

Trustees mandate vaccine for everyone January 2022



VINCENT MEDINA/TM

Board Meeting: Cerritos College board of trustees votes to implement a COVID-19 vaccine mandate, starting in January 2022. Trustees conduct their meeting on Oct. 6, 2021.

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Cerritos College board of trustees voted to implement a COVID-19 vaccine mandate for students and faculty on campus during their meeting on Oct. 6.

The mandate will go into effect on Jan. 3, 2022.

Staff and students must submit proof of vaccination to the college, or they will not be allowed into any college facilities and are subject to disciplinary action.

Trustees are allowing medical and religious exemption, but those who are exempt must receive weekly testing before entering campus.

Religious exemptions are difficult to obtain, as some local religious leaders are denying exemption notes to their congregations.

Trustee president Cody Birkey, vice president Dr. Shin Liu, Carmen Avalos, Mariana Pacheco, Marisa Perez and student trustee Ninel Sutherland voted in favor of the mandate.

Trustee Zurich Lewis stood alone in his opposition to the vaccine requirement.

“Norwalk La Mirada school board considered a mandate for their students and voted 4 – 3 against the mandate. Some of those students are enrolled in a dual enrollment program,” said Lewis. “I would not like to lose students. If their district does not mandate it, and they have to comply with the mandate here, and possibly not enroll.”

The COVID-19 vaccine mandate that NLMUSD voted against was for district employees and did not affect students.

“I don’t think we understand the toll the pandemic has taken on our healthcare workers,” said student trustee Ninel

Sutherland. “They are the ones working on the front lines and they have seen the death over the last year.”

In their previous trustee meeting, faculty and community members threatened to sue the school or resign if the requirement was passed.

“If this does go to court, more than likely the courts will rule in our favor. For the past week, we have met with our legal team to discuss the legality of the mandate,” said the student trustee member.

Cerritos College Faculty Federation also supported the mandate. After conducting a survey of its members, the union found that 87% of faculty would comply with the requirement.

“We are aware of the minority of our colleagues who will not comply. What that might mean for them is that there is a possibility that they may not be able to work for Cerritos College,” said CCFE

president Lynn Wang.

Wang also suggested the union could work with the district to find a compromise, where faculty who refuse the vaccine would not be dismissed.

Sarah Lee, a second-year nursing student at Cerritos College, gave additional insight into the vaccine and addressed popular arguments among anti-vaccine advocates.

Those who survived COVID earlier in the pandemic argue that their antibodies provide the necessary protection from the virus.

“Antibodies depend on the variant that person contracted,” said Lee. “The antibodies from the original variant may not work against the Delta variant.”

Lee works at a hospital as part of her studies and sees the staff struggle to keep up with the influx of COVID-19 patients.

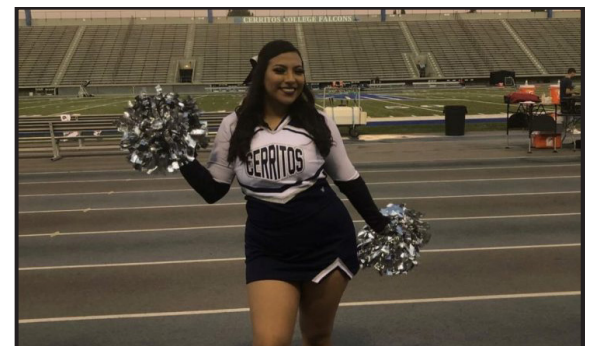
Read more at [Talonmarks.com](https://talonmarks.com)



A&E pg. 5: worth every penny



Opinion pg. 7: religious freedom



Sports pg. 9: Falcon spirit

College negotiates full-time faculty healthcare

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On Sept. 17 approximately 44% of full-time faculty members were notified that their current healthcare coverage plan provided by the district was most likely going to be removed.

Educators were left with less than a month to make important decisions for themselves and their families regarding their healthcare coverage during a pandemic.

There is currently a CAP that is trying to be reinforced where anything that is over \$23,500 will be paid out of pocket. Cerritos College had previously been covering the complete cost of healthcare premiums.

"There are individuals that have larger families or underlying health conditions. Those that need healthcare the most are the ones being penalized," said Dr. Richard Garcia EOPS specialist.

Teachers organized a rally on the corner of Alondra and Studebaker. This location was selected so that they will increase their visibility to the public. Demonstrators were encouraged to wear red and follow COVID safety guidelines.



JAZMIN TAHA/TM

Rally: Cerritos college faculty and staff picket on the corner of Alondra and Studebaker during contract negotiations with the college on Oct. 6, 2021. The district wants to implement a CAP on healthcare plans that will increase premiums raising the costs for full-time employees.

About 50 individuals were at the demonstration along with a cow bell, a mega phone and various signs. Faculty along with a few nursing students stood in front of the Cerritos College sign voicing their disagreement with the negotiation process.

"We started negotiating our contract in November of 2020, we wanted to ensure that our faculty retained the appropriate medical coverage and that the district covered medical premiums," said Professor April Bracamontes, Vice President of the faculty union and lead negotiator.

The proposal made ensured that all premiums used to cover

medical expenses will be covered by the college. The contract was meant to last until 2024.

On Sept. 9 a memorandum of understanding was sent to the district stating that they would cover the premium for at least another year so that faculty will not be impacted. The district ignored both of these negotiations.

The district announced a statement regarding the rally, "We regret the picketing action called for by the CCFF, an action that is contrary to the interests of our students. Labor contract issues should be resolved at the bargaining table and not interfere

with our students' academic objectives."

In response to the article released by the district, History Professor Walter Fernandez responded, "I'm surprised people with such education have very little to say about this, it makes very little sense, it makes absolutely no sense."

Irritably he continued, "How does this disrupts education it is difficult for me to understand, the protest is education. If a teacher's family gets sick, that interferes with education. I do not see how this [rally] interferes with education."

Fernandez's response to the

districts response about resolving issues at the bargaining table was, "If the negotiation table was working we wouldn't be here."

Dr. Fierro said, "I consider the actions of CCFF to be disruptive to the educational period, but people have the ability to assemble and it is a right."

When asked if he believed students should also assemble in following their educators' examples in fighting to maintain their current healthcare plan he refused to comment.

"I thought the Cerritos Way meant we care for one another and treat each other like family. So I guess the question is would you do that to your family if you had the money?" said President of the CCFF, Dr. Lynn Wang.

A common concern from the demonstrators gathered outside the college was directed towards Dr. Fierro, "The college has money. Faculty does not see why healthcare is being held hostage, pandemic or no pandemic. It's shameful," Fernandez emphasized.

Of the people gathered it was of mutual understanding that the rally was necessary so that their voices would be heard. They felt like they were not being appreciated.

Faculty felt the administration office acts as if they do not want to take care of their employees ...

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Cerritos brings awareness to domestic violence in October

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Cerritos College is bringing attention to the important issue of domestic violence/abuse this October.

According to the National Coalition Against Domestic Violence, 10 million adults a year experience domestic violence.

Domestic violence is defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. This abuse can be physical, sexual, emotional, economical, or psychological actions or threats of actions that influence a person.

Intimate partner violence is most common against women between the ages of 18-24 and accounts for 20% of all violent crime.

According to the Clery Daily Crime Logs for Cerritos College, there have been three cases of domestic violence reported to the Campus police in the last five years.

Cerritos College Chief of Police, Don Mueller, explained that for a campus call to be considered a domestic violence/abuse call, the parties involved are in a current or previous relationship.



ROBERT YEUTTER/TM

Infographic showing just some of the statistics on domestic violence.

For those seeking to leave an abusive relationship, Mueller recommends talking to someone.

"Someone who is in a relationship that is looking to leave, I first suggest that they seek out help," Mueller said, "we have a victims advocate here on the campus who is here all week long and is confidential. They can talk to us, but they do not have to."

Mueller recommends victims of domestic violence see the college victim's advocate, Angel Grey.

Sometimes, victims of domestic abuse do not even realize they are being abused. A college student from Artesia said that it took them a long time to realize that they were a victim. "He used to bring me flowers almost every day and tell me nice things or romantic things."

The student went on to say that as time was added to the relationship, the person they were with made them feel guilty for things beyond their control and they developed a fear of not making their partner happy.

The student also recommended seeking help even though it can take time, but to go at your pace and when you feel ready.

Help can be through someone you trust.

Cerritos College's goal is to provide education, support and prevention services to students, employees and community members facing domestic violence. Cerritos is hosting workshops, classes, and a drive to get much needed clothing for in-need students.

The classes range from empowerment self-defense classes, which if missed, will be uploaded onto the college, to presentations on cyberstalking, image-based abuse, and a discussion on human trafficking

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Football resumes after COVID-19 outbreak

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Cerritos College football team suffered from a COVID-19 outbreak for the first time in 18 months since the campus has reopened.

The team was temporarily shut down on Sept. 24 due to delayed test results. The game scheduled on Sept. 25 against Southwestern was canceled the day before and is rescheduled for Nov. 20 at 6 p.m.

The entire team is now cleared to play.

Due to the increase in positive testing, especially in contact sports, there is a backlog in laboratories throughout the county and state. Resulting in delayed test results.

"Nine students tested positive and an employee," said Cerritos College President Dr. Jose Fierro.

Once Cerritos College received results from the laboratory on Oct. 2 there were a confirmed number of 10 cases amongst students and one faculty member.

After the school was notified that there were a total of 11 positive test results, the football team was temporarily

shut down.

Individuals that tested positive were immediately placed in isolation.

The Los Angeles Department of Public Health began their investigation as well and began contact tracing after being delayed notice of an outbreak.

"By the time we had notified the public health department that we had an outbreak, we had isolated everyone for several days," said Dr. Fierro.

On Oct. 5 the isolation period was terminated and the Falcons will be playing ELAC on their campus on Oct. 7 at 6:30 p.m.

During their inspection, the Department of Public Health examined the gym, weight rooms and field house. After testing each facility, the department found each area was clean.

"We report all the cases as they come," said Fierro, "Besides this particular outbreak we haven't had any outbreaks or anything like that."

Rumors of the outbreak being caused by negligence from students and faculty were denied.

In an email, Dr. Fierro ...

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President Fierro talks vaccine requirement for spring 2022

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Cerritos College President Dr. Jose Fierro reminded students, faculty, staff and visitors to upload their proof of weekly testing or vaccination onto the digital health screening website called Optimum HQ in order to enter campus.

“By Nov. 1 the system will begin blocking those who have not submitted proof of vaccinations or have not supplied a weekly negative COVID-19 test,” Dr. Fierro said, regarding the mandatory system students are required to use before entering campus.

Dr. Fierro said Cerritos College offers free COVID-19 testing with a result in about 24 hours and that vaccinations are being offered.

In order to get a testing appointment, it must be scheduled

48 hours in advance.

“There is a system that is called Optimum HQ that will give you the option to upload your vaccination card,” Dr. Fierro said. “the staff will then check the authenticity of the card.”

The president said once the vaccination card is uploaded to the system, people will then be given access to be on campus.

“The CDC has not included boosters in their definition of fully vaccinated,” Dr. Fierro said. He added that it’s important to have both doses of Moderna or Pfizer, or one dose of the Johnson & Johnson vaccine.

Dr. Fierro said that the spring 2022 semester will look different and that there will be no exceptions such as weekly testing, despite a medical or religious exemption, in regards to being vaccinated.

“Everyone has to provide proof of vaccination in order to be on campus,” Dr. Fierro said. The

vaccination requirement begins Jan. 3, 2022.

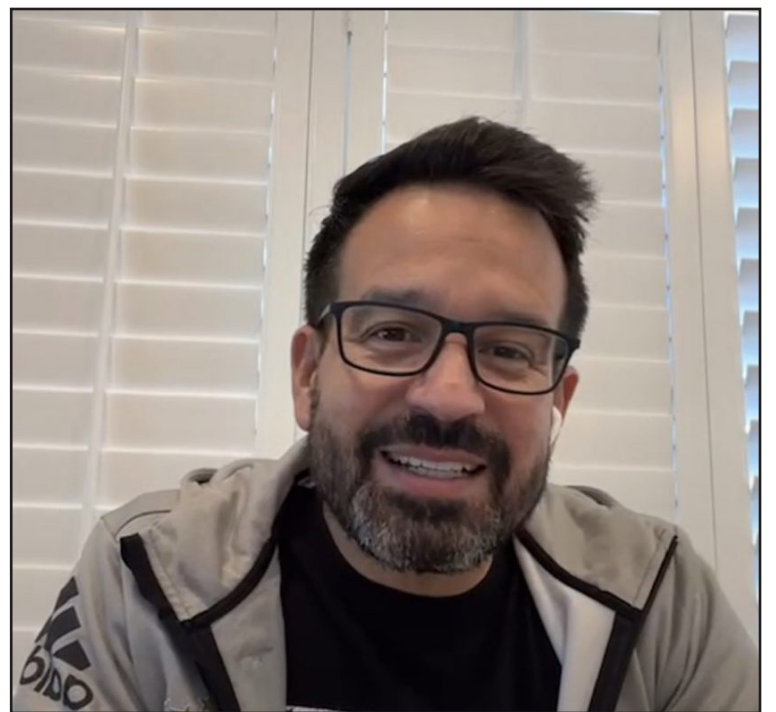
He said that there’s a 30 day grace period for uploading the proof of vaccination to Optimum HQ in order to prevent disruption of the fall semester.

“Beginning Nov. 1, if you have not submitted your proof of vaccination or weekly testing, you will not be allowed on campus,” Dr. Fierro said, “please make sure to submit your vaccination card beginning as soon as today.”

Dr. Fierro said the mask mandate will at least remain throughout the spring 2022 semester.

He mentioned that the LA County mask mandate indoors has helped reduce COVID-19 positivity rates on campus.

“The campus continues to be a very safe place, the campus continues to maintain a very low number of positivity rates and we hope to continue to stay that way,” Dr. Fierro said.



FATIMA DURRANI/TM

Live: President Jose Fierro discusses the requirement of vaccination cards starting Nov. 1. The vaccine and mask mandate will remain effective throughout the spring 2022 semester. COVID-19 cases have decreased at Cerritos College and Dr. Fierro hopes to keep them down by implementing guidelines in accordance to CDC.

He hopes to bring more campus activities as COVID-19 cases stabilize.

In regards to the spring 2022 semester, courses will be offered online, remote or on campus. parking will continue to remain

free for the upcoming semester.

Fierro recommended students visit the Cerritos College website for more information regarding campus events, COVID-19 and enrollment.

Cerritos programming board teaches the LGBCs



QUINN DOMBROWSKI/CREATIVE COMMONS

Information: Even after the pivotal Stonewall Riots, the concept of LGBT was scorned and dismissed. Today is a future where society is only just becoming more accepting and knowledgeable.

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The Student Programming Board held a trivia competition on LGBT history Wednesday night.

The event did not entertain a large number of participants, but managed successfully to hold an atmosphere of fun.

It doesn’t have to be said that such history is often a footnote in textbook that are our present and past.

Learning about it from LGBT members in an enjoyable manner not only makes the learning experience so much more valuable.

Remembrance of past experiences are vital in building a better understanding of sexual

and gender minorities.

By opening up individuals have been enabled an open-minded horizon of thought that invokes an accepting social environment for everyone, closeted and out.

The pandemic had made it is difficult for college students to be interactive of all the fun social events on campus.

The Internet is not quite as direct and tangible as colorful flyers that stood prior to the pandemic.

The event was successful in attracting an audience.

Although there was a small number of participants the message behind the event was not.

It reminds Cerritos students that it is important to be mindful of every student that walks the

halls.

“On my end, I just want people to know that I’m here for them—for the students afterward, because [of] me being a lesbian woman.

“And that I want the students to know that they are heard, that they have a safe place to come to, and that I am here for them directly,” said Administrative Clerk Nikki Jones, who was among the staff overseeing the event.

“They could come into my office physically and talk to me if they’re having any type of issues, if they just wanna talk! Some people just want to get things off their chest, you know?”

“Because some people are not out yet,” Jones said.

Ms. Jones helped think of the night’s activities, such as the

opening icebreaker to build a sense of community amongst those who participated.

It was, Student Events Specialist Diana Madueno who shared the sentiment of having LGBT people like Ms. Jones to allow participants some insight into the topic being explored.

Although the number of historical events that participants broached upon in an online Kahoot session, there were too many for some said someone in the community.

Items like the Imre being the first LGBT novel with a satisfying ending were too nuanced for everyone involved to know about them.

Then again, that’s the basis for a more accepting future: braving new territory and as a result, learning to navigate them.

Convocation celebrates progress towards better education

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Cerritos College held its 2021-2022 Convocation on Sept. 30, where President Dr. Jose Fierro made many announcements and thanked faculty members for all their hard efforts despite the pandemic.

Dr. Fierro said, “our sauce makes us better, more creative, and more focused on the important things in life like supporting our communities, our students and our families.”

Cerritos Complete Compromise plan benefits more than 6,852 students. An additional 2,000 new high school graduates joined the college’s award-winning program.

This year, financial aid disbursed \$9,936,047 Cares Act grants to 17,304 students and The Foundation provided nearly \$100,000 in COVID-19 student aid.

Since the Pfizer vaccine has been offered on campus approximately 400 students have been fully vaccinated.

The new study hall allows a restricted number of students to use the facility. Students must maintain themselves socially distanced. The purpose of this new addition is to promote a quiet learning environment during...

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List of 6 candidates in the race to replace Garcetti as LA mayor



AL SEIB/LOS ANGELES TIMES/TNS

Los Angeles Mayor Eric Garcetti during a news conference while he signs his 2021-2022 budget, in the Tom Bradley room of Los Angeles City Hall on June 2, 2021.

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Eric Garcetti, the two time mayor of Los Angeles cannot run again in 2022 due to term limits. Garcetti will be termed-out Dec. 22. As of now, six candidates have announced their run for mayor.

The next primary election will be on June 7, 2022 while the general election is Nov. 22, 2022. If no candidate reaches 50% of votes in the primary, the top two candidates will advance to the general election.

The candidates are congresswoman Karen Bass, former state assembly member Kevin de León, City Attorney Mike Feuer, city Councilman Joe Buscaino, business leader Jessica Lall and real estate broker Mel Wilson.

Who are these candidates; what have they addressed in their

campaign?

The most recent nominee to run for mayor is Karen Bass. Bass is a U.S representative for the 37th district of California. She addressed the issue of homelessness as the main concern in her campaign.

Bass wrote that solving this crisis means “addressing the root causes of homelessness: lack of affordable housing, healthcare, job training, mental health services, and drug and alcohol counseling” according to the LA Times.

Former state assembly member and current council member of district 14, Kevin de León also addressed the crisis of homelessness and mentioned his own experience in the campaign speech.

“I know what housing insecurity feels like. Growing up in crowded basement apartments, sharing houses with strangers,

and sleeping in my car” he said. León plans to build 25,000 new homeless housing units by 2025 if elected. City Attorney Mike Feuer emphasized homelessness and affordable housing as his top issue as well. He also plans on doubling the number of city council members.

Fuer said “it would make the city government more accountable, causing each council member to represent half as many people allowing them to know the neighborhoods in their districts more intimately” according to the LA times.

Joe Buscaino, city councilman, said “he will use his background as a police officer to tackle the city’s urgent issues of homelessness and rising crime” according to the LA times.

Buscaino has favored restrictive rules ensuring that sidewalks will remain passable.

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Huntington Beach reopens one week after oil spill



VINCENT MEDINA/TM

Spill: Huntington Beach lifeguard tower two overlooks an oil drilling site. The beach reopened after a drilling site off the coast released about 126,000 gallons of oil into the water on Oct. 3, 2021.

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Huntington Beach reopened its shores one week after a pipeline burst and released approximately 126,000 gallons of oil into the water.

After coastal ocean and wetlands water quality testing showed there were non-detectable amounts of harmful oil toxins. Surfers took to the water to ride the waves, as many surfers favored Huntington Beach for their sport.

“They cleared the beaches so it’s safe to return,” said Newport resident Nate Wilson as he prepared to head towards the beach.

Wilson read the testing results that show the water is safe for recreational swimming and surfing. Cleaning crews continue to sweep the shore to check for

harmful objects or chemicals.

While Wilson and his fellow surfers agreed the beach was safe for swimming, they also stated that they disapproved of the oil drilling off the coast.

“[The oil drillers] should go deeper so this doesn’t happen again,” said Huntington Beach resident and surfer Levi Lowrance. “Maybe they should find a better spot to drill. That way it won’t affect so many people if it happens again.”

Huntington Beach resident and surfer Pedro Goite took an optimistic approach, saying how the beach looked better after the cleaning. “The sand looks and water looks cleaner than it did before,” said Goite. “It was probably better that nobody was in the water for the week.”

The U.S. Coast Guard is continuing to lead the cleanup effort and ensure the safety of people and wildlife.

So-Cal Pizza hosts ‘Power of Pink Breast Cancer Awareness Month’ fundraiser

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So-Cal Pizza partnered with the city of Norwalk to host the “Power of Pink Breast Cancer Awareness Month” fundraiser on Oct. 21. During the day, 20% of the proceeds went to the American Cancer Society.

Restaurant owner, Rick Ochea, estimated that by 2:30 pm the restaurant raised \$200 - \$300 for breast cancer research.

Ochea and his employees wore pink masks for the event.

“It’s always good to partner with the city to help the community for a good cause,” said Ochea.

“Myself and my business, we started to become a tool to create community connection with everything and anything we can do.”

Some customers were unaware of the fundraiser but were happy to support the cause.

Norwalk residents Jaque and Leo Castanon brought their one-



VINCENT MEDINA/TM

Fundraiser: So-Cal Pizza partners with the city of Norwalk to raise money for Breast Cancer Awareness Month. The restaurant donated 20% of the proceeds to the American Cancer Society on Oct. 21, 2021.

year-old daughter Mia to the restaurant for a family dinner and learned about the fundraiser.

“I’ve had two aunts with cancer, only one of them survived,” shared Leo.

His wife also said that it is

important to bring awareness to the issue.

It is estimated that over a million new cases of cancer were diagnosed in the United States last year, with the most common being breast cancer according to

the National Cancer Institute.

Through ultrasounds and mammograms breast cancer can be detected early and treated before it becomes too advanced. The American Cancer Society says symptoms of breast cancer

can include swelling of the breast, skin dimpling and swollen lymph nodes.

“I’ve lost some of my aunts and cousins to breast cancer and cancer in general,” said Ochea. “It’s something dear to my heart.”

Restaurant manager Tyleen Zuniga shared that she also lost an uncle to cancer.

“It’s an important cause, and we’ve advertised for the fundraiser on social media,” said Zuniga.

The restaurant owner says that his next fundraiser will be in November, to sponsor California High School’s swim team.

Norwalk is also hosting the Relay for Life Tri-Cities event to raise money for cancer research at the city hall lawn on Oct. 23.

All the money from the relay will go to the American Cancer Society.

So-Cal Pizza is not expected to help cater the event, but Ochea is willing to assist if the city reaches out to him.

So-Cal Pizza is located across the street from Norwalk city hall at 12253 Imperial Hwy.

Artesia Street Fair fails to represent Asian culture

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The eighth Annual International Street Fair and Diversity Festival was held at Pioneer Blvd on Oct. 2. The one-day event was intended to celebrate racial and ethnic diversity by promoting businesses in the area but fell short of their intended goal.

International food options were disappointing with what people could purchase inside the street closure. It gave an inaccurate representation of diversity that only benefits one monolithic group, the Indian restaurants and businesses of Pioneer Blvd.

The city of Artesia represents more than just one dominant group. Looking at Census data, statistics show that roughly 1/3 of people who identify as Asian alone, live in the city, yet none of the food stalls reflected the other groups which include Vietnamese, Chinese, Korean, or Filipino.

An inconvenience for visitors who assume that the event would promote Asian cuisine, or at least not disproportionately take away economic revenue from neighboring ethnic restaurants outside the four-block zone.

The city of Artesia implemented the same mask face rules from the Los Angeles County Department of Public Health, requiring all participants



GUSTAVO OLIVARES-MOLINA/TM

Ferris Wheel: A queue at the front go Go-Gator attraction ride. Ferris wheel at the background along with Tornado, a spinning ride. Oct. 2, 2021.

at outdoor events to be masked unless they are eating or drinking.

For an event promoting food diversity, there was no diversity represented only one Indian food vendor being the same restaurant that operated across the sidewalk. The event was a discreet boost to attract customers to that sector.

Commercially viable food such as; tacos, tortas, Nashville style fried chicken, and Filipino Ube desserts made me skeptical as to why some choices were

made with the selection of food.

Could there be a conflict of interest among restaurants? Perhaps businesses do not want competition, or not enough vendors want to participate?

An international beer garden brought some aspects of culture that gave it a pass, but overall disappointed with the selection of food inside an event that promoted diversity but did not represent it at all.

After all food is a part of

cultural identity.

Besides that issue, people can enjoy themselves with the list of activities such as cultural performances, contests, carnival games, rides, a photogenic pumpkin patch, and live entertainment that gave the bite-sized festival vibrant life.

Live performances showcased various cultures that encompass the surrounding areas.

Japanese taiko drummers, Mexican folkloric performers,

Polynesian hula dancers and other various acts made the street fair feel cheerful and colorful.

In addition to performances there were apparel vendors, the majority marketed for the Indian woman, this made the streets of Pioneer Blvd. have a pop of color with beautiful embroidered sarees, along with other ethnic fashions, captured the essence of traditional ethnic wear.

Swarovski crystals, bold bright silk patterns, blouses with detailed sequin designs. The vast collection of elegant jewelry provoke visual stimulation for anyone passing by casually to stop and admire artisanal craftsmanship.

Indian flower garlands were also commonly featured as decorations in this festival, often used for religious ceremonies, this special type of floral garland is a sign of respect within the community as some vendors explained to anyone unaware of the cultural aspect tied to them.

One missed opportunity that would have been a nice addition was henna drawing services similar to face painting at festivals. People can purchase henna supplies inside the stores, but that would require exploration and knowledge on how to apply it themselves.

Despite the festival's efforts to promote different cultures, the blatant marketing technique in attracting visitors to shop locally within Little India was obvious from an outsider's perspective.

Gobi Ice Cream rolls into Cerritos, worth every penny



FATIMA DURRANI/TM

Tasty Treat: Gobi Ice Cream has delicious and unique flavors with a variety of options for toppings. The flavors displayed in the image (left to right) are coffee, chocolate and strawberry.

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Gobi Ice Cream is one of the most underrated and unique dessert spots in Cerritos because of the techniques they use while handcrafting their ice cream.

Hiding behind a Sleep

Number store off South St., Gobi Ice Cream offers delicious flavors crafted from scratch that are rolled into six proportionate rolls.

If you're the type of person who loves trying new things like ice cream, Gobi Ice Cream is there for you.

The magic starts where you pick an option out of the 14

different flavors.

The fast-paced employees then craft your dessert to life.

Gobi Ice Cream proves to use fresh products right before your eyes.

It's recommended to go for the strawberry patch flavor if you've been craving a strong, fruitful flavor with the perfect balance of

sweetness.

The strawberry patch flavor is completely fresh considering they use real strawberries in the process of creating the ice cream rolls.

A hardworking employee will bring out a creamy liquid with your flavor of choice and pour it onto a frozen pan, creating a

liquid circle.

The creamy liquid is then converted to a thick consistency before it gets laid out and divided into six sections.

You'll then see the employee magically transform the flat ice cream into thick and creamy rolls with a beautiful aroma.

Gobi Ice Cream is a family friendly location because it's extremely entertaining to watch the employees and the process of handcrafted ice cream being turned into high quality rolls.

The ice cream place offers many unique flavors such as milk based flavors that can be topped with crispy Fruity Pebbles cereal or even a matcha tea blend.

At Gobi Ice Cream, there's pretty much a flavor for everyone, ranging from the taste of bitter coffee to sweet vanilla ice cream.

The atmosphere is a perfect spot to catch up with friends or spend quality time with your family as you indulge yourself into high quality ice cream in the form of rolls.

It's without a doubt worth every penny since in the experiences of customers people had to share because the portion sizes were heavy.

Gobi Ice Cream is located at 11430 South St. in Cerritos and masks are required for entry.

If you're looking for a hidden gem in around the college area or simply have been wanting to try unique and delicious ice cream go down to Gobi Ice Cream, it is a perfect match for everyone!

Jason Jenn displays a metallic masterpiece at Cerritos

Fatima Durrani

Staff Writer

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Jason Jenn constructed an exhibition titled "A Field Guide To The Timelessness of Now," which represents the reminiscence of custom arranged mandalas within nature. The exhibit runs from Oct. 10 – Oct. 23.

Jason Jenn is an interdisciplinary multimedia artist who's performed in various roles ranging from a performer to a director. He is passionate about getting his viewers to connect with the symbolism infused into his work.

This piece of art contains visible leaves painted with metallic colors to capture the focus of viewers.

Jenn has created an aesthetic experience for his audience as they realize how complex but powerful the details are within the golden leaves. By using natural materials from Cerritos College's own campus, Jenn aims to re-establish a connection between the natural world and the viewer.

Jenn intends to show that despite the leaves being dried up in a form of death, that they still hold enormous beauty. The beauty is very abundant and can be viewed in the window dressing of the fine arts building at Cerritos College.

When looking at the complex



FATIMA DURRANI/TM

Window Dressing: "A Field Guide To The Timelessness of Now" can be seen on the fine arts building at Cerritos College from Oct. 10th – 23rd.

and custom arrangement of the golden leaves, it raises curiosity within the viewer's mind.

Jenn mentioned that humanity these days are very disconnected from the natural environment.

He hopes to show viewers how nature offers spirituality and holiness.

The alumni from the University of Iowa explained that the process of nature is beautiful since after the decomposition of

plants it's able to feed other forms of life.

The mandalas in the display represent a historical focus as the viewer learns how to connect with the beauty in nature.

Jenn mentions how there's always an element of surprise involved in the way nature works and that his work is a huge display of that.

Nature works in unexpected ways with unique shapes and

designs. The metallic leaves in the display are a perfect example of how each leaf carries its own complex design.

It's beyond interesting to see the way every metallic leaf is arranged. Jenn ensured to put forth time, effort and passion as he gave viewers the chance to see natural beauty.

Viewers can interpret his work into their own meaning of what nature means to them which gives

them the chance to think outside the box.

"A Field Guide To The Timelessness Of Now" runs from Oct. 10 until Oct. 23rd at Cerritos College in the fine arts building.

If you're someone who loves nature or the beauty of golden colors because of how aesthetically pleasing they are, it's highly recommended to take a stop by and view Jenn's beautiful masterpiece of nature.

Oogie Boogie Bash returns to California Adventure Park

Isaiah Lonvelin

Co-Sports Editor

@talonmarks

The Oogie Boogie Bash is back for the second year, and it is worth getting tickets for this one time event to party with all the Disney villains.

Starting out you can head to the park three hours early to do the normal stuff at California Adventure, and stay in the park as they kick out guest who do not have a ticket for the event.

Disney did a spectacular job with all the decorations around the park with lights, projections, and every land is decorated to match the Halloween feeling.

Photo opportunities are everywhere whether it be with little backgrounds like a Wanda Vision set up near Monster Inc. You can even take pictures in a line full of villain's near the Grizzly Rapid ride.

Of course one thing you have to do is go around the 10 treat trails that is at the park, and a total of eight trails is dedicated to a Disney villain that should be fun for both adults and kids.

You can see characters like the Mad Hatter, Sid, Cruella,

Maleficent, and many others along the way.

You should bring a backpack as the event does give you little bags, it will fill up after going through one treat trail. If you have a sweet tooth and want to take some candy home bring a bag.

The selection of this years candy's is three brand of skittles, starburst, and three different types of chocolate.

Along the trails are health choices like apples, grapes, cranberries, and applesauce.

A warning if you plan on eating at the park it is all mobile orders.

Do not expect to go and order in person when you get to the park. If you want any food you will be told to go and download the Disney app.

The time that we went was on a Thursday, and wait times for food were 30 minutes-45 minutes.

Desserts such as churros and ice cream were not that long as it was only five minutes.

A must try is the Oogie Boogie churros that are full of flavor, and rolled in crumbled chocolate cookies, green icing, and topped off with gummy worms.

The annual parade was

the same as the previous year before COVID-19 and not much has changed as you are still introduced to the same song and dance routine.

But it is always a great sight to see the headless horseman walk through the street, as the parade follows after him.

One thing you should do before the night ends is walk through the Villain's Grove as your are taken into another dimension with this walkthrough experience of immersive displays.

You will see lighting and other displays that represent a villain's through this walkthrough and look out for Alice in Wonderland Cheshire cat.

Bring your walking shoes, as of now their are no trams for the Mickey and friends parking lot, and will have to walk from your car all the way to the entrances of both parks.

If you do not want to the walk from your car a suggestion will be to park at the Toy Story parking area as buses will take you to the

park, but is always filled with long lines.

At the end of the day be prepared to wait in another long line to get on the bus back to your car if you happened to be parking at the Toy Story parking area.

All in all it was a good time to be at the bash with Oogie.

Even though there are some flaws you are sure to have a good time with your friends and family.



JOSHUA SUDOCK/DISNEYLAND RESORT

The "Frightfully Fun Parade" at Disney California Adventure Park is one of the features of the new separate-ticket Oogie Boogie Bash being offered on select nights through Oct. 31. The evil Dr. Facilier from "The Princess and the Frog" (pictured) is one of several Disney villains featured in the parade that winds through the park during the party each evening.

Muslims shouldn't fear worshipping freely

Fatima Durrani
Staff Writer
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Advocates must demand Alex Padilla and Dianne Feinstein to provide religious security for minorities like Muslims in mosques, it will be the first step towards the abolishment of hatred for Muslims.

Islamophobia has been on the rise for decades which has resulted in hatred for Muslims in forms of vandalizing mosques, the shooting of mosques, harassment and hate crime incidents.

It's exhausting having a spike in hatred considering we're in the year 2021 and we should be the generation that starts the end to hate towards Muslims.

States like California, Texas and Florida have experienced 11 or more anti-mosque incidents, such as an arsonist burning down the Islamic Center of Victoria.

Mosques in Texas have received multiple actions of vandalization such as urine on their prayer carpets and derogatory words written on the surface.

How inhumane does one have to be to sit back while Muslims suffer the consequences of hateful people? By bashing places of worship like mosques, it snatches the First Amendment right of Muslims to be able to practice their faith.

Media outlets express little to no concern about the fact that innocent Muslims in America are being verbally and physically harassed left and right. If this was another religion, the entire world would stand up for them.

Texas has also experienced multiple threats to set mosques and synagogues on fire, yet the media has only labeled the



FATIMA DURRANI/TM

Mosque: Muslims fear going to their place of worship because of previous hate incidents against their religion. It's heartbreaking for them to deal with this struggle on a daily basis. Muslims experience a large amount of verbal and/or physical harassment for practicing Islamic faith.

convicts as arsonists rather than terrorists. It's an act fueled with hate to threaten or follow through with lighting up a place of worship on fire, but once again there was hardly any support for the news to begin with.

Main Stream organizations explain white men to have a mental illness if they shoot up a school but if a brown person commits a crime, they're labeled as a terrorist. The U.S. continues to show disregard for Muslims concerned about their place in society and their wellbeing.

It seems the only time Muslims appear on the news is to bash on them for their religion rather than spreading coverage of others terrorizing Muslims.

America seems to have the motive to paint Muslims in a bad light because of radicals like ISIS. America also stays silent when innocent Muslims are killed because they clearly don't care.

Victims of biased western media tend to follow the stereotype of Islam being a violent

religion, when in reality this is a myth and extremism goes against Islam. Islam focuses on virtues such as donating to charity, fasting to remind themselves of helping the less fortunate and true submission to God.

According to Pew Research center, about 11 Muslim countries declare their hate for ISIS because they believe the true Islam is one that brings peace and love rather than violence or extremism. It appears people lack the skill to do their own research and fall into the trap of false media.

Why do people feel the need to even talk about a Muslim woman's decision to cover her body? A clear double standard is represented when artists like Billie Eilish is praised for her modesty as she often wears baggy clothing but when a Muslim woman chooses to cover herself up, she's called oppressed.

Kim Kardashian's audience is also a perfect example of double standards because when she showed up to the 2021 Met

Gala fully covered, she wasn't titled as oppressed. Yet when a Muslim woman wishes to wear a Niqab, she's called extremist or oppressed. People hardly research the Quran to even notice there's an entire chapter on how women have a high status in Islam.

It's ironic how people will advocate for my body my choice when it comes to a woman or any gender wanting to reveal their body but if a Muslim woman wishes to conceal it, she receives backlash from society and her peers. It's not that difficult to stand up for a fellow human but when that fellow human is a Muslim, it becomes a chore for most people.

Zainab Merchant, graduate student at Harvard University, was traveling from Boston to Washington D.C. when she experienced harassment from the Transportation Security Administration. Merchant said she was forbidden to call her lawyer as she was forced to pull down her pants in a private room despite being on her menstrual

period. Hardly anyone stood up for her but if it was a non-Muslim, people would make the footage of this situation go viral.

It's disgusting and discriminatory to make Muslims feel uncomfortable simply for practicing their beliefs which involve wearing a hijab. We should be the generation that starts the end to hate towards Muslims.

Students in Massachusetts have reported a 60% increase in being verbally or physically harassed because of their Islamic faith and unfortunately this is the reality of many Muslims regardless of age. It's utterly shocking that people will stand up for the rights of others but if it's a Muslim, they're afraid of losing their job because they believe standing up for Muslims is supporting terrorists.

Why is it normalized to not speak up about Muslims experiencing hatred and violence for their beliefs? There shouldn't be a scenario where one hears gunshots while praying. No religion deserves to go to their place of worship wondering if they'll even live to come home the same day.

On Oct. 11, the Islamic Center of Tacoma was lit on fire by an arsonist committing a hate crime. There was hardly any coverage of the incident and rather than labeling this a hate crime, it was titled as just an arson.

It's unfair and painful that Muslims have to fear situations like this on their way to a mosque. The purpose of a mosque is to bring the diverse Islamic community together to connect and worship their God.

Sources have declared their fear of performing Eid prayer in a closed setting because of ...

[Read more at Talonmarks.com](#)

The Elephant's Corner: Joe Biden's major Afghan failure

Robert Yeutter
Opinion Editor
@talonmarks

Welcome to the first publishing of the Elephant's Corner column. This is a free speech column.

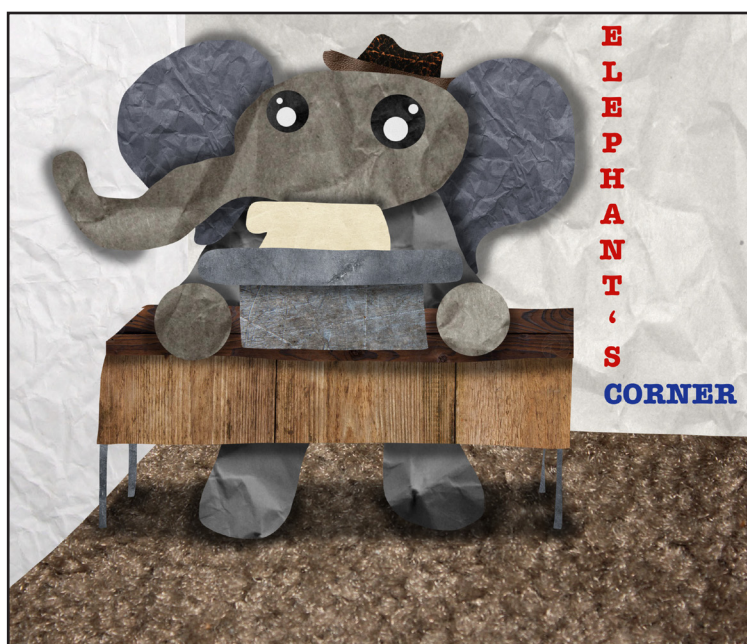
This column will feature a right-leaning opinion but strives to be a common-sense column.

Joe Biden and his administration have left a lasting image of America and the way our withdrawal from Afghanistan, although it is a good thing, was handled incorrectly.

First off, you could not leave Americans and those that helped our cause behind.

Whether the number is one person or a thousand people, it does not matter.

America is a country that does not leave its' people behind and that is exactly what the Biden



THERESE LIM/THERESELIMARTISTRY

Weakness: Biden's mismanagement of the Afghanistan withdrawal showed the Taliban how weak the United States is under this administration. The elephant sits in his corner, unwilling to let Democracy die in the darkness, the elephant types away.

administration has done.

Secondly, we should not have left our military equipment behind.

Our equipment is some of the most advanced technologies in the world.

Leaving that behind can allow

the Taliban and other terrorist organizations to reverse engineer our equipment and take our technology.

We should hold those in charge accountable for the actions that lead to this great failure.

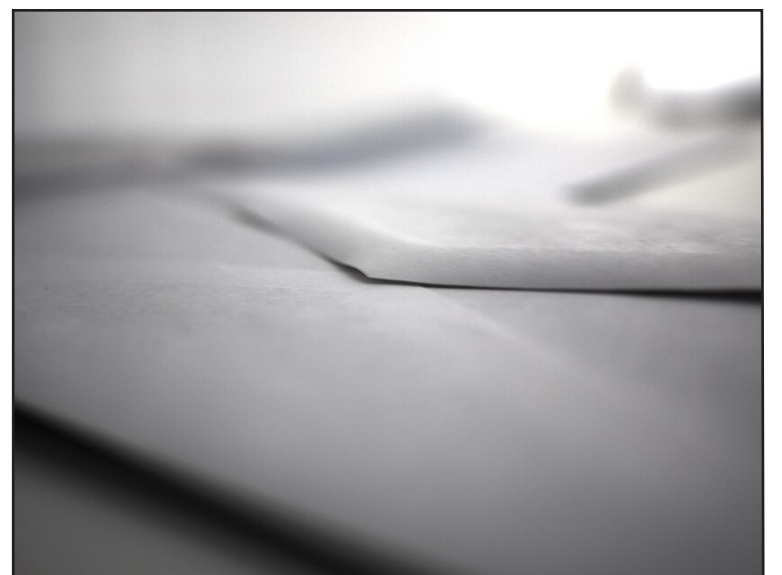
Letter to the Editor

I saw a story in the Norwalk Patriot about the Cerritos College vaccine mandate that is going into effect.

It mentioned cosmetology instructor Rossitza Petrova's challenge to the Board of Trustees: "What are you going to do with us tenured staff if we refuse to get this vaccine?"

I suggest treating this arrogant, irresponsible makeup artist with the contempt she deserves.

Send a letter to every student and parents declaring that she is attempting to spread a disease that has killed over 700,000 Americans, nearly all unvaccinated. If she endangers even one student, that is the equivalent of attempted murder.



BBURKY/CREATIVECOMMONS

It's on parents to help their kids with mental health

EDITORIAL

Over the years parents have seen an increase in depression in teenagers due to social media according to Child Mind Institute, by Caroline Miller, Editorial Director.

"Social Media is linked to the increase of depression amongst teenagers over the past decade," Miller wrote.

Who is to blame for this? Is it the parents, social media, or a combination of both?

Parents should take the most responsibility for allowing their kids to be on social media for so long.

Simply talking to your kids can solve the issues they face behind the scenes.

Parent must do their best to ensure their children don't feel discouraged by content on the internet. Enforcing rules on the phones they pay for their child to own.

A phone should give their children the necessities they need to communicate with family and friends.

Social media applications are widely accessed through smartphones and need more secure and transparent terms and conditions, no one is reading the entire terms and agreements issued on the applications used.

Teenagers struggle with mental health caused by toxic unrealistic values. However, the majority of teenagers seem to implement what they see on the internet and apply it to their everyday lives.

Teens feel the need to compare each other's lives based on what they have rather than appreciate



PIXABAY/CC

Pay Attention: Mental health disorders are displayed on a computer screen to show the results of spending too much time on social media. Studies show social media causes deterioration of young people's mental health. Oct. 7, 2021.

what they have. Unmotivated teens become discouraged when they realize that they may not be as fortunate as others they see on social apps.

According to HelpGuide multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal

thoughts.

In other previous studies, social media platforms like Instagram have increased the number of cases of social anxiety disorders in teenagers and adolescents according to Ignite TeenTreatment.

Social anxiety, also known as social phobia, has three dysfunctional beliefs which have

been identified as the primary cause of social anxiety.

According to the New York Behavioral Health, one of the dysfunctional beliefs is called high-standard beliefs. High-standard belief is an unrealistic standard such as "I must be liked by everyone I meet."

These high-standard beliefs are not fundamentally anxiety-causing, but it's when one fails to meet these high standards, one can experience a lot of anxiety.

Social media takes a huge toll on mental health so it would be best for everyone especially teens to use less social media.

In 2011, Steve Jobs interviewed with the New York Times and said he limits his kids from using the newly-released iPad. He also stated in the interview, "We limit how much technology our kids use at home,"

Steve Jobs knew the mental effects of social media as well as other billionaires, millionaires and creators of the same media and technologies that kids use today.

A strong recommendation to lower the amount of damage to teenagers' mental health is to advocate more ways to be socially active. Especially during COVID-19 finding both creative and safe ways to distract teenagers from social media to improve mental health is challenging.

Encouraging the youth to engage socially in person can take away the urge to communicate through their phones.

The idea is to make teenagers less dependent of their phones, which will lead to a reduced amount of time on social platforms and eventually reducing the

chances of developing depression over time.

It is important to see how kids' attitudes have changed compared to the previous generations who grew up without these social platforms.

The generations that have come before us didn't grow up with social media or a phone in their childhood. Times have changed since then, another solution for teens can be to ask an adult how they got through their teenage years without easily accessible technology.

By teenagers being given adequate amount of responsibilities they will learn to become disciplined and independent from phone usage which will eventually lead to a decline in depression caused by social media.

Sources also indicate that 92% of American teens check social media regularly. Most teens and tweens use social media for more than 6 hours per day. These statistics are true among teens between the ages of 12-19 years old, according to Pew Research Center.

Parents encourage your children to seek age appropriate entertainment outside of social media.

Teenagers shouldn't spend so much time online it is easy to get lost in all the content offered via social media,

Social media developers aren't worried about the effects their platforms have on your children their job is to keep their usage up and keep people on their platforms, it is your job to worry about what social media is doing to your teenagers.

Young girls need excused absences for menstrual pain

EDITORIAL

Young women should not be penalized for missing school days as a result of their bodily functions.

Schools exempt children and young adults from physical activities, school days and extracurricular activities as a result of illness, physical or mental injury yet fail to recognize the natural complications ladies are often met with.

As a result of such complications, a father from the UK, Marcus Alleyne, petitioned for his daughter and other young women to be excused from school due to menstrual pain.

In an interview with News18, Marcus expressed his concerns to Plymouth Live to say that according to the school if it had been any other disease or

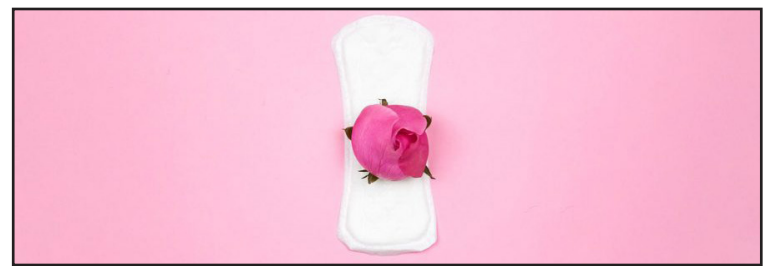
condition, it would've been noted as an illness rather than an illegal absence.

He was shocked by the answer, saying, "If I had said she had a migraine, we wouldn't be having this conversation."

Students who undergo complications due to menstruation suffer painful symptoms such as cramping, bloating, fatigue and lack of concentration. Severe cramps along with symptoms of dizziness make it nearly impossible to remain attentive.

Those who menstruate makeup about half the world's population and it's only fair to allow them time once a week out of the month for a natural process that can cause disruptive pains.

About 80% of women experience dysmenorrhea according to the British



MARCH VERCH

Period: As menstruation occurs, painful symptoms such as cramps, bloating, fatigue, dizziness and weakness affect individuals. It's important to take time to rest during the process.

Menopause Society and about 10% of women experience menstrual discomfort so severe to the point where it disrupts their life.

The average cycle is 28 days long and can range in length from 21 days to about 35 days according to the Cleveland Clinic.

It's primitive that basic information surrounding menstrual cycles is unknown to

educators and isn't being taught in schools to the degree it should be. The solution to problems regarding menstrual cycles can be treatments such as birth control pills or hormonal methods.

According to the International Journal of Community Medicine and Public Health, "Awareness levels were poorer among males than females.

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ISAIAH658/CREATIVE COMMONS

Letters to the Editor

Please feel free to send letters to the editor by email to editor@talonmarks.com or submit them on our website at [Talonmarks.com](https://www.talonmarks.com).

Talon Marks attempts to publish every letter it receives except those judged to be an invasion of privacy, libelous, obscene, or plagiarized. Letters may be edited due to space and clarity.

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Production and printing of Talon Marks is partially funded by the Associated Students of Cerritos College.

Newsroom offices are located in the Fine Arts & Communications Building, Room FA245.

Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650

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Vol. 66
© 2021 Talon Marks

Fall 2021

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Falcons annihilate Chaffey Panthers

Robert Yeutter
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The Falcons were on the road for their first conference game of the season where they beat Chaffey with the score 43-17 for the Falcons first conference win.

The game kicked off at 6 p.m. with a 65-yard kick from Falcons kicker Abraham Delgadillo that was returned for 12-yards by Chaffey returner Tyon Crook.

The Panthers took the ball at the 12-yard line and put together a 10-play, 62-yard drive to the Falcon 26-yard line where the Falcon defense was able to stop the offense and force Chaffey kicker Jacob Meneses to take a 43-yard field goal with 8:36 left in the first quarter.

After the kickoff was caught on the Falcon four-yard line, Bijon Harris returned it for 49 yards to just past mid-field. The Cade McConnell led offense came out and seemed to stall right away before a personal foul penalty against Chaffey led to a first down and eventually a 19-yard touchdown pass from McConnell to Luca Caldarella. The PAT by Abraham Delgadillo was good, making the score 7-3 Falcons. The offenses for both teams went silent after that with the only points scored in the second quarter being on two Moz Bojorquez field goals from 26-yards and 33-yards, making the score 13-3 Cerritos.

After a Falcon field goal by Bojorquez from 33-yards out and a 16-3 Falcon lead, the Panthers looked like a team that just found its offense.



ROBERT YEUTTER/TM

Football: Falcons RB Penieli Lauago (#25) is lifting into the air by OL Jonathan Manzo (#54). Penieli caught a 37-yard touchdown pass to give the Falcons a 33-17 lead in the 4th quarter of their game at Chaffey College on Oct. 16, 2021.

Chaffey took the kickoff from their own 3-yard line and Ja Cari Williams ran it back 81-yards. The first play after that return was a 16-yard touchdown pass from Kevin Lukasiewicz to Josiah Finell with the PAT from Jacob Meneses being good making the score 16-10 Cerritos.

Throughout the game, Caldarella was a favorite target of both quarterbacks the Falcons put on the field. Head Coach Dean Grosfeld appreciated the performance from Caldarella, as well as both Cade McConnell and Jordan Simpson, the Falcon quarterbacks.

Chaffey took the lead after

a nine-play, 90-yard drive that was capped off by a 16-yard touchdown pass from Lukasiewicz to Jakim Allah and a good PAT by Meneses making the score 17-16 Chaffey. The fourth quarter began an explosion of scoring for the Falcons.

After short runs by Davon Booth, Bailey Torres, J'lon Manning and Billy Moore, the Falcons quarterback, Jordan Simpson ran the ball 10-yards for a touchdown. Simpson then attempted a two-point conversion to Luca Caldarella which was successful and made the score 24-17 Falcons.

"You know, I felt a touchdown

coming to me. I just had a feeling, you know." Wide receiver Luca Caldarella said, "I'm just glad it turned out the way that it did." The following play after the go-ahead touchdown, Delgadillo had a 64-yard kickoff that was turned by the Panthers to their three-yard line. Tyon Crook then ran for a loss of three and Victor Clanton ended up forcing a safety to make the score 26-17 Falcons.

After the punt by Chaffey to get the ball back after the safety, Simpson completed a seven-yard pass to Jacob Leija and then Penieli Lauago rushed for six-yards to set up Simpson's 37-yard pass to Lauago and Delgadillo's

good PAT attempt for a 33-17 Falcon lead. Chaffey got the ball back and had a quick three and out to set up a punt return by Falcon returner Iyen Medlock to the Chaffey 33-yard line.

Cade McConnell completed passes to Iyen Medlock for seven yards, DeJour Smith for one yard, and to Billy Moore for 25-yards and another touchdown. Delgadillo's PAT attempt was good to make the score 40-17.

The ensuing kickoff of 63-yards was returned by Marquise Short and a fumble was forced by DeMario King and recovered by Jonathan Fuamatu at the Panther 18-yard line.

Billy Moore rushed for seven yards on two plays and then received a completed pass from McConnell for three more yards and a Falcon first down.

The Panthers defense was able to limit the Falcons to another 25-yard field goal from Moz Bojorquez, which made the score 43-17.

The Falcon defense came out one last time and held the Panthers to a three and out to end the game. "I was super excited to come out here tonight and hopefully to carry it on to next week with El Co [El Camino Community College]," said Caldarella.

Caldarella caught eight passes for 79-yards with two touchdowns. Cade McConnell went 16-26 on completions on 141-yards and Jordan Simpson went 6-13 on completed passes on 80-yards. The defense came through with two eight yard sacks and a forced fumble.

Sindy Arzate readjusts to cheerleading as events resume

Fatima Durrani
Staff Writer
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"I have been cheerleading since I was 10 years old," said Sindy Arzate, a cheerleader for Cerritos College. "My journey has not been easy but definitely worth it. I have not only grown mentally but physically, and made many lifelong friendships on the way."

The pandemic has negatively affected all athletic departments, as they had to adjust to COVID-19 safety protocols during practice or conducted exercises virtually.

The behavioral science major said in-person practices for cheer did not start until this summer, almost a year after she joined the team. "COVID-19 definitely impacted cheerleading," Arzate said as she describes how she and her team members felt a lack of motivation.

"After coming back from the pandemic I did see a difference in my practice physically," said

Arzate.

The cheerleader said it was difficult to switch from a lifestyle of doing homework online and working out once a week, to working out nonstop for cheer.

"Working out nearly every day, for around three hours, really tired my body out," she said. "It also affected me mentally, because in cheerleading you have to memorize many fast-paced moves, from over 30 cheers, dances and workouts."

"Hopefully as time passes we're able to do stunts, and be able to surprise our spectators with amazing and incredible stunts," Arzate said. Arzate described her cheerleading experience in the pandemic to be overwhelming, after being unable to perform or practice for a year.

"I believe the hardest part of cheering is definitely stunting," she said. "Stunting consists of many skills which allows our bases to lift girls in the air creating different transitions and adding a wow factor to cheerleading."

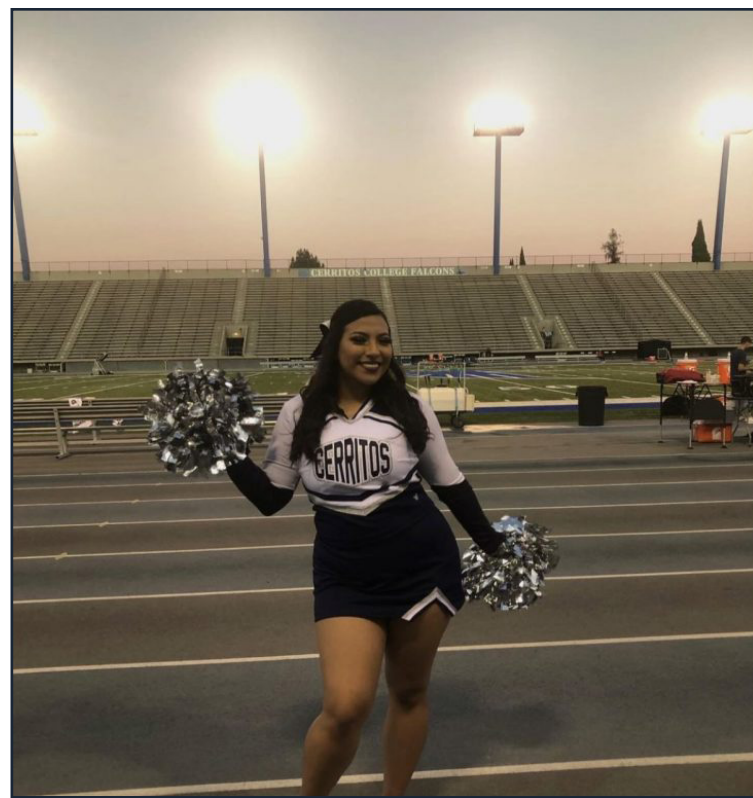
COVID-19 drastically affected cheerleading because viewers were not able to see the special stunts cheerleaders like Arzate were working on with her uniformed team.

"We have not been able to stunt which saddens us," said Arzate. "We are not able to give our viewers that type of excitement and suspense."

Arzate described how cheerleading is a unique sport because there's many different aspects involved such as being in a perfect uniform, maintaining an energetic persona and adding to the enjoyment of games.

"Being glammed up in a competitive sport is not seen as much which makes us different because many see our performances, but not what goes on before and after we're on the field," Arzate said.

Despite the troubles of the pandemic, the cheerleader said she's been left with amazing memories, and that everything she went through physically and



COURTESY OF SIDNEY ARZATE

Cheerleader Sindy Arzate, 20, is excited for spectators to see her team blow away the audience with stunts. She adjusts to returning to cheerleading after a year of remote learning.

mentally was worth it.

"During that moment, every little struggle, all the blood, sweat and tears came to my mind and overjoyed me with how grateful I was to be there and be part of that cheerleading team," Arzate

said, referring to an unforgettable memory during cheerleading. Arzate looks forward to more memories and moments where she can amaze the crowd with a team she's created lifelong friendships with.

Kyrie will return to Nets sometime this season

Matthew Ramirez
Co-Sports Editor
@talonmarks

Brooklyn Nets star point guard Kyrie Irving should be joining his team at some point this season even with his views on the vaccine mandate.

Kyrie Irving announced earlier this month that he does not plan on getting the vaccine despite the city of New York having a mandate in place saying that any player without the vaccine will not be able to play any home games for the Nets.

“

“It’s about choosing what’s best for you. You think I really want to lose money?”

Kyrie Irving

NBA Player

”

Longtime NBA reporter Shams Charania had reported that sources close to Irving told The Athletic that he is not an

anti-vaccine but wants to be a voice for the voiceless for those people losing their jobs due to the vaccine mandates being around.

Irving was willing to have made himself available to suit up for games that were not played in New York but Nets GM Sean Marks made it clear that they are not looking for players that will be part-time despite respecting his decision to not take the COVID vaccine.

The Brooklyn Nets team was assembled by starting off with the signing of Kyrie Irving in the summer of 2019.

It was then followed with another star acquisition in the form of a sign and trade for star forward Kevin Durant from the Golden State Warriors that same offseason.

After two years of not really hitting their stride, they had the necessary pieces to engage in a four-way trade acquiring superstar point guard James Harden and becoming a serious contender for the NBA championship.

In 2021, they fell short as they failed to pass the conference



KEVORK DJANSEZIAN/GETTY

Kyrie Irving (11) of the Brooklyn Nets during a preseason game against the Los Angeles Lakers at Staples Center on Oct. 3, 2021 in Los Angeles. Photo credit: Kevork Djansezian/Getty Images/TNS

semifinals but took the Milwaukee Bucks the distance in the seven game series they matched up in.

This Nets team is a force to be reckoned when all three superstars are on the court and Irving should keep that in mind as nothing is promised in the league and knows what is at stake.

Irving took to Instagram on October 13th and started a live stream in which he talked a bit more about his decision.

“It’s about choosing what’s best for you. You think I really want to

lose money? You think I really want to give up on my dream to go after a championship? You think I really just want to give up my job?” Irving said.

He would then end the live stream leaving fans and media in stating, “No, I’m not retiring and no I’m not going and leaving this game like this. There’s still so much more work to do and there is still so many other (youngsters) to inspire, because I know they want to be better than me.”

Kyrie is an inspiratio to not

only the youth of the world, but someone that young NBA talent should look to replicate his on court skills.

The Nets will begin the 2021-22 season next Tuesday against the defending NBA champion Milwaukee Bucks.

Although Irving may not chose to take the vaccine by the start of the season, he will eventually take it and look to return and compete for the illustrious NBA championship this team was always build to win.



WALLY SKALIJ/LOS ANGELES TIMES/TNS

Los Angeles Lakers LeBron James, left, and Anthony Davis share a laugh during media day at the UCLA Health Training Center in El Segundo, California on Tuesday, Sept. 28, 2021.

Big off-season for Lakers, will it work?

Silas Bravo
Staff Writer
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The Los Angeles Lakers became a brand new team over the offseason.

The front office has been busy and it has paid off.

Heads turned with the addition of point guard Russell Westbrook as Both him and LeBron James are ball dominant and are used to the offense running through them.

There is no denying that Russell Westbrook is not the best decision maker.

His erratic threes and questionable turnovers have developed a lot of criticism.

Regardless of his questionable

judgement, Westbrook is still a once in a general player and a top five point guard in the league.

He is a triple double machine that brings a different type of intensity to the Lakers, something they lacked last year.

This will relieve some pressure off of LeBron James. as the 36-year old will not be relied on to finish with 30 points every night.

What makes this trade more likely to be successful is the additions made this offseason to surround the trio of Westbrook, James and Anthony Davis.

What this team needed was shooters and the Lakers’ front office accomplished that.

Wayne Ellington returns to the Lakers after shooting 42.2%

from the three last season.

Whether he starts or comes off the bench Ellington looks to help improve the Lakers’ shooting woes.

An under the radar signing this offseason is sharpshooter Malik Monk.

Monk is only 23 years old and has improved every year in the league. Surrounded by lots of veterans and all stars, Monk is poised to have a big year.

Veterans Kent Bazemore and Trevor Ariza will be good fits for the Lakers with their unselfish solid 3-and-D style of play

Future Hall of Famer Carmelo Anthony made a big splash by signing with the Lakers this offseason.

Although he is 37, Melo is still an exceptional scorer and will look to have a big role coming off the bench.

Former Miami Heat guard Kendrick Nunn was another underrated signing and even took a small deal to join the Lakers

Nunn’s role is undetermined as of now but he will make an impact. Regardless, the 26 year old will have a huge scoring impact for Los Angeles.

The Lakers had one of their best off-seasons in years.

Most people just see the superstar trio, but the Lakers’ roster is one of the deepest in basketball.

There are little to no roles with a good mixture of scorers, shooters and defenders.

It is obvious the Lakers front office was not satisfied with last year and a second championship in three years is well within reach.

Bryce Harper is the National League’s MVP, it’s not that close

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Nobody in the National League had a better year than Bryce Harper.

Harper finished 2021 third in the NL with an outstanding .309 batting average.

He was second in the entire MLB with on base percentage with an incredible .429.

A lot of people try discrediting these so-called “outdated” statistics but how often one gets a hit as well as gets on base is still the most vital stat for a hitter.

Not to mention that Harper led the MLB in both slugging percentage and OPS.

Not only did he consistently get hits, he led the league in how many bases he recorded per at-bat. Harper was the best in the league at hitting for power and getting on base in general.

Harper was also third in the MLB in the WAR statistic.

For those who do not know, WAR stands for wins above replacement. This specific stat is used to sum up a player’s total contribution to their team.

The Philadelphia Phillies finished 82-80 and were second in the National League East.

Even though they did not make the playoffs, the Phillies were in the race largely throughout the season due to

the play of Bryce Harper.

Although baseball is one of the biggest team sports, it is safe to say that Harper carried this Philadelphia team.

Looking at their roster, it is impressive they even finished over .500. If you take Harper out of their lineup they easily are one of the worst teams in baseball.

If you examine the other MVP candidates Harper’s case for MVP looks even better.

The two other players that could possibly give Harper a run for his money are upcoming superstars Juan Soto and Fernando Tatis Jr.

Tatis had himself a year, finishing second in the MLB in slugging and fourth in OPS. He also stole 25 bases as well as hitting a whopping 42 home runs.

Despite these great stats, Tatis finished with a .282 batting average and did not come close to the other candidates in OBP.

What really edges Tatis out of the MVP race is how bad he was defensively. He committed a total of 22 errors despite missing a good amount of time due to injury.

Tatis was so bad defensively at shortstop that he had to be moved to the outfield.

Harper’s closest competition for the prestigious award in 2021 was Juan Soto.

Soto beat Harper in both