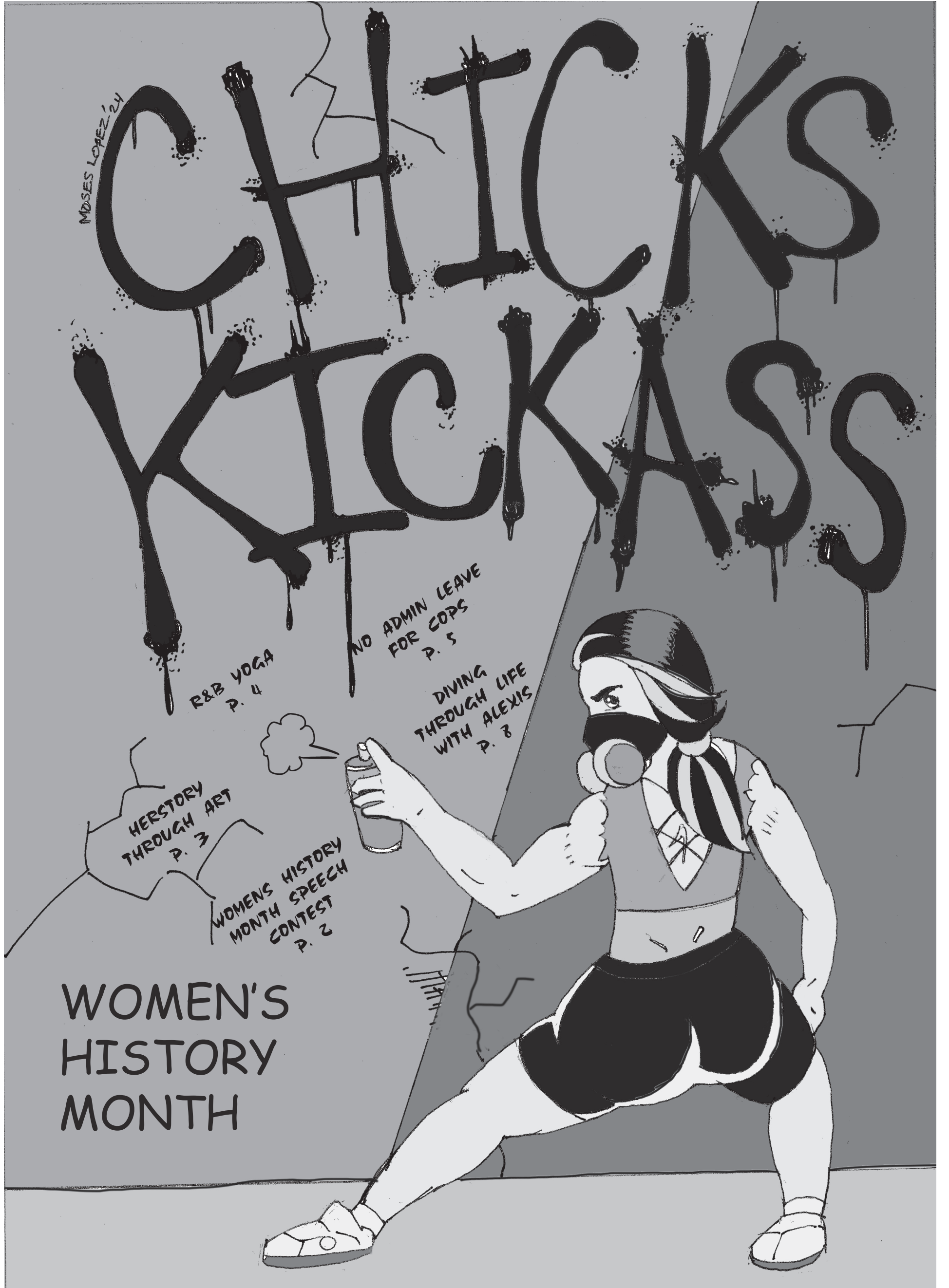


TalonMarks

Utilizing the First Amendment since 1956



CERRITOS CELEBRATES WHM WITH SPEECH CONTEST



EMANUEL GUADARRAMA

All the participants of the WHM contest, forming a heart, March 21 in the Social Science Building.

Emanuel Guadarrama
Co-News Editor

“This is a great opportunity to think about the theme of women’s history month, which is all about telling the stories of women.” said the host, Nick Mathews.

Mathews is a communication studies professor and director of the Forensics Speech and Debate team, which hosted the competition Thursday March 21 in the Social Science Building.

The event had a somewhat low turn out of about seven students, six of which participated. The participants consisted of members from the Forensics team and a couple students seeking to join the team.

“What is the biggest challenge facing women in 2024, and how should it be addressed?” was the prompt that the students’ speeches would need to be based on.

The speeches would be judged by several factors such as the arguments presented, the student’s ability to substantiate their claims with both credible evidence and sources, the way the speech is organized etc.

“It’s not like writing an essay... when you do a speech it’s one and

done, you say it and that’s it. It’s really important when you’re giving a speech to structure it in a way that’s easy to follow and it’s also important to deliver it in a compelling way,” Mathews said.

The participants had 30 minutes after seeing the prompt to prepare their seven minute speeches, then at the end the winners were declared with \$200 for first place.

Topics covered by the students included issues revolving around wage gaps, improper medicinal dosages for women, the different roles for women in different cultures, basic standards of living and abortion rights.

Gerardo Silva, nursing major, who was the first to present his speech. “Inequity and inequality in healthcare” Silva said were the biggest issue facing women this year.

Silva talked about how women make up a majority of the workforce in medicine, yet they only take up a quarter of the leadership positions in total.

“You have figures like Florence Nightingale who helped improve the system to what it was... yet with that, despite all the things that women put forward they’re still paid less,” Silva said, one of his solutions

to this issue is fixing the wage gap.

Cesar Sosa, business and administration major, won first place, also presented a speech that highlighted issues within the healthcare system.

Sosa’s speech however focused mainly on how drugs being prescribed to both men and women are primarily optimized for male bodies, which leads to increased side effects for women.

“Females tend to be heavily overmedicated... They’re assuming that males and females are the same body, we have the same type of structure, it’s just not true the hormones are completely different and so why would the medicine still be the same?” Sosa said.

Sosa has worked with his father, a cardiologist director, who has seen how the medicine is widespread and how decisions are being made mostly by males.

Sosa’s solution is that the medical system should be reconstructed to properly accommodate the female population, reevaluate who the important people are in the industry, nurses, and how more women are needed in leadership and business roles.

STUDENTS TOUR CSU CAMPUSES

Emily Maciel
Co-Sports Editor
Joel Carpio
Managing Editor

Students woke up early and met at Cerritos College to attend a Cal State University tour on the beginning of March. The tour included going to San Diego State University followed by Cal State University San Marcos.

Those who attended the tour previously secured their spot with a \$5 refundable deposit, which they received back when they got on the bus in the morning.

The bus headed out around 7:30 a.m. and arrived at SDSU around 9:40 a.m. where the group waited to meet with their tour guide.

The group was split in half, both tour guides showed and explained the ins and outs of the campus and what San Diego State had to offer.

Greeted by nature, students walked alongside multiple buildings surrounded by plants and greenery.

One of the first things that was shown on the tour was Hepner Hall, which is what the school is most recognized for.

After about an hour of being shown around by the tour guide, students were then allowed to roam and explore the campus on their own.

Nayeli Dueñas, counseling department success coach, feels these campus tours are beneficial to students because it exposes them to the different possibilities, majors and overall environment of the universities.

Dueñas said, “I think it’s really important that students, before they transfer, actually attend the college that they’re interested in.”

She explained that she’s seen many students change their minds about where to transfer to after attending a campus tour.



JOEL CARPIO

Group of Cerritos College students walking towards Hepner Hall, March 1.

ISRAELI JOURNALIST PROMOTES JUSTICE FOR PALESTINIANS

Emanuel Guadarrama
Co-News Editor
Andrew Pilani
Staff Writer

Gideon Levy, an award-winning Israeli journalist, recently spoke at Cerritos College via Zoom on Wednesday, Feb. 28., Levy is known for his advocacy for justice for Palestinians in the Israeli-Palestinian conflict.

The event, organized by history professor John Haas, gave Levy an insightful platform for him to share his perspective of the conflict and engage with Cerritos students.

The talk saw a class full of people who wanted to listen to Gideon Speak about Israel and Palestine – and that’s not even mentioning the more than 40 individuals who attended the zoom call.

“I’m trying to re-humanize, if I can say so, Palestinians in Israeli eyes, after this ongoing campaign to dehumanize them in any possible way,” Levy said,

“I’m not fighting for peace, I’m fighting for justice, peace will be the bonus. We are very far from peace”

“People in your age and people in my age by hundreds of thousands are going through hell and this is not an exaggeration in any way... as we speak in Gaza which is one hour away from my home,” said Levy.

“We cannot let it continue and we should remember all the time that they are human beings just like us, with dreams, with ambitions, with fears with everything that we share and I think first of all we have to perceive them as human beings in dire and horrible conditions.”

Levy has documented and reported on the daily lives of regular Palestinians, first hand from the ground for more than three decades in his column for Haaretz, an Israeli newspaper.

Haas also mentioned how, according to Levy, most Israelis are unaware of the acts of brutality done to the Palestinians by the Israeli security

forces and how the media in Israel is mostly complicit.

“He argues because it fails to challenge the narrative that casts Palestinian as nothing more than the enemies of Israel, Levy tries to pierce that bubble with his reporting,” Haas said.

“None of us can imagine what does it mean to live under a military occupation of a foreign army... I’m speaking about the daily lives, your time, your dignity, your life, your relatives, your property. Nothing is worth anything in the eyes of the Israeli soldiers,” said Levy.



EMANUEL GUADARRAMA

John Haas, introducing Israeli journalist Gideon Levy, in the LA Room 103, Feb. 28.

- UPCOMING CAMPUS EVENTS:**
- WOMEN (SCIENTISTS) TELL ALL WITH NIKKI IWAS**
THURSDAY, MARCH 28
12:30 - 1 P.M.
LIBRARY SHADE STRUCTURE
 - ANGER MANAGEMENT FOR WOMEN WITH HALLEH NIA**
THURSDAY MARCH 28
4 - 5PM | ZOOM
 - CAL GRANT PRIORITY DEADLINE**
TUESDAY APRIL 2
 - ASCC PRESIDENT/ VICE PRESIDENT & STUDENT TRUSTEE ELECTION**
WEDNESDAY APRIL 3 12 A.M.
- THURSDAY APRIL 4 11:59 P.M. | CANVAS



FOLLOW US ON OUR INSTAGRAM FOR MORE

HERSTORY: DEBBIE ALLEN DANCE ACADEMY CELEBRATES WOMEN

Adrienne Fajardo
Staff Writer

Laura Bernal
Staff Writer

The Debbie Allen Dance Academy kicked off their month-long celebration, "HERstory: In Honor of Women's History Month."

The debut weekend took place at The Rhimes Performing Arts Center on March 2 from 6-8 p.m. and March 3 from 4-8 p.m.

Saturday's event showcased a fine arts gallery featuring women artists' never before seen work and live dance performances from Debbie Allen Dance Academy dancers.

Sunday was the Arts market festival, it supported over 40 women-owned businesses of all sorts and had live dances and musical performances.

The artist showcases were presented every 10 minutes including violinists, folklorico dancers, opera singers and film makers.

Live painting, custom ring making, tooth gems, tarot readings, face painting and more were featured within the market.

The Debbie Allen instagram page described the HERstory event as "celebrating our trailblazing past while uncovering the unspoken narrative of modern day female artists."

Debbie Allen, director, actress, dancer and founder of DADA said, "HERstory for us is a beginning, a celebration at the Rhimes Performing Arts Center. It's the first year and we'll be doing it every year for a month."



LAURA BERNAL

Folklorico dancers performing with each other for the HERstory event hosted by Debbie Allen on March 3.

Everyone in the room has their own version of what HERstory was to them.

"HERstory to me is a combination of the storytelling of the history of women," Allen continued, "Our power and how we have helped manifest the human race, what our job is now."

Genevieve Gros-Louis, a violinist and producer, performed a piece titled "For Our Sisters" which raises awareness for the missing and murdered indigenous women and girls.

"HERstory is being able to tell your own story under your own terms and being able to also tell stories that are

difficult in moments where it's hard to speak up for yourself," Gros-Louis said.

Women filled the room to support and uplift each other.

Uma Leoni, painter and content creator said, "A lot of art shows I have been in are really dominated by men. It's really beautiful to see how women interpret the world, how we express ourselves, and how beautiful our work is, so it's nice to see a room full of us."

Leoni said it is important to be her authentic self so that other women in creative spaces can see that a creative career is possible in response to the stigma that creative careers can be

unstable.

DADA is a "non-profit organization that offers a comprehensive dance curriculum to students ages four and up," Allen said

She continued by saying, "When I opened this amazing center I had in mind that it would become a culture oasis for the entire community."

DADA hosted several events throughout rest of the month of March.

Each event focused on women who are a driving force in their profession.

The month-long event will end on March 26 with a celebration of women writers.

DULCE CANELLA IS A TASTE OF MEXICO



EMILY MACIEL

The Mini Combo consists of mini pancakes and churros along with a cookies and cream milkshake.

Emily Maciel
Co-Sports Editor

Located only five minutes from Cerritos College, Dulce Canella is a dessert spot that puts a Mexican twist on its menu items.

The shop is filled with Mexican-inspired decorations as they have mini donkey piñatas and sombreros hanging on their walls.

When you walk in you may realize it's small as there are only five tables out for customers to sit and depending on what you order the wait is at least 10 minutes.

Both of these things can knock off points for a business, but at Dulce Canella the wait time or small eating area doesn't affect the delicious taste of their foods.

They have a wide variety of desserts such as churros, mini pancakes, fried Oreos, ice cream sundaes, and milkshakes.

Not only are there many dessert options, but the toppings and flavors are endless.

The Mini Combo is a good place to start if you don't know exactly what you want.

This order is pretty affordable as it costs \$11 and comes with six churros, 15 mini pancakes and you can choose up to three toppings to add on.

Everything is made fresh on the spot which is why the wait

time is a little longer than other dessert spots but it is well worth the wait.

Every time you bite into a churro you can hear a nice crunchy sound and the mini pancakes are light and fluffy.

A good combination of toppings for the churros is the cajeta and lechera.

These two items paired with the churros bring a taste of Mexico to life and are deserving of a five-star rating.

If you prefer to control how much of the topping is put on your desserts then asking for them on the side is the way to go.

The mini pancakes didn't have much room to speak for themselves as they were good but not as great as the churros.

If you like a variety of items in one order you may also want to try the Sampler or Mini Sundae.

Another option on the menu is the nine different milkshakes. These range from \$5-7 depending on the size you get.

The medium size shake was a decent size but the cookies and cream flavor was a bit too overpowering. For this reason it deserves a three out of five stars.

Even though their main focus is on dessert items, they offer a small food section that includes chicken strips and fries.

This place easily deserves four out of five stars overall.



JOEL CARPIO

The Running Chicks chicken sandwich sliced in half and wrapped up being held.

RUNNING CHICKS WILL MAKE YOU RUN BACK FOR MORE

Joel Carpio
Managing Editor

Running Chicks is a Korean fried chicken joint in the Downey Promenade and it's a place you'd want to go back to regularly.

They specialize in wings which you can choose to get in three different flavors. The chicken sandwich tasted fresh but was also a little too spicy as it started to taste a bit sour but the sauce itself tasted amazing with the chicken. It's sweet and savory.

The sandwich itself

got a three out of five but was still good despite the spice. The garlic butter fries easily get a five out of five as the mix of garlic, butter and flakes of parsley on the fries dipped in ranch dressing complement each other well making you want more.

At \$16 for the upgraded combo that consisted of garlic butter fries, the sandwich, a drink and however many dipping sauces you want of their endless options are reasonable, especially for today's times.

Overall the place is a great Korean fried chicken joint that gets four out of five stars.

UPCOMING EVENTS

EGG-STRAVAGANT
EGG HUNT
3/30



THE BUNNY PATCH
3/30



MARIACHI FESTIVAL
4/13



KIDS FUN DAY
4/21

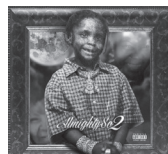


A&E RELEASES

ALBUMS:



Beyoncé
Cowboy Carter
March 29



Chief Keef
Almighty So 2
March 29

MOVIES



April 5



April 12

PODCAST

Scan below to listen to The Comadres' most recent podcast episode!



Blue Cheese Band jamming out at The Night Owl.

DIANA MORALES

THE BLUES AT THE NIGHT OWL

Diana Morales
A & E Editor

The Blues took over The Night Owl, a small cafe in Downtown Fullerton on March 8. Where the Blue Cheese blues band opened the open mic night at around 7 p.m.

They welcomed the crowd to join in on the fun and sing along with them. As they played some blues songs as well as some rock songs.

The crowd gathered around the fire and cozied up with their beer or coffee in hand right behind the cafe.

The small outdoor sitting area was all filled up to the point were around 25 people stood up behind the patio fence to watch the performances.

The night time show had the crowd anticipating who was going to join in on the fun and sing along.

The night kicked off with the band singing cover songs like 'You Can't Always Get What You Want' by The Rolling Stones. They also jammed out to some Jimi Hendrix and some Jimmy Reed.

The host of the night Mike

Johnson, lead singer of the band, encouraged guests to volunteer and sing a jazz/blues song that they knew.

Tyler, a resident from Orange, California, was the first person to volunteer for the open mic.

As he sat with the band he impressed the crowd as he sang 'The Sky is Falling' by Gary B.B Coleman. His soulful voice and outstanding vocals were enjoyed by the audience.

His vocals set the tone of the night as he was able to deliver the song with raspy flare.

"I have been here four times," smiles Tyler. "I really enjoyed it. The band was really good!"

The crowd simultaneously cheered for Tyler, which encouraged another person to step up to the mic.

Steven Walker from Austin, Texas also took over the mic stand as he sang 'Big Boss Man' by Jimmy Reed. The energy that Walker radiated was carefree as he sang and danced for the crowd. His voice was unexpectedly good it suprised the crowd

"It was really great and freeing

being up there. I liked it a lot," says Walker in a welcoming tone.

Everyone else was shy to join in on the fun. But that didn't stop the band from keeping the crowd well entertained.

The band would reach the end of the song and start improvising the outro of the song. Ziggy the guitarist of the band would scrunch up his face and go crazy on his guitar.

Many of the people attending the event heard of the event through The Night Owl Instagram account.

Two attendees Mario and Sara from Montclair visited The Night Owl to enjoy a night of the blues.

"I really liked it! I love live music and jazz and blues so I knew I was going to like it," smiles Sara.

"For me it was unexpected but I really enjoyed it I think the vibe and the music choice was perfect for the cafe," states Mario.

The Night Owl is always host open mic nights and vinyl nights. If you're looking for a night of fun and live entertainment for the price of a cup of coffee then The Night Owl is the place to be!

STUDENTS UNWIND THEIR MINDS WITH R&B YOGA

Shaniah Campbell
Staff Writer

As Black History Month has come to an end several students here at Cerritos College gathered in the Student Center South Stage to attend R&B Yoga with instructor Lauren Spearman hosted by Umoja and The Black Excellence Collaborative (BEC).

The main objective of R&B Yoga is to implement a space of gaining an inclusive yoga experience with combining R&B Music with beginner-friendly yoga techniques. It's all about working on your physical health and maintaining a stable state of mind.

Yoga is a way for students to gain more insight on their health and a way of "breaking a sweat" even as someone who isn't familiar with yoga itself.

According to the American Osteopathic Association, "Regular



SHANIAH CAMPBELL

Participants doing downward dog pose during Yoga.

practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration."

Many times the Black community will look at activities like yoga as something that only white people partake in and won't participate in such activities. Yet, Lauren thinks that the Black community should have a different approach to yoga. "It's about not being afraid, people might not think it's

for them. They may think it's very white. It's all about having fun we're snapping and breathing together as a community so that's what it's all about."

With artists like Usher, Drake, Brent Faiyaz, and SZA the students are able to unwind and liberate their minds with thention of also having fun while listening to their favorite R&B artists.

The exercise started with a warm-up which consisted of both the students and the instructor Lauren taking deep

breaths, stretching, and clearing the mind. Then, eventually becomes an upbeat, fun experience for the students to enjoy and embark on their physical health.

Lauren Spearman makes the experience full of excitement with her comforting mood and upbeat R&B Yoga Playlist. Which makes the experience itself worth understanding as a whole.

"I just want them to have a good time-it's about letting go, it's feeling free it's moving your body. The way yoga is today they don't think yoga is for them. When I do R&B Yoga it's our music, it's our culture we're just having fun," said Spearman.

R&B Yoga is a way for the Black community to become one and unite while expressing their joy for exercising. It is a good way to distress.

REVIEW



The official Rick Stanicky movie poster created by Amazon Studios.

'RICKY STANICKY' IS A DUMB BUT FUNNY FILM

Joel Carpio
Managing Editor

Amazon Studios released their new movie "Ricky Stanicky" to their Prime Video on March 7 and it wasn't bad.

No movie is perfect and Ricky Stanicky is far from it but it wasn't all that of a terrible movie if you're looking for a small laugh or two.

Rating it out of five stars the movie gets three and a half stars out of five.

Ricky Stanicky had the star power that probably brought a lot of people to watch it like John Cena and Zach Efron.

The movie was based on three kids who wanted to prank a person over not giving candy on Halloween.

The prank went wrong and caught the house on fire, the kids quick thinking made up the name "Ricky Stanicky" and put it on a pair of pants that they purposefully left to blame the fire on their non-existent friend.

Since that day they continued the lie and blamed everything bad that happened on Ricky Stanicky until the lie became too much and a chain of events unfolded.

Cena killed the role of Ricky Stanicky perfectly, he put a face to Stanicky and couldn't have been a more perfect fit for the character.

Efron proved great support to the movie, bringing in a more real tone to the movie in certain scenes that oftentimes didn't make you feel like you were watching a comedy.

Other actors like Andrew Santino and William H. Macy helped it be the comedy it shapes out to be but it also felt like some of their scenes were unnecessary.

The movie is dumb but that's not a knock to the film itself, rather a compliment because it makes you laugh.

While the plot felt thin and wildly orchestrated because certain parts of the film were predictable it was a decent movie to pass the time and get a little kick out of.

There were a few times when the comedic bits of the movie fell flat and didn't quite garner a laugh.

Not filmmaker Peter Farrelly's best work but certainly not his worst as audiences seem to like the movie far more than critics.

Moviegoers rated the film a 73% on rotten tomatoes which isn't great but isn't terrible.

Critics on the other hand didn't shy away with what they thought of the movie, rating it 49% on the rotten tomatometer.

While some may laugh and like the movie others may have a straight face the entire film, in its entirety it wasn't as bad as critics are making it out to be.



MOISES LOPEZ

Editorial satire cartoon of a faulty cop getting a paid vacation despite his crooked actions.

NO ADMINISTRATIVE LEAVE FOR FAULTY COPS

Ifeoma Utom
Co-News Editor

Over the past few years, we have seen a rise in police negligence and misconduct leading to the wrongful shootings and killings of innocent individuals.

On top of the increase of these American civilians being fatally shot at by their sworn government protectors while the investigation is underway, officers are being put on paid leave and it is unjust and heartless.

It's insensitive to be able to continue to receive aid after wrongfully taking a life.

If you do something wrong at your job and they send you home you don't get paid for the rest of the day, why should the police get paid while there is an investigation?

In 2017 Justine Damond, a 40 year-old Australian-American yoga instructor, called in to Minneapolis police to report a possible sexual assault she heard in a nearby alley.

Officer Mohamed Mohamed Noor and Matthew Harity arrived on the scene and deemed the area safe.

A sudden loud noise near the police car startled the officers as Damond approached the driver-side window shortly after, both officers drew their guns but only Noor fired his, fatally shooting the woman in the abdomen.

How does a woman who called in to report a crime to the police, end up dead by the police?

After this outrageous event, Noor was

put on paid leave during the investigation.

Noor would continue receiving a salary while the family of Justine Damond grieved and mourned for their departure.

But where is the same vigor and the same principle for their own?

The principle does not stand because if one of them is hurt, especially by another officer, there will be no aid.

Eboni Pouncy is yet another victim of a reckless shooting, being shot five times while at a friend's place at the hands of law enforcement.

If an investigation needs to be held there should be no paid leave for any individual involved.

Not receiving pay during investigations, serves as a potential deterrent from officers committing wrongful and fatal shootings.

After the investigation has been concluded and it is found there is no foul play then the individuals involved should file for back pay.

A firearm is a lethal weapon that if used recklessly can change or end a person's life forever.

One would think individuals authorized to use them for "protection" would want to make sure there is a valid excuse to pull the trigger.

If as an officer you are skittish, unable to effectively assess the situation, selfish or paranoid resign immediately.

This field demands you do not let YOURSELF get in the way of protecting and serving civilians, a mistake can cost a person's life.

TWEENS SHOULD LIMIT THEIR SCREEN TIME

Shaniah Campbell
Staff Writer

Social Media has been a very prominent tool in our society today. It has influenced us to buy products, change our appearance or even change our way of living to fit into a specific aesthetic.

The impact that influencers have on younger generations creates a false sense of belief in these younger children. Children seeing their favorite celebrities or influencers do particular things makes it easier for them to think that it's okay to do those particular things.

Social media has led to children not being children anymore and has made them feel comfortable enough to indulge in things relating to older women like excessive skincare and even makeup.

For example, Skincare company Drunk Elephant appealing their marketing to these tweens creates a false sense of actually knowing if these skincare products are suitable for children or not.

Other generations like Millennials and Gen Z had the ability to be children and do certain things that children do such as play with toys, watch certain TV shows and not be so absorbed with the internet.

Gen Alpha are often referred to as the iPad kids or Sephora kids. Which has been displayed as an issue that needs to be addressed.

At the start of 2024, there has been a surge of young women on

TikTok who have had a storytime about these tweens being rude or entitled to having these skincare or makeup products. The topic has created discourse about how children are not children anymore and how their parents should be more active in what they consume on social media.

Since the debacle on social media, the company Drunk Elephant has seen a surge in sales.

Oftentimes, we overlook these children engaging in these activities because it has become so normalized in society to be this way. Social media along with influencers have made it so easy for children to even access these outlets.

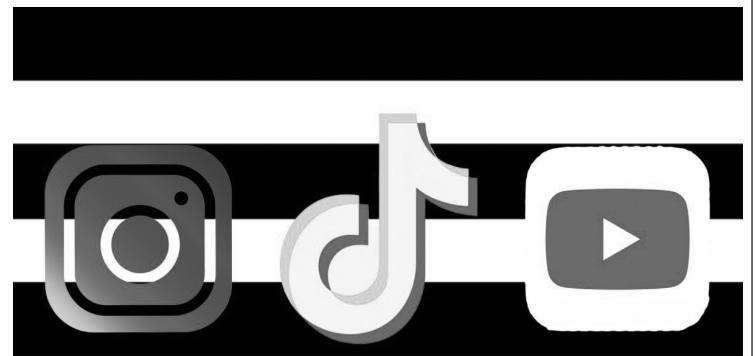
Younger children are more impressionable when it comes to knowing who they are and are easily influenced to do things they see their idols doing.

Their parents should be more attentive to what their children consume and how constantly consuming social media can result in other issues in the future like anxiety, depression or possibly self-harm.

Whether that be limiting their screen time or deleting their social media altogether there should be a limit to their child's consumption of social media.

How children behave has to do with what their parents deem as acceptable.

Although, times have changed and we have become more tech savvy, children should be able to still be children and not constantly feel the need to be older than what they are.



SHANIAH CAMPBELL

Photographic of the three most used media platforms by children.

NIKE AND FANATICS RUINED BASEBALL UNIFORMS

Joel Carpio
Managing Editor

Nike and Fanatics have changed the way Major League Baseball uniforms are made and look and they're horrible, to say the least.

At the end of 2019, MLB ditched their old of 2019 MLB ditched official on-field uniform makers, Majestic Athletics, and replaced them with Nike.

In the U.S. Nike is the official uniform supplier for the big three leagues which are the NFL, MLB and NBA.

In early Jan. of 2024, Nike decided it was going to change the feel and look of the MLB's uniforms and they are getting tons of backlash from the fans and players.

The jerseys for the 2024 season

are thinner, look cheaper and are not worth the \$450 it takes to buy an official jersey.

Fans need to boycott and not buy any new sports apparel to the point where Nike and Fanatics start to lose a lot of money and rethink their terrible idea to change up the jerseys.

Fanatics, a sports apparel company known by many fans to have bad quality gear, partnered



Blue Jays uniform with the writing "Ruining Uniforms" and the logos of Fanatics and Nike Baseball below it.

with Nike to make the jerseys for them. Unfortunately, these companies who feel like they only care about money are taking over and ruining baseball jerseys.

Players aren't only complaining about the jerseys but about the pants too and how they are see-through.

The official jerseys look like replica jerseys, you can only imagine what a replica will look like now. The lettering and numbering on the jersey don't feel like they're stitched

onto the jerseys anymore, the lettering is smaller and sometimes crooked and they are much thinner.

Angels outfielder, Taylor Ward, said to a reporter of The Athletic, "It looks like a replica, it feels kind of like papery, thumbs down so far."

If even the players are complaining about the look, fit and feel of the jerseys you know there's a real issue

Nike didn't just ruin the way the baseball jerseys look, fit and feel but they created "city connect" uniforms for each team and the creativity behind most of them is lackluster for most.

Fans are being conned for a cheaper product being sold to them at a price that warms a better quality product.

If only the MLB hadn't ditched Majestic Athletics the jerseys would still look good, feel good, fit good and everyone would be happy.

JOEL CARPIO

MUST BE XXX ON THE BRAIN

Peyton Oliveira
Staff Writer

Porn makes up 10-15% of all searches on the internet and an entire new generation growing up on the web is being negatively affected by over consumption of explicit content.

In the new age of the internet, the rise of explicit content can be seen in all corners of the web, not just porn sites. Children are exposed through social media in completely unrelated posts that are littered with links to various Onlyfans and other 18+ videos.

Younger people whose brains have not been fully developed are enjoying content that actively hurts their cognitive development. Porn can rewire your brain's dopamine center making you more susceptible to addiction.

The more of it that you consume the more likely you are to have it affect your perception of a healthy relationship. The same chemicals released during sex for bonding with your mate are released when someone watches porn. Releasing bonding chemicals to pixels on a screen can be incredibly detrimental to one's ability to form real relationships outside of explicit material

But not just relationships, Porn is notorious for setting unrealistic body standards for both men and women that tank one's own self esteem. This effect

is even worse for young people still struggling with their own self image.

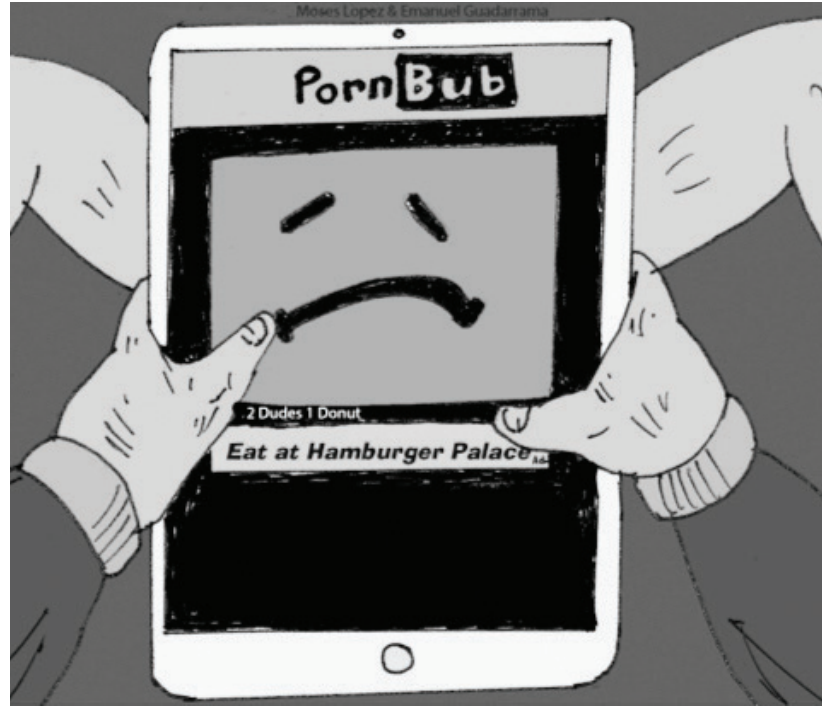
Porn is not only a self esteem killer but is proven that consumption of porn directly relates with loneliness. In a study on the two's direct correlation of 1,247 English speaking participations, many of them with high scores in pornography, also scored highly in loneliness and vice versa.

This makes porn a dangerous trap as constant consumption will stimulate your brain but only for so long eventually the stimulus will not be enough and it will chase new novelties and extremes to continue dopamine release making you watch even more and pulling you deeper into loneliness.

Despite the fact that becoming addicted to explicit material can happen easily in young people, around 10% of all websites on the internet are porn meaning that it is incredibly likely that children will be exposed to sexual imagery at far too young of an age.

Young boys and girls are viewing material that promotes objectification, misogyny and is harmful to their development with nothing to stop them but age restrictions that do nothing to protect them.

The promotion of pornographic material on social media has skyrocketed in recent years making it more important than ever to pay attention to what young



MOISES LOPEZ

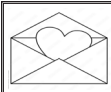
Young boys and girls are being raised around porn making them susceptible to addiction.

people are looking at online.

This becomes even more worrying when you learn that only 40% of parents speak to their children about being safe when surfing the internet. This along with the normalization of giving children unrestricted access to phones, computers and tablets without supervision means the problem will only continue to grow

if we do not make an effort to fix the issue.

To do so it will take a combination of limiting the promotion of explicit material on sights with people under 18, keeping tabs on what kids are looking at online and keeping an open honest dialogue with young people about porn and it's harmful effects.



LETTERS TO THE EDITOR are welcome. They may be submitted both online and in person. In all cases, letters must be signed with real names before they will be considered for publication, either online or in print. Campus related issues are given priority. Letters may be edited for length, though online versions tend to include full content, as long as it is not libelous or in poor taste. You may deliver letters to FA 42 or contact the editor by e-mail at editor@talonmarks.com.

YOLANDA DOESN'T DESERVE TO TELL HER 'TRUTH'



PHOTO ILLUSTRATION BY MICHAEL DELGADO

Yolanda Saldivar's new documentnary was not well received by Selena's family and fans.

Shaniah Campbell
Staff Writer

We often believe there are many sides to a story and feel that a story should be told from several perspectives. But, not when it relates to committing a

premeditated murder.

A new documentary on Oxygen will explore Yolanda Saldivar, Selena Quintanilla's murderer, and the perspective of events that led up to her death called "Selena & Yolanda: The Secrets Between Them" set to be released

on Feb. 17.

The fact that Oxygen is giving this woman a platform to speak on a situation that should not have happened in the first place is so disturbing. Not only to her family but fans of the Grammy award-winning singer.

If she wanted to speak on her experience with Selena, why would it take so long for her to do so? It seems as though because she is eligible for parole in 2025, she wants sympathy for something that can never be justified.

Saldivar mentions in the teaser "I think it's time I set the record straight -- and I think that people deserve to know the truth."

Following the release of the trailer many fans of the Tejano singer have taken their thoughts to social media about the docuseries.

"Yolanda Saldivar has some nerve coming out with this documentary. She killed Selena, that's the bottom line. Tryna release some dumb shit discussing this deceased woman when she can't defend herself the year before she's eligible for parole. I hope it gets denied. Gross." A user wrote on "X".

American media exploits and

glorifies stories and the real experience of people in the justice system to make a profit. Giving murderers a platform to gain an audience or profit makes it seem very off-putting to the people who need a platform to tell their stories.

It just goes to show how greedy American media can be because the victim herself isn't here to defend her name. Saldivar is only participating in this documentary to make the viewers have sympathy for her wrongdoing. Yet, she's not going to get the reaction she thinks she's going to get. Once, the documentary is released she will receive more backlash than she is now.

Selena Quintanilla's father, Abraham Quintanilla states in a new interview with TMZ that he wants absolutely nothing to do with Yolanda herself ... cause everything she says is nothing but lies, and no one's going to believe what she has to say anyway.

It feels so wrong and disrespectful that Oxygen is releasing this a month before the anniversary of Selena's death.

WHAT ARE YOUR THOUGHTS ON THE DAN SCHNEIDER SCANDAL?

Compiled by: Susan Romero and Diana Morales



Nathalia Rios
Nursing Major

"It makes me sad for those child actors that had to go through that."



Benjamin Hermosillo
Studio Art Major

"He should've been caught a long time ago and there was full proof evidence that he's been keeping hidden."



Amanda Juarez
Sociology Major

"I thought he died. I genuinely thought he died years ago, but I heard and was like 'Wait, he's still alive?'"

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FALCONS WIN STREAK SNAPPED



Joel Carpio
Managing Editor

Falcons win streak stops at 13 after narrowly losing to the ELAC Huskies, 6-5 on March 23.

Throughout the whole game the Falcons' pitching was struggling with command and just couldn't quite locate where the ball was going which hurt them in the end.

The Huskies only got four hits compared to the Falcons' 11.

ELAC benefited tremendously from the seven walks given to them by starting pitcher, Myles Johnson, and relief pitcher, Calix Armijo.

Of all the free passes ELAC secured they only needed a few big hits here and there to get runs on the board, which they got six of.

Head coach, Nate Fernley, went more in-depth on how the excessive walks led to them losing.

"Not only the seven walks, we gave up four hits, when you give up four hits you shouldn't give up six runs so the free passes and our inability to throw the ball where we wanted to with two strikes," Fernley said.

He also explained there were going to be days when pitchers don't have it and



JOEL CARPIO

Starting pitcher, Myles Johnson, throwing to first baseman, Mike Santos attempting to pick off the ELAC runner.

that it's tough Johnson had his worst start of the year on a day the offense didn't execute.

Johnson struggled in the 4.1 innings he pitched giving up four earned runs and five walks.

He explained that he thought it was just an off day for him.

"Body felt good, my mind was in the right spot, just didn't have the best stuff today," Johnson said.

Johnson also said he felt like there were a lot of things he could've done better when explaining what went

wrong, he said, "Making pitches in big situations and minimizing the pressured situations."

Similar to the Falcons game against ELAC on March 21, Cerritos fell early 2-0 and would then come back, that is exactly what happened in their bout against the Huskies on March 23 but the result wasn't the same.

Cerritos would come back to score their only runs of the game in the fourth and fifth innings in which they took back the lead making it 5-2.

In almost every inning the Falcons had a runner on base with multiple opportunities to secure more runs on the board that they missed.

The Falcons' offense struggled at

times with patience and being on time at the plate and Fernley, explained how he felt about what the offense did wrong.

"I think a couple of times [they weren't patient], but I really thought today we weren't on time with fastballs," Fernley said, "Kind of disappointing because I think we've been on time with fastballs most of the year."

Despite the loss, the Falcons set a new record for most games won in a row since 2018 which was 10 but is now 13.

Cerritos looks to bounce back with a win on the road against LA Mission College on March 26.

THE UNTOLD STORY OF JENNI SOLANO

Michael Delgado
Editor in Chief

Born on Oct. 6, 2003, in Whittier CA, Cerritos College Beach volleyball player Jenni Solano was introduced to the sport of volleyball at a young age.

At five years old Jenni was put into the sport by her father Fernando, but before she decided to stick with volleyball she tried out a variety of other sports before she ultimately decided volleyball was the sport for her.

"I started as soon as I could, my dad put me in but started me a year earlier because he wanted me to play volleyball, I was the youngest one that started," said Solano.

"I was trying out as many sports as I could, I did football, basketball, soccer, swim, tennis, everything, and volleyball was the last one but that's the one that stuck with me the most" Solano explained.

before she committed to the school the world was put on a pause in 2020 due to the COVID-19 pandemic, which put Jenni's future at a halt.

During this time Jenni had questions about her volleyball career going forward, these questions led to a decision as to whether she would continue to play or quit.

"Before joining I thought of



MICHAEL DELGADO

Jenni Solano preparing for the opposing teams next possession.

quitting volleyball, I was thinking, 'my career is done,' I just gave up, I never considered quitting volleyball until the pandemic but Coach Kari (Hemmerling) or her assistant coach at the time asked me to join (Cerritos) and at the time I wasn't too sure but I'm glad I did," said Solano.

Jenni's tenure with Cerritos started in 2021, during the indoor seasons she was given some opportunities in her first couple of seasons to showcase her talent but it wasn't until the newest beach volleyball program was

introduced to Cerritos that Solano was able to show her full potential.

Growing up Solano remembers her childhood as a fun time in her life, even though she experienced the separation of her parents as a young teenage girl she says she never felt it ever affected her upbringing.

Her parents separated going into her freshman year of high school but Jenni saw this moment in her life as something that was for the better, Although she wasn't thrilled about it she knew it was something that was

coming but appreciated both her parents Fernando and Olga for handling it the way they did and not letting it affect the way her parents raised her and her siblings.

"My parents separated early on but I never felt anything negative, I still felt love from my mom and my dad, they didn't let it affect how they raised us which I appreciate so I was still able to have a good childhood.

"I was never happy about it of course but I knew it was gonna happen but it was for the better because even now it's not a hard topic for me to talk about," said Solano.

Solano is grateful for the relationships she gained during her time at Cerritos and expresses how she'll miss the environment and culture that was built in Cerritos.

Volleyball is a sport that changed Jenni's life, it created friendship, family, love, and loyalty.

The sport made a special bond with her father that she'll always be thankful for.

"It's special to me because it created a different type of bond with my dad, he was my first coach and has always been my number one supporter at my games, and even when he's not at my games, he's always talking me through all the adversity that I experience as a student athlete," said Solano.

SPORTS

SCORES

BASEBALL 3/19

5

4

3/21 2

10

3/23 5

6

SOFTBALL 3/19

7

0

3/21 1

0

3/22 3

7

BEACH VOLLEYBALL - 3/22

0

5

SPORTS

SWIMMING & DIVING THROUGH LIFE WITH ALEXIS CUMMINGS

Emily Maciel
Co-Sports Editor

Alexis Cummings is a sophomore on the swimming and diving team at Cerritos College who is looking to make a splash in the last season of her collegiate athletic career.

She started swimming when she was in the fourth grade and continued up to her freshman year of high school.

She had to stop because her school at the time didn't have a swim team so this caused her to take a three-year break from the sport.

She started training again with the Cerritos team during her first semester at the college and was part of a school team for the first time in a few years with the 2023 team.

Cummings said taking this gap period caused her a bit of physical challenges once she started competing again.

"I definitely was not in the shape that I used to be," she said, "my times almost doubled I think when I first started training back in swimming."

She specializes in freestyle stroke and breaststroke for the swimming portion and is the only diver so far out of the men's and women's teams for the college.

She is only in her second year of diving but it has been one of her biggest accomplishments around the sport as of yet.

"It is probably the hardest thing that I've ever done in my entire life," Cummings said.

She explains how the physical part of diving isn't what held her back, but it's the mental aspect that took a toll on her when she first started.

"I have a fear of falling and so repetitively falling out of the sky basically is harder to get over than I thought it was going to be when I started," she said.

There are six categories of diving and although she



DENISE PLEASLEE

Alexis Cummings proudly holding up a one after placing first for the 1-meter dive at one of her meets on March 15, 2024.

"Being able to see my progression from last year to this year it's a lot to me," Cummings said.

Coaches, family and friends made through the sport and art all come together to make a huge line of support for Cummings as she navigates her way through life.

In her free time, she has been big on reading lately as well as rock climbing. Although right now this extra sport under her belt is for fun, she thinks about being able to compete in the future.

Cummings is nearing the end of her tenure at Cerritos College and has already accepted admission to Cal State University Fullerton.

She will transfer for the Fall 2024 semester and continue studying studio arts and ceramics at the four-year school but since they only have a water polo team, her collegiate athletic career is coming to an end after the 2024 season at Cerritos.

"I'm planning to still compete dive wise with the Los Alamitos Dive Club," Cummings said.



WES CUMMINGS

Sophomore, Alexis Cummings, diving into the water.

UPCOMING GAMES

SOFTBALL
3/29 AT 1 P.M.



VS



4/1 AT 3 P.M.



@



BASEBALL
3/29 AT 1 P.M.



VS



4/2 AT 2 P.M.



VS



WOMENS WRESTLING
4/3 AT 7 P.M.



@



MENS & WOMENS
SWIMMING & DIVING
3/29 AT 10 A.M.



&



VS



FALCONS SOFTBALL SECURE THE WIN OVER COMPTON

7 FINAL 3

Emily Maciel
Co-Sports Editor

The Cerritos College softball team offense led them to a 7-3 win in a conference matchup against the Compton Tartars on March 22.

Right-handed pitcher, Reanna Carranza, made her 21st game start and added another win to her record as well as improved the team record to 14-7 on the season.

She allowed a few Compton hitters to reach base in the top of the first to give the Tartars a 1-0 lead but her offense quickly backed her up as they put up a run of their own in the bottom half of the inning to tie the game up at one a piece.

Her batterymate who was doing

the catching for Cerritos, Jimena Velazquez, explained how they were able to answer back all while staying calm.

"We focused on our good pitches and passing the bat in order to get people on base," Velazquez said, "I think we did a great job of just doing that and keeping it simple."

The Cerritos offense would then go on to score in all but the last two innings of the game.

In the fourth inning Cerritos scored most of their runs, where they went on to bring in three runners home.

Natalie Basurto and Jimena Velazquez both singled and rallied to bring in those three runs.

The Falcons defense wasn't at its best as they committed three errors and although Carranza gave up 10 hits she was able to limit the damage to only two earned runs while the last

one was scored due to one of the errors.

The Tartars were cheering loudly in the visitors dugout but the Falcons weren't going down easy as they had at least one runner on base every inning.

Last time these teams matched up it took 10 innings for Cerritos to come out with a victory.

Head coach, Kodee Murray, added on to what Velazquez said about passing the bat and explained this is a new and long-term approach



EMILY MACIEL

Shortstop, Marley Manalo, trying to record a hit to drive in her teammate to score from third base.

the team is going to take.

"We're trying to get on anyway we can so that we pass the bat to the next player...I think our new approach is a long-term approach to get us to [the] playoffs and bigger than just beating Compton," Murray said.

More run support was shown in this game than in the previous one and Velazquez said she thinks the team focused on pitch selections a lot more and knowing the person behind them can get the job done.

Murray said, "Today we were able to get a couple of those weren't real hard hits but we were able to run the bases well and score some runs."



EMILY MACIEL

Starting pitcher, Reanna Carranza, about to release the pitch towards the batters box.

UPCOMING FALCONS SOFTBALL GAMES

MARCH 25 VS. [Logo]	MARCH 26 VS. [Logo]
MARCH 28 VS. [Logo]	MARCH 29 VS. [Logo]
APRIL 1 VS. [Logo]	APRIL 4 VS. [Logo]