

Students question handling of RAVE alerts

Jasmine Martinez

Editor-in-Chief

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Cerritos College officials are on the defensive as student complaints and questions are on the rise following the handling of an unsubstantiated and non-credible bomb threat reported on Dec. 4 at approximately 6:25 p.m.

A campus-wide notification was sent out via Rave Alert, an emergency messaging system used by the campus to inform students and faculty of possible threats to the campus and surrounding community, on Dec. 5 around 11 a.m., notifying the public of graffiti in the men's restroom in the Multipurpose Building which allegedly satated that the school "would be bombed" on Dec. 9.

Campus police and cadet presence increased significantly on that Monday for "peace of mind" according to Thomas Gallivan, chief of campus police. Cadets and police were seen monitoring men's restrooms around campus throughout the day.

Cerritos College Campus Police vehicles were stationed around campus, being seen in Lot 4 and in between the Physical Science and Technology and Math and Computer Information Sciences buildings.

Following the previous bomb threat scare in September that made the school shelter-in-place for approximately two hours and the delay in communication that day, Cerritos College students expressed their anxieties and concerns on the recent situation and being notified a day after the initial incident was reported to the authorities.

"I'm very disappointed in our school system. I would think that this college would be really on it," Roven Matilla, media studies major, said. "The bomb threat [notification] being a day late is unacceptable and unreasonable."

According to Cerritos College officials Jose Fierro, Felipe Lopez and Gallivan, it was a matter of investigating thoroughly and not wanting to create a panic on campus amongst students.

President Fierro said the alert was not sent out earlier to mitigate the risk of anything interfering with the campus police investigation.

"The response time is something determined by our police department, they have to make a judgment call to



JASMINE MARTINEZ

Increased campus police presence: The Cerritos College Campus Police increased its presence on campus following a suspect's threat that stated the campus would be bombed on Monday. Cadets and officers were stationed at intervals across campus, to ensure student peace and safety on Dec. 9, 2019.

provide support and safety to campus," he explained.

According to the Cerritos College Emergency Operation's Plan, the use of the alert messaging system is limited to crisis and urgent conditions that "in the judgment of the President or Superintendent or designee, warrant immediate or other notification to the [college] community."

Acts of violence or "conditions involving credible threats of violence" is an example of conditions where a mass notification might be sent.

Lopez, vice president of business services, said that there is no set time frame in which Rave Alerts are sent out.

He said it could take several hours, days or even weeks.

"It's an uneasy thing but we don't want to overreact or underreact," Lopez said, "Our goal is to put out information as quickly as we possibly can."

Chief Gallivan emphasized the importance of "due diligence" regarding possible threats made to campus as to not cause anxiety prematurely. He said if there is no immediate threat, there is no urgency in sending out a notification.

Vice President of the Associated Students of Cerritos College Nathan Williams said he understands the need to not cause a panic; however, verified information should be sent out sooner rather than later.

As far as who is responsible for sending out the Rave Alerts and deciding when, Gallivan said it is a "team effort."

He sent out the Rave Alert on Dec. 5 and the following alert on Dec. 6 deeming the threat as non-credible.

On most occasions, he said it is either him, Fierro, Lopez, or public affairs who send out the alerts.

"The challenge is everyone wants to know everything right now," Gallivan said, "We have to make sure we have all the facts."

Williams said students might want to know such information right away and recommends they reach out to senators to see what an adequate and comfortable time frame would be.

Gallivan said that these kinds of threats to school are "not uncommon" and that Cerritos College probably puts out more notifications than other colleges do.

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Sports - Page 11 Shooting for success

Prepping for Sexual Assault Awareness Month

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In an effort to prepare for Sexual Assault Awareness Month at Cerritos College in April 2020, the Office of Human Resources and Title IX is setting up early booths so that more people can participate in the Clothesline Project.

With this being one method of sexual assault prevention and awareness, students are encouraged to stop by and utilize paints and T-shirts to create their own messages in support of victims and/or have their voices heard.

Human Resources employee Kamisha Sullivan said that they began asking students to participate in November, as to have more time and more shirts to share come April 2020.

She said they would have opportunities in December and January.

"You can make [a shirt] and take it, or leave it with us with your contact and we'll give it back to you in April," said Title IX Deputy Kamisha Sullivan.

She said the turnout has been good so far, having received a couple of dozen shirts.

Angel Gray, a campus victims advocate and confidential resource for faculty and students, said that students feel comfort-



JASMINE MARTINEZ

Creating a conversation: Cerritos College students were given the opportunity to create their own shirts for The Clothesline Project, a movement created to bring awareness of sexual violence. They had the choice to leave the shirts so they could be displayed in April for Sexual Assault Awareness Month, or take them on Dec. 10, 2019.

able and like they can open up at these kinds of events.

"It's been really successful, especially during Domestic Violence Awareness Month we really saw students feeling comfortable and feeling safe enough to open up," Gray said.

She went on to say that this project provides confidentiality and an outlet to express themselves in ways that they might not have been able to in the past.

Journey Maybury, kinesiology major, said, "This event definitely needs to be had way more

often, especially around different schools [as] a simple outlet to allow people to express all that they've been through."

Her shirt full of colorful and multiple messages grabbed the attention of curious students lingering around.

Cerritos College plans to display their Clothesline Project and host other events pertaining to Sexual Assault Awareness in April 2020.

[Full story on talonmarks.com](#)

WPMD receives recognition from Norwalk city

Oscar Torres

Staff Writer

@ProfessorChunk

WPMD, Cerritos College's radio station, was recognized by the Norwalk City council at its

Dec. 3 city council meeting for being named America's best two-year college radio station.

Casey Piotrowski, a faculty member of the college and radio station, along with Juan Joshua

Negrete, show editor and entrepreneur, and Donald Steele, a student engineer of the radio station, were present to receive a commemorative plaque from the council.

The radio station started in 1973 and Casey has since been with the station for over 18 years, becoming the primary advisor of the program seven years ago.

"Besides the seven nominations in seven years, as well as two awards for the station, we've also won some national awards for a number of students," Casey stated. "We don't really do a whole lot of training or anything like that. Basically we're in the studio and say 'talk as much as you want, you can play anything you want as long as its clean as well.'"

Casey also mentioned that "there have been dozens of individual nomination awards for students."

Joshua elaborated on this: "For example, there was the best foreign language program that we did, it was a great show, and the year before that we won for most creative show that was the 'Energy Hour.'"

Piotrowski also explained the differences on what WPMD does compared to the other radio stations, both on the college level and professional level.

"We don't format our people to death. We don't tell them what to do, when to talk and when not

to talk and how much they can talk," he stated. "As I said in the meeting, we have couple of rules. We can't play anything that's dirty, no obscenity in what you say and what you play and talk as much as you want but have a point and enjoy yourself."

When speaking about how many hours that people listen to the colleges radio, Casey estimated: around 600 hours from the United States; 470 hours in Germany; 400 hours in the UK; 30 hours in China; 15 hours in Jordan; 5 hours in Romania; and 2 hours in the United Arab Emirates in the last month. These numbers contributed to their nomination and recognition.

They also put all their time and effort into getting their content right on the spot. One example was having a person study and analyze old cinema, spending many hours analyzing the movie 'Psycho' and spending only 30 minutes on the recorded content. So every one in the group has managed to put all their time to make some of their shows well done so that many people can tune in and enjoy it.

WPMD hopes to continue to grow in popularity and success.



OSCAR TORRES

America's best two-year college radio: The Norwalk City Council recognized WPMD radio at its city council meeting for being named America's best two-year college radio station. Juan Negrete, Casey Piotrowski, and Donald Steele presented the plaque given to them by the city hall on Dec. 3, 2019.

Bellflower's glow-up

Bellflower: nominated for "Most Business-Friendly City" in 2019

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Bellflower is now seemingly home to a growth spurt, with new buildings and businesses popping up left and right.

Metropolis Comics employee Christian Womack says, "I think it's super cool that they're building this city up, we're benefitting from the increased foot traffic, and it just keeps on coming."

Fantasy Cakes employee Nick Elchert describes the change as, "a more uptown vibe, it's starting to look along the lines of Whittier Blvd, where people make plans to go to places like Steelcraft and Kalaveras, and that really brings people together on a regular basis, and into our store."

Guild House employee Charles Dundre says he's noticed a huge change because of the increased business, and sees only further growth for both the city and his business in the years to come.

He states, "with all the street fests and community events, friday night magic and dungeons and dragons are bigger than ever, and with the city's increased revenue I think it helps us out because they invest more in businesses like us, which just helps us draw a larger crowd and it's an awesome cycle."

Dundre went on to say, "out of nowhere I just started seeing new businesses and food joints pop up left and right, and I've seen the boulevard grow from a small little place to a happening spot

for everyone."

This sudden and rapid growth is what led to the city being named as a finalist for the 2019 Los Angeles County Economic Development Corporation's Most Business Friendly City Award for cities over 50,000 in population.

Here's everything that contributed to the nomination, and in the near future.

Dunkin'

Serving up fresh coffee, ice tea and donuts every day of the week, this location features a drive-thru window for a quick morning run. For those looking for an even faster experience, using the Dunkin' mobile app will allow you to bypass ordering and simply pick up your order at the window.

In-N-Out

Located across from Golden Corral, this location has one drive-thru lane and a dining room that can seat 84 people, with two entrances into the parking lot for ease of access from all sides.

SteelCraft

An outdoor urban eatery that encourages community, completely constructed from repurposed shipping containers. Features a television that takes up the whole wall to stream football and other sports games, and foosball tables and other games setup throughout.

Restaurants in steel craft include:



WIKIMEDIA COMMONS

Business is booming: Bellflower was named as a finalist for the 2019 Los Angeles County Economic Development Corporation's "Most Business-Friendly City" award. Many of the things that contributed to this nomination include Dunkin', In-n-out, SteelCraft, and the upcoming West Santa Ana Branch Corridor Project.

Ten Mile Brewery - serving up craft beers and other drinks

Off Duty Wine Bar - wind down after a long day with choice wines

Long Beach Creamery - ice cream with enough flavors to rival Baskin Robbins

Solid Coffee Roasters - wake up with freshly brewed coffee

Fritzi Coop - a fried chicken restaurant created by well-known chef Neal Fraser of Redbird

Pholanthropy - serving pho for a warm meal after a cold day

Prime by Shenandoah - feel the taste of home with comfort foods from here

Cassidy's Corner - a breakfast

spot known for homemade bagels in over 20 varieties

The Standing Room - a burger joint that experiments with new and unique styles of burgers

Mayne Events Center

Home to the Los Angeles County Fire Museum, a museum of firefighting vehicles and equipment. The museum exhibits some of the 60 antique fire engines in its diverse collection. The building also houses a ballroom and center that can be rented out for events such as parties and weddings.

Coming Soon:

Aldi

A market known for having great sales and low prices, this will soon be opened where Ralph's previously stood. Expected to open late December 2019

West Santa Ana Branch Corridor Project

Routed to stop at Bellflower Boulevard and the Pacific Electric Right-of-way. The 20-mile line will stretch through many different cities from City of Artesia to Downtown Union Station.

ASCC banquet honors students and faculty

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The Associated Students of Cerritos College hosted their annual Fall Awards Banquet in the Bhupesh Parikh Student Hall on Dec. 6, recognizing a number of students for outstanding community service while participating in programs and activities on campus.

This year's theme was Van Gogh in Wonderland.

Before the start of the ceremony, guests and nominees helped themselves to the wide selection of fruits and sweets after checking in. Students, professors and even administrative faculty were in attendance.

The first awards were announced at 6:15 p.m. for the Bob Epple and Inter-club Council scholarships. Recipients of these scholarships need to be active participants in student government while taking at least five units with a minimum 3.0 GPA.

The scholarship was \$100 with a certificate.

Several faculty members were

also commended for their service on campus, including Stephanie Minami, who acts as an advisor to EOPS and as the current College Foundation Secretary.

Minami was one of the winners of the Outstanding Advisor award.

She stated she felt humbled,

“If I feel that I'm able to help, why wouldn't I?”

and explained she “came because I was so honored to be nominated by my students. Their opinions are what really matters.”

Other awards distributed Friday night included the ASCC Service and Leadership award and the Certificate of Service.

The last category of awards is a Falcon medallion separated by type of medal (bronze, silver and gold being the highest accolade).

Corina Rosas, director of student services and president of the environmental club, received a Gold Falcon award.

In previous years, Rosas accumulated both the Bronze and Silver Falcon as well.

“I feel that if I'm able to help, why wouldn't I?” she expressed.

Rosas credits her mentality for her desire to make a positive impact at Cerritos College, saying she wants “to leave this school a better place than it was when I first came here.”

Rosas' generosity is something her fellow award winners have in common. Many nominees participated in several on-campus activities, all hoping to create a better environment for all current students.

After the banquet, ASCC Student Body Vice President Nathan Williams was posing for photos with cabinet members and other organizers. He also received a Golden Falcon medallion and was cheerfully sporting it around his neck.

Full story on talonmarks.com



JASMINE MARTINEZ

ASCC in Wonderland: The Associated Students of Cerritos College hosted their annual Fall Awards Banquet, where they presented awards such as the ASCC Service and Leadership award to recognized students and faculty. The “Van Gogh in Wonderland” event was held on Dec. 6, 2019.

Norwalk celebrates annual snowfest

Abel Montoya
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The city of Norwalk celebrated the annual snow festival for its community on Dec. 7 at Norwalk City Hall, which included a variety of entertainment and games for all families.

The event started at 12 p.m. and all games closed at 4:30 p.m.

To end the snowfest, they lit the Christmas tree at 6 p.m. with a snow globe giveaway which in order to participate you had to be 14 years old or younger.

One of the games that were at the snow festival was Snow Slide, which in order to get in, you had to be 12 years old or younger. Adults were able to slide with children.

Rose Romero, 50, worked at the snow fest as security. When she was asked for the reason of the event she replied, "The reason is for children to go out and get

excited when Santa claus comes at 6. The city does this to get the family united and have some fun."

Romero also said, "This event was free for all residents and non-residents from Norwalk to enjoy."

The snowfest also had face painting, a snow play area, arts and crafts, Inflatable Snowglobe Races and many more.

The Palafox couple, both about 50, attended the event because they said that their nephew told them to go with him and their family since they were leaving to Mexico soon.

Leticia Palafox of the couple said, "This event is very beautiful and it can unite families and be fun."

"In Mexico there is nothing like this, so I really enjoy this opportunity to see this amazing event," she continued.

Before the Christmas tree

lighting there were Christmas dances and also a choir singing Christmas songs to make the event more energetic and to entertain the people that attended.

Fausto Limon, 29, attended the event with his family. They decided to attend just to enjoy family time and to see what is out in the community.

When Limon was asked what games or entertainment he participated in, he replied, "We were in the snow section and practically in all sections for children."

"The game that we all liked was the snow section because the kids were free to play and have fun," Limon said.

When he was asked about why this event had been created, he said the following, "The city cares about their people and having some fun for the family."

The next opportunity to attend the event will be December 2020.



ABEL MONTOYA

Holiday festivities: The Norwalk Snowfest provided a variety of games and live entertainment for all attendees to enjoy, including a tree-lighting ceremony and the chance to see Santa Claus. Children played in the snow in a designated youth snow play area on Dec. 7, 2019.

Downey passes fruit trees to locals

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Trinity Baptist Church hosted an event on Dec. 5 in an attempt to pass about 120 fruit trees to those within the Downey community and teach them to care after trees and the environment.

The trees were stored in a back truck and to redeem one, people had to provide their name and address.

The event was supposed to start at 5 p.m.; however, it started a little bit earlier. As a result, some of the people that attended at 5 p.m. complained because the peach trees were almost gone when they showed up.

Ernesto Jimenez, 19 years old, assisted the event because he saw the event in a Facebook post.

When asked why he decided to attend, he said the following:

"Because I like trees a lot and having a fruit tree in my house would be great. I would not go to the store to buy fruit anymore," Jimenez said.

When asked which fruit tree he decided to grab, he replied, "I chose the apple tree because it was the only one there [and] I was a little late here."

He added, "I would have liked to have the peach tree."

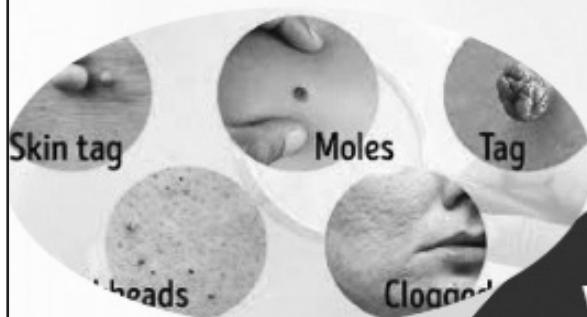
Brian Medina, 26, was one of the helpers of the event, who said they gave around 120 trees in total.

Full story on talonmarks.com

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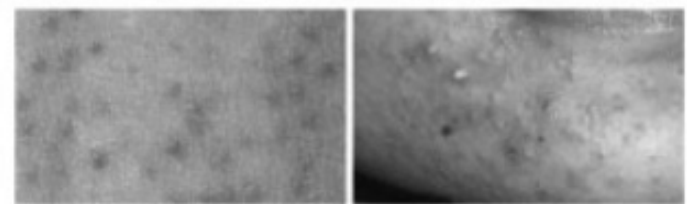


What type of acne do you have?



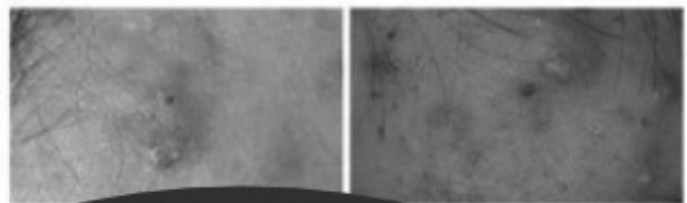
Whiteheads

Blackheads



Papules

Pustules



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GORDITA EATERIES: *Pop's cafe*

Rebecca Aguila
Online Editor
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Welcome Gordita Eateries, the one and only food column dedicated to great food. It's time to get out of the constant food cycle and venture into a world of delectable dishes that is to your liking.

Greetings and salutations from your favorite gordita. We're going out with a BANG with this edition's food column and heading to the local area of Downey, California.

This popular restaurant is the perfect definition of having a great breakfast with someone you love, as well as having some of the most delightful waiters and waitresses waiting on you.

Pop's Café really has the ambiance right of giving off the feeling of being warm and fuzzy when sitting down and enjoying the most important meal of the day.

An aroma of freshly made waffles and pancakes entices one to order the holy grail of all waffles.

Pop's Café Belgium Waffles are a scrumptious treat to enjoy on a Sunday morning, topped with dollops of homemade whipped cream and delicious fruit to make you feel better about eating carbs on the diet you promised not to break.

This premium waffle is abnormally sized, which is only for those who wish to feast on the powdered sugar jousissance that this neighborhood café creates in their kitchen.

To truly enjoy a waffle, nothing pairs better than some freshly cracked eggs and plump sausages that highlights the great food that is served at this hustle and bustle café.

Recommended by our amiable waitress, the Polish sausages were the cynosure to the breakfast that was destined for champs alongside with light and fluffy scrambled eggs.

Every bite took me higher and higher to ultimate bliss since I, myself am a huge fan of breakfast on a cold Sunday morning. A gordita like me does not play around when it comes to waffles, and Pop's Café had me speechless as

I devoured my entire meal without a single crumb left behind.

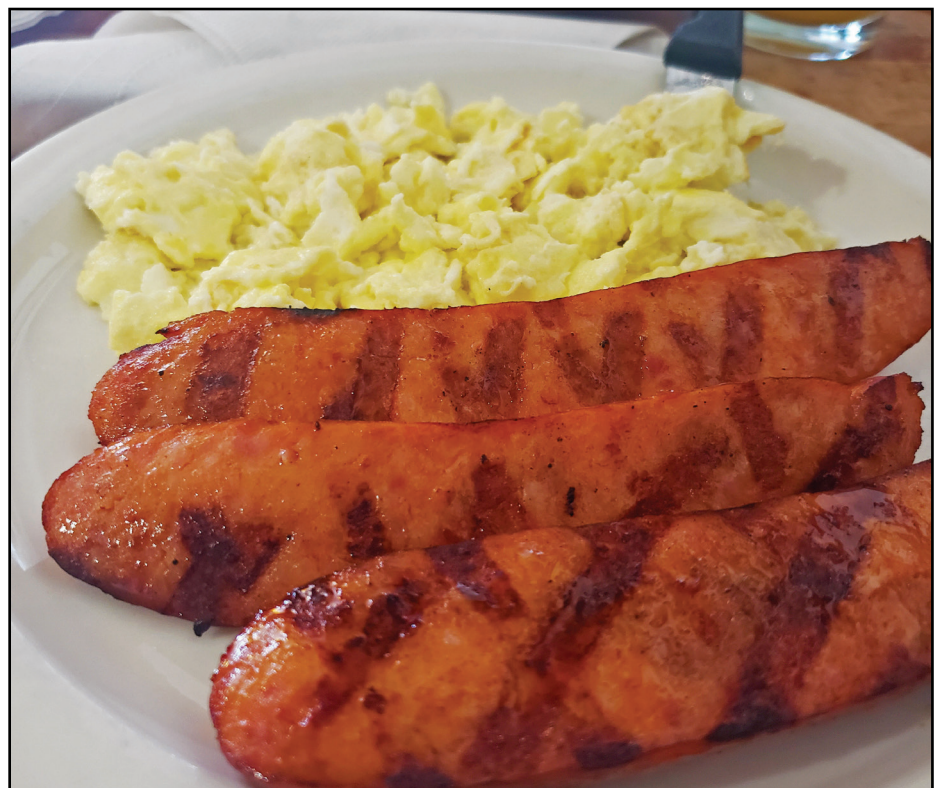
If you're looking for a different take on having eggs for breakfast, the Eggs Benedict is something that'll have you curious enough to taste.

Where can I even start to describe the dish other than unconditionally perfect?

The hollandaise sauce is like no other and it was just at the right consistency and flavor that is expected from a good Eggs Benedict breakfast. A side of Irish potatoes are paired with Bell peppers and caramelized white onions, which gave off an aroma of tasty home-style breakfast.

I personally believe that Chef Gordon Ramsay would be impressed by how unparalleled the entire presentation and relish of Pop's Café signature Eggs Benedict dish really is. The entire environment at Pop's Cafe creates an exuberant energy that kindly welcomes everyone back to try more of their delicious breakfast items.

Pop's Cafe is a local hidden gem that will definitely satisfy the ravenous beast that is hidden deep down within.



PHOTOS BY REBECCA AGUILA

Scrumptious treat The eggs Benedict are an eggy delight that create an orchestra of outstanding flavors. Guests can also enjoy the lusciously plump Polish sausages with a side of freshly-cracked scrambled eggs that are light and fluffy at Pop's Cafe in Downey.

Uproar duo preform at Burnight Theatre

Vivian Yglesias
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The Burnight Theater at Cerritos College hosted a classical music lecture, which featured the Uproar Duo, Andrew Harrison, saxophonist, and Clare Longendyke, pianist on Dec. 6.

Harrison and Longendyke began their first piece with great sound of the piano and saxophone. They played the songs that were included in Albatross by Sally Beamish. They were actually all played in one go.

"I was actually a pre-med student until I started to play the saxophone again, but I grew to love it much later," Harrison said.

The next two songs that were played were soft, yet intense as the saxophone pairs greatly with the piano in the background. The last two were the most intense as it sounded like a soundtrack for noir movies in the 1940s and 1950s. Everyone applauded as the Uproar Duo finished the songs in 5 sets.

Longendyke said that she has played piano since she was seven years old, although she wouldn't give up her age, but that she loves performing in concert.

Harrison and Longendyke took turns introducing themselves and telling what each song meant after each set.

Harrison has performed in hundreds of concerts throughout the United States and Europe as a chamber musician and soloist. He has been acclaimed as "spectacular" with a sound that is "broad and rich."

He has a doctorate in Musical Arts from USC and a master's degree from the University of Texas at Austin Butler School of Music. He serves on the faculty of Mt. San Antonio College, Cerritos College and the French Conservatory of Music.

Longendyke has performed in solo and chambers across Europe and North America. She has won first place in piano competitions in Minnesota, Indiana, Illinois and Massachusetts. She made her first orchestral debut in 2012,

performing Bartok's 3rd Piano Concerto.

Since 2012, she has performed in over 90 works and is the founder and Artistic Director of Music in Bloom, a music festival in Indiana. Currently, she is the Director of Chamber Music, and Artist in Residence at the Uni-

versity of Chicago Department of Music. Did you interview any of the students?

A program was given to the audience, explaining the different musical pieces that were played. There was Albatross by Sally Beamish, Unfamiliar Territory by Micheal Markowski, Amare

by Stephanie Ann Boyd, City Vignettes by George N. Gianopoulos and Days Made of Now by Troy Armstrong.

The concert was performed by the Uproar Duo who played an exciting, yet calming experience for the students at Cerritos College.



VIVIAN YGLESIAS

Uproar duo: Andrew Harrison and Clare Longendyke played together at the concert with a classical piece and great versatility. The duo played at the Burnight Center Theatre on Dec. 6, 2019.

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Books as art at the Long Beach Art Museum

Johanna Drucker's lecture on the history and future of book art asks questions about reading in a world of technology.

Accomplished book artist and professor at UCLA Johanna Drucker's engaging and detailed lecture titled *Artists and Books: What Is Happening Now?* tracks the past, present, and future of book art.

The lecture was presented as part of the Long Beach Museum of Art's exhibit, *The Artful Book*, which showcases experimental books as both literature and art.

Are books anachronistic, outmoded, pointless? Drucker doesn't think so. The book as an icon holds authority even in our technologically saturated world. According to Drucker, the inspiration that can be drawn from history is "inexhaustible" and helps provide "roadmaps to the present."

Art has been intertwined with books since their inception. Art has a history of experimentation and books have been part of this evolutionary trend.

Medieval manuscripts are dominated by detailed images and decorations surrounding the body of text. Artists like William Blake chose books as the vehicle for their written and visual art. The avant-garde challenged old forms of art and literature



SEAN DAVIS

Past, present, future: Johanna Drucker conducted a lecture on the history and future of book art and looked into the past, present and future of book art, and discussed where that is heading in modern culture. The lecture took place at the Long Beach Museum of Art on Dec. 6, 2019.

through their book projects.

Artists recognize the power of books in collecting and disseminating their art. Painters and designers have been publishing art books since the early 20th century.

The world of book art has been dominated by experimental, conceptual art. The form of a book grants credibility and authority to a work that challenges established assertions.

But how does the interplay of book-as-icon and art merge with the techno-future that we're told

is coming?

In a world where "the internet's forever," William Gibson, the originator of the cyberpunk genre, gave an answer. His 1992 work *Agrippa* is a lesson in impermanence. A poem on a floppy disk that encrypts itself after one reading embedded in an art book that slowly fades over time challenges the concept of immortal technology.

The impact of technology on literature isn't limited to the preservation of texts. On the issue of reading in the 21st century,

Drucker asks us to consider the problems of technological progress.

The precious minerals that are put into every e-reader are mined by the exploited poor in other countries. Children are put to work to make the products of convenience for those who can afford them.

Data centers that hold the unimaginable girth of humanity's digital archive produce more heat than all the cars the world over. What is the cost of convenient reading?

No industry is exempt from criticism, including the traditional publishing companies, but the world of book art stands in contrast to the mass consumptive modes we are told to welcome.

The individualized, craft work that goes into the creation of book art contrasts with the mass production of commercialized books.

The role books play in art and life will continue to challenge and inspire until the authority of books themselves wither and disappear.

Back on Bravo; Project Runway's debut showcases talent

Elizabeth Corcoles
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Review: Television

Revamped in the world's fashion capital New York, *Project Runway* returned to Bravo on Dec. 6 and introduced a fresh new set of a new judges, host and mentor. Along with all new contestants who show their sassy, arrogant, talented and absolutely charming selves.

Season four winner, Christian Siriano, replaced long time mentor Tim Gunn, and returned to the show as a mentor/host to the designers. While Siriano is an established A-list designer, Gunn's mentorship and pristine presence will be missed.

The season 18 premiere kicks off with the 16 contestants pairing off and designing two outfits, a jumpsuit and a "chic happy hour" look in the theme of a "hotel in space."

From the start, contestant designer Sergio Guadarrama from Austin, Texas feels he's at the level of Siriano and Maxwell, and does not take Siriano's criticism too fondly. But it's that arrogance that makes viewers become interested in the show. Reality television needs a villain to keep viewers entertained.

As the contestants gather

around and get to know one another, viewers get a glimpse and decide for themselves as to who might choose the right partner and who will get stuck with incompetence.

Geoffrey Mac and Melanie seem to have their shit together, but once they hit the fabric store "Mood," Mac's anxiety and panic get the best of him and he can't seem to dedicate himself to any of the fabrics.

As the competition goes on,

the team alliance of Alan Gonzalez and Dayoung Kim capture the viewers hearts. They are adorable together and have this charming and exciting vibe that makes viewers root for them and want them to move forward in the competition.

In the theme of a "hotel in space," only a few designers have caught the jist of this and left the others in the hands of the judges.

The looks need to be cohesive with one another, but it also has

to be something daring and not look effortless.

Teams Brittany Alan and Guadarrama; Geoffrey Mac and Melanie Trygg; Delvin McCray and Tyler Neasloney; all created looks that were beautifully crafted with extensive detail and made the right choice with their fabric.

Mac had a rough start at the fabric store and was made out to look like he had no business being on *Project Runway*, but he

pulled through. If it wasn't for his jumpsuit design, Trygg would have probably been in the bottom teams according to the judges.

Mac's jumpsuit followed the theme of space but with a military inspiration. The jumpsuit had a low v-cut with draping across the hips and shoulders, which fit the model perfectly.

Although arrogant Guadarrama was one of the teams that thoroughly impressed the judges, it was his teammate Alan's creation that won the first competition.

Alan created a beautiful dark navy chiffon jumpsuit with puffy shoulders and a clear fabric that connected the elbow to the shoulders.

The button detail was also something that made the look chic and well thought out.

This look impressed the judges so much, they called it "futuristic, but also classic."

Supermodel Karlie Kloss replaces Heidi Klum as the host/judge and Brandon Maxwell, fashion designer and journalist, Elaine Welteroth replaced Michael Kors.

While editor in chief for *Elle Magazine*, Nina Garcia continues her reign on *Project Runway*.

Tune in Thursday's at 9:30 p.m. on Bravo to continue with season 18 of *Project Runway*.



RHODODENDRITES/WIKIMEDIA

A blast from the past: Christian Siriano, season four winner of *Project Runway* is the new mentor, replacing long-time mentor Tim Gunn and brings in a fresh new take on fashion and mentoring. The show airs on Bravo every Thursday at 9:30 p.m.



ANTMAN3001/FLICKR

Which game will win?: Nominated in the categories for fighting, family and best game of the year, *Super Smash Bros Ultimate* will be the first game in which it nominated for all three. The Game Awards will air in Dec. 12, 2019.

THE GAME AWARDS: INDUSTRY UNITES BRINGING ICONS TOGETHER

Oscar Torres
Staff Writer
@ProfessorChunk

On Dec. 12 The Game Awards will be held and will be bringing together every company and person who has ever been working in the gaming industry. They will be awarding the top games that were released this year for their creativity and influences that it brought to many people around the world.

The way voting works is that the jury votes are 90%, while the

fans and people voting online gets 10% of the votes. Around 80 people of the jury have been chosen from many different companies lending their words and voting to see which game deserves the victory.

The first Game Awards were on Dec. 5 2014 and since then has it continued to bring exciting announcements and surprises to everyone attending the event or watching through streaming networks.

This years musical performance will be Green Day, in

which they would perform some of their famous songs. Along with them, the Game Awards Orchestra returns from last year and would be playing music for all the nominations for game of the year.

On top of that, it's also an event where many companies announce the new projects that they've been working on and will exhibit it to the public for the first time.

The nominations and categories for the awards show have been announced, all 29 of them to be precise.

Though there are 29 categories, only a few of them would be given the most screen time during the show.

For this years game of the year they nominated "Death Stranding," "Resident Evil 2 Remake," "Outer Worlds," "Control," "Sekiro: Shadows Die Twice" and "Super Smash Bros. Ultimate." With Smash Bros. being the winner of the category.

For best action game they nominated "Apex Legends," "Astral Chain," "Devil May Cry 5," "Call of Duty: Modern Warfare," "Gears 5" and "Metro Exodus." The game that has the most chance of winning is "Devil May Cry 5".

[Read more on Talonmarks.com](https://www.talonmarks.com)

'All My Sons' points fingers, demands answers

Sean Davis
Staff Writer
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Review: Theatre

The Cerritos College Theater department's production of "All My Sons" is a wonderful success. This play, first performed in 1947, is relevant and farsighted in its exploration of the consequences of wealth accumulation and the hidden faces of domestic life. The Theater department has brought these themes out vividly with the powerful performances and engaging set.

Telling the story of the Keller family's battles over money, grief, and justice, "All My Sons" is a story of the past impacting the present.

Joe Keller, played by Israel Mata, is the factory owning father with a hidden criminal past. His son's decision to marry the daughter of his ex-partner currently in prison for the crime he was "exonerated of" slowly peels the mask of innocence he and his wife, Kate Keller, played by Angelica Montoya, wear.

The lead performances by Mata and Montoya push the show forward. Mata's Joe strongly defends his choices, but can be seen for the weasel he is, with a sly, affable shell of an innocent father.

Montoya's Kate is an especially strong character as she lays at the center of much of the conflicts in the play. Montoya plays both a grieving mother in denial and an accomplice to Joe's shameful deceptions.

Kate's denial of her second son's death in World War II puts her at odds with her son, Chris Keller, played by David Hodson, as he hopes to propose to his

dead brother's girlfriend, Ann Deever, who is played by Sofia Moreno. Ann is also the daughter of Joe's imprisoned business partner.

The entire three-act play took place in the Keller's backyard. This setting not only allowed the cast and crew to focus on detail, rather than variety. The performances meld well with the simple backyard setting and all available space is used, and all props are put into play. The raised seating allowed for a full view of the action.

The main cast was joined by a supporting cast that has individual shining moments of both levity and powerful impact.

The play's contemporary relevance can be seen in the portrayal of the confluence of industry and warfare as well as in the strength "business" plays in the shaping of the "American dream." Joe Keller is controlled by his quest for wealth which he cloaks as providing for his family and leaving a legacy for his son. He vainly yells "When they work for nothing, I'll work for nothing!... It's dollars and cents, nickels and dimes, war and peace!"

Chris' experiences in the war have disillusioned him from the sole goal of money and consumer happiness. The revelation of his father's actions reveals Chris' stunted idealism as he asks "Is that as far as your mind can see, the business?... Don't you live in the world?" Hodson's acting shines as his character's hidden emotions bubble up and he admits: "Now I'm practical, and I spit on myself."

The Cerritos Theater department's production of "All My Sons" is led by the strong performances of the cast and the fantastic dialogue by Arthur Miller.

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The Cerritos College ASCC and The Department of Theatre Present:

ALL MY SONS

BY ARTHUR MILLER

DIRECTED BY
BRANDT REITER

Burnight Studio Theatre
December 6, 7, 12, 13, 14 at 8 p.m.
December 15 at 2 p.m., 2019

Buy Tickets Online:
www.cerritos.edu/theatre | Info: 562-467-5058

COURTESY OF THE THEATRE/FILM DEPARTMENT

Thought provoking: "All My Sons," an Arthur Miller classic was performed at the Burnight Center Theatre and directed by Brandt Reiter. The play will continue on until Dec. 15, 2019.

America has failed Generation Z

The world feels like it's in a tailspin, with younger generations grasping onto whatever hope they can, ultimately knowing that it is fruitless and there is no hope if the country doesn't get its shit together and starts caring about the people.

People need to also realize the so-called "American Dream" never truly applied to them and that we cannot attempt to fix a system that was rotten to begin with.

For now, the dream is to merely survive.

This system is ruthlessly and relentlessly killing people through means of capitalism and it seems like it knows its exact targets, never mind the fact that climate change has put a time stamp on the number of years we have left.

The resulting deep sadness and powerlessness manifest itself in tragic ways: violence, depression, and diseases of despair.

Millennials have been dubbed the "anxious generation."

Seeing rising rates of reported mental illness, suicide, drug overdoses, etc., it is obvious that the system isn't meant to protect the people, rather it is meant to uphold powers in place that play major in the world going to shit and flames.

America is both at a standstill and in a backslide.

Politics, as usual, have failed for a decade, at least, thus aiding in growing global fascism.

Following President Donald Trump's 2016 election alone, right-wing nationalists and populism have been on the rise, creating sometimes "violent" civil unrest-- as recently seen in Venezuela, Guatemala, Paris, Egypt, etc.

Industries have continued to knowingly murder the planet with unnecessary and abundance use of non-renewable resources, and wages have stalled while the cost of living rises.

Usually, the unsympathetic responses to that consist of variations of "stop being lazy and get a job," "work harder, hustle until

you drop," or "just drive for Uber on the side!"

We see younger generations having to overwhelm themselves with multiple jobs and other responsibilities just to remain afloat.

When do we get to rest? When do we get to enjoy life and the people in it without feeling the crushing weight of our overall cost of living?

In a video released earlier this month, people in the United Kingdom were quizzed on their knowledge of the cost of U.S. healthcare.

Most of them were appalled to learn the ridiculous price it costs just to keep someone alive.

Need insulin, an EpiPen, inhaler or an emergency ambulance?

Better hope there are hundreds or thousands of dollars laying around in order to live.

Millennials and Generation Z folks have had no choice but to resort to social media and support each other by way of crowdsourcing, funding each other for the most basic necessities and keeping each other alive.

We live in a rather boring dystopia.

Our internet devices of distraction and production draw us deep into an online culture that is simultaneously mind-numbing and anger-fueling.

We're overwhelmed by day-to-day life and feel powerless to change the world around us.

It's easy to fall into despair and apathy.

The powerful certainly like the populace feeling defeated. Bosses don't profit off people trying to "rock the boat."

They don't care about the people at all, just what they are capable of producing.

In the face of global despair, how can one live?

We'd be lying if we said we had the answer.

But there might be a way to ring in the new year with a change in perspective: solidarity.

Solidarity is standing with and supporting those you have common interests with.

What struggles do you or your loved one's face in this world? Eviction? Low pay? Police violence? Ecocide?



SOFIA GALLEGOS/FREELANCE ILLUSTRATOR

Find those with the same struggle and band together.

Forge bonds of solidarity and develop plans of action.

In this world, no person

can afford to be an island.

Islands can be swallowed by rising seas, but continents can survive the tide.

There is power in the peo-

ple and the powers in place know this and are scared.

Let's keep giving them something to be scared about.

Talon Marks is a First Amendment publication.

Editorials express the views of the Editorial Board. Other opinions express the view of the author and 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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Dr. Fiona Hill: American Patriot, Coal Miner's Daughter

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Without a doubt, Donald J. Trump is guilty of high crimes and misdemeanors.

Three prominent constitutional scholars invited by the Democrats to testify at today's impeachment hearings, have concluded "that President Trump's efforts to pressure

Ukraine for political gain meet the historical definition of impeachable offenses."

Constitutional Professor Noah Feldman, provided a concise and erudite history of "High Crimes and Misdemeanors," and impeachment as it originated in England and spread to the United States.

In England, as Feldman pointed out, "the King's ministers could be impeached but not the King.

That shortcoming was quickly remedied in America.

George Mason of Virginia, a fierce Republican critic of executive power said, "No point is more important than impeachment be included in the Constitution."

"Shall any man be above justice?" The Governor of North Carolina, William R. Davie, argued about the executive, "If he be not impeachable whilst in office, he will spare no efforts or means whatever to get himself re-elected."

Trump has clearly violated the Constitution with impunity and for personal gain.

However, as Jason Sattler, has argued, "he is not the greatest threat to our demo-

cratic institutions."

The greatest threat are his cowardly G.O.P. enablers and co-conspirators such as Senator Majority Leader, Mitch McConnell, Vice-President Mike Pence, Senator Lindsey Graham, Attorney General William Barr, Congressman Deven Nunes, and Congressman Jim Jordan, just to name a few.

They are complicit in Trump's crimes and they defend him assiduously because if Trump is found guilty they are too.

They belong in the "Who's Who" of American traitors.

Trump's latest pernicious scheme used his underlings to press Ukraine to dig up dirt on the Biden family.

It fell largely to Dr. Fiona Hill, a British National, an American citizen, an expert on Russia and a coal miner's daughter to take on the G.O.P. myth makers accusing them of spinning "false Narratives" that benefited Putin and the Kremlin.

In her brief opening statement, Dr. Fiona Hill, the former National Security Council official, spoke about being a coal miner's daughter as she testified at the recent impeachment hearings.

Hill, too, paid homage to her coal mining father and chronicled the hard-scrabble life that her family endured in Bishop Auckland in the coal town of County Durham.

As she related, the family always struggled with poverty.

At 11 years of age, a classmate set her pigtails on fire.

With a wave of her hand she extinguished the fire and

finished the exam.

Hill chronicled that she was an American by choice becoming a citizen in 2002.

She exuded great pride relating that her region in the North of England was also the ancestral home of George Washington and that her family had deep ties to the United States.

Her paternal Grandfather fought in WWI with the Royal Field Artillery and was "shot, shelled, and gassed before American troops intervened to end the War in 1918."

During WWII members of her family fought to defend the free world from Fascism side by side with Americans.

Dr. Hill's commentary read like a travel brochure: Come to America.

We don't care about your Northern English working-class accent here.

It will not impede you. America is the "City Upon the Hill," and you can rise as far as your talents and abilities will take you.

Although her father never realized his dream to live in the U.S., America always was a beacon of hope and he wanted someone in the family to make it in America.

Dr. Fiona Hill fulfilled her father's dream.

Her testimony was extraordinary.

Her performance was extolled in the press.

John Cassidy of The New Yorker likened her to "a Plantagenet warrior."

Tim Miller of The Bulwark crowned her as "Queen Fiona" who "saved us from this impeachment death march."



KUHLMANN /MSC

Dr. Hill: Fiona Hill (Director of the Center on the United States and Europe, The Brookings Institution) at the Town Hall Meeting "Fake it, Hack it, Leak it, Spread it: A Post-Truth World and the Defense of Democracy".

She took great pride in announcing that she was a non-partisan, non-political fact witness.

With a confident, steely, patriotic demeanor Hill chided G.O.P. committee members for spinning "the false narrative" of Ukrainian interference in our 2016 presidential election and, in the process, aiding and abetting Russia.

Hill also warned that time was running out for the 2020 election and that Russia would follow suit in our upcoming election.

Hill mentioned that she had a couple of "testy encounters" with Gordon Sondland until she realized that their paths had diverged; Sondland was involved in a domestic political errand for President Donald Trump and Hill and her team were occupied with issues involving national security.

In the end, Hill delivered a brilliant synopsis of the political chicanery and vice undertaken by Trump and his sycophants.

Unflinchingly, she pushed back on Republican conspiracy theories on Ukraine, and warned Americans to be vigilant because Russia would be intervening in our 2020 election.

Just a thought.

Perhaps Americans take their Constitution, Bill of Rights, and democratic institutions for granted.

Perhaps, foreigners living in America are more astute at understanding how fragile our democracy is and how vigilant citizens need to be to stop interference in our elections.

Fiona, too, was borned(sic) a coal miner's daughter which was nothing but the truth.

And she went on from there.

Free Speech Zone

How do you feel about AB-705, students bypassing remedial classes to enter transfer courses?

Compiled by:

Denise Ng
Staff Writer
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Marvelina Graf,
Transfer Center Co-Director

"I have seen both of the sides of AB705. I have seen students bypass Algebra and successfully complete a transfer math. But, I have also seen students placed in a transfer math who are not as comfortable staying in the class and have expressed interest in taking Intermediate Algebra as a refresher course."



Anthony Saldana
Accounting major

"It's great that students can now take transfer classes rather than taking classes that aren't necessary."



Selene Caro
Culinary Arts major

"Depends on the major. Some majors require knowledge in remedial classes. However, these classes can be taken after transfer classes."



Jaelyn Browning
Nursing major

"It's a good thing because students have taken these classes in high school. It's motivating to be able to move forward with our education rather than being required to repeat remedial courses."

Top athletes of fall 2019

A look at the top athletes of the 2019 Cerritos College Fall Season.

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Semester for Cerritos College Athletics.

It has been a very successful semester as far as Cerritos College Athletics its concerned.

To start, football had a memo-

orable season.

Although they had the same record as last season (7-4) overall, they were able to attain the bowl win. Only this time it is for the Joe Kapp Beach Bowl over Ventura. This is the second consecutive successful season under coach Grosfeld.

Womens water polo was successful even in defeat. Having the first 20 win season since 2012, making it to the second game in the SCC regional playoffs.

Mens water polo was successful in their 2019 season also. Their season was done with a sudden-death loss in a 10-9 result in the first game in the SCC regional playoffs. This ended their season with a 19-14 record overall.

Womens soccer was a successful season as they went on to hold a 15-5-2 record overall. They were eliminated from the SCC playoffs after a 2-1 loss to San Diego Mesa in the second round of the playoffs.

Womens volleyball had a down season with a record of 2-22 overall. They finished with a win in their 7th place match over East Los Angeles College victorious with a score of 3-1.

Mens soccer went to the semifinals match unsuccessful against Fresno City College with a final score of 1-0.

Mens and Womens wrestling This season has been a growing experience. We started with only 4 returners and a lot of young guys.

As season progressed they matured as college wrestlers and a family type bond was created within the team.

They hard work they all put in and support they gave to one another has allowed us to remain one of the top teams in the state and have the success that we have had this season.

Men's Cross Country - individual results are posted on each event

Placed 15th at the CCCAA State Championships

Placed 11th at the Southern California Championships

Placed 4th at the South Coast Conference Championships

Women's Cross Country - individual results are posted on each event

Did not compete as a team at the CCCAA State Championships (had one representative)

Placed 19th at the Southern California Championships

Placed 5th at the South Coast Conference Championships



Men's Soccer



Kevin Diaz #9
Forward

Kevin had 18 Goals and 13 Assists in the 2019 Season.

He hopes to transfer to UCLA.

He is a sophomore majoring in Business Management.

His favorite athlete is Xavi and his favorite food is tacos. He has six game winning goals under his belt.

Women's Soccer



America Ontiveros #3
Defender

America Ontiveros is a Sophomore, studying to be a Spanish teacher.

Her favorite athlete is Lionel Messi.

She says she would like to transfer to CSUF or CSUDH. Her most memorable moment was scoring four goals against Katella High in High School. She was born in Torreon, Mexico.

Football



C.J. Parks #5
Wide Receiver

C.J. is a sophomore averaging 96.5 receiving yards a game.

He has 965 yards in 10 games and 10 touchdowns. He wants to transfer to Washington State University.

He attended Mater Dei High School and his favorite athlete is former Wide Receiver Anquan Boldin.

Wrestling



Jonathan Prata
Wrestler

Jonathan Prata is a Freshman wrestler who is 5'6" and weighs 125 pounds.

He is a strong wrestler who has many titles under his belt.

He won the USA National Championship in High School and he finished 6th in another national tournament. He became the first wrestler from Downey HS to win a state title.

Men's Water Polo



Kevin Elizarraraz
Driver

Kevin is a sophomore at Cerritos College.

In the 2019 season he had 79 goals and 34 assists.

His favorite athlete is Raul Muniz. His favorite TV show is "Narcos" He had an impressive career at Buena Park High School scoring 105 goals during his Senior year.

Women's Water Polo



Mia Carbajal #13
Attacker

Mia is a Freshman at Cerritos College. She had an impressive year scoring 96 goals and assisting for another 44.

She is a Kinesiology Major who wants to transfer to the University of La Verne. Her favorite athlete is Kobe Bryant, and her favorite movie is "Guardians of the Galaxy."

Cross Country



Pablo Calderon
Runner

Pablo is a Sophomore at Cerritos College. He has competed in the 800 meter race, the 1500 meter race, and the 3000 meter race.

Pablo is working to major in Geography. His favorite athlete is Galen Rupp. His favorite TV show is, "The Simpsons" and his favorite type of food is Seafood.

Cross Country



Valeria Guerra
Runner

Valera is a Freshman who specializes in the 1600 meter race and the 3200 meter race.

She is a Nursing Major who wants to transfer to Cal State Fullerton or UC Irvine. Her favorite food is pizza. Her favorite TV Show is "Jane the Virgin."

Women's Volleyball



Alexia Torres #13
Outside Hitter

Alexia is a 5-10 Sophomore with 191 volleyball kills. She is a Psychology Major and her favorite athlete is Lexi Sun.

She has 532 Total Attacks, 84 sets, 65 digs, and 48 blocks during the 2019 Fall Season. She averaged 2.27 kills per set.

Men's Basketball looking forward to a successful season

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The Cerritos College Men's basketball team want to create a new winning look as they have practically a whole new roster to work with.

Winning and Cerritos College basketball have been synonymous with each other for some time.

A big part of the key to that consistency is head coach Russ May who is entering his 11th season at the helm. We got a chance to interview May who provides insight into the 2019-2020 squad.

When asked about the returners for this upcoming season, May said, "We have three returners Daelyn Bams, Jeremiah Galang and Jalen Washington.

May stated, "This year we have 10 players who have not played college basketball before. so we have a very inexperienced group that are great, hard-working kids and I expect them to get better as the season goes on."



DERRICK COLEMAN

Down the court: Sophomore Point Guard Joshua Belvin dribbles the ball to the basket against Santa Monica College. The Falcons lost 71-61 on Nov. 22, 2019.

Following up a question on who he anticipated to be part of the stand out players from the Sophomore group, Coach May states, "Jacob Washington is a transfer from LA Harbor and he's been incredible for us. He's going to be the rock in which we build

around."

Jacob Washington, said "Season first started as a struggle. It's a bunch of new guys but all we needed to do was find a rhythm." This will be a challenging season for the Falcons, having to follow up last year's team that finished

with a 22-7 overall record.

The Falcons started off the 2019-2020 season with a 5-5 record and look to improve before the conference games get closer. They are currently on a three game winning streak.

When talking about the

improvement behind the team's struggles, May said, "I figured we would have some growing pains early as a people as players try to establish the roles and understand how to play and how we want them to play."

Cerritos Falcons Women's Basketball Strive to Continue Winning Games in 2020

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The Falcons started off the 2019-2020 season struggling and losing four of their first five games.

They then picked up the pace and won three in a row, currently sitting with a 4-4 record with many more games to come.

Trisha Kozlowski, Women's Basketball Head Coach, and some of the players to get a sneak peek on what to expect from the Falcons this season.

When asked about returning players and about a summer camp, Kozlowski said, "We have five returning players from last year, and have a summer class that helps prepare us for the season."

Sophomore Basketball Player, Madison Kane, Kinesiology Major, believes, "In order to achieve

another championship we need to work hard, play as a team, and understand that no one is best by themselves, keep staying positive to have that good energy on the bench."

Kozlowski led the Falcons team last season in which they ended the season with a promising 21 wins and 11 losses.

From what she has seen this season, after being asked who she thinks will lead the team this season, Kozlowski states, "We've had eight games so far and statisti-

cally Sarah Hernandez is leading us in scoring and rebounding.

Mariah Lora is leading us from the point guard spot and Freshman Precious Yerena, Jordan Lewis, and Melanie Lopez are contributing on both ends of the floor Kayla Sta.

Ana and Nicole Lizarraga will also give us added versatility."

Sophomore Mariah Lora, English Major, when asked about the importance of her balance with her teammates, said, "As captain I understand that not

everyone learns the same, so coaching is personal and that is really important in order for us to get wins this year."

Based on the improvements she has seen, Kozlowski claims, "We've had three overtime games in this short season and the team has continued to work on execution in end of game situations."

Kozlowski believes her team has the heart and dedication to win games. She says, "We are a hard working group and the players enjoy being on the team with each other. We're a group of fighters and I'm proud of our daily effort in practice and our resiliency in games. I know this will give us an opportunity to compete with all opponents this season."

The women's basketball team consists of Trisha Kozlowski as the head coach, and Joe Pacheco and Monty Washington as the assistant coaches.

Pacheco tells his team, "Respect your opponent but don't fear them."

The Cerritos Falcons Women's Basketball team will continue their season against Golden West College at Cerritos College on December 18 at 5 p.m. They are currently averaging 60 points and 38 rebounds a game.

The Cerritos Falcons Women's Basketball season is finally upon us and the Falcons plan on continuing their winning ways from last season and potentially compete for a championship.



QUINAE AUSTIN

Rallying the team: Coach Joe Pacheco, motivating his team during practice. The women's basketball team is looking forward to an excellent season, and hopes to continue racking up victories with each passing game. The team next plays against Golden West College in a home game that takes place on Dec. 18, 2019.

Falcons win SoCal Regional Championship

Danny Suarez
freelance writer

The 1st seed Cerritos College wrestling team gathers in a small huddle on the mat right after a brief pre-match workout.

The Falcons and several other teams have all gathered this Saturday morning in the gymnasium of Santa Ana College; this year's site for the Southern California Regional Championship.

This all-day wrestling tournament not only determines the top team of the region, it is also an individual qualifier for those hoping to compete for a state title in the California Community College Athletic Association's (CCCAA) wrestling finals on Dec. 13 and 14.

Head Coach Donny "Don" Garriott takes a knee and reassures confidence in these young athletes, asking these highly trained grapplers to rely on their hard work and have fun, "Wrestle for each other, for this family. And lets send all 11 guys to state."

The matches commenced at 10:00 AM sharp.

There were three mats laid out across the gym floor, and a nearby announcer would summon players to the stage and

inform them where their match would be.

Before their duals started, wrestlers snacked on a selection of goodies, untouched until after the weigh-ins.

Angel Verduzco said he was feeling "focused and relaxed but ready to perform."

This demeanor, shared by nearly all Falcons, seemingly stems from their own head coach's attitude.

In between matches, Coach Don was being approached by other coaches and former wrestlers from different programs. Entering his 14th season as Head Coach, it is clear that he is well respected by this community, especially his own players.

Starting off the showdown was freshman Isaiah Nora (141 lbs.), who made quick work of his Bakersfield opponent, winning by pin.

This energy persisted throughout the day as Falcons were victorious again and again, dominating a number of weight classes across the brackets.

Pins and points were many as losses were few.

By the end of the tournament, the Falcons had totalled 381.5 team points, securing 1st place

and earning the regional championship title for Cerritos College.

In addition to the title, all 11 wrestlers were advanced to the state finals.

There were also 5 individual champions, who did not lose any matches in the tournament and were placed 1st in their weight class.

Jonathan Prata (125 lbs.), Andres Gonzales (133 lbs.), Isaiah Mora (144 lbs.), Larry Rodriguez (157 lbs.) and Hamza Al Saudi (197 lbs.) won 1st place.

Freshman, V'ante Moore (149 lbs.), earned 2nd after a hard-fought 3-2 loss in his final.

For third place in their respective weight class were Stefano McKinny (133 lbs.) and Bryan Zamoya (174 lbs.).

In 4th place are sophomores Drake De La Cruz (165 lbs.) and Angel Verduzco (184 lbs.).

Heavyweight-class freshman, Randy arriaga, clinched 5th place becoming the eleventh Falcon to qualify for state.

The CCCAA finals are scheduled to begin in Fresno on Friday and continue onto Saturday where the best wrestlers in California will battle to be a top ranked competitor.



JASMINE MARTINEZ

Practice makes perfect: Sophomore wrestler Andres Gonzales practices in preparation for a future tournament. He will next wrestle in a tournament on Dec. 13, 2019

Off the field: The significance behind professional gaming

Kianna Znika
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Through power supplies, RGB keyboards and motivation, California State University Long Beach esports members show how they are taking the idea of sports off the field and onto the screen.

Matthew Akuino, co-coach and co-manager of the CSULB esports team, explained that competitive gaming requires the same amount of effort, focus and training as other known sports, such as soccer and football.

"Yeah physically it's different [than sports], but the mental stress is still there," he stated.

Hayden Matheus, CSULB esports League of Legends branch manager, agreed and stated that pro-gamers have to train just as long as traditional athletes to attain mastery in their game.

"Pro players have to stay physically fit and healthy to maximize performance in game," he explained.

"The games themselves are highly competitive and require very coordinated and skillful actions."

Akuino explained that the training process for competitive gaming includes dedicating time to playing the game and creating strategies in order to outplay the opponent.

This includes planning team



CREATIVE COMMONS

On the screen: CSULB esports athletes Matthew Akuino and Hayden Matheus explain that professional gaming requires just as much tradition.

compositions ahead of time so that the team is never caught off guard.

For example, in the popular game League of Legends, certain characters might objectively counter others.

So it would be in the team's best interest to choose those that counter the opponent's, or choose a character that is not easy to counter against.

Akuino stated that although America sees professional gamers as entertainers, the career is taken seriously in other countries such as Japan and Korea.

However, Matheus believes in the importance of professional gaming as a sport.

He explained that the sport has a low barrier to entry, being open to anyone including the young, old, and those with disabilities, and is productive because the games train a person's brain to develop problem-solving and critical thinking skills.

The 2 gamers agreed that the sport also brings a vast community together, and is what led them to meeting many new friends.

"The significance of esports

is bringing the community together," Akuino stated.

"You can always play by yourself, but that's no fun."

"Through esports and the friends I've made through esports, I've learned a lot about myself and how to be a better person," Matheus explained.

"I've learned how to be more confident, how to help people and even how to better present myself.

"I'm extremely lucky and grateful to have found the friends I did through collegiate esports because without them, I wouldn't

be the person I am today," he added.

Akuino, however, believes the most important thing is for gamers to remember to balance gaming with life.

According to him, CSULB esports is currently placed first in the nation for Rocket League and competes in other games such as League of Legends, Rainbow Six Siege and Counter-Strike.

The esports team is open to all CSULB students, although local gamers are welcomed to help coach and keep the team successful.