

Trading Pennies For Diplomas

Safety matters: Alarms at Cerritos

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Safety is defined as the condition of being protected, and with there being multiple incidents happening on and around Cerritos College, the question begs if the home of the Falcons is protected enough.

With recent shootings near campus and reports of stolen property, like bikes and cell phones, safety alerts have been released numerous times this semester.

This has raised concerns about the actual response time for alerts to be sent out.

For college President Jose Fierro and Chief of Campus Police Tom Gallivan, it is about keeping the campus safe and ensuring that any potential harm and danger be told to students correctly.

Fierro explained that the alarms should be released in a timely manner, but also not be excessively used.

"We want to make sure that the ones that are out (alarms), are actually relevant," Fierro said.

He went on to explain a new protocol about safety alarms and how many people have access to sending the alarm.

"We (certain faculty) got trained, I got trained as well, so we have more people now able to send them, so the delay should be less," he said.

The new protocol emphasizes that not everything will receive an alarm, as it has to be a direct threat to the campus.

Some of the direct threats Fierro included were active shootings, natural disasters and any form of violence are among the dangers that will require the campus to notify the students.

Part of the updated alarm system is the fact that the school will have to wait for the chair of department to ensure that misinformation is not being sent out, something that Fierro emphasized.

In regard to the safety alarms, and safety in general, whenever walking around campus or in the streets, Gallivan offered some instructions to stay safe on campus, particularly in the evening.

"Students should be aware of their surroundings and put their phone down when walking, [...], they should walk in groups and pairs at night," he said.

Looking to create more safety precautions, Fierro included that Cerritos College will look to increase the spotlights around campus, especially around the administration area so students and faculty feel more comfortable around the area.

There may also be a possible increase in security cameras throughout campus, along with the blue light system that many other universities, like Cal State Long Beach, have.

Chief Galivan revealed that students are always welcome to contact campus police if they feel unsafe, as well as ask to be escorted to their car by a cadet or an officer.

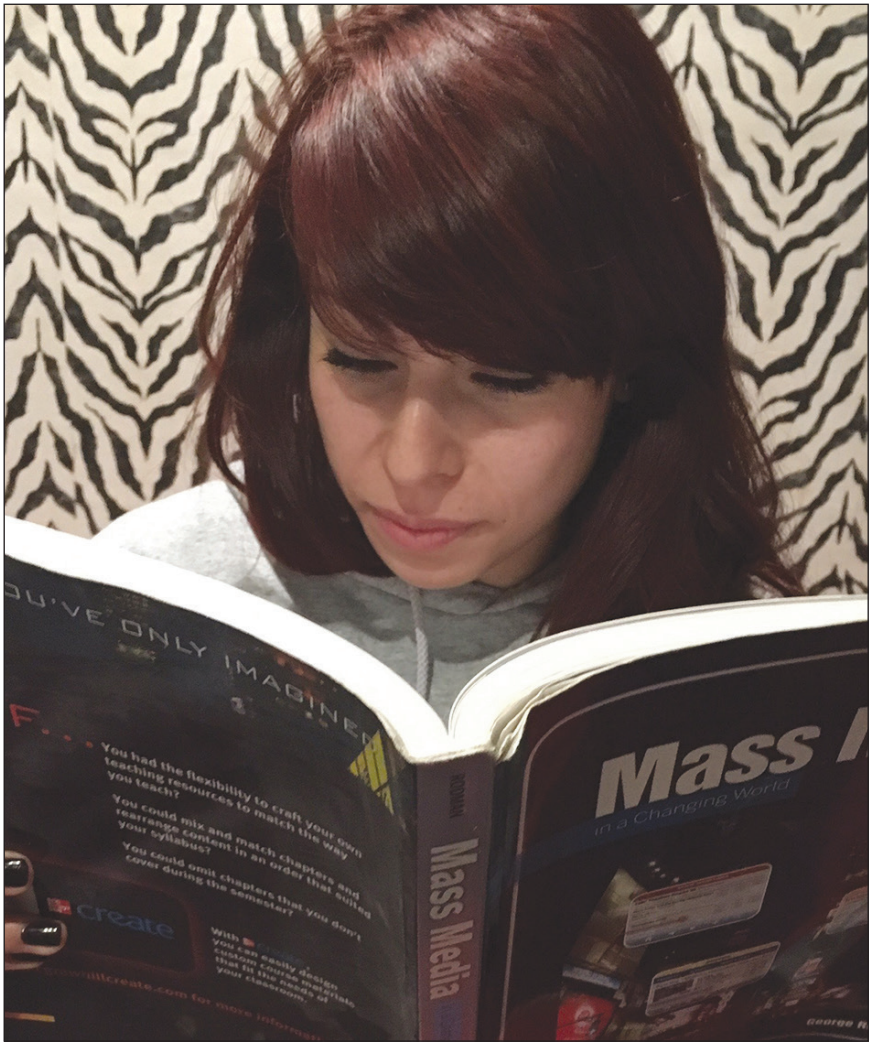


Pennies4Diplomas is an online blog project that takes a closer look at the cost of being a college student. One of the things found common among students is that money plays a big stressor in their lives.

The image above is a general idea of

how a student's college budget will likely be spent.

On Pennies4Diplomas there are stories that explore the different struggles endured as a student, different pathways traveled, and some helpful tips on how to save some money.



The Juggling Act: Julie Palencia studies for her class on her down time. She balances being a full time student and a full time employee daily.

Claudia Cazares
Staff Writer
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Working class students that pursue higher education often struggle in social engagement as well as integration.

It is harder for working students to relate or find peers with a similar background, according to nacadajournal.

Julie Palencia is a working student who attends Glendale Community College, as an undecided major.

She, is also a full-time employee at Pacific Corporate Towers. She has been going to Glendale Community College since she graduated from high school in 2011.

"I could not afford to go to the University of my choice, so that is the reason why I ended up going to a community college and working.

"Bills just started to pile up for me. I had to take some semesters off, due to the fact that I had to work more to pay for bills," she said.

She expressed that the biggest struggle is not having enough time and always being in a hurry, but once she has some free time, she's limited time to giving her time between work and studying.

Time is key for many students, with a hectic schedule it is hard for studying to take place.

According to straightline, there are management tips for adult college students to take when faced with something so important like time, which is a very critical resource to manage.

Strategies include:

- Establishing priorities
- Knowing oneself
- Sleep. Being Healthy
- Build in flexibility

Even though Palencia's parents do not have a degree of any kind, they spend most of their time working to take care of the household.

They form a very important part of Palencia's education because they motivate her.

"My family has always encouraged me to go to school and finish."

Family places a very important role for students pursuing higher education.

Whether it be for a working student as well as a full-time students, parents can be a very helpful source and can act as a students personal cheerleader.

Samuel Olvera, a working student at Cal state LA and friend of Palencia, shared some words as well.

"I believe that it is a very hard balance to keep specially if you are working full-time, but I feel like it also makes you appreciate not having a degree that much more.

"It is very important but also really hard for someone to stay on track and be able to put school first, on top of their job," Olvera said.

Even though the path to continue to pursue higher education can be difficult and long, Palencia still wants to fulfill her goal of graduating with a bachelor degree from the university of her choice.

"In four years I'll be graduating, it is my priority. Working and going to school also has its advantage. It motivates you more to continue to pursue education."



Faculty Awarded: The Outstanding Faculty Awards were held on April 28 where 10 faculty members were recognized for their hard work. David Betancourt was presented The Most Outstanding Faculty Award.

KELLY NAM/TM

Faculty gets recognized at ceremony

KELLY NAM
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Faculty from all departments gathered at the Student Center on April 28 in honor of the 2015-2016 Outstanding Faculty Awards Ceremony.

Attendance was at peak and there was lively conversation and live music prior to the ceremony.

Additionally, lunch was provided by the culinary department.

Outstanding Faculty

The Most Outstanding Faculty Award went to Dr. David Betancourt who has been the Director of bands and Orchestra since 1998.

He is the conductor for the Concert Band, Jazz Ensemble, Pep Band, Pop/rock ensemble and facilitates drumline.

"The classes I am teaching are performing groups and we have over 25 events just this semester alone.

"Most of them take place in this final month of classes so my immediate goal is to be able to help all the students successfully navigate their hectic schedules and to give their best performance at each and every event.

"My long term goals continue to be focusing on the students and how I can

help them learn about life through music," he said.

Aside from the various classes he teaches, he is also the coordinator for Center for Teaching Excellence (CTX) at Cerritos College.

CTX is a resource for professional learners onto California universities and community colleges.

On behalf of CTX, Betancourt presents professional learning topics at conferences and various campuses.

"I want to help all students be successful academically and with their life goals. As the Coordinator of the Center for Teaching Excellence, I also have a passion for helping colleagues with their professional learning goals. Put another way, How can we be better teachers? It is a never ending journey."

He is also the chair for Cerritos College Academic Excellence Committee.

"I am honored and humbled to receive this award.

"I believe that I still have a lot to learn, there is still much room for growth, and that I can continue to improve as a teacher and person.

"I feel privileged to be in a profession where we can practice the art of teaching and to be in a college where professional learning, something essential to our practice, is so vibrant," Betancourt expressed.

Other Faculty Awards

Ten other professors received the Outstanding Faculty Award.

Carlos Arce, Spanish professor; Judy Chan exercise/sports science professor; Dr. Jan Connal, academic counselor and instructor; Dr. Micic Miodrag professor and department chair of engineering design technology; Terrance Mullins political science professor; Dr. Mojdeh Nikdel, math professor; Dr. Linda Palumbo, English Professor; Inge Potter, German professor; Katrina Taylor speech communications professor; and Ana Torres-Bower professor and department chair of philosophy and women's and gender studies.

Final Thoughts

The annual Faculty and Awards Ceremony celebrates and recognizes faculty members that have made a positive and effective impact on Cerritos College's body.

College President Jose Fierro said, "It is amazing to see the impact you have on students lives.

You may not see those students again that are thankful , but the impact you had on them will continue the rest of their lives."

Responsibility of a Falcon

Ana Gonzalez, geology major, goes through college experience while supporting family

CLAUDIA CAZARES
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Some students have had to face the responsibilities of being a provider to their family after graduating from high school.

Ana Gonzalez is an example of the struggles that some working students face.

"I have had to work as a necessity, I started working during my senior year.

"I live in a single mother household so I have had to help her out," Gonzalez, shared.

Gonzalez's Story

Gonzalez is currently a student at Cerritos College, and she is expected to graduate at the end of the semester.

She is thrilled to have completed the courses she was required to take before transferring despite the difficulty she faces daily.

She is currently taking her last class, Elementary Statistics, and is still involved in clubs despite her busy schedule.

Gonzalez has had several experiences that have shaped her to the woman she is today from family, education and work.

Family has played a very important role for Gonzalez, she is the oldest of her three siblings.

She said she has to play a very strong and independent role for her family because she has plenty of people looking up to her.

A Mother's Love

Lidia Vargas, Gonzalez's mom shared words of her own toward her daughter.

"I'm so proud of my daughter, because without my daughter I do not know what I would do she is ul-

timately my backbone really."

Gonzalez shared and expressed so much gratitude and understanding toward her mother as well.

"My mom supports me 100 percent, she is always pushing me and she is my strength. She feels bad at times, she wishes I could just focus in school and wishes she could provide for my school."

Responsibilities

Gonzalez has had many jobs that she feels have helped her gain experience. Such as being a waitress, to fundraising and sales.

Even though she has worked full-time, and has had two part-time jobs at once, she has learned to make sure that her education is at the top of her priority list.

"I've literally had a million jobs, I have always accommodated my working schedule to school.

"If my job cannot accommodate my school, I can't stay because I have learned to put my education first."

Amongst all the responsibilities Gonzalez shared, the hardest has been sacrifice.

For her everything is a real priority and everything is a number.

Being a working student and a provider at such a young age can create frustration and stress for any student.

"You sacrifice and everything is a priority really, I have failed a lot of times as a student, and as a working student," Gonzalez said.

Students want to make the best out of situations, but sometimes things end up getting postponed.

After sharing her struggles, joy, and experience, Gonzalez says that her current situation motivates her all the time to continue striving for her dream success.



CLAUDIA CAZARES/TM

Story of a Student: Ana Gonzalez, geography major, shares her story about her Cerritos College experience. She is currently in her last semester at Cerritos.

Foster care awareness arrives

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May is National Foster Care Awareness month, and on Tuesday Cerritos College hosted its kick-off event where students and faculty were able to stop by and pick up a blue ribbon to show support.

LINC Counselor Marisol Aguilar greeted students and faculty, ready to answer any questions or concerns, and ultimately to put the word out regarding foster youth.

LINC is a student support program for current and former foster youth.

This program helps to insure that there is a successful transition for foster care students from foster care living to independent living.

LINC student's artwork was also on display to demonstrate and give the information in a more visual

form.

Cerritos College is currently home to more than 150 foster youth students

Monique Orozco undecided major, said, "I am part of the LINC program, I think it is really good. It helps us out a lot. They have a lot more things that are accessible for us; like counselors, financial aid and they also take us on field trips. Overall they help us out a lot, the fact that this is available has definitely made a difference."

Marisol Aguilar, LINC counselor, said, "I have been working with foster youth for over four years, I recently started working in Cerritos College in February so I am fairly new.

"What we are trying to do is to raise more awareness on foster youth. I also see it as a great way for me to meet some of the foster students I have not yet had the oppor-

tunity to meet or talk to."

We can all learn to become supporters and be a little more sensitive to their issues and overall create a safe space for the youth."

Kenia Feliciano, English major, said, "I work in the Financial Aid office so I am informed about the program, we refer the students to the LINC program just so they can be aware that there is also support on campus."

All month long there will be programs offered to help instructors and students become advocates and more aware on foster youth.

You will also find ribbons on trees all around campus, to help spread the word.

Below the ribbon, there will also be a small informational guide.

Students can take advantage of these opportunities while gaining awareness on the subject of foster care.



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Summer Benefit: Mexican Regional Music Singer Larry Hernandez(center)at the press conference with College President Jose Fierro (left)and Ruben Gonzalez (right) at the Cheryl A. Epple Board Room announcing that he will be headlining the Summer Benefit Concert and Sports Festival. The benefit will take place from July 29-31.

Larry Hernandez headlining summer benefit concert

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Rows of reporters and colorful microphones took the place of professors and board members at the Cheryl A. Epple Board Room on May 3.

Latin singer Larry Hernandez sat beside College President Dr. Jose Fierro and women's soccer coach Ruben Gonzalez at a press conference at 1:15 p.m.

He will be the headliner for the Summer Benefit Concert at a music and sports festival at Cerritos College.

The concert will take place on July 30 from 7 p.m. to 10 p.m. and will be part of a three day festival to raise money for scholarships.

According to the singer, more than one scholarship will be handed out, which will help students complete their education.

The three day festival is set to take place from July 29 to July 31 where according to a college press release, the festival will also include a youth soccer tournament for participants 6 to 8.

Older participants will also be able to compete in the parking lot of the college.

Tickets for the event will go on sale on May 5 on ticketon.com

Hernandez said what caught his attention about the concert was the fact that it was to give back to students in the form of scholarships.

"We were discussing how the scholarships that have my name would be and we will continue to talk about if students will earn the scholarships based on grades[...] all of that will be discussed so these awards go to students who earn them and so that being undocumented wont be a barrier," he said.

He continued, "The important part is that there are 1,500 undocumented students who are helping, and these students can't get scholarships that the government hands out, the college helps them."

The scholarship is open for any student to apply.

Fierro stated that the requirements for the scholarship are as follows:

- have graduated from a high school near the Cerritos College area.
- have completed the orientation process.
- collaborate with professors and administration to get an education plan.
- follow that plan and show progress in college education.

"The idea is that students not only come to Cerritos College but they graduate from the college and go on to a university," he concluded.

Hernandez, who has eight top 10 albums on the Latin albums chart according to Billboard, stated that he is interested in giving back to the community.

"Honestly, this is the first time that I am involved in an event of this magnitude and I am grateful and happy with a great sense of responsibility that from now on this event will be highly publicized through television and social media and the tickets will be going on sale.

"What we're doing is to help students that have difficulties in accomplishing their scholastic dreams [...] I am happy that I was approached."

He continued, "For me to start with this college is a catapult to go to other cities and have other colleges approach me to work together to give back to the community."

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Building Connections: The ASL Club hosted their monthly “Deaf Coffee Night,” which consisted of communicating in sign language between hearing and hearing impaired people. The event helps to bridge a gap, and build a connection between everyone.

Communicating in silence

Cerritos College ASL Club hosts Deaf Coffee Night at Starbucks

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From waking up to the sound of your alarm to listening to your favorite song, these are some sounds that everyday people have grown accustomed to hearing. However, not everybody has the luxury of hearing according to American Sign Language (ASL) Club President Alexandra Newport. “When I started the club the purpose was for us to volunteer for fellow students to find out about ASL classes on campus,” Newport said. “It’s just important to bring awareness to ASL and basically have fun with it.”

Friday the Cerritos College ASL Club held its second “Deaf Coffee Night: an ASL chat” at Starbucks in Long Beach. Biology major Kevin Passi was in attendance for the event and felt it was important for people to come out and support the hearing impaired. “The importance of signing is that it helps show others that we are willing to communicate with deaf people and the hard of hearing and we are making time and effort to communicate with them,” he said. Passi took two years of ASL studies. Newport is in the fourth level of ASL studies and she is actively trying to enhance the program by having these types of events. Jesse Brizuela, ASL four student, happened to work at a Starbucks and was willing to host the event at his workplace. “He was getting a lot of deaf customers and when they found out he could sign they got excited so he’s just trying to do more for them,” Newport said.

Brizuela was not in attendance due to illness. ASL professor Sylvia Yingst’s brother Rennie Montes came out to support the ASL Club despite not being a part of it. Montes was born deaf and wanted to show people that there are ways to survive in the world despite being hearing impaired. “I was born deaf, I grew up and didn’t feel connected with the deaf community,” Montes said through signing. “I learned oralism and sign language through friends but it didn’t feel natural so I went to [Golden West] College for ASL interaction,” he added. Newport is looking to have these meetings on the last Friday of the month. The location is not subject to change from the Starbucks on East Stearns Street. “Future plans I would have to say would be to find more volunteering opportunities and to continue having events at school and participate,” Newport said.

The ASL Club is in the process of working on integrating workshops at Cerritos College for students who are interested in expanding communication with those who are hearing impaired.



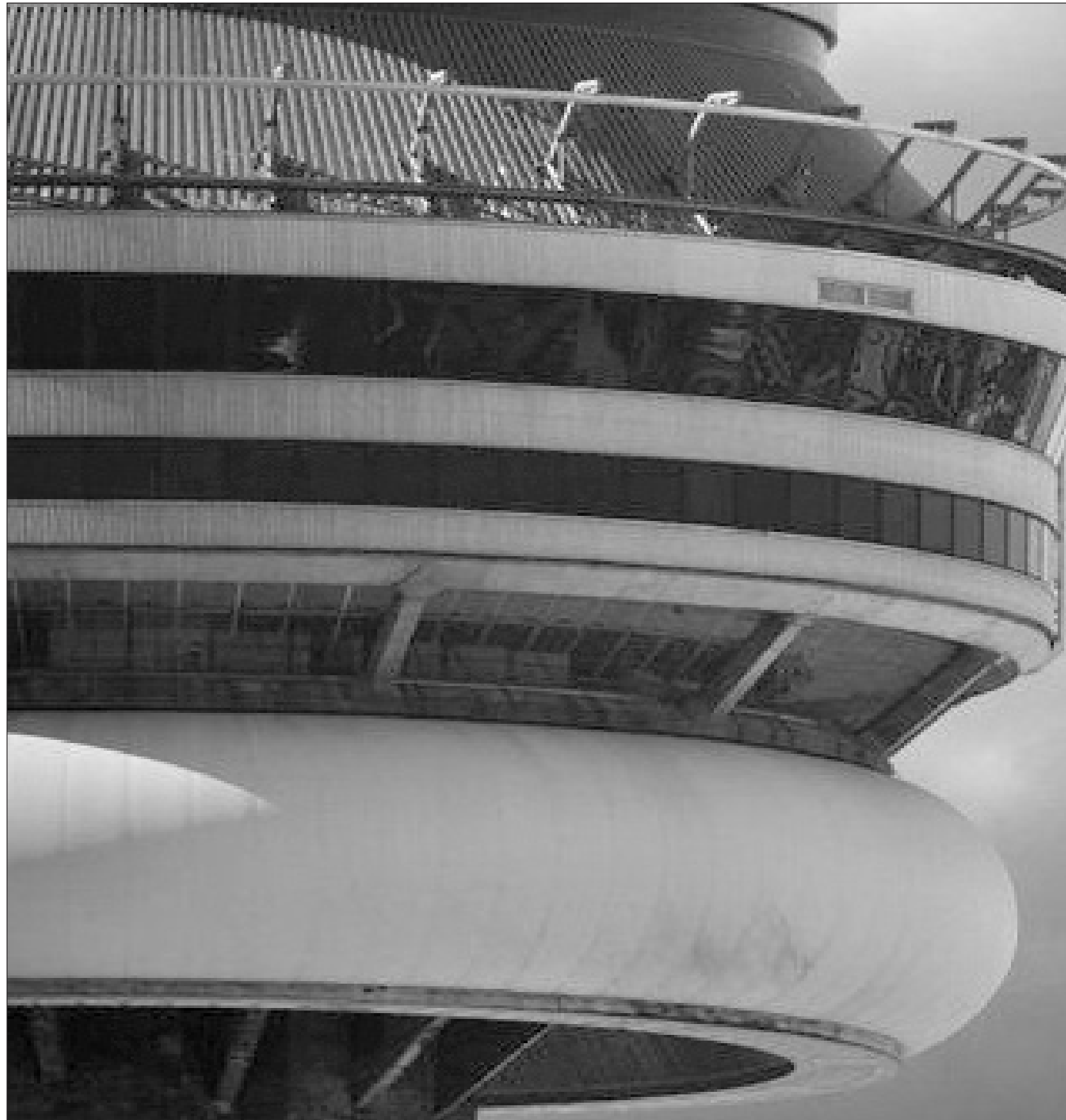
A Taste of College: On Friday, high school students explored the many things that the campus had offer to students. Some clubs performed dances for the students, such as Dynamic Dance Club and MEChA Club.

Students explore college life

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Potential freshmen roamed the campus hoping to find a place within the community at Cerritos College. Senior Preview Day saw approximately 970 senior high school students from multiple schools on campus. Students from the high schools in the Cerritos College surrounding area, and students from the Los Angeles area were in attendance. The half-day event was held on Friday and it primarily focused on gathering senior high school students and bringing them to the college to show them what the school had to offer. This day gave students the opportunity to not only explore their future options at Cerritos College, but also showed them that being in college wasn’t only about showing up to class. The event also focused on helping students understand how things worked in college. Clubs were stationed around the quad, intermingled with activity booths. More than 66 booths were set up for students that needed information. The booths were also offered to answer any questions students had. Among the many clubs that were set up outside was the Architecture Club. Niza Arellano, who represented the Architecture Club, stated “It is good to open their eyes because this isn’t the only school they are applying to. “I was surprised when [the students] were asking me questions about requirements [for this major].” Jonathan Martinez, who represented the Circle K Club, believed that it was important for more colleges to do similar events like this. “I think it is good and necessary for col-

leges to do [this] so people are more active and not just coming here to just do their classes. They are actually involved in something they are passionate in.” Martinez felt like he was getting good feedback from students. Karyn Martinez, a senior at Jordan High stated, “It’s really fun here because there are a lot of clubs and a lot to explore. There are different options for [them].” She plans on pursuing a career as a veterinarian when she graduates high school. There were also performances from the Dynamic Dance Club, MEChA Ballet Folklórico and the Music Department throughout the event. Nece Silva, also a senior at Jordan High School stated, “I like how the clubs are interacting with people and not just sitting there.” She found the “living statues” representing the theater booth the most intriguing. Students were also offered Hot Dog on a Sticks as their lunch for the day. The cosmetology department offered free manicures to students, while Dr. Frank Gaik, English professor, made instant haiku’s on his old-fashioned typewriter as a free game for students to play. Counseling had an interactive game to play and win prizes, while the Astronomy Club presented their telescope with a solar filter to view the sun. Martinez said, “It allows students to connect more with each other and the community.”



Re-Views from the



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After the anticipated wait the world has been blessed with Drake's fourth studio album "Views".

His long awaited project has left some of his fans in a "eh" state of mind.

But, the real problem is that this is an inferior version of Drake that's been heard before in his album "Take Care."

Drake had his fans patiently waiting for the album to drop since 2014, when he announced it to Billboard.

Last February he dropped "If You're Reading This It's Too Late," where he showcased his lyrical rap style.

He then dropped "What A Time To Be Alive" with Future in September.

All of this new music was great, but fans were still clinging with anticipation for "Views from the 6."

When Drake dropped two singles from his project, "Pop Style" and "One Dance" earlier this month, fans thought they were in for something great.

The album does have its highlights.

The album featured recent popular hits from the Canadian rapper, such as Hotline Bling, One Dance (ft. Wizkid and Kyla) and Controlla.

Although some highly-rated artists have been detached from the album, there is some outstanding features bulking up the track list.

"With You" featuring fellow Canadian RnB singer PartyNextDoor, is an example of the beautiful music the pair can create together.

There must be something in the Canadian water.

The album really contributes to Drake's exceptional collection of work and the cold Canadian temperatures is just what hip-hop needs in the current musical climate.

There are going to be some fun singles off this album.

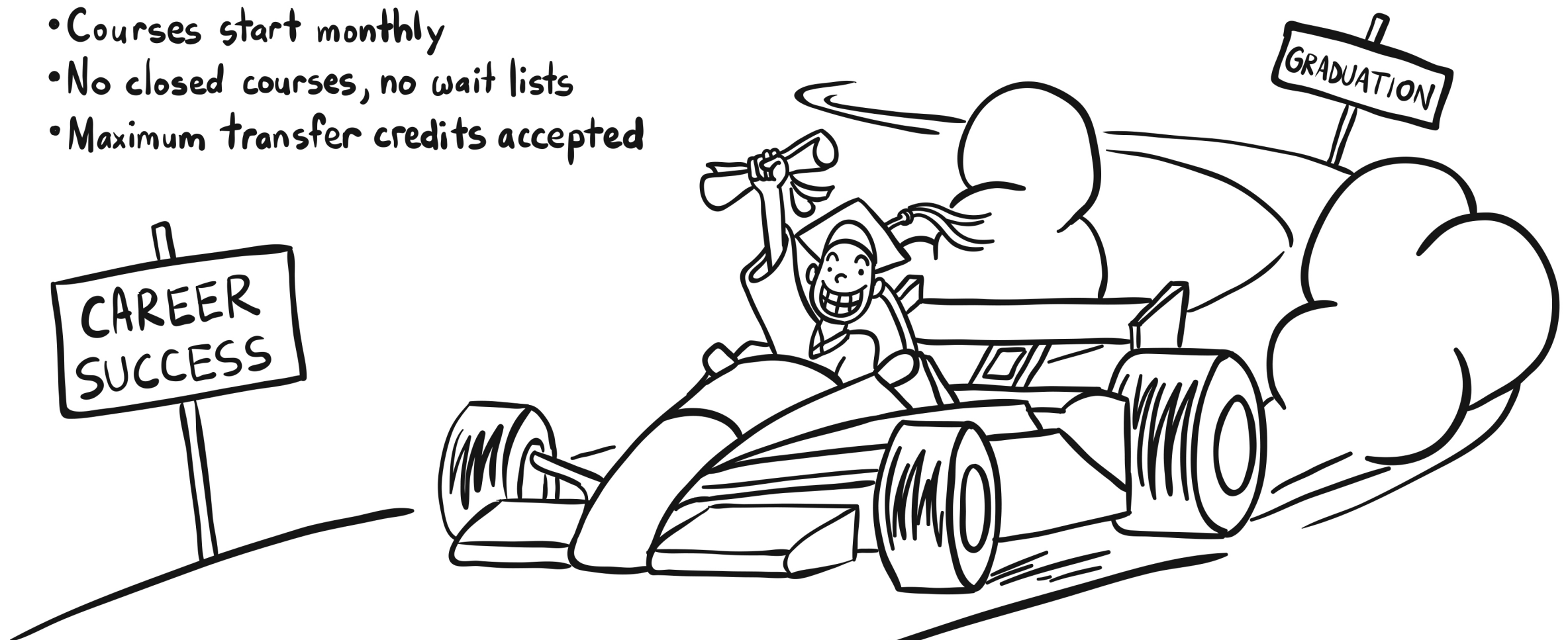
With this project release he announced that he is going on tour with Future this summer.

Here's to you, 6-God.

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EDITORIAL



KRISTOPHER CARRASCO/TM

Mothers and infants deserve more than to be hidden away in the dark

Women are the vessels that bring life to the world.

From the moment of conception they love and nurture their baby and continue to do so for the rest of their lives.

A natural part of raising an infant is breastfeeding.

Breastfeeding is an important part of nurturing because the breast milk itself has important vitamins and nutrients vital to the development of a baby.

It's a tiring yet rewarding process that all women should be commended for.

Because of these reasons, and many others, women should feel comfortable breastfeeding when not in the comfort and privacy of their home.

Recently, Fresno High School has added a lactation room to their campus.

According to an article in The Fresno Bee, the room allows for staff and young mothers to breastfeed comfortably.

The room is also equipped with a fridge, rocking chair, and changing table for mothers who have infants.

If a high school can provide a comfortable place for mothers to perform this completely natural, inevitable act, then why has the community college and university system not caught up with it.

It seems more fitting that colleges would have these rooms as it is hopefully more likely that the rooms would get used more than that of a high school.

Breastfeeding and pumping is already an uncomfortable process it seems unfair to subject women to more discomfort by using a random storage room, or even worse, a bathroom.

For one, when using a random room

there is always a chance of being walked in on.

Second, the use of a public restroom to pump is even more uncomfortable and completely unsanitary.

These women just went through the process of carrying a child for nine months, then labor and now breastfeeding.

The considerate thing to do would be to give proper accommodations to these women.

It is the least they deserve.

This seems like common sense, and an argument that people would easily get behind.

However, there's a stigma around breastfeeding that makes people uncomfortable.

Sometimes the urge to lactate is so unbearable it has to be done at that moment.

It's not something that can be easily scheduled, not that women have not done or tried it.

So if a woman with her child has to breastfeed out in public she should not be looked down upon for doing so where she feels comfortable.

Yes, there are women who just sort of whip it out without coverage.

There are many who cover up to make those around her not feel uncomfortable.

It is really just basic consideration for one another.

To take the argument further if schools and workplaces can find a way to accommodate these women then why can't other business such as restaurants and stores.

If it really does make people that uncomfortable then why not provide these lactation rooms.

Really, it would make both parties more comfortable.

A high school student from Georgia just recently began to advocate for this exact thing.

According to ABC News, Sophie Mumper of Decatur, Georgia began encouraging local restaurants to begin welcoming breastfeeding in their establishments.

Her idea was to post signs saying "breastfeeding welcomed here."

The idea is a plausible one.

If these establishments don't have the means to put in these rooms then the least they can do is stand behind mothers in support.

With the support of the managing staff of said establishments it can help ease some of the stigma and fears of being humiliated for breastfeeding in public.

Even if customers aren't completely comfortable with the idea of having the support of those who run the businesses would, really, make mothers more comfortable.

Having these accommodations and support would also help women feel more comfortable going out early into motherhood.

The bottom-line is high schools, colleges, business and workplaces should stand behind mothers, not look down upon them.

It's the 21st century we should leave the archaic ideology of what is socially acceptable and accommodate those that need accommodating.

We do so for the disabled and impaired. We should do so for the new moms.

Mothers and their babies deserve better.

Zodiac Killer is Ted Cruz

BENJAMIN GARCIA
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While there is a scientific explanation for why the barely Hispanic presidential candidate has such an unsettling air about him, there is also some other information that U.S. voters should take into account.

After a series of allegations suggesting that presidential candidate Ted Cruz is the abominable Zodiac Killer, disturbances on several social media platforms on the subject, and mixed responses from the Cruz family itself the nation is stirred to say the least.

From the way he seems to speak in cryptograms, to the way his own family is afraid of him, to early footage of him revealing his psychopathic plans of world domination one can tell that this man is disturbed; what is shown in the media and what he presents to us is wildly untruthful.

On March 16, 2013 in a response to comments made by Senator John McCain in an interview with the Huffington Post, Ted Cruz said "count me as a proud wacko bird." Last month when the presidential candidate came to Jimmy Kimmel Live he nearly bragged about being a se-

rial killer directly after admitting that he does not know whether or not he would run over fellow Republican presidential candidate Donald Trump.

The alleged Zodiac Killer boldly announced his VP before he was even nominated, and stated that Carly Fiorina texts his underage daughters on a daily basis. In March during a press conference Rafael Cruz freely admitted that he sexually abuses rodents. The American people are aghast at Ted Cruz's inability to function as a healthy and stable human being and that is why he is hard to relate to.

The most important point in this phenomenon: In 2012 the GOP pressured Barack Obama, in the midst of his first presidential campaign, to prove that he is indeed a citizen of the U.S.. This makes a precedent for the Democratic party to demand an alibi from Ted Cruz as to where he was when Cheri Jo Bates was murdered in Riverside, Betty Lou Jensen and David Faraday near Benicia, and Paul Stine in San Francisco. The American people should treat the mindless sensationalism against Cruz no differently than they did Obama. Furthermore they should pay better attention to the standings of Rafael Edward "Ted" Cruz that truly make him thoroughly disgusting.

Outdoor studying isn't for the scholar

BENJAMIN GARCIA
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Natural selection is coming after the ones who study outside.

First and foremost these people are putting themselves at risk of contracting malaria, west nile virus, chikungunya, and encephalitis/encephalomyelitis.

Does the reader know what encephalitis does? It inflames the brain, how can one study when one's brain is swelling?

As industry continues to take over south LA and the gateway cities, pollution is being leaked into the air, water, and soil.

Areas that are within a five mile radius of a major freeway are at special risk; Cerritos College is within spitting distance of two.

If one studies outside, one is not only putting themselves in danger of chronic brain swelling viruses, but also cancer and malignant skin

conditions.

Some have asserted that being in the not so great outdoors alleviates a number of symptoms common among people who have been diagnosed with ADD/ADHD.

What do college students have Adderall for?

Definitely not to party while studying.

Another so-called benefit of studying while exposed to the savage elements is the notion that the body will absorb vitamin D.

Vitamin D soft gels are eight dollars. You can buy them on eBay so that you don't have to leave the comfort of your dark and safe room.

There will be no wifi in the outside. One should not have to waste their precious data to snap their friends to tell them that they are getting wrecked while reading Charles Dickens in the park.

How will society survive if all the Facebook posts such as "bored" and asking suddenly disappeared?

It makes much more sense to stay inside where there are electronic devices readily available, with plug in outlets and wifi.

Yet another mundane argument in support of outside scholasticism is the evolutionary trait of biophilia, an affinity for being around living things.

This argument can be easily rebutted by reminding one that the human being is in fact a living thing.

If going outside works for some people they should do it.

But if one who's looking for the secret to scholastic success reads an article saying that being on one side of a door as opposed to the other assists in learning, and one bases all their hopes of good grades simply on the fact that they sat under a tree while studying, what's the point of studying at all?

FSZ

FREE SPEECH ZONE

How do you feel about Subway taking place of Taco Bell?

COMPILED BY:
BIANCA SALGADO

PHOTOGRAPHS BY:
KARLA ENRIQUEZ

JOSEPH JIMENEZ
Criminal justice major

"I like Taco Bell's \$5 Beefy Crunch Burrito. I've had Taco Bell since I was a kid so it's my preference. Subway is good too, but Taco Bell is better in my opinion."

BRITTANY CRAWFORD
Design major

"I don't eat meat at all actually. So Subway is a good option to have now. I have not eaten meat for four years now."

EDWARD GONZALEZ
Education major

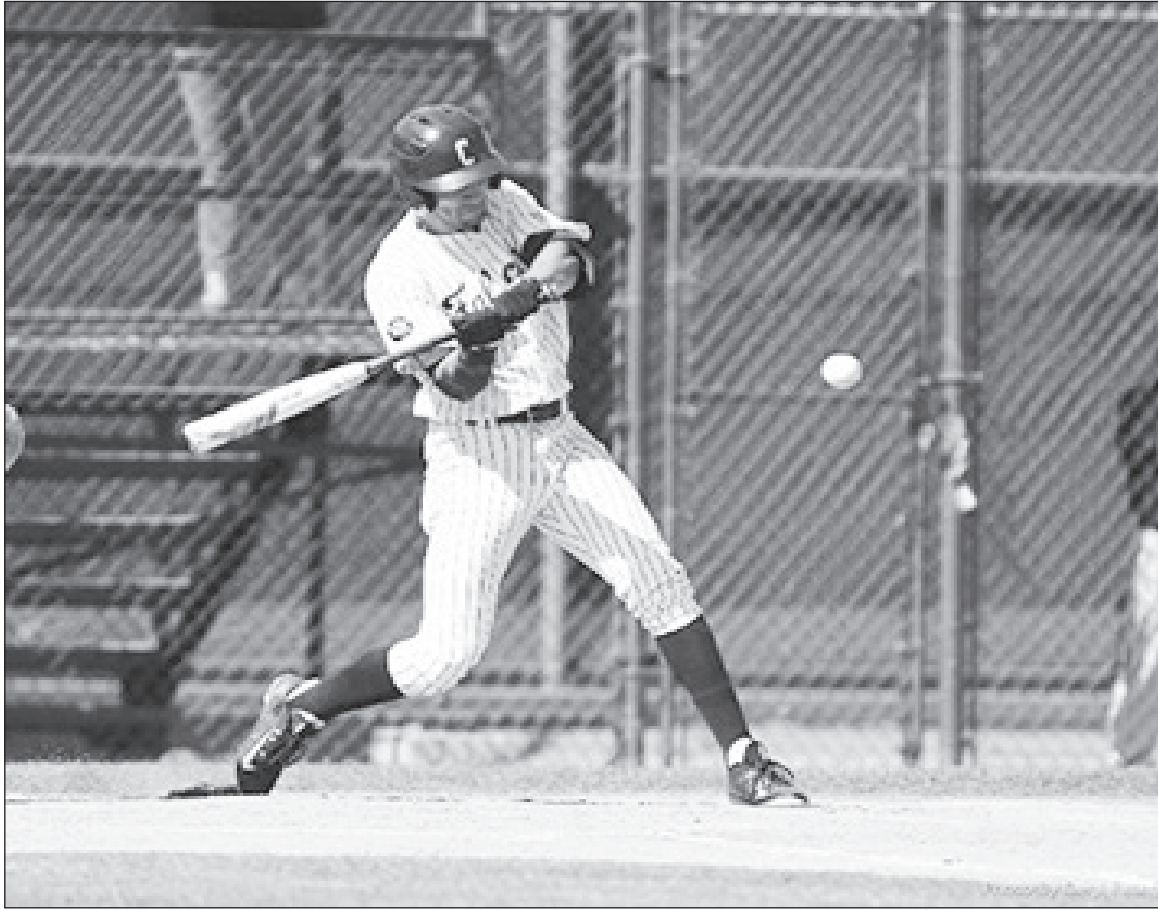
"I think it is a good idea since it is a healthier option now. I like having sandwiches - it's a better choice. It will have to take some getting used to it though."

JOSHUA IANNOTTI
Chemistry major

"I don't have a strong opinion but Subway is better than Taco Bell. There's more variety in terms of options we can choose from plus it tastes better."

SANDRA JIMENEZ
Dental hygiene major

"I actually like Subway better than Taco Bell because it is healthier."



DARRYL PETERSON/ CERRITOSFALCONS.COM
Man on a mission: Sophomore Mike Heenan swings for the fences. Heenan batted .303 during the regular season.



DARRYL PETERSON/ CERRITOSFALCONS.COM
Player of the Year: Sophomore Jenny Collazo smacks a pitch to outfield. Collazo was honored with SCC Player of the Year.

Baseball and Softball battling to playoffs

TONI REVELES AND TAYLOR OGATA
Sports Copy Editor and Staff Writer
@ToniTellsIt and @TOgata87

For the fourth consecutive season both Cerritos College baseball and softball are competing in the playoffs.

Both teams overcame its fair share of adversity in order to get to the playoffs.

But both understand the goal is far from accomplished.

Softball Season Review

The Cerritos College softball team move ahead to the postseason this Saturday against Southwestern.

The women went 28-12 overall, 16-5 in their conference.

The team started off 2-0 in non-conference play.

Head coach Kodee Murray was very happy with the start of their season.

"We played outstanding, we had returners in pitching position, shortstop position, and second base position but none of those players have played in those positions before, so we were basically a brand new team," she said.

The women started off going 24-7 between the months of January to March.

Sophomore stand-out, Jenny Collazo won CCCAA player of the week for the week of February 14 - February 20.

She said, "It feels great, I was really surprised, I didn't even know that their was even an honor like that."

The team went through a little rough patch in the month of April going barely over .500, 6-5.

The team faced some adversity during the season but looked to overcome it, pitcher and third basemen Jenny Navarro said, "We've been going through a lot of stuff with our own team we've been struggling with some players with injuries."

"Now we're just trying to get back and recover, now these last two games weren't the best and we haven't been performing like we started off and it's because we're overcoming something that happened between our team but we all know what we want and we're fighting for it now."

The women did finish their season on a three game winning streak.

Collazo added, "There's always room for improvement but I think that my team

and I are right where we want to be, I'm happy with where we are and how we're performing."

Collazo finished her season hitting .398 with 50 RBIs and seven home runs.

Softball Playoff Preview

The ladies enter the postseason ranked No. 5 and look to face No. 12 seed Southwestern in a three game series starting Saturday.

Collazo said the team is looking for to the match up, "We're ready, fired up, and excited."

Overall the team is hitting .357 with 32 home runs during the regular season.

Baseball Season Review

The Falcons baseball team finished the regular season with a 23-13 overall record while going 15-6 against conference opponents to take second place in the South Coast Conference.

Overall, Cerritos scored a total of 242 runs while batting .295 and hit 10 home runs, according to the stats on cerritosfal-

cons.com.

The Falcons were led by Mark Pena (.375 batting average), Daniel Lopez (four home runs), Jonathan Marriott (five wins in 57.1 innings pitched) and Jerald Johnston (six saves)

Lopez, for that matter, ended the season swinging a hot bat, collecting eight hits in the final three games of the season, including a home run in the first loss against LA Harbor.

He was also a key batter late in the first game of the El Camino series, when he doubled to clear the bases and put the Falcons in the lead in the top of the ninth inning in a game where Cerritos once trailed 5-2.

The team also learned a lot of lessons during the regular season.

The Falcons were able to come from behind to win games against Long Beach City and El Camino during the regular season.

The team has the potential to come from behind when it seems impossible.

Johnston said, "I learned that we have to stay high and we can always come from behind and to stick to our game plan as

well as play together as a team."

Baseball Playoff Preview

The team is ranked No. 12 and will take on No. 5 seeded Grossmont in a best-of-three series starting on Friday.

Assistant coach Hector Zamora said, "We have to just do the basics if we are going to win this series. The basics are solid pitching, timely hitting, and excellent defense."

Staying true to what brought them to the dance is what the Falcons need to win the series.

"We just have to play our style of baseball for a full nine innings," Johnston added. "Our style is to just play together and never get down on ourselves."

Johnston also said that the team should never let the emotions of individual players get the best of itself or any one player.

"There have been some times when we got down on ourselves because of our feelings and personal matters. We can't let that happen to us."

Cerritos' pitchers had a combined ERA of 4.21 overall during the regular season.

Pena, the face of Falcon baseball

TAYLOR OGATA
Staff Writer
@TOgata87

When you think of a "face of the franchise," you think about some big name players on any team in any sport.

Mark Pena, a 22-year-old sophomore center-fielder out of Bell Gardens High School and a Liberal Arts major, can be considered the face of the Cerritos College baseball program.

In a recent series against El Camino, Pena is batting .364 with a home run and 28 RBIs, according to the stats on the cerritosfalcons.com.

He also currently holds the school record for consecutive games with a hit with 32, breaking the original record of 23 set by Jerry Pena back in 2008 on March 1 against Los Angeles Mission.

He ended the 2015 season on a 12-game hitting streak.

"I've been playing ball since I was eight years old," Pena said. "I also chose to attend Cerritos because it's close to my high school and I heard it's a great program."

"He's a talented player as well as a good leader," first baseman and teammate Mike Heenan said. "He also has a good attitude and excellent work ethic. He's a nice person all around."

Head coach Ken Gaylord was wondering who Pena was when he first entered Cerritos College, but he knows him very well now.

"I'm really proud of his development," Gaylord said. "He's a very valuable piece to both my team and our school. He's a good student and also a leader to our program."

In 2015, Pena was named to the



TAYLOR OGATA/TM
Swing for the fences: Sophomore Mark Pena swings for the fences with the Falcons away from the home nest. Pena came into the season with all eyes on him to lead and he responded with a Cerritos record 32-game hit streak.

first All-South Coast Conference team while appearing in 29 games and leading the team with a .309 batting average to go with a home run, 11 RBIs and six stolen bases, one year after being a red-shirt for medical reasons.

In high school, he got second All-Almont League team honors as a senior and also earned a high school Gold Glove award.

Pena was born in Downey on October 13, 1993 to Arnold and Jamie Pena and has two siblings, Richard (19) and Miranda (21).

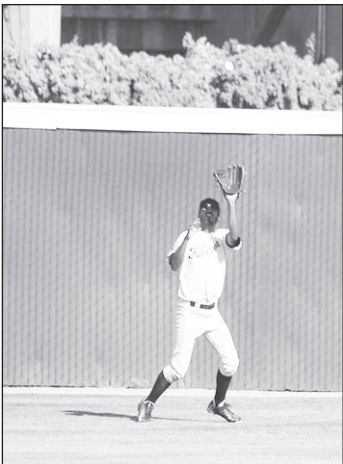
While he has lived in the LA area for most of his life, he has also spent

time in Texas.

Pena's most memorable moment was hitting a home run in the seventh inning to tie a game.

His nickname is "Cargo" and his favorite athlete is Pittsburgh Pirates outfielder Andrew McCutchen.

After graduating from Cerritos, Pena hopes to transfer CSU Long Beach, UCLA, or Arizona State and pursue the rest of his Liberal Arts degree.



TAYLOR OGATA/TM
Reel it in: Center fielder Mark Pena shields his eyes from the sun as he attempts to reel in a fly ball. Pena had a .375 batting average during the season.

Three women's basketball players sign

TERREL EMERSON
Sports Editor
@sir_chatterbox

Family and love are some of the words the Cerritos College women's basketball team used to describe each other.

That is what three women will be leaving behind as they move onto the four-year university level.

Forward Sydney Lopez signed to Hope International University in Fullerton, California.

While guard Kennedy Cooper and forward Ashley Flores will take their talents to Peru State College in Nebraska.

"I chose Hope International because it is a private school and I know the staff and the coaches will help me succeed in the classroom and excel on the court," Lopez said.

Lopez played two seasons for the Falcons and averaged 5.3 points per game, 4.1 rebounds per game while shooting 41.6 percent from the field.

Despite her numbers at the community college level Lopez understands that more competition lies ahead.

"I am expecting a big change. It will be more competitive on the court and I will have to earn everything I get by constant hard work," she said.

Before leaving for her new school Lopez wanted her teammates to know something about her.

"I really appreciate each and every one of them. I know they all used to say 'Syd[ney] hates us.' But know that that is far from the truth and I am thankful for the

seasons I spent with you all," she said.

Both Cooper and Flores did not consult with each other prior to making the big decision to attend Peru College.

"I knew [Cooper] had an offer from the school but we both were unsure whether or not we were going to go there," Flores explained.

But once the papers were signed reality set in for both athletes knowing that they have at least two years left to play together.

"We were very excited to know we would be going to the same school and it was a little bit of relief to know I would have a friend going to school with me being so far away from home," Cooper said.

Flores shared the same excitement but channeled it a different way, adding "It's going to be lit."

The chemistry between Cooper and Flores on the court has grown over the years but the bond off the court will continue to grow as well.

"I think that we have really great chemistry on the court. We know how each other play and our strengths and weaknesses. Off the court we're cool. [Cooper] is the homegirl and it's always fun to be around her," Flores said.

With all that in mind both athletes are anxious to continue improving on the court together.

"At the next level people can expect us to dominate. I believe together we are going to make a huge impact on this new team," Cooper added.

MORTAL INJURIES



Top 10 Most Common Athlete Injuries

Scan for description of each injury



<https://mortalinjuries.wordpress.com/2016/03/09/mortal-injuries-powerpoint/>

10. Achilles Tear
Recovery: 9-12 Months

9. ACL Tear
Recovery: 6-9 Months

8. Shin Splints
Recovery: 2 1/2 Months

7. Tennis Elbow
Recovery: 1-3 Months

6. Ankle Sprain
Recovery: 6 Weeks

5. Dislocated Shoulder
Recovery: 6 Weeks

4. Hamstring Strain
Recovery: 3 Weeks

3. Groin Pull
Recovery: 2 Weeks

2. Concussions
Recovery: 1 Week

1. Runner's Knee
Recovery: 2-3 Days

TERREL EMERSON
Sports Editor
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The top 10 most common injuries in sports range from runner's knee to achilles tear. Also the time missed can range from 2-3 days to 9-12 months.

In the words of athletic trainer Maria Castro, "Every case for every athlete is different." Some athletes are able to recover from injuries faster than others. While many athletes are never the same following a horrific injury.

According to athletic trainer Brian Cable, "No athlete is ever 100 percent after an injury."

During the information gathering process no one on the Cerritos College campus has suffered a torn achilles.

Basketball player Kennedy Cooper suffered a torn ACL in high school and didn't receive a diagnosis until months after the initial tear.

Some athletes such as volleyball player Rocio Perez, have torn both of their ACLs.

In terms of shin splints most cases come after a build up of running constantly much like Diego Munoz's case.

Years of running on cement has upgraded to a shin splints injury that he feels to this day.

Volleyball player Leslie Larranga suffered her shin splints injury from the constant jumping while playing volleyball.

The jumpshot motion is not the most common action for the human body.

Red-shirt basketball player Darryl McMillon has been playing basketball since he was a toddler.

During his time at View Park High School he developed tennis elbow.

Ankle sprains are something that athletes can suffer at any time and playing any sport.

Subsequently, the injuries may be handled differently and the time missed can differ quite a bit.

Student medical staff members Veronica McCaughan and Montez Hunter have two completely different experiences when it comes to ankle sprains.

McCaughan suffered her injury in high school and never missed any time.

However, Hunter missed almost two and a half months recovering from his injury.

Football assistant coach Jeffrey Fischer suffered a dislocated shoulder on many occasions resulting in many different surgeries.

Not every case is as severe as Fischer's.

For instance, basketball player Brian Nebo suffered a dislocated shoulder and missed only two weeks.

Castro said because Nebo did not play a sport that required a longer recovery time he was able to come back quicker.

In the next two cases it seems lack of stretching caused Cooper and baseball player Adrian Ramirez their hamstring strain injuries.

Basketball claimed both athletes for the groin pull injury.

Cooper made yet another appearance along with basketball player Tyler Payne.

Contrary to popular belief, both concussion injuries were not football related.

Hunter did suffer a concussion while playing football at Long Beach City College.

Cooper suffered a concussion while playing defense.

Out of the 10 most common athlete injuries Cooper suffered four.

Football player Elijah Walker suffered runner's knee after years of playing on the gridiron.

Track and field athlete Ryan Lopez suffered a fall while hurdling and it developed into constant knee pain otherwise known as runner's knee.

Every athletes recovery is different when faced with adversity but one thing remains the same, the will to get back to work.

Scan to read athlete's stories



<https://mortalinjuries.wordpress.com/>

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Rosemary Diaz, B.S., Physics, '00
Optical Engineer, Jet Propulsion Laboratory

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