

The Official Newspaper of Cerritos College

UTILIZING THE FIRST AMENDMENT SINCE 1956

TALON MARKS


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PRESENTING THE NEW HEALTH AND WELLNESS COMPLEX


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School officials and performers welcome new building in ceremony.

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Window Dressing artist explains her art piece.



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See men's swim team position for playoffs.

Meet the 2019-2020 ASCC candidates



(Left to right) Vice President Ballot #1 Nathan Williams, President Ballot #1 Kimberly Sayo, Student Trustee Ballot #1 TiNa Vejar



(Left to right) Vice President Ballot #3 Omar Gutierrez-Rocha, Student Trustee Ballot #3 Valery Escobar, President Ballot #3 Giovanni Flores

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Cerritos College students will be able to vote for a new campus president, vice president and student trustee on April 10 and 11.

Students will vote for student trustee candidates in front of the Student Activities Patio. The voting locations for presidential and vice presidential candidates will be in the Food Court Patio, Social Science Patio and the north Physical Science and Technology building entrance.

Q: Why are you running for office?

Omar Gutierrez-Rocha Ballot #3 Vice President:

- “A safer campus and safer environment helps all of us be more successful in our academics and also in our extracurriculars.”

Valery Escobar Ballot #3 Student Trustee:

- “We want to focus on everyone and make sure everyone can thrive in this campus.”

Giovanni Flores Ballot #3 President:

- “One of our main goals is... safety; I've been talking among the senators and we... see that sometimes [students] feel uncomfortable, sometimes they feel like they can't really walk through certain buildings because the lighting is too low.”

Jocksan Ramirez Ballot #4 Vice President and Ballot #5 Student Trustee:

- “What I mainly want to prioritize on is student life on campus.”

Heather Johnson Ballot #2 Student Trustee:

- “I firmly believe that there should be student representation on all levels of student government.”

Kimberly Sayo Ballot #1 President:

- “I really want [students] be able to be successful in what they do and I want to help them with that.”

TiNa Vejar Ballot #1 Student Trustee:

- She says she is working on obtaining resources for food and housing security

Nathan Williams Ballot #1 Vice President:

- “We have to be approachable to all different fields and again, at any point in time, we can't have it where there's representation that pushes more one way than versus the other.”

Salvador Uribe Ballot #4 President:

- “[I] plan to bring awareness to all the free resources that the school provides.”

PHOTOS BY JASMINE MARTINEZ



Student Trustee Ballot #2 Heather Johnson



Student Trustee Ballot #5 and Vice President Ballot #4 Jocksan Ramirez



President Ballot #4 Salvador Uribe



New studios: Dance students performed at the ceremony on April 8, 2019 along with others. The dance music cut off, but the audience clapped in support and encouraged them to continue until the technical difficulties were resolved.

CARLOS RUIZ

Students bring high energy to Health and Wellness opening ceremony

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Drummers, culinary arts students and dancers participated in the grand opening ceremony of Cerritos College's new Health and Wellness complex on April 8. The Cerritos College West African drum and dance class opened the ceremony with a song by the drummers.

Drummer and liberal studies major Sinaa Greene felt special that the class was chosen to play for the ribbon-cutting ceremony.

The energy was pretty much high throughout the ceremony Greene said, “Whenever you're about to bless [a building opening], they always bring... different parts of the world to bless the space. So the drums are an intricate part of blessing a space.”

Board of Trustees President Carmen Avalos said during

her speech that the new buildings serve as an opportunity to empower the community and for more folks to come to Cerritos College.

The new complex is made up of five buildings with spaces for classes for physical education, kinesiology, dance studios, fitness.

Culinary Arts students provided and served food after the ribbon was cut by Board of Trustees Vice President Marisa Perez.

Isabella Kress, culinary arts and English major found it exciting to see the dancers and others perform. She takes dance classes at the college as well and likes how all her majors came together for one event.

“It's bigger, it's nicer and there's air conditioning,” Kress laughed, “It's fantastic.”

Avalos said the modern facilities will continue to serve student needs as it embraces newer technologies.

Phi Beta Lambda wins big with 17 awards at leadership conference

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The Cerritos College Phi Beta Lambda club went to the State Business Leadership Conference in Santa Maria. It came back with a total of 17 awards, 14 awards from individual competitions and three awards from team competitions. The conference took place from March 29-31.

PBL chapters from colleges such as Las Positas Community College, College of the Canyons, Diablo Valley College, Cerritos College and others all competed and attended events.

The winners from Cerritos College from individual competitions:

- Anthony Gomez
- Impromptu speaking, gold*

Jessica Avellandea

- Networking concept, gold

TiNa Vejar

- Financial Literacy, bronze*
- Technology, bronze*
- Business Communication, silver*
- Career Memberships Award Program, director level*
- Who Is Who California Award*

Matthew Nagata

- Accounting Principle, fourth place*

Adriana La Fuentes

- Client Service, silver*
- Retail Management, fourth place*

Denver Brown

- Programming Concepts, fifth place*
 - Computer Concept, silver*
- Itzayaana Jarquin

Sales Presentation - silver

The winners for team competitions:

Matthew Nagata, Edwin Ng and Josue Villata

- Financial Analysis and Decision Making, fourth place*
 - Marketing Analysis and Decision Making, bronze*
- Anthony Gomez, Adriana La Fuentes and TiNa Vejar
- Management and Decision Making, bronze*

The first day of the conference was opened up by U.S Air Force Colonel Michael S. Hough, where he talk about being successful.

The second day consisted of workshops and competitions.

The final day consisted of announcements of awards upon which Cerritos College and other schools obtained.



PHOTOS BY DAVID JENKINS JR. AND GILBERTO CUEVAS

"Be Bold. Aim High": The Phi Beta Lambda club at Cerritos College walked away from the PBL State Leadership Conference on March 29- 31 with 17 awards. The conference held a keynote addressed by Colonel Michael S. Hough as well as competitive events, activities and held the Ms. PBL competition.

Tech Talks: Apple showcases new iPad features

TECH

Talks, Creates, Imagines

Christopher Martinez
Sports Editor
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Late Steve Jobs chairman, chief executive officer and co-founder of Apple Inc. wanted to make a tablet with no keyboard or stylus, but instead of making it into a tablet he created what we know today as the iPhone.

Jobs later went back to create the iPad off of the same concept.

Today we have the many variations of the iPad and in particular the new iPad Mini.

The iPad mini was released alongside its counterpart the iPad Air in March 18, 2019. The Mini

has taken to may Apple users over the Air due to its well anticipated return of the headphone jack, price, portability, apple pencil integration and battery life.

One of the most debated features which had been taken away from apple users is the headphone jack which was taken away to try and push their Apple airpods in which has worked but many people still miss the headphone jack.

This move by Apple bringing the jack bad puts a smile on many users faces allowing them to enjoy audio and movies without the worry of airpods or having to purchase a dongle,

which is a lightning cable adapter that allows the user to use regular headphones.

Many times Apple releases products for its ecosystem and jacks the prices up really high.

They known users will still buy the product just to have a bigger and more immersive ecosystem.

The Apple ecosystem, as well as other company's echosystem, is the software that integrates a users iPad, iPhone, Macbook, Apple Watch, Apple TV all together and allows for apps to be used across all platforms without losing any data or progress.

This time around, Apple has placed a comfortable price for the

iPad mini set to start at \$399.00.

Compared to other models this new Mini is not the cheapest, but it is surprisingly one of the most powerful tablets at its size compared to other industry leading tablet manufacturers.

Compared to the Microsoft Surface, which is marked at an even \$399.00 and gives the user the complete laptop experience, the Mini wins in ecosystem.

The feat of getting devices to synch and let users pick off where they left off is something no other company has gotten right besides Apple.

The Mini's size is A 7.9-inch Retina display with True Tone and at 0.66 pounds and 6.1 mm thin, it fits easily within one hand and can easily be placed in a backpack ready to tackle whatever class has to throw at it.

The Mini's size compared to the Microsoft surface which come in with a 10 inch screen and weighs 18.4 ounces. Al-

though the Go offers a bigger screen and weighs less the Retina display with True Tone blows the Go out of the water with its almost realistic display and color range.

What sets all iPads aside from the rest is the Apple Pencil and in particular with the Mini being able to take notes and making it feel as though the user is writing on paper virtually the same compared to actually writing on a piece of paper.

Also having that ecosystem being integrated if someone wanted to draw on a Mini they can then open their Mac and continue to create masterpieces seamlessly.

The iPad Mini is promised to give at least 10 hours of battery life which equals to more than six classes if you had two three hour classes with non-stop notes and four one hour classes with again non-stop notes making it the ultimate tool for any college student.

Dawn Ertl's introduces his woven wake-up call

Kianna Znika

Staff Writer
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Art and science are woven together in “Transgenerational,” the newest installation of the Window Dressing series at the Cerritos College Art Gallery.

The opening reception took place on April 8 from 5-7 p.m., where students were welcomed to enjoy free Little Caesar’s pizza and a variety of snacks, all while they admired the work with the artist themselves: Dawn Ertl.

Ertl’s “Transgenerational” consists of three separate blocks of cotton and wool that represent people being affected by their environments, and how that trauma carries into the genetic code of the generations after them.

A change in the fabric is meant to represent the manipulation of a gene, which is why the last block is filled with lots of color and change.

“One is like the base, and then it becomes more distorted and more mutated as it goes along,” explained Ertl.

She expressed her hope that the piece creates conversation about how the consequences of one’s actions go past their immediate space and how it affects everyone around them.

During the reception, she explained this to the students of Cerritos College and provided the example that events like 9/11 affected generations before in such a way that it carried into our genetics now.

“That’s what art is for,” expressed Gordon Winiemko, a long-time friend of Ertl. “When it gets you talking about things that affect lives.”

However, the most important message that the artist wanted the students to leave with, was to learn to be mindful and know how to interact with the world.

“Treat others the way you want to be treated,” Ertl said. “You’re not just affecting the immediate people around you.”

As a biology major, Joshua Sanchez appreciated the artistic

demonstration of genetics instead of it shown diagrams.

“It’s interesting how she related your genetic code to your environment,” he stated. “It makes you think about how you change as your environment changes and vice versa.”

Sanchez also suggested that all students take a chance to look at the artwork, because it’d be beneficial.

“It’s like any artwork,” he explained, “You don’t have to see it, but you’re missing out.”

Julio Cesar Ramirez Jr., film major, agreed that the artwork does capture the attention and that the more the audience looks

at the artwork, the more interesting it becomes.

“It reminds me of something,” Ramirez stated, “But I’m still trying to figure it out.”

As for the free food, Ramirez admitted it was a good way to convince the students to check out the installation.

The artwork was selected by James MacDevitt, director of the Cerritos Art Gallery and the curator of the Window Dressing series.

To him, the theme of the artwork is very important because a lot of people still tend to think that genes are hardwired and that this is something they cannot

change.

“To a certain extent, that’s true,” he admits, “But, recent studies have demonstrated we are still a product of our environment.”

“Not only that, but the environment has an impact beyond just us. It impacts our genetic code and therefore impacts our descendants.”

MacDevitt explained his interest in the intersection between art, science and technology and that Cerritos College is the only community college in the state to offer a class teaching the subject altogether.

He chose an artist like Ertl, be-

cause they are one that proves art is the “undisciplined discipline” that explores questions that other disciplines tend to overlook and ignore.

“Transgenerational” is the final installation of the Spring 2019 Window Dressing series and is available for viewing until April 19. After that, the windows will be used to showcase student work.

However, Window Dressing is a series that will continue every Spring semester. In that cycle, MacDevitt will continue to engage with new ideas and artists to further inspire the students of Cerritos College.



KIANNA ZNIKA

“Transgenerational” the woven wakeup call: The show presents a diagrammatic series of woven textiles aimed at unraveling the biological threads of multigenerational inheritance and deviation. The event took place on Monday, April 8, 2019.

Bianca Bitches: festival fun for all



Bianca Martinez

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Coachella season is finally upon us, April 12 marks the start of the onslaught of “basic bitch” Instagram posts featuring thin women in their best festival looks.

But why should festival fashion only be designated and designed for those that society has deemed aesthetically and essentially sexually pleasing?

Take a memo, festival fashion designers, the majority of festival goers are not 115 pounds and female.

Designers and clothing lines that cater to festival goers must cater to all festival goers and should make clothing to accommodate all sizes and genders.

How are we all not collectively crying bullshit because there aren’t a vast variety of outfits that celebrate plus size outfits amongst the sea of skinny-girl-friendly ensembles?

Sure, clothing brand Dollskill, who are notorious for their festival gear, have a plus size line, but the smaller sizes are always

considerably cuter than the plus sizes.

While we are on the topic of size diversity, let’s move onto gender diversity, shall we?

When did we decide that men don’t deserve pretty, holographic clothes because of society’s notion of what men should dress and look like?

If a man wants to see Ariana Grande in a mesh mini-dress with nothing but a sequined thong underneath, that’s his prerogative.

Last time I checked, people attend music festivals to watch the headliners, not scrutinize people for their weight or gender.

We should all acknowledge how absurd it is to not allow a woman the right to wear whatever she wants, especially if she is plus sized, specifically because

society doesn’t deem her bangable.

Society prefers another person to suffer from heatstroke rather than dressing appropriately for the environment they are in.

You know what’s also asinine?

Not stepping in or saying something when someone is being harassed or bullied for their sexuality and gender identity.

This intolerance is another reason as to why some festival goers hesitate when picking out their festival outfits.

It really isn’t that hard to be an ally and cooperate in creating a safe space for others, especially in a large, crowded setting such as Coachella, so make the effort.

So if you see a plus size girl in what you believe to be an outfit “too revealing for their size,” swallow the load of horseshit that you were about to spew out at her and live your life, just like she is living her’s.

The same principle goes for men in “feminine” clothing, leave that man in the dress alone!

It’s hot out, it’s going to be even hotter in a crowd, let that man air his huevos in peace.

Speaking heat, say something when you see another person being sexually harassed.

What counts as sexual harassment, you may ask?

Catcalling. Yes, catcalling not to be confused with a compliment because there is a big-ass difference between “your blouse is nice” versus “LET ME SEE THEM TITTIES.”

Groping, hands-down, is sexual harassment, including brushing past and/or tapping a person’s genitalia, butt and/or breasts.

Remarking on a person’s physical appearance is also harassment, not a compliment. Too bad, perverts.

DC's Shazam! is the family superhero we all need



Eunice Barron
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DC's Shazam! is the latest superhero movie based on the DC Comics character of the same name played by Zachary Levi and that is it is the most fun movie yet.

Shazam! is the seventh installment of the DC Extended Universe and it is the first live-action film version of the character since the 1941 movie serial, Adventures of Captain Marvel, in which was the character's former name.

The movie's execution of its production and concept was exceptional and was definitely a fun family film that is appropriate for all ages.

The two hour movie featured a different story in which made it unique and interesting.

All actors delivered outstanding performances and demonstrated great onscreen chemistry.

Zachary Levi's charming portrayal of Shazam was extraordinary and goofy in which seemed that it did not disappoint the audience.

Levi's performance fit the character's personality well by featuring much humor and charisma as possible.

The character was relatable for both children and adults in which

brought that superhero charm that any comic book fans love.

This movie was not only fun and giggly but it also gave out a coming-of-age story with an important moral lesson of the importance of having a family.

This thoughtful moral lesson delivers an emotional message that everyone deserves a family and a place to call home.

The movie's representation of foster families are also actual families sends a much needed warmth and inclusion towards foster, disabled and orphan children.

Foster children were mainly represented in this movie that sends a positive message that any kid deserves to be loved and to be part of a family.

DC did an incredible job on celebrating diverse families and humanizing the characters as possible.

Shazam! definitely sends a clear message that a supportive family is the most valuable superpower above all.

The inclusion of featuring a disabled kid can be useful and capable to also help save the world from any villain sends out a positive message to these type of children matter like any other person.

The topics of abandonment and bullying are also featured throughout the film.

The main character's struggle of being left behind and rejection from his biological mother brought an emotional reality to the character's personal story.

Bullying was another situation

that the character and his foster siblings faced together throughout the story.

Battling villains weren't the only enemies that these kids fought against.

Together as a family, these siblings take on the bullies and realize that they cannot be defeated as long they are united.

The message of teamwork is widely highlighted throughout the entire story in which anyone can learn from it.

Despite of their differences, the unity they all have for one another makes them strong enough to fight any obstacle.

This are type of movies not only makes you feel like a kid again but is also one of those movies that make you feel good on the inside.

Not many films today carry out that message.

Shazam! takes place in the present time in Philadelphia, Billy Batson, played by Asher Angel, is 14-year-old abandoned kid who stubbornly searches for his biological mother.

Billy is then put on foster care and with a diverse family full of other foster children.

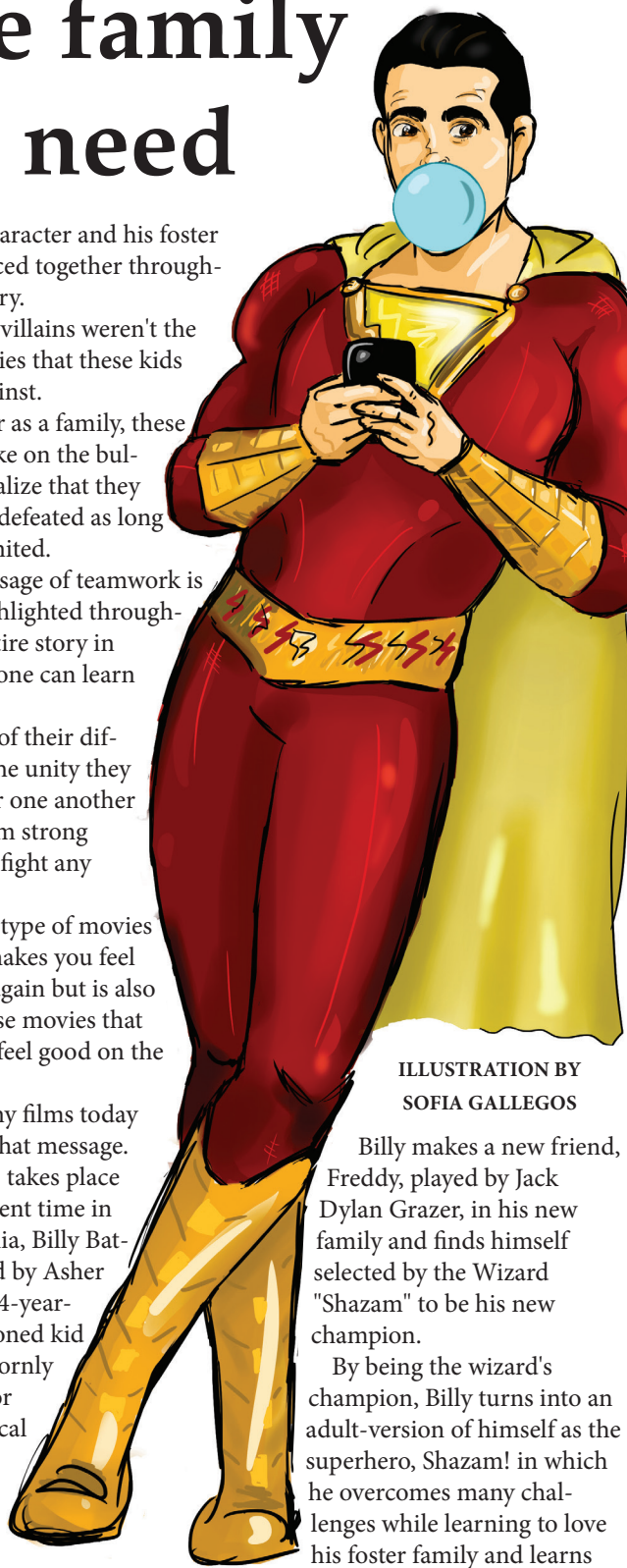


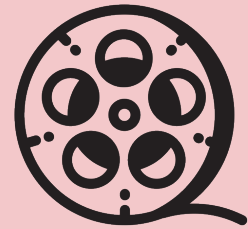
ILLUSTRATION BY
SOFIA GALLEGOS

Billy makes a new friend, Freddy, played by Jack Dylan Grazer, in his new family and finds himself selected by the Wizard "Shazam" to be his new champion.

By being the wizard's champion, Billy turns into an adult-version of himself as the superhero, Shazam! in which he overcomes many challenges while learning to love his foster family and learns the true value of having one.

A Shazam! sequel has been announced to be in the works soon.

Pet Sematary: Death Equals New Life



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Originating as one of Stephen King's Horror Stories, Pet Sematary first arrived on box office screens in 1989 and returned to theaters in April 2019.

Pet Sematary has been sending chills down people's spines since its conception and it's new modern remake carries on it's legacy.

Trailers gave the audience the anticipation of a direct remake of the original movie, a happy family looking for peace in a rural place only to discover they've moved onto an ancient burial ground with dark alluring powers.

The movie continues as the original only with a major twist on the plot.

The twist serves as a fresh look at the movie for viewers of the original movie and provides a little bit of a shock factor and the best part, the twist in the plot was Stephen King approved.

Fans of the book will always say the book is better than the film, which is agreeable.

film natsis will tell you the original movie was better, which is also agreeable, but what can't be denied is how great the new movie turned out to be.

It is the best horror film remake to be in theaters in since Halloween 2018.

Since then its been nothing but Happy Death Day let downs and the embarrassment that was The Nun.

All the original characters are included in Pet Sematary 2019, the family cat named Church after Churchill, who has gained quick stardom for his excellent animal acting in this movie.

Louis Creed and his wife Racheal, their kids Ellie and Cage star alongside the loving Jud Crandal who is their neighbor and soon family friend.

All cast members did an incredible job, their sadness and anxieties were felt in the movie theatre which makes for a great film.

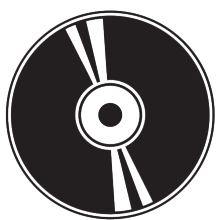
Horror movie remakes are great fun to watch in theaters\

It feels great to be able to see your favorite horror movies on the big screen and not just your living room T.V.

Pet Sematary is a great watch for new age horror fans and old school horror fans.

READ MORE MOVIE REVIEWS ON
TALONMARKS.COM

Johnny Pierce takes an honest approach in 'Brutalism'



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With the release of "Brutalism," The Drums' solo member Jonny Pierce successfully delivered what any indie-pop fan desires: a satisfying album filled with raw, honest lyrics accompanied by an upbeat and new electronic approach.

The album was released on April 5 and though this is the band's fifth album, this is the second one solely created by Pierce himself after former member, Jacob Graham, left in 2017.

As the sole creator, however, Pierce had free space to experiment with his sound and it showed.

The first two songs on the album, "Pretty Cloud" and "Body Chemistry," sound obviously more electronic than the band's other songs which most fans are used



KIANNA ZNIKA

The Drums: Now a solo act, offer a hard-won path forward. The electronic pop sound and '80s influences of "Brutalism" was released on April 5, 2019.

to, such as "Money" and "Book of Revelation."

Oddly enough, the new sound didn't sacrifice the same mood that one would be set in while listening to The Drums.

Being compared to The Beach Boys before, Pierce seemed to be reaching for a sound that is unlike anything that is usually expected from The Drums.

However, the original sound could be found in a couple of the

album's new songs, such as "Blip of Joy" and "Kiss It Away."

Pierce also held nothing back when it came to writing lyrics-- "Brutalism" finally shined some light onto aspects of his private life.

In an interview with Noisey in 2017, he blamed his hesitance to comment on his love life on the fact that he and Graham grew up being told that "being gay was not just a sin, but an abomina-

tion."

However, in a recent interview, Pierce expressed his passion for letting his sexuality be shown in his music.

"If I'm not talking about being gay, I feel like I'm not really being an artist," he stated, "I am an artist and I'm going to make art that reflects who I am."

No longer hiding, Pierce presents lyrics that are revealing yet vague enough so that almost anyone can relate.

Perhaps the most pleasant surprise in the new album was the single, "Nervous." Slow and dreamy throughout, the song reminds the listener of what it's like to let go of the one you love, and wishing to hold them "a little tighter and a little longer."

It almost makes people feel like they're slow-dancing in a 1950s romance.

The album's third song, "626 Bedford Avenue," is already one of the band's most popular songs out of their entire discography on Spotify.

Pierce truly outdid himself with "Brutalism," showing potential for the band's future as well as his own personal development.

Heed the gospel of LA's fallen messiah



SOFIA GALLEGOS/FREELANCE ILLUSTRATOR

Black on black violence to this point has been an endless loop plaguing Los Angeles streets for decades and the recent killing of Grammy-nominated rapper Nipsey Hussle is the straw that broke the camel's back.

This type of violence takes no inventory of the hurt it places on people.

Not only that, this particular instance effects all of LA, with the total magnitude reaching further due to Nipsey's celebrity status.

Local LA gangs even gathered on April 5 at the sight of Nipsey's death on Slauson and Crenshaw to negotiate a truce.

The crowd marched the streets to honor their fallen.

A peace agreement like this has not been seen since 1992.

It's unfortunate that it took the death of a brilliant man for others to take initiative in stopping the senseless violence

Nipsey took a personal oath in combating.

When we react posthumously it only leaves us with thoughts of what could've been.

Nipsey was on the right track, however, the race doesn't have to stop with his death.

His demise magnifies the reality that people are really being killed in cold blood over what?

According to Moore, 26 people had been shot and 10 killed the week prior to Nipsey's killing.

Black on black violence is a preventable epidemic and the cure starts with you guessed it, black people.

It's going to require boots on the ground for more than just the grieving length, true effort, hard work and dedication to make his vision a reality.

The easiest way to stop something is in seed form, so we have to change the narrative for young people and provide the

right tools for them to succeed.

The man that was shot down in front of his Marathon Clothing store meant more to this world than just his music.

He was LA's savior, living in an area that typically swallows its black youth.

He prevailed while promoting positivity.

Hussle's music is representative of the streets of LA where he grew up as an affiliate of the Rolling 60s gang; a faction of the Crips.

Although he was a member of the gang, he was an integral part of uplifting his community.

He spent millions of dollars in an effort to revitalize the community with real estate developments in South LA that would bring jobs and black-owned businesses.

He invested in local youth by donating money to supply students with new pairs of shoes to each student, while also renovating the basketball and playground of 59th Street Elementary School.

The rapper and entrepreneur was also an

investor in a tech company that aimed to advocate for STEM amongst black and brown youths.

Nips' community work had been so impactful that Congresswoman Karen Bass will attempt to enter it into the Congressional Record.

Sadly the day after he was murdered, Hussle was scheduled to meet with LAPD Chief Michel Moore and Police Commissioner Steve Soboroff to discuss ways to eradicate gang violence and steer kids away from joining them.

The meeting was set up by Hussle.

Substantial change won't happen overnight, but Nipsey understood that life is a marathon, not a sprint.

He wanted long term success with long term ideas.

With that said let's do this together. Let's play out the positivity that he envisioned. Let's give Nipsey Hussle his "Victory Lap."

The problem with professors asking for doctor's notes

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If people can see that others are fighting for universal health-care, they need to realize there is a reason behind this desire: not everyone has health insurance.

Health insurance is something some take for granted, either because they pay for it, or they've got it covered by their family or job. In fact, it is so expected of people that professors don't even realize the unfair and classist act

of asking for a doctor's note.

Being able to provide a doctor's note upon request is a privilege that not everyone gets to have. Let's take a sick college student with no health coverage, for example. To miss class, they are being expected to pay money from their own pocket just for someone else to confirm that they're sick.

Is the throwing up and high fever not enough? No, Dr. Whoever has to sign off and say, "Yes, you are definitely throwing up. Only I have the power to declare that there is vomit coming out of

your mouth."

Of course, there is reason for wanting a doctor's note. However, let's be real: if a student wanted to ditch, they'd do it anyway. In fact, they do.

Ditchers even choose their days carefully and count how many times they've been absent to prevent themselves from getting in trouble. That's if they even care.

As for the student who is really sick, they now have to worry if this illness is worth the money and the points they'd be losing. Being sick is an expense that some

cannot afford.

So, professors, when you're expecting doctor's notes, you are not just affecting the ditchers; you are hurting those who don't have the luxury of getting these pieces of paper for free. Attendance policies are important, but the current ones should be changed.

Doctor's notes should be required when it comes to those who do have health insurance, and those who seem to make a bad habit of missing class. As for everyone else, perhaps an email about the situation. A little under-

standing goes a long way.

As for those who ditch simply because you don't feel like going to class that day, recognize your privilege.

Let's be clear: missing class to focus on one's mental health is important. Missing class to catch up on work makes sense, when it's not being done too many times.

Skipping your Political Science class to go hang out at Starbucks with your friends? That type of ditching is probably the reason why professors started asking for a doctor's note in the first place.

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Falcons swimming into playoffs



CHRISTOPHER MARTINEZ

Opener: Falcons stretch off the block at the start of the 200 Butterfly at Cerritos College against Chaffey College and East Los Angeles College. The Falcons placed top three in the 200 Butterfly on March 29, 2019.

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Cerritos College men's swim team is heading into the Southern Coast Conference Championship with a conference record 4-3. Although the team is finishing with an average record the championship is still anyone's to claim.

These are the predictions of where the Men's team will place in each event as a whole and see if they are strong enough to take the title. Starting with the first relay, the 200 medley relay, and then working down the event list.

The predictions are based off of swims throughout the season and placed into each event then placed by time. The times are taken from conference meets between March 15 - 29.

200 Medley Relay

The first event includes four swimmers each one swimming two laps of their own assigned stroke. Seeded first with a time of 1:39.68 is Mt. San Antonio College who is the fastest team by four seconds.

Pasadena City College is behind in second with a 1:43.54 keeping it close to Mt. San Antonio, in third is Cerritos College with a 1:44.74 and Chaffey in fourth with 1:49.59.

Mt. San Antonio is predicted to be first with a decent margin, but any of the teams in the 1:40's has a shot of taking their spot and also fighting each other for a place on the podium.

Long Beach City College and

Rio Hondo college round out the last two spots of the event with Long Beach having a time of 1:52.20 and Rio Hondo in last with a time of 1:56.30.

1000 Freestyle

The second event for the men is the 1000 freestyle which is equivalent to 40 laps in the pool. The average time for this event is 10:30.20.

Out of all the schools the top five swimmers are Jonathan Olvera from Mt. San Antonio with a time of 10:04.29, well below the average. The closest swimmer to him is Cerritos College swimmer Colson Morrow with a time of 10:30.34. From Olvera to Colson there is a massive gap that on paper could not be matched.

After Colson the playing field is almost even with the largest difference being 18 seconds and with this event being a long swim time can easily be dropped. Seeded third is Chaffey swimmer Jade El-Gaouny with a 10:36.46, then Mt. San Antonio swimmer Victor Urias with a 10:40.57, and seeded fourth is Pasadena City College's Brandon Tu with a 10:48.34.

200 Freestyle

Next is the 200 freestyle which is eight laps in the pool this is one of the sprint events of the freestyle events.

The top three swimmers leading this event are all from Mt. San Antonio in first is Ethan Trieu with a 1:47.10, Edgar Cueva with a 1:48.51, Zachary Anaya 1:52.80.

The rest of the field includes Kevin Elizarez of Cerritos Col-

lege with a 1:54.17, Josh Harvey of Long Beach with a 1:54.89, Kyle McCalanhan of Chaffey with a 1:56.34, seeded seventh is Grayson Wade of Pasadena City College with a 1:57.64.

100 Backstroke

On to the first stroke event the 100 backstroke where the average time is 58.60 this event consists of four lengths of the pool.

Leading the field is Cerritos college's Rodrigo Baca with a 56.97, followed closely by Mt. San Antonio's William Ku with a 57.01 and his teammate Vinny Edwards with a 58.03, followed closely by Pasadena City College swimmer Brandon Tu with a time of 59.60.

The last of the field consists of Cerritos swimmer Joshua Guzman with a 1:00.91 and seeded last is Chaffey's Conner Crampton with a 1:03.88.

100 Breaststroke

The next event would be the 100 breaststroke, which is the slowest stroke and consists of four lengths of the pool.

This event features five Mt. San Antonio swimmers at the 1,3,4,6,7 seed. In order the swimmers are Jason Harary with a 59.16, Ryan Lin at a 1:00.55, Kason Ku with a 1:02.64, Norman Preciado at a 1:05.47, seeded last is Ivan Vuong with a 1:05.92.

The rest of the field in order are Pasadena City College's Chak Hei Tin with a 1:00.55 and his teammate Mario Preciado 1:04.69.

200 Butterfly

The 200 Butterfly is one of

the most demanding events in a swim meet it takes perfect technique, strength and mental toughness to get to that finish. The event consists of eight lengths of the pool.

Mt. San Antonio still leads the by the number of swimmers in the event consisting of three swimmers at the 1,3,6. Seeded first is Jonathan Olvera with a 1:55.51, followed by Long Beach's Will Barnes at 2:02.11, Mt San Antonio's Jason Willman with a 2:07.42.

The rest of the field are battling for fourth as their times are below the top three starting with Pasadena City College swimmer Jeffery Kha with a 2:15.89, Cerritos College swimmer Joshua Guzman with a 2:19.96, seeded last with a 2:20.06 is Justin Banh from Mt. San Antonio.

50 Freestyle

One of the fastest and powerful events is the 50 freestyle, swimming two lengths of the pool as fast as you can without taking a breath and takes no longer than 23 seconds.

The field is very close together as the largest margin is one second. Leading the field is Mt. San Antonio's Ethan Trieu with a 21.80, second Rodrigo Baca with a 22.30 from Cerritos College, followed by Long Beach swimmer Josh Harvey with a 22.33.

The field only gets closer as the second half of the swimmer are coming in at a 22.65 for Mt. San Antonio's Edgar Cueva, Pasadena City College Matthew Silaver at a 22.78, seeded last Mt. San Antonio swimmer Vinny Edwards

with a 22.87.

100 Freestyle

Similar to the 50 freestyle in terms of physical and mental strength the 100 freestyle is double the work, the 100 consists of four lengths of the pool breathing as least as possible. All the times in this event are within a few miliseconds of each other.

Leading the pack in the 100 free is Mt. San Antonio's Jason Harary with a 48.57, followed by his teammate Edgar Cueva with a 48.97 making them the two fastest swimmers in the event with 48's.

The rest of the field is evenly matched with Cerritos College swimmer Rodrigo Baca timing in at a 49.60, Mt. San Antonio's Zachary Anaya with a 49.64, his teammate Vinny Edwards with a 49.80 and seeded last is Pasadena City College swimmer Chak Hei Tin with a 50.17.

Scoring is based on a point system with first place earning 20 points, second earning 17, third earning 16, fourth earning 15 and so on, with relays scoring double.

Through the first 8 of 15 events placing in first will be:

- Mt. San Antonio with 380 points
- Pasadena City College with 144 points
- Cerritos College with 122 points
- Long Beach City College with 61 points
- Chaffey College with 57 points
- Rio Hondo City College with 13 points
- Los Angeles Trade Tech. with 0 points



Left: Freshman Matt Farias swimming the 100 backstroke on March 29, 2019 at Cerritos College against Chaffey College and East Los Angeles College.



Right: Freshman Kevin Elizarraraz Taking a breath on the second lap of his 200 breaststroke at Cerritos College on March 29, 2019. He finished second with a time of 2:32.36

COURTESY OF DARYL PETERSON/CERRITOS SPORTS INFORMATION



Reflection: Freshman Colson Morrow looking at his time after his 1000 Freestyle at Cerritos College on March 29 against Chaffey College and East Los Angeles College. he placed first and dropped more than 30 seconds.

CHRISTOPHER MARTINEZ



Left: Freshman Kevin Elizarraraz taking a breath while swimming the 200 freestyle at Cerritos College against Chaffey College and East Los Angeles College, He came in third place and had a personal best.



Right: Oscar Aquije swimming the 100 butterfly at Cerritos College March 29, He swam a personal best against Chaffey College and East Los Angeles College.

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