

CLOSE CALL

FRAUSTO AND DWEIK WIN BY 4 VOTES, SCOTT WINS STUDENT TRUSTEE

Samuel Chacko
Editor in Chief

The Associated Students of Cerritos College announced that Saige Frausto and Selma Dweik won President and Vice President while Jacki Stone Scott won as a Student Trustee --- they will start their term in the fall of 2023.

The Associated Students of Cerritos College announced the winners for president/vice president and student trustee during the April 10 ASCC meeting at 2 p.m. and each give their thoughts on winning.

ASCC President Mohaddisa Naqvi announced during public comment that the winners for President/Vice President are Saige Frausto and Selma Dweik while the next Student Trustee is Jacki Stone Scott.

The President/Vice President and the Student Trustee will be serving their roles during the next fall semester in 2023.

Frausto and Dweik scored a total of 200 verified election votes while runner-ups Christabelle Garcia and Jorge Diaz received 196 verified votes.

Scott received 249 votes while Nimsi Murillo scored 219

and Sarah Orellana scored 15 respectively.

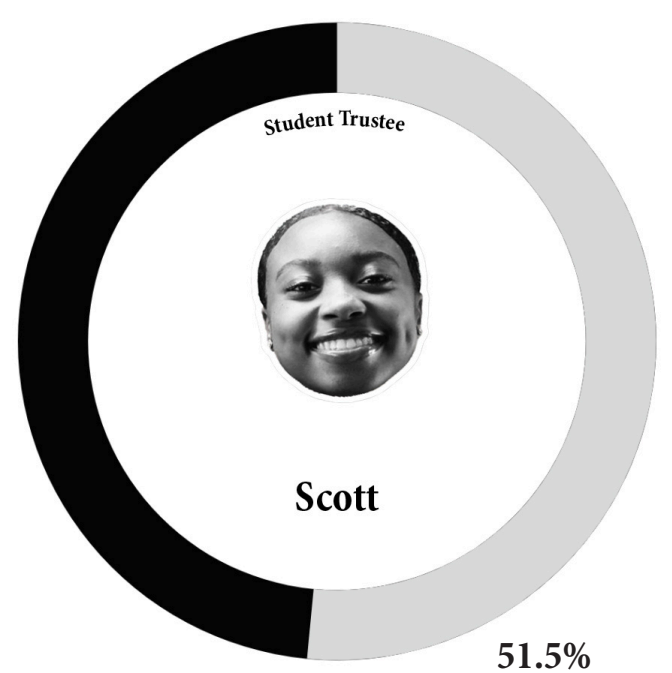
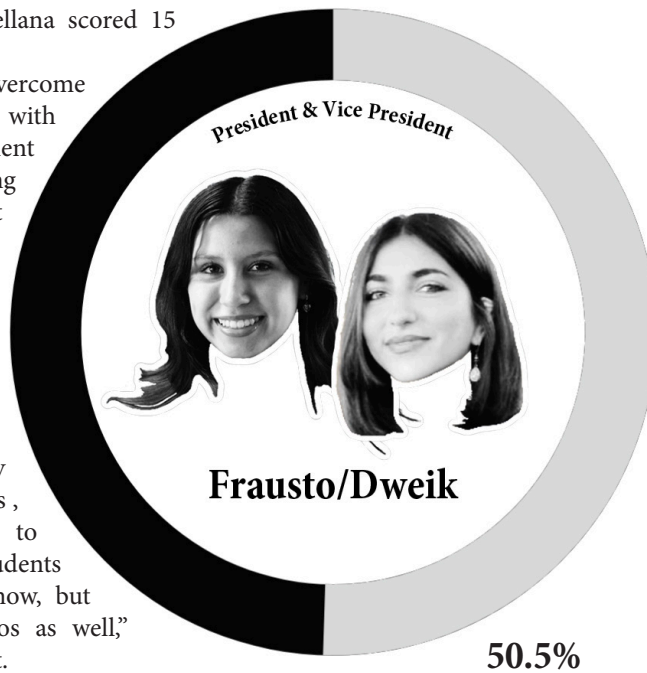
"I am overcome with jubilation with the achievement of becoming ASCC's next president," Frustrato said via text.

"My main goals are to incorporate financial literacy workshops, clubs, etc [...] to prepare our students for not only now, but beyond Cerritos as well," she pointed out.

"In the same manner, I plan to push and advocate for more free resources for students [...] and I strive to create a more lively campus with more connection," the president of ASCC in 2024 added, "I plan to put for a rational, practical and achievable change."

"What is promised of Selma and I will be absolute and accomplished."

Frustrato's running mate and now Vice President for ASCC 2023 Selma Dweik was just as humbled, "We are deeply honored and humbled to have been elected as your next Vice



"We will use our platform to ensure the voices of the students are heard and concerns are met."

Saige Frausto
ASCC President Elect

President and President."

Dweik also pointed to their campaign's focus on financial literacy and to incorporate that with programs, clubs and classes.

"We both understand the immense responsibility that comes with these roles," she said as she thanked the student's support, "[We] will do everything in our power to serve our school with wisdom, humility and integrity."

Student Trustee for 2023 Jacki Scott was extremely honored to become ASCC's next student trustee, "I think this upcoming year will be my best year at Cerritos [...] I think this is the push I need to become the best

leader possible."

"I want you all to know that just like you, I am a student first. This means I can relate to many of your struggles you face here and your personal lives as well," Scott said.

"In order for me to do this [serve the position], I need to hear your opinion matters regarding your education, finances, goals and dreams."

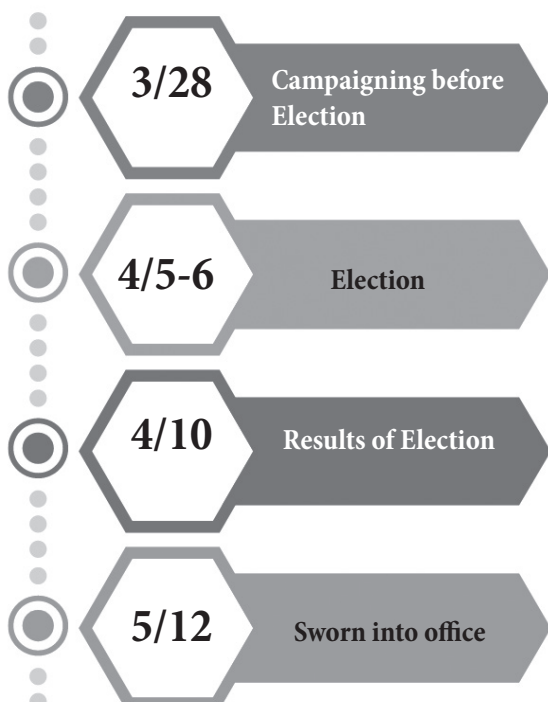
Scott strongly adds, "I want us to support one another and make this campus our own."

"My goal is to talk to students to improve this campus. I didn't run this role to serve myself, I ran to make this campus a place

that breeds success for all of its students," she said.

The next student trustee said that students brought to her attention about academic appreciation, cheaper transportation and access to gym equipment, "those are some of the issues I want to tackle immediately."

Scott ended her speech by telling students, "I would love to keep my lines of communication open, so you can email me at jackiscott2@gmail.com [...] you can also follow me on Instagram @jaaacki_ to DM about anything. Thank you for your support!"



Names	Votes	%
Frausto/Dweik	200	50.5%
Garcia/Diaz	196	49.5%
Scott	249	51.5%
Murillo	219	45.3%
Orellana	15	3.1%

1. **MILITARY BALL RETURNS**

After a brief hiatus, the Military Ball for Cerritos College has returned, hosted by the Veterans Resource Center and the Student Veterans Club, on Friday, April 28 from 5 p.m. to 9 p.m. at the Student Center. The event is to honor the graduating

veteran students and for those who have fought in the military. There will be dinner and dancing at the event. It's a formal event and RSVP is required. For more information about the event, go to cerritos.edu/va.

2. **FALL 2023**

The enrollment date to apply for summer classes has already begun on April 3. For students returning in the fall semester, enrollment will begin for continuing students on May 9. For all students not enrolled or missed enrollment day, open enrollment will begin on May 22.

3. **GRAD FAIR NEXT WEEK**

The Grad Fair will happen on Wednesday, April 26 and Thursday, April 27 from 10 a.m. to 2 p.m. at the Student Center. Graduates only need to attend one day, but they can drop in during event hours. Grad Fair is open to students who petition for the Fall of '22 and Summer

'23 classes. Students are able to get their grad images taken at the event. Student will also be able to get their commencement guest tickets and their cap and gowns, if preordered. For more information, visit Cerritos.edu/commencement.

Cecil Castellucci talks diversity

Samuel Chacko
Editor in Chief

The comic writer for the book, "The Plain Janes," Cecil Castellucci visited Cerritos College on March 29 to talk to students about the book and the future projects she's doing.

The author explains that the book's theme is that the girls were dealing with trauma, which one of the Janes were in a terrorist bombing in the beginning of the book, and used art to cope.

"My basic theme is always finding yourself, finding your true group of people that is going to help you become your best self," Castellucci said about the main takeaway she wants readers to hear.

"My hope is always that someone can read my books and take one step closer towards the person they want to be."

The comic writer explains that the artist from New York, Keith Haring, was someone that inspired her because of Haring's chalk art.

"Every time I would go to the Subway, I would be walking on top of his art," she pointed out, "I loved it because everyone was on the Subway trying to get to school [...] and it really effected me."

Castellucci is constantly inspired by work into her stories like chain link fence art and points out how art can become a conversation.

"There is a piece of art



PHOTO BY SAMUEL CHACKO
ILLUSTRATION BY JULIO RODRIGUEZ

Writer: Cecil Castellucci, the comic book writer who wrote "The Plain Janes", talked to the attendee on March 29.

and then another artists does something on top of it and is able to have a direct conversation with the original piece," she points out.

Castellucci said that art can be used to shed light of important issues, be creative and being positive to their community..

One example she shows is a memorial for the Battle of the

Somme in WWI, to celebrate the 72,000 British soldiers that weren't found and went to the exhibit.

"They were selling off the tiny bodies [recreated art] and I bought one and said, 'whoever I get, I will research them and I'm going to make a piece of art on them.'"

However, that will be a full-

blown novel she'll create in the future and explained how art like that can create conversation.

The graphic novel creator said the advice she'd give to anyone is that life can be compared to riding waves.

"Sometimes you might get knocked off the board but you got to get back up on it and kind of

learn to surf," she said, "You're going to have a great run and you're going to get knocked and pushed back to the beach, it's the matter of persevering."

Ja'net Danielo, the Department chair for English, said the turnout was great and was super satisfying.

"We wanted to give students an opportunity to see a current, living, young adult graphic novel," Danielo said about why she created the event.

Rachel Pantellion, an English major, said that her creative writing professor convinced her to go to the event and thought the event was interesting.

"She [the speaker] mentioned how important it was to say no to work, having some respect on what you can do and I thought that was interesting," she said.

"I would like to think yes [Cerritos should continue these events] but also expand too, it was nice that they brought on someone who did graphic novels."



Scan code to learn about the author

Cerritos celebrates Cesar chavez' legacy

Antonio Gonzalez Jr.
Staff Writer

Cerritos College hosted an event called, "A Moment with Cesar" on March 31 at 11:30 a.m. at the Performing Arts Center.

Cerritos has a program called 'Puente program' which is to increase the number of educationally disadvantaged students who enroll in four-year colleges and universities as well as First Year Experience celebrated Cesar Chavez Day.

They reenacting Cesar Chavez legacy; growing up and the important moments of his life.

Roberto Alcaraz, an assistant professor in theater at Cal State LA, who has been acting for over 25 years reenacted Cesar Chavez's

life and gave an insight of why the history of Chavez is important to Hispanics and people of color.

Alcaraz began re-enacting the Delano grape strike which lasted about years, the longest strike in America's history.

"In 1966, we organized a march, a march from Del Amo to the state capital in Sacramento. I made everyone who was participating take a pledge of non violence from the 250 mile march. We started with about 67 strikers, by the time we reached Sacramento we were about 10 thousand in numbers ... but some of the largest growers still refused to acknowledge the union ..."

A co-coordinator from the Puente program who marched alongside with the funeral participants of Cesar Chavez

spoke about her memory of the funeral.

Rosa Carrillo began reminiscing the day of the funeral,

"I marched alongside the funeral participants and we did the funeral processions. And that was really sad, heart wrenching to know that as a Latino leader he was no longer here on this earth. And so now we all kinda have to pick up that mantle and the work he heavily laid down."

Sara Chavez, La Puente access coach at Cerritos College weighed in on the great qualities of Cesar Chavez and the attributes she took into consideration.

"Number one his leadership abilities, right. To use his voice to make a difference for the non voiceless or for those that will not speak," Chavez said, "Number



ANTONIO GONZALEZ JR.

Reenactment: Roberto Alcaraz acting as Cesar Chavez.

two the fact that he was willing to fight for others and put his own power aside to give back to the others within the community."

"I think the biggest thing I want them to know is that they do have a voice," Carrillo said, "They can make a difference, right.

Whatever kind of voice they want to use. Whether that's a soft voice or loud voice, but they do have that voice."

"They have to believe in themselves that change can happen but more importantly they have to want that change."

Long Beach non-profit spreads holiday joy

Christine Nader
Co-Community Editor

Francisco “Tito” Rodriguez and HJ Chong, founders of Local Hearts Foundation, are steadily impacting the lives of Long Beach residents with eager smiles and a lot of heart.

The non-profit organization was founded by Rodriguez and Chong in 2018 and they focus on being providers during upcoming holidays and events.

From giving out 1,000 Dodger tickets to providing hygiene and clothing to women’s shelters, Local Hearts are focused on providing fun and safety.

Rodriguez sought a change in his hometown of Long Beach for the less fortunate families with low income and inability to afford certain items.

“My father committed suicide when I was 6-years-old so we were extremely poor growing up and that always stuck in the back of my head of how poor we were,” Rodriguez said.

“How come we didn’t have Christmas’ and how come I didn’t have bikes, new clothes, new backpacks [...] What pushed me to start a nonprofit is trying to help kids that are in the same situation that I was in as a kid.”

Chong sports a gray long sleeve and skinny jeans on a sunny day as he explains his start with the foundation.

The video director and editor grew up in a low-income neighborhood in South Los



CHRISTINE NADER

Founding Hearts: Tito Rodriguez and HJ Chong sporting smiles after recapping the launch of Local Hearts.

Angeles.

“There’s a church called the First AME Church,” Chong says, “that church is the reason why I had Thanksgiving, why I had Christmas.”

The friendship between Chong and Rodriguez blossomed after Chong returned from a music business trip to Miami.

“I came back [to Los Angeles] and a mutual friend called me and he said, ‘Hey, can you do a video for my buddy who’s in the music industry?’ and I said, ‘No, I’m done with music,’” Chong explained.

“I was like ‘I’m done,’ but I owed my friend a favor. So because of that favor, I got to meet Tito.”

Chong explains that after he briefly met Rodriguez, his future co-founder called him a week later and asked if he’d like to give away items, which he immediately agreed to.

“One thing led to another, and we saw the demand that was needed in the community and then we just kept going and going,” Chong said with a smile.

The duo saw an increase in attraction after their first year of

venturing out, receiving requests from citizens in Compton and Norwalk.

They realized that as members of a less fortunate community, they had a movement in their hands and decided to stay within the local realm, thus naming it Local Hearts.

During a Local Hearts Christmas community event, the duo and their volunteers did their annual venture to cities around them in hopes of spreading cheer.

It was then that Rodriguez was given the moniker of “Hood Santa.”

“I dressed up like Santa. I had a cotton ball beard [...] Bought a suit on Ebay for like 10 or 12 bucks,” Rodriguez explained with a smile.

“A little kid sees me from the second story and he’s like ‘ay, ay stop! Santa! Santa!’ He runs down and taps me on the chest and he says, ‘Hey man you’re the hood Santa because Santa doesn’t come over here.’”

During the pandemic, Local Hearts provided help to first responders as well as trying to slow the spread of COVID-19 in black and brown communities.

With a donation of a million face masks from supporters and organizations, Local Hearts distributed supplies safely with permission from Long Beach.

Local Hearts prides themselves on the amount of volunteers and support that they can give back to anyone in need.

“The people that were once in line are now volunteers for the foundation,” Chong explained. “About 65% of our volunteers are people that we once served.”

As for the future, Rodriguez and Chong are consistent in planning event after event for the community.

Their next event is a Back to School event where they will distribute backpacks and school supplies in the month of August.

“I was one of those kids,” Rodriguez finishes off.

“To be able to do that [provide], bring that joy, I’ll do whatever it takes.”

Metro Plans Derail

Amy Parker
Contributor

Back in the early 1900s, the Los Angeles streetcars (run by Pacific Electric) connected most of Southern California together.

The most expansive electric tram system in the country, one could travel from San Bernardino to Long Beach in just a few hours – and for cheap.

Cerritos, Norwalk, and their surrounding communities were connected as well, through the West Santa Ana Branch.

After World War II, as cars began to dominate California, Pacific Electric fell – and so too did mass rail transit in Los Angeles.

However, the paths for the tracks never were destroyed.

When the current transit authority for Los Angeles County – Metro – was formed, it acquired the tracks, hoping to once again connect Cerritos to the rest of the county.

In 2018, Los Angeles mayor

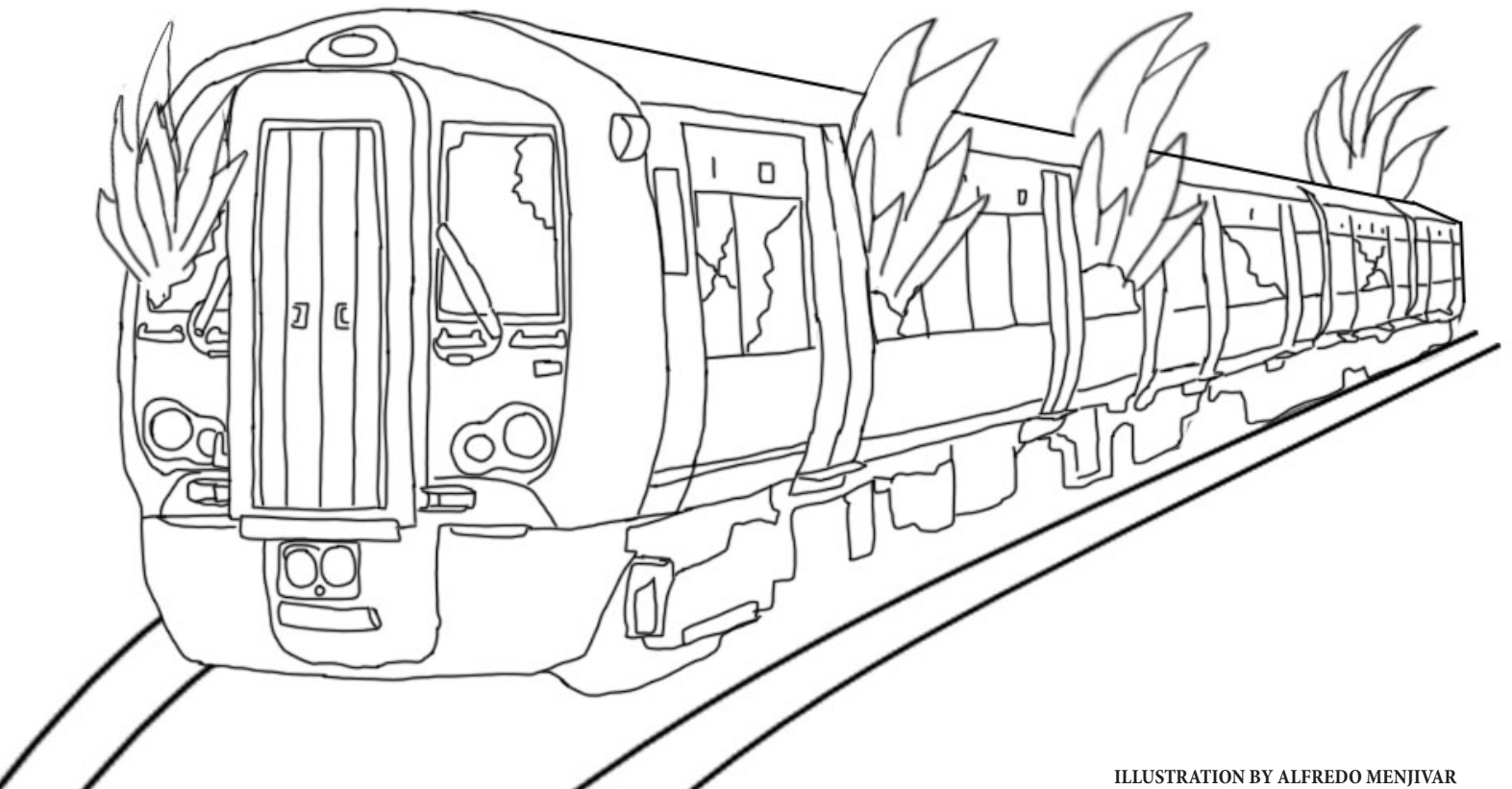


ILLUSTRATION BY ALFREDO MENJIVAR

Eric Garcetti announced a new initiative to revive public transit in LA – and one of the ways to do that would be to revive the West Santa Ana Branch.

It might now finally be happening.

With potential federal funding, already acquired sales tax revenues, and Metro agreeing on the route post-Slauson, construction is likely to soon begin.

The project is going to have two major stations which will

help serve Cerritos College – Pioneer Station, which connects to buses that pass through the college, and Bellflower Station, which connects to the already-used C Line to get to Cerritos.

Many students are already coming to Cerritos College from all over the Los Angeles area.

As one of the state’s top community colleges, students come from Pico Rivera and Downtown LA – despite them having many closer options for education.

These people currently have to drive to get to Cerritos, despite our GoPass system, because of the number of transfers it would take to get to the college.

With the new line, this would no longer be the case – these communities would be connected nearly directly to the college.

Students near the college would also be able to travel to Downtown LA and other communities in the county more easily, increasing their range of job opportunities.

Right now, the largest barrier to the line being worked on is the City of Cerritos.

The City currently has an active lawsuit against Metro to impede work on the line.

It wants to build new underground tunnels instead of using the existing at-grade infrastructure.

If students work to change the City’s goal and endorse the line alongside the other 11 cities, we can finally realize the benefits of the West Santa Ana Branch.

Battle Rap hypes Globe Theatre in LA



SAMUEL CAREY

Rap Battle: Participants King Bau and Daylyt spitting bars at the Globe Theatre on March 25. King Bau was dealing with some unexpected booing from the crowd as he delivered his lines.

Samuel Carey
Co-Community Editor

March 25 was an important day for fans of battle rap. The rap event titled “Created For You” took place at the Globe Theatre in Los Angeles.

There was hype surrounding the event because of the name listed on the headline.

People were happy to see their favorite battle rappers there.

Cassidy, the famous artist from the early 00’s with the number single “Ima Hustler,” was the host and person throwing the event.

The artists that performed first were Brooklyn’s finest, Jaz the Rapper and Compton’s finest, Rx.

The two women did an amazing job and had a good reaction.

The two rappers were supposed to battle years ago but there wasn’t enough finances. The match was set up and ready to go.

Jaz is known for her punchlines and angles with her rhymes against her opponents. Rx has similar strategies but she adds more word play, which adds more suspense as to who will win.

The crowd was going berserk for the female M.C.’s. They had three rounds that were individually amazing, but the crowd decided for Jaz to win two out of three of the battles.

Rx, on the other hand, had some pretty good material.

Jaz’ performance was a tough performance to compete with both of the ladies rounds but she got through it, even though some people in the crowd were cheering for Jaz.

CFY surprisingly wasn’t packed as some battle rap crowds are. Only a couple people showed up, maybe 30 people were in the building.

Nevertheless, the battle was amazing. The people were satisfied with the performances so there was no issue there.

The main event that the crowd has been going crazy for the past month to see the King of Antics, Daylyt vs Joel “King Bau” Bauman.

When the crowd saw these

two men go up on the stage, the stage presence of Daylyt was impeccable. He controlled the mood of the audience by raising up his hands and the crowd cheered.

The only down side of that particular was when King Bau was rapping on stage, the crowd began booing and hissing at him the whole performance. He tried to get through it but it just wasn’t enough.

King Bau was frustrated the whole night but he stood his ground and got through his material with out any stammering, which was nice to witness.

On YouTube, a man by the name Unkle Rah has a podcast called “15 Min of Fame.” He has

a conversation with King Bau where he expresses his feelings after the battle.

“Everyone in my world thinks battle rap is corny. I brought battle rap to my world and everyone is just now catching up to it because I do it,” says King Bau..

Fans of the culture were a bit dissatisfied when two of the battles didn’t happen due to delayed flights.

Everyone wanted the event to be longer but crowd still loved the rappers who performed on stage.

This event went well. Fans are anticipating and hoping the next battle rap event happens soon so they can see next match.

Review: Local family diner serves sunshine on platter

Rogelio Estrada III
Staff Writer

Arthur’s is a small restaurant that packs a big punch for all types of food lovers.

Arthur’s Restaurant is the spot for any occasion, whether it be taking someone on a cute date, treating the family to breakfast, grabbing a quick bite to start off your day.

Located off Lakewood and Telegraph in the city of Downey, this historic restaurant fills stomachs with delicious food at a good price from 6 a.m. to 2:30 p.m. Wednesday through Monday.

Right when you walk in, you are treated like you are part of the family.

One thing you notice is how small the restaurant is but this makes the dining experience feel more cozy and intimate.

Matt Perez, a former frequenter of Arthur’s, now occasionally visits the hot spot when he can.

“Every time I walk into

Arthur’s I get a home feel.”

“I feel like I’m at home getting a home cooked meal. It’s the best breakfast in town.”

Perez, who just finished enjoying his go-to meal, spoke a bit on how he loved coming to Arthur’s throughout his high school athletic years.

“Me and my friends would eat here before every match,” says Perez.

“It would fuel us up and have us ready for a long day of golf. When we ate there, we knew it was game day.”

The menu has lots of great items like omelets, biscuits and gravy, steak and eggs and other regular breakfast items.

They also have a great variety of Mexican cuisine items you can choose from like huevos rancheros, chicken fajitas and chilaquiles.

When you order, you can’t forget the drink.

Arthur’s has been serving fresh squeezed orange juice for decades, but that’s not even the star of the show.



ROGER ESTRADA III

Greatest Food: Arthur’s Restaurant, located on Lakewood and Telegraph on a sunny day, giving a sense of comfort to visitors.

You can’t visit Arthur’s without ordering an orange Julius.

This sweet and delicious treat isn’t what you think.

It’s a thin and icy drink with a frothy consistency that will have you falling in love after the first sip.

Elijah Caldera, a longtime customer, elaborates on a good

portion of his previous Arthur’s experiences.

“Every time I come here I have to order an orange Julius, it’s my go to, it’s the best,” Caldera says.

Caldera says that when he does come, it reminds him of coming with his mom and brother growing up.

Arthur’s is a must try if you’re

debating on what to eat or want to try something new.

The restaurant is small and fills quickly so get there early if possible.

If not, they’ll have the next table ready for you in a flash.

This is definitely a good go-to breakfast spot that has you leaving feeling like a regular.

Spring Dance back again for 2023

Mel Ayala
A & E Editor

The Cerritos College Dance Department is back this semester with its lively Spring concert, co-directed by Christine Gregory and Rebekah Hathaway.

The Performing Arts Center, though not filled to capacity, still held a sizable audience of family and friends of the performers and dance enthusiasts alike.

As always, the dance concert showcased a wide variety of dances ranging from cultural to whimsical and classical.

The talent of the dancers was further enhanced with the stage lighting and soundtracks.

The more upbeat pieces were paired with more vibrant and warm-toned lights, while the more sentimental ones were paired with somber and cool-toned colors.

Steve Rosa, a former dance student at Cerritos, was the choreographic talent behind three of the numbers; "Semillas," "Buscando y Dando", and "Bollywood Mashup."

Rosa was also the videographer taking photographs and recording the concert.

Diverse is indeed the best way to describe the concern as Spring Dance 2023 showcased a blend of Bollywood, Latin Jazz, Ballet, Contemporary, African and Hip hop.

The first number, "Funga," choreographed by Monik Jones, was a traditional African dance, featuring the drumming talent of David Hilal and Clayton Kraus. The audience enthusiastically clapped along to the rhythm and sang along.

The audience matched the energy of each performance; clapping along to the more upbeat ones or sitting back quietly and appreciating the more classical ballet pieces.

One such performance was the eighth performance of the night: "Hero."

"Hero" was a collaboration between student choreographer Erik Morales and the star dancer, Melodee Aguilera.

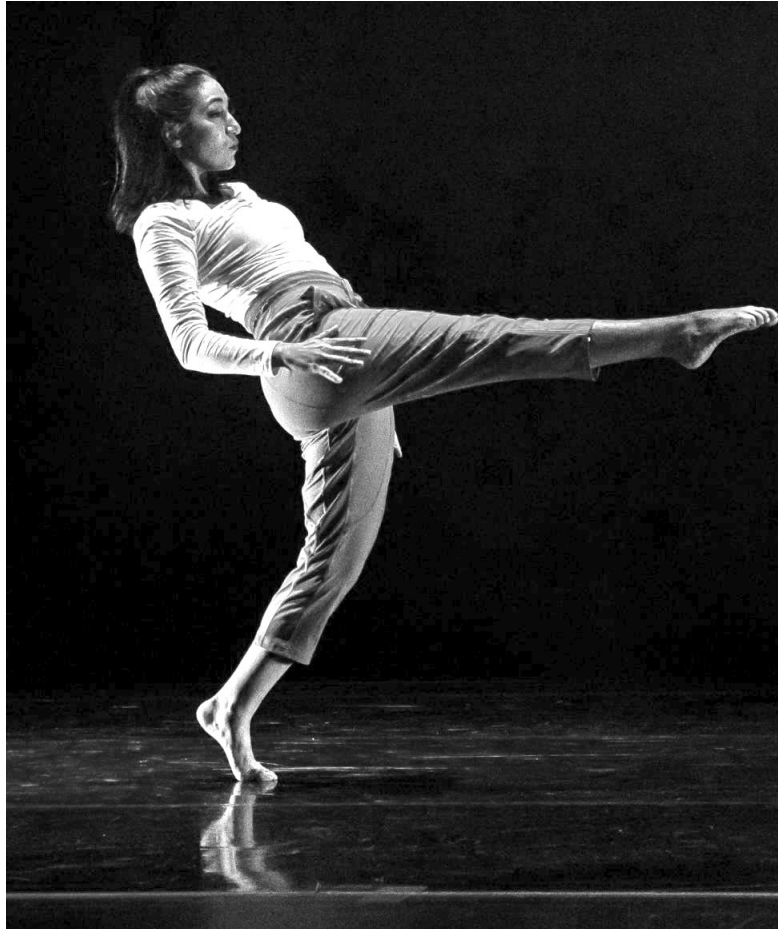
"Hero" took a more artistic and emotional approach with its music track, lighting and choreography.

The final performance of the night concluded the concert on a jovial note with "Bollywood Mashup."

"Bollywood Mashup" featured a total of twenty-one dancers in total, making it the biggest performance of the night and a spectacular finale.

As the curtains drew to a close, the audience cheered and clapped with the occasional shout of support.

Spring Dance 2023 was a melting pot of culture and talent.



This is Melodee Aguilera performing "Hero", created by her and Erik Morales. a student choreographer.

STEVE ROSA

Diversity can be found within the cast or performers as well.

This year's lineup consisted of dancers of all backgrounds delivering a performance that was stimulating to the senses.

Usually, like every other year, the concert cements the diverse and culturally inclusive reputation the Cerritos College dance department prides itself on.

"We definitely pride ourselves in the diversity in each of our concerts. There is a different energy each year."

- Steve Rosa

MEET THE DIRECTORS

Rebekah Davidson Hathaway

Kinesiology Office: K 226
562-860-2451 ext. 2846
rhathaway@cerritos.edu

Christine Gerena Gregory

Kinesiology Office: K 226
562-860-2451 ext. 2872
cgregory@cerritos.edu

Ant-Man Quantumania, proof MCU is losing its magic

Joel Carpio
Co-News Editor

Ant-Man and The Wasp: Quantumania was touted to be the movie that started phase 5 of the Marvel Cinematic Universe with a bang, but instead opens with a whimper.

Many fans were unhappy with the film because it felt sloppy, the editing, the choreography, and the lackluster storyline or sequencing of the film.

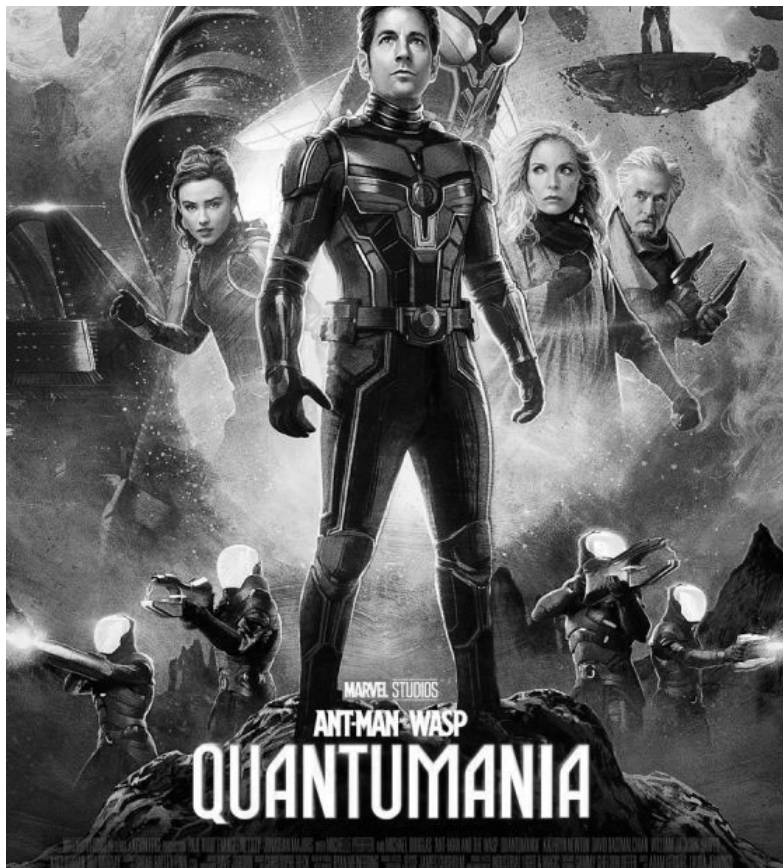
This is only the second MCU film to get a rotten rating, The Eternals proved just as bad earning the same rotten tomato score as Ant-Man and The Wasp: Quantumania.

The film is a mess, it's chaotic and not in a good way. It is just all over the place with no true forward movement.

Not even keeping up to date on the MCU can make sense of this mess. Despite watching all the lead up to Ant-Man and The Wasp: Quantumania, the movie's plot and storyline had me scratching my head, and losing interest all throughout the film.

The entire film felt like the storyline didn't go anywhere or develop, it felt stagnant and also lacked the classic comedic touch Ant-Man films became known for.

The writers of the film missed connecting with the audience because the script of the movie lacked any whiplash and lacked a



The cast of Ant-Man and The Wasp Quantumania in different positions for the movie's poster.

MARVEL STUDIOS

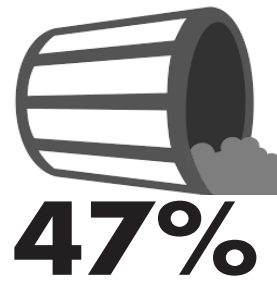
true storyline.

Marvel movies have been struggling to make a big splash with the people and at the box office ever since Avengers: Endgame which came out in 2019.

Marvel movies used demand a sort of buzz around them that

always had people talking about and excited to see the movie even before it comes out, all of which has simultaneously disappeared.

Many of Marvel's recent films haven't lived up to the hype they've been dealt, that is with the exception of Spider-Man: No



ROTTEN TOMATOES RATING



2/10

Way Home, the studio has lacked the acclaim it used to get back in Marvel's phase 4.

After phase 4 of the MCU concluded with Avengers: Endgame a void was left to be filled with the next great villain to follow in Thanos' footsteps.

The movie would go on to introduce a new villain in Kang the Conqueror played by Jonathan Majors which was perhaps the only good thing about the movie.

The actors were undoubtedly amazing as always, especially Jonathan Majors' rendition of Kang the Conqueror which got praised by many highly touted critics across the movie industry.

The problem with the movie was quite clearly not on the actors but more on the writers who failed to grab the audience's full attention or at the very least peak their interest.

Ant-Man and The Wasp: Quantumania was a movie that wastes two hours of your life.

"Ant-Man and The Wasp: Quantumania deserves a number two rating because the movie was all over the place. The plot and writing were not good."

TALON MARKS RATING

Instead of porn, try therapy

Lukas Luna-Arellano
Julio Rodriguez
Mel Ayala

The advent of the internet ensured that highly accessible porn was a virtual guarantee. But has the desensitization that comes from this ubiquity merely an unfortunate reality or the harbinger of legitimate societal ills?

The previous question, despite its seemingly chaste bent, is not a puritanical one. Academics generally agree that porn, consumed in moderation, can be a welcome addition to a healthy sex life.

People often leap to the defense of porn by arguing about its supposed benefits, one of them being that it's a completely harmless way to explore one's fantasies.

Rather, it is intended to dissect a very real way this surrogate sex can affect one's own intimate activities and perhaps even their personal relationships.

It is commonly agreed upon by experts and laymen alike that a driving factor in porn consumption is boredom. Though very few would like to admit it, loneliness and a lack of especially much to do has driven many a night owl into the realm of digital fantasy.

But it's important to remember

that's exactly what this is: fantasy.

In the age of the internet, when anything one desires is only a keystroke away, it is easy for reality to become painfully vanilla in comparison. On the flip side, it can alter people's view of reality and loosen their grip on it.

Pornography is marketed by its visual and

sensual appeal, creating a false expectation

to viewers about what sex and relationships are like.

Taboo fantasies such as step-family members, schoolgirl, and even more extreme content have risen in popularity. For the desensitized, "normal" categories of erotica are not enough anymore.

Every other addiction; tolerance builds up, the appeal will inevitably pall, and you'll need something stronger so you can relive the same thrill.

However, the many who habitually consume skin flicks and bleed their bank accounts dry with subscriptions to OnlyFans resort to this type of content because reality disappoints them.

And there the brunt of the

problem reveals itself. It is a very real possibility that pornography expedites antisocial behavior already rampant in a lonely

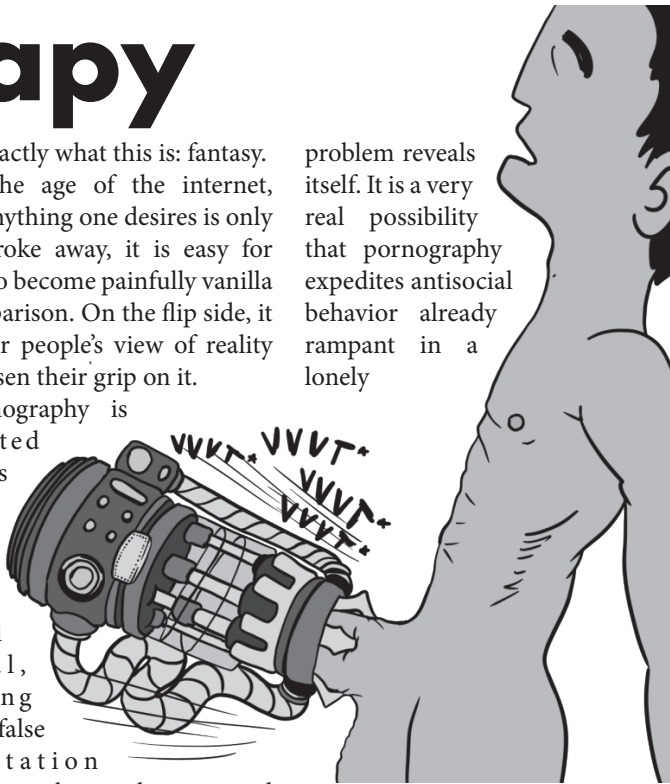


Illustration by Jesus Alduenda

generation. Even worse, this online erotica proves to only be a momentary, cheap thrill at most. Porn attracts those who feel something fundamental is missing from their life. They feel that their existence is wholly devoid of any sort of meaning, a goal to continue on for.

But make no mistake, the most effective combat to pornography addiction is purpose. To find a worthwhile, fulfilling cause to occupy your nights is the only way to resist smut's siren song.

Free Speech Zone: Thoughts on Coachella?

Compiled by: Diana Morales
Photographs by: Sophia Castillo

ANAHI OCHOA

Business Major



"I think it's neat I would want to go, like the whole camping, the outfits and seeing a bunch of artists."

LITZY CABRERA

Nursing Major



"It looks really fun I want to go, I'd get an Airbnb and I'm so excited to see Kali Uchis performance."

EMILY ROMERO

Marine Biology Major



"I think it's a fun opportunity to have a good time and the outfits is a good time to show off your style, I wouldn't go because I'm not a huge fan of crowds.."

Women always crawl back to the masculine winner, not the nice guy

Antonio Gonzalez Jr.
Staff Writer

Throughout the years women have gradually empowered themselves in many different things.

Despite a majority of U.S adults stating there are issues needing to be addressed, one in particular is being in a relationship with a man.

Women have stated that men these days do not meet their standards.

Many would argue that it is the man's fault, but in reality women are just asking for too much in a man.

Women prefer men with status in which they are judged by their income, intelligence, if they are humorous, physically physique and their appearance while a woman is judged solely based on her appearance.

For women to say a man's income does not matter, they are

lying to themselves.

To make a woman happy, you need financial stability, a fact proved by divorce rates;

Once your wife makes more money, there's a big chance of problems occurring.

The U.S National of Families and Household reported those who were married their happiness declined when the spouse made more money than the husband.

"50% of women in relationships have a back-up partner in mind in case they separate from their current partner, as per a study" in a recent report of India Today.

In reality, women have more options compared to men, but aren't satisfied with who's replying back to them.

Then women want men with high status which comes with repercussions since other women are going to want that particular man.

So as long as women wants



DMITRY RYZHKOV/CREATIVE COMMONS

Yelling: Women in the US want to be strong and independent but studies show that they really just need a strong man..

a specific man, men who are struggling to date let alone speak to a woman, the best thing is to focus on yourself, then women

will come to you.

As for a women, lower your standards for a 9-5 guy and he'll treat you better than most guy

you prefer.

If you don't, then expect to get the same results in men with people cheating on you.

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Telephone number: (562) 860-2451, ext. 2618

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STAFF

Editor in Chief Samuel Chacko
Managing Editor Lukas Luna-Arellano
Co-News Editor Joel Carpio
Co-News Editor Julio Rodriguez
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OUTSWAM THE COMPETITION



PHOTO ILLUSTRATION BY ALFREDO MENJIVAR

Swam: Women's Falcons swimmer swims as quick as they can to secure the victory for Cerritos and get them in first place during the March 31 game versus Rio Hondo College and Pasadena City College.

Alfredo Menjivar

Sports Editor

Samuel Chacko

Editor in Chief

The Cerritos men's swim team won seven of the events that were presented against Rio Hondo College and Pasadena City College at home on March 31 at 10 a.m.

Mother Nature sure sided with the swimmers of all three colleges to give them a perfectly warm sunny day.

Pasadena started off strong by winning each distance, from 50

to 1,000-yard freestyles but the Falcons placed just behind with second-place finishes.

With the fans cheering Cerritos on, the Falcons continued to push through with the next challenge.

Pasadena won the 100 and 200-yard backstroke but Cerritos took over the 100-yard breaststroke as Sophomore Axel Pedroza took home a winning time of 1:08:08 and got Cerritos the momentum they needed.

Now with the butterfly technique, Pasadena took first place in the 100-yard race but the Falcons took first place in the 200-

yard distance as they continue to dominate the longer distances.

Cerritos also took the 200-yard IM (which is butterfly, backstroke, breaststroke and freestyle) with Silvestre Chavez scoring 2:10:12 as his final time.

Joel Rivas got an easy victory on the 1-meter diving as he was the only competitor and the Falcons also crushed the 200 and 400-yard freestyle relays.

The Falcons continued their winning ways as Silvestre Chavez, Axel Pedroza, Kobe Hurtado (Cerritos HS) and Richard Montanez won the 200-yard relay

race."

Hurtado said that he felt like performed well during the game but said he needs to improve upon extending underwater more, which is, "staying underwater longer before getting up." Falcons Sebastian Rico, Dominic Hernandez, Richard Montanez and Abimael Anorve won the 400-yard freestyle with the other four Cerritos College swimmers also taking second place.

The final outcome was the same for each, they beat Pasadena City 156-87 and Rio Hondo 188-68.

"We trained hard the last couple of weeks and performed well," Head Coach Joe Abing said, "We had a lot of different swimmers."

Coach Abing said that the team needs to keep training hard and focused the rest of the season, "We have to be consistent, being at all practices and just doing our best."

The Falcons will be playing in the South Coast Conference Diving Championships on April 20 at 10 a.m. at El Camino at East Los Angeles.

Track star and ASCC Senator Caleb Dunomes does it all

Samuel Chacko

Editor in Chief

Caleb Dunomes fills huge shoes across many avenues available at Cerritos College and is someone who's constantly inspired by people in his inner circle.

Senator Dunomes is the ASCC senate majority leader, part of the men's track team and is an embedded tutor for accounting.

His father, Victor Dunomes, works for the Lynwood school district while his mother, Chinyere Stoneham is the Superintendent at the City of Los Angeles Department of Parks and Recreation, both played a crucial role in how Caleb is so involved in his community.

"Every time I would go to an event at one of their jobs, I'd just hear how helpful they are," Dunomes said.

"That involvement [...] subconsciously put that battery in my back to continue to stay involved and stay invested in the stuff I'm interested in."

Dunomes got into track in high school at Long Beach Polytechnic high school and what got him into track was his competitive nature,

which was where he met his long-time friend Miguel Orozco.

He said that Orozco, who's currently doing track and field for Long Beach State, was someone he was close with since 7th grade and was considered one of the "duos" for their high school track and field team.

"We both saw each other develop and just grow not only academically or as friends but throughout the whole track and field world," Dunomes pointed out.

His sophomore year of high school was the breaking point where he realized he wanted to continue pursuing and putting time into track and field.

This developed yet another thing he'll take part in: student government.

During Dunomes' Sophomore year of college, Men's track coach Christopher Richardson and Women's track coach Michael Allen met with Dunomes and both recommended him to join ASCC Senate.

The ASCC

Senator was the only senator who is African American and pointed out the impact it had on him.

"Being the only black senator is just the way it is, the whole education system [...] I haven't really seen Black people represented," he said, "It's not really something I'm taken back by but it's still a hurdle I have to go over because right now I feel as if, oftentimes, I stand out in the room."

"In many instances, I'll enter a room and I'll be the only one there and it feels like, 'wow, maybe I'm out of place because I don't see anyone just like me,'" Dunomes said.

He mentioned the importance of visibility — how that can make African Americans or students in general, feel welcomed at Cerritos College.

Dunomes said that things like having more black teachers, a black student union and having a Captain's

Council for all the teams can help African Americans and/or minorities fit in and feel welcomed.

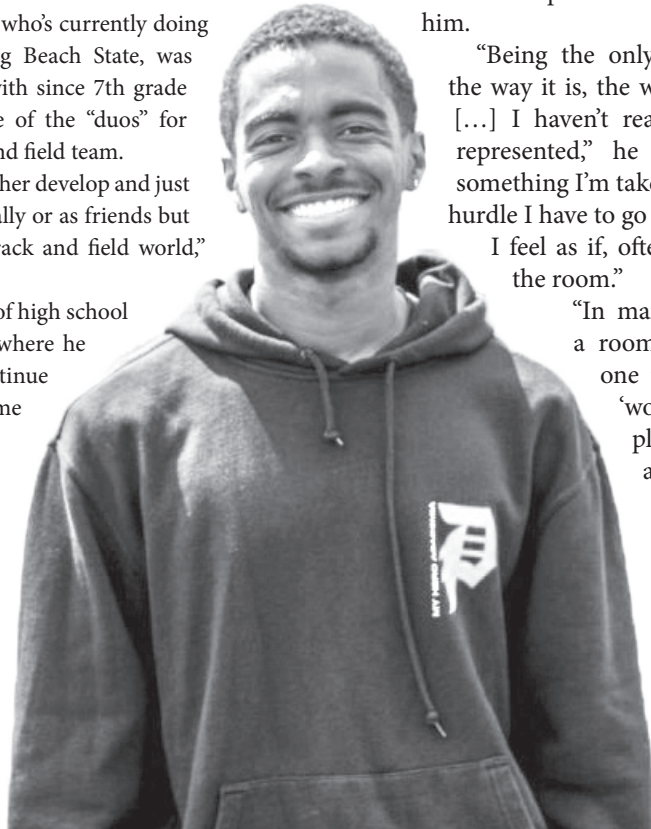
Kobe Bryant, Dunomes' favorite athlete, made a huge impact on him because of Bryant's relentlessness in whatever he did in his life.

"Leaning about Kobe Bryant and Michael Jordan really inspired me to execute more and work harder and work smarter," Dunomes said, "[They] gave me an example of how to execute better and more efficiently."

Outside of Cerritos College, Dunomes has presented at Pepperdine University with regard to zoning laws and started a project called "In My Mind," which was inspired by Pharrell Williams.

"Don't be afraid to invest in yourself, into whatever you're interested in."

"You have an idea, do whatever it takes to execute," Dunomes adds, "I see it as Childish Gambino, where you have the capabilities to do all these things so why not?"



SAMUEL CHACKO

Star: Caleb Dunomes attending practice on April 3 and even though he's injured. He's still going to practice to support both men's and women's track teams.

Falcons softball surrender against Mt. Sac Mounties 7-1

Samuel Chacko
Editor in Chief

The Women's softball team looks to take out one of their rivals in Mt. San Antonio on a surprisingly windy day at Kincaid field.

With fans in attendance and cheering after every hit, Cerritos looks to keep their three-game winning streak intact against the Mounties.

Falcons' ace Samantha Islas was the starting pitcher for Cerritos College and struggled to get Mt. Sac players out since she walked the first batter in the order, due to a fielding error.

With only one out and walking Mt. Sac's Brianna Goris, Islas gave up a base hit to make it 1-0 for the Mounties and another base hit loaded the bases for Mt. San Antonio.

Catcher Jimena Velazquez picks off the runner at first base and after yet another walk, Islas got a huge strikeout to stop the bleeding.

Islas had a tough time on the mound, resulting in playing a full seven innings against Long Beach on March 31 and starting yet another game against Los Angeles Harbor on the 28th.

The Falcons batted up in the

bottom of the first inning; After a single from Alyssa Sotelo plus a walk from Jazmine Macias, Cerritos had three outs in a row, leaving two baserunners stranded.

Cerritos had one of their pitchers quickly warmed up but after the inning was over, head coach Kodee Murray met with the starting pitcher at the bullpen to practice throwing and possibly talking about mechanics.

After a Mounties' Flyout, Asias Chacon hit a single and after a ground-out bunt, she advanced to second.

With a runner on second base and two outs, Islas got a flyout to left field and that meeting showed to help the ace get back into her rhythm.

In the bottom of the second, Marley Manalo gave the Falcons a quick single and stole second base, to give the Falcons yet another RBI opportunity.

After two ground outs, Centerfielder Alyssa Capps hit a quick RBI single to the pitcher and scored Manalo, tying the game 1-1.

Leadup hitter Sotelo hit a single to right field and Macias also gave the Falcons a single to center field but Capps quickly ran to home but was called out by the umpire.



SAMUEL CHACKO

Hit: Alyssa Capps, Outfielder, getting a quick base hit in the 8th inning during the Mt. San Antonio game on April 3.

Jazmine Macias said that the called out and how that impacted the mentality of the team, "It may have brought the team's self-esteem down and some of the errors were part of it too."

Mt. Sac's third hitter hit a

However, the Falcons ace got a fly out and ground out but to end

the inning, another fielding error resulted in Desiree Bravo taking first base.

With a runner on second base, the Falcons had two batters strike out and a ground out ending the inning with yet another person left on base.

Velazquez, the catcher for the

Falcons, said the plan is to bounce back tomorrow versus Rio Hondo and said they (Mt. Sac) were one of the best teams in the conference.

Join the Falcons at home field as the El Camino Warriors attempt to invade the Falcons nest on April 20 at 3 p.m.

Samuel Chacko
Editor in Chief

Rionna "RiRi" Wallace is reserved and shy but is always willing to help anyone in need.

Wallace is a devoted Christian, ever since she was born and had a huge role in her life.

"Grew up in the church, I went every Sunday school, everything that has to do with church," she said as she points out that Christianity plays a huge role in her life.

"He teaches me things [...] like how to be patient, how to be more kind, how to be more open-minded and how to keep my life going in the positive direction," she adds.

The sprinter for Cerritos College said that God gives her more purpose in life, "God being in my life has only helped me move forward," and added that certain situations happen because of god.

She got into babysitting when she was in elementary school when her brother from her mom's side, James Chaney.

Wallace also said that she has special needs nieces and nephews, "I see the way they operate and what they need and I feel like it's not given to them in the way that they need it."

Her nephew, Aadyan Mason, has autism and is non-verbal so teaching him sign language and learning to communicate in sign language is vital.

"I really don't like how the system just throws special needs children out there because they don't realize how

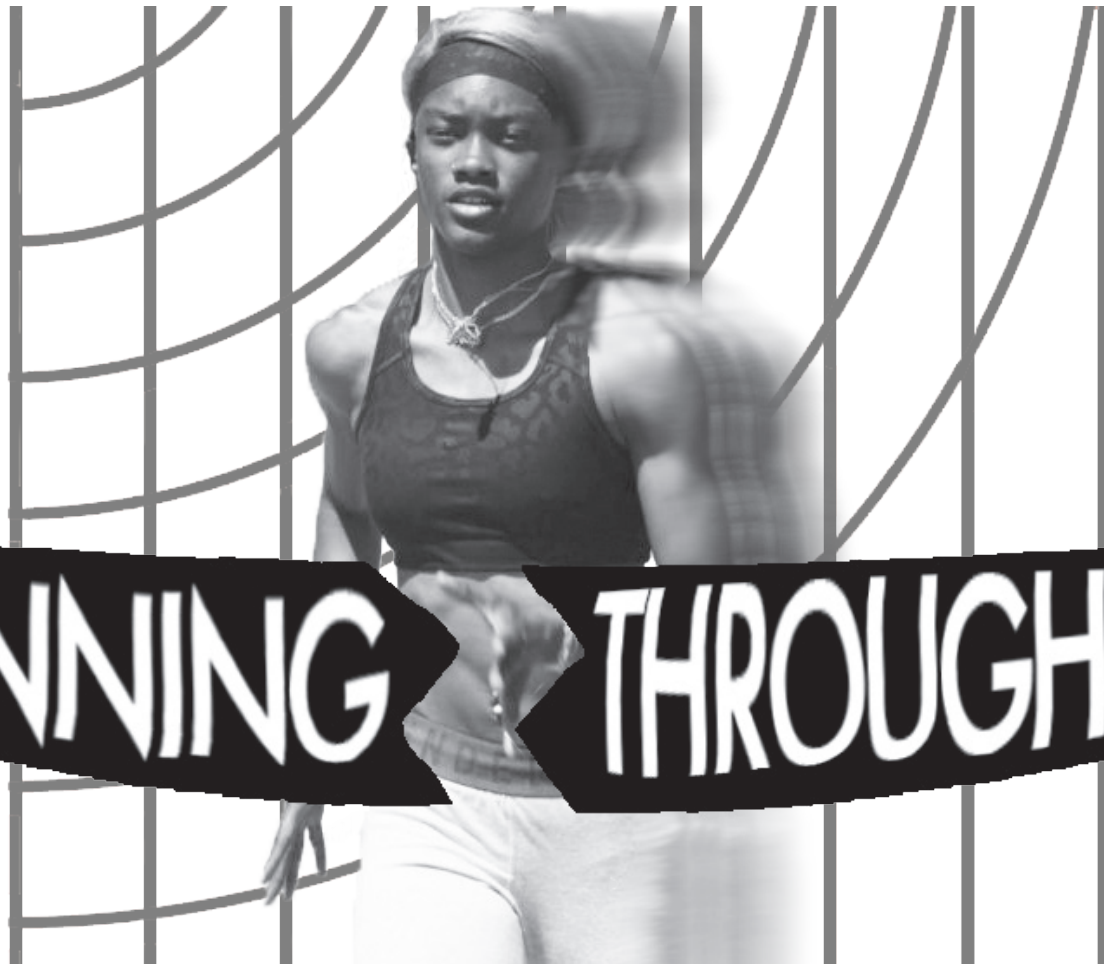


PHOTO BY SAMUEL CHACKO/ ILLUSTRATION BY ALFREDO MENJIVAR

Break: Rionna "RiRi" Wallace is currently practicing her running skills during Monday's practice on April 10.

much help they need," she said.

She also points out issues with the long waiting times and the lack of care that some social workers have for their job.

Wallace actually learned sign language in middle school in a hearing/deaf school at Marlton School, through her kindergarten and 5th grade years.

The track star said that she was a pretty athletic kid growing up, "When I was younger, they [her family] used to send me everywhere to go get stuff and I'd run instead of walking."

She comes from an athletic family background, with both Ronnie Wallace, Rionna's dad and mom, Tracey Williams, both running track when they were younger — everyone in her family did track at one point.

She first started doing track when she transferred to Hoover Middle School, when she was in 8th grade, because she didn't want to do Physical Education (PE).

The Falcon's track player then went to Lakewood High School to continue track and during her Sophomore year of high

school, Wallace said that Taylor Cudequest changed her whole perspective on track and field.

"When he came to the school and he started coaching me, I got a whole new perspective of track and taught me so many things," she said about Cudequest, "It made me grow a new love for it."

Rionna said that she was really close to all of the coaches and players with her high school team.

RiRi said that the former Cerritos assistant coach knew how to coach and connect with women athletes while also

knowing the right words to uplift players on the track team.

She then met Cerritos' Women's Head Coach Michael Allen at a track meet during the 2022 season but she actually knew coach Allen since high school — since Wallace would practice at Cerritos when she was in high school.

The Cerritos College track star said that she's extremely grateful for Coach Allen and that Coach Allen only puts her in a positive mindset.

"He's given me many life lessons like keeping my head on straight, shutting out the noise

[...], checking up on me when I was there, calling me and texting me," she points out, "It meant a lot, more than he can imagine."

The Sophomore 100-meter runner has future plans to continue in track in field and is looking for any scholarships that may come her way.

She's planning on changing from a Sociology major to a Child Development major, mainly teaching special needs students how to navigate throughout their day in life.

"Learning how to put things away, learning how to wash dishes and close the cabinet after they use it," she said as she gives examples.

Babysitting her nieces and nephews, she points out, made a huge impact in changing majors and in life in general.