

Let's get tested and learn about HIV together with Bienstar



DIANA MORALES

Bienstar: Xander Larios and Gerardo Gutierrez ready to welcome everyone getting tested.

Diana Morales
Social Media Editor

Bienstar, a testing company, visited Cerritos College on March 20 at 10 a.m. to encourage

students and staff to get tested for HIV.

They parked their van right outside the performing arts building where they also had a stand filled with informational pamphlets of all sorts of programs

they provide.

Approaching the Bienstar stand, I was welcomed by Community Outreach Coordinator Xander Larios.

Here he had me fill out a form with all my basic information (name, age and consent to get the test done) and there were two students ahead of me but the overall time I spent there was around thirty minutes.

Going inside the van there was a small table with two seats, which is room enough for only the HIV tester and yourself. The team made sure to sterilize the area before performing the test.

The test itself is nothing to be scared of and doesn't take long at all and after answering further more personal questions regarding how sexuality/how sexually active you are, the HIV counselor then begins to prep the test.

It's a quick easy prick to the

middle finger or index finger of your choice; The drops of blood are then collected into a small vial.

The test results take only one minute to show up! Being a queer woman myself, I encourage people to take advantage of all the resources we're being provided with.

This process was so easy and effective that everyone should consider getting tested. The prick on the finger didn't even make me flinch — and needles scare me.

"We've been busy," Isaiah Teraero, HIV counselor, said, "That's a good thing though. people are taking advantage of the free resources."

"We emphasize on the LGBTQ and Latinx but we cater to everyone," Gerardo Gutierrez, Community Coordinator said with a smile.

Bienstar is an amazing organization that are in different

locations, where there are only six community health centers.

They are located in East LA, South LA, Hollywood, Long Beach, Pomona and San Fernando Valley

They also have different sorts of support groups like Grupo Love; which is a group where lesbians can connect and socialize with other lesbians. Here they can voice any concerns and opinions.

The group meets up here to educate on LGBT matters, STDs and overall what the community can do to improve.

Another group they gave us Trans Formando Vidas. This group helps Transwomen of Color who are seeking different sorts of assistance.

Bienstar will continue to be showing up on campus throughout the weeks from March 27 to April 6 so keep your eye out and look at the Cerritos College events page.

Board votes Felipe Lopez as Executive Vice President



Looking: President/Superintendent and a Board of Trustee member, Dr. Jose Fierro, looks at his tablet in the background as he looks at the next agenda items

Samuel Chacko
Editor in Chief

The Cerritos College Board of Trustees has its monthly Board meeting on March 22 with the usual pledge of allegiance and comments from all the constituent groups across campus.

One of the more notable things that happened during the Board of Trustee meeting was that Felipe Lopez will now be the Executive Vice President, which was voted on during the closed session.

"The Board of Trustees approved the President/Superintendent's appointment of Felipe Lopez, Vice President, Business Services/Assistant Superintendent as Executive Vice President," the agenda notes

This would result in Felipe Lopez getting a 3% stipend of the

Vice President's current salary step, which is monthly increase of around \$670, according to Maiya Walker, Director of Public Affairs.

Phillip Lee Squire, who was a Cerritos College Alumni in 1972 and served during the Vietnam war, talks about how the veterans were treated after Veteran's Day.

"We did not care about race, religion or politics, we cared only about one thing called character," Squire said.

"We who served in the Vietnam era were disrespected, spit on and called baby killers [...] many Vietnam veterans to this day still suffer from those emotional scars."

Dr. Lui Amador, the Dean of Student Equity and Success at Cerritos College, talked about why the National Vietnam War Veterans' Day resolution is

important.

"Our Vietnam service members endured and sacrificed so much during the war and yet, as they returned home as veterans, they were met with judgment, ridicule or indifference," Dr. Amador said.

"This is why the district's acknowledgment of the National Vietnam War Veterans Day is so important," Dr. Amador adds, "To all the Vietnam era veterans, thank you for your service."

The Board unanimously passed the resolution, officially acknowledging March 29th as National Vietnam War Veterans Day.

Mohaddisa Naqvi, ASCC President, gave updates for ASCC and talked about Ramadan and the importance of having prayer

rooms at Cerritos College.

Naqvi said that she'd be celebrating Ramadan, which is marked by fasting and prayer for spiritual growth.

"As the ASCC President, while I myself have an office or a safe space, I would like to call it, to exercise my religion," she adds "Unlike me, some students do not have that privilege or option."

The ASCC President said that the board should consider making a prayer room for Muslims and other students --- so they have a safe space to practice their beliefs.

"I believe that this would not only encourage students to proudly represent their identity, but also make Cerritos College a more diverse campus," Naqvi added.

The Board then considers Cerritos College to have a land acknowledgment, which was recommended by Student Trustee Hector Ledesma.

"Although I don't identify with American Indian or California Native American nations, I do think that it's important to stand up for each other," Trustee Ledesma said.

Trustee Ledesma adds that this can build community partnerships with indigenous communities, "I seek to build community partnerships and see how we can make things better from here on out."

The Board of Trustees will have their next meeting on April 12 in the Administration Building.

College hosts Monthly food drive

Emanuel Guadarrama
Staff Writer

The Falcon's Nest and L.A. Regional Food Bank have partnered to help provide much-needed support to students and community members in need on Wednesday, Feb. 22 between 9 a.m. - 11 a.m.

Daniel Quintero Junior, a program coordinator for the L.A. Regional Food Bank said, "We're hoping to serve 650 households. Monthly I believe we can serve anywhere between 30,000 households just depending on the site."

The program coordinator for the L.A. Regional Food Bank would like to encourage students and other community members to help spread the word around of the food drive.

If anyone is interesting in helping volunteer for the Falcon's Nest or the L.A. Regional Food Bank, you can go on their websites and contact them there.



EMANUEL GUADARRAMA

On February 22, volunteers assisted with food distribution and returning food to recipients' vehicles.

1.

State of Emergency lifted.

Governor Gavin Newsom of California issued a proclamation on Feb. 28, 2023, ending the COVID-19 State of Emergency throughout the state. "We will no longer require students or visitors to check in at the kiosks as of March 12," according to

the Cerritos College Press Release. Moreover, we'll stop requiring staff and students to wear wristbands. On March 6, 2023, the Coordination Committee gave their approval. Employee check-ins at Optimal Headquarters will continue until the end of the semester (May 19).

2.

ASCC Elections

The ASCC elections are coming up for the 2023-2024 season. Students can begin voting on Wednesday, April 5 2023 through Thursday, April 6, 2023. The votes being counted are for students who have paid for their Student Activities fee. The

write-in candidate field is only for those who are not on the ballot. Ballot one includes President Christabelle Garcia and Vice President Jorge Diaz while ballot two includes President Saige Frausto and Vice President Selma Dweik.

3.

Vice President in Need

The hunt for a new Vice President of Academic Affairs/Assistant Superintendent is getting more focused. The first interviews are expected to take place on April 24 and 25. My office will issue a notification notifying the

names of the finalists after the preliminary interviews. The final interviews and campus forums will be held in the Performing Arts Center on April 26 at 11:00 a.m. and 3:30 p.m. and April 27 at 11:30 a.m. and 3:30 p.m., according to the Press Release.

Board of Trustees support increase in gender-neutral bathrooms

Samuel Chacko
Editor in Chief

Cerritos College Board of Trustees voted unanimously to support an increase in the number of all gender-neutral restrooms on campus and the addition of "single stall restrooms" on Feb. 22.

This started with ASCC voting unanimously to support gender-neutral bathrooms at Cerritos College on Nov. 28 of last year and was an update on the gender-neutral bathrooms on Jan. 23 of this year.

Vice President Lopez and Police Chief Don Mueller did a visit with ASCC with that update to find solutions to create gender-neutral restrooms.

At the time, there was only one gender-neutral restroom, which was in the GNB building and the limited-access one in the PAC.

However, this also positively impacts people with disabilities, "Whereas, for students with disabilities, single-stall all-gender restrooms provide an opportunity for greater assistance."

"As it avoids all the issues with



SAMUEL CHACKO

Reaction: Here's a photo of one of the Board of Trustee members, Mariana Perez, who was one of the people who got to look at this bill.

attendants/workers of a different gender from the student being unable to enter the restroom and assist the students."

Amy Parker, the person who advocated for gender-neutral bathrooms and is the director of equity and diversity for ASCC, gave her thoughts on the Board of Trustees' support.

"It's absolutely a great step forward for inclusion and equity at college," Parker said, "I'm glad they listened to the desires and needs of students and decided to work for our interests."

"I'd like to thank LGBTQ+ Program Director Nio Lavermon for helping me out with everything and for the jumpstart

of the connections that had to be made with administrators."

"Getting the BOT [Board of Trustees] to supercharge their effort feels great, because we are finally being listened to," she said, "I would like to thank them for finally making all of this happen."

Dr. Jose Fierro, president of Cerritos College, said, "I'm

grateful for the board [...] the Cerritos College Board has been helpful of our DEIA [Diversity Equity and Inclusion] efforts."

"The passing of this resolution brings us closer to the campus," Dr. Fierro adds, "We have already identified 18 gender-neutral bathrooms on campus and we will build more as our construction project advances."

"I appreciate ASCC leadership and collaboration in this effort, without their help we will not be able to move this effort forward," Dr. Fierro said in conclusion.

Trustee Marisa Perez, who suggested putting this resolution to the board, said, "Everyone on the Board is committed to diversity, equity and inclusion, so when the resolution passed unanimously, it came to no surprise."

"We want to ensure our marginalized student groups, and that includes our LGBTQI+ students and employees, have the resources they need."

Cerritos College put out an email on Feb. 24 outlining the passing of the resolution and gave a map of the gender-neutral bathrooms that will be built on the campus.

ASCC Senate presents legislation ideas

Samuel Carey
Co-Community Editor

Associated Students of Cerritos College (ASCC) are students who organize leadership for a diverse community on the Cerritos College campus who do weekly meetings on campus.

This program discusses issues that include campus policies on how can they make changes for the community of Cerritos College or convey an idea to make situations better.

One of the main problems on campus was the student parking lot, which Senator Desai brought up the parking lot situation on when addressed in front of his peers.

"What are the options do we have if we students were to loaner car do we have to pay the daily permit or what other options do

we have?" Senator Desai said.

The Majority Leader for ASCC Senator Caleb Dunomes had opinions on removing excess paper from classes.

For instance, if there were unnecessary large amounts of paper with a class, there should be a place where students can shred that paper.

Senator Dunomes wants to help to bring change by making sure the area on campus is clean.

The Majority Leader wishes to place recycling bins throughout each classroom so that there is no excuse why students cannot make the effort to place the cans or bottles in their proper place.

There were discussions on receiving feedback from students during surveys while on campus.

ASCC believes that getting everyone involved with student activities would make them more engaged in what's going on in the



Senator Bartholomew speaking as the other members of the senate pay attention.

SAMUEL CHACKO

college.

Senator Desai proceeded to explain another topic in the works about gender-neutral locker rooms.

"Past discussions that the group have went over says that they are trying to put gender-neutral restrooms on campus,

they even uploaded on the school's website," he said.

The ASCC wants to help improve the WiFi signing-in because they know it can be troubling sometimes to log in just to be logged back out due to the signal being weak.

The most interesting proposal

that they have come up with is 24-hour tutoring for students, which some can't get unless their professors were opt-in.

Listening to new ideas that this group has made good observations according to Senator Dunomes, he says this is the reason why he's in ASCC.

What is the Compton City Movement? Mad Dre explains it all!

Samuel Carey
Co-Community Editor

Andre “Mad Dre” Howell is a business promoter and entrepreneur in the city of Compton, he explains how he embarked on his journey to start the Compton City Movement back in 2017.

Mad Dre loves his city, despite it being the number one dangerous city back in the 80s, he still shows love to give back to his community.

He wanted Compton to remember his movement so he began to create merchandise for the natives in the city.

Shirts, sweats and hats were made by him and his amazing team that believes in his vision, which he had a Compton City shirt on.

His promotion led him to gain a bunch of recognition within the city from local celebrities.

Lil Eazy-E and his record label Rich & Ruthless is no stranger to supporting Mad Dre’s company, VH1’s Black Ink Crew Compton owner Danny KilPatrick invited him to be on one of the episodes.

Mad Dre is the jack of all trades; When it comes to being a young black entrepreneur he even offers assistance in cleaning up the community and feeding the homeless every now and then.

“I see myself going far in this business,” Howell said as he adjusted his glasses, “I want to build up my brand so it can spread all over the city.”

Compton City Movement also helped with council member Andre “Hub City Dre” Spicer and his campaign back in 2021.

Often times when it’s time to vote in the local election, they are the first ones to help promote each other.

In terms of music, Mad Dre promotes his artist for his label that he wants to get off the ground.

Different artist in Compton reaches out to his movement to do collaborations such as Compton AV, YellaBoii Tha Duke and battle rapper Black Dyamond.

Mad Dre uses the movement to help elevate each artist that they come across he wants to aid independent artists to get rights to their own songs, so the movement

is their support system at all cost.

At first, the Compton City Movement was going to be transformed into West Coast Movement but politics got involved so the plan never saw the light of day but Mad Dre has hopes and wishes for the future.

“Like I told my team, the brand elevates itself,” Howell said, “We’ve been to TV, we’ve been helping out with the councilmen so I see us going far.”

The passion that he had for his company shows what a true natural-born leader he is destined to be.

The merch of the Compton City Movement is the goal for Compton, Dre hopes his vision can go far.

Mad Dre’s vision for the Compton City Movement is to make it spread like wildfire throughout L.A County.

Similar to what the late Nipsey Hussle did with his brand “The Marathon” that is the move Mad Dre wants to emulate.

The community embraces Dre’s vision by supporting his goal.



CHOSEN FEW PROMOTIONS
Dre: Compton City Movement best promoter to ever do it Andre “Mad Dre” Howell.

Pro-Palestine protestors respond to Palestinian violence

Lukas Luna-Arellano
Managing Editor

Samuel Chacko
Editor in Chief

Jorge Montiel
Contributor

A group of pro-Palestine protestors rallied on the streets of San Francisco on Mar. 10 at 5 p.m., who were concerned about the growing tensions with Israel.

Some of the protestors were still at Montgomery St. even at 7 p.m., one of whom was Sabreen Imtair, a Youth Organizer for the Arab and Organizing Center.

“The Bay Area will not stand as violence escalates in Palestine,” she said, “We’ll always mobilize and come out and voice our opposition against to what’s happening in Palestine.”

After a couple of hours, police showed up to monitor traffic and had no confrontation, but some of the crowd members peacefully dispersed on their own valuation.

There also was a security guard screaming that they he didn’t like them and the guard said, “they had a ticket straight to hell.”

Imtair talked more about the conflict between Israel and Palestine and the rise of the right in Israel.

“We always come out every time there’s violence escalating in Palestine, she said, We’re always having campaigns and encouraging people to organize against Zionism and Imperialism in the Bay Area.”

“We’ve had successful campaigns against Israeli-US ties



JESUS ALDUENDA
Speaking: This was one of the photos taken during the Mar. 10 protest at 5 p.m. where speakers would have microphones and others gathered around to show support.

here locally, labor ties with Israel,” Imtair said about the positive reception in the Bay Area.

“We’ve blocked boats, in 2014 and 2021, with the Israeli Zim Shipline, we’ve stopped Urban Shield, the largest SWAT training that was facilitated by Israeli Police and military.”

The Youth Organizer also talked about the challenges that

their movement faces with Israel.

“It just faces Zionist backlash and Zionist repression from both back home and here in the United States,” Imtair added.

“Particularly here, laws and lobbying against our movements in our work in our campaigns,” the Youth Organizer pointed out to Talon Marks.

She also mentions Palestine

Action Network, which according to her, is a coalition and organizations in the Bay Area that do work around Palestine and do work that’s anti-war.

The protest ended with a chant of the Arabic word for revolution and members slowly peacefully dispersed.

“Whenever there’s anything for us to come and rally against,

we’ll obviously be out here [this was in response to the violence] and if violence escalates, we’ll continue to remobilize,” Imtair said.

She said that the organization is currently preparing for Nakba 75, which is known as the “Memory of the Catastrophe” where remembers the destruction of Palestine homeland in 1948.

Downtown Los Angeles market brings community together

Alfredo Menjivar
Sports Editor

Downtown Los Angeles market brings community together

El Mercadito has been standing in Los Angeles for 25 years and here's a shot of one of the buildings in Downtown Los Angeles.

El Mercadito has been standing in Los Angeles for 25 years and here's a shot of one of the buildings in Downtown Los Angeles.

El Mercadito Salvadoreño is a big Salvadoran market located in the heart of Los Angeles.

It is not only just a store, it is a full-on flea market loaded with so many street vendors selling

several different things to see and eat.

Each street vendor sells relatively the same things such as medicine, snacks, candies, clams, bread and exotic fruit from El Salvador.

The snacks and candies are also imported from El Salvador as well so you can get a taste of El Pulgarcito (the mainland).

Along with the street vendors, there are several mini restaurants in the same area set up for people to dine in and have many things to choose from on their menu such as the national dish pupusas, soups, yucca con chicharron (potato with pork) and more.

The person who started it all, Rosy Guzman, is currently still running the whole business.

Guzman came from El Salvador to Los Angeles and started the market around 25 years ago.

"My business was not this it was something else and there was an occasion where I returned to El Salvador and went to Mercado Ex-Cuartel and visualized El Mercadito," she said.

Guzman started bringing things from El Salvador to Los Angeles such as towels and other necessities to start her business.

She told herself to make the business she thought of and knew it would thrive in LA. Eventually, everything started to fall into place.

Guzman brought more things little by little and within a month, everything was sold out where she

was selling the products, which took place 26 years ago.

She also asked her cousin how to bring the products to the city of Angels and her cousin was kind enough to give her a hand.

Guzman lastly stated that the street vendors came much later, after she started her business, and is now a place where all Salvadorans love to go.

A woman named Llese, a native of El Salvador, is one of the cooks that works at one of the mini restaurants there.

She cooks pupusas, soup, meat, chicken liver and platano frito (fried plantains).

Llese is now working in her fourth month at El Mercadito. She worked with her mother in law and who taught Llese how to cook

and decided to make a business.

She says that on a bad day, she gets at least 20 customers a day but also mentions that she cannot keep count of how many people she gets on a good day.

El Mercadito brings together family and friends to dine, shop and enjoy a nice sunny day in the urban city of Los Angeles.

It is great for the Salvadoran community as finding products from the homeland can be quite difficult at times.

This wonderful place will also make people feel like they are back in El Salvador.

It is great for the U.S. young generation to get a taste of what they would find at their guardians' origin.



ALFREDO MENJIVAR

Store: El Mercadito has been standing in Los Angeles for 25 years and here's a shot of one of the buildings in Downtown Los Angeles.

Pop's Cafe: The hidden breakfast gem located in Downey

Christine Nader
Co-Community Editor

A surefire way to test how much love a restaurant has accumulated is by experiencing the atmosphere for yourself.

The shift from constant conversations to abrupt silence may leave an unsettling feeling, but it says more than you think.

Pop's Cafe can honestly be hailed as one of the last remaining food spots in Downey that has a genuine connection between customer and staff.

Once you enter, you're greeted by bright turquoise walls littered with everything that makes you think the restaurant has been through a tour of America.

License plates, Coca Cola decals, speedway signs and posters are spaced out in an even fashion for the eyes to see.

The atmosphere at Pop's is lively, a bundle of commotion every way you turn.

The staff members weave a strong bond between each other, making for a comfortable environment.

The menu at Pop's includes breakfast, lunch, a variety of



CHRISTINE NADER

Food: French toast, pancakes, eggs, sausage, omelette, and hash browns plated on the table.

omelettes, burgers and specialties. Drinks range from coffees, lemonade, even tomato juice.

Waiters are eager to take orders at your disposal for an easy ordering process.

My order consisted of a meat and cheese omelette, chocolate chip pancakes and four french toast wedges accompanied with a scrambled egg and sausages.

The order came in batches and eventually all of it appeared in the

blink of an eye.

If you arrive early enough, the pleasant chatter of customers accompanies your meal, giving the place a homey feel.

The pancakes were fluffy and the omelette had a pleasant crisp.

I decided on getting half fried and half non-fried french toast wedges and developed a preference for the non fried, seeing that they were softer.

The scrambled egg and

sausages were a nice change of taste for the palette and was even better when accompanied with hot sauce.

Personal greetings arrive at each customer's disposal as Pop's Cafe owner Alex Tsankov makes his way to the tables.

He greeted me with a bright smile as if I had been coming to the place for over a decade, despite it being my first time there.

The cafe first opened in 1954

and the first location to be opened in California was in Downey.

Tsankov is the third owner of the current establishment and has been for the past six years.

Pop's Cafe has always garnered a large audience but business took off after Tsankov's ownership.

During the interview, a regular greeted Tsankov as he was exiting the cafe.

Tsankov explained that the man had moved to Puerto Vallarta but had frequented the restaurant so much in the past 20 years that he visits as much as he can.

"It's not a place where people go and then they never repeat," Tsankov says, "Here, everybody has been coming for decades."

Pop's is looking forward to expanding their menu and their business beyond Downey and the other location in Santa Ana.

This restaurant will warm your heart so much that, just as Tsankov said, you just have to come back.

Overall, I give Pop's Cafe a 10/10 for their delightful services and their tasty foods.

I would also give a separate ten for the relationship between staff and customer.

Spoiler: Is Joe Goldberg rooting for himself in season 4's 'You?'

Mel Ayala
A & E Editor

Christine Nader
Staff Writer

Season 4 of the hit Netflix show "You" takes viewers down a rabbit hole of suspense, accompanied by plenty of stormy twists.

Series lead Joe Goldberg is seemingly convinced that he can start again in a different city without any retribution, despite the whole reason for his relocation being to continue his disturbed activities.

The season is split into two parts where the first five episodes tease a skeleton of an unbeknownst mishap, causing viewers to double-take if they were pining for Joe to succeed.

The first part flips the previous narrative where now the hunter becomes the hunted.

Having apparently done something decent for once in his life, he sheds his tainted identity in exchange for a brand new name and backstory.

Now name Jonathan Moore and posing as an English professor, Joe hopes he can build a functional life for himself.

Joe is welcomed to London with open arms by his neighbors who are centered in the London social scene.

He finds them rude, loud, obnoxiously rich, and privileged but takes them up on an invite to



NETFLIX

Netflix: Poster showing Joe Goldberg with a new look for Season 4 of "You."

an exclusive event.

Unaware that he is a wolf dressed in sheep's clothing, they adopt him as a new friend after he reveals himself to have the kind of wisdom that has lasting effects on people.

This sends a wave of nostalgia to viewers familiar with Penn Badgley's outcast character Dan Humphrey in the 2007 CW hit show, *Gossip Girl*.

Shortly after Joe's arrival, a trail of sudden murders is revealed.

Since Joe was just as shocked at the announcement of every murder, this has the audience

thinking that he really has changed for the better.

The release of the last five episodes pulverized any last thought that Joe could ever turn a new leaf.

From the writing to the cinematography, this season transformed the series from a dramatic thriller into a full-on psychological horror.

Season 4 provided lots of substance in terms of the psyche of our anti-hero.

Penn Badgley delivered a scarily convincing performance during the scenes shown through

another perspective, finally seeing Joe Goldberg at his most dangerous.

The plot eventually reveals that Joe has erotomania, a syndrome where someone thinks that another person is deeply in love with them.

This means that Joe was unaware that he committed the crimes, which shows that Joe struggled with processing that he was even more violent than usual.

This explanation behind the character of Joe makes the most sense since every crime he's committed since Season One has never seemed logical.

The series pays homage to Robert Louis Stevenson's novella, "Strange Case of Dr. Jekyll and Mr. Hyde," where both main characters have their psyche split in two: good and evil.

This feels like a very fitting direction for Joe's character as he is a connoisseur of literature who's likely to read the book.

An interesting detail was how

the writers crafted a scenario where Joe and the audience connect the dots about the murderer at the same time.

The cinematography is set up in such a way that effectively captures and emphasizes the darkness of Joe Goldberg's psyche, as well as the trauma Joe's victims face.

The writing also has our protagonist break down and render him vulnerable as he faces the ghosts of his past who force him to look within himself.

Fans are already anticipating a fifth season now that Joe Goldberg is at what appears to be the pinnacle of his arc, having enormous amounts of power at his disposal.

What is next for Joe Goldberg? Will the seemingly invincible serial killer finally meet an end to his vicious cycle?

I'd give Season four of "You" a rating of 10/10 because the suspense was built really nicely and explained Joe's character.



I'd give Season four of "You" a rating of 10/10 because the suspense was built really nicely, even though most people would have seen that as a flaw.

Art of entertainment: Where have the songwriters gone?

Lukas Luna-Arellano
Managing Editor

Imagine the American songwriter. What image comes to mind? Johnny Cash recounted how he walks the line, Roy Orbison longed for his precious dreams and Tom Petty remembered his dear American Girl.

These musicians transcended their respective mediums and have risen to become titans of American mythology, but this past time is in danger.

Who are the modern singers/songwriters and what are their muses?

Well, currently the parade of pubescent performers seems to be especially enamored with their girlfriends and/or their last breakup.

Be it Lewis Capaldi, Ed Sheeran or Shawn Mendes, there seems to be no more ominous portent in the modern day than the dreaded "white guy with an acoustic guitar."

While the appropriate question would seem to be how did we get here, that truth is

painfully obvious; changing times means changing cultures.

The world that birthed these hard, but soulful artists is largely a thing of the past, there are no more boys named Sue.

But the blame does not solely lay with a changing climate, there is still an audience for this type of genuine music; However, attempts to meet these demands from the powers that be have been fumbling at best and baffling at worst.

Consider country, which was once the realm of Merle Haggard and Waylon Jennings, now Nashville is lorded over by the debauchery of the "bro" subgenre that Florida Georgia Line occupies and the chaste "boyfriend" stylings of Dan + Shay.

While this corporatized version of the genre that once bore the "outlaw" qualifier has its fans, those who remember the style's previous highs, both old and young, long for what the style has proven it could be.

Though these tales of shallow partying and romance have their fans it certainly would not hurt for the radio to welcome the hard-

bitten blues of Larkin Poe to their airwaves.

The sisters are a proven hit with the country listeners of yesteryear and their youthful edge provides a clear hook for younger listeners.

But most importantly, Rebecca and Megan Lovell's music projects a sincerity that is sorely lacking in today's charts.

Though they wear their Georgian origins on their sleeves, they never once come across as midwestern cartoons.

Potential fans can spot the product of a corporate board room meeting from a mile away and that stench can prove repulsive.

The great singer/songwriters were lauded for their genuine, human touch and in trying to create a universal version of that, the radio has effectively neutered this subgenre.

Johnny Cash was not meant for everybody, Roy Orbison had a narrow target audience, and there are some poor souls out there who do not care for Tom Petty.

Despite this, these artists cultivated a following that borders on the cult-like even years after

their passing.

Should we ever hope to see this phenomenon again, we must reject the living props that have been paraded onto our screens as legitimate songwriters.

The true heirs to that proud legacy do exist, but they toil in near obscurity.

If you truly consider yourself a disciple of this great American tradition, it is your duty to seek these underground acts.

By making sure you follow underground music and tell more people about it, it will insure that they finally get the push they deserve.



LIGHTNINGFIELDS/NATASHA HRUBOVCAK

Performance: Here's Tom Petty, one of the artists mentioned in the article, performing all they way back in 2006.

Why didn't you tell me you miscarried?



IGUANASAN/CREATIVE COMMONS

Here's a photo of a person alone in a crowd of people walking around.

Diana Morales
Social Media Editor

Whenever the time comes if a women pleases to get an abortion that option should be accessible to her. That's not the difficult part to grasp here so we can get that out of the way .

Many believe that there should be a tragic reason behind wanting to get an abortion. For instance, incest or rape but those aren't always the case.

A woman knows better than anyone else what she wants to do with her body at the end of the day. If it comes to her wanting to get an abortion, then the woman is responsible to communicate those feelings/thoughts with her partner.

"Try to remember that it's

normal for you to feel differently from your partner about this and it doesn't mean that your relationship isn't working," Tommy's a UK charity said.

For a long time, believing that a woman doesn't and shouldn't have to explain herself or even tell her partner about making this kind of big decision.

Recently, I was told a story about my mom's coworker's wife, who told her husband on three separate occasions that she miscarried.

The man ready to be a dad was getting heartbroken when hearing this news while he was at work. The first time she said she fell, and that's how she lost the baby. The second time was her, noticing some spotting and her going to the hospital and them telling

her she miscarried. It wasn't till the third one, sadly he found abortion papers. It's pain and shock one can only imagine what a person who was being lied to so severely felt.

The next time he came to work, he broke the news to my mom about what happened. She confessed that all three miscarriages were abortions. Not sure about the thought process behind going to that extreme of getting your partner excited about parenthood, fathers also get excited about fatherhood.

There are similar stories out there to this and that approach can easily affect someone's mental health. Couples should feel more comfortable being able to discuss and come to a decision like abortion.

Free Speech Zone: Team Selena or Team Hailey?

Compiled by: Susan Romero
Photographs by: Sophia Castillo

JULIE GAYLE

Gallery Attendant



"I have heard about it but I need to research thoroughly before I say anything about that"

MADISON BORJA

Kinesiology major



"I'm probably team Selena well I just feel like she's unproblematic and I feel all evidence kind of is against Hailey"

BRIAN

Undecided major



"Team Selena all the way I saw that he had a party and he gave out gifts engraved with I'm happy I didn't end up with what I thought I wanted like he didn't have to do that"

Let's stop giving light to plus-size model advertisements

Samuel Carey
Co-Community Editor

Has the modeling industry gone too far with the qualifications for the standards of beauty because now you can be overweight and look like Megan the Stallion?

Understand that beauty is in the eye of the beholder if a person finds someone attractive then by all means proceed but when do we say enough?

A woman can be big and beautiful but to say that I'm a model and you have more body fat than the average woman can be concerning for some.

The plus-size women have managed to just focus on how they feel instead of how they look or rather just not care about how they look.

Is it really fat shaming for trying to assist with a solution for

them to lose weight? Are people going to ignore all the health consequences that these models can face or should we just pretend this is normal?

Nothing wrong with accepting who you are as a person that's lovely but it's a give-and-take with it, anyone has the right to say I'm not attracted to overweight women and shouldn't be judged for it.

The issue comes into play when people enable this kind of thought process to the point of delusion.

If a model is a dress size 16 and looks like butterbean the professional boxer majority of modern women would say "Okay girl I see you", "Live in your truth" or even "Don't change the way you look" which is not helping the situation.

These behaviors breed laziness in their lifestyle and malignant

problems that they don't want to help treat.

Let's say perhaps heart disease, clogged arteries or maybe type one diabetes can be factors when it comes to this.

People can talk about their bodies claiming if they feel good then they're okay but that's not the case.

Kanye west made a comment in an interview with BET about Lizzo's weight and proceeded to say his two cents.

"When Lizzo loses 10 pounds and announces it, the bots attack her for losing weight because the media wants to put out a perception that being overweight is the new goal when it's actually unhealthy," he said.

Three-time Grammy winner Lizzo said in a billboard magazine article, "I know I'm fat it doesn't bother me."

The bottom line is if you want



JESUS ALDUENDA

Model: Here's a photo of the American standard and an exaggerative example of a plus-size model.

to a good body, you have to work for it.

Don't just accept being overweight and be comfortable;

Stop giving these kinds of people ammo to be prideful when they should be humbled about their unhealthy lifestyle.

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SPORTS

Falcons defeats 5-2 against LA Harbor

Susan Romero
Staff Writer

The Cerritos College Falcons were up against La Harbor Seahawks on March 17, hoping to go for the sweep and keeping us on our toes for all nine innings.

Steven Salazar was the starting pitcher for the falcons.

Starting strong within the first few minutes, at the bottom of the first inning, Julian Francois was able to advance to first and steal second base.

Jason Givens batted up next and was able to get to first base, giving Francois the perfect opportunity to advance to third.

Being on top of the game, Francois was able to score the very first run for the Falcons.

The Seahawks were not happy with the run, thusly becoming more aggressive.

Top of the second inning, the Seahawks were pushing through and were able to make a run.

By the top of the third inning, on their second out, Francois was the only one who was able to walk to first base. The Seahawks were able to score 2 more runs on the Falcons, putting them in the lead (3-1).

Amidst the third inning, Francois slid attempting to steal second base resulting in the opponent's cleats running up his arm leaving a deep wound.



SUSAN ROMERO

Swing: Andy Vega hitting a ball pitched by the LA Harbor Seahawks on March 17.

Still despite of his injury, Francois continued to put up a good fight for his team and continued batting for the remaining 4 innings. Truly a dedicated and devoted teammate.

Unfortunately for the falcons, the Seahawks were able to score one more point in the top of the fifth inning.

By the seventh inning, LA Harbor scored their final point. Jason Givens was also able to score the final run leaving us at 2-5.

Distraught by their loss, there was no chaos nor commotion, just the sound of their cleats hitting the field as they walked out.

Francois expressed how he felt about the game after their loss against Harbor.

"Today was not bad in my opinion," Francois said, "we probably could've come out the gates a little bit harder since we wanted to go for the sweep but overall I don't think it was too bad."

The Falcons' head coach said that he plans to finish the season strong for the Falcons baseball team.

With a bit of hard work and good weather, the falcons might have a better chance at winning their next game at home against Compton, which will take place on March 23 at 2:30 p.m.

Falcons' late-game rally defeats El Camino 12-8

Roman Acosta
Contributor

The Falcons hosted the El Camino Warriors on Thursday, March 9 and it had been their return to Nancy Kelly Field since defeating riverside on Feb. 17 and going (3-1) on the road.

The Warriors had an explosive batting lineup that went to work, quickly cashing in on three runs as two were brought in on a two-run homer

To the bottom of the third, Alyssa Capps and Alyssa Sotelo flew and fouled out which was looking like another out-in-order inning for the Falcons.

Jazmine Macias walked, with Richere Leduc at the plate, Macias stole the second and Leduc sparked life to the Falcons as she homered to left field scoring herself and Macias to make it a 3-2 game.

Falcons sophomore second baseman Alyssa Sotelo singles to centerfield in the bottom of the sixth inning collecting an RBI as Marley Manalo scores to put the Falcons up 12-6 against El Camino on Mar. 9.

The Falcons believed the inning was over after their double play, as the infield cleared to the dugout runner on third base was sent home as Miranda Diaz picked up the ball which was placed in the circle, and threw home to catcher Jimena Velazquez.

The home plate umpire ruled the runner out as the throw was made just in time to end the inning.

Top of the fifth, the Warriors got back to work as they reached first on a throwing error, then had runners in scoring position after a double to left center.

Courtney Callison relieved Islas from the circle as she retire the inning allowing just another run on a sac fly while collecting a K.

El Camino ended the inning by scoring two runs and taking a 4-2 lead over the Falcons.

The Falcons knew they needed something going to regain momentum to get back in this ballgame after struggling to get bring runners in.

Macias set the tone on a shot to right field for a double and in response, the Warriors brought in another pitcher in hope of shutting down any momentum by the Falcons.

Leduc was walked and a wild pitch allowed Macias to steal third

base for the Falcons.

Maddy Guillen singled down the third base line and Macias scored as Jocelyn Doan pinch-ran for Leduc. Doan stole home to make it a 5-4 ballgame and Natalie Basurto pinch-ran for Guillen.

Diaz singled to third base advancing Basurto to second, giving the Falcons a runner on first and second.

Brooklyn Bedolla was walked

at the plate and loaded the bases with still no outs in the fifth. The Warriors once again switched out their pitcher.

Marley Manalo grand slammed to left-center bringing in Bedolla, Diaz, Basurto, and herself to put the Falcons ahead of the Warriors 8-5.

Velazquez singled up the middle and Emily Zungia pinch-ran for her. Capps reached first on a fielder's choice. Zuniga was tagged out at second.

Capps stole second, Sotelo grounded out to the third base, and Capps stole third.

The Falcons went around the lineup as Macias got a second chance at the plate and singled down infield line bringing in Capps.

Macias got caught stealing at second to finally end the inning as the Falcons sat with a 9-5 lead going into the top of the sixth.

The Warriors scored again on a solo home run to cut the deficit but were unable to score any more runs in the sixth as the Falcon's defense retired the inning.

In the bottom of the sixth, Velazquez got an RBI as Diaz scored, and Celeste Carbajal collected an RBI scoring Bedolla.

Sotelo singled to centerfield for an RBI as Manalo scored as the Falcons took a 12-6 lead.

Leduc relieved Callison from the circle for the save as the Falcons only surrendered an additional two runs for a final score of 12-8.

Cerritos will host Mt. San Antonio on April 3 at 3 p.m.



ROMAN ACOSTA

Celebrate: Marley Manalo is met alongside her teammates at home plate in the bottom of the fifth inning to celebrate her Grandslam against El Camino. She collects three RBIs to put the Falcons up 8-5 against the Warriors on March. 9, 2023.

Season ends 94-91 double OT loss versus Fighting Cacti

Samuel Chacko
Editor in Chief

Falcons lose a tough double OT game in the first round of the SoCal Regional Playoffs versus Copper Mountain on Feb. 22 with the score of 94-91.

Both teams started off strong with Cerritos going 50% from two and three-point range while Copper Mountain went 40% from two and 60% from three.

Cerritos kept the lead in their name with a 39-38 lead and looked to make adjustments and build from some of the missed opportunities with fast-break scoring and rebounding.

In the second half, the Falcons looked to keep the rhythm on offense but the Fighting Cacti's defense became even more of a struggle.

Every time the Falcons would score, Copper Mountain would quickly score from fouls or driving in the lane.

"We felt we can hurt them inside with our big guy and some of our post-up action and we just had to play solid defense," Head Coach for Copper Mountain college Brad Dean said about the team's gameplan.

Copper Mountain officially took the lead after Jack Garrison made a layup at the 15th-minute mark, having the Fighting Cacti lead 52-50.

The Falcons would continue to fight throughout the half and Jalen

Shores hit a clutch three-pointer with two minutes remaining, keeping the Falcons in the game.

Cameron McCoy made a tough layup and the score was 68-68 with 1:44 left in the game and the game went into a five-minute overtime.

Overtime hits and Copper Mountain started off strong and never gave the lead away until Gorden Boykins hit a layup to allow the Falcons to go up 77-76 with 53 seconds left.

Copper Mountain goes back and draws a foul but Justin Stephens makes a clutch jump shot to give them back the lead with 15 seconds left in the game.

Just like they've been doing all game, the Fighting Cacti drove in the lane and got two offensive rebounds during that time and a foul called by Gorden Boykins.

The crowd was making noise, which resulted in Jaylon Lee's second free-throw missing and the game went into a second overtime.

The Fighting Cacti did not allow Cerritos to gain a lead in the second overtime and went 62% from two-point range and 100% from three-point range.

Cerritos had one chance, with 15 seconds left in the game, the score being 94-91, all the Falcons needed was a three.

Gorden Boykins took the three-point shot and missed with #24 seed Copper Mountain winning the game 94-91, winning



SAMUEL CHACKO

Shoot: No. 14 Gary Williams, Guard, makes contact and drives in the lane during the Feb. 22 game versus Copper

a huge upset by taking down the #9 Falcons.

"Give credit to them, they made the plays down the stretch, we were undersized and they took advantage of that," Head Coach for the Falcons Russ May said, "They got the big rebound or the big play when they need it."

"I think not having Jonathan Salazar is a huge glaring weakness for us because he was such a dominant force in the paint," May said, "All the games we lost, that was always a factor."

"When we rebound like that, they didn't miss a lot but when

they missed, they didn't get a lot of second attempts so it's absolutely key," Coach Dean said.

Jack Garrison IV (No. 20), Point Guard/Shooting Guard, talked about the team's performance after scoring 23 points for Copper Mountain.

"Coach always tells us to play hard, don't worry about the turnovers, everyone crash [four crash, one get back] and I take pride in getting rebounds," Garrison said.

Coach Dean added on what Garrison IV said, "It's been a tough year, we had coaching

changes and had more than normal issues and I think we peaked late so we're just coming into our best basketball."

"We're concentrated on finding our Sophomores a new place to play, our Freshmen did a great job," May said, "When the season's over, the Freshmen are 50% better because they know what's expected."

"We're going to be back at it, we're going to be better next year," Coach May said.

The Falcons have ended their season with a record of 19-10 and went 7-3 in conference play.

Women's Wrestling mid-season check-in: What have they been up to?

Samuel Chacko
Editor in Chief

Women's Wrestling had its first season at Cerritos College and the team gives their expectations for the season and how the team is building chemistry.

Head Coach for Women's Wrestling and Assistant Coach for Men's Wrestling at Cerritos College, Dustin Kirk, talks about the team's expectations and how the team has grown during the past month.

"This has actually been 10 years in the making, Donny Garriot [head coach for Men's Wrestling], has been building this up in the last 10 years," Kirk explained about the Women's Wrestling at Cerritos College.

Women's Wrestling Head Coach Dustin Kirk shows off some moves hand movements during the Women's Wrestling practice on Feb. 22.

Jaylene Martinez, 126-pounder, said that she found out Cerritos was having a Women's Wrestling team when

she saw a post from Cerritos College, after her season ended in high school.

"The energy the coaches gave me, my coach Dustin seemed to be very supportive of the girls and had a lot of offer and he just seemed very friendly and welcoming," she said.

Criminal Justice major Lucy Guadarrama, 109-pounder, found out that Cerritos had a Women's Wrestling program and reached out to head coach D.K., who made a good impression on her.

"I feel like he's always there to

support us [and] he's just there for us," Martinez said about head coach Kirk and gave an example of buying rubber bands for some of the girls that didn't have any,

The 2013-2014 CCCAA State Champion at Cerritos College, Coach Kirk, talked about the match against Vanguard University.

"I lost a few recruits to them so it's cool to put together a team to beat them and that helps recruiting going forward," Coach Kirk said, "Every week, every match we've gotten better and as a coach, that's all you want."

"I feel like the second day we came back [from back-to-back tournaments], I feel like all the girls performed way better than what they did on the first day," Martinez said, "Now that they got the first match jitters out, I have high hopes."

"I think the team is right where I want them to be, they're doing well," Coach Kirk pointed out, "I have a great group of young ladies that are very disciplined and hard-working."

"I don't want other four-years to look at us like, 'they're a community [college], they're just easy,'" Guadarrama said, "Yeah we're a community college but we're going to push the pace and not give up."

"It felt really nice to be on a girl's wrestling team because I feel like we get so close and we're family, we're there to push each other at our best," she said about

the team around her.

Coach Kirk said that the group's identity is that they're hard-working girls but they're silly and fun, "They love being at practice, they just have fun while they're working."

"We've grown a lot closer," Martinez said about the team's chemistry, "We do things outside of practice, we eat and hang out together so I think we made a lot of good friendships."

The Women's Head Coach names the three expectations he has for all of the Women's Wrestlers, "Number one; go to class, number two, go to practice and number three, he is a good human."

"As far as competition wise, let's build chemistry, let's have fun and I expect to win everything," he adds.

To win at the CCCAA level, the head coach talked about the "what's next mentality" and for the team to "continue to buy in and always strive for better."

Lucy said it'll take some time to win the CCCAA championship but it's a mental game, "I feel like in a year or two, we'll get there."

Jaylene said that having the grit to keep fighting will get victories at the CCCAA level, "Just picking up the pace and if we keep working the way that we need to work with a goal in mind, I think we can do it."

Women's Wrestling plays at home against Palomar and Fresno City at 3 p.m.



SAMUEL CHACKO

Learn: Women's Wrestling Head Coach Dustin Kirk shows off some moves hand movements during the Women's Wrestling practice on Feb. 22.