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PERLA LARA/TM PHOTO ILLUSTRATION OF A POSSIBLE 16 WEEK ACADEMIC CALENDAR

Sixteen-week academic calendar looms in the distance for students

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Students, staff and faculty may soon find a change to their academic calendar.

The Cerritos College Board of Trustees tentatively adopted the compressed calendar proposal March 1 after hearing the academic benefits of said calendar from Faculty Senate President Michelle Lewellen.

In the original report given to the board from the 2015 ad hoc committee the advantages and disadvantages were clearly outlined.

The board will hear the proposal again at the next meeting on April 5 to better understand the plan before pushing it forward to the chancellor's office.

According to Lewellen there has been talk for close to two decades about switching from the traditional 18-week calendar the school currently has in place to a 16-week.

She stated that the reason it has taken so long for the proposal to be heard was because no school president has had any interest in the idea until President Jose Fierro.

She said he, "was neither for or against it but open to hearing more,"

about the idea.

If the board were to approve the new calendar it has the possibility of bringing weekend classes, providing a winter session and adding flexibility to students schedules.

It will also align the calendar with those of most four-year institutions, Cal State institutions and UC institutions not on the quarter system.

The calendar also will align with K-12 school district and will allow students who face challenges finding childcare.

The main concern from the committee and from the board was

the additional cost for the school.

If the board did approve the calendar it will then move forward to the district for final consideration and would not be put into place until the July 2018.

Scan to view the full 2015 ad hoc committee report



<http://bit.ly/2ntlp5Y>

Disadvantages:

1. The greatest disadvantage of adopting a compressed calendar is cost.
2. Another concern is that those students who benefit from a longer semester will have poorer success and retention. This report's analysis of success and retention, however, provides evidence that, as a whole, student success and retention is not harmed by course compression.
3. Some programs will need to alter how lectures, laboratories, and practicums are scheduled. Nursing and Cosmetology are examples of programs that will be affected in this way. However, every college in our region has been able to adapt successfully. Cerritos College should be able to, as well.

Advantages:

1. The major on-going expense of the compressed calendar arises from the need to reinstitute the Weekend College, something the 2009 Report did not need to consider. However, the Weekend College would serve and greatly benefit a significant, non-traditional student population.
2. By including a winter intercession, the college can utilize facilities more efficiently. It will relieve some of the pressure for classroom space during the primary (fall/spring) sessions.
3. The addition of the winter intercession provides more flexibility for student schedules.
4. A winter intercession also provides an opportunity for students to make up ground if they fall behind in the fall.
5. The compressed calendar aligns with most four-year institutions, providing an easier transition for Cerritos College students to transfer institution.
6. The compressed calendar also aligns with K-12 district, and that alignment eases challenges some students face with providing childcare.
7. The Weekend College student support services (such as increased Library hours) benefit all Cerritos College Students.
8. The ASCC overwhelmingly supports the compressed calendar.

SOURCE: 2015 AD HOC COMMITTEE REPORT VIA CERRITOS.EDU

Forum: Student Trustee candidates

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The Student Trustee Forum hosted by Talon Marks lacked student attendance and audience engagement with less than 20 students.

The candidates are as follows: Joseph Escandon, Melanie Walters, Raul Avalos and Marlene Estrada.

The forum was held on Tuesday and lasted approximately 30 minutes.

Avalos targeted scholarships, safety and sustainability. He wants to create scholarships for students with a GPA of 2.0 and 3.0 and under, so students that have that GPA do not feel underrepresented.

He also wants to work with the Board of Trustee members to create a safer campus for the students.

He mentions sustainability and adding more hydration systems on campus to "reduce the carbon dioxide in our air."

After the forum, Avalos said, "[Some items] that I do want to focus on the most [are] scholarships and safety. Once I can accomplish that for us [...] then I'll go ahead and focus on sustainability."

Marlene Estrada said she would use technology and social media to communicate with the students and their concerns and use social media to keep the students updated at Board of Trustee meetings.

She also emphasized the impor-

tance of going to the bookstore and Student Center with students and remember who she was before, if she gains the Student Trustee position.

After the forum, Estrada said she would target safety and pushing the winter session availability. She also mentions "disability, eligibility for scholarships, classes (STEM departments)" and would, "execute these ideas by working closely with the current Student Trustee Karen Patron to see what plans have been set in motion in order to do these things."

She emphasizes the importance of student engagement and if the students see a canopy or forum, she advises them to see what is going on and to inform themselves. She adds that successful events on campus are based off student participation. Walters said, "I would have two options: I would find a middle ground between my ideals and whoever [...] is in conflict with me and [...] talk to those who aren't [...] and ask them 'Hey, is there something that just seems wrong or is this not the best idea?' My second option would be to take time on my part and say 'Hey, maybe I have to think this over. Maybe this isn't the right thing to do.'"

Walters added, "My platform is that I am an advocate for the concerns of students, not only for them but also for myself because I am also a student [...] and [I] also want to advocate for staff members be-

cause they have concerns too," after the forum.

Her target is to make her presence known and communicate effectively with students, clubs and programs on campus. She feels that even though she can't be there for every student, she is going to try her hardest to advocate for them.

Escandon said, "When I first started ASCC government, I started off as a Court member and it kind of branched off into wanting to do more for the students [...] I just really wanted to get involved. I want to find solutions for our student government with the Board of Trustees and [have] more platforms for students to come and voice their issues [and] concerns."

He wants to target the those that only take online courses because he believes they aren't focused on as much as students who attend classes on campus. He says he will continue to fight and increase student awareness and attendance, and will still be a part of Project Outreach.

Co-campaign manager for Avalos, Kishan Lalla said, "All the candidates who talked today are very well qualified for the job. [...] It would be interesting to see what happens on election day, when it comes down to just talking to students and how they approach students. I'm obviously confident that Raul has a stronger position, but we'll have to see with the results."



From left to right ASCC presidential candidate Karen Patron, Vice-President candidate David Ramirez, Student Board of Trustees candidates Melanie Walters, Raul Avalos, Joseph Escandon and Marlene Estrada.



Seated in court: Current ASCC Vice President Enrique Rodriguez responds to allegation of poor job performance made by Senator ubbu during March, 21 court hearing. The court decided against ubbu for the writ of mandamus.

Court sides in favor of ASCC VP Rodgriguez

DAVID JENKINS
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The Writ of Mandamus requested for ASCC Vice President Enrique Rodriguez by Senator Pro Tempore Gurpreet Ubbu during the March 1 senate meeting was rejected by ASCC Court on March, 21.

The court made this decision by proving that the evidence brought forth by Ubbu was insufficient.

Court Judge Dennis Garcia said, "It look like there was no strong case against the current VP. I saw it going this way, and seeing all the evidence presented today was not enough to present a Writ of Mandamus to Rodriguez.

Garcia also mentions he did not see that there were any violations of the by-laws, or any unfulfilled duties by Rodriguez.

He continued by speaking on the evidence itself saying that "most of it seemed to be hearsay, and some of the evidence in support of Rodriguez seem to be sections of the blue book, but pertaining the evidence against Rodriguez, I didn't see anything.

It just seemed to be a lot of miscommunication and a lot of disagreement on issues. We want to see evidence that [he's] not fulfilling [his] duties."

Senator Ubbu presented three pieces of evidence:

1) a screenshot of the agenda item from her cell phone.

2) a screenshot of emails also from her cell phone.

3) a statement from former senator Victor Villalobos.

With these pieces of evidence, Senator Ubbu stated that Rodriguez was not doing his job sufficiently well.

However the evidence did not hold up in court.

Senator Ubbu said, "I was initially disappointed; I'm not taking any of this personal because this is a job. You shouldn't take anything from student government personal. I was really disappointed because I see so much potential the VP position has, it has a lot of standards and I just don't see [them] being met."

Throughout the court meeting, it was addressed that the constitution does not state that Rodriguez has to do some of the tasks that Ubbu expected him to do.

"Part of the blame [is] the constitution; it doesn't say that the VP has to send out agendas, has to be in his office a minimum of 20 hours for the students at large. So I do blame the constitution a bit. Hopefully that gets changed from seeing all this."

Senator Ubbu would like to let new senators understand that they have a voice and that they don't have to be shy.

They can speak up if they feel something is wrong or would like improvement in some areas.

Chief Justice Rodrigo Quintas, is glad that all of this is over. He too saw that the evidence that was presented did not hold up to the claims that were being made.

"I would have preferred if both sides would've come prepared with factual evidence, more concrete witnesses. The lack of evidence, and the type of evidence [presented] just goes to show the lack of preparation of both sides to withdraw the claims, more so on [Senator] Ubbu's part because she did not present sufficient evidence."

Quintas also finds fault in the standards set by the ASCC by-laws, which have no stated official duty for the Vice President.

He concluded by saying: "I'm glad the Writ of Mandamus [dilemma] is over."

Scan for connecting story



<http://bit.ly/2mO7MBd>



EWB approved: Luis Guzman speaks at ASCC Senate meeting about the Education Without Borders conference. The club has been approved for conference funds.

Education Without Borders funding approved by ASCC Government

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As ASCC Cabinet approved funds for the Education Without Borders conference, Commissioner of Sustainability Phil Herrera says, "The conference is a coalition of clubs including Mouimiento Estudiantil Chicanx de Aztlan, Dreamers [and] Chicanos for Community Medicine. So, it was kind of a group effort but we did have representatives from each club working as a committee."

According to Herrera, MECHA is known for creating significant events; so he says that this is bound to be successful.

Luis Guzman, head of the Dreamers Club, who spoke to cabinet about receiving the funds was quite pleased with the ASCC Cabinet and gaining the extra help it needed.

"It felt really good just because the Education Without Borders is something that we planned over

winter break and it's something that we wanted to address. It's something that we need to do for Dreamers and I'm glad that ASCC [government] is willing to help us out. [It] really cares about all students. Regardless of immigration status, that's just something that I'm really grateful about," Guzman said.

He also went on to express his confidence in the assembling of the event.

"We have a lot of good people working on this, a lot of people who are dedicated who really selfless and really trying to help out the undocumented community here on campus.

"People like Student Trustee Karen Patron has really put in an amount of effort in organizing this and putting in a lot of thought. MECHA [members] are big supporters of ours and they're helping. Having one of the bigger organizations on campus helping us out can really go a long way," Guzman finished.

Commissioner in Daytime Activities Marlene Estrada also helped

with putting the conference together.

She was also one of the key players in having two clubs cooperating with each other.

"Education Without Borders is one week-long event hosted by clubs on campus for the community of undocumented students and their respective communities. I came across the committee because I was approached by the Dream club president Luis Guzman.

"He asked me [the MECHA club and campus] if I would be interested in participating in the event. I then went to my club and asked if they would participate and they were more than happy to help put this event together with the Dream Club," Estrada said.

She also went on to conclude her feelings on ASCC Cabinet members giving the funds to help out with the week-long event.

"I feel Cabinet's stance of support in our education and I feel confident in them. This reflects how they support the undocumented

students and they took a stance to support undocumented students before. This legislation proves they stand by their word," she said.

The long week event will take place from April 3-7.

There will be lectures on women in male dominated areas, political discussions. Even documentaries on students from Cerritos College and their experiences here on campus.

One of the lectures is titled; "Our Communities' Distrust in the Established Political System."

It is this sort of dialogue that the conference is meant to spark.

Many of these lectures and presentations will take place in the Herrera says, the goal of the Education Without Borders Conference is reach out to high school students.

The conference goal is to promote community colleges for these future students.

They also want to bring awareness to the clubs here on campus and their support of the undocumented communities.

Pro-life demonstrations sparks pro-choice response

BENJAMIN GARCIA
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"I believe that everyone has the right to freedom of speech," said theater arts major Issac Simons-Arraya, "however, I feel that this particular image is very inflammatory and disturbing."

He was referring to a sign displayed between Falcon Square and the Learning Center, which depicted an illustration of an aborted fetus.

Simons went on, "However, we as students have a right to stand here and cover it."

After saying this, the group of counter-demonstrators were initially asked to stand on the pavement -- a ways off from the poster so as

to "not obstruct freedom of speech," the group then sat on the grass adjacent to the sign in protest.

Elizabeth Miller, the Dean of Student Services, explained that she asked them to move away from the other group (who has a right to be present, being that the location is public property), to allow there to be free movement around the sign and to not block the sign, and to encourage discussion about the issues at hand.

Simons-Arraya stated that he first reported the issue to Student Grievances Office; and Student Grievances reported it to campus police. He believes that by that virtue, he went through the proper avenues to ensure that no freedom of speech laws would be obstructed.

The anti-abortion demonstra-

tors sent by the Center for Bio-Ethical Reform were also handing out pamphlets that compared abortion to the Holocaust and slavery on the front, and on the back asking the question: "Is a ballerina less of a person than a football player because she is smaller?"

The Director of Operations of The Center for Bio-Ethical Reform Kevin Olivier stated that the center's mission is to educate the public on the issue of abortion in an effort to encourage people to reject abortion and "[change] our society, it's perspective on abortion and laws around abortion."

He went on to explain that "someone should not support abortion because abortion is the intentional taking of the life of a human being."

Emma Simons-Arraya, a theater major and counter-protester, stated that by blocking the sign she was exercising her first amendment right to defend and protect other's emotions.

She said, "I believe that everyone has the freedom to chose what is right for their own bodies, and this particular image portrays something exceptionally gruesome that may or may not be a reality."

According to Miller, Student Services called the campus police to ensure that the protest and counter-protest would remain peaceful.

Police Chief Tom Gallivan added that when there is any incident that may disturb students, police will react and put signs that warn passersby that there are graphic images.



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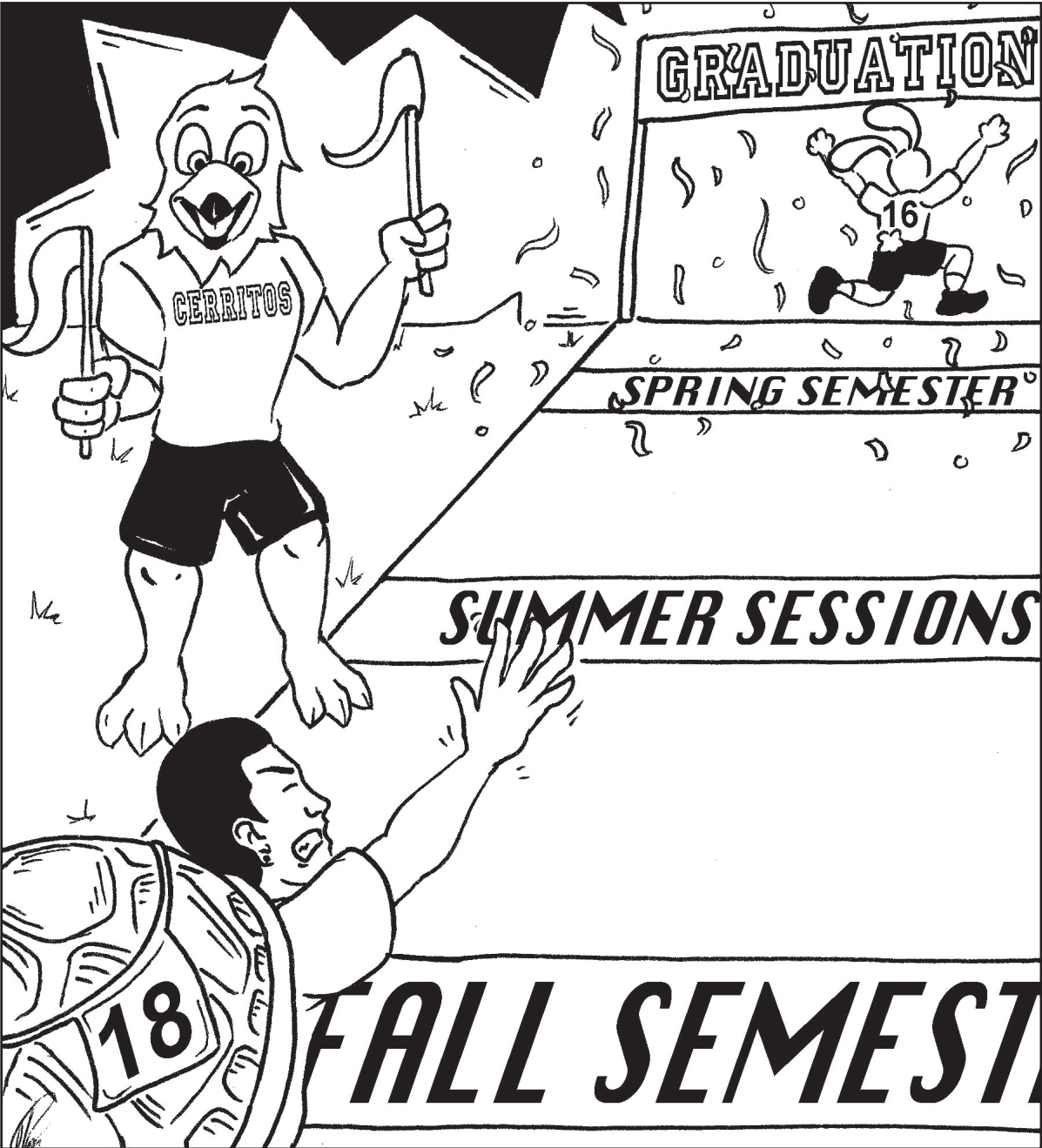
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EDITORIAL

16-week calendar is good for student success



CARLOS MARQUEZ/TM

The mission of any higher education system should be to provide its students with the best instruction and the opportunity to retain the knowledge gained in the most efficient way possible.

In the end, the ultimate goal for any student-- whether in a four-year institution or community college-- is to graduate and move on to the next chapter in their life.

It is the job of the staff, faculty and administration of those schools to make sure that that goal is achieved.

This job includes the administration deciding the length of the academic calendar the students will have, and for the rest of the faculty and staff to follow suit.

Here at Cerritos College, close to two decades, there has been on and off discussion about changing from the already set 18-week calendar to a 16-week calendar.

Finally, the idea is being pushed forward through the proper channels, and was tentatively approved by the school's Board of Trustees at the March 1 meeting.

A 16-week calendar is an impeccable and highly logical idea that would have immense benefits for the students of the college.

The fact that it has taken this long to be pushed through and for the logistics to be worked out is honestly quite idiotic and has more to do with the school's financial situation than the welfare of the stu-

dents.

It's time for the school to stop pussy-footing around this idea and just roll with it.

The benefits clearly outweigh the disadvantages, which the 2015 ad hoc committee report perfectly states.

The key advantages for the students would be the addition of a winter session and the bringing back of Saturday classes.

The compressed calendar will also add more Friday classes and have the possibility of extending the hours in which classes will be held.

This means that classes will be offered early in the morning, and will end later in the night.

With the additional campus hours, and class times, the school would also have to include more office hours; meaning that the financial aid department, counseling offices and library will also be extending their hours as students who take those classes will also need services.

These benefits alone should grab the board and the district's attention enough to listen, review and push forward the new and improved calendar.

However, the compressed calendar does pose a few inconveniences to some of the programs on campus, more specifically to the Health Occupations programs.

The main problem this calendar poses for the programs is the abil-

ity for its students to fulfill the off-campus lab hours needed for their areas of study.

However, most of the schools in the Cerritos College area have successfully adjusted their programs, or have chosen to keep them on 18-week calendar. Cerritos College should be able to do the same.

Another minor drawback that the calendar poses is for students who find that a longer semester aids them in their retention and success throughout a course.

This problem has already been addressed in a sense because there will already be additional resources on campus.

The already added hours to the success center and counseling departments will be aid those students who may struggle adjusting to the compressed calendar.

Setting cost aside, there is no reason for the school to oppose the idea of a compressed calendar.

Money has been the root of many issues in the world and has ultimately led to many people's downfalls.

Do not let it be the downfall of a student's educational future and success.

Yes, money is great and we need it to function in society; but let's not put the need for it ahead of the student's future.

Help students thrive; because without them, this school wouldn't be where it is today.

-THE ENVELOPE-

Heteros are better

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A Scientific American article from 2014, headlined "How Diversity Makes Us Smarter," says that organizational scientists, psychologists, sociologists, economists and demographers agree that diverse groups are more innovative than homogeneous groups.

Heterogeneous societies are better.

People are acting like the United States of America should be a salad bowl instead of a mixing bowl?

People are acting like the U.S. is a salad bowl by making up reasons as to what makes them the most unique of all snowflakes. We are all the same.

There are those who say that white people are not fully human--being that white is the absence of color and white skin is the absence of melanin.

None of these "radical activists" have any scientific backing, nor are they prevalent in society, nor are they philosophically relevant.

Unlike skin tone, culture is not a spectrum-- it is a yes or no question.

That is the difference between being proud of skin color and being proud of culture.

There are even those fighting for racial inequality who would say that there is a genocide against their "race" because whatever "race," which their skewed worldview names as their cultural rival, is mixing with their own.

In reality, there is no race gene.

This excludes mixed-race people from the radical branches of the civil rights movement, for not being one thing or the other.

Have you ever been told that you're not Mexican enough? What if you were what many of your fellow Latinos so derogatorily call "white-washed."

How would that nuance in a person's experience invalidate that person's identity?

Speaking Spanish does not make a person Latino any more than a Latino who doesn't speak Spanish.

Being a practicing Catholic does not make a person more Latino either.

These things make up a totally different part of someone's identity, separate from ethnicity.

Why is society trying to qualify people's identities as either partially accurate or not at all accurate, erasing mixed people's identities?

As Irving Bartikofsky, a Mexican-Russian and Jew, said to conclude the first ever TEDx Talk at Cerritos College: "You and I can look out the same window and have a different perspective, and that's a good thing."

It's sharing original points of view across race, religion, ethnicity

and creed that makes a society stronger.

Culture is meant to be shared, and the people who ought to start sharing are mixed race.

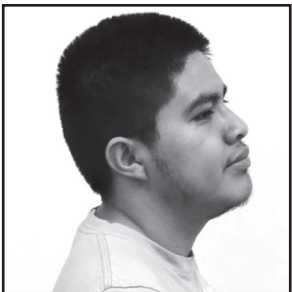


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FREE SPEECH ZONE
WHAT GRINDS YOUR GEARS?

LINDSAY HELBERG
Staff Writer

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OZZY GARCIA,
COMPUTER SCIENCE
"When people are disrespectful because they don't know you."



ARELY LINARES,
FOREIGN LANGUAGE
"When people get in between a relationship. People need to mind their business. Like when a girl talks to a guy that is taken."



CHRISTIAN FERNANDEZ,
BUSINESS
"When I am walking by someone and I try to just say 'hi' with a smile and they continue walking by me like I wasn't even there."



YEIMI MOLINA
DENTAL HYGIENIST
"When I am walking by someone and I try to just say 'hi' with a smile and they continue walking by me like I wasn't even there."

Desexualize the woman and be damned

DAVID JENKINS
Staff Writer
@Mr_Sniknej

Over the years' feminism has been leaning toward a sex-negative position. I've always wanted to see our culture become one that looks at sex as a positive thing and not one that tries to change it.

We live in a culture where one's sexual preference and its openness to sexuality is considered taboo. That sort of rhetoric of "slut-shaming" and telling others to abstain from fornication is to be expected from the highly religious. The premise of divinity is something that I object, and thus enjoy the pleasures of women in both sexual conduct and in sight.

The latter part of that sentence is where I can see many college educated feminist frown upon and see

it as "problematic." Many believe that to truly live in a sex-positive society the female body must be desexualized.

This line of thinking ends up critiquing particular aspects of our culture such as strip clubs, pornography, and one of the world's oldest lines of work, prostitution (legalize it!).

I recently read a column by a colleague of mine, Karla Enriquez; where she wrote on the not so recent Vanity Fair article about Emma Watson and the backlash it received for showing a bit of the tit.

The outcry against her was to discredit her feminism. Enriquez condemned the backlash, and rightly so.

However, it was her call to action when my objection arose. She says, "women's chests need to be desexualized instead of being shamed

for the way women choose to express themselves through clothing."

The former part of that statement is what I'm objecting to. If the highly religious would have found a way to desexualize any part of a woman, they would have done so a long time ago. Nothing would make them happier then to completely abolish the temptation of the flesh.

But even the religious have an understanding that our lustful characteristics can not be undone. It is innate, in other words... It's within our nature. Their reaction is to shy away from it and label it a "sin" (a divine sickness if you will).

I say nay. Let us embrace our nature and understand that it isn't "problematic" or a "sin," it can not be cured or deconstructed. It is there not just for pleasure but more importantly, reproducing.

Without the lustful and sexual

character of our species the chances of our survival would be close to none. The same could be said for any animal and its preferred sexual characteristics.

This sort of feminist rhetoric makes the exact same mistake the religious do, and that's to fight against nature.

This fight will only lead to self-hatred, especially in men.

I urge my feminist colleagues and those who fight for human rights, not to fall into the same trap the religious fell into.

Don't tell people that their sexual desires are something that can be fought against or unlearned.

Don't become sex-negative.



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Quetzal comes back with album ‘Eternal Getdown’

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Rich in culture is the best way to describe what Grammy-winning, Quetzal's music brings to the table.

With a unique sound and powerful lyrics this group is sure to catch more than one person's attention.

According to the Los Angeles Times, Quetzal won a Grammy for the release of "Imaginaries."

The Chicano-based musicians Quetzal Flores, Martha González, Tylana Enomoto, Juan Pérez, Peter Jacobson, and Alberto Lopez are driven by social activism and feminism.

Guitarist Quetzal Flores weighs in on the making of the new album.

Q: Considering that this is the 25th anniversary for the group, how has the release of the seventh album been different?

A: This is the 7th studio album and we're closing in on 25 years.

It's gratifying to know we have done it on our own terms.

Because of this we've had tremendous flexibility as to what and how we express ourselves.

Our criteria are not based on how marketable the music may be, but how accountable it is to multiple communities.

Q: What was the song process for this new album?

A: The process for this album was getting together, jamming for hours on end and trusting [the] process enough to always arrive at a point of musical consensus.

Each band member brings such a unique and diverse lived experience in music and community.

This experience is intentionally looked at as a resource and more importantly a responsibility that is essential to the creation of collective knowledge (songs).

Once the ideas manifest we spend a lot of time refining them and arranging.

The last piece is to rehearse for the studio.

We don't like to spend a lot of time in the recording studio.

For this album we were so fortunate to work with Robert Carranza, a world class engineer and producer from East Los Angeles.

Because of our long-standing relationship with Robert, the time in the studio was fluid and productive.

Often times it's about the intangible and unspoken things that have so much meaning in producing re-

cords.

Q: Being a Chicano based group/activist, do you feel that your music can resonate with the current struggles of injustice America is facing right now?

A: I know our music resonates beyond the confines of the United States.

We have worked hard to build real relationships with artists and community around the world.

For me, Chicano means that you carry a great sense of accountability to humanity as a whole.

You're doing this as informed by your experience growing up and living in the barrio, understanding that the same systems of oppression affect working people all over the world.

As a band, we are committed to developing and implementing ways in which we can have deep and meaningful spaces where we can be in community with music and in music with community.

This whole album is dedicated to ways in which we can maintain hope through regenerative processes that already exist in plenty in our communities.

Q: Having been influenced by many different genres and artists, which have inspired the band the most?

A: I'm obsessed with music from Manchester England in the 1980's. Especially The Smiths.

There are so many parallels to how a musician like Johnny Marr goes about living music and how Chicano musicians do it.

The band as a whole has been utterly inspired by El Nuevo Movimiento Jaranero [from] Veracruz.

Groups like Mono Blanco, Son de Madera and Los Cojolites have given us so much to think about and ways to express these thoughts and feelings.

Lastly, Los Lobos [are] our musical parents.

One song in particular, Be Still, opened my mind to the possibilities of articulating our dreams.

Link to Quetzal's Facebook Page



http://bit.ly/2o8ivH4



Passion Latina: Twins Idar and Jessica Ramos come to life in a Día De Los Muertos Folklórico dance event. The event was held in the city of Carson's community center on Oct. 30.

Dance group gives back

NATASHA MOLINA
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Mireya Placencia, an EOP English tutor, grew up to be different from other girls, she experienced music differently than others amongst her.

"I wanted to know the background, the history to every dance and as to why something was done for a certain particular genre, so I asked questions did my research and taught myself."

As Placencia grew older she realized that other girls around her shared a similar interest that helped spark the idea to start her own Latin dance group.

Passion Latina started off small as an after school group with only a couple of kids taking part in it, that would perform for school or holiday events like Cinco De Mayo.

As time passed, Passion Latina started to grow as did Placencia's responsibilities with the group, "During high school, I became the sole leader of the group and was in charge of organizing upcoming events."

Upon the growth of the group, Placencia was positive about continuing her passion for dance and took it upon herself to have Pas-

sion Latina become a non-profit organization.

With the help of her church, Our Lady of Victory Catholic Church, she was able to have the necessary resources available to her and the dancers.

The dance lessons began to be held at the church, Tuesdays and Thursdays from 6 p.m. to 8 p.m. in the city of Compton.

The classes are broken up into three: elementary, middle and high school where kids are taught all types of Latin dances including, Samba from Brazil, Cumbia from Colombia, Punta from Honduras or Belize.

Being a non-profit organization Passion Latina participates in many fundraising events in order to raise money for uniforms, costumes, sound systems, and transportation.

"We'll do car washes, sell chocolates, raffles or small dance recitals where we'll charge a small fee to help raise as much as we can," Placencia stresses the importance of fundraising.

One of Latina's biggest events is a yearly parade that is set in the cities, Compton, South Gate, Huntington Park, Rolling Hills, Downey, Hawaiian Gardens and East Los Angeles, where 60 girls

perform and these young girls dedicate extensive months of practice.

Although Passion Latina performs for many special events for the cities like Compton or Carson, these young dancers also like to give back to the community.

"After the parade in South Gate there is a Latino community gathering that holds a toy drive and every year we bring toys for that drive as well as in Compton."

Latina's also give back at the Compton Airport and at the Museum of Rancho Dominguez by performing there for free when asked.

"One of my students came up with the idea of filling some of our old useable purses and filling them with feminine products to give to homeless women in Compton. It was a satisfying experience to be able to give back to people in need no matter how small it was," Placencia proudly expressed.

Aside from teaching young girls how to dance, this organization gives back and impacts the group from within, in a big way.

The girls have become more of a family always helping each other out not just with dance, but with whatever life throws at them.

"Since we are based in Comp-

ton, I feel like this group not only has helped keep girls off of the streets, but helps them physically. There are girls who have been diagnosed as obese, so it's a fun way to help them exercise," she said.

Placencia is always pleasantly surprised to see how much this groups helps young girls out of their shells to blossom into social butterflies which boosts up the girl's self-esteem tremendously.

Amy Mendoza, a 20-year-old dancer, has been a member of Passion Latina since it began, Mendoza was thrilled to learn about many different cultures through music describing it as experiencing a different world.

Through the club Mendoza has had the opportunity to travel and experience different environments by meeting new people.

"We are a family at Passion Latina! When one of us is going through rough a patch in our life we are there to console and support each other."

"Passion Latina is second home to me and many of us.

There is comfort and unity. Our dance group is genuinely one of a kind and so welcoming," Mendoza concluded.

Check out Passion Latina's Instagram page, Passion Latina.



COURTESY OF MCT

The Canadian singer, songwriter and rapper Aubrey Drake Graham is better know by his stage name Drake and is here performs a live concert at Royal Arena on March 7, 2017 in Copenhagen. Denmark. (Gonzales/Samy Khabthani/Avalon/Zuma Press/TNS)

Don't sleep on Drake's 'More Life'

MICHAEL CUETO
Staff Writer
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He took over summer 2016, now he gives us the jump off album for spring.

October's Very Own, Drake gives us, "More Life."

Guest appearances from Kanye West, 2 Chainz, Young Thug, Quavo, Giggs, and Sampha are included on the album.

None of these artists disappointed in delivery. However, lyrically I felt they could have delivered more.

The album contains great sampling reminding us of timeless classics such as "Devotion" by Earth, Wind, and Fire in the song "Glow." He also used the hook from, "If You Had My Love" by Jennifer Lopez in "Teenage Fever."

Drakes right-hand-man and producer Noah "40" Shebib contributed a great deal to the album. I wasn't surprised

when I found out he produced my favorite song on the album, "Jorja Interlude." Fans pray for, "40" as he continues fighting his battle against multiple sclerosis.

Producers such as Kanye West for "London on the Track" can also be found on this wonderful piece of art.

Want some lounge music? Please play "Passionfruit," and "Get it Together."

Need something to pump you up at the gym? You can choose "Free Smoke," "No Long Talk," "Gyalchester," or "KMT."

If you just want to just relax, play "4422," Sacrifices," or "Nothings into Somethings."

Need your heart repaired? Please play, "Teenage Fever."

In songs "Madiba Ridim," and "Blem" he gives us the Jamaican, Caribbean, island flavor we hear in, "Controlla." If you need some new music, I encourage you to listen to, "More Life."

I give the album four out of five mics.

I felt the album did lack what hip-hop heads would consider, "bars." Although, after hearing, "Jorja Interlude" I was pretty impressed. The short interlude contained a couple clever double entendres, and a play on words.

A lot of the lyrics were about Drake stroking his own ego. We get you're at the top, you have a lot of money, women, and drugs, but we know you can get deeper than that, Drake.

We also get that from 2 Chainz, Quavo, and Young Thug.

There is more to these artists than weed, money, and drugs. Will we ever see it in their careers? Will popular, mainstream, industry Hip-Hop be based off sound and not lyrical content?

You cannot discredit these artists for their talent, creativity, and melody they bring to the studio.

Check out, "More Life" because you will not be disappointed.



Favela sees life through a different lens

MARCK PARRA
Staff Writer
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Addison Favela, engineering major, inserts a new roll of film into his vintage film camera.

He is ready to forget the troubles of his past and focus on capturing the best shot he possibly can.

As a Marine veteran, Favela admits that adjusting back to “civilian life” can be difficult for a military veteran.

He finds satisfaction in the small things that life provides, like photography.

“It’s really relaxing looking

through the viewfinder of a camera,”

Favela explains. “It’s kind of like you are looking at something in a completely different perspective; it can be a very meditating experience, really.”

Favela spent nearly five years with the Marine Corps.

After a Marine Sergeant peaked his interest in the military branch during a recruitment held at the high school he attended, he joined.

Favela, was able to visit some of the most exotic countries on Earth during his tenure with the Marines including Afghanistan, Japan and Thailand, now finds his way to Cerritos College where he hopes to transition back to normality while pursuing a career in engineering.

In regards to photography, Favela initially meant to take the course just to cross out a requirement that is needed for transferring to a four-year university.

He was surprised at how drawn he got into photography.

“I didn’t really think photography was all that interesting, to be honest,” Favela begins, “I thought it was just going to be point-and-shoot and you’re done, but there is so much room for creativity that I think that is really cool.”

In Favela’s opinion, there are aspects that both being in the military and photography, (film photography in particular) have in common.

“The military is all about supervision, and your margin of error is so small because someone is always breathing down your neck, expecting the best out of you,” Favela admits, laughing.

“Photography is kind of the same, especially film [photography],” he adds. “You don’t have the luxury of knowing what your shot is going to look like, so trying your best initially is key, because,

again, you have such a small margin of error.”

Going to the military can be tough on anyone, but it goes beyond the individual.

Addison’s brother, Manuel, 19, admits that Addison’s departure to the Marines was tough for everyone in his family, especially for his mother.

“It was especially tough for my mother,” Manuel says, “Her biggest worry was his health, and whether or not he was still alive since he did face combat.”

Favela, like his family, couldn’t be happier to be back at home.

He is now enjoying his time at Cerritos College.

Favela adds that one of his favorite things about attending Cerritos College is the nice, caring nature in which veterans are treated at the school.

“From my experience, the Veterans Center is really good,” Favela stated. “When I first got here, I got a little intimidated with not knowing how to apply as a veteran and such, but the people working there are very helpful. They made the process hassle-free.”

To him, all the help he gets there, helps him worry less and focus on the important things which are his classes and his photography.

Aside from photography, Favela enjoys attending concerts and music shows as his favorite pastimes.

He admits that he is a huge fan of the electronic rave scene that is so prevalent in today’s society, but doesn’t shy away from metal and jazz concerts.

Addison Favela: a man that is just trying to find his footing back into society.

Addison Favela: a true fan of the arts.

Artist, Students, Photo Lab Techs are the real MVP’s

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Lab technicians, to students, to artist, to showcase the multiple roles that a person has is seldom easy to do.

This year with one exhibit titled La Ayuda, the help. The six photography lab technicians joined together to showcase their art.

The exhibit offered a personal and intimate look at the artist side of the photography lab technicians.

Artist, Fine Arts major Alice Romero, has been working as a photo lab technician for four years. For her it is not a job; it is something fun that helps keep her sane. She said, “It’s a lot of fun, I love doing it.

Her favorite part of being a lab technician is, “The moment when [students] go from having a hard time to all of a sudden understanding; and they’re able to do it on their own.”

More than staff

Romero like the other photography lab technicians are more than staff; they are artists that channel their life experiences into creating meaningful art.

Romero has taken one semester off from school to take care of her sister during her struggle with an illness.

The photographs she chose to share during the La Ayuda exhibit were of her sister’s stay in the hospital.

In one portrait, her naked back was shown. In another photograph, her sister is walking in the hospital hooked up to an IV.

Romero plans to continue be-

ing a lab technician as she works on her art, resumes her classes toward obtaining a masters degree- and reaching her goal of becoming a teacher.

Other artist made political and cultural statements with their work.

Lab technician, Fine Arts major, Deanna Jessica Saucedo, chose a feminist theme in her black and white portrait of a woman wearing a white shirt, a sombrero and two bullet belts crossed over her shoulders titled Revolucion.

Strong female figures

The second piece she shared is a color photograph of a woman covering her face with her hands. The photograph is titled November 9, 2016. A political piece recording the woman’s reaction to the news that Donald Trump won the presidential election.

Both photographs are part of a series that she is currently developing.

She said, “They were both taken at different times. They give the more feminist female role trying to create a revolution while being saddened by Trump’s election [win]. They both relate to what’s currently happening in the media with America right now.”

With women’s rights being the center of attention, she wanted to show a strong female figure; and capture the somber mood she saw on Nov. 9.

Maybel Valenzuela, Fine Arts major, has known the photographers throughout her three years as a student.

“I’ve worked with Saucedo [and] her work last semester. I

worked with all the photographers that are in here and they’re all great photographers,” and described all the lab technicians’ work as amazing.

Sergio Peña, undecided major, has been a lab technician for one year. For him, the best part of the job is being around like-minded individuals.

He likes seeing the students ideas and feeding his own creativity with them. He also likes to be able to see the students work and share his own.

Peña said, “I like to do portraits, [...] the little smile, the little smirk when they think of that memory I like to capture that, when it shows on their face.”

Expressing identity

For Juan Valenzuela, Fine Arts major, his work is about self identity.

Working with instructors that are also working artists is one of his favorite things about the job.

He said, “It’s one of the things I like best because you get a lot of feedback from all the instructors. I like working with all the different instructors because you get to pick their brain. “Students also sometimes inspire ideas.”

In his future work he will continue to explore the struggle of culture, identity as a child of immigrant parents and his own experiences, “You struggle with identity, you won’t be who they want you to be, but you know they kind of don’t want you to be who you want to be.”

Culture identity is what drives and will continue to drive Valenzuela’s work as he explores photography and mixed media pieces.



COURTESY OF MCT

‘Beauty and the Beast’: A satisfying musical with dull performances, lack of chemistry

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Second week and Beauty and the Beast is still dominating box office.

Bill Condon had Emma Watson as Belle and Dan Stevens as the Beast.

This version of the film is quite similar in structure of the plot.

The film had a strong production design and the large musical set pieces.

I can’t think of a musical in a long time that had such satisfyingly staged musical sequences.

Be Our Guest, Belle, and Gaston were the particular highlights.

The costumes, dancing and ensemble singing were first rate.

It was easy to get swept away in the moments and that’s what you want in a musical.

The film also worked a lot of humor into the script, which I actually enjoyed.

I found myself laughing quite a bit especially with Lumiere and Cogsworth; a lot of the other characters were also funny.

The biggest problem with the film is in the character design. All of the household objects were difficult to connect with emotionally.

Lumiere and Cogsworth were designed in a way that made it difficult to see their faces and expressions.

Mrs. Potts was flat so you had no sense of movement or personality to her. It is all left to the voice cast to sell the emotion and they just couldn’t do it.

The Beast looked like Krampus and his face was flat and dull.

Harry Potter fans will hate me for saying this but I also found Emma Watson to be flat and wooden in her performance as Belle.

There wasn’t much chemistry between the two of them because they were uninteresting and bland, which is a big problem selling this

story.

The additions involving involving Belle’s mother and the Beast’s backstory just did nothing for me. Also the new songs were very forgettable and flat.

Most people will go see Beauty and the Beast and have a great time, and so I have to give Disney credit on that level.

There is entertainment to be had here and I think as a whole it is a harmless movie.

Does it live up to the 1991 original film? Of course not, but it’s certainly not awful.

Movie Review

Beauty and the Beast

Starring: Emma Watson

Director: Bill Condon

Rating: ★★☆☆☆

Men’s track search for success as year comes to a close

MONIQUE NETHINGTON
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Sophomore Zachary Munoz will be the lone male Falcon to compete at the April 4-5 Southern California Decathlon Championships.

Munoz had a top-10 performance at the only scoring meet the team has had in the last month.

Director of Track and Field Christopher Richardson said, “Zach is coming along perfectly, and he continues to surprise me every day. I push his limits and with limited resistance he responds and steps up to the challenge, I feel he will be competing to win the state title in the decathlon this May.”

Unlike their female counterparts, the men of Cerritos Track and Field did not have as many stand out performances over the last three meets.

Munoz said, “As a team we’re doing well. We’ve been competing against a lot of Division I track programs, and even beating some of them. I think it’s a good set up for us [to help us in the upcoming state meet.]”

Juanita Webster, sophomore heptathlete said that in addition to the women stepping up, she felt that both sides-- men and women-- are really coming together and developing.

During the team’s participation at the Ben Brown Invitational, Jayden Logan, sophomore, was able to bring home a second place finish in the 400-meters, clocking a time at 52.89 seconds.

Freshman Jacob Grasser also finished in a second place spot. He clocked a 11.16 seconds 100-meter race to earn him the second place finish.

The next weekend at the UNLV invite Grasser would compete in another 100-meter race. This time he was nudged

out of the top-five and finished seventh overall.

There was only one first place finish on the weekend for men. Blair Robinson, sophomore jumper, would tie first place in the long jump with a distance of 7.17 meters. He would also place third in the triple jump with a distance of 14.51 meters.

At the end of the weekend, the team would total 38 points and finish in seventh place overall.

At the non-scoring Aztec invite, the team would have an improved performance having a total of nine top-five finishes.

Richardson said, “There have been some notable ups and downs with our freshmen, which is expected but we are really strategic in how we plan our training and competition. We hope to create new challenges with individuals to break up the monotony.”

The Falcon’s 4x400 meter relay team was able to finish in the top spot with a time of 3:23.63 minutes.

Logan would again compete in the 400-meter open and post a time of 53.78 seconds, placing him second overall.

The 4x100 meter relay team would also give a 2nd place performance clocking a time of 49.54 seconds.

Field athletes would also have a proficient day, having sophomores Stacy Chukwumezie, Robinson, and freshman Christopher Lawry finish in the top five of their events.

The team now looks forward to the upcoming conference championships at the end of April, and the Southern California championships in May.

“The truly remarkable thing about our young student athletes is their quality of character. I cannot be more proud about how they adjust to adversity and strive for excellence,” Richardson finished.



MAX PEREZ/TM

Laying Out: Shortstop Ramon Bramasco dives for a ground ball down the center of the field in the eighth inning of the Falcons game with El Camino Saturday. Bramasco finished the game with one hit in the loss to El Camino.

Cerritos swept in conference series

MAX PEREZ
Sports Editor
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The Falcons were out scored 22-7 in the teams three-game conference series against El Camino.

The Falcons were swept for the second straight series and the team is now on a six-game losing streak, putting its overall record at 8-18 and its conference record at 3-8.

Although Cerritos had 21 hits in total during the series the Falcons were not able to capitalize on their baserunners, leaving 28 men on base throughout the series.

Head coach Ken Gaylord said, “It’s been our deal the whole year, we don’t make big pitches, we don’t get big hits.”

First baseman Paul Cruz added, “I don’t think we came through when we needed to, we just got into double plays and couldn’t punch [base runners] in and that’s really a momentum killer.”

Game one of the series was scheduled for Tuesday, and lasted eight innings before being rained

out and was rescheduled for Saturday where the final two innings were played before game three.

The Falcons fell behind the Warriors early, surrendering three runs in the first five innings before scoring their first run in the bottom of the sixth.

In the bottom of the eighth the Falcons scored three runs to tie the game at four heading into the ninth.

The Warriors then scored seven runs in the top of the ninth and held Cerritos to one run in the bottom of the inning to close the game out.

Cerritos finished the game with eight hits compared to El Camino’s 12, the Falcons also left eight men on base and were unable to slow the Warriors down allowing three doubles and a home run.

The Cerritos pitching staff allowed 12 hits and nine earned runs.

The second game of the series took place Thursday at El Camino, where the Warriors scored three runs in the first six innings.

Cruz admitted, “Working up hill is really tough against [El Cami-

no].”

The Falcons scored their first and only run in the seventh inning, and allowed the Warriors to score to more runs to drop the second game of the series.

The Falcons again left eight runner on base and allowed the Warriors to score six runs on eight hits.

Although the Falcons haven’t had much success this season as far as wins, the team has struggled on the road with a 2-11 record away from home.

In the final game of the series the Falcons were again unable to drive in base runners leaving 10 men on base on eight hits and four walks.

The Warriors jumped out to an early two-run lead before the Falcons scored their first and only run in the bottom of the sixth.

El Camino closed the game out with three runs in the final two innings to complete the three-game sweep.

Throughout the series every

Cerritos pitcher who pitched more than an inning allowed at least one run.

Driving in baserunners was a problem for Cerritos this series, but the players are looking to correct those mistakes for the future.

Second baseman Derrick Edwards said, “It’s being more aggressive and making sure you have that attacking mindset, I felt that we were too passive this series.”

Cruz agreed, “It’s a mindset when we go up to bat, I think having a plan and seeing the ball coming out of the pitchers hand better to read what he’s throwing instead of guessing will help us out with our at-bats.”

The Falcons are now only one game ahead of last place EC-Compton, while El Camino retains its undefeated conference record at 11-0.

Gaylord concluded, “We have to play our style of baseball, and they have to buy in.”



MAX PEREZ/TM

Bringing them home: Starting third baseman Rain Vega hitting a two-run RBI single up the middle during the second inning of the Falcons game against LA Harbor Thursday. Vega finished with three hits and five RBI’s in the victory.

Brown takes state home run lead, Falcons lose to Vikings

MAX PEREZ
Sports Editor
@talonmarksports

Sophomore infielder Kylee Brown is now leading the state in home runs after hitting one in each game against Southwestern and Grossmont.

The Falcons defeated Southwestern 8-0 in five innings, then went on to play Grossmont, losing 10-2 in six innings.

Brown is now on a six-game streak with at least one home run, during that time she has hit eight of her 11 home runs to go along with 23 RBI’s.

Assistant coach Jenel Guadagno said, “[Brown] comes out and works hard everyday and deserves to be in that top spot, she is definitely carrying us and is a leader on and off the field so we love it.”

Brown added, “It’s super cool, I’m really humbled and I’m just happy that I’m doing good and performing well.”

The Falcons faced Southwestern College in their first matchup of the day, Southwestern came into the matchup with a 17-6 record and second in its conference standings.

Cerritos came out firing, scoring four runs in the top of the first inning on two hits and taking advan-

tage of two Jaguar errors.

The Falcons came right back in the top of the second scoring three more runs off a two-run home run by Brown and an RBI double by Jissel Caballero.

Cerritos scored its final run in the top of the fifth.

Starting pitcher Jissel Caballero pitched five shutout innings only allowing five hits and no walks to capture her sixth win of the season.

The second game of the weekend came against Grossmont, who is currently third in its conference, one spot behind Southwestern.

The Falcons came out and scored a pair of runs from back to back home runs by Brown and Briana Lopez.

The Grossmont pitching staff would hold the Falcons scoreless for the remainder of the game.

Meanwhile the Griffins scored 10 runs in the next five innings to end the game early and handing the Falcons their eighth loss of the season.

Guadagno said, “In the second game I think we just ran out of gas, it was an off game and we’re down players, but we did our best and just came up short. “

All three pitchers on the Cerritos roster pitched, each giving up at least one earned run.

Caballero was credited for the loss, making it her first of the season.

The Falcons then played rivals Long Beach City College for the second time this month.

Cerritos dropped the first matchup with the Vikings 2-0 and would lose again 14-13.

With the loss the Falcons now surrender second place in the conference to Long Beach City.

The Falcons now have a 3-2 conference record and have dropped to third behind Long Beach and undefeated El Camino.

The teams offense was able to score 13 runs off 15 hits, but the pitching staff was unable to slow down the Vikings allowing 20 hits.

All three Cerritos pitchers allowed at least two runs.

Despite the loss the team remains confident in the potential of this squad.

Outfielder Kimberly Olivas said, “I know that the players we have now on the team and on the field are working their hardest and I think this team can win it all.”

Head coach Kodee Murray added, “The group that’s out here is hard working and dedicated and they have a lot of heart, and I think it’s going to be an exciting close to our season.”



Softball

Mar. 30 at East Los Angeles College 3 p.m.
Apr. 1 vs Fullerton 11 a.m.
Apr. 1 vs. College of the Canyons 2 p.m.
Apr. 3 at Riverside 4 p.m.
Apr. 4 at EC-Compton 3 p.m.
Apr. 6 at El Camino 3 p.m.

Baseball

Mar. 30 vs Long Beach City 2:30 p.m.
Apr. 1 at Long Beach City noon
Apr. 4 vs EC-Compton 2:30 p.m.
Apr. 6 at EC-Compton 2:30 p.m.
Apr. 8 vs EC-Compton noon
Apr. 11 vs. Fresno City @ Santa Maria 3p.m.

Men’s Swimming

Mar. 31 at Rio Hondo 12:30 p.m.
Mar. 31 vs LA Trade Tech @ Rio Hondo 12:30 p.m.
Apr. 7 at Pasadena Invitational 8 a.m.

Women’s Swimming

Mar. 31 at Rio Hondo 12:30 p.m.
Mar. 31 vs LA Trade Tech @ Rio Hondo 12:30 p.m.
Apr. 7 at Pasadena Invitational 8 a.m.

Men’s Tennis

Mar. 30 vs El Camino 2 p.m.
Mar. 31 vs College of the Desert 2 p.m.
Mar. 31 vs Mesa (AZ) Community College 2 p.m.
Apr. 6 South Coast Conference Tournament

Women’s Tennis

Apr. 6 South Coast Conference Tournament
Apr. 7 South Coast Conference Tournament

Track and Field

Mar. 31 Bob Larsen Distance Carnival 3 p.m.
Apr. 1 Legends of Track and Field Invitational 9 a.m.
Apr. 4 SoCal Decathlon/Heptathlon Championships 9 a.m.
Apr. 5 SoCal Decathlon/Heptathlon Championships 9 a.m.

To continue reading the Women's track story scan below



http://bit.ly/2nhfq3k



MAX PEREZ/TM

Mid-Stroke: Sophomore swimmer Isiah Gaytan mid stroke during the third heat of the 100-yard butterfly at the Golden West Invitational Friday, February 24. Gaytan would not place in the 100-yard butterfly but would finish the invitational with an eighth place finish in the 500-yard freestyle.

Cerritos swim exits East LA winless

MAX PEREZ
Sports editor
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The Cerritos swim team took a hard blow this weekend as the men and women's teams came out winless against Pasadena City and East Los Angeles College.

The team's traveled to East Los Angeles where the men would compete against Pasadena and the women would compete against Pasadena and East LA.

The men lost 161-93 to Pasadena, while the women lost 128-112 to Pasadena and 153-106 to East LA, all of which were conference losses.

Men's head coach Joe Abing said, "Overall we did well, Pasadena is a really strong team, though we didn't win the meet, in swimming you have to see if you're improving, so overall

we still did some good things today."

The men have now dropped to 1-4 on the season in conference matchups, but the focus of the team is the upcoming conference finals.

Head coach Joe Abing said the team has not been resting before meets so it can get as much practice in before the finals, which are in four weeks.

"We're not resting for these events so that's why I say we're swimming tired and it kind of shows, but everyone will be swimming at their top potential during [finals]," said Abing.

Despite not resting, the team was still able to finish the day with four first place finishes and four second place finishes.

Sophomore Jesus Rojas finished with three of the four first place finishes in the 50 and 100-yard freestyle, and the 100-yard butterfly.

Abing said, "Rojas had a really good meet,

he had a lot of close races, but he's one of our fastest swimmers."

Abing also mentioned that he saw improvement and potential during this meet.

"One of my slowest guys [Dylan Degeeter], in his 100-yard freestyle dropped five seconds, he didn't score any points so it doesn't get much notice but we notice it, so there's little victories like that."

The women finished the day with two losses and are now 1-5 in conference meets this season.

The team finished with one first place finish and four second place finishes on the day.

Freshman Elisa Prohroff finished first in the 100-yard freestyle to go along with two second place finishes in the 500-yard and 1000-yard freestyle.

Freshman Lindsey De Haas and Isabella

Sierra also finished with one second place finish each.

The women are also working to be competitive during the upcoming conference finals.

Women's head coach Sergio Macias said, "I tried putting a few of our swimmers in different events just to get [them] ready for conference championships."

The next events for both teams take place Friday, March 31 at Rio Hondo against Rio Hondo and Los Angeles Trade-Tech.

Sophomore Isiah Gaytan said, "We just have to bring a lot more energy, we just have to bring a lot more energy and remember the goal of conference finals."

The Conference finals start April 20 and end April 22 for both the men and women's teams.

Women’s track break into record books

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Sophomore heptathlete Juanita Webster stands at the helm of the women's track and field record breaking season.

Over the course of the last three meets she has broken into the top-five in the high jump, 100-meter high hurdles and the heptathlon for Cerritos.

She said that there really wasn't any emotion when she found out that she had broken those records, just that it felt good to get back to her old self.

The excitement for the team began at the Ben Brown Invitational, which took place March 10-11.

Webster led the way with a personal best performance in the 100-meter high hurdles. She ran for a 13.94 seconds race, which was not only fast enough to earn her second overall in the meet, but in the school's history too.

Sophomore runner Skylin Harbin followed suit by posting yet another record breaking mark in the 400-meter intermediate hurdle race. With her time of 62.37 seconds she was able to finish third overall in the competition, and take the fourth spot overall in the school's history.

Webster said "It has been amazing knowing [Harbin] has not quit despite [suffering] through some injuries."

The Athletes dominated in the field events as well. Of the throwers, freshman's Amber Hart, Mystasia Alexander and sophomore Crystal Rodriguez would join Harbin and Webster in the record books.

Alexander would post a distance of 41.92 meters which was good enough for a second place finish in the meet and the fourth best spot in the school's history.

However, just one meet later at the UNLV Invitational she would

beat that distance and post a 43.68 meter throw, giving her the top position in that event for Cerritos.

"I wasn't trying to go for the record. I was just trying to break my [personal record,]" Alexander said, "But when I heard [that I broke the record] I was really excited and it really pushed me to do better."

Hart also took home a school record, and a fourth place finish in the shot put. She threw for distance of 13.55 meters giving her the fifth spot in the school's record book.

The success continued at the Ben Brown Invitational with Rodriguez throwing for 40.65 meters in the javelin, good for a second place finish but just shy of a top-five mark in the record books. She now holds the sixth farthest distance in school's history.

Among other winners on the day were sprinters Kymberlynn Jackson, Breanna Curry and Amanda Salgado.

Jackson and Curry would place in the top-five in each of their respective events, while Salgado would take home fourth in the 400-meter open race with a time of 61.29 seconds.

One week later, the team traveled to UNLV to compete in its school invitational.

It was here that Webster also broke the school's heptathlon record. She now holds the top spot with a total of 5,399 points, passing the previous record of 5,201 points.

Direct of Track and Field Christopher Richardson said, "Juanita is extremely driven and passionate about being a student-athlete. I knew she was capable of achieving the school record, so there was no surprise."

Richardson joked that even though she broke the record Webster was actually disappointed because she believed she could have done better

"That is a mark of a true champion," he finished.



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