



DAVID JENKINS JR.  
Pre-health conference: Georgette Farias, president of the Chicanos for Community Medicine, addressed Senate. Farias said, "Its not just for the Hispanic community, it's for other minorities."

## FUNDING FOR PRE-MED

John Chavez

Staff Writer

@talonmarks

The Associated Students of Cerritos College passed legislation that would allocate funding for the Chicanos for Community Medicine's health conference in a meeting held by the group.

CCM is a club that seeks to provide students with activities through various events held by them. It has been a part of Cerritos College since 2002.

A total of \$6000 dollars were authorized by the student council to support the health conference that was planned.

Introduced by Senator Kathy Azzam and seconded by Senator Joshua Ramos, the legislation was discussed over the course of two senate meetings.

It was also subject to various changes by the student council which was mostly including money allocation.

It was approved and passed on the meeting of March 28.

The legislation, which included funds for meals, supplies, and decorations, passed with 15 senators voting in support of the legislation and three opposing of the adoption.

Azzam, who was a supporter of the legislation, said, "I think

this outreach for the colleges and high schools is essential because of the language barrier. The conference helps because it includes all students."

Senator Robert Campbell, who voted against the legislation said, "I believe in the equality of all Americans. If we prioritize one group based on qualities granted at birth, we are creating an unequal society."

The health conference, or the CCM's Pre-Health Conference, is an event that will provide both college and high school students, as well as their families, with the opportunities to learn about various resources provided by the school and other universities.

They will also have a chance to network as well. It will take place on April 28.

Members of the CCM club

"

"I believe in the equality of all Americans. If we prioritize one group based on qualities granted at birth, we are creating an unequal society."

ROBERT CAMPBELL  
ASCC Senator

"

were on hand during the student council meeting in anticipation

of hearing the final vote on the legislation.

Georgette Farias, president of the club, stated that the ultimate goal of her group was to help minorities achieve positions in which they are under represented.

She said of them, "We have this community where we help each other. There are very few doctors out there that are minorities and we seek to change that."

She also stated, regarding the health conference, that it is not just for their group and those who they support, saying, "Its not just for the Hispanic communities, it's for other minorities, and anyone is welcome. We always stick together. We help each other"

According to Farias, the club had held a similar conference in the past, which was under the name "Mi Mentor" in the past two years.

That health conference experienced a good turn out and had a positive outcome, which according to Farrias, was why the group decided to push for another this semester.

Fundraising will still be continued by the CCM to fund the health conference, as was the plan before the legislation was put forth.

## SPORTS DEPARTMENT GRANTED \$16,000 IN FUNDING FOR PLAYOFFS

Jah-Tosh Baruti

Sports Editor

@press18ootosh

Senator Christopher Rodriguez addressed anyone against funding the sports department by saying, "The problem is they keep winning, they keep getting championships, isn't that what we want?."

During an Associated Students of Cerritos College meeting on March 21 members of the senate approved a motion to grant the sports program \$16,000 in funding for the playoffs, primarily the state championships.

According to ASCC Director of Athletics Angel Salcido, "The money is ready to be used now and will be used for any Cerritos [College] athletic teams who make it to playoffs."

As for what the funds will be used for exactly, Salcido said, "The money would cover entry fees, travel and food expenses until next fall. Especially since most of the state playoffs are in Northern California, which is pretty pricey to send whole teams out there."

Salcido organized several student-athletes, a coach and the Dean of Athletics for Cerritos College Dan Smith to speak during the approval meeting.

As a result of the departments successes, financial resources available for other subsequent

and coaching staffs travel, hotels, meals, etc.

However, another reason for the lack of funds is because some state championships are played in Northern California which are more expensive than attending games in Southern California.

As Smith noted, "...just a couple years ago we won the state championship...[it was a] very inexpensive championship."

He said "...because the venue was Mt. SAC College, which is less than 50 miles from here, so it's just a bus ride there and back, no meals, no overnight, no hotels—a fraction of the cost that it takes to play in a state championship in Northern California."

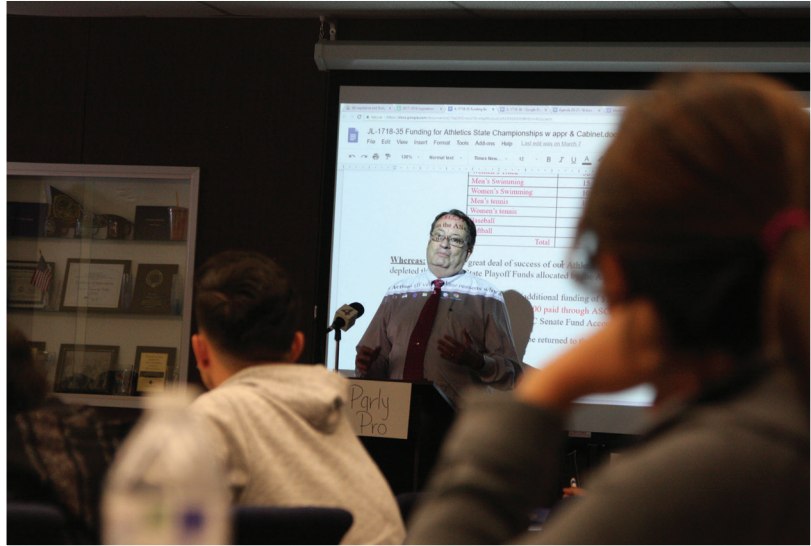
Smith added, that the men's basketball team's Elite Eight game versus Yuba College in Ventura received more views than the championship game.

He gave that information to explain that people really do support the sports teams at Cerritos College.

Salcido said he was "happy and relieved" the moment the bill was passed.

A current football player for Cerritos College, Salcido says, "I understand the challenges with directing your focus from the sport you're playing, to working on obtaining the money needed to continue the sport..."

"When you think of Cerritos College athletics, you should



DAVID JENKINS JR.

Funding for state playoffs: Dean of Athletics Dan Smith speaks to the Associated Students of Cerritos College on March 21. Smith asks for additional funding to attend the state championship.

Falcons teams have been depleted.

That would put future teams in jeopardy of not being able to participate in the playoffs, due to lack of money to fund players

think about all of the state championships and professional athletes that are produced, not a school where its athletes are going door to door selling chocolates."

## ACCUSATION MAKES ITS WAY TOWARDS CERRITOS COLLEGE BY RAPE VICTIM

David Jenkins Jr.

Editor-in-Chief

@mr\_sniknej

Cerritos college is looking at an impending lawsuit from a prior Cerritos College student due to accusations of negligence.

A rape victim, who was a female student, has accused Cerritos College of failing to check the background of its former football player Kishawn Holmes.

The victim lacked the knowledge of Holmes' prior conviction in April 2014 when he pleaded guilty to forcible rape and alleges that the college should have been responsible of notifying her.

Holmes was convicted once again of forcible rape, but this time by a Los Angeles County jury on March 15, 2018.

The victim's attorney, Allegra Rineer, has put forth names in the case concerning the accusation.

The names include Holmes,

the Cerritos Community College District and Dean of Student Services Elizabeth Miller.

Rineer named Miller as a defendant due to her duties to oversee admissions to Cerritos College.

Miller has declined to comment on the case "due to pending litigation."

The news outlet that broke the story, Press Telegram, reached out to Cerritos College spokesperson Miya Walker.

She responded by saying, "While the incident did not occur at the college, we take the well-being of our students' conduct, and require sexual violence and harassment prevention training."

When approached by Talon Marks, Walker responded by saying, "I cannot comment on the facts of the case."

Cerritos College went into an investigation on the accusation on Holmes and concluded that

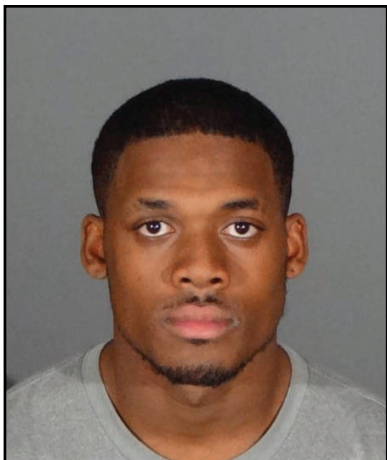
he "was responsible for sexual harassment, failure to obtain affirmative consent and sexual assault in violation of Title IX and campus policy."

The complaint made to Cerritos College by the victim in February of last year, reports that, "she learned that college personnel had been aware of Holmes' criminal record after meeting with the college's investigator," according to Press Telegram.

"She felt betrayed by the college and she felt that the college should have, at minimum, warned her," said Rineer.

The story went on to say that the victim requested special arrangements that "would have prevented her from being in contact with Holmes or having anything to do with him while fulfilling her activities in the school's athletic training program, according to the complaint."

Cerritos College denied her request according to the victim.



KISHAWN HOLMES

COURTESY OF LA COUNTY SHERIFF'S DEPARTMENT

## ONLINE

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## OPINION

We don't just need visual diversity, we need diverse perspectives

Petitions are becoming more about making money and less about the right cause

Another innocent black man lost his life, we need to start punishing these officers

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## COLLEGE LIFE

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## SPORTS

Falcon track and field makes strides at UCLA Invitational

Softball wins third game in a row, 9-5 versus LA Mission College

Swimming and Diving teams get ready for playoffs

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EDITORIAL

TONE-DEAF MEDIA

It’s time to address the lack of self awareness in visual media and how they portray people of color and other minorities in a way that just presents them as farce.

Many companies and corporations often put out advertisements and film that show the lack of

down the bar table. The drink passes and seems to skip three black individuals, all of whom had their own scene

of color to then get handed to a light-skinned person, one can see where the creators of the advertisement went wrong.

Now, this is not the diversity of looks that’s being talked about.

Any film project or art can have different race, gender and sexuality just to look diverse.

What they really lack is the diversity of perspective.

What this means is to understand the race and cultures of your fellow peers.

You can have a diverse group, but if you lack the understanding and the background of that group then diversity is worthless.

If those companies and corporations took into consideration the understanding of what it means to be black, gay or any form of minority in America.

Once they really have the perspective of these individuals in their board rooms, mistakes like the ones that Heineken committed would rarely be made.

There’s a distinction between the diversity of image and the diversity of perspective.

The image of diversity can only go so far, to meet your quota and pat yourself on the back while getting high off the cheap substance of virtue signaling.

It is much richer to comprehend different life perspectives.

These boards need to become aware that race and culture is something to be understood rather than to simply look at.

Image and perspective are at odds within the philosophy of intersectionality.



RACHEL TULLY/FREELANCE ILLUSTRATOR

self-awareness of its board members and promote things that are deemed racist, bigoted and out-of-touch.

Heineken recently came out with a commercial where a bartender seeks out a woman who is running out of booze and begins to slide the alcoholic beverage

and duties in the commercial, then it stops at a light-skinned woman.

The next thing that pops up on screen is the phrase “sometimes lighter is better.”

This of course is referring to the Heineken drink, but seeing that the drink passes people

Heineken pulled the advertisement due to backlash.

This happens a lot in visual art such as advertisement and film.

It is guaranteed that in board rooms where these things are being discussed and created, there is a lack of diversity.

MAKE PETITIONS FOR THE CAUSE NOT FOR THE PROFIT

Carlos Martinez Jr.  
College Life Editor  
@carlsjrmzt

The right to petition is one of the greatest tools we have in the United States of America. It helps bring awareness, change and gives big businesses the power to hire “volunteers” to get signatures for them.

Ever since our founding fathers drafted the First Amendment, the common man and woman were given the ability to make their voices heard through the power of petition.

Petitioning has helped us bring change to our society by confronting the government, both federal and local.

From preserving landmarks to bringing a new law onto Congress, petitioning is a great asset.

Until some corporation comes along and tries to rally “volunteers” through the use of money.

The middle and lower class shouldn’t have to pretend to care to petition something they obviously are against.

They should focus on addressing the issues they actually are concerned about both politically and emotionally.

Petitioning should symbolize your political and emotional feelings for a cause, not just for you to make a quick buck.

Otherwise, it will defeat the

purpose of having such a tool.

When people get offered money to find people to sign pages and pages of proposals, they start to not give a crap about the issues and the problems attached to it.

They are only in it for the money.

Additionally, they might not even be given the right information of whats really hidden behind those stacks of paper, increasing the chances of something malicious or unapproved to get “accidentally signed”.

Picture this.

You are walking across campus with your backpack on and your eyes looking through the hottest topic on social media on your phone while you’re enjoying that sweet playlist you spent hours creating for a microsession of chill time.

Everything seems sweet and cheery.

Then, you feel the tap on your shoulder.

You look over, a little annoyed that someone threw off your A-game, and getting prepared to give them the cold “Can I help you,” only to find someone with a clipboard.

Not just someone, a friendly petitioner.

They then say the seven words that basically flip your world.

“Can you sign this for the cause?”

Now you have two options: be



GETTY IMAGES

Signing petitions: A young man stops and takes the time to sign a petition he was offered. This is common on campus, petitioners often set up on main paths and stops students on their way to class.

a dick to said cause and say no, feeling guilty that you probably killed something that benefits society, or to be the “nice” individual and agree to sign.

Once you sign your name away in the list full of people who were in the same situation before you, they flip onto the next page and then the next page.

Trying to sign quickly because you have a class coming soon, all the pages begin to blur, not realizing you just signed seven petitions with at least half of them going against your beliefs and political standpoint.

For all you know, you could’ve signed a petition for California to become its own country.

We can’t always read between the lines as they try to nonchalantly slip you a petition for cutting minimum wage or legalizing some sketchy crime.

We need to say no to the big companies that want to pay us for doing the dirty work for them.

If we want to petition, it should be because we care about the issues.

Otherwise, you might get tricked to sign a petition for higher college tuition.



GETTY IMAGES

Concerned protestor: Demonstrators protest in front of the police station on March 12, 2015 in Ferguson, Missouri. Protests followed the August shooting death of Michael Brown by an officer.

POLICE NEED PUNISHMENT FOR WRONGLY TAKING BLACK LIVES

Jah-Tosh Baruti  
Sports Editor  
@press18ootosh

Trayvon Martin. Eric Garner. Alton B. Sterling. Freddie Gray.

Tamir Rice. Michael Brown. Philando Castille. Terrence Crutcher. And the latest Stephon Clark.

There must be change--there has to be change, the police officers who have killed unarmed-innocent black men should be found guilty for second-degree murder, especially if there is sufficient evidence that shows the cops were in the wrong.

In the words of San Antonio Spurs coach Greg Popovich, “Who gives a damn about what his intent was? You ever hear of manslaughter?”

The aforementioned names are only a small portion of the black men that have been gunned down or otherwise killed in the streets by the very people who swore under oath to protect them.

Killed in cold-blood, but the most cold blooded part of all these situations is that nearly every one of the cops who took all these lives away, got off scot free.

The majority of these men were also unarmed.

After all, Martin remains one of the few who were considered armed...

Then again that’s only if you consider a Skittles pack, an Arizona drink, a hoodie, or a pin of Martin’s deceased cousin a deadly weapon.

In comparison to Martin, the man who stole his youth, George Zimmerman had a real deadly weapon on him, a damn gun!

It seems like every since they killed Trayvon Martin cops feel like it’s okay to kill young black men.

Had Zimmerman been thrown the book, things may be a little different right now.

Although Zimmerman was not technically an officer, his 2012 murder of Martin set the precedent for what we’ve witnessed six years later.

According to California state laws, a person found guilty of second-degree murder may face up to 25 years to life if the victim of the crime was a “peace” officer.

Well what happens when a so

called officer of “peace” murders an unarmed man?

In 15 of the more high-profile cases involving African American men, according to The New York Times, only one officer was sentenced.

Most people remember the infamous video of Eric Garner being choked to death as he uttered his dying words “I can’t breathe,” as NYPD officers stole his last breath away.

Even with body cameras, eyewitnesses, evidence, clear signs that point to cops as murders instead of heroes, almost all still get away with murder.

All this can really start to make a person think the answer to the title of the T.V. show “How to Get Away with Murder?” is just become a cop.

When news broke that Clark, another young black man was shot at 20 times and bullets connected eight times from two policemen, killing the 22-year-old father of two daughters, it was an all too familiar tale, one that we know may never be justified.

Clark was slain in his grandmother’s backyard on March 18 after cops mistook his cellphone for a handgun.

And yes there was video of the killing.

As previously stated, what needs to happen in order to negate all of these tragic incidents that we’ve witnessed is police being charged with second degree murder off the top.

If officers are found killing an unarmed person who clearly did not pose any threat to their lives they need to be prosecuted.

With notable killings of black men by police, Black Lives Matter, a social movement was formed in 2014.

However, a lot of people have tried to combat the Black Lives Matter protest by attempting to promote this all lives matter propaganda, which is merely a tactic to put blinders on people who are foolish enough to fall for it.

So don’t start with that bullshit about how all lives matter, no shit Sherlock, of course all lives matter.

The saying is not, ONLY black lives matter, it’s #BlackLives-Matter because black lives are the ones being unfairly taken by a broken justice system meant to protect them.

TALON MARKS

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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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“READY PLAYER ONE” IS  
NOSTALGIA DONE RIGHT

Jose Flores  
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Warner Bros. Pictures “Ready Player One” was the March-April weekend box office’s black horse as it made \$41,700,00, twice as much than second place “Tyler Perry’s Acrimony” at \$17,100,000.

Although the movie had characters and music from past pop-culture phenomenons, the thrilling plot and futuristic setting made this movie a success.

Director and producer of the film, Steven Spielberg, having directed and/or produced so many classic cult movies, was the perfect person for the film’s heavy theme of nostalgia and fantastic imagery.

The storyline is not difficult to follow. The plot steers away from complex storytelling in order to refrain the audience with too much stimuli.

The visual effects, although may seem like overkill, will make you not want to blink so as to not miss anything.

Using half of its scenes in CGI and live-action, the film was very pleasing to watch in both the aesthetic and the action scenes.

Movie Review

Ready Player One

Starring: Tye Sheridan  
Director: Steven Spielberg  
Rating: 4/5

The film’s excitement was divided into two when the film’s marketing released ads for the movie that were riffs from classic ‘nerd’ movies such as “The Matrix” and “Back to the Future.”

People were quick to assume the film would try and be successful by relying on nostalgia from fan-favorite movies that have gathered a cult following.

With so many things happening on screen, such as car chases, fighting machines and digital worlds floating in space, both beautiful and meticulous, it’s surprising to see the main storyline hold strong throughout the film.

The cast, part actors and part voice actors, stayed true as their characters and their characters’ avatars in the game, switching back and forth between versions of themselves.

Wade Watts, played by Tye Sheridan, and Helen Harris, played by Lena Waithe, are players in the virtual reality game OASIS which is played by, what seems like, everyone on the planet.

The creator of the game, James Halliday, played by Mark Rylance, before passing away, revealed that there is an Easter egg (a hidden token) in the game that, when found, will reward the founder with the CEO position of the game’s company.

Overall, the film did exceptional for its budget and theme.

The production team helped carry the film from something that could’ve easily made the film a disaster. The movie deserves a four out of five stars. The missing star is due to the characters having no character development.



GAGE SKIDMORE/CREATIVE COMMONS

The Director: Steven Spielberg speaking at the 2017 San Diego Comic Con for “Ready Player One.”



JACKELYNN MARTINEZ

In session: Director of Interclub Council Kadie Gurley and ASCC President Karen Patron have a quick rundown of the agenda with ICC representatives, including the proposal to help with club representation. The ICC meeting was held on March 29.

REP COUNT LOW AT ICC

Carlos Martinez  
College Life Editor  
@carlsjrmzt

Club leaders and representatives met up for the monthly Interclub Council meeting to address the upcoming issue of student representation as well as upcoming events in the second half of the spring semester.

With the end of the academic year getting closer and the presence of finishing all of the academic courses with good grades for certifications, transfer, and commencement; clubs are struggling more with appointing representatives roles for the valued information they can only receive at the ICC.

Robert Campbell, an Associated Students of Cerritos College senator, proposed the notion of having ICC representatives represent up to three clubs during

the meetings.

“Clubs struggle with finances and have time restraints,” Campbell said. “But a lot of clubs need the info at ICC.”

Currently, students can only represent one club at each ICC meeting, regardless of how active they are on campus life.

According to the Interclub Council bylaws, clubs will face punishment if they lack student representation at each ICC meeting.

Campbell stated that accommodations should be made for students who are juggling classes and other obligations such as work and family matters.

“We want to focus on the future of ICC,” he said. “Let’s not hang onto the past. We need to encourage to change.”

Kadie Gurley, director of ICC, also expressed the notion of encouraging students to get in-

volved with campus life.

“It’s all about student initiative,” Gurley said. “We want to encourage more students to attend rather than just one (individual) covering the representative role for more than one club.

“It’s really informative and it’s focusing on areas that is misrepresented by individuals.”

Gurley also stated that having the limited three clubs per representative is realistic and practical for a change in the bylaws, she doesn’t want students to conceive the idea that it would limit their campus life.

“We want to bring awareness to the students,” she added. “We’re here for them.”

Amna Jara, student activities director, expressed that although not everyone can or would make an appearance to ICC, having all clubs present is still a goal they would like to achieve.

“We usually have low turnouts at the meetings,” Jara said. “Approximately half of the clubs on campus have an ICC rep in the meetings.”

Jara stated that during her years at Cerritos College, she has not done disciplinary actions to the clubs.

She added that she understands the conflicts students face as they attempt to juggle their academic, extracurricular, leadership and personal obligations both on and off campus.

Jara said that club information is the key.

“If that’s (the proposal) what students do that’s fine,” she said. “I’m all for it. This is a decision ICC needs to make.”

The proposal will be on the floor on the next ICC meeting, April 26, where it needs a two-thirds approval vote before it will go into senate.

STUDENTS LEARN REPRESENTATION OF WOMEN IN FILM AND MEDIA

Karina Quiran-Juarez  
Staff Writer  
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Continuing with the events of Women’s History Month on campus, Popcorn And A Movie featured “Wonder Women: The Untold Story of American Superheroines.

Alongside the film, a discussion was also held afterwards concluding the event, led by English professors and Safe Zone committee members, Erin Cole and Ja’net Danielo.

The documentary film chronicled the launch and legacy of the Wonder Woman comics.

It showcased representation that paved the way for future female heroines, societal views regarding women were at the time and how the roles of women changed overtime, parallel to the wave of female heroines.

Undecided major Yami Lara said, “I really liked it because, it showed how important it is to have women represented.

“And it gave me a better view at how women are represented.”

Afterwards a discussion was held further exploring the topics surrounding the film, such as female representation/heroines in the media, and how societal views and expectations impact women.

“What female heroines do you look up to?”

Coordinators Cole and Danielo sparked discussion by stating this question, sharing examples of their personal heroines from the legacy of Princess Leia and “Wonder Woman” to the hero-

ines of today, such as Shuri and the other women of Wakanda from the recent film, Black Panther.

Students shared their thoughts on the impact of female heroines and the importance of young women represented in film.

It was also discussed how society’s views of women have changed over time and the progress for female representation.

Students shifted the conversation to body image and the critical view of women in media.

From the expectations of body image through social media, advertising, etc. to discussing the societal views of men in comparison to women, many mentioned that while progress has been made, there is still much more to be done.

Danielo said, “Erin and I are running the Safe Zone committee and we were trying to come up with events that were somehow connected to diversity.

“So we thought ‘Okay one that highlights women would make sense and it’s a way to engage them in a conversation about something really important..

“A co-worker actually recommended it. It’s not too long and great for being able to have a lengthy discussion afterwards.”

Danielo emphasized the words from the creator of Wonder Woman, William Moulton Marston, who said in the documentary that within the next 100 years he sees America shifting to the beginning of a matriarchy.

Danielo said, “I hope we can get to the point where we can be just as powerful.



KARINA QUIRAN-JUAREZ

Female representation: English Professors and Safe Zone committee members Erin Cole and Ja’net Danielo listening to students during the discussion portion of the event. “Wonder Women: The Untold Story of American Superheroines” was held on March 29.

“A lot of women in the room brought up really good points about all the things that need to change and how long that change takes...”

The next films and discus-

sion for Women’s History Month will be “Antonia’s Line” on April 4 and “Wind River” on April on April 9.

Both films will be held in the Teleconference center at 5 p.m.

CLUB ACTIVITIES

Kabarkada Club

Join the Kabarkada Club  
The meetings are every Thursday located in Social Science Building - SS 314 at 11 a.m.

Child Development Club

Join the Child Development Club  
Meeting on Friday, April 6 at 6:30 p.m. to 8:15 p.m. located in Health Science Building - HS 101

Campus Clubs can place announcements of events and meetings in Talon Marks print and online edition.  
Contact Alicia Edquist x 2617 or ads@talonmarks.com for more information.

BIANCA BITCHES:  
BITCHINESS GETS  
PEOPLE NOWHERE

Bianca Martinez  
Managing Editor  
@BiancaMart1955

If you are in your 20s and reading this, then get up and pat your ass.

If you don’t feel a pamper then grow the fuck up and stop acting like a child with petty ideals.

So now that you have gotten your kicks touching your own ass in public, have a seat and take in the advice “Bianca Bitches” is going to provide.

In the era of social media and being able to hide behind a phone screen, it opens up the floodgates for those who have nothing better to do but rain on your parade.

Here is my advice to those who have found themselves the target of petty projectiles:

**Block whoever is doing shit to you.** Block them from all of your social media platforms and block them from life in general.

If you don’t have their support, then they don’t deserve the

Remember you alone are in charge of your course in life, no one else is going to get you where you need to be...

BIANCA MARTINEZ  
Managing Editor

time of day from you.

**Focus on yourself and your goals.** Remember you alone are in charge of your course in life.

No one else is going to get you where you need to be except you.

**Develop a thick skin.** There is always going to be someone who doesn’t like you or agree with you for some reason, or simply doesn’t want to see you succeed due to some fault of their own.

**Boost your self-esteem.** The worst thing you can do is make it obvious to the one being petty that they got under your skin.

If you are confident and secure in who you are as a person then their negative vibes and bad energy will roll off you.

Understand that you reserve the right to be happy.

Don’t feel bad or mean if you have to cut petty people out of your life.

Here is some advice for those being petty, trust me, you know exactly who you are:

**Stop being a little bitch.** It’s honestly not that hard.

If me telling you to “stop being a little bitch” offended you then please refer to the second bullet point and develop a thicker skin.

**Communication.** If you have a problem with someone, then be civil and let them know face to face, instead of being catty behind a screen.

Show some balls since you think you have some.

**Find yourself.** If you find yourself slinging snide remarks through social media, that means that you have to much time on your hands so instead of being miserable toward others.

Find ways to better yourself as a person because right now you are a shitty one.

Look, life is already shitty enough on its own, with constant shootings, the world dying and hate making a comeback.

Don’t supply to the hate by making someone else’s life miserable just because you are.



# STRIDING FALCONS

Carlos Ruiz  
Staff Writer  
 @thecarlosruiz

The women’s track and field team were able to take fifth place overall out of 17 schools on Saturday’s meet, while the men’s team clinched ninth place out of 18 schools.

The Falcons were on-away territory clashing against schools in the Pacific Coast-12 conference once again on day-two, hunting for glory.

Athletes from both the men and women’s team are coming off of injuries and are beginning to make the readjustment to compete once again.

The women’s track and field team were able to get first place in several events.

Sophomore Tyler Simpson who participated in the women’s 800-meter race, broke the Cerritos College school record which was set by Tyrene Webb in 2005.

Simpson finished in second place, with a time of 2 minutes, 12.51 seconds surpassing Webb by .2 seconds.

Although the men had a single first place victory in the 1500-meter race.

They had second and third place victories as well.

Micqwuan Wright took fourth place in the 400-meter hurdles. Finishing with a time of 57.02 seconds

Men’s head coach Morris Jones said that the team had some good spots, but also some spots that need improvement.



**CARLOS RUIZ**  
**New Record:** *Sophomore Tyler Simpson placed second during her record breaking 800-meter race.*

Jones said, “We’re in the position to compete in our heated conference meet coming up, but overall I was pleased. We obviously can always improve.”

As the Falcons come across and face PAC-12 schools, Jones said, “Everyday is a PAC-12 meet for us, the thing to always remember is you need to connect your mind with your soul.”

Women’s head coach Michael Allen said although the team tried not to cover everything that day, they still did pretty well.

“We had a school record and several personal bests, so I was really happy with that,” said

Allen referring to the events.

With the women’s team facing PAC-12 schools as well, Allen explains how the schools are “motivational builders” hoping the girls are striving to be at that level which is the next step.

With the season moving quickly Allen is pleased with the improvement he’s been seeing from the last few weeks.

“You have to go into a competition believing you belong here, that you’re capable of competing like you should be here and that you’re capable of winning an event,” said Allen.

Freshman Kenya Owens is



**CARLOS RUIZ**  
**Hurdling:** *Sophomore Micqwuan Wright in the men’s 400-meter hurdles race, setting a new personal record.*

recently coming off of injuries, last weekend feeling like she did decent, felt a lot better this time around.

Owens participated in the women’s 400-meter race and the 4x400-meter relay.

Owens mentioned running scared during the events, but knowing that she’s racing up against the next level in which she’s aiming for, there’s a push to do better.

The Cerritos College men and women’s track and field team have their next meet April 6-7 in San Diego Mesa for the Arnie Robinson Invitational.

## SOFTBALL WON THIRD MATCH IN A ROW, 9-5

Malik Smith  
Staff Writer  
 @talonmarks

The Cerritos College softball team had a slow start to its 9-5 win over L.A. Mission college.

The Falcons allowed three runs in the second inning, which put them in a steep hole to climb out of.

With solid pitching and batting by the Falcons they were able to come out victorious and win the game by a good margin.

No. 17 Keira Bolinas was the catalyst for the Falcons on offense as she had three hits with also three runs batted in.

While Bolinas was the key player for the Falcons offense, pitcher No. 20 Sierra Gerdts was the person that made the Falcons defense easier.

Gerdts declined to comment, but head coach Kodee Murray, commented on her Falcons defense, she said that “we played a great game, even better then a previous game against East L.A. [College] where the score was 2-1.”

She continued, “our defense and fielding was clutch, we made plays right when we needed them.”

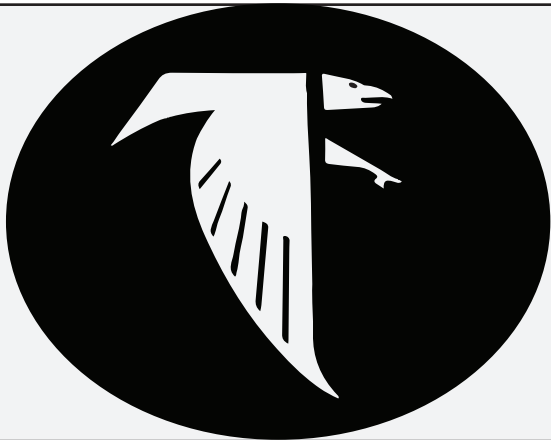
Murray loved the fact that everybody chipped in to the victory in their own way, it was a full team effort. She pointed out the many great diving grabs by Freshmen Shortstop No. 36 Tena Spoolstra, she said that she keeps many balls in front of her that other girls would give up on.

Spoolstra commented saying that “I need to keep making plays for my team, and keeping balls in front of me, because if I don’t it will cause a snowball effect and the other team will start to rally on us and that is not what we want.”

Falcons scored three runs in the third inning and three runs in the sixth inning. Those two innings alone gave the Falcons victory. There was 10 hits and only one error by the Falcons a near flawless game defensively.

Cerritos College’s softball team is red hot right now, as they are riding on a three game winning streak.

The softball squad will look to continue the winning streak they are on against the next two matchups in league play later in the week against Compton and El Camino College



## Upcoming Games:

### April 5

- Baseball at Compton College (Away) at 2:30 p.m.
- Softball** versus El Camino College (**Home**) at 3 p.m.

### April 5-7

- Women’s tennis** versus TBA at 12 p.m. - South Coast Conference Tournament
- Men’s tennis** versus TBA at 12 p.m. - Western State Conference (East) Tournament

### April 6

### Bold = Home game/ dates of events

- Softball at Cypress College (Away) at 2 p.m.

### April 6-7

- Women’s track and field versus Arnie Robinson Invitational (Away) @ San Diego Mesa at 9 a.m.

### All game dates subject to change\*

- Men’s track and field versus Arnie Robinson Invitational (Away) @ San Diego Mesa at 9 a.m.

### April 7

- Baseball** versus Compton College (**Home**) at 12 p.m

# FALCONS JUST KEEP SWIMMING...AND DIVING THIS SEASON

Jah-Tosh Baruti  
Sports Editor  
 @press18ootosh

During the last South Coast Conference dual swimming and diving meet of the season on Friday the Falcons men’s and women’s team each split their two matches, respectively.

So far on the season the women’s team has compiled a record of 4-4, as they head into the playoffs, while the men’s team have managed a 2-5 season record, as they too follow the women’s team into the postseason.

The women’s Falcons lost its first competition of the day against Pasadena City College--with a score of 152-96; the team then went on to win the next one versus Los Angeles Trade-Tech College, with a nearly identical score, by virtue of points to that of the first match, final score was 156-97.

The fellas also lost against Pasadena City College on the same day, with the point total being 156-103. Although, just like the women’s team they won the next match versus L.A. Trade-Tech College, but with an even greater margin of victory, as the second session ended at 200-52.

As for the women’s club head coach Sergio Macias said of Friday’s events, “Some of the swimmers swam different events, but overall they all did what they were asked, some hard, some got personal best times, they competed.

“We lost to a strong Pasadena [College] team and we beat L.A. Trade-Tech [College] team, that’s much improved from past

Sophomore Jackie Oliveros said, “My 200 backstroke was my highlight of the day because I got a time closer to my fastest time in that event from last year.

“The 200 IM is always a challenge for me because I am not the strongest breaststroke swimmer but it’s a great way for

me to gain points for my team.”

Oliveros competes in the 100 backstroke (four laps), 200 backstroke (eight laps) and 50 freestyle (two laps).

Another premiere sophomore swimmer is Lindsay deHaas, she participates in the 200 butterfly, 1000 freestyle and the 200 individual medley.

She talked about her performance on March 30, saying, “I feel like I could have competed better in my last swim

meet.

“I was feeling a little under the weather, but competed to the best of my ability,” deHaas said.

After coming in second place in the 200-yard medley with a time 2:22.82, deHaas said, “Generally I don’t like coming in second, but knowing that the first place was a fellow Cerritos [College] swimmer I was happy we got first and second, because that’s more points for our team.

The women’s team is in the

middle of the pack right now in its conference, Macias said they will look to move up to at least the top four teams in the conference.

Macias noted that the current top three teams are Mt. San Antonio College, El Camino College, and Pasadena College.

Hefeels that the team is right where they need to be headin into the postseason late in April.

For the men’s squad freshman Sam Turley has been the best swimmer, according to his coach.

He swims in the 100 backstroke, 200 backstroke, 200 IM, 50 backstroke, and the 200 medley relay.

Turley commented on his

last performance before the playoffs, “I feel like I performed well, but I’m always striving for improvement.”

“I am confident the guys will swim their personal best times and we will feel good about the results,” men’s head coach Joe Abing said.

Macias talked about the team’s outlook on the playoffs, he said “Well obviously swimming is an individual sport, so you can’t be upset at your team if they achieve their personal or season best times and not place well, it’s either they place well, score us some points or they get their personal best times, there’s two ways to look at how successful that last swim meet could be.”

Macias ended his remarks with, “At the end of the day I want the team to have a great time, set personal goals, attain those goals and then the results will take care of itself.”

Both the Cerritos College men’s and women’s swimming and diving teams will compete late in April, as they join the South Coast Conference Championships at Mt. San Antonio College on April 19-21, their opponents will be announced at a later date.  
Photo By Daryl Peterson

