

TalonMarks

Utilizing the First Amendment since 1956

December 6, 2023

www.TalonMarks.com

Volume 68 | Issue 4

Santa and Franco are coming to town!

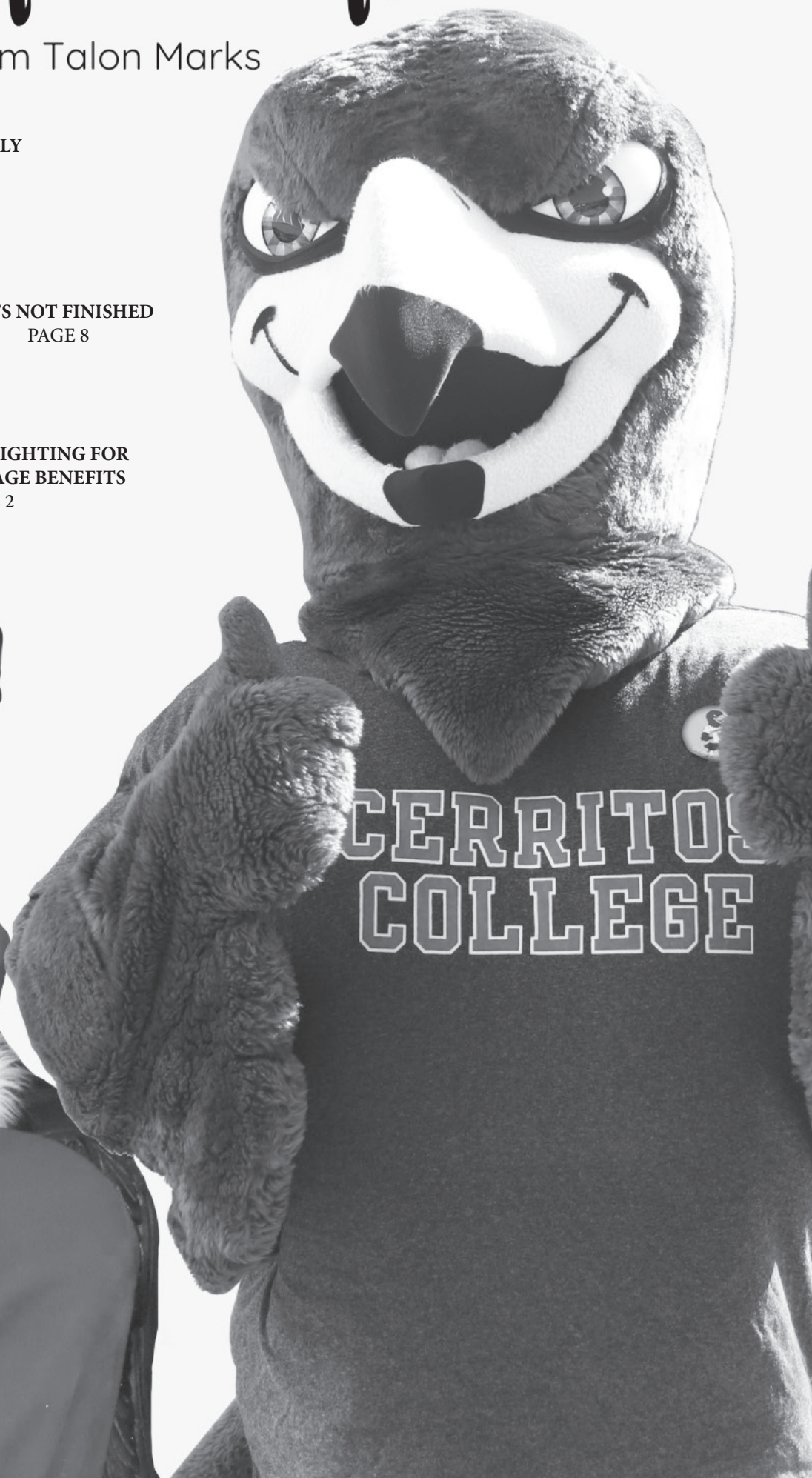
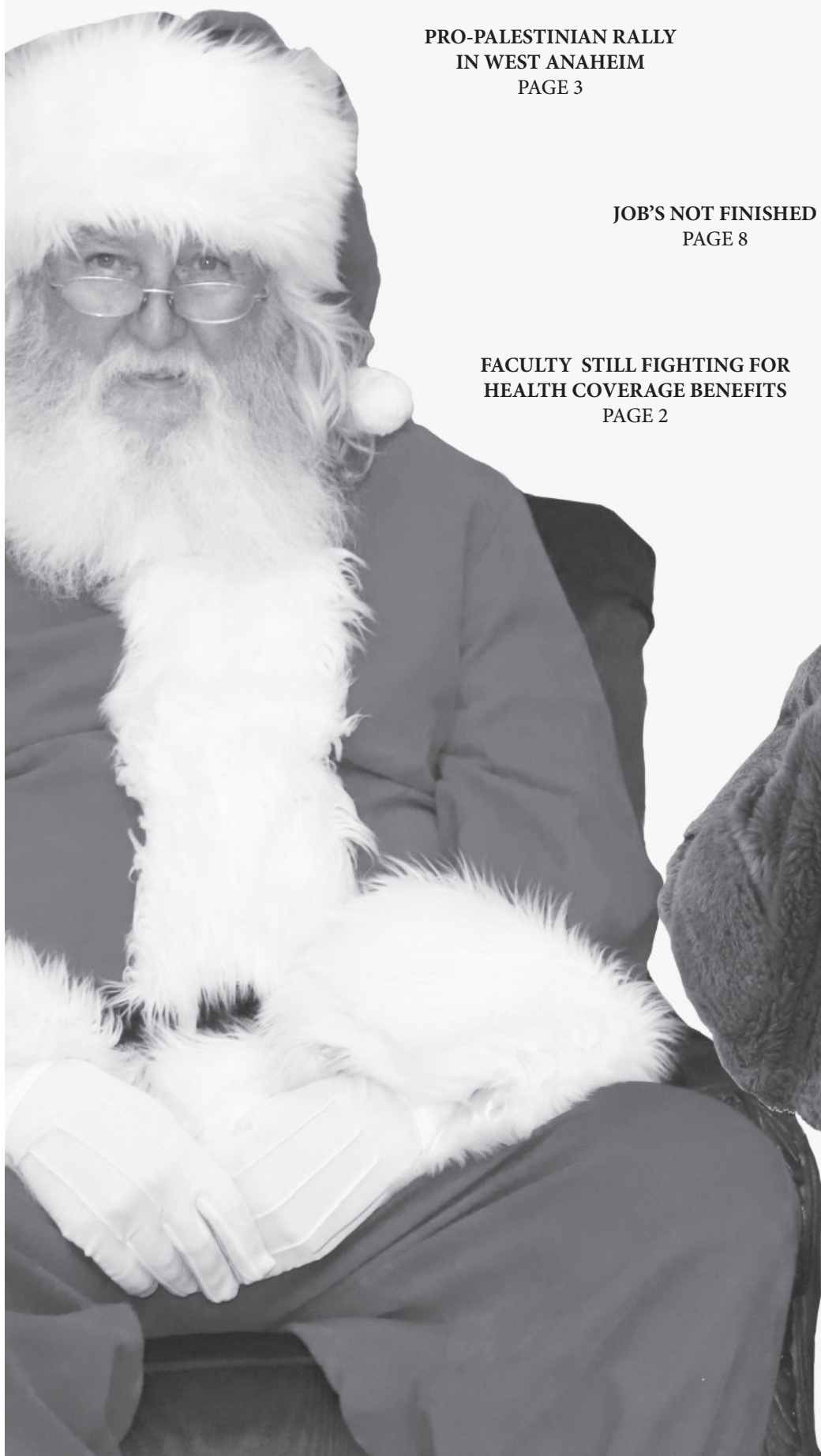
Happy Holidays

from Talon Marks

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Bellflower Dental Group under fire for controversial policies

Dental workers are striking against a local dental establishment Bellflower Dental Group for a controversial proposal made by the owner.

Community

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UPCOMING CAMPUS EVENTS

Holiday Blues: Coping with holiday stress

Dec. 11, 11 a.m. - noon, Student Health Services

President's Hour

Dec. 12, 11 a.m. - noon, Falcon Square

Dentist Informational Workshop

Dec. 11, 6 p.m. - 7 p.m., via Zoom, email acontreras@cerritos.edu for link

Finish Finals Strong Support Group

Dec. 13, 2 p.m. - 3 p.m., Student Health Services

LA Regional Food Bank

Dec. 19, 9 a.m. - 11 a.m., Parking Lot 1

Last Day of Fall Semester

Dec. 15

STUDENT GIFTED WITH COPING KITS AS END OF SEMESTER DRAWS NEAR



IFEOMA UTOM

Campus social worker Angela Williams, engages with students and informs them on the coping kit.

Ifeoma Utom
Staff Writer

As the end of the semester draws near and finals are slowly approaching the staff at Student Health Services hosted a Coping Kit Giveaway on Nov. 28, giving away kits that will help students release stress and ease their minds.

The event started at 11 a.m. with a booth set up right in front of the Student Health Services building.

The table was filled with blue pouches laid out in rows, the contents held inside the bag meant to give students a helping hand in reducing stress.

Behind the table is Angela Williams, one of the licensed clinical social workers here at Cerritos College who manages the Mental Health Services, explained the contents inside the coping kit bag and what the intent is made with them.

"We're helping students to de-stress because it's heading towards the end of the semester and finals are coming," Williams said, "so we are providing these kits that have items for grounding, which means to help calm in the face of stress or anxiety or overwhelming feelings."

Williams talks about the 5-4-3-2-1 grounding exercise placed inside of the pouches that takes advantage of the use of our senses to relieve stress and lays the overall foundation for the contents in the bag.

The exercise starts with five things you can

see; four things you can touch and give silly putty; three things you can hear and gives a QR code for anxiety relief playlists on Spotify and Apple Music; two things you can smell and gives essential oil scented cotton balls in a tube; one thing you can taste and gives Kiss chocolates.

The bag also contains a less anxiety affirmation card that gives words of encouragement to center yourself and calm your nerves.

Students passing by were able to pick up a coping kit and learn about the contents inside that could help them not only during finals season but in their everyday lives.

Williams mentions how just practicing this exercise can help students reset and get back to focusing on studying or just assisting them in anything else they need relief from.

Bridget Ledezma, who is currently completing her GED, goes on to mention how helpful to have this event.

"I come to the student health center for counseling, my friend here Rose is the one that recommended them to me. I feel all kinds of support here that I wouldn't get sometimes from my own family that I get here. It has helped out a lot," Ledezma said.

The event ended at noon with a steady flow of turnout but with a student body of over 21,000, it barely scratches the surface leaving the Student Health Center still struggling with student outreach.

FACULTY STILL FIGHTING FOR HEALTH BENIFITS

Emanuel Guadarrama
News Editor

Over 17 faculty members gathered once more to advocate for health coverage benefits during the board of trustees meeting on Nov. 15.

Assembly Bill 190, which was also brought up during the previous board meeting, is an ongoing budget by the state legislature that would allow community college districts to provide healthcare coverage for part-time faculty with full reimbursement.

During the comments from the audience, 17 faculty members, 10 in person and seven online, each shared their experiences and concerns as they urged the board to negotiate with the Cerritos Desiree Montenegro, a part-time faculty member, advocated for the adoption of covered health care for part-time faculty again, she shared some statistics about the population of part-time faculty.

"According to the California Community College Chancellor's Office management information system data mark, 49.59%... that is half of our Faculty Community, which is more likely a higher percentage

today," Montenegro said.

Lyndsey Lefebvre, a part-time faculty member and English instructor, helped lighten the mood while advocating for covered health insurance benefits.

"The state has the money, I didn't think that would ever happen but now here we are... We can be on the forefront of this, other schools have done it, we can do it, you've been doing it, we can do it more, we could do it better," Lefebvre said.

There were a few more faculty members who also shared their experiences and struggles such as Glenn Johnson who used to be a full-time faculty member at another school but after COVID-19 was replaced by three part-time faculty members.

Bobbi-Lee Smart, a part-time faculty and sociology instructor shared her financial struggles and how she's had to warn her students who want to become teachers to have a way out ready due to it being harder every year to make ends meet.

"I talk to a lot of students who want to teach... and I'm like no you don't cus I don't make shit... and my retirement is a joke," said Smart,

"Why am I teaching college, telling my students that this is the route to success, to a better life when it's led me into poverty."

"If the state's going to reimburse you, I don't see why we're not doing this, please give us the health care that we deserve because we are professionals."

Dr. Lynn Wang, president of CCFE gave an overview with more context on AB 190 to encourage the district to

adopt the assembly bill.

Within Wang's presentation, which was all of its sources cited in the last slide, under the current Article 10.7, the reimbursement pool is \$137,000 and the district is only reimbursed 50 cents on the dollar.

With the adoption of AB 190 with the \$200 million state budget the district would be reimbursed dollar for dollar with no significant cost to the district.



JOEL CARPIO

Students working on their college applications.

LAST-MINUTE RUSH FOR COLLEGE APPLICATIONS

Emily Maciel
Staff Writer

The time has passed for students trying to finish up their college applications but the Transfer Center did come to the rescue by setting up workshops, such as the one on Nov. 18, held in the Business Education building here on campus.

This workshop was designed for students to come in and work on their applications in a quiet space with help from Transfer Center counselors in real-time.

This was the sixth in-person workshop offered this semester but there were still three more before most of the transfer applications were due.

Even though it was a Saturday, students came in and took advantage of the time and help being offered to them.

"This is actually a little bit bigger than usual... this is a good number of students," said Brittany Lundeen, the Transfer Center counselor who was on site for this workshop.

She emphasized that it's easy to make a simple mistake on college application so she thinks it's good for students to come in to have their work reviewed.

"You know even something as simple as just changing a number on your courses, to have a second set of eyes is always a good idea," said Lundeen.

Business Management major, Cassandra Pantoja, thinks workshops like this are useful for her and boost her confidence when getting ready to hit the submit button.

The last three in-person workshop were held Nov. 28 - 30, in the Business Education building, room 120.



Norwalk, CA

Item 1.04

Meeting of the Cerritos College Board of Trustees

November 15th, 2023 7:17 pm



EMANUEL GUADARRAMA

English instructor Lyndsey Lefebvre, advocating for health benefits for part-time faculty.

LITTLE ARABIA HOSTS PRO-PALESTINIAN RALLY

Layla Hernandez
Staff Writer

Against one-sided narratives and disinformation against supporters of Palestinian rights, rallying and international recognition of solidarity become vital to activists.

In the Arab enclave of West Anaheim, known as the Gaza Strip before the 1980s and officially recognized as Little Arabia in 2022, hundreds organized on Nov. 29 for occupied Palestine in a Shut it Down march as a part of a national movement through the Party for Socialism & Liberation.

Beneath the lights lining the parking lot, rallyers congregated on the International Day of Solidarity with Palestine demanding a permanent cease-fire, the freedom of all political prisoners held by Israeli Occupation Forces and an end to U.S.-Israeli allyship and military aid.

Gathered before the Desert Moon Grill off Brookhurst St., attendees were garbed in winter clothes, many adorning keffiyehs, and flags representative of Palestine, México and Colombia.

It was shortly after 6 p.m. that the mass of people became an audible force, led by Kourosh Karimi, flags and signs raised in the air, chants bellowing, "From the sea to the river, Palestine will live forever!"

Shareef Abumuhor, event speaker with the ANSWER (Act Now to Stop War and End Racism)



LAYLA HERNANDEZ

People holding up signs and waving flags to show support for Palestine.

Coalition, argues that the genocidal rhetoric of American media is the first to blame following the shooting of three Palestinian students in Vermont.

Amid an age of constant digitization, when news is plastered to the screens of millions within seconds, the narratives and rhetoric so commonly found within the political realms of various media forums and those that are excluded harbor a profound influence and importance.

"Our government does not represent the people and it does not represent [Palestinians]," Abumuhor's words carried through the crowd over speakers, followed by cheers of agreement.

"We will never stand for genocide or their war campaign as they continue to bomb our entire world. And they want to lecture us about anti-Semitism and human rights."

Following the Oct. 7 Hamas intifada or uprising, the Israeli Foreign

Ministry has reported a death toll of 1,200 Israeli settlers who were martyred, though mounting evidence shows Israeli tanks and missiles were responsible for much of these deaths.

Abumuhor continued to share how Western-Israeli allyship and genocidal complicity in the media and governments have created an invitation to the spread of anti-Arab, Islamophobic, and anti-Palestinian aggressions, inadvertently drawing a line signifying free speeches' end where ethnic liberation begins.

The U.S. House of Representatives passed a bill equating anti-Zionism to anti-Semitism the same day recognizing international solidarity.

Through such volatile actions, solidarity with the oppressed and occupied becomes of utmost importance for protesters. Kourosh Karimi, an immigration attorney and member of the Party for Socialism & Liberation organizing the event,

emphasizes the importance of rallying and the power of community advocacy in the face of propaganda and media falsity.

While the genocidal crimes committed by Israel echo the voice of past actions, indigenous and ethnic individuals today recognize such inhumanity as the same wounds bound by colonial forces, allowing many people of color to recognize intersectionality as an important facet of solidarity and the fight for liberation.

Cries of ethnic solidarity were shouted as the mass of people marched down the streets of Little Arabia, "From Palestine to the Philippines, stop the U.S."

"Aside from Israel, the U.S. has fucked over Latino America for so long," shared Sharon E., an Inland Empire resident of Mexican descent, "We're so tired of being occupied people, we're tired from having to survive, [...] coming together just sustains our humanity."

Shut it Down events are regularly organized by the Party for Socialism and Liberation, with the Nov. 29 event hosted in assistance with the ANSWER Coalition, Latino and Muslim Unity Coalition, Harbor Institute for Immigration & Economic Justice, and the Palestinian American Women's Association.



LAYLA HERNANDEZ

PHOTO GALLERY: ARNOLD SCHWARZENEGGER GIVES BACK AT HOLLENBECK'S TURKEY GIVEAWAY

Diana Morales

Opinion & Social Media Editor

The holiday season is back and welcoming the 42nd annual Miracle on 1st Street at the Hollenbeck Youth Center on Nov 20. The center gave away 1000 free turkeys this year. Over 100 people gathered around to wait in line to receive a free turkey alongside other goodies.

The turkey was personally given to them by Arnold Schwarzenegger and Ralf Moeller from 8 a.m. - 1 p.m.

"It's great you know. We all have been working together for the last 33 years, doing Christmas toy giveaways and Turkey giveaways at the Hollenbeck Center," says Schwarzenegger.



Ralf Moeller and Arnold Schwarzenegger shaking hands with members of the community and giving them their free turkey.

“Everyone has to work together even as you can see the police force was here and volunteers are here and people that donated money are here. Everyone comes together, that's what's so great about it. A really good program.

Arnold Schwarzenegger
Actor



Schwarzenegger taking pictures with the members of the community.



People waiting in line for their turkey.

PHOTOS BY DIANA MORALES

DOWNTOWN DOWNEY
Posadas
Activities
MUSIC, DRINKS, FOOD, TRICK-OR-TREAT, BOOZIE GROUP-UP
12:00 PM
FREE ADMISSION

Downtown Downey Posadas Festival
Dec. 9
5-9 p.m.

Nativity Experience
Dec 16, 2023
4pm to 8:30pm
1291 Firestone Blvd
Norwalk, CA 90650
Free Admission

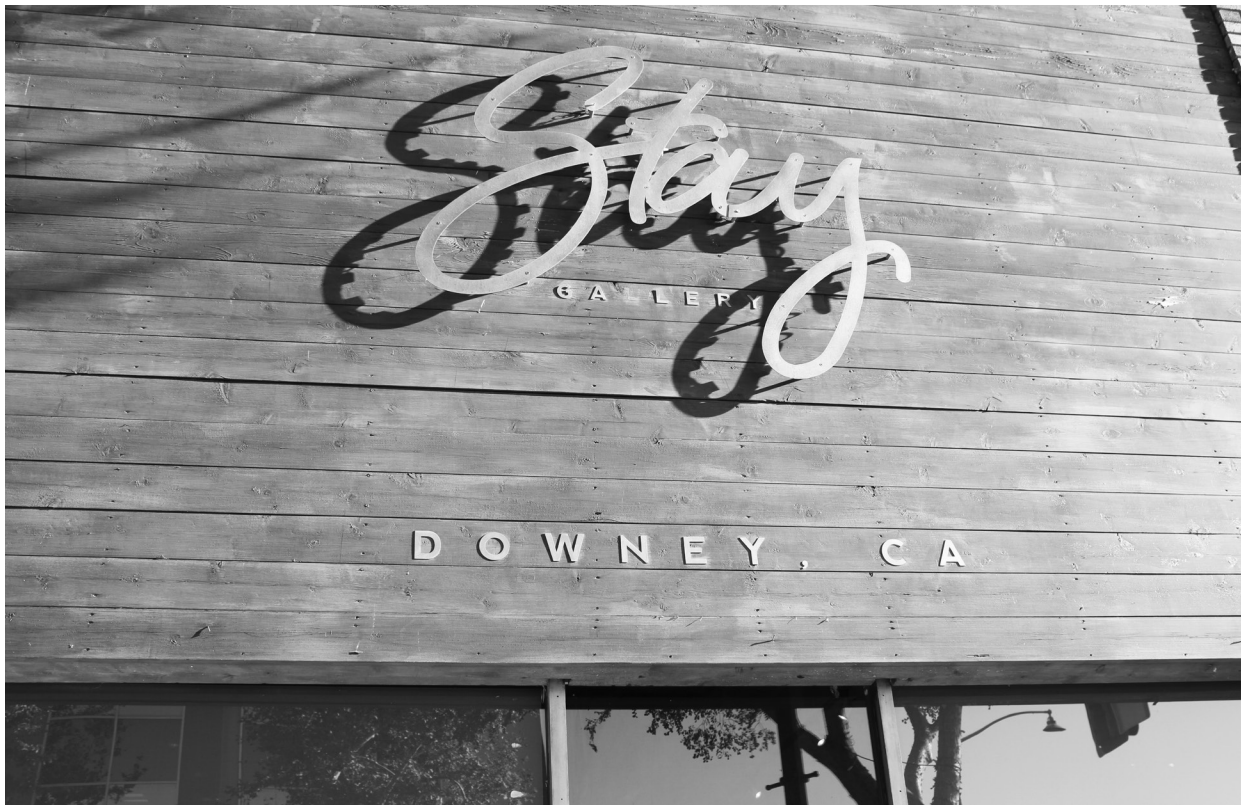
Live Scores • Musical Concert • Tours & Drive
Come and watch the musical with an interactive nativity scene and enjoy the holiday season long every hour!
It's a Nativity Event. Open all afternoon for the musical!

Free Nativity Experience in Norwalk
Dec. 16-18
6 p.m. to 8:30 p.m.
12191 Firestone Blvd.

uplift

Uplift Charity's Monthly Food Pantry
Dec. 16
9 a.m. to 12:30 p.m.
1717 S Brookhurst St.

STAY ART GALLERY RECEIVES FUNDING



Downey's long standing art gallery won it's fight to stay.

LUKAS LUNA-ARELLANO

Lukas Luna-Arellano
Co-Community Editor

Downey's Stay Gallery has secured another year of funding, after the city previously halted their finances back in March.

This decision comes after Stay Gallery operators Gabriel Enamorado and Julianna Canty rallied supporters to appear before the city council at a November 14 city council meeting.

Enamorado opened the public comment by sharing the rich history his gallery shares with Downey

"In 2008 the city approached us to establish a public arts space as part of the downtown renovation plan [...] with the city's support we funded Stay

Gallery" Said Enamorado "Compensation for our services [comes from] lease payments from the city's art in public places fund [...] Money in the fund is generated from a 1% fee on commercial development. Not from resident's tax dollars."

This fund lapsed in May, with no official word from the city on what the plans were for the gallery moving forward. This was originally intended to be a closed door issue, but this proved to be a fate programs director Juliana Canty would not accept laying down.

"Stay Gallery is a gem that carries a unique story for the Downey Community and serves as a source of pride [...]" Said Canty "We've collected over 1,100 signatures in favor of Say Galleries continued funding

on our petition and for our operating agreements to be placed on a public vote."

The gallery has enjoyed an active relationship with the community, especially with Downey High School. Students in the institution's art and photography programs, who often put on exhibits at the gallery,

This symbiotic relationship with the local school district ensured that some of the loudest voices of the meeting were teachers. Among them was Downey High School photography teacher Michelle Napoli, who could not fathom the idea of a city without the Stay gallery.

"I believe that it is irreplaceable, that the people who run it now have a true passion for it and have a heart for it"

Said Napoli. "We've had annual photo exhibits where our students are able to submit their work [...] it's the first time now that they submit their work and have other adults give them critique on their work and I can see the pride in their faces."

The large turnout of support for the gallery at the meeting, combined with 1,000 petition signatures saw the city council agree to include Stay's continued funding on the public agenda for November 28th City Council meeting, where at least another year of funding was secured

Stay Gallery's next event, a screening of the short film Portal, will be held on December 9.

Commentary

CIVIC WEB DESIGN: STUPIDITY OR SINISTER INTENT?

Lukas Luna-Arellano
Co-Community Editor

Imagine it: you, a concerned citizen, want to contribute to the civic process by using the wonder of modern technology. As you hop on to your city's website, you are bombarded by an outdated word salad of items that passed out of relevance months ago.

Now, a senior geared institution fumbling with new technology is hardly anything new.

But if one visits

these sites with the intent of actually trying to affect change in their community, a sinister aura begins to dawn.

Want to look up some city council meetings to keep up to date on what important things were said at the latest meeting of the minds? Good luck finding the minutes section on the website and scrolling through the dozens of meetings. Looking to get in contact with your local representatives? May your epic journey into the dark lands treat you well, my friend.

It is certainly easy to imagine all this coming from

a place of maliciousness, conceived in a closed door session where city councilmen ponder how best to keep the public in the dark while lighting cigars with your tax dollars, but the truth is far more mundane .Website design is a legitimately low item on any local government's long list of priorities and if keeping things the way they are means fewer angry, informed voters to worry about, then why fix what is not broken?

Should one wish to do something about this

and get any sort of ball rolling, it is imperative to skip over any sort of online process entirely and make a fuss in person.

To truly effect any sort of change on this issue, complaints must be firmly logged where lawmakers and the public can see them. Go to your city council meetings, be that gadfly, make that fuss. So long as you remain silent, the city has no incentive to fix their mistakes, and future generations will face the same problems

BELLFLOWER DENTAL WORKERS STRIKE

Jonathan Diaz
Contributor

Dental workers are striking against a local dental establishment, "Bellflower Dental Group," for a controversial proposed changes to sick days and health care.

Plans indicate intent to reduce sick days from five to three per year, having the workers pay 50% on a lesser health care plan from the previous 15% and denying holiday pay.

The strike has been going on since Aug. 16. Tim Fraley, a business representative for Teamster, also mentioned reducing vacation time and getting rid of the pension entirely.

It was said that the owner received hazard money for the workers. The company is also hiding the truth of why some workers aren't working at the office at this time, according to some protesters.

Three months since the start of the strike the workers are feeling the effects of the strike. Workers like 52-year-old Gracie Menchaca who worked as a medical receptionist and 61-year-old Sandra Peña who worked as a registered dental assistant.

Both Menchaca and Peña have been working at Bellflower Dental Group since the early 90's but now forced to live different lives.

"I had a \$1,500 apartment I was renting but since the strike I was forced to move in with my brother," Peña said.

"I was already living paycheck to paycheck before the strike," Menchaca said.

Menchaca is a single mother of a college student at University of California, Irvine. She used up the last of her savings to pay not only her own bills but her daughter's bills and tuition.

According to the women, the managers call a tow truck company all the way from Fullerton to have vehicles towed and force the protesters to pay about \$500 to get their vehicles back.

When asked about seeing a potential end to the strike, workers said the strike will continue throughout December. .

Bellflower Dental Group was reached for comment, but declined to give word.



JONATHAN DIAZ

Protesters of all ages join the strike.



Heilung at the Shrine, Dec. 11
665 W. Jefferson Blvd.



Jose Feliciano at Downey Theatre, Dec. 13
8435 Firestone Blvd.



Tower of Power at the Cerritos Performing Arts Center, Dec. 17
18000 Park Plaza Drive

GOSPEL THE FALCON WAY

**UPCOMING
A&E RELEASES**

MOVIES



Ifeoma Utom
Staff Writer

Praise and worship were all the Cerritos College Gospel Choir was about at their Nov. 15 concert hosted in the Student Center at 7 p.m.

The crowd all joined in on the uplifting, clapping hands and singing away to hymns and songs of praise.

The Gospel choir came to spread their rejoicing in the Lord to all Cerritos College students, friends and family for one night only.

The crowd all joined in on the uplifting, clapping hands and singing away to hymns and songs of praise.

Choir Director Jamond McCoy, who also teaches MUSC- 139 Gospel Choir here on campus, was on the keyboards playing away as the choir sang.

As the seasons change and the holiday feels are in the air, the Music Department at Cerritos College has been



IFEOMA UTOM

Left: Choir members sing in a trio.
Top Left: Choir member lifting hands in praise.
Bottom Left: Choir members sing in unison with one another.
Top Right: Choir members sing joyfully.

eager to share their voices.

They brought another musical night with the Fall Choral Concert by the school's community choir held on Nov. 28 at 7 p.m. in the Performing Arts Center Theatre.

The Gospel choir has been on hiatus due to Covid-19 but is back in action, especially after this night.

Though the concert was for one night only, the hopes that the choir would return were very high.

The concert ended at 8 p.m. with a final song and a prayer as families, choir-goers and students exit the event.

MAJID JORDAN STUNS FANS WITH A COMEBACK



SUSAN ROMERO

Majid Jordan performing one of the first songs they wrote as a duo.

what was about to be played and they sang them word for word.

Majid Jordan has been signed to OVO Sound since 2011 and has been releasing music with other OVO artists such as Drake. Ever since releasing Just Hold On We're Going Home featuring Drake in 2014, the 2 artists began to gain some traction, helping them gain lifetime fans.

Katelynn Sivoneth, a local LA resident, had been waiting in line since around 6:30 p.m. and was one of the first few people in the front of the line. Sivoneth wanted to make sure she was going to get a good view during their performance.

"I've been a fan of them since I was like 16," said Sivoneth, "I missed their last concert, I did not want to miss the chance to see them this time around."

Sivoneth went on to mention that the whole month leading up to the concert, she spent every second of her free time learning the lyrics to their new album.

Jazmine Robles, a Majid Jordan enthusiast, had a few comments concerning the performance.

"I wish they would've brought out their one and only feature to perform with them, but overall it was a very good show. I would definitely come back again and again just to watch them sing live," said Robles.

She continued, "It's just a crazy experience to see the artists you love most sing right in front of you."

Majid Jordan will continue their tour for the rest of December and will be hitting Chicago next. Shortly after finishing their tour in North America, they will continue their Europe tour.

Susan Romero
A & E Editor

Majid Jordan has their first concert in the Fonda Theatre in LA after a 2 year break, leaving the crowd stunned for more.

After a 2 year hiatus, the 2 Canadian artists, Majid Jordan, made their way back to Los Angeles on Nov. 2. for their recently released album, Good People.

The concert was hosted at the Fonda Theatre and had their doors open at 8 p.m. for those who had V.I.P. or early access tickets.

Although the show wasn't going to start for another hour, the love the artists had from their fans was shown by the amount of people waiting in line. The lines wrapped around the building, eager to get into the venue to see their favorite artists.

Once in the venue, you get a feel for how intimate the show was going to be by how small the room was. But the lack of space set up a nice environment where you can hear and feel the bass.

Their vocals were crisp and even though it was a live show, Majid Jordan managed to sound the same way they do on the track.

Good People was released fairly recently and for the first hour of the show, there seemed to be a lack of singing from the crowd's end. However, that didn't stop them from vibing out to the beats of the bass.

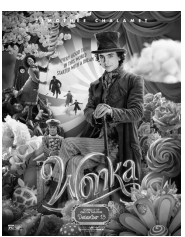
But what the crowd was waiting for was the last 40 minutes of the show where they performed a lot of their older music from previous eps and albums such as Majid Jordan, Wildest Dreams and A Place Like This.

With every song, once the crowd heard the first beat they immediately knew



SUSAN ROMERO

Majid holding the mic passionately as they performed "Tears In Your Eyes."



WONKA
DEC. 15



THE IRON CLAW
DEC. 22

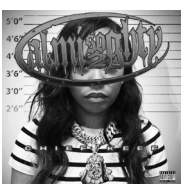


THE COLOR PURPLE
DEC. 25

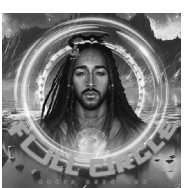
ALBUMS



NICKI MINAJ
PINK FRIDAY 2
DEC. 08



CHIEF KEEF
ALMIGHTY SO 2
DEC. 15



OMARION
FULL CIRCLE
DEC. 18

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Editorials express the views of the Editorial Board. Other opinions express the view of the author & are not to be considered opinions of the publication's staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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California College Media Association

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Graffiti art demonstrating Israel vs. Palestine.

NOAZ

PALESTINE IS SHARING AWARENESS ONLINE

Diana Morales

Opinion & Social Media Editor

With today's current events and the power of social media, everyone around the world is witnessing heartbreaking and traumatizing videos of the people in Palestine who are suffering tremendously due to Israel attacks.

The power of social media is strong and impactful. Before social media, we only relied on what the news told us and of course they never showed the hardcore imagery of what was going on in real time.

Now civilians are posting and sharing videos online to spread awareness of what is happening. Something the media doesn't like to show us is raw footage of these attacks.

Today we can see people dying on TikTok, Instagram, X you name it.

We are seeing young Palestinian children, begging for mercy as their family members lay dead in front of them. We have seen parents crying and screaming bloody murder as they hold their dead child.

The trauma that these children and adults are receiving due to these current events is unfair.

Palestinians are trying to spread awareness of what is going on in real time right now and we are doing nothing to help them. We have celebrities here in the U.S. praising Israel to their millions of followers and spreading misinformation.

I can't even imagine the pain of seeing the city that I live in getting destroyed right before my eyes and getting everything taken away while the whole world just keeps on with its day.

We are living in a dystopian timeline, where we get to see the two different points of view of what is going on right now thanks to social media.

Palestinian people have been living in extreme terror and fear every day since Israel started their attack on the Gaza Strip.

In front of our eyes, Palestinian children crying and children dying. We are seeing loved ones looking for their kids or other family members.

There are people in pieces and body parts scattered along with Palestinians not having access to any basic human needs like water and food.

While people in Israel claim to be suffering and living during "bad conditions," while their cities look fine, content creators are posting on tiktoks titled "get ready with me war edition." It can not get more unserious. They are making bread for the soldiers and posting it on social media.

They want to be the victim so bad but it's hard to feel bad for someone who can still do their everyday tasks without the fear of being bombed.

Israeli soldiers are posting videos of them boasting about eating McDonald's while Palestinians have nothing to eat. It is inhuman what we are witnessing.

Social media is extremely powerful and we can keep seeing these things and do something more about it.

There are Instagram accounts like @palestinianyouthmovement where they post important information to educate you on what is going on. They are organizing protests to stand up for Palestine until they are freed.

Social media is there to show us what is happening but it's up to us to follow through and stand up for what is right.

You can also check out Jewish Voice for Peace which is an organization that wants violence against Palestine to stop. Together we can help free Palestine.

TAKING GENERAL ED CLASSES IN COLLEGE FEELS POINTLESS

Joel Carpio

Editor in Chief

In high school, you spend all four years learning general education so what's the point of having to do it again for another two years in college?

A lot of countries, unlike the United States, don't require you to take your GE's again in college for another two years.

In Europe most if not all colleges don't require you to take any general education courses.

To no surprise, the U.S. is behind on this method of education that most colleges in Europe have adopted.

Instead of requiring GE's colleges need to focus more on using those two years to let the student discover what they want to major in and not have them repeat their GE's.

Unfortunately, oftentimes a lot of the general education classes that students take, the work they are assigned to do feels like busy work rather than learning anything valuable from the course.

Many people have argued that the U.S. should and needs to get rid of college students having to take their gen ed's again.

It feels like a waste of time and a waste of money to have to redo what you already did in your past four years in high school all over again in a shorter amount of time for your first two college years.

It's outrageous that if you were to go to an expensive college you would be paying absurd amounts of money for two years of education for free in high school.

College should be a time when you're figuring out what to do as a career once you enter the workforce.

It should be a time of learning more about you, your skills, attributes, likes, dislikes, strengths and weaknesses.

Oftentimes when people argue that colleges should get rid of GE requirements the rebuttal is that we are getting taught a higher level of the subject than we were in high school.

Allegedly, a lot of professors' curriculums or test/quiz answers can be easily found on the internet. Students don't feel like they are learning enough in class and resort to searching things up.

This leaves some to ask why we are paying so much money for a "higher level" of education when we can just look up what we are being taught for free.

Because this allegedly happens often, a lot of students feel like their time and money is being robbed by the money-hungry governing body of the colleges.

People from foreign countries are often confused at the fact that once we are in college, we still have to do our GE's for another two years.

More people would probably also attend college if GE's were taken off and no longer required to be taken.

It is unfortunate that the U.S. still hasn't caught up to the educational practices of today and is still stuck in the practices of yesterday.



SHOTFORSHOT

Money being served on a plate next to some silverware.

ARE YOU STRESSED ABOUT FINALS? IF SO WHAT CLASS?

Compiled by: Diana Morales



Jose Gomez
Kinesiology major

"I have finals for kinesiology and it's kinda like stressing me out. It's like I don't wanna do that I dont wan to study."



Subhaan Rehman
Computer science major

"No, I'm not really stressed of any classes but I'm a little stressed with my computer science class."



Juan Chavez
Computer animation major

"Yes, I am. Im stressed out about animation."

WHERE WILL OHTANI LAND?

The biggest star in the MLB is on the free agent market. Here are potential landing spots

Joel Carpio
Editor in Chief

Shohei Ohtani, a pitcher and hitter is widely considered by many to be the greatest baseball player of all time in his short amount of time in the MLB has finally reached free agency and baseball can't stop talking about where he will potentially sign this upcoming off-season.

There isn't a team that doesn't want to sign him but not all teams have the financial capability to offer him a massive contract like he is expected to be getting this offseason, here are the top five teams from least to most likely to sign Ohtani in this upcoming free agency.



ERIK DROST

Shohei Ohtani in the batters box preparing to hit the ball.

5. The New York Mets:

Although the Mets are trying to get Shohei Ohtani who they haven't tried to sign. They do make sense as a landing spot for Ohtani as they have the money Ohtani wants and there is also another Japanese pitcher on the Mets that could make Ohtani more comfortable knowing he has a fellow countryman.

4. The Chicago Cubs:

The Cubs are another aggressive team that almost made the playoffs in the 2023 season when nobody expected them to be as good as they were. They have a lot of cap space opening up and have a great incoming young core to the team.

They are one-star player away from competing for a chip.

3. The Texas Rangers:

Coming off their first-ever World Series victory, the Rangers are in a great position to sign Ohtani if they weren't located in Texas. They're in a great position considering they just won the championship which means they're competing which is what Ohtani wants, but he has always preferred a West Coast team.

The Rangers have already spent a lot of money on shortstop, Corey Seager, and second baseman, Marcus Semien, even though they are pursuing Ohtani it is unclear if their owner will want to spend a lot more on Ohtani so they have a better chance at repeating as World Series champions.

2. The San Francisco Giants:

The Giants make a lot of sense for Ohtani to sign with. They were competitive in 2021, they have a decent young team and have money to spend this offseason. Not to mention they are a West Coast team which is something Ohtani prefers.

The only thing holding the Giants back is the fact that after their historical 2021 season, they haven't competed and have looked like a completely different team since then. Winning is very important for Ohtani so it is questionable whether he'd be willing to wait a year or two until they get the pieces to make a deep run into October.

1. Los Angeles Dodgers:

This is a no-brainer and makes way too much sense for Ohtani to sign with the Dodgers. Not only are they always competitive and winning but they are a West Coast team with a ton of money to spend this offseason. The Dodgers didn't spend much in the 2022-2023 offseason because they planned on saving that money for Ohtani in the 2023-2024 offseason.

The Dodgers mark off every category on Ohtani's list which puts this team in an amazing position to sign Ohtani. They are the favorites to sign him, and hopefully he could help change the Dodgers postseason history.

Men's Athletes of the Semester

Soccer:

1st team
All Conference Selection

Donavan Perez
Miguel Gonzalez
Kevin Meza

2nd team
All Conference Selection

Kevin Meza
Juan Pablo Camacho
Luis Medina
Jose Lopez

OKLAHOMA CITY THUNDER NEEDS TO SUSPEND JOSH GIDDEY IMMEDIATELY

Michael Delgado
Co-Sports Editor

Oklahoma City Thunder player Josh Giddey has been accused of being in an alleged relationship with a minor.

The news broke after numerous videos and photos surfaced on the internet of Giddey and a girl who is a junior in high school.

The NBA has decided to now look into the situation and see if there is indeed enough evidence to take it a step further and punish Giddey.

The next day after the allegations came out, reporters asked Giddey about the incident and he declined to comment on it.

"I understand the question obviously, but there's no further comment right now," said Giddey.

Thunders Head coach Mark Daigneault was asked during his press conference and he also declined to comment on the allegations.

"Personal matter, and I have no comment on it, and that'll be my comment related to anything," said Daigneault.

Giddey is 21-years-old and the girl he was having an alleged relationship with is 16-years-old.

The girl's social media accounts have all been deactivated since the allegations dropped.

It is now being reported that the New Port Beach Police Department is investigating the allegations against Giddey.

According to reports from CNN, "The Newport Beach Police Department is aware of information being circulated online involving an alleged relationship between professional basketball player Josh Giddey and a female minor," the statement

from NBPD said.

"The Newport Beach Police Department is actively seeking additional information related to these allegations and pursuing all leads and evidence to obtain the facts of the case."

And now the family of the alleged minor whom Giddey was accused of having a relationship with is refusing to speak to the police who are currently investigating the claims, according to TMZ Sports.

This is a very serious situation that the NBA needs to take action against because it would be a horrible look on the league and Adam Silver if nothing happens to Giddey. The allegations haven't been confirmed to be true.

More reports state that this incident that allegedly happened took place two years ago when he was 19.

According to the New York Post, "NBA star Josh Giddey's alleged encounter with an underage girl happened two years ago and they only spent one night together.

The Thunder guard, 21, is claimed to have believed the California teen he was pictured shirtless alongside in pics leaked on social media was 19 when they met at a nightclub in 2021

The only scenario you could think of the prove he is innocent is that there's a possibility the alleged minor lied about her age to Giddey.

And another scenario that could possibly keep him away from getting in trouble is that the age of consent in Oklahoma is 16-years-old.

Even that won't help because at that age it is only legal to consent to sex with an 18-year old and Giddey is 21 years of age.



CRESCENT CITY PICTURES

Josh Giddey driving for a lay up in game against the Pelicans.

But it's just mind-boggling that the NBA was so quick to take action against players like Ja Morant and Kyrie Irving.

The media tore both players apart and painted them as anti-semitic and criminals but with Giddey it's complete silence.

Morant was suspended from any team activity immediately, and as far as I'm concerned Morant didn't do anything illegal.

Giddey being allowed to practice and do any type of team activity with an allegation against him that is as serious as this makes zero sense.

It's a distraction for the team and overall a bad look on the Thunder as an organization.

Now if these allegations against Giddey are proven to be true then he shouldn't be allowed to pick up another NBA basketball. Again only if these allegations are true.

Water Polo:
1st team
All Conference Selection

Joshua Lambertson
Diego Campos
Timothy Robles
Jacob Colon

2nd team
All Conference Selection

Allan Jimenez
Kobe Hurtado
Diego Diaz

Football:

1st team
All Conference Selection

Zedekiah Rodriguez
Brown

2nd team
All Conference Selection

Chase Grosfeld
Gavin Porch
Leroy Palu
Kevonte Henry
EJ Smith

'JOBS NOT FINISHED'

Following the legacy of her family Jayda Harris-Amete carried on her Falcons bloodline.



PHOTO COURTESY OF DARYL PETERSON

Jayda Harris-Amete saves the ball in matchup against Mt. Sac in the final game of the season.

Women Athletes of the Semester

Michael Delgado
Co-Sports Editor

Andrew Harris and Tiffany Amete are both former Falcons and 20 years later Jayda Harris-Amete decided to follow the footsteps of her parents and play for the Cerritos College volleyball team to carry on the legacy her family left behind.

Jayda's start to her volleyball career is a bit different than the usual origin stories you hear.

She began playing volleyball at a competitive level during her sophomore year of high school, but simply out of curiosity.

"I started playing volleyball competitively in my sophomore year, but it was simply just for fun, I didn't plan on playing after high school," Harris-Amete said.

The person responsible for allowing Jayda to play was her former high school coach Linda Reich who is a former coach at Cerritos.

"I shout out my high school coach because she gave me the opportunity to play, if it wasn't for her I wouldn't be playing," said Harris-Amete. "I was on the JV tryout squad just cause and she was like, 'yeah you're gonna play', and ever since then I've never stopped," said Harris-Amete.

Culture plays a huge role in somebody's identity, it contributes to how people see themselves and the group with which they identify, and Jayda represents the culture of Samoa.

"It means everything to me, my family, and my culture is so supportive. The least I can do for them is do good

on the court and give back to them," Harris-Amete explained.

She has four siblings named, Audrie, Jaylon, Kirah, and Nalah, she shares a close

relationship with all of them and is the oldest of group.

Being the oldest sibling Jayda understands the responsibility she takes on being the oldest of four younger siblings.

"A lot of the responsibility comes from being the oldest, and I take on a lot of that especially that my dad and my brother live in Vegas so I take on a little more of a role than just an older sister," Harris-Amete explained.

"But I honestly don't mind because it could be overbearing sometimes but I love it and I wouldn't change it for the world," said Harris-Amete. When it comes to volleyball her biggest challenge she faces is the mental aspect of the sport, because

she wants to be able to perfect her craft.

"I'm so hard on myself so I always wanna be a perfectionist in what I do especially if I have love and passion for it, so if I'm hitting a ball 12 feet out the court I'm literally cussing myself out," said Harris-Amete.

As Jayda is approaching her final stretch at Cerritos, she thanks her team who supported her through this journey. "I love this place, this is why I came back, it's why I decided to come here in the first place, this place is awesome, they've welcomed me with open arms and never anything less."

Thank you to Coach Kari, Coach Mo and everyone who's supported me cause..... job's not finished,"

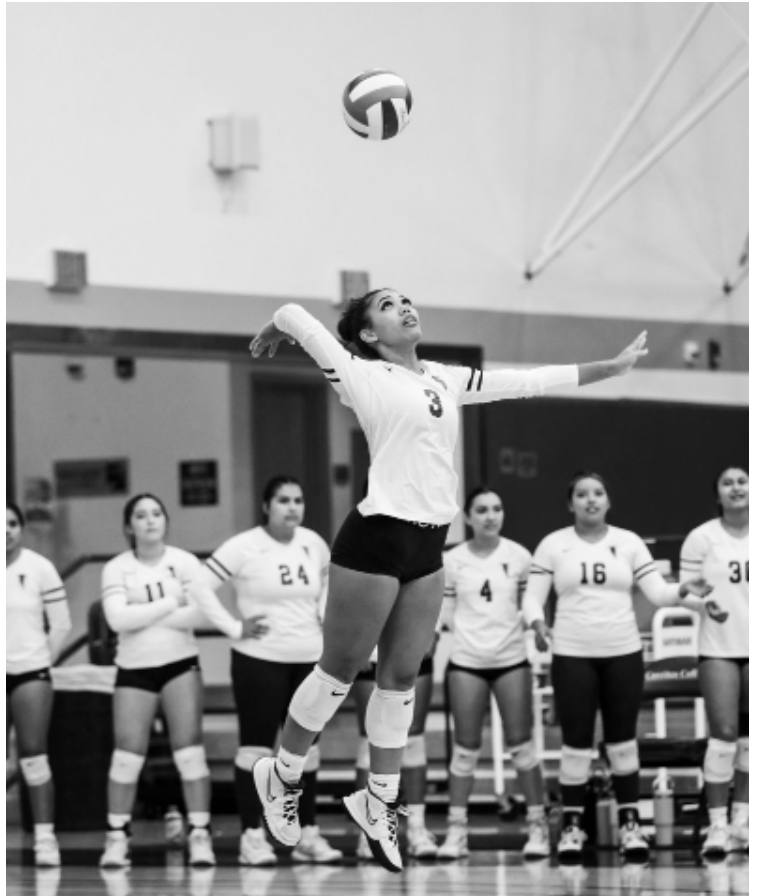


PHOTO COURTESY OF DARYL PETERSON

Jayda Harris-Amete serving the ball in a matchup against Golden West.

Water Polo:

1st team
All Conference selection

Jewels Longoria
Morasky
Clairissa Nuno

2nd team
All Conference Selection

Camila Oliveira
Delainey Garcia

Soccer:

1st team
All Conference Selection

Victoria Ruiz
Jaque Adame
Deanne Casilas

2nd team
All Conference Selection

Giselle Ramirez
Genesis Mendoza
Madelynn Jones

Volleyball:

1st team
All Conference Selection

Jayda Harris-Amete
Jasmine Soto

2nd Team
All Conference Selection

Leeyah Rubio
Priscilla Castillo

JEWELS LONGORIA-MORASKY: SHE HAS INFINITY STONES OF ACCOLADES

Emily Maciel
Staff Writer

Star water polo player talks about her many recognitions received throughout her career..

In her first college season, Jewels Longoria-Morasky has already broken a school record and made the top five in the state for multiple statistics.

As a school record breaker, student-athlete and state stat leader there's no doubt she's a threat in the pool. She's only a freshman on the women's water polo team here at Cerritos College and her name is Jewels Longoria-Morasky.

Her interest in water polo began when she turned 11 and she started playing in the city of Commerce at the Brenda Villa Aquatic Center until she was about 13 years old.

A few years later COVID-19 hit and a lot of athletes found themselves having to stop playing their sports because of the need to stop close contact but Longoria-Morasky didn't let this stop her.

Her high school coach at the time, Devon Hunter, reached out to her and asked her to come play for his club team named CHAWP. She took him



PHOTO COURTESY OF DARYL PETERSON

Longoria-Morasky attempting to score a goal.

up on his offer and found herself loving the team and the sport itself. Although she loved water polo at the time, she did a few other sports which included cheer, swimming and jiu-jitsu which she had to choose between these four. Longoria-Morasky thinks choosing water polo turned out to be the best decision as she has accomplished so much while playing

the sport.

In her first year here at Cerritos, she has become the only women's water polo player with over 100 exclusions drawn. Her new set school record of 107 is also the most in the state. She scored 109 goals which is the second most in school history and she ranks fourth in the state in this stat. Her season high in goals scored in a single

game is 12 which is just one off from the school record and she earned first-team All-South Coast Conference recognition.

She is very honored to have done so much in one year but is very humble and doesn't forget to thank her mentors. She gives a huge thank you to the entire coaching staff here at Cerritos, especially Head Coach Sergio Macias.

"He's always been the biggest mentor to me even though this is my first year but he was the main one that really got me to this point," said Longoria-Morasky. "It's a big honor because I mean it's a huge accomplishment." said Longoria-Morasky.

She had to give herself little pep talks to get through these moments, as well as rely on her parents for their constant support. I wouldn't be who I am today and being the person that always has a smile on her face," said Longoria-Morasky after giggling.