries called “HOPS”.

- History
- Observation
- Palpation
- Special tests

They will first gather information about how the injury occurred, use their eyes to evaluate, examine the athlete by touching and use techniques to detect what is wrong.

The student staff is not allowed to determine what happened to an athlete, but tell the certified trainers what they think the injury is.

The certified trainers, like Brian Cable and Maria Castro, will then do the evaluation again and guide the students on what they could have done to determine the injury.

Montez Hunter, student staff member explained, “They [athletes] get a little relieved after being told what was wrong or they get upset. Either way they get motivated to get back on the field.”

The first time a student staff member is allowed to touch an athlete is during the palpation process.

If the staff notices it has to do with dislocation or fractured bones they are not allowed to touch, if bones were moved it could make things worse.

The students explained how much pressure comes from dealing with an injured athlete.

If an athlete comes to the student staff for taping and the staff member doesn’t do it as well as the athlete expected, the athlete will not come back to that student.

There is also pressure on stretching an athlete before the game. If the student staff did not stretch the athlete well, they are more prone to getting injured out on the field.

“You don’t help them, you lose the player’s trust and the coaches trust,” said Hunter.

“Everything we do is pretty supervised by [Cable] and [Castro],” said M’Caughan.

According to the student staff members, Castro does the procedures and explains it, then has them do the procedure while watching them.

Cable on the other hand watches you do the procedure while coaching you on how to do it at the same time.

Spencer Knoche, student staff member said, “[Cable] and [Castro] are pretty straight forward. They both have different styles of teaching but it all depends on how you take their information.”

The student staff members were all athletes themselves. They all pursue a degree in kinesiology as their current certified trainers have a Master’s degree in that field.

Hunter expressed, “Every athletic trainers main goal when an injured athlete comes in, is to get them back on the field 100 percent.”

Cable, Castro play key role for athletes

BRIANA VELARDE
Platforms Editor
@breevee_

Cerritos College athletes benefit every year from the efforts of athletic trainers.

The purpose of the trainers is the total well-being of an athlete. They spend most of their time helping those that have been hurt get back to full strength.

Services that are provided include injury evaluation, stretching, taping, and rehabilitation.

Brian Cable is one of the certified athletic trainers at the Cerritos College athletic training program.

“We take care of all of our athletes when they get injured, we give therapeutic exercise to help the athletes recover from their injury and get them back on the field,” said Cable.

The trainers work with athletes from 11 a.m. until 1 p.m. to get them ready for practice, which usually runs until about 7 p.m.

Trainers are there for athlete’s hours before the game to get the players treated and doing rehab.

Maria Castro is also a certified athletic trainer and works side by side with Cable.

Cable and Castro both have Master’s degrees in kinesiology. Often times there are misconceptions about the profession like confusing them with personal trainers or thinking all they do is tape.

Cable and Castro have played a key role for many of the athletes whether it’s getting them back 100 percent and keeping them there.

Sophomore basketball player Ashley Flores suffered a torn medial collateral ligament during her freshman season and credits both Cable and Castro for her recovery.

“They are incredible. When I tore my MCL they helped me in rehab and pushed me to the limit in order to get better.

“Not only have they helped me with my injuries but they have helped me in many other ways as well such as stretching the right way and so forth. They are the best trainers I have ever had,” Flores said.

The rehab process was not an easy one for Flores but she was able to make it through with the help of Cable and Castro.

“They pushed me to go to rehab everyday and strengthen my leg and really worked on me. If they didn’t have me squatting, they would stretch me and have me doing several different stretches to get back my mobility,” she said.

Few outside of the athletics program probably realize the demands that are placed on these dedicated individuals like Cable and Castro as they protect the health and rehabilitation of players, allowing them to participate in their sports.

Students in the athletic training program, also known as student staff, are doing internship hours.

Student staff member Joseph Morán said, “Being around sports is what made me join, I want to help athletes who are injured because I dealt with a lot of injuries myself.”

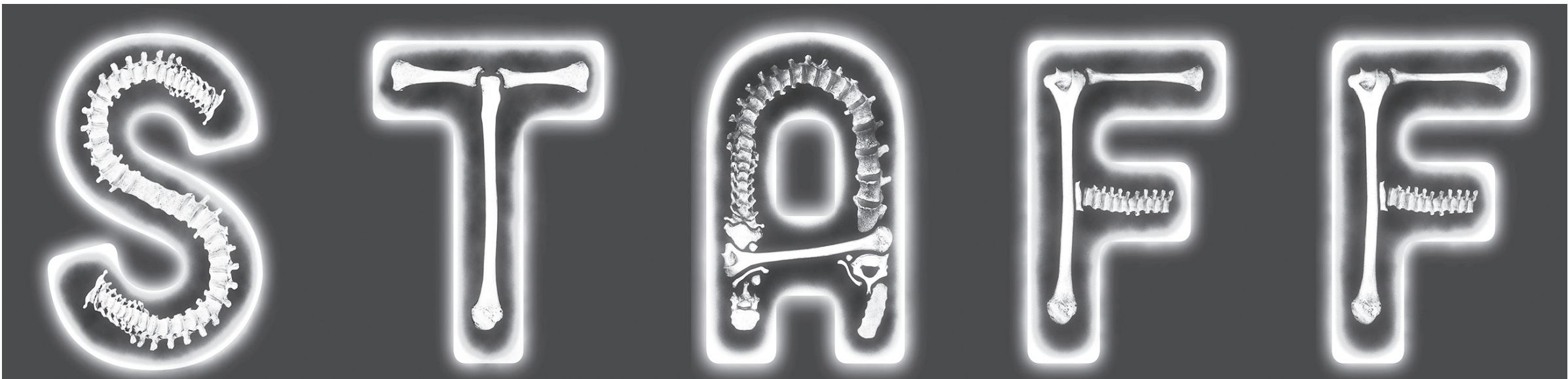
Cable said, “They assist us, they help us with taping, game coverage and medical coverage. They are always with us they are not allowed to be by themselves.”

Cable and Castro serve as liaisons between trainers, coaches, doctors and even parents.

Student staff, Veronica M’Caughan expressed, “I can see myself having a family like [Castro] and working at Cerritos College. She calls us her kids all the time and when she has to leave she’s like ‘Okay time to go take care of my real kids.’”



Caduceus is an ancient Greek or Roman herald’s wand, typically one with two serpents twined around it, carried by the messenger god Hermes or Mercury.





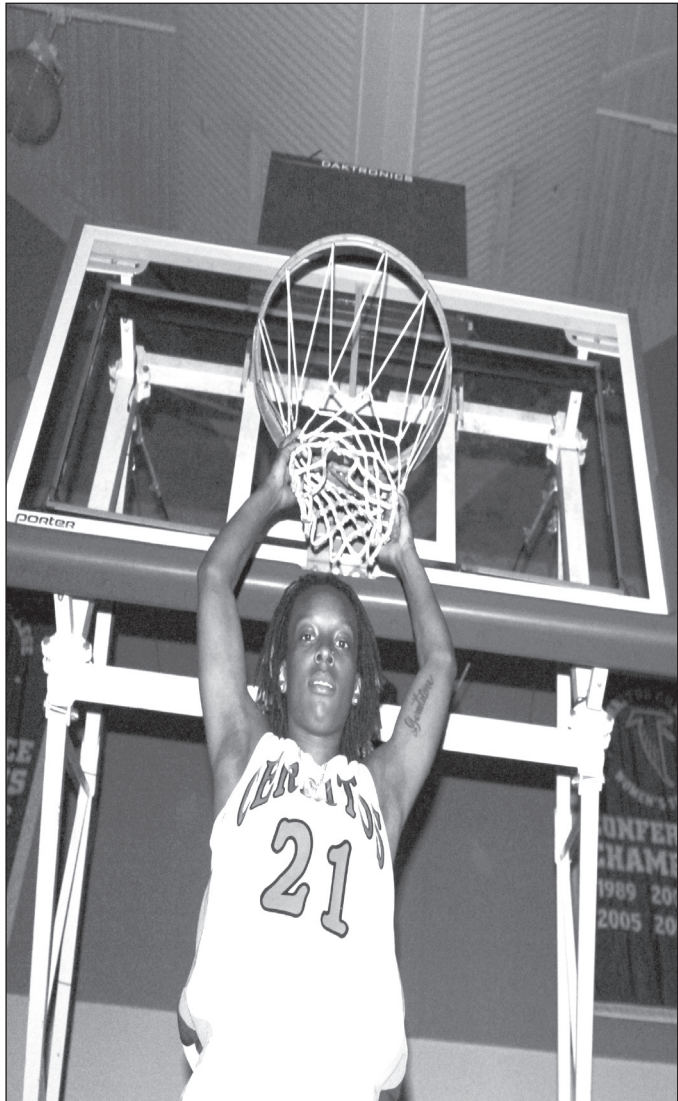
TERREL EMERSON/ TM

Hang in there: Sophomore guard Kennedy Cooper has overcome her fair share of injuries over the length of her basketball career. She has not allowed injuries to slow her down and get her off the track she set for herself as she continues to thrive in the face of adversity.

Hangin' with Ms. Cooper

Constant injuries could not keep Cooper from hooping as she continues to hang in there

TERREL EMERSON
Sports Editor
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TERREL EMERSON/ TM

No stranger to injuries: Cooper has suffered four of the top 10 most common injuries in sports, according to webmd.org. She says her worse injury was her torn ACL.

According to webmd.org, the top 10 most common injuries range from runner's knee to a torn Achilles.

Sophomore basketball player Kennedy Cooper has had 40 percent of them.

"My basketball injuries have affected my daily life. I constantly have aches and pains. Pain pills are a regular thing for me," Cooper said.

"I can't stand or walk around for long periods of time," she added.

Cooper has suffered from a groin pull, hamstring strain, concussion and torn ACL.

By definition, tearing an ACL means "an anterior cruciate ligament injury is the over-stretching or tearing of the anterior cruciate ligament in the knee," according to umm.edu

According to Cooper, no pain can compare to the tearing of her ACL.

"The surgery was the worst pain I've ever felt. I was in bed for about a week, I didn't want to get out of bed because of how bad the pain was," she said.

The injury can also occur partially and completely.

Cooper suffered her most overwhelming injury in the summer heading into her junior year of high school.

Despite the injury happening so long ago she still remembers it like it was yesterday.

"My ACL tear I jumped up to grab the ball on a steal and came down on someone's foot," she recalled.

She added, "I actually didn't find out I tore my ACL until four months later, I kept playing on it and tearing it until it

was completely torn."

Fortunately, Cooper returned from her life-changing injury just six months after suffering it, not including the four months in which she played on it.

Most commonly athletes are out of action for their respective sports between 8-12 months.

Throughout the season her head coach Trisha Raniewicz had to scold Cooper for not giving 100 percent on defense.

Reason being Raniewicz felt she could give it so much more.

"In my experience, there is nothing that trumps a person's internal motivation to be their best at all times," Raniewicz said.

"Carrying that mindset in all areas from practice to the game requires discipline and consistency and is something I've always felt [Cooper] is capable of doing day in and day out," she added.

Raniewicz has never been shy in saying that she is constantly on her point guard because she can compete at the highest level possible if she continues to work her hardest.

"I think [Cooper] has the ability to help a program right away. It is going to be imperative that she shows her new coaching staff that she is on board with their philosophy and willing to do all she can to help the team win.

"In addition, I am hopeful that she will be able to use these next two years of playing to further her educational goals," Raniewicz added.

Cooper looks to continue her basketball career at the four-year college level as she currently is mulling offers from Avila University (Kansas City, Missouri) and Missouri Valley College.



TERREL EMERSON/ TM

Moving forward: Cooper has worn her No. 21 Cerritos Falcon jersey for the last time. She is currently mulling offers from Avila University and Missouri Valley College.

‘F-A-L-C-O-N, what’s that spell..?’

Cerritos has a rich athletics program but why is it struggling to fill seats?

TERREL EMERSON
Sports Editor
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With a sports history as rich as Cerritos College, students, faculty and fans alike should be chomping at the bit to get a seat at one of the sporting events, right?

Cerritos is viewed as one of the most prolific community colleges in California when it comes to sports if, not the most.

It has accounted for 42 state championships over the last 50 years in 12 different sports.

“It is tough to fill seats in Los Angeles for any event. There are so many [other] events for people to attend,” Athletic Director Dan Clauss said.

College President Dr. Jose Fierro has expressed the intention of wanting to build the excitement back around Cerritos sports.

“I believe increasing school pride is a good thing. At this point my efforts are focused on supporting student services, athletics and ASCC,” he said.

He has began his initiative by making the college’s basketball games free of charge and still no one shows up aside from the family and friends of the players but very seldom do students show up.

Freshman basketball player Luis Medearis said, “It would be more fun if there was support from [students] because family members are going to support you and the team but they’re not as rowdy as students would be.”

Despite the constant efforts of Clauss to reach out to ASCC in order to have someone present at the games, he has yet to be granted his request.

Clauss said, “I’ve asked ASCC multiple times to partner up with athletics to bring halftime shows, giveaways, and different incentives to help fill the stands. They haven’t shown much interest.”

In response ASCC President Eduardo De La

Rosa said, “All I can say is our homecoming game had a higher attendance. I mean that’s not what I was led to believe in my conversations with him.”

He added, “If that’s the way he feels, everyone is open to their interpretation.”

During the football season many times the players were playing in front of friends and family in the stands as oppose to fellow Falcons.

Football head coach Frank Mazzotta said, “There is just so many things to do right now. Kids have a lot of things going on, but when I first started here you had to have a numbered seat to get in there. [The stadium would be full.]”

He added, “Students were more active, they had pep rallies in the quad in the afternoon they did all kinds of things. They just stroked the interest of the kids for them to come to the games.”

According to Clauss, “ASCC keeps the money from ticket sales for football games.”

He would like to see ASCC find more ways to increase ticket sales to benefit the students.

De La Rosa admitted that he is not aware of the exact percentage of sales that ASCC does keep.

It is very possible that many people that attend Cerritos College do not know that men and women’s tennis are a combined 43-4 heading into the South Coast Conference Tournament.

Or that the school’s men and women’s track and field teams are among the best in the state according to the physical education department.

Fierro said, “I think ASCC is working on this. However, I think we can have multiple areas collaborate in order to provide the support needed to promote sports on campus.”

With so much being discussed on campus, it begs the question in terms of athletics attendance, is it up to ASCC, the respective teams, or the students themselves?

Or will this just be another issue that is tossed to the waste side?



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