

Trustee Avalos' farewell reception



SAMUEL CHACKO

Reception: Trustee Avalos, in the middle of the photo, and the rest of her family took a photo to celebrate Trustee Avalos' accomplishments as a board member on Sept. 14.

Samuel Chacko
Editor in Chief
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Cerritos held a reception for Trustee Carmen Avalos on Sept. 14 in the Performing Arts Center to honor her accomplishments as one of the members of the board of trustees.

After the board of trustee meeting was put into recess, everyone went over to the Performing Arts Center to celebrate Trustee Avalos' accomplishments as she moves on to bigger and better things.

This reception began at around 7:30 p.m. when everyone sat down in the Performing Arts Center to hear the amazing things that Trustee Avalos did in her 14 years of being a board of trustee member.

Dr. Fierro, the Cerritos College president, said, "Carmen is someone who I consider a friend after so many years."

"The representation on campus has changed and mirrors our community and students," Dr. Fierro said, "Carmen was the precursor of that."

It was also announced that the seat that Trustee Avalos was sitting on, was named after her and is the first chair named in the Performing Arts Center.

During Trustee Avalos' farewell speech on Sept. 14, Dr. Fierro spoke on the accomplishments Trustee Avalos has as a board member.

Trustee Birkey, one of Trustee Avalos' colleagues, talked about the experience the board had and how he first learned about the closed sessions when he was first starting out on the board.

"You've always brought with you the kind of real-life experience into every single meeting," Trustee Birkey said, "that



SAMUEL CHACKO

Dr. Fierro: Trustee avalos and dr. fierro posed for a photo with a certificate the board of trustees gave her, among other awards.

has been the perspective she put in every decision."

Trustee Birkey said, "You have been that bridge that brought us from the past (with missed opportunities) to making use of those opportunities. Thanks for teaching me so much."

People from Linda Sánchez and Bob Archuleta's office came to give Trustee Avalos awards for her hard work.

"Thank you to everyone for being here," Trustee Avalos said, "First of all not only

saying goodbye but thank you."

"I like to thank my colleagues. May we never forget why we serve and do the right thing," Trustee Avalos said, "You are the best group of people to work with."

Trustee Avalos gave thanks to Dr. Fierro and the board members but also gave a huge thanks to her family.

"When I think about the legacy I will leave behind, I don't know what that will be," Avalos said, "I hope it inspires them [students] and I hope so."

Avalos ended her speech when she said, "It has truly been my privilege to serve you and all the students as your trustee. Thank you so much, go Falcons!"

Carmen Avalos, the board of trustee member who was celebrated, said that she doesn't know what's next but she's relocating to Northern California and would like to give thanks for the opportunity she had.

Trustee Avalos will be leaving the board of trustees here at Cerritos College and moving on from Cerritos.



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Dr. Hoyle and Dr. Hroch win manager of the year



SAMUEL CHACKO

Award: Dr. Hoyle, who's on the left-hand side and Dr. Hroch, who's on the right-hand side, pose for a photo with their plaque and medal at the Sept. 14 board of trustee meeting.

Samuel Chacko

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The managers of the year, Dr. Sheela Hoyle and Dr. Amber Hroch, were celebrated for their accomplishments on Sept. 14 at 6 p.m. where tons of faculty went to the administration quad to show their support.

Before the board of trustee meeting took place, the college celebrated Dr. Hoyle and Dr. Hroch for being managers of the year during those tough times.

Dr. Hroch was recognized as an outstanding classified manager and Dr. Hoyle was recognized

as an outstanding educational manager.

Dr. Hroch has opened the door with the statistics she gives the college and Dr. Hoyle was the Interim Dean of Counseling last year.

"I'm excited about being manager of the year," Dr. Hoyle said, "Being here for 20 years, this accomplishment wouldn't be possible without the counseling division."

Dr. Hoyle said that there were many tough challenges during the pandemic and that this accomplishment was a testament to the team.

"It's exciting that I made an impact on campus and student success," Dr. Hoyle added.

Ryan Hoyle, Dr. Hoyle's son and photographer, said that his mom's accomplishment was incredible.

"She's been here for 20+ years," Hoyle said, "Faculty staying after hours to support her shows the collective spirit."

The board of trustee meeting gave both Dr. Hoyle and Dr. Hroch a medal, that Trustee Birkey put on them, and a plaque.

"It has been a pleasure working with you," Dr. Fierro said to Dr. Hroch, "We can honestly say our

data access for our campus has dramatically improved."

Dr. Hroch started off her speech by thanking Dr. Fierro for his leadership and mentorship throughout her time here.

"I want to especially thank my team, I couldn't have done it without you," Dr. Hroch said, "Thank you to everyone for this."

Dr. Hroch was pivotal in helping with SLOs and one recent example, showing statistics about the COVID-19 survey.

The board of trustees then has Dr. Hoyle, who also won manager of the year, to speak to the board.

"I would like to thank the

board for your support, Dr. Fierro for entrusting me in this position as Interim Dean of Counseling during some trying times," Dr. Hoyle said.

The former Interim Dean of Counseling said, "I'm grateful to be in this position to make change during trying times."

"Shelia was nominated to be the Interim Dean and she came and worked super hard," Dr. Fierro said.

Dr. Hoyle and Dr. Hroch look to continuing their awesome work at Cerritos college in the coming years.

Indie film "Free Lunch" coming out in 2024

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"Free Lunch" is a film that is planning to come out in 2024 as an indie film, having backing from crowdfunding and pitching in money to create the film.

The 2024 film is a children's movie while also bringing back that old-school noir style and currently, the film is in post-production.

The first viewing of "Free Lunch" will be in festivals and will later come out on streaming services, which is still being worked out.

The film takes place in the 6th grade where the plot is the honor's kids stealing from the school.

Cristina Nava and Forrest Hartl, two of the three producers of the film, talked about the



SAMUEL CHACKO

Film: This is one of the main characters of the film, Sam who's played by Connor William Barrett, where he's playing a detective in this noir-style film.

inspiration for the film from movies like "Diary of a Wimpy Kid" and "The Sandlot."

"I have 'Diary of a Wimpy Kid' up on my wall," Nava said as she

happily showed her wall.

The director of "Free Lunch" noted, "I did want to write a script that my children can watch, that my family can watch."

The two producers talked about the community and the importance of a strong team when you create a film.

The film "Free Lunch" was

Nava's first time being the director and the filmmaking process began around Dec. of last year.

As for advice, Nava said to figure out your passion and you'll make money from that passion once you find that thing you love.

Hartl's advice was to always say "yes" to as many opportunities as you can; Hartl also stressed the importance of getting out there and gaining experience.

For future projects, Hartl did not mention any future projects while Nava said she's working on a rom-com film labeled, "The Answer to my Prayer."

If you're interested in the film, the Instagram is free_lunch_the_movie.

If you're interested in volunteering, contact fhartl@cerritos.edu, Professor Hartl's email.

Bruno Mars tribute in Norwalk concert



JAELYN DELOS REYES

Mars: The tribute band performs "24K Magic" for the Norwalk community while the audience dances to the music during the Aug. 26 Norwalk concert.

Jaelyn Delos Reyes

Community Editor
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The city of Norwalk hosted the Friday night concert featuring Bruno Mars tribute band from 5 p.m. to 9 p.m. at 12138 Front St. between San Antonio Drive and Funston Avenue.

Friday night concert was free admission to all residents where they had food trucks and booths, vendors, art booths, kid activities and a small car show.

Visitors of all ages were able to participate to play a free throw basketball game and ride a mechanical bull.

Different types of food

were being sold such as tacos, Philly cheesesteaks, churros with ice cream, Chick-fil-a and hamburgers.

"We always are supportive for small local vendors," Recreation leader, Wendy Sahagun, said, "We also have people selling slime or like crystals. We also have a mechanical bull."

At the event's start, other music was played because the tribute band started around 7 p.m.

They played different songs such as "24k Magic," and "Versace on the Floor."

The Bruno Mars tribute band consisted of five members who tour across the states tributing

Bruno Mars.

The tribute band was hired by a supervisor, who looks over YouTube and gets in contact with musicians.

Sahagun said, "I think she looks them up on Youtube or something like that and like she contacts them herself or we've had previous bands who come out."

"I think it was a pop 80 kind of band," Sahagun said.

This was the second time Norwalk hosted a Friday night concert since COVID-19 and according to the recreation leader, the first event was a month ago.

The visitors enjoyed this community event, especially after COVID-19.

Many families were able to spend time together and enjoy the music while buying food and souvenirs from the vendors.

"I think it's great. We were in the house doing nothing," said a Norwalk resident, "Over here, you just have an opportunity to come and enjoy yourself."

The Norwalk resident said that she enjoyed the music, even danced to the music, and enjoyed seeing everyone in the event happy.

Many families were able to spend time with each other and enjoy the music and the activities that the event had.

The recreation leaders of Norwalk wanted everyone to feel

like they can finally get back to normal from COVID-19 and feel connected.

"I feel like Norwalk has always been a community that's connected together since we have different ethnicities," said the recreation leader.

"We just want everyone to have fun and be free from everything else that's happening in the world," said Sahagun.

For more updates on any community events in Norwalk, check out their Instagram page and visit their upcoming events!

To learn more about the Bruno Mars tribute, look at their website and Instagram for more information.

Norwalk's last Front Street concert

Diana Morales

@talonmarks

The city of Norwalk hosts its last Front Street concert on Sept. 9 and is dedicated to the Hispanic culture.

Around 100 members from the city of Norwalk city gathered around Front St. on Sept. 9 to enjoy the last Front Street concert of the summer.

A stage was shared between dancers who performed the traditional Mexican dance "Folklorico" and a mariachi.

Local businesses like Rosewood Family Restaurant, SoCal Pizza, J Ponces Kitchen and Chick-fil-A had their tents set up so the Norwalk community can show support by stopping by.

Carmen Laura, the owner

of Lopez Creations Succulents, shared that the Norwalk community has encouraged her to continue with her small business.

"Someone actually encouraged me to go to Norwalk's farmers market to start there and I really enjoyed it so now I'm here at Front street," Laura said.

The owner of Lopez Creations said, "I enjoy doing this because it's helped me come out of my shell."

She shared that selling plants had nothing to do with the field she worked in before. Since COVID, many people know that working from home has helped many families come closer together and has helped them with finances.

"I got started to help out more at home and be closer to my family," the owner of Lopez

Creations Succulents said.

The live performances came out at 6:08 p.m. so Norwalk's arts and dance instructor, Manuel Ramirez, had three different age groups performing.

From ages 5 to 80 years old, they all beautifully performed the traditional Mexican dance called "Folklorico".

The traditional dance included long colorful dresses which are used to dance with by swaying the bottom of the dress. The wonderful dancing and bright colors on the dresses had the crowd cheering.

Ramirez also encouraged everyone to take his classes to learn the traditional dances.

Around 6:30 p.m., the Mariachi band came out to play and many made their way back to the stage area.



DIANA MORALES

Norwalk: Folklorico dancers are doing their performance on Sept. 9 where they spin and show off their beautiful dresses.

The Front Street events began earlier this year to draw more attention to a small part of the city that was left to be lonely.

These events are bringing more awareness to the side of town that no one knows is there.

Susan Colon, the recreation worker, said, "We want to bring the sense of community back to

the historical part of Front street."

"Having these events has also helped bring more attention to the buildings that were left behind," Colon said with a smile, "Someone asked me how I can open up a restaurant here on Front street."

Their goal is to unite the Norwalk community

Wellness and psychic fair in Long Beach



JAELYN DELOS REYES

Wellness: Professor Sasi, psychic palmist, shares his experience about his psychic journey. Sasi gives blessings and palmistry readings during the Sept. 10 Health and Psychic fair.

Jaelyn Delos Reyes
Community Editor
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The owner of Practical Magicka hosted the wellness and psychic fair on Sept. 10 at Long Beach for people who are open to spirituality and healing.

Practical Magicka hosted the Wellness and Psychic fair from 11 a.m. through 5 p.m. to talk about spirituality and to support small businesses by selling crystals, tarot readings and more.

The fair was a free event, but some of the business owners sold their own products and gave spiritual advice.

A tarot reader, a spiritual healer and a couple more vendors had their own tents for visitors to come and check out their business.

Ciara Titus, a spiritual healer, was one of the owners that came to the fair and began working as a spiritual healer two years ago.

Before working professionally, she started her spiritual path eight years ago.

She slowly started her business by giving readings to her family and once her readings became deeper, she realized she can do readings on the public.

Titus started to do public readings and would start charging her clients.

The spiritual leader talked about having bipolar disorder and how she went to the spiritual path since she, “knew the western medicine path wasn’t working.”

“I realized that I had been repressing my gifts,” the spiritual healer said, “[I] learned how to use my intuition in a positive way, I don’t suffer from the bipolar symptoms anymore.”

Titus spoke about her experience during COVID, “I didn’t struggle as much. I could do readings over the phone and I could do bookings online and I could teach classes online.”

The spiritual healer advises anyone who is open to spirituality, “Follow your guidance. Follow

your gut. Find a mentor that you could respect. Read books. Sit in quiet. Stay away from technology,” Titus advised.

Eva D’avella, owner of Practical Magicka and main host of the event, shared her goals for the psychic fair and talked about her experience with spirituality.

The owner of Practical Magicka is a Reiki, Feng shei and a crystal master.

“It’s for everybody that needs this,” D’avella said, “You may need some sound healing, you may need some crystal healing, you may need a reading just to get some clarity.”

“My goal is to bring in the people who will provide the

service that your spirit needs and to have the people and the items you need to raise your vibration,” D’avella said.

The Practical Magicka is not just any crystal shop. They provide classes for spiritual learners such as feng shei, reiki, meditation and chanting in Hindu classes.

Different spiritualists came and spoke about what they do and gave spiritual advice individually to each visitor that came.

The crystal shop was filled with many beautiful tools such as crystals, incense and aroma oils.

In the back of the shop was a private sound bath session hosted by a spiritualist who used crystal singing bowls.

Greek Festival comes back to Long Beach

Melissa Ayala
Staff Writer
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The City of Long Beach brought back its annual Greek culture festival and took place on Labor Day weekend.

The city of Long Beach hosted a Greek Festival from Sept. 3-5 located at 5761 E. Colorado St., Long Beach.

The price of entry into the festival was \$5 and throughout the festival, many products were being sold as fundraisers by vendors.

The festival opened each day at noon offering food, wine, music, carnival rides and merchandise for people to buy.

“Our entire festival committee and church community have been working tirelessly over the past months to put on this event for

the Long Beach community,” the festival committee said.

The Long Beach Greek Festival also opened the doors of the Byzantine Greek Orthodox Church so that guests could tour.

In the dining hall, meats such as lamb and rotisserie chicken were served along with Tzatziki.

In the square just outside the church, a live band was playing and had tons of space for guests to dance along to the music.

One booth sold Greek sweets such as Galaktoboureko and Baklava, which are pastries.

Galaktoboureko combines semolina, eggs and milk to create a custard-like treat like Baklava.

Baklava is made of chopped nuts within layers of delicate phyllo dough and drizzled in sweet syrup.

Another booth sold Olive wood cravings, Orthodox crosses and chalices imported from the

Hold Land, which were made from the Olive trees.

According to the vendor, Muna Habash, the trees date as far back as the time of Christ and some of the trees are about 5,000 years old.

“The trees cannot be destroyed as they are the people’s livelihood there,” Habash said, “You can only trim them to keep them healthy.”

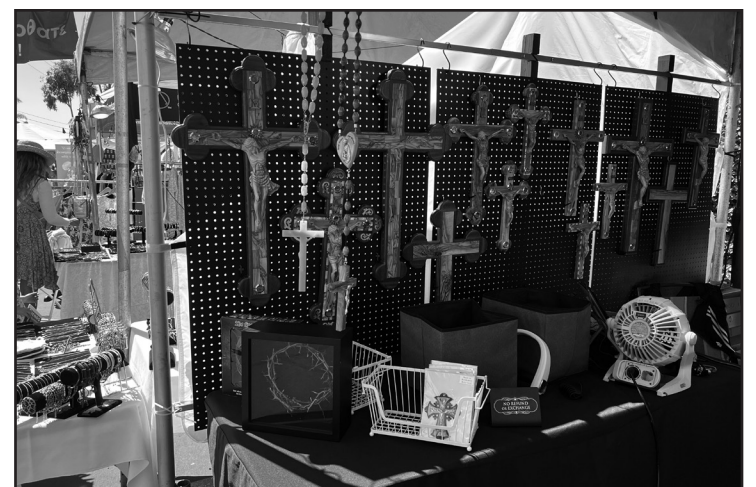
The wood from the Olive trees is sacred as well as the products from the tree trimmings as they are all blessed.

All of the handcrafted creations have been blessed in the Holy Land by the Catholic and Orthodox Christian Church.

Each of the creations sold has a Certificate of Authenticity.

The business, created during the COVID-19 pandemic by Muna Habash and her family, is called the Holy Branch of Olive.

Holy Branch of Olive also



MELISSA AYALA

Greek: This was one of many booths that sold tons of the Holy Crosses and came from the Greek Festival in Long Beach.

imports first-pressing extra virgin olive oil and olive soap and the business also advertises itself on Twitter, Facebook and Instagram.

“The festival is a good way for people to learn about Greek culture,” Anna Mor said.

Mor also said, “Visiting the booths helps with understanding

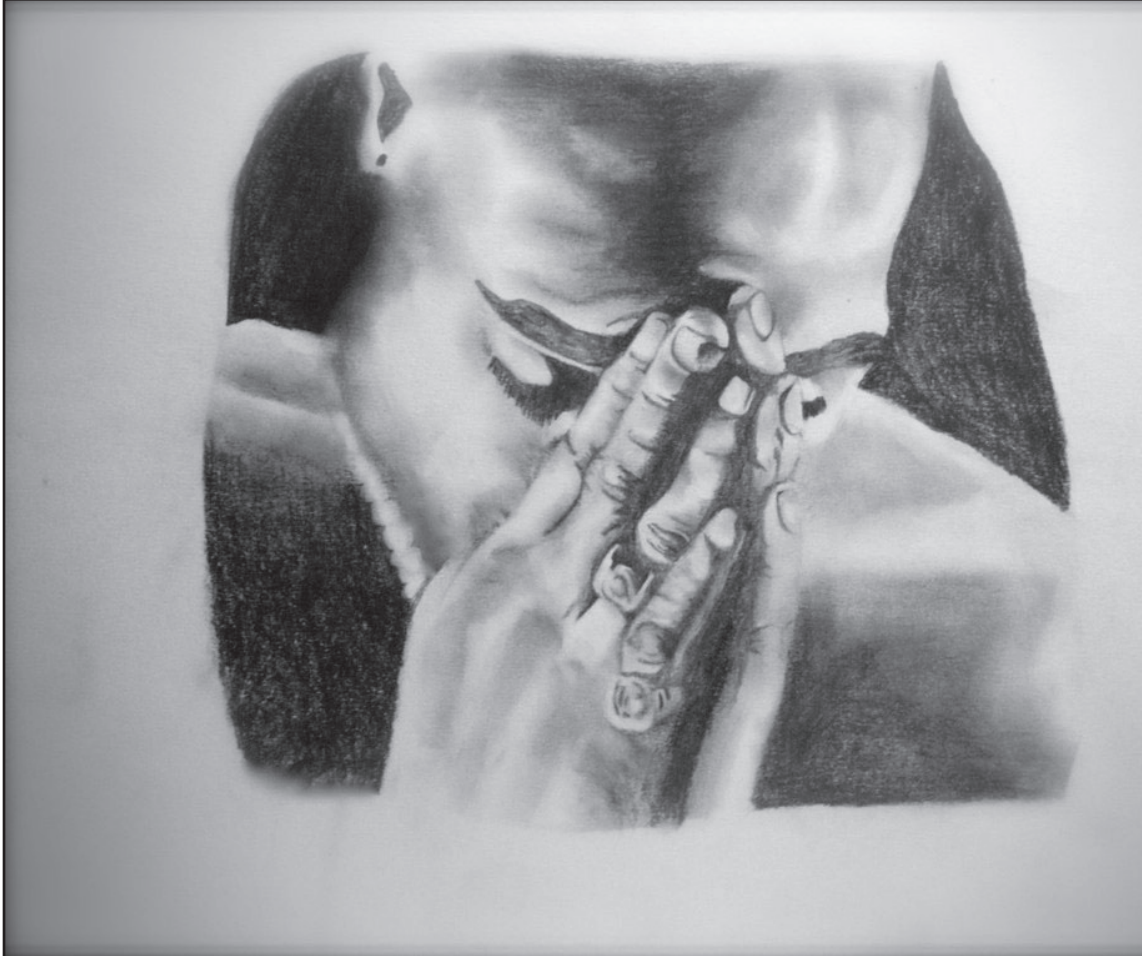
the culture.”

Guests of all backgrounds are welcome to enjoy authentic Greek food, Greek spirits and music.

The Greek Festival is a great and immersive way for people to meet with people in Long Beach.

Even if you’re not Greek, you can still go to the event!

Tupac deserves to have a star



Tupac: This was a drawing back in 2004 of Tupac praying and was taken by in 2012.:

Samuel Carey
A & E Editor
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Ermias "Nipsey Hussle" Asghedom received a Hollywood Walk of fame star recently on Aug.15 which would have been his 37th birthday.

Nipsey's work ethic has impacted Hip-Hop all over LA and the people loved him for getting a star in Hollywood after three short years.

At the same time, how come the late Tupac Shakur has not received a star yet when he alone impacted numerous individuals after 26 years of his death?

Not to take anything away from Nipsey's legacy because he was an amazing artist and influenced others to own their own business, but Tupac was way before his time.

Tupac is arguably one of the greatest rappers of all time and got tons of rappers into rapping.

Shakur showed what it took to fight back from struggling and overcame difficult obstacles.

Tupac's lyrics made people want to become knowledgeable of themselves, their surroundings and to become aware of the issues in the U.S.

Nipsey was close to Tupac's legacy in terms of helping others and becoming a black-owned businessman, he deserved that.

Let's be fair about other great artists in the Hip-Hop world that impacted and contributed so much to the world as well.

Tupac was in six films that did fantastically, he is most known for "Poetic Justice" playing along with Janet Jackson, that film still holds weight especially the

t-shirts that are still in stock.

When Nipsey passed away, the majority of people didn't even know who he was — besides the people who listened to him.

People knew who Tupac was because he was very controversial in the media; the man stayed in the headlines of newspapers and his image traveled all over the world.

Tupac was the new generation of what Malcolm X would have been if he was still alive.

Shakur brought that feeling of urgency to wake up and pay attention to what people are doing in society.

Hollywood needs do the right thing and give Tupac his praise by giving him a star on the Walk of Fame because of the influence and abilities he was as an artist.



SAMII

Tupac: This was a drawing back in 2004 of Tupac praying and was taken by in 2012.:

Was Cobra Kai Season 5 worth the wait?

Samuel Carey
A & E Editor
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The brand new season of Cobra Kai came out on Sept. 5, fans couldn't wait for it and the season has excellent reviews on Netflix and also on forbes.com.

This season's main focus is the new villain to the show Terry Silver portrayed by Thomas Ian Griffith and how he took control of the dojo from John Kresse who is the original villain in the series.

The season brought more people from the past karate kid films like the actress Robyn Lively who plays Jessica Andrews from the trilogy of the Karate Kid and Sean Kanan who plays Mike Barnes.

A major surprise to see these characters again the fans thought and more surprises in the show as it continues.

According to Forbes.com, Cobra Kai has a high percentage rating that surpasses the rest of the seasons from the fan votes.

Last season John Kresse was framed and set up to be placed in prison by his former friend and business partner Terry Silver.

Now that John is in prison he tries to figure out ways that he can do to achieve getting out of prison.

Rotten Tomatoes are giving this review on the critic rating a solid 100% and a 94% for the audience on their website.

The fans are satisfied with what the series has become because now each episode is becoming a cliffhanger every time and the audience is curious to see what happens.

Ralph Macchio who is an amazing actor brought an outstanding performance yet again in the Netflix series, his character Daniel LaRusso, who still runs a dojo of his own called Miyagi Do and owns a car dealership.

He continues to do what is right for his students and wants to stop Terry Silver at all costs

from harming his family and his students.

William Zabka or Johnny Lawrence has changed his ways over the past five seasons, in the beginning he was considered the villain in the first season but ended up having a kind heart for a student who was being bullied.

It was a breath of fresh air to see Johnny be on the same side as Daniel because the work excellent together, even though Johnny's methods on fighting is more brutal and shows more offense rather than defense.

Getting out of Cobra Kai was the best thing that ever happen to Daniel and Johnny because if they had stayed they would've been brainwashed thinking that being the aggressor.

The valley karate tournament Miyagi Do was unfortunately lost by Cobra Kai due to the referee being paid off to cheat for Cobra Kai, but none of the students knew about it except for one.

There have been no negative reviews on the series so far this series is what makes Gen X and Millennials want to binge-watch the entire season twice because they can relate to the show.

Lastly, John Kresse who is portrayed by Martin Kove is the most talked about character in the season by far.

Kresse was falsely accused of assault by another student of the dojo and he has been trying to figure out why has Terry betrayed him.

Kresse's time in prison made him more cunning and quite the master manipulator of the inmates and the counselor.

He even got the majority of the inmates to call him "Sensei" and they get him whatever he wants.

Kresse also finds a diabolical plan to escape from prison by faking his death only to get a key from the prison therapist and manages to get away. So this season was worth the wait.

If I had to rate this season of Cobra Kai out of 10, I would rate it a nine out of 10.



JINSAPPHOWETRUST

Tupac: This is a photo of Tupac and Notorious BIG in the background and the photo was taken in May of 2012.

Was the Cannabis worth it

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WNBA player Brittney Griner, of the Phoenix Mercury, has been given a nine-year prison sentence in Russia after being arrested earlier this year for intentionally smuggling drugs into the country.

Having been stopped at a Moscow airport on March 5 of this year, Griner was searched and revealed to have vape cartridges that had derived from cannabis and was sentenced to nine years in Aug.

While many have commented on the severity and harshness of Griner's conviction, given her statement that her actions were unintentional.

Griner said that she was, "in a rush and the cartridges accidentally ended up in [her] bag."

However, the WNBA player has been flying to Russia for seven years and her team should take an adequate amount of time to look at what's illegal in Russia and what are the Russian flying laws.

Griner also made \$1 million to play basketball in Russia every winter.

Griner's team should've been more careful by making sure nothing Griner has is illegal.

Griner just needs to stay in Russia to remind herself that she



LORIE SHAULL

Griner: Brittney Griner is an WNBA player who plays for the Phoenix Mercury and this photo was taken when the Mercury were playing the Minnesota Lynx on July of 2014.

is in a different country with a different set of rules.

Even though nine years is harsh, people who travel to different countries have to understand it isn't America.

We have the luxuries of free speech and weed in the United States.

However, people who live in different countries, don't have that luxury.

It has been noted that a political activist, who was caught smuggling weed, is in talks of

being traded for Viktor Bout who is serving a 25-year sentence for illegal trafficking and is called the "Merchant of Death."

Human rights activist Ivan Melnikov says, "I hope that she will be sent to a colony with a lenient governor who allows her to coach basketball in the daytime rather than being a seamstress."

Melnikov went on to explain that inmates are encouraged to play sports and basketball is popular in Russia.

NBA players go to China

all the time and tons of famous people perform in different countries yet those people don't get imprisoned.

When you are traveling to a different country, you have to make sure you have nothing illegal and that you're following the rules so you don't make a huge mistake as Griner did.

You also have 4 out of 10 people being arrested for marijuana offenses in 2018 and there isn't any push to get people who've been convicted of weed

out of prison.

There's no way that Russia is just going to give Griner up because the United States helped Ukraine by giving them so much money and even if you do a trade, you'll get backlash because of Griner's mistake.

The United States should let Griner serve her time and show a lesson that if you're going to be traveling outside the United States, to make sure you have nothing considered illegal before traveling.

Hotlines need to employ trained counselors

Melissa Ayala
Staff Writer
@talonmarks



USAG YONGSAN, STAFF SGT. LUKE A GRAZIANI

LaShier: Jocelynn LaShier is a suicide prevention program manager and this photo was taken in 2013

Suicide hotlines need to take into consideration the training their employees go through and need to be more confidential to callers.

The hotlines employ strategies that can be more harmful rather than beneficial to the mental state of their callers.

When calling the National Suicide Prevention Lifeline (NSPL), callers are presented with an automated message informing them that their call may be recorded which can lead to stress.

Recording the calls is a violation of privacy and hypocritical considering the hotlines promise confidentiality.

According to "Mad in America" by Robert Whitaker,

"When asked what attributes of a hotline they considered [...] The most highly ranked attribute was confidentiality, and the third highest was anonymity," Whitaker says.

According to Taylor Markarian's Readers Digest article regarding the suicide hotline, The NSPL use a structured Suicide Risk Assessment Standard to assess how much of a suicide risk a particular caller is.

"The standard is separated into 'Suicidal Desire,' 'Suicidal Capabilities,' and 'Suicidal Intent.' At the time I made my call, I clearly met the requirements for everything in the 'Suicidal Desire' category and all but one factor," Markarian says..

The NSPL has systematically treated callers poorly. The lack of empathy from the connected operator is not helpful to someone

plagued with suicide ideation.

Every time I was connected to a counselor, I received the same routine questions.

The people in crisis feel like not even the people who are supposed to help care about their struggle.

The way these hotlines work needs improvement. .

A depressed person needs someone capable of helping them unpack their feelings of distress.

Therapists' help their patients with their individual problems by listening, and offering empathy

Hotlines need to employ therapists and counselors who have experience working with patients and discard their system of selective prioritization.

Getting trained counselors employed to help suicide hotlines is an important start so that patients feel safe.

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Falcons fly high in 22-17 win over Bulldogs



ROMAN ACOSTA

Defense: 3rd and 8 in the third quarter as the Falcon's front seven attempts to force 4th down for the Bulldogs. The Falcons would eventually block the field goal on the next play to keep them alive in the ball game during the Sat. Sept. 17, 2022.

Roman Acosta

 Freelancer
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The Falcons kicked off in their first home game of the season against the Bulldogs in what was set to be a smash-mouth football game from start to finish.

The Falcon's defense made its presence felt early in this game as they forced a three and out on the Bulldog's first offensive series.

But the Falcon's offense also struggled to pick up first downs and move the ball down the field early on as the Bulldogs forced throughout the entire first quarter.

The Bulldogs put together a drive with a minute left in the first quarter that carried on to the second, the Bulldogs got on the board first for a TD on an 11-play drive for 70 yards.

Cerritos responded right back on their next offensive series as Jordan Simpson found wide receiver Tyron Bates for a 45-yard reception which led to a 4-yard TD from Davon Booth on an option play.

The Bulldogs put together a 14-play drive for 60-yards that resulted in a field goal even after the Falcons attempted to 'ice the kicker' twice with two time-outs left to put the Bulldogs up 10-7 which ate up the clock with a couple of seconds left before the half.

They kicked off to the Falcons with seconds left in the first half which led to halftime as the clock expired during the return.



ROMAN ACOSTA

Touchdown: Falcons sophomore running back No. 6 Davon Booth scores the 4-yard TD on second and goal to put the Falcons on the board in the second quarter.

Cerritos received the kick to start the second half as their offense struggled to pick up first downs as the Bulldogs forced the Falcons to go three and out. It was also the flock on that Falcons defense that didn't give up any easy yardage to the Bulldogs.

The Bulldogs attempted a field goal from the Cerritos 21-yard line on 4th and 10 but was blocked by Cerritos defensive back Jhamell Blenman II and recovered by free safety Chandler Nixon.

Halfway into the third quarter, the Falcons were able to tie the game with a field goal on a 10-play drive.

The Bulldogs weren't going to give up so easily as their next offensive series led to a 75-yard drive for a TD and extra point to put them up 17-10 against Cerritos.

Cerritos received the kick return and their drive led to the beginning of the fourth quarter. Cerritos was forced to punt only after five plays into that offensive

series.

But it was that Cerritos defense all night long that 'bent but didn't break' as they forced the Bulldogs to go three and out on a drive that resulted in negative yards.

Cerritos quickly gained momentum on offense as they were effective in driving the ball in a passing game attack, within three plays

Simpson found his receiver Noah Sanchez in the endzone for the 34-yard TD. Cerritos missed the point after attempt and still found themselves down by one as the score was 16-17.

The Falcon's defense forced the Bulldogs once again to punt just after five plays.

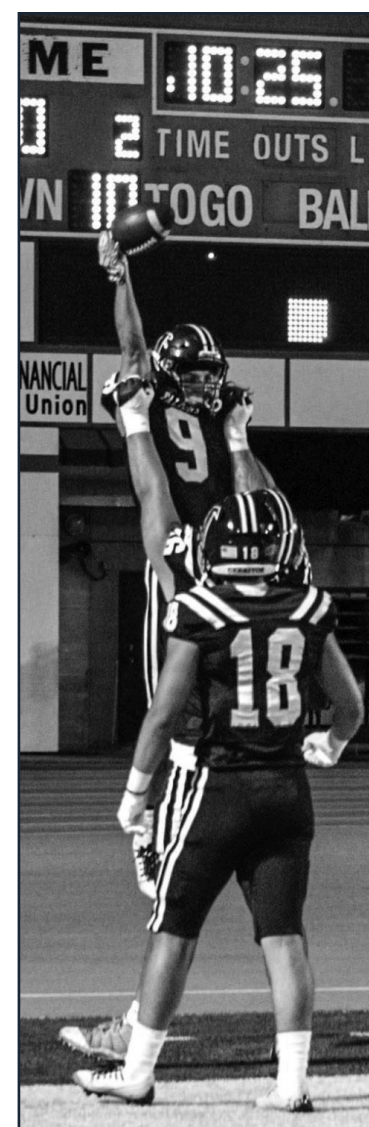
The Falcons offense took control of this ball game as on 3rd and 10, Simpson scrambled and extended the play and found his tight end, Jacob Leija wide open in the endzone for the 39-yard TD pass.

With than four minutes after the TD, Cerritos attempted a 2-point conversion but failed still keeping a five-point lead over the Bulldogs.

The Bulldogs went 'hurry up' offense and drove the ball down to the Cerritos 38-yard line. On 1st and 10, the Bulldogs fumbled the snap and the ball was recovered by the Falcons to end the ball game.

Cerritos would fly high with the 22-17 home opener win of the 2022 season.

The Cerritos Falcons will play at Southwestern on Sept. 24.



ROMAN ACOSTA

Touchdown: Falcons sophomore running back No. 6 Davon Booth scores the 4-yard TD on second and goal to put the Falcons on the board in the second quarter. The final score of the Cerritos vs Allan Hancock game is 22-17.



SAMUEL CHACKO

Goalie: Alyssa Sorrells, No. 1 (Frosh) Goalie earned a save on Sept. 15 game against Rio Hondo and throws the ball back to her team.

Water Polo dominates Rio Hondo 15-3

Samuel Chacko
Editor in Chief
@talonmarks

Cerritos College women's water polo beat Rio Hondo 15-3 at home on Sept. 14 at 3 p.m.

In the first quarter, Cerritos went on a 5-1 run where Angelina Romero, No. 22 (Soph) utility, scored three of those five goals.

Cerritos allowed only one score in that quarter, which was a trend throughout the game.

The second quarter had the same 5-1 run where Romero, Miranda Alvarez No. 5 (Frosh) Utility and Kaya Glynn No. 7 (Soph) Utility all scored two goals.

As for the third quarter, the game slowed down where Cerritos allowed zero goals that quarter while also scoring two goals.

For insult to injury, Cerritos scored four goals in the fourth quarter and holding Rio Hondo to zero goals again to end the game 15-3.

The Falcons had five ejections compared to Rio Hondo's seven and Alyssa Sorrells No. 1 (Frosh) goalie had 13 saves that game.

Sorrells had a 81% save percentage and was the best performance the women's water polo team had.

Sergio Macais, the Falcon's

head coach for women's water polo, said, "We gained a lot of confidence, endurance and we played in front of our home crowd. We told ourselves it's just one game."

"Communication, less turnovers and better shape," Macais said, "It made everyone's job easier."

Todd Lim, Rio Hondo's head coach for women's water polo, gave emphasis to improving on the defensive end

This is the first win for the women's water polo team.

The Falcons' will be going up against Chaffey on Sept. 21.

Men's Water Polo wins 17-5 against Rio Hondo

Samuel Chacko
Editor in Chief
@talonmarks

The Cerritos Falcon's water polo team faced up against Rio Hondo and won the game 17-5 on Sept. 14.

The Falcon's men's water polo team won back-to-back games against Rio Hondo and the Sept. 14 game had a final score of 17-5.

After the women's water polo team beat Rio Hondo 15-3, it was

the men's water polo's turn to win against Rio Hondo on Sept. 14 at 4:30 p.m.

The first quarter consisted of Cerritos allowing zero scores and went on a 5-0 run where Allan Jimenez, No. 13 (Frosh) Driver, scored two goals back to back.

In the second quarter, the Falcon's offense slowed down by only scoring two scores and giving up two goals to Rio Hondo.

In the fourth quarter, Cerritos limited Rio Hondo to one goal

and went on a 5-1 run where Ruben Montoya, No. 10 (Frosh) Attacker, scored two goals.

Jimenez scored four goals this game with Richard Montanez, No. 17 (Soph) 2-meter, scoring three goals during the game.

After every save, Borja would shake his head and once Cerritos was lined up in a line, he would slap the goal.

The water polo team will be playing against Chaffey on Sept. 21 at 4:30 p.m.



SAMUEL CHACKO

Goalie: Rene Borja, No.1 (Frosh) goalie had his torso submerged in the water on Sept.14 against Rio Hondo.

Volleyball suffers tough loss versus Eagles

Samuel Chacko
Editor in Chief
@talonmarks

Cerritos Falcon's volleyball began on Aug. 31 at 5:05 p.m. and the final score was 25-21, 8-25, 16-25 and 25-12 giving the Eagles the win 3-1.

Right off the bat, the energy both teams showed was amazing with both teams focused and calling out directions.

The series began great with the Falcons winning a tough set 21-25 and having more kills compared to the Eagles.

The Falcons had a better kill-to-attempts percentage that round and also had fewer errors compared to Mt. San Jacinto.

After a 5-1 run by the Eagles, the Falcons came back with multiple kills from Abby Gutierrez No. 22 (Soph) Outside Hitter and Sonye Garcia No. 17 (Soph) Outside Hitter.

In the second set, however, the tides turned and the Eagles ended the set on a 7-0 run to win the set 25-8.

From the second set on, the Eagles had a tough defense to score on and the Falcons had trouble returning some of the Eagles' shots.

There were times when some Falcons players had trouble locating the ball and the Falcons' defense struggled from the second set onward.

Trysta Vincelli No. 20 (Frosh) Setter, on the Eagles, had seven kills that set and the Eagles had 16 kills in total while the Falcons only had eight.

The third set was more of the same, Mt. San Jacinto went on a 12-4 run at the end of the set and won the set 25-16.

Kills by Alicia Vasquez No. 95 (Soph) Outside Hitter and McKenna Conklin No. 21 (Frosh) Outside Hitter put the Falcons in a hard spot to come back from.

Set four was the one chance Cerritos had in getting this game into overtime but the Eagles went on a 14-2 run at the beginning of the set and the Falcons lost 25-12 to lose the last set of the night.

The Falcon's average K% (kill percentage) was .045 while the Eagles had a .254 K% and had three players who scored double-digit points.

Kari Hemmerling, the head coach for the Falcons, said that her team needs to make adjustments sooner and to now allow the same play to happen twice.

"You can get it quick [momentum], and lose it quick," Hemmerling said, "We just have to be good at being good. Consistently good."

While the Falcons didn't win this game, there were promising times where the team had good runs.

The Falcons look to get their first win in the San Bernardino Valley Tournament on Sept. 2.



DERRICK COLEMAN

Serve: Carissa Mendibles, No.8 (Soph) Setter, goes up to serve the ball on the Aug. 31 game against Mt. San Jacinto.