

CERRITOS COLLEGE

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Riot by the Rally: Anti-Hillary Clinton protesters (left) lined up and questioned Clinton supporters (right) as she walked by the gym area of East Los Angeles College. Clinton held a rally at East Los Angeles College on May 5.

KARLA ENRIQUEZ/TM

Clinton rally sparks angry protestors

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“Hey! Hey! Ho! Ho! Hillary has got to go” was heard outside of the men’s gym on Cesar Chavez boulevard right outside East Los Angeles College in the city of Monterey Park.

Democratic Party nomination hopeful Hillary Clinton held a rally at ELAC on May 5 while a protest was formed in response right outside the college.

While supporters were clad with Clinton pins and placards, anti-Clinton demonstrators lined up with mega phones, posters denouncing the democratic front runner, others held Bernie Sanders signs.

Clashes between both camps broke out, some using the siren on the mega phones to identify Clinton supporters walking by.

According to ELAC nursing major Regina Castaneda Clinton spoke briefly before leaving the stage, mentioning Republican hopeful, Donald Trump in her speech.

Inside the Rally

About 1,000 supporters attended the Clinton rally.

The evening saw a mariachi band play for the attendees followed by Los Angeles Mayor Eric Garcetti, who showed his support for the former New York senator.

Culinary major Nicole Mendoza also attended the rally and noticed the clash in ideologies at the event.

“The majority were [Clinton] voters but there were a few that protested their opinion, but they were immediately shut up.

“When people started noticing there were going to be protesters, they sat people that were big [Clinton] supporters next to them so when they started screaming they would be blocked out,” she said.

Mendoza added, “As soon as they did speak out they were kicked out by the police.”

Clinton Hopefuls

Clinton supporter and West Hollywood resident Sydney Ross, walked through a line of protesters and left feeling like the demonstrators didn’t shake her support.

“I am here supporting my girl, Clinton. She stands for everything I stand for, she is the only one in this presidential election that is going to fight for me and my

rights and rights of everyone I respect and she is going to make America fair and amazing again.”

Los Angeles resident Jeanette Orduno stated, “I support her because she has done a lot for health care and she supports women’s rights, equal pay and affordable care for everybody and I think she would make a really good candidate.”

Decked in purple Service Employees International Union gear, Carmel Matanga, whose husband is president of the Local 1,000 chapter said, “[Former ELAC Professor] Judy Chu gave a speech about how she grew up here [Monterey Park] and [...] not to build a wall but tear it down.”

However, not everyone present at the college felt the same way.

Anti-Clinton Protestors

John Parker, who is running for U.S. Senate was vocal during the demonstration outside of the gym.

“I am here today because this is an important issue especially for black and brown people who are being victimized.

“This is repression that is trying to keep us all work-

ing people in fear because society cannot meet the needs of the people, so what they do to keep us from protesting is try to put us in fear,” he said.

Parker expressed his belief that Clinton is a part of this repression.

He continued, “The Clintons were the ones who were responsible for the mass incarceration of black youth. When Bill Clinton was president he passed these laws that facilitated these mass incarcerations and Hillary is behind that super predator rhetoric.”

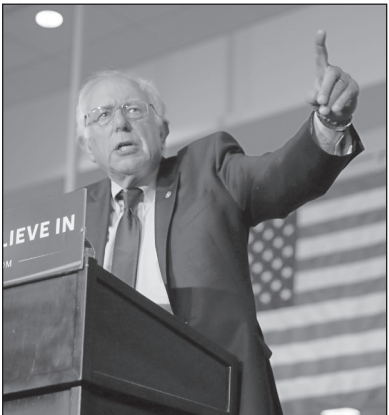
Eli Diaz questioned Clinton’s visit to ELAC, which according to a spring 2014 report is 77.3 percent Hispanic/Latino.

“This cause is really important to me, I’m actually an Anaheim resident, I’m a dreamer. My political science professor told me about this rally and I didn’t think much of it, but then I heard the Chicano side was going to be here representing Latinos.”

“One thing I couldn’t figure out was why [Clinton] would come to ELAC and then I put the date together, May 5, and that’s back to what we’ve been fighting, pandering,” he said.

“We don’t exist just on these holidays,” Diaz expressed. “Our issues continue.”

Democrat and republican delegate count



MICHAEL BRYANT/MCT
Democratic presidential candidate Bernie Sanders speaks to the crowd gathered at Drexel University in Philadelphia on April 25, 2016. (Michael Bryant/Philadelphia Inquirer/TNS)

Bernie Sanders

Delegate Count

1,467

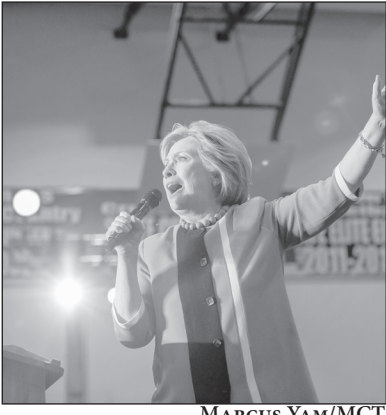
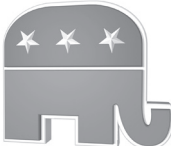


CAROLYN COLE/MCT
Republican presidential candidate Donald Trump addresses the media and a few supporters after winning the Indiana primary, on May 3, 2016, in New York. (Carolyn Cole/Los Angeles Times/TNS)

Donald Trump

Delegate Count

1,107



MARCUS YAM/MCT
Democratic presidential candidate Hillary Clinton speaks at East Los Angeles College on May 5, 2016, in Los Angeles. (Marcus Yam/Los Angeles Times/TNS). Delegate count as of May 10th at 7:00 p.m.

Hillary Clinton

Delegate Count

2,238



Bill banning campus smoking passes

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On April 25, California Assembly approved tobacco-free campuses on all community colleges and California State University campuses.

Assemblyman Kevin McCarty, representative of District 7 including parts of Sacramento, is the person behind this proposal.

According to McCarty's website it states "The Assembly today passed Assembly Bill (AB) 1594, Tobacco/ Smoke Free Public Post-secondary Campuses (McCarty, D-Sacramento) with bipartisan support on a vote of 48 to 24.

"This bill would prohibit any person from smoking or using any tobacco product, including e-cigarettes, on any of the California Community College (CCC), and California State University (CSU) campuses by 2018."

Leslie Castellanos, undecided major said, "The positives of a smoke-free campus is that there would be less air pollution and it is less riskier for people that have asthma.

"As a non-smoker, I dislike second-hand smoke. There are also pregnant women on campus. The policy would also be better for people who smoke because it might be a motivation for them to quit."

McCarty said, "This measure will promote a safe and healthy environment for students to learn and make campuses a more education-friendly environment and tobacco-smoke-free."

The proposal includes the right for school trustees and board members to fine smokers up to \$100 for smoking violations on campus.

The money would be used for programs on that particular campus where the offense was made.

Not everyone supports this idea, such as Assemblyman Donald Wagner, representative of District 68 which includes Orange County.

He thinks this rule isn't necessary because there are already local governments that have power to regulate issues such as campus-smoking policies.

His argument is that campus policies should be left alone for the people that are particularly in charge of them to decide on rules.

Some members of Cerritos College ASCC are in support of and planning to implement a tobacco-free policy at Cerritos College.

Hugo Avalos, ASCC Senator expressed, "The biggest reason I support this is health. Second-hand smoke is a big issue, we don't see the problems until later on.

"Nobody's really take care of their health issues now and as we get older we will start to realize and wish that we had some something to prevent this from happening such as bad habits or death.

He continued, "There's been tons of articles and research that some people that go to tobacco free-campus actually quit smoking once the policy passes.

"What I plan on doing is having a whole semester where students will adjust and have the idea of a tobacco-free campus, so they can come up with different alternatives or find somewhere that they can smoke outside of campus.

Avalos added, "We [ASCC] will fine people after the transition period but it won't be a huge expensive fine, but more of an annoying fine so people won't want to do it over and over.

We want to come up with a way to adjust to students where if you get caught smoking you would be fined a certain amount, but the second time it would double."



KARLA ENRIQUEZ/TM

Taking to the street: Faculty Federation rallied on Studebaker and Alondra on May 4. CCFP has been in negotiations with the district for a complete contract; the negotiations are at an impasse.

Faculty Federation rallies for contract

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A placard flew in the wind, it read in blue letters, "50 million on the backs of students."

The red "power of a thank you shirts" were visible from the outskirts of the college as the Faculty Federation and students rallied on Alondra and Studebaker.

Anthropology Professor Monica Bellas held the sign, which was a message about the board of trustees.

"The board of trustees has a stock pile of \$50 million and it is not spending it on classes or students, [it is not being] spent on hiring new faculty to teach classes. By law [the board] only has to have \$5 million in reserve and [the board] refuses to release \$45 million to fund students for education."

She said, "As a professor it makes me feel very angry, we are here to teach students, Cerritos College is not to function as a bank."

English Professor Lyndsey Lefebvre was seen in red attire and adjunct professor buttons emblazoned all around her sweater.

"We just want to call attention to the community that we want the dollars that [are being] given to this campus to be spent on students and if you spend on students you have to spend on the teacher."

Moving on to the board

The rally which started at 3 p.m., ended at 5:30 p.m. and was moved to the administration quad immediately and lasted until the board of trustees meeting.

Staff, faculty, and students then moved into the Cheryl A. Epple Board Room where 19 cards were filled out for public comment on the faculty wage negotiations.

Board President Dr. Shin Liu stated, "We are at an impasse right now because the district and the faculty cannot reach an agreement and we will try our best to reach [one].

"But we respect faculty and we respect the people who work here and we will consider faculty's needs but also, students are first we will make a good and wise decision to serve our students and the faculty who helps us too."

Students caught in the middle

Student Martha Meza gave an emotional speech during the board of trustee's public comment expressing her support and appreciation for her professors.

"The part time teachers, they care for students most of the tenured teachers they care about us. I am a disabled student, I have a learning disability and I have professors who support me for my needs and part-time teachers have to run to go teach another class.

"That is why I support them and I want to be a voice for them, not only for them but for me too and for everybody especially those with learning disabilities," she said.

Liu stated that the college wants to serve the students better.

"I feel sorry of course, because we serve our students but also our students can understand sometimes parents argue, we don't necessarily agree all of the time, but we will try to reach an agreement at this difficult time,

we hope students can understand we want to serve [them] better, it's not to give students a hard time."

Dr. Fierro stated that the district met with a mediator on May 2 from 9 a.m. to 5:30 p.m. and the next meeting is scheduled for May 19.

He added that the conversation is ongoing.

"It is a problem that obviously we need to go through this situation to address the issues because it is clearly affecting the campus community."

AB-1725 and the Master Plan

Sociology Professor Bobbi Lee Smart stated during public comment that the college is not following assembly bill AB-1725.

"I'm not sure of all of the details of the assembly bill, but it came out in 80s or the 90s and it basically says that the CSUs, the UCs, and the community colleges are supposed to have 75 percent full time faculty and only 25 percent part time.

"The purpose of part timers is to fill a void [...] it is not supposed to be the backbone of the community, but now it is the opposite. It is about 65 percent part-time here and only 35 percent full time, so it is completely skewed, which affects students."

The assembly bill Smart is referring to is AB-1725 signed in 1988 by Governor George Deukmejian which has a section that addresses the goal for colleges to have a 75:25 ratio.

"I also talk about the master plan which came out in the 60s, that says that community colleges, CSUs and UCs were created public

growth for citizens of California to educate us, to give us a good job, to help us and they are supposed to be tuition free.

"There's other people in terms of faculty that are older than me that went to college for free. Arnold Schwarzenegger went to Santa Monica College and paid \$6 a semester in fees."

She continued, "The CSUs at that same time in the 70s were about \$15 a semester, for a whole semester."

According to UC Berkeley archives, The California Master Plan for Higher Education was developed in the early 1960s by a survey team from the UC Regents and State Board of Education.

The Donahoe Act placed some of the key elements of the plan was signed into law on April 1960.

About 60 agreements were formed creating a large network of public higher education in terms of enrollment. The system created includes community colleges, CSUs, and UCs.

Smart compared that to what students currently pay for tuition.

"Why? Why do they have \$50 million in reserve and why am I teaching a class of 60? Why are you paying \$1,900 for me to teach a class of 60? Where is the money going?"

"I am paid for by the state, I am not paid by your tuition. These are questions that students should be asking," she concluded.

As of summer 2016, the enrollment fee at Cerritos is \$46 per unit while students who are non-residents of California or International Students, with or without F-1 visas pay \$259 per unit.

Women's History celebration concludes

CLAUDIA CAZARES
Staff Writer
@ispyceeece

Women's History Month has come to its complete end this semester.

Anna Torres-Bower hosted the last event on May 5 thanking students, instructors and faculty for their collaboration.

"Every participant brought to this initiative a different perspective of the theme women transforming communities through engagement from civics, to what is ethics, from mathematics, philosophy, science, psychology, business, history, tech-

nology, literature to politics and religion.

"It was teamwork and also love for our students as well as the value of inclusiveness," Torres-Bower said.

The event took place in the board room and administration quad where the room was filled in support of the 68 events that were hosted.

Torres-Bower began by presenting some of the students, instructors and staff that formed part of women's history month.

Each individual took the time to share the woman that has influ-

enced them and made an impact in their life.

There were certificates presented in appreciation for the work of the essay contest winners and participants.

Student artwork was also in display for the audience to have a more visual form of appreciation.

Sociology Professor Pauline Acosta said, "I think women's history month was an absolute success, the fact that there were book clubs involved and students that volunteered, to me, that is just absolutely awesome.

Continues on page 3.



CLAUDIA CAZARES/TM

Celebrating Women: Certificates of appreciation were given to the people who participated. This was done to help them for their hard work.

Women’s History concludes

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Continued from page 2

That shows that students really care about their education and how important events like women's history month are.

Experiences

“Overall it was awesome and a great experience I really saw a lot of enthusiasm go in this.”

Richard Melendez, kinesiology major and third place essay winner said, “I think events like these are very important, just from all the events that I’ve attended for women's history month and seeing so much support.”

He took some time to share what the essay he wrote was about, “I’ve had the privilege to work with many influential women in Puerto Rico who helped the community.

“One of the ways they helped the community was by creating an organic farm. Many students would be brought from elementary, middle, high schools and even colleges to the organic farm and teach them the importance of agriculture and sustaining own life.”

Appreciation

Anna Torres-Bower had some words of appreciation of her own to share, “Here we celebrated the extraordinary resilience and power of Cerritos College and all the people that made it possible, over 68 events in four months.

“The variety of these events is astonishing and unbelievable. We had guest speakers, book clubs, faculty presentations, panels, essay contests, classroom projects, workshops, open houses and faculty development activities.

“These are the general categories of the different activities that took place and has been coordinated this semester and not a single event was canceled.”

At the end of the presentation there was food and music for the everyone who attended to enjoy.

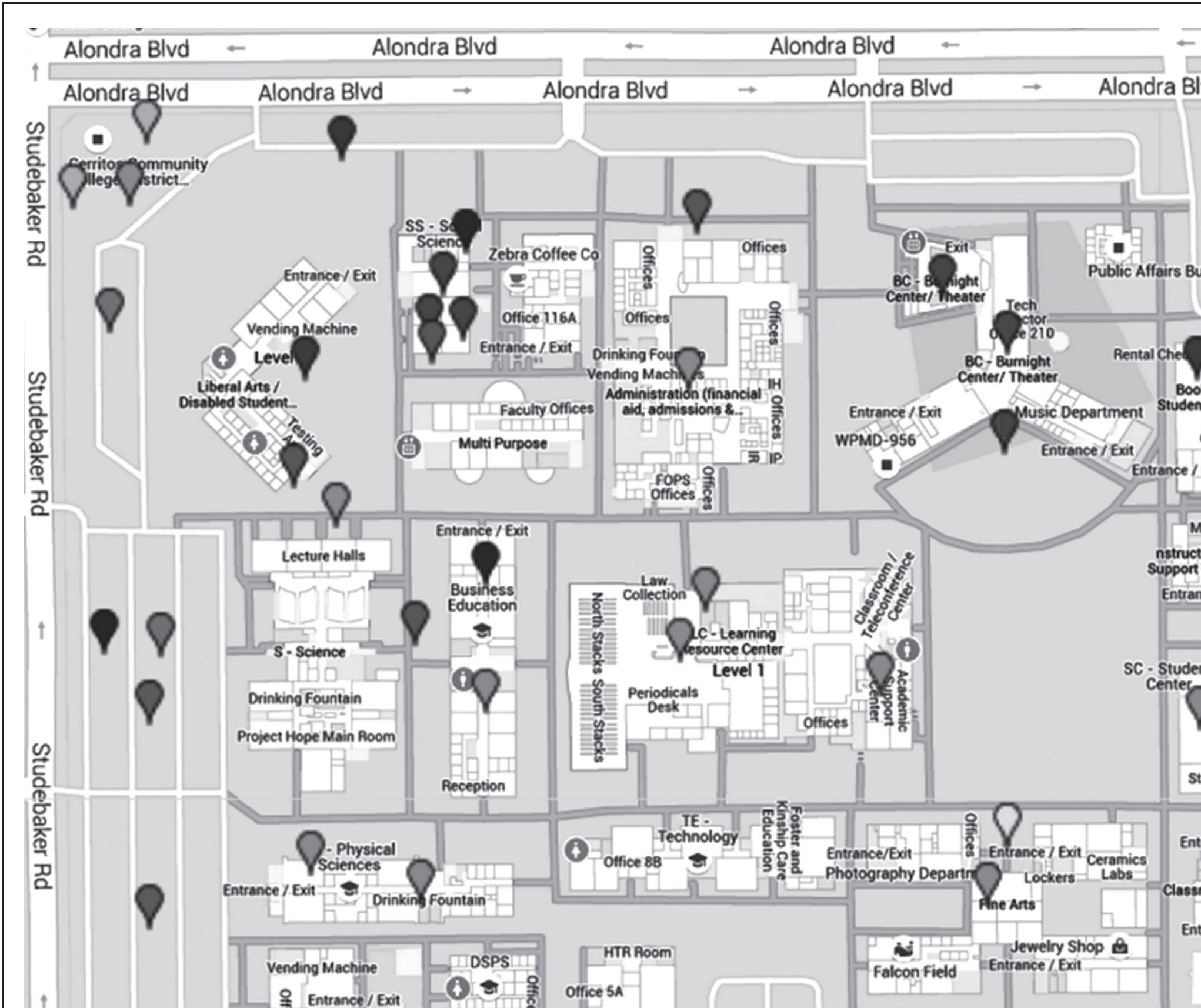


PHOTO ILLUSTRATION BY ETHAN ORTIZ

Crimes Across Campus: Each pin shows different crimes that have occurred with in the Spring 2016 semester of Cerritos College. The interactive is a part of a blog by Talon Marks.

Safety lights brought to campus

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The bustling of cars and students going in and away from Cerritos College wont be the only things inhabiting the Alondra and Studebaker intersection as of this summer.

Alarm Stations

The blue lights are emergency alarm stations strategically located around campus for anyone in need of help in times of distress.

Emergency blue lights will start appearing on the intersection and across campus at about the same time most students start attending summer classes.

College President Jose Fierro has had the implementation of these devices in mind since the beginning of his presidency.

“This started about a year ago,

I was watching one of the board meetings during the preparation for my interviews, and I noticed the security concerns. The blue lights and cameras were discussed, so I remember during the forums [...] a student asked me about security and so on, so it has been on my radar.

“I have asked to expedite blue lights, so I want to increase the presence of blue lights in the college, making sure that they are in the densely populated areas of campus to make sure our students, staff, faculty, and administration all have access and be able to call in case of an emergency.”

According to Vice President of Student Services Stephen Johnson, the blue lights will be highly visible and locations have been figured out relative to two considerations:

- Where they will have the most access
- Most quickly connect the

phone units to the school’s system. Information technology infrastructure.

Installation

Furthermore, Fierro added, “We’re going to install six or so initially and were going to make sure they are around campus in different locations.

“We’re working with the police department to identify the best locations for that. I want to make sure we increase preventive measures of different levels of security.”

Johnson noted that most of the exterior units will have cameras with an overview and a camera for the face to allow campus police to see what is happening around the individual who places a call.

Spanish major Melissa Beleche said, “I think the emergency blue lights would be really helpful at Cerritos College, because like for example I have night classes and I

come out late and I think that as a woman it is sometimes scary walking to the car alone. Things happen, we’ve had incidents happen like shootings happen across the street, I think it would be necessary and it would really help out our security, students, and the staff.”

Appearance

Johnson stated that students can identify the devices by the clear markings that these are emergency phones done in a vertical sign.

“They will include a blue light at the top, [...] that has become a universal identifier, they will have a push button and a speaker, and part of the reason for that is it maximizes accessibility for folks to be able to use.

“The unit will have braille on the units themselves, [...] the button will be pushed at the time of emergency.

“The call will go immediately to campus police dispatch.

He added, “That call to dispatch will go as a 911 call, which will immediately take priority and as with any 911 call, if there anything that necessitates the Los Angeles County 911, we have a direct path to them so that we can connect a call as fast as possible,” he concluded.

Fierro added that in addition to the blue lights additional security cameras that cannot be seen will be installed to increase coverage.



Cole dedicates 41 years to Cerritos

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After 41 years of dedication to Cerritos College and the Cerritos College Foundation, Janice Cole, the Foundation treasurer, will retire.

On May 5, Cerritos College faculty celebrated the retirement of Cole with a reception at the Student Center stage.

The Foundation which is a non-profit organization, serves as a charitable vehicle for the community, individuals and alumni, to assist with financial support of Cerritos College.

During the 2014-2015 academic year, the Cerritos College Foundation awarded \$209,510 in academic and need-based scholarships to deserving students.

It provided \$1,293,446 to total support to various academic programs at the college.

Cole said, “I started working here as a student in 1970.

She went on, “I worked until I got a job at another district and came back and worked for the same boss until he retired.

“This is like my second home there are amazing people here to work with.”

“The students are beyond exceptional. It’s a great place to make a difference in peoples lives,” she said.

She added, “I had that opportunity with the scholarships that we do. I have never dreaded going into work and I love my job so it’s hard to leave it.

Cole continued, “If you have a job you love, you will never work a day in your life and that’s so true.

“I got to meet interesting people, make a difference, laugh and joke with people around me,” Cole said.

“I feel like I grew up here. I got married and had a child while I

was here, my son went and graduated from here, it’s very hard to say goodbye.

“I love the people and my co-workers and it will be hard to leave the relationships but I’m looking forward to new adventures,” Cole expressed.

Former dean of Community Education, business education instructor and Cole’s first boss, Nello Di Corpo said, “I hired her in ‘75; she was a spark plug. She’s loyal, a family member, she kept us all together.

“Cerritos is going to miss her they’re not going to find anyone like her I’ve been trying to get her to retire for 24 years because thats when I retired, 24 years ago.”

Di Corpo said, “Janice has heart. She is the glue that puts everything together and everything sticks because of her.”

“I hired her as a student worker,

she’s a friend of my sister.

Barbara Keenoy, former secretary of the Foundation said.

“It was the early 70s that we hired her as a student worker in community services, eventually I was [Di corpo’s] secretary and eventually she took my job because I had a baby,” Rachel Samarin, program assistant of Cerritos College Foundation stated, “Janice has been incredible. I’ve worked with her for nine years and its been an amazing nine years.

“She is kind, thoughtful, generous and Cerritos College is a better place because she’s been here.

Samarini noted, “She going to be missed terribly and I sit right next to her so it’s going to be different.”

She added, “I’m excited for her and her future as she ushers in this golden time of her life and we’re going to miss her. You can’t replace Janice.”



KELLY NAM/TM

A farewell: Hagop Najarian, art professor, thanks Cole for her dedication.



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

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EDITORIAL



The press is here to cover the news whenever, always

There are many clubs on the Cerritos College campus, however, Talon Marks is not one of them.

While Talon Marks is a stand alone class/student publication, there is also a Press Club.

This means the newspaper is not to be viewed as a club, but as a legitimate publication and news source for the community of Cerritos College and should be shared more.

We understand the frustration of the readers when it comes to certain coverage, but let us do our job.

Considering Talon Marks covers everything on campus ranging from shootings, to campus festivities, to championship games, there's no reason for the lack of support.

When our Campus Police Department releases safety alerts 40 mins later, or sometimes not at all, following Talon Marks becomes a safety precaution for members of the community.

While there will always be someone dissatisfied with our reporting, the school should do a better job at promoting Talon Marks and the community should get more involved.

The issue of the lack of school spirit on campus has gotten bigger and students don't seem to know when events are or who's who.

If more people just picked up the paper, or checked the online site, the involvement of the student body would increase exponentially.

Not only would students be more in-

formed about the general news on campus, but Talon Marks has any information a Cerritos College student needs in the form of various stories.

However, does the campus community take us serious? It should.

Unlike sports and school itself, the news does not take breaks, therefore, Talon Marks never takes a break.

We are students at the end of the day, yet we spend valuable study time to be in the newsroom working on ways to deliver news across the campus.

Now, since we consider ourselves to be a true publication, we understand that by us being the media, we may print some things that people may not agree with.

And that's okay.

We keep an open door policy for anyone who feels passionate enough about a story we have covered, and readers can feel free to write a letter to the editor via email.

Anybody is welcome to the newsroom to discuss any issues and even pitch stories.

If students took advantage of contacting us, there is no reason your story idea wouldn't be considered. This would also keep issues to a minimum.

There have been multiple reports of being biased toward certain people (athletics or races).

We've been called the TMZ of the campus and having our sources questioned for many stories we write.

We continue to stand right in the middle of adversity with our heads held high in solidarity for what we believe is true.

Any story that comes our way, we make sure to spend the necessary amount of time to get the story covered from every angle possible to ensure the story is told in its fullest capacity.

One thing that has been said is the notion that we as a publication just don't do enough.

The question is: what is enough?

We completed a story on track and field athlete William Truong that got the attention of Downey mayor Alex Saab, who wanted to reach out to Truong after reading the story because he was so moved by it.

The two shootings that occurred off campus at 7-Eleven on the corner of Alondra and Studebaker were covered immediately; while others were running away from the commotion asking questions, Talon Marks was running toward the melee getting the information out.

Less than a month ago, a suspect in an armed robbery ran through campus causing the police to close down the Fine Arts Building and what was the college doing?

Tweeting with board members about voter registration.

Anybody following Talon Marks is immediately less at risk of any possible campus danger because we are the news on your newsfeed; we are always on the scene when it matters.

Some people say they are sensitive about their work.

We are no different because journalism is our art and we're not only artists, but also watchdogs.

F5Z FREE SPEECH ZONE

What is one piece of advice you would give to incoming students?

COMPILED BY: TISHA LENON

PHOTOGRAPHS BY: TISHA LENON



MADELYNE MIRANDA Anesthesiology major

"It's just like high school, except if you fail you're out."

OMAR CRUZ Nursing major

"Stay focused in school. Really be up to date with all the events going on through school so that way it can provide more opportunities for your future."



DORCAS ROMAN Dance instructor

"Study, be disciplined, take advantage of this time to actually study because a lot of people don't have the opportunity to actually come and study, so don't take it for granted and make the best out of it."



JANELLE ULLOA Undecided major

"Stay on track, just get your stuff done, make sure you show up on time and just do the work."



FEERNIE SAUCEDO Graphic design major

"Have fun, be involved with the school and get your stuff online, it's cheaper."



Spring 2016

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Journalism Association of Community Colleges

Pacesetter Award 2009-2010



Supporting Trump is toxic

BENJAMIN GARCIA Staff Writer @pieloverable

The few eloquent Trump supporters cannot defend their fuhrer from assertions of being obviously fascist.

In 2015 Trump expressed his plans for ethnic cleansing.

Cruz dropped the race, Kasich soon afterwards. Trump will be a presidential nominee by default.

Amidst the white supremacist proponents of Donald John Trump and the uninformed social media movement "Bernie or Bust," the more racist nominee is a viable future president.

In this time of unrest, political scholars have formulated strategies to help college students survive the Trump reign.

The most relevant issue young people will experience is the lack of a livable minimum wage.

To offset this, there are simple ways to undermine capitalism.

College students can start to shoplift, especially from firms like Koch Industries.

In the likelihood that social security gets cut, it is appropriate to start stealing from one's parents.

More extreme ways of undermining capitalism include unifying the proletariat and seizing the means of production.

Social issues will arise from such an abusive dictatorship.

In opposition to the police state Trump would enforce, the youth must realize the glorious police force of people's republic.

Serious risks are being presented to people of color and people of religious minorities, namely undocumented people living in the U.S. and Muslims.

Their comrades are encouraged to standardize a uniform that minimizes separations between people.

The especially ostracized groups in the U.S. must organize defense groups; effectively arming black, latino, and muslim people so that they can protect their communities.

The election of Donald Trump would cause dis-unification in the Democratic party, a serious depression capable of starting class wars and world wars, and the addition of a terrible embarrassment in American history imitating atrocities like Native American genocide and slavery; all forms of disobedience are excusable.

Goodbye tacos, hello Subway!

JENNY GONZALEZ Staff Writer @jennnnay44

Subway coming to Cerritos College is a good thing because they have healthier alternatives than Taco Bell.

Many students may have liked Taco Bell because it was a cheaper option to what The Bowl and Bur-dog has to offer, but it wasn't necessarily healthier.

Although one of the clichés that comes with college students is their bad eating habits, Subway seems to be a healthier option to the sub-standard food that Taco Bell offers.

Subway does have extreme meat sandwiches, like the pastrami sandwich and the steak and cheese sandwich; but at least there is a choice for those who do not eat meat, like the Veggie Delight.

Taco Bell only had bean burritos and nachos. For vegetarians, or someone cutting back on eating meat, one of the best and most delicious options that Subway offers is indeed the Veggie Delight.

Order that with most of the ingredients on the menu, add some toppings and you'll have one of the most interesting, non-meat options.

Granted, a lot of students, faculty and staff still eat meat, and those who do not, find it difficult to find meat-less options on campus.

Even though the Veggie Delight is most likely the only meatless option on the menu, it is much better than two bean burritos and nachos.

To clarify, Subway has at least more than one "green" option than lettuce.

Subway also offers salads! Yes, you can add meat, but there is a possibility to remove the meat, so vegans and vegetarians can rejoice.

Comparing just the options for non-meat eaters on a calorie counter, and the options they have at both Subway and Taco Bell, students can see that Subway wins in terms of healthier options.

A Veggie Delight (ingredients

include 9 grain wheat, lettuce, tomato, green peppers, onion, olive oil, vinegar) has the following nutritional information: calories 230, calories from fat 23, total fat 2.5g, saturated fat 0.5g 2, sodium 310mg, carbohydrates 44g, dietary fiber 5g, sugars 6g, protein 8g, vitamin A 8%, vitamin C 20%, calcium 30%, iron 15%.

This sandwich is low in saturated fat, it has no cholesterol, and it is high in calcium.

A bean burrito from Taco Bell has: calories 350, calories from fat 81, total fat 9g, saturated fat 3.5g, sodium 1220mg, carbohydrates 54g, dietary fiber 9g, sugars 3g, protein 13g.

It may be high in dietary fiber, but it is also high in sodium as well.

Not all college students want to eat junk food. Some students do their best to eat a healthy meal, so Subway coming to the Student Center will benefit those students.



Continuing Traditions: Gilberto Quezada (left) and Juliet Martinez (right), MEChA club members, perform a traditional folkloric dance for the celebration of Cinco de Mayo. The celebration commemorated the Battle of Puebla against French troops. KRISTOPHER CARRASCO/TM

Bringing awareness to Cinco De Mayo

KRISTOPHER CARRASCO
Online Editor
@902kris

What was originally meant to be a Cinco de Mayo themed fundraiser for the SAFE Club ended up becoming an entire celebration, when other clubs decided joining in would be beneficial for everyone.

Students were welcomed to school on Thursday by a festival full of clubs, music, food and performances in celebration of Cinco de Mayo.

The celebration took place at Falcon Square and lasted throughout the afternoon with plenty of time for students to participate in the festivities.

Cinco de Mayo celebrates the victory over French invaders in the 1862 Battle of Puebla and is celebrated in some Mexican communities in both Mexico and in the United States.

With the help of ASCC, the clubs joined together to turn a fundraiser idea into an entire event that not only offers entertainment, but brings light to a dominant culture on campus.

According to Alan Rodriguez, president of the SAFE Club, there is a misconception in what Cinco de Mayo really celebrates and that this event is meant to bring light to that.

“It’s a misconception of it being a Mexican Independence Day[...] I’m Mexican and

my mom is from Puebla so I’m really in touch with this event and its history.

“A lot of Americans think it’s a form of Independence Day for Mexico. I just wanted to show everybody that there is a lot of Mexican culture that thrives here at Cerritos,” Rodriguez said.

The clubs were selling traditional Mexican candy, snacks and drinks with MeChA performing traditional folkloric dances in the center of it all.

A crowd of watchers roared as the dancers got ready in the colorful and exotic attire.

MeChA adviser, Alex Lopez, said that the students of MeChA want to give back

to the community by sharing their culture.

“These are not just celebrations in one part of the world, this has ties to many different countries[...] This makes me feel happy, to be able to share it with other groups and to have the support of faculty and other students,” Lopez said.

Lopez mentioned that people should continue to honor their traditions from where ever they come from.

The event was able to bring a lot of students from different areas together as many members of the community joined in.

Every time a new song came on, the students in line for tacos would cheer and begin to dance again.

Marlene Estrada, member of MeChA, believed the event went well and that it offered a lot of visibility to the clubs on campus.

“There’s a lot of people walking by [and] seeing who we are and asking who MeChA is. A lot of people don’t know who we are, but it’s great that they’re asking questions,” She said.

Estrada thinks students should be more involved and that students shouldn’t feel ashamed to be who they are.

“La gente unida jama sera vencida,” she added. Which translates to people united will never be defeated.

Social media users continue creating false realities of life

CHANTAL ROMERO
Staff Writer
@Chantal_Marie_

It seems like nowadays people rely on social media to feel validated about their lives.

Have you ever waited to eat a meal because you needed the perfect Snapchat or Instagram post?

In the rare case that you haven’t, there’s a very high chance that you know someone who does put their life on hold for the perfect post.

Remember the old days when all you needed to get past was prayer time?

Now you have social outings where it takes 10 minutes to dive into a dish because everybody needs to post and earn likes.

Why do we feel the need to post everything?

What does someone’s “thumbs up,” “heart,” “like” do for our well being?

According to degreed.com, social media is addictive. About 63 percent of Americans log into Facebook on a daily basis and 40 percent sign in multiple times.

Many claim that they’ll sign in out of boredom, or because they’re looking for a distraction.

The addiction develops with the likes or thumbs up one receives from posting. The positive reinforcement for posting validates the users and makes them always come back.

Being addicted to social media can be a challenging concept.

Like with any other addiction, such an excessive ex-

posure to social media is detrimental.

It paints an idealized picture of what life should be like. There’s constant comparison between what one posts and what others post.

If one doesn’t get as many likes, or validation points as we can call it, one might feel as if society’s expectations aren’t being met.

This can lead to decreased self-esteem and make users unhappy.

Frequent users also express that using social media often gives them FOMO (fear of missing out) one can especially see that for example with music festivals like Coachella or EDC.

People who attend even these sorts of events constantly post and make one constantly check their Snap-story or Instagram only making the user wish he or she was there.

It’s problematic because it repeatedly sets expectations as to what a certain individual should be up to and when that individual can’t, he or she is exposed to all the things he or she might be missing out on.

This constant comparison might make a person feel unsuccessful and depressed.

Social media has evolved rapidly and with it, the effects that it has on individuals.

It is always important to be aware of the difference between trying to portray an image online and what actually happened before the user’s post.

Social media can be deceiving and make individuals believe in a false reality.

Teachers utilize social media to benefit students in school

KRISTOPHER CARRASCO
Online Editor
@902kris

Over the years, the advances in technology have become intertwined with everyday life.

For example, cellphones are no longer limited to making phone calls and sending out a simple text message. Phones are capable of much more, like being able to use social media apps.

Often times people use social media for a variety of things, but how effective is it if a teacher used it in a learning environment?

According to edudemic.com, social media can be used in many ways as a teaching tool.

Marcela Lopez, a teacher’s assistant in the LA county school district, uses Twitter as a way to connect with her high school students.

“Often times, students forget the homework or what they’ve learned in class. So I use this as a way to stay connected.”

Lopez says her account that she shares with students is mainly used for class or school related posts.

Should professors be using social media more to stay connected?

There are several professors on campus that use social media as tools to stay connected with students

For example, math professor Ian McCance created an online math book that his students could access for no cost at all.

He also linked youtube tutorials, which he created,

to go over example math problems step by step to help his students understand the math problem better.

His students were encouraged to learn the math lessons at home in the online book, and practice the homework problems in class in case they needed his help or the help of those around his students.

Because educators deal with a variety of different students each year, the use of social media seems to be growing.

Cerritos College uses Talonnet.com which is a site that allows students to check grades, make posts and utilize resources the professor provides for them.

Students are also able to use a discussion board amongst their classmates as a way to reach out to others in need of answers to certain questions.

Students can also chose to have any announcements made on Talonnet.com forwarded to their email, which hinders students full usage of the site.

While this can act as a social media tool to stay connected, not many professors use it, and in return students end up with a limited interaction.

Elliott Martinez, undecided major, says, “I think it would help with staying updated.

“Let’s say class is cancelled or you forgot the homework, all you have to do is check Twitter,” he said.

Social media is still evolving and people are constantly finding different ways to use it throughout their days, but maybe someday in the future teachers will be able to find an effective way to reach their students using only social media.

Trying to erase the stigma of Wicca

KARLA ENRIQUEZ
Editor-in-Chief
@karlamenriquez

“Let’s see how many people think we’re satanists today.”

Religious anthropology major, Michael David sets up his cauldron, witchcraft book, and various statues at a table in Falcon Square as he looks to spread the word about Wiccan Club.

“There is a lot of misunderstanding mostly because every time anyone sees a five pointed star they automatically assume that you are a devil worshipper.

“What they don’t know is that it really just stems from the time Roman Catholic church took a lot of power. Everybody that wasn’t catholic was demonized,” he said.

David explained that this belief is why a lot of polytheistic religions went underground.

“There’s different parts of the religion. There is prayer, [...] mediation, [...] spell casting, and the magic and stuff is sort of like really intense prayer.”

The Beginning

David created the Wiccan Club after he received his honorable discharge from the Coast Guard this past December and started school again.

“When I first got here I noticed there was a lot of Christian representation and a little bit of Hindu representation and I just felt like there wasn’t a lot of variety.

“I feel that, especially when it comes to spirituality, people don’t do a lot of self exploration and instead are raised with certain points of view under certain philosophies and they just roll with that their whole life.”

He added, “I think it is really important to embrace all religions, all spiritualities.”

David decided that Wicca needed some representation on campus and also realized this would be an opportunity to meet with

other Wiccans on campus. “We live in a multicultural society, you can’t believe that your one culture is the best, so I felt that we needed representation for other faiths as well and I’m Wiccan and I spent a lot of time practicing by myself, I didn’t know other Wiccans.”

Through this he met Kevin Nakamura, who studies various religions.

“I like to keep an open mind. Right now this is my time to spend with Wicca, I’ll have time to spend with several other religions as well,” Nakamura said.

“[...]Wicca is very diverse, letting people follow what they want to follow, there are no guidelines or rules connecting that, or push back like ‘if you do not follow you cannot do this.’”

Nakamura added, “I think it is good that they are keeping an open mind, it is more of how you are spiritually instead of how you are to other people, it is about how you are finding who you are within yourself.”

Being Misunderstood

At their Thursday meetings, David and Nakamura sat at their club table in Falcon Square, where sometimes they would be met with stares and the occasional protester.

David said, “People would walk by my table and take pictures and just stare like whispering to each other as they kept walking. It is mostly that [...] rumor that the original Catholic Church sort of set around, that long lasting reputation that we’re trying to get rid of.”

Nakamura recounted how one day a seemingly interested man turned out to be a dissenter.

“We had the booth out, and there was a man who was fully interested in what we had going [...] and so he was standing there next to us for 20-30 minutes listening to [David] and then it went downhill from there cause



Something Different: Michael David, part of the Wiccan Club sits at a club table in Falcon Square with artifacts. David created the club in hopes of spreading diversity and finding other people who practice the religion.

once he stopped talking he was like ‘you know what you’re doing is wrong right?’”

Both Nakamura and David were taken aback by the sudden turn of events.

“It’s because people are so close minded they won’t be able to see anything past things they have heard,” Nakamura added.

David expressed how in a different instance, their beliefs were compared to drug use.

“He said ‘I did some drugs and stuff’ and

I was like ‘how are you comparing your drug use to our spiritual beliefs?’ That is completely disrespectful.”

Wicca Club’s Mission

David noted that club meetings consists of discussing their spiritual experiences.

“Whenever we meet, what we usually do is discuss any type of spiritual experiences that we’ve had [...] I stress meditation a lot,

writing down your dreams, and if you have any experiences that you would deem to be supernatural [...] then we could talk about it.”

He added, “We’re just a religion just like any other, [...] I don’t really care to convert people or anything like that. I just want people to know we are another religion and that we live in a society with different cultures.”

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All FREE classes will end May 18, 2016 Spring Semester

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For your chance to win a pass (admits 2) to an advance screening of NEIGHBORS 2, simply follow Talon Marks on Snapchat, Twitter, or Instagram (@TalonMarks) and send your best photo of how you’re studying for finals with the hashtag #tmfinals.

20 winners will be selected. Deadline will be Thursday, May 12 at 5 p.m. and winners will be contacted by Friday, May 13. NO PURCHASE NECESSARY.

Screening is Tuesday, May 17 7:30 p.m.
@ Krikorian Buena Park Metroplex 18

IN THEATERS MAY 20



GRADUATING CLASS of 2016

In celebration of the upcoming commencement, this section is dedicated to the graduates.

*Share your graduation memories using
the hashtag #CCGrad16*

Congratulations CLASS OF 2016

From the Student Activities

*"Have the courage to follow your heart
and intuition. They somehow know
what you truly want to become."*

-Steve Jobs



A special thanks to the ASCC leadership for serving the students of Cerritos College!

Civil War builds anticipation



Chris Evans, Elizabeth Olsen, Jeremy Renner, Paul Rudd, Anthony Mackie and Sebastian Stan in "Captain America: Civil War"

KRISTOPHER CARASSCO
Online Editor
@902kris

Warning: Movie Spoiler Alert

The next movie in from the wonderful world of Marvel has finally arrived as Captain America and Iron Man duke it out in Captain America's Civil War. Considering Civil War is the next addition to the continuing story of our beloved Avengers and the infinity stones, every Marvel movie fan needs to see this movie. This movie is long and sometimes a bit lack luster, but the pay off is well worth it because it not only introduces new characters like Spider Man and The Black Panther, but it maps out the future of the Avengers. Civil War does a good job at keeping the viewers entertained and informed on the deeper truths behind the Avengers. There is constant foreshadowing of the developing plot, and the comic relief is kept to a minimum and used in spots that balance out the long dialogue. Usually the comic relief in these movies can be re-

ally obnoxious, but Civil War does a great way to get you to chuckle every now and then. Spider Man by far steals the show. Tom Holland is a natural Peter Parker and does a wondrous job at capturing the care free, friendly humor that Spider Man has during the heat of battle. After the team gets torn apart by emotions and politics, there's a huge super hero brawl that will really make you feel like a kid again. It was like watching a live version of Marvel vs Capcom, minus the Capcom characters. The Black Panther plays a significant role in the movie in a way that also showcases how powerful he really is. He easily goes toe to toe with Captain America and the Winter Soldier in one of the coolest action/chase scenes ever. This movie really does a good job at hyping up the future Marvel films, while following up on the current status of the Avengers. Lastly, still till the very end of the film. There's two ending credit scenes that will leave you smiling like a kid on Christmas.

CONGRATS KRISTOPHER

journalism
extraordinaire
super proud of you, dork.
WELL I GUESS
THIS IS
GROWING UP



CONGRATULATIONS

Armando Jacobo
Class of 2016



To the coolest guy I know! I'm so proud of you and everything you've accomplished. Stay swaggy. You're going to be the best journalist out there. I love you!

Congratulations to the Fine Arts and Communications Graduates

Digital Arts:
Computer Animation

- Bianca Perez
- Brian Shin
- Jonathan Neil Joesph Vanderlinden
- Sarah Jo Wade *

Art and Design: Ceramics

- Stephanie Serrano *

Art and Design:
Drawing and Painting

- Sandra Acevedo Torres
- Marcela Diaz
- Kelly Dianne Saravia
- Robert Lee Squires II **

Art and Design: Graphic Design

- Sheilla Giselle Alvites
- Guadalupe Arteaga *
- Ruben Fregoso Martinez *
- Jiyoung Jeon *
- Monica Gabriela Jerez
- Diana Lopez
- Christina Judith Martinez *
- Krystina Adea Morris
- Edgar Rolon
- Kari Lynn Salveson *
- Jennifer Elyse Udo **

Art History for Transfer

- Yasmin Delgado *
- Genessy Marleen Encinas *
- Edson Gersain Martinez
- Pongpuk Rojanasupya *
- Emmanuel Ruiz *

Studio Arts for Transfer

- Omar Flores
- Da Jeong Charlene Kim
- Edson Gersain Martinez
- Rolando Millares *
- Oscar Reyes
- David Solares

Film Production

- Vania A. Franco
- Crystal Monique Garcia *
- Remo Joseph Popolizzio
- George Rodriguez
- Olivia Dene Salas *
- Brian Varela

Theatre Arts for Transfer

- Angel Fernando Cabrera
- Jorge Mario Folgar *
- Ronney Iampran
- Diana Ing

Journalism for Transfer

- Kristopher Kevin Carrasco
- Grester Javier Celis-Acosta
- Christian Abel Gonzales
- Daniel John Green
- Armando Angel Jacobo
- Tisha Edith Lenon
- Jennifer Paola Medina
- Alexander Jose Naveja
- Tania E. Olivas Angulo
- Janel Rikka Oliver *
- Toni Ranea Reveles
- Samantha Vasquez
- Vanessa Rebecca Villasenor

Music

- Michael Paul Herrera **
- Summer Brezz Wilson *

Music - Commercial

- Joel Alvarez **
- Jesus Angel *
- Jessie John Mendoza
- Eric Alexander Orellana *

Photography

- William William Shubin



DARRYL PETERSON/CERRITOSFALCONS.COM

The women's track and field team won the South Coast Conference Championships. The season will continue with the team competing in the Southern California Championships.

Cerritos track and field competing for state

MONIQUE NETHINGTON
Campus Life Copy Editor
@talonmarks

Both Cerritos track and field teams have a combined 40 individuals athletes and three relay teams advancing to the state finals.

Saturday Cerritos College track and field competed at the Southern California Championship Preliminaries, in Antelope Valley.

Road to a repeat

As an individual team, the women's team dominated, gaining 26 team points to place first in the competition.

"The young ladies did outstanding this [past weekend]," said women's head coach Michael Allen, "We're defending champs so everyone was taking a shot at us."

At the end of the weekend, 22 individual women and two relay teams advanced to the Southern California Championships.

Director of Track and Field, Chris Richardson said, "With our women's team being fairly young with a few strong seasoned returners, I could not be more proud."

Out of the 22 athletes, Destiny Mack-Talalemotu and Najia Hudspeth both placed first in two separate events.

Mack-Talalemotu placed first in discus (46.17 meters) and shot put (13.33 meters.)

"I was not satisfied with my performance this weekend- I know I can do better," said Mack-Talalemotu about her performance. "My main focus was just to make it to the next meet at the SoCal finals."

Hudspeth took first in both the 100 meters (12.35 seconds) and 200 meters (25.26 seconds.)

After clinching a four-peat, as

South Coast Conference Championships, the road to a state championship repeat is well underway.

Mack-Talalemotu had high confidence going to South Coast Conference Championship stating that in her opinion "the conference championship was already [the women's] to begin with."

However, Richardson stresses that "focusing on the task at hand," and on each individual race, is the most important thing.

"Track and field in Southern California is extremely competitive and even though our ladies are talented, prepared and motivated anything can happen."

"Losing focus is the first and most critical mistake that can be made," he said

Still, with a state championship repeat within reaching distance, the women have a target on their backs as they are definitely the team to beat.

"Our women's team competes with a constant target on its back as returning state champions," said Richardson.

If the team wins at the SoCal Championships this coming weekend, it would be its third first place win in five seasons.

"I'm asking each young lady this weekend to step it up a notch. What we did last week was good, and it has already served his purpose," said Allen.

"This week we have a new challenge in front of us, and we're expecting all of our young ladies to rise to the occasion."

Reaching for a championship

Coming off a second place win in conference, Cerritos men's track and field were unable to obtain high placement in the preliminary

events this past weekend.

The team had 18 individuals and one relay team advance to the SoCal Championships.

First place winners included: high jumper Vincent Calhoun (1.92 meters), pole vaulters Nicholas Mendoza and Andrew Hladek who tied with a finishing height of 4.37 meters.

Richardson was both proud and impressed with the men stating, "There were only a couple of spots that did not advance that I expected to move on."

Moving on to this weekend, the men will be reaching to improve their championship standing.

The men have placed third three times in the last four seasons and fourth in the 2012-13 season.

If the team advances through this weekend it will strive to obtain its first state championship.

The team has come close to doing so placing fifth in the 2011-12 season, third in 2013-14 season and seventh last season.

Head coach Morris Jones said, "We are really excited about those moving on."

He feels that the men performed and represented the school well.

Richardson continued to express his enthusiasm of the men's performance this past meet.

"I felt that our men's team performed extremely well," said Richardson, "The intensity and motivation of our men this past weekend was impressive."

On-Field Accomplishments

This past year for track was riddled with record setting performances and recognitions.

Mack-Talalemotu had a big

season breaking three records in throwing events.

She was also awarded Field Athlete of the Meet during SoCal Conference Finals after clinching her three conference titles.

"I am honored to be named the field athlete for that meet, it feels amazing to be able to help out my team," she said.

Yearly Awards

Najia Hudspeth also broke three records this season and was awarded SCC Running Athlete of the Year.

SCC Field Athlete of the Year was given to Juanita Webster who broke a significant number of Cerritos College track and field records this year. She now holds places in the top five in five events.

The final recognition went to Maria Orosco who was awarded Co-Running Athlete of the Meet at SCC Championship.

It was also a good year for relay teams with both breaking into the top five this year.

Members of the 1600 meter relay team include: Nylia Hudspeth, Rabia Hawes, Bria Palmer and Najia Hudspeth.

The members of the 400 meter relay team are: Lilian Ebanks, Najia Hudspeth, Nylia Hudspeth and Meka Story.

Other record breakers this season included Erica Davis and Lilian Ebanks.

"There is a lot of pride that goes into being a Cerritos College student athlete. The team is known all over the state [...]" said Allen.

"The college and the coach ex-

pect excellence. The young ladies from the track program do an excellent job of representing the college as lady Falcons."

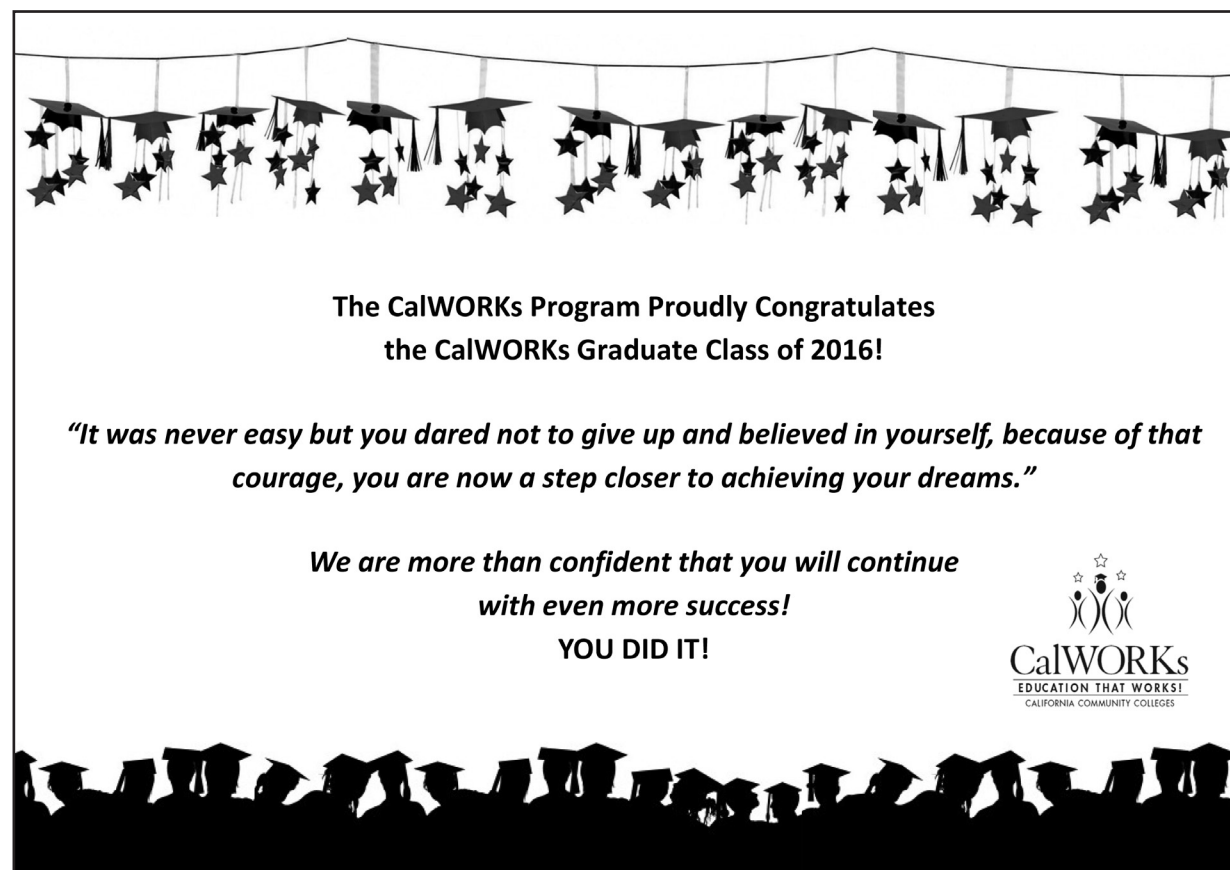
The men also had plenty of record breaking moments this year.

Hurdler, Dario Robinson improved his mark and is now second over all in the 110 meter HH with a time of 14.22 seconds.

Alejandro Rios, Tristan Escobar and Vincent Calhoun also broke records this season earning their spot in the Cerritos College men's track and field top five marks.

Coaches were not left out of the recognitions.

Michael Allen was award women's coach of the year for the seventh time and Lloyd Higgins was awarded assistant coach of the year for the sixth time.



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unlocking the world, a
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Congratulations to our 2016
Graduate ROBIN GAITAN!
We are all so proud of her for all
her terrific accomplishments.
Robin and her family would like to
thank all her wonderful
professors, counselors and the
DSPS staff for all their advice and
help in making her time at
Cerritos College a very memorable
one. Thank you and Best Wishes!
- The Gaitan Family

Class of 2016

Congratulations to
all of the
BioChem Club
& all of our
Chemistry students
that are graduating.
You are the best!

This year in Cerritos sports

By the numbers

Despite not bringing home state title in every, Cerritos continues to be a constant threat

Playoff Teams	14
Conference Titles	14
State Titles	4
First place finishes	11
Coaches of the Year	6
Records Broken	21

INFOGRAPH BY TERREL EMERSON

TERREL EMERSON
Sports Editor
@sir_chatterbox

Keeping up with tradition of years past, Cerritos College continues to be a constant competitor in athletics.

This year, Cerritos College produced four state championships and 14 conference titles, with three more teams fighting in the state playoffs.

For the fourth consecutive season, women's soccer head coach Ruben Gonzalez has carried his team to a state championship.

"It's unbelievable to be able to complete four straight championships," Gonzalez said.

Wrestling had two wrestlers that were crowned state champion in two different weight classes.

Aaron Negrete captured the 157-pound title while Oscar Martinez snagged the 197-pound championship.

For the first time in school history, women's tennis under the tutelage of head coach Alvin Kim, won the first CCCAA Dual Team Championship in school history.

"The women's season was probably the most difficult I've ever had; clashing personalities and internal issues made it difficult to keep the team together.

"However, in the end winning bonds everyone and we ended up on top," Kim said.

Despite every sport not winning state championships, Falcon teams competed at the highest level.

For the first time in the last nine years, the Cerritos men's soccer did not place first or second in conference.

Head coach Benny Artiaga is not used to

not competing on the grandest stage but he understands his team gained experience from the season.

"For the first season ever, we did not make the playoffs. It's always tough to defend your state title but, overall we had a good season and finished the season extremely strong.

"We had five straight shutouts to finish the year and that gave our freshmen a good amount of experience. Next year looks extremely promising," Artiaga said.

South Coast Conference Coach of the Year, Russ May, coached his men's basketball team to the second round of the playoffs before being bounced by East LA.

Under first year head coach Trisha Raniewicz, the women's basketball team made it to the playoffs only to be defeated by Irvine Valley for the second consecutive year.

National Northern League Coach of the Year, Frank Mazzotta, admitted that the team completed every goal he and the coaching staff had set with the exception of one, winning the bowl game.

The team lost in the Southern California Bowl to rival Long Beach City.

Despite the ending of the season returning running back Kishawn Holmes is proud of his teammates and the team's future.

"The season went great; [there is] so much you can do especially when you try to contribute to the team and be a team player. The win outcomes could have been better, but as a team player, it went great," Holmes said.

Behind the hot bat of sophomore outfielder Mark Pena and the coaching of head coach Ken Gaylord, the Cerritos baseball team made it to the first round of the playoffs.

Cerritos, the No. 12 seed, won the first game

against No. 5 Grossmont before losing both games of the doubleheader the following day.

"It was a good year, we competed. It didn't turn out how we wanted but we put ourselves in great positions to win but that's baseball. I'm proud of the team," said Pena.

Handling double duty, men's tennis head coach Kim had both of his teams in the state playoffs.

Despite not capturing the gold, similar to the women's team, Kim was proud of his team's season and says more is to come.

"Our men's team was young and its response to the big moments showed. I'm hoping that watching the women's success from the sidelines will motivate them to play angry next year," said Kim.

Not every team could make the playoffs but every Cerritos College athletic team continues to make great strides toward progress.

Softball and Cerritos track and field are still vying for a state championship.

Scan to read about softball's playoff run



For the year in review timeline turn page

Congratulations Jasmine Navarrete!



YOU DID IT!!!
We are very proud of you!
Never forget how much your family loves you!
Get ready — you are destined for greatness!

CONGRATULATIONS PORTIA

"Share your sparkle wherever you are."
-Dodinsky



Congratulations!



Congratulations to all my philosophy students this year who are graduating!
Your teacher is very pleased and wishes you a happy future in your continued college education.
- Corine Sutherland

Congratulations Journalism Graduates!

Congrats on all your accomplishments!
You've each worked hard and dedicated time to your education and Talon Marks.
Time to show the world how amazing you are!
I'm excited to see where each of you go!
Good Luck!

~ Best Always, Newsroom Mama

Congratulations Graduates!

Share your journey to graduation with Talon Marks!

#CCGrad16

on Instagram, Twitter & Facebook

Congratulations!



Liliana & Jacky
Congrats on all your accomplishments!
You've worked hard dedicating time to your education and to the Journalism program.
You are part of the TM family now!
We are excited to see where you go in the future!
Good Luck!

Congratulations Journalism Program Graduates of 2016!

Kristopher Carrasco
Grester Celis-Acosta
Christian Gonzales
Daniel Green
Armando Jacobo
Tisha Lenon
Jennifer Medina
Alexander Naveja
Tania Olivas
Janel Oliver
Toni Reveles
Samantha Vasquez
Vanessa Villasenor

TALON MARKS

"Too many people go through life waiting for things to happen instead of making them happen!" ~ Sasha Azevedo

You made it happen.

Congratulations from the Mass Communications Department



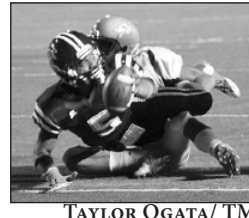
Milestone Moments

October

Men's Cross Country
Oct. 9: Team placed first at Brubaker Invitational.

Men's Cross Country
Oct. 30: Team placed first at South Coast Conference Championships.

Football
Oct. 10: Team comes from 17 points down twice to defeat El Camino, 40-38, on Homecoming Night. (Pictured right)



TAYLOR OGATA/TM

Football
Oct. 31: Quarterback Jimmy Walker breaks his own single season passing record. Wide receiver De'Jai Whitaker became school's first 1,000-yard receiver.

November

Women's Soccer
Dec. 6: Team defeated Rio Hondo, 3-0, to win fourth straight state championship. (Pictured below)



DARRYL PETERSON/CERRITOSFALCONS.COM

Wrestling
Dec. 5: Team placed first in Southern California Regional.

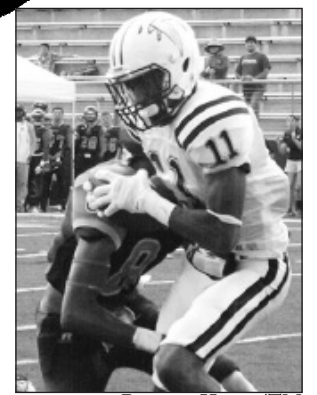
Wrestling
Nov. 21: Team placed first in East Los Angeles College Brawl.

Wrestling
Dec. 12: All-American Aaron Negrete wins the 157-pound state championship.

Wrestling
Dec. 12: All-American Oscar Martinez claims the 197-pound state title.

Football
Nov. 14: Team defeated College of the Canyons, 44-15, to win National Division Northern Conference title.

Football
Nov. 14: Wide receiver De'Jai Whitaker claims school record with 14 touchdown receptions in single season. (Pictured right)



BRIANA HICKS/TM

January

Women's Basketball
Feb. 19: Avenged Feb. 3 loss with a 64-43 win over rival Long Beach City.

Women's Basketball
Feb. 10: Team notches 57-point win over LA Harbor College, 83-26.



TERREL EMERSON/TM

Men's Basketball
Feb. 3: Melee breaks out at Long Beach City resulting in Brian Nebo, Elvis Okafor and Jamal Watson being ejected. (Pictured above)

February

Men's Basketball
Feb. 3: Team overcomes a 10-point deficit in final 1:08 in regulation to win 87-81 in overtime at Long Beach City.

Women's Track and Field
Mar. 4: Team placed first at Orange Coast Classic with 241.5 team points.

Women's Track and Field
Mar. 26: Team placed first at Pt. Loma Nazarene Invitational with 216 team points.

March

Women's Tennis
Apr. 16: Team defeated College of the Desert, 5-3, for the Southern California Regional Team Playoffs title.

Baseball
Mar. 1: Outfielder Mark Pena breaks school record with 24-game hit-streak (dating back to last season). (Pictured below)



DARRYL PETERSON/CERRITOSFALCONS.COM

Men's Track and Field
Mar. 4: Team placed first at Orange Coast Classic with 204 team points.



DARRYL PETERSON/CERRITOSFALCONS.COM

April

Women's Tennis
Apr. 20: Team defeated De Anza College, 5-1, to win the first CCCAA Dual Team Championship in school history. (Pictured left)

Women's Track and Field
Apr. 29: Team placed first at South Coast Conference Championships with 340.5 team points.

Women's Track and Field
May 7: Team placed first at Southern California Prelims with 26 team points.

May

2016-2017 Season