



SAMUEL CHACKO

**Screaming:** Two of the members of NepCali, Arpan Karki (Vocalist) and Josh Buckley (Bassist), were playing some of their new music as the other half was playing behind me on Nov. 29.

## Dawn Green becomes Cerritos College's first Black female board member

Samuel Chacko  
Editor in Chief

The Board of Trustees held their usual board meeting on Nov. 16 at 7 p.m., recognizing now Trustee Dawn Green, among other huge accomplishments in men's soccer and employees of the month.

Ph.D. Isadore Hall III swore in Dawn Green, who's part of the Agricultural Labor Relations Board (ALRB) and part of the Omega Sci-Fi fraternity.

Trustee Dawn Green said that she feels amazing, "I am ready for this new journey, this new opportunity, I'm ready to get in and begin the work!"

"I'm just thankful and I have to definitely keep on the work that Trustee Avalos did in her 14 years and I'm just excited to keep the spirit going," she said as she's smiling, "As she's passing the torch and I'm glad the torch landed in my hands."

"I just want to thank everyone for the warm welcome that I received," she said, "I feel honored to be here and be a part of [the] Cerritos College district."

The President of Cerritos College, Dr. Jose Fierro, said that Trustee Green is really great and is very passionate about education.

"As a College Administrator herself, I think she will be able to quickly understand the dynamics of the district, look at our budgets, everything," Dr. Fierro said.

"I think she'll get on her feet very quickly because she has the background and is very passionate."



SAMUEL CHACKO

**Singing:** A group of Trustee Green's family/friends sang songs on Nov. 17.

# NepCali brings the passion back to music

Samuel Chacko  
Editor in Chief

NepCali is an experimental rock band that got arrested for drug charges and served five years in prison before coming back to music.

This experience changed the way that they made music in the future and scarred them for the rest of their life.

They posted on TikTok that they got "arrested" but, it was just a little prank on the fans.

NepCali had a show out in Oklahoma and had to drive from Colorado to Oklahoma but they have to go to Kansas, which has strict rules against marijuana.

To keep a long story short [the full story is on our Instagram], they took some marijuana with them and got pulled over.

Lucky for them, the cop was nice and Karki thought of pulling a prank by pretending to be arrested for TikTok.

NepCali has four members which are, Vocalist (Arpan Karki aka AP), Guitarist (Sunny Shrestha), Drummer (Scott Collins) and Bassist (Josh Buckley).

Sushant Amatya is the co-owner with Arpan Karki and both of them (including Sunny) were from Nepal.



SAMUEL CHACKO

**Scott Collins, who's the drummer for NepCali, was completely focused on the drums, which are NepCali themed, on Nov. 29.**

"From the garage of my homie, we were like, 'let's make a band,'" he said, "We created NepCali as a hobby and later on it became a passion."

Down the road, Karki bought the studio from a guy named Paul Grasham, who they shouted out.

During that time, Shrestha

came in with his guitar in Karki's garage, "We [both co-owners] were looking at each other like, okay, damn who is this because he was shredding," he [AP] said.

Shrestha didn't think they were serious but two years later, after they kept on hustling, he said, "You guys are terrible, you

probably a guitarist can help you out a little bit," Karki said as the group laughed.

"For me, my brother used to play guitar and I loved to see how he played," Sunny said, "I started with the bass and then my friends told me, 'no, just play guitar, you're good on that.'"

Karki fired two members of his band because of disagreements one week before a show, "Something happened and I just snapped and fired them but I didn't have anyone to replace them."

They needed a drummer and Collins was referred to them, according to Karki.

Collins then came to the studio to play some tunes with the band, "he fucking nails it," Karki said and long story short, he joined the NepCali band.

The drummer said that he started as a guitar player and played 'Guitar Hero,' "But towards the end of high school, everyone started playing guitar and I was terrible at it so I switched to drums."

Karki illustrates how he met Buckley, "We saw him [Josh Buckley] live [band was Gag Tusk] and Scott was like, 'we should talk to him.'"

Continued on Page 5



# Artist Phillip Koščak has their art up at Cerritos College's window



PHILLIP KOŠČAK

**Flying:** This is Phillip Koščak, who's the artist for the last window dressing this semester, had his art in the gallery on Dec. 5., as they're flying into the night.

**Mel Ayala**  
Staff Writer

After hitting the snooze button on his alarm ten times, Phillip Koščak normally wakes up at 7:30 a.m. to get ready for his job at a community college and finishes his shift at 5 p.m.

Košćak holds multiple degrees as they hold a BA in Art and MA in Visual Art at California State University, Northridge and an MFA in Sculpture from Cranbrook Academy of Art.

Phillip got into art when he was five, "I found a journal from Kindergarten and it had a picture of me saying I want to be an artist."

"When I was younger, a very impactful thing that happened to me was moving from South Bay to Thousand Oaks," they said, "There were so many things about race I had to deal with."

"I got high marks because I loved learning and that all changed when I moved and I



SAMUEL CHACKO

**Frogs:** This is the first of three walls that Phillip Koščak created, which were multiple Kermit the Frogs in different poses.

dealt with a lot of social things in middle school and my grades dropped like crazy," Koščak added.

Košćak got into music first as

he would study classical music up through university but decided to study visual arts.

"I was studying a wind performance [music] in Cal

One of Koščak's favorite art pieces came from when he was in kindergarten and first grade, "Reading it now, it reads very differently."

"I found it in grad school and people thought I made it up," they said, "It was a very sincere writing and how some of these feelings that I still have kind of manifested early in kindergarten."

They were recommended by a friend that Cerritos is taking proposals for their window dressing and had their drawings more straightforward.

"I just want to make drawings in the window that would take up space like a store would," they said.

Košćak drew Kermit the Frog for the window dressing and it goes back 10 years ago for them.

"It stemmed from this experience of things I had and I just want to draw Kermit the Frog from memory," they said, "One of my mentors said, why don't you do 100 of them?"

Košćak explained that he would questioned these multiple frogs would be friends, lovers or if would it be a mirror.

## Career Cafe comes back to Cerritos College

**Samuel Chacko**  
Editor in Chief

After a brief hiatus, Career Café returned on Nov. 28, from 2 p.m. to 3 p.m., featuring the Mental Health Worker Program.

The event was hosted by Dr. Jaclyn Ronquillo-Adachi, where she discussed psychology as a major and the program surrounding it.

The event offered coffee and cookies for attendees in person and was also hosted on Zoom.

Dr. Jaclyn Ronquillo is the chair of the psychology department and coordinator of the Mental Health Worker

Program, and she went over the program and its goal of assisting those with mental illness.

A theoretical model that is taught [in the program], which consists of creating a recovery culture, learning how to manage the hurdles of life that someone may face and how to live and handle them.

This would help them learn to make recovery plans to help their patients and learn empathy.

The program also helps students learn the practical aspects of the field such as confidentiality issues, learning to keep track of records such as electronic health records, etc.

Students wanting to study

psychology aren't just limited to college students as high school students can enter the program beginning in their sophomore year. By their senior year, they are able to get a certificate.

A video from a former student by the name of Mauricio Vasquez, speaks about the program and how a great experience it was for him and helping others that are in need.

Interdisciplinary studies are done in two sections, one done online or one in person. The classes are often taught at night to give students the skills and knowledge they need for the field.

Speaking with Sara Chavez, the success coach for psychology and

the mental health department, speaks on what she hopes for students to achieve within the program.

"More importantly is for them to know that as their success coach, their success is my #1 priority and I wanna make sure that they know who I am so that I can help them become the best version of themselves," Chavez said.

She hopes that the students are able to take advantage of the stuff Cerritos College has to offer and know that they belong at Cerritos College.

Mia Garcia, a student of the Mental Health Program studying psychology, explains what made

her go into the Mental Health Worker Program.

Garcia said that initially came to Cerritos to get her AA in psychology and found out about the program and the classes overlapping.

She was aware of when people graduate and get their degrees and search for a job.

"I think that's a wide problem per se. Getting a foot in the door into a program that might even hire you on after just sounds great," Mia said the program as a whole.

Career Café events will be continuing in the spring semester and the psychology is on Cerritos College website,



## COMMUNITY

# Small businesses thrive at Bellflower Farmers Market



GABRIEL VILLEGAS

**Bellflower:** Customers shopping at the Tea Lucky (tea distributor) stand in Bellflower on Nov. 11.

**Gabriel Villegas**  
Staff Writer

The City of Bellflower relocated its Certified Farmers Market on June 6th to the Town Center Plaza, changing its hours of operation to Mondays from 3 p.m. until 7 p.m., and has provided a place for small businesses to flourish.

A wide variety of food and goods were made available from multiple vendors with products ranging from handcrafted jewelry, homemade candles, homegrown nuts, fresh baked goods, cosmetics, decor and fresh fruit.

Locals came with friends, families with children and visitors with their partners as each booth offered something for all to take in.

Market Manager, Kelli Johnson, said in an earlier

interview this year, “I first got involved in farmers markets as a shopper and then many years later wrote a small grant and started a market in my neighborhood and realized that’s what I wanted to do.”

Bellflower’s Farmers Market is customer oriented, as locals came with friends and families with children who visited booths with owners that were very eager to serve them.

The owner of KaziRockz LLC, who declined to give their name, said they were happy to share their experience being at the Bellflower Farmers Market.

“I’m now known locally instead of just through online sales... [the farmers market] has benefited my business a lot in that sense,” said the owner said.

KaziRockz LLC distributed homemade cosmetics and skincare products with a beautiful aesthetic consisting of sparkly

pink, purple and gold products.

The manager of the Bellflower Farmers Market, Elli Johnson, said that the farmer’s market had food, farm and craft.

“Working with farmers at the farmers market is awesome because they are so passionate about what they do. Every farmer’s market has its own personality,” Johnson said.

Diana Murillo, the owner of Supernatural Candle Co., talked about the impact of the Bellflower Farmers Market.

“I’ve gotten requests to come back from customers,” Murillo said.

“I’ve had repeat customers; It brings attention to my website and Instagram.”

Murillo is a Southern California resident who has been making and distributing candles for over a year now and has grown due to the attention the Bellflower Farmers Market has brought.



GABRIEL VILLEGAS

**Santa:** Bellflower residents gather as Santa Claus initiates the annual lighting of the Christmas tree on Dec. 2.

## Santa lights up X-Mas tree Bellflower

**Gabriel Villegas**  
Staff Writer

The City of Bellflower kicked off its Christmas celebration with its annual tree lighting ceremony which took place on Dec. 2 at 6:30 p.m. in the downtown area’s Friendship Square on Bellflower Blvd. and Belmont St.

The ceremony featured Christmas carolers consisting of students from both Bellflower High School and Mayfair High School, a designated snowscape area made of real snow for children to sled in and a 70-foot tall Christmas tree.

Booths were spread down the boulevard for children to enjoy making crafts and drinking refreshments.

Many guests gathered in front of the tree to listen to choir students at 6:30 p.m. from Bellflower and Mayfair high school who performed songs including “Christmas Time is Here,” “Someday at Christmas” and more classics.

Mayor Ray Dunton and other city council members gathered onstage to give a big thank you

to the Bellflower community before summoning Santa in with the help of the Bellflower Fire Protection District.

The sound of sirens and flash of red lights indicated Santa was on his way as he waved and greeted nearby guests from the window of a fire engine.

Santa made his way up the stage, thanked all for attending and joined with all Bellflower residents who said one great big “Merry Christmas!” which signaled to his elves in the North Pole to turn the tree lights on.

Bellflower Resident Michelle said, “Seeing my kids excited about Santa coming in on the firetruck and lighting the tree was a highlight!”

Fellow resident Rosa said, “Watching Santa arrive and seeing my kids enjoy it to the fullest was the best part!”

The city of Bellflower will be hosting its annual Holiday Home Decorating Contest.

The deadline for entry has passed and contestants will be judged this week.

Winners will receive a lawn sign and certificate of recognition.

## City of Norwalk hosts Santa Sleigh Holiday Festival, Christmas tree lights up

**Joel Carpio**  
Staff Writer

**Julio Rodriguez**  
Staff Writer

The City of Norwalk held its Santa’s Sleigh Holiday Festival with its annual Christmas tree lighting on Dec. 3 from 6:30-8:30 P.M. at the Norwalk City Hall Lawn.

The festival featured various events and games ranging from youth dancing performances, youth games for children, arts and crafts and a sled ride with snow for people to ride.

People were gathered in front of the stage to watch the performances that lasted throughout the night from Dance Image, Kidz Talent Academy, Imperial Dance and the Norwalk High School Band.

Food was sold at the festival where people were able to choose from coffee, donuts, ice cream,

Mexican food, BBQ, etc.

Free hot chocolate and pastries, like cookies, were being distributed to families who attended the festival.

The festival also gave guests the opportunity to donate toys and clothing to the Stuff-A-Bus, a charity that gives all donated items to less fortunate children for Christmas.

Norwalk Mayor Rick Ramirez and Norwalk council members made their way up to the stage and extended their gratitude to all the guests that came to enjoy the festivities before commencing the Christmas Tree lighting ceremony.

Mayor Rick Ramirez emphasized that this was the largest showing of people that came to the event in quite some time with around 1,000 to 3,000 in attendance.

Afterwards, the Grinch showed up on the stage to try and steal Christmas but with the help of the Norwalk Community,



JOEL CARPIO

**Christmas:** Live performances on stage after the Christmas Tree was lit on Dec. 3.

Santa was summoned and saved Christmas by lighting the Christmas Tree.

After a countdown from ten to one, cheers and exuberance filled the air once the tree’s lights were turned on by Santa.

Fake snow soon began to descend from the sky onto people which made everyone be filled

with joy.

“I do think it is important for us to keep having these events for families, as you can see by the big crowd,” Council woman Margarita Rios said, “everyone is having a great time kicking off the holiday season.”

Before Santa paraded around the Norwalk Civic Center, guests

were able to take photos with Santa and his sleigh for \$2.

Norwalk Resident Robert Hernandez said, “I do enjoy coming out to these family events after being locked up for so long (due to the pandemic). It’s good for the community and everyone to turn out and enjoy events like this.”



# Fall Dance 2022

## 'energetic' performance impresses audiences

Mel Ayala  
Staff Writer

The Cerritos College Dance Department hosted its Fall concert, directed by Christine Gregory and Rebekah Hathaway, at the Performing Arts Center.

The concert was held from Nov. 17 through Nov. 19, each time starting at 8 p.m. and ending at 10 p.m.

For a general admission price of \$20, people were invited to watch a two-act performance of all sorts of diverse styles of dances.

Such diverse styles include Latin music, Hip-hop, Modern, Jazz, African and Contemporary.

According to Christine Gregory, who's the dance department co-chair, there was no outlined theme, "each choreographer was allowed to create worked based on their process and inspirations."

"I think the unspoken theme for all of us was gratitude," Gregory added.

Some of the performances were conceptual art pieces with a subtle meaning to them, some gravitated towards a more cultural and traditional style while others were more on the whimsical and comedic side.

Audience member Sandra Shackelford attended the concert in support of one of the choreographers. Monik C. Jones and dancer Melodie Renee Johnson.

Shackelford met Jones through a dance group and she used to coach her.

According to the audience member, her favorite part of Act I, [the performance named "Masterpiece"] was a liturgical piece and she also really enjoyed the African dance before the

intermission.

The last song of Act I, Djole, also choreographed by Monik Jones, included the talents of Traditional West African Drummers courtesy of David Hilal and Clayton Kraus.

The second act started with a song; Dinner Musings was less of a sophisticated dance and more of a whimsical and comedic art piece.

Audience member Robin Brammar cites "Dinner Musings" as one of her favorite pieces.

Brammar, who was invited to watch the show by a faculty member, said she was pleased to see diversity in the music and among the performers.

She expressed her appreciation for the art of dance as a ballet dancer in her youth.

The art of dance is a diverse field for people of all ethnic groups, ages and cultures to express themselves creatively.

"I was beyond thrilled to have such beautiful and diverse dances presented for the first time in over two years," Gregory said about the dance performances.

"The dancers and musicians brought so much energy, vitality and focus to every performance! We couldn't be prouder of the quality of their performance and work ethic."

The Dance Repertory Director said the students suffered during the pandemic, since they had to dance on zoom, "but our students persevered and looked stronger than ever on stage."

"[Are] audience turnout for all three nights was consistent and strong," she said, "We're couldn't be more thankful for our community members who showed up to support our return to live performance."



NETFLIX

Netflix released the mind-twisting show, "1899", on Nov. 17.

## Spoilers ahead: '1899' series review

Jaelyn Delos Reyes  
Community Editor

Netflix released a new television series, "1899," that consisted of eight episodes in November for audiences who are a fan of mystery and science fiction genres.

"One shouldn't base a choice on love, anger, hate. They're just silly feelings that cloud the mind," Henry Singleton said.

"Every time, they make the same mistakes. And every time, they die. Because they can't get rid of their emotions. But that's what makes them weak. It's human nature's ultimate flaw."

At the beginning of the first season, one may feel intrigued when he or she is introduced to immigrants who speak different languages such as Spanish, French, Polish, German, Danish, Swedish and more.

While traveling on a steamship from London to New York, the immigrants face a mystery when they encounter a missing ship, the Prometheus, that was gone for four months.

The captain of the ship and a group of immigrants want to explore the ship, due to mysterious letters being sent to them, and take it back to London while another group disagrees with that idea creating a violent riot that included weapons.

The captain and the group of immigrants end up exploring the ship and found a young boy locked in a cabinet holding a

pyramid-shaped device.

After watching the first couple of episodes, I was drawn to the plot and I felt curious about what was going to happen next. Throughout the whole series, there were many mind-twisting scenes that made me confused.

The main characters end up finding clues that made them begin to question their stay on the steamship.

These characters started noticing that there was something wrong with the ship after finding hidden secrets and technology that they haven't seen.

The series gets better because one of the main characters finds a latch on the floor of a room that leads to a tunnel. The character goes down the tunnel and entered some sort of reality where she is reliving her past memory.

Towards the end of the show, it was revealed that the immigrants

were in some sort of simulation controlled by Henry Singleton.

Although this show was very entertaining, it took me a while to finish this show because it was a little bit complex and each episode was about 50 minutes long.

I didn't like how it took so long to get to the main point because of how long the episodes were, I sort of got tired of watching them.

However, it does get better toward the last few episodes of the season.

Overall, I liked the whole idea of how the characters were dressed in the 1800s and how the main characters ended up working together to get out of the simulation. This show can make a person think about life.

I definitely recommend this show to anyone who is interested in mind-twisting shows like this.



STEVE ROSA

**Dance:** Contemporary dance was one of the few dances that were performed at the 2018 fall Dance Concert. The concert was put together by ASCC and the Dance Department.



Netflix drops a new adventurous mysterious special called "1899" on Nov. 17





JESSIA HIME

Sad: The holidays are nearby and seasonal depression can occur to families and friends. It is important to check up on them.

## Check in on loved ones

**Jaelyn Delos Reyes**  
Community Editor

**Mel Ayala**  
Staff Writer

**Julio Rodriguez**  
Staff Writer

Many people may be spending Christmas alone for the first time and suffering from seasonal depression.

Symptoms of seasonal depression can consist of:

1. Feeling sad
2. Losing interest
3. Feeling sluggish
4. Having trouble sleeping
5. Feeling hopeless
6. Appetite changes
7. Difficulty concentrating
8. Having thoughts of suicide or death

Family who do not care enough about it or their loved ones could affect their relationships and their personal life.

Seasonal depression is not exclusive to the winter season, as the disorder can appear during the summertime and fall.

Family members may not know that loved ones may be dealing with mental health issues and checking up on someone is worth more than a present because one can tell that someone does care about them.

It is a common misconception that suicide rates increase due to the holidays.

The reality is that those January blues are just a result of the season's changing.

According to the CDC, studies have shown that holidays are not what cause depression rates to increase, as a matter of fact,

suicide rates are at their lowest in December.

"In April, May, and June, the suicide rate goes up and is the highest," Kaplin says.

People who are dealing with seasonal affective disorder need people to remind them that they do matter and that they are not alone.

This can possibly save someone's life.

The unfortunate reality of seasonal affective disorder is that the symptoms someone can receive could likely result in full depression.

With that in mind, it's important that if needed, they speak to a mental health expert to know how to move forward.

With the holiday season fast approaching, it's important to keep the ones closest to us in mind.

## Will You Vote For Trump in 2024?

Compiled By : Lukas Luna  
Photographs by Samuel Chacko

**Edgar Ramirez**  
Theatre Arts Major

"I don't care about any of the politics or Trump. America is coming down, period, and that's in my opinion."



**David Vulsaro**  
Math Major

"I know I'm not going to be voting for Trump. I didn't vote for him last time, I'm not voting for him this time."



**Diego Villalobos**  
Computer Animation

"Trump really made an impact on this country, mainly in a negative way because of his careless attitude towards the media."



## Black Conservatives Are Not Uncle Toms!

**Samuel Carey**  
A & E Editor

Is it really that bad for black people to vote another way than the majority? Should they get ridiculed for thinking the way that they want to think? I don't think so.

Black Americans are predominately liberal democrats and these same democrats tend to think that conservative republicans are all about greed and selfishness.

It truly is a shame that some black people have come to be made examples out of if they don't think the popular way, they are automatically seen as a sellout.

A majority of people think

that all who are conservatives are traitors to their people, especially in the African-American community.

Everyone, since Obama got in office African-American since Obama got in office African-American felt a sense of pride that a black man was the president and he should want our support.

The issue that comes with that is if the same black person was to vote for another man who isn't a democrat should be given the side eye.

Black people have a history of calling other black people who are free thinkers for themselves "Uncle Tom" named for Harriet Beecher Stove and her novel, where plantation slave Tom cares for a little white girl after she was

bedridden.

It's quite controversial because it shows that some black people can't have a voice of their own if it doesn't sound like the others.

The miseducation of black conservatives can be overwhelming because a person can say all of these racist remarks against that black person all day and could possibly tarnish his/her reputation.

"For hundreds of years, Blacks have deemed some brothers and sisters sellouts because they are willing to betray their community for the favors of whites" said by ThePulse.com.

This type of thinking can stop black people from joining together on certain things when it includes their race, it makes black

conservatives never want to be a part of the conversation.

Back in 2016 during the primaries, it felt like it was detrimental for black conservatives to support then-candidate Trump because he says whatever comes to his mind and doesn't want anyone to think for him.

Being called a sellout, uncle tom, or even a traitor to your own race can cut deep but a person should measure a man's actions fully before you make the final judgment.

"At the end of the day, history is recording our actions. Black conservatives must decide if they want to be honored as great leaders or be eternally disgraced as betrayers of the race at the

most critical hour" said Paul Scott (writer from thepulse.com).

The call to action for this to be careful who you call a sellout because a person just may need that person to help them out in the long run.



MDGOVPICS

Speak: Lt. Governor Rutherford Speaks at the Black Republicans Reception. by Patrick and was taken in January of 2020.

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# Cerritos Falcons claim 4th consecutive bowl game

Samuel Chacko  
Editor in Chief

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A tale of bad blood as the Falcons matched up against their cross-town rival, the LBCC Vikings.

The Viking's offense got to work as they put together a drive that ate up seven minutes of the first quarter as the Vikings were up on the board first with a passing TD.

The Falcon's offense took the field as they drove down the ball effectively against the Viking's defense.

On 2nd and seven, Quarterback, Jordan Simpson (No. 5), Sophomore, used his legs to score the Falcon's first TD of the game.

The Falcons attempted the two-point conversion but were unsuccessful as the score was 7-6.

It didn't take long for the Falcons to get on the scoreboard once again in the second quarter as Simpson threw a jump ball against double coverage to Jaceon Doss in the endzone for the 38-yard TD pass.

The Falcons scored within six plays as they attempted a two-point conversion as Simpson connected with Noah Sanchez to take a 14-7 lead.

The Vikings locked in and drove the ball down to the Cerritos 36-yard line where they were met with a 4th and six.

The Cerritos' defense forced pressure on the throw as the pass was incomplete as the Falcons took over on downs.

The Cerritos offense marched



SAMUEL CHACKO

**Celebration:** Falcons celebrate regaining and hoisting the 'Crosstown Cup' after defeating the Long Beach City Vikings in their bowl game on Nov. 26 with the final score of 35-28.

downfield and scored once again as Simpson connected with Davon Booth for the 8-yard TD pass.

With under a minute left, the Vikings had all three of their timeouts and threw for 63-yards within four competitions as Long Beach scored on a 30-yard passing TD with just two seconds left, the score was 21-14 going into halftime.

Cerritos' next scoring possession came early in the fourth quarter when the Falcons drove down the field and brought the goal-line offensive package to punch it in as Booth carried it in for a TD as the Falcons took a 28-21 lead.

As mentioned all season long, the Falcon's defense has been one of their best strengths as

they forced another fumble and recovered it to take possession.

Cerritos started on the Viking's 48-yard line and Simpson hit Doss in stride as he connected on a 30-yard pass once again against double coverage to his trusty receiver.

On 2nd and goal, Penieli Lauago punched it for the TD as the Falcons went up 35-21.

Down by two TDs, the Vikings were able to score another through the air to make it a seven-point game (35-28) with five minutes left to go in the ball game.

Cerritos attempted to run the clock out on their final possession and they were successful, as Cerritos the first down and won 35-28.

Falcons end their season being the top team in CCCAA.



ROMAN ACOSTA

**Rush:** Jordan Simpson rushes in for the Falcons first TD of the game against LBCC against the Vikings on Nov. 26.

## Falcon's undefeated season ends with loss vs Mt. Sac 1-0



SAMUEL CHACKO

**Attacking:** Michael Rodriguez (No. 22), Sophomore, Forward, looks to shed the Mt. Sac defender as he tries to set up a Falcon score on Nov. 26.

Samuel Chacko  
Editor in Chief

The Men's soccer team lost in an upset loss against the rival Mt. Sac in overtime on Nov. 26 with the final score of 1-0 as Mt. San Antonio goes to the final four.

Cerritos played Mt. San Antonio at El Camino for the South Coast Conference Championship and won 3-2.

Optimism was shown near the end of the first half where they put way more pressure on the goalie as Cerritos looks to strike first.

Goalie Jacob Cardenas for Mt. San Antonio had two saves abmade some tough saves to stop Cerritos from gaining any momentum.

The score stayed 0-0 after 30 minutes of play, the second half had more shots with the Falcons shooting six to Mt. Sac's four.

Cerritos and Mt. Sac missed key shots during those two halves,

which could've hugely altered the game.

From the two halves of play, Mt. Sac was beating them to the ball on both sides and Cerritos made small mistakes on the passing end.

Overtime came and Alex Mendez of Mt. Sac scored with an assist by Edward Castro as Mt. San Antonio leads 1-0 in the first half of overtime.

Captain for the Falcons and Striker Pablo Caparelli (No. 9) said, "I just feel like in today's game, we didn't get the results we wanted but I feel like we put in all the effort."

Caparelli said that his performance this season was good, "I feel like I've been helping the team out, holding the ball, laying off, trying to get fouls and pushing the team up."

"I feel like every player here is going to have a bright future because they put the effort in."

Benny Artiaga, the men's soccer coach for Cerritos, said that not getting a ring left a bad taste in their mouth, "But, we're Cerritos, we'll keep grinding and keep getting better."

Julian Vazquez (No. 7), who's the Falcons Forward, said that he did a good job in his Freshman season, "It was a lot to take in, I was playing a big role so little by little I was progressing."

"It's sad to see it come to an end," Vazquez adds, "I felt like I was just getting there."

"I feel like we have a lot of potential. We have a lot of great players staying back [...] I'm very confident we'll be back here."

The Falcons end the season with a 21-1-2 record, going undefeated (10-0) in conference games (not including playoffs)

Men's soccer looks to keep the momentum moving for their next season as they look to win the conference and state championsip.





DERRICK COLEMAN

**Rushing:** Miah Nayback (No. 21), the Falcon's Freshman guard, rushes up the court as she looks to score off a Grossmont mistake on Nov. 16.

# Falcons comes back to win versus Grossmont 55-50

Samuel Chacko  
Editor in Chief

The women's basketball team for Cerritos won a tough game on Nov. 16 at 5 p.m. versus Grossmont, as they won 55-50 and won three of their last four games.

Grossmont started the first half with a 10-1 run as the Falcons were struggling to stop Grossmont's offense and put points on the board.

Freshman Bridgette McIntyre (No. 3), the Guard for the Falcons, helped the Falcons get back on track as she had five points and shot 33% from three and 40% from two that half.

Both coaches were vocal with their team, yelling to them the plays and what defensive or offensive, sets they should be in.

Grossmont however kept pushing the pedal as they went on a 9-5 run to end the half as they led 21-9.

The second half had Cerritos up with a 5-3 run with around eight minutes left in the half; however, the scoring slowed down as the next score would be made at three minutes left.

Grossmont and Cerritos played tough defense on one another, holding each other to

less than 30% from two and 20% from three.

Cerritos drew six fouls and had 12 rebounds they were not able to score points off turnovers or free throws as the Falcons went 17% at the line.

They also had seven steals, four coming from Miah Nayback (No. 21), the Freshman guard, they still had trouble with scoring on the offensive end.

With Nayback and Denise Cortez (No. 2), both Freshman guards, scoring with less than 30 seconds left, the Falcons cut the lead to 25-17.

The Falcon's head coach, Trisha Kozlowski, would sub in her whole bench at times and one reason why she'd do that is to get fresher legs.

Things slowly pick up in the third quarter as Nayback continued contributing big for the Falcons, scoring a quarter-high five points, shooting 100% from two-point range and scoring 1-2 free throws.

However, the lead is getting smaller as the Falcons are now only down by six, with the score being 39-33.

The Falcons were slowly cutting Grossmont's lead until the fourth quarter when Cerritos was firing on all cylinders.

When it felt like all hope was lost, the Falcons began the quarter with a Nayback lay-up and Brianna Flores, Sophomore Guard/Forward, shooting a three that would cut the lead to 39-38, get used to that name.

Grossmont came back with a quick 5-0 run but the Falcons weren't going away that quickly, as another layup and a huge Nayback three gets the lead back down to three.

With four minutes left in the game and missed opportunities from both teams, the Falcons made a jump shot and Flores made yet another three, cutting the Grossmont lead to two yet again.

After a missed jump shot by Grossmont, Flores hit another three for the Falcons with around three minutes left in the game and the Falcons' first lead, 51-46.

The men's basketball team is on the right side of the court as they support the women's team.

The energy from the players, fans and photographers was raised from that one play as Cerritos took the momentum from Grossmont.

The Falcons won 55-50 as they improve to 3-2 overall and they'll be playing at home against West Los Angeles on Nov. 18 at 5 p.m.

# Falcons fall 28-7 against Mt. Sac

Roman Acosta  
Freelancer

The Falcons were bested at home 28-7 against Mt. San Antonio on Nov. 12 at 6 p.m.

Cerritos displayed great defense early in the ball game as the Falcons forced a turnover on downs on Mt. San Antonio's first offensive series.

After putting up 45 points last week versus Riverside, the Falcons looked out of rhythm early as a delay of game forced a punt.

Cerritos' defense has been one of their strong suits in the first half of the ball games this season, as they once again forced another punt for Mt. Sac and get the ball back.

Cerritos started off nicely as they relied on their star running back Utah State commit Davon Booth. Booth picked up 26-yards on two carries.

Several plays later Sophomore quarterback Jordan Simpson connected with his tight-end Jacob Leija in the endzone for an 8-yard TD to put the Falcons up on the board first.

However, the Mounties responded right back as they put together a 10-play drive and scored a rushing TD early in the 2nd quarter to tie the game at 7-7.

On 3rd and 16, Simpson was intercepted on the deep ball and gave the ball to Mt. San Antonio on their 36-yard line.

The Mounties would capitalize on the turnover as a balanced run and pass attack led to a 24-yard TD pass as Mt. San Antonio took a 14-7 lead.

A crazy start to the Falcons' next offensive series as the ball was batted at the line of scrimmage and popped up in the air and intercepted again by the Mounties.

The Falcons lucked out at the end of the play as the returner fumbled and gave the ball right back to Cerritos.

Ultimately a struggling series by the Falcon's offense as they went three and out.

The Cerritos defense was able to hold the Mounties to 14 points in the first half as the Falcons took possession and ran out the 2nd quarter.

The final score is 28-7 and the Falcons are kicked out of the playoffs.

"They outplayed us for sure," said Coach Grosfeld, "They're a good football team."

Cerritos finishes the season 7-3 and will play in a bowl game on Sat, Nov. 26.



ROMAN ACOSTA

**Rushing:** Running back Davon Booth takes the carry in the third quarter against Mt. San Antonio. He outruns defenders before being tackled by a gang of Mounties on Nov. 12.

# TalonMarks names Angelia Romero and Davon Booth as Athlete of the Year

Samuel Chacko  
Editor in Chief

Talon Marks is bringing back their sports awards as we name the two best athletes this semester.

The first person who ran away as the MVP for the men's section is Running Back Davon Booth, who plays football and is in his Sophomore year at Cerritos College.

He rushed for 1,442 rushing yards and eight touchdowns in 10 as he took Cerritos to an 8-3 record as the Falcons ranked in the top 10 according to the



Davon Booth

CCCAA.

This isn't the only recognition Booth has received as he's named for All-Nation Division Central League (First Team Unanimous RB), he received an MVP performance during the

Western State Bowl game and won the Western State Bowl all in one year.

"I have to thank god first and foremost!" Booth said, "A big shout out to my coaches and I couldn't have done any of this without my teammates."

"Receiving the awards that I've gotten throughout the season was quite surprising," Booth added, "I've always thought I could do better, I was never satisfied with what I did."

"This past season was one of the books [and] although we didn't get where we wanted to be,

we made up for it in our last game of the season," the Utah State commit said.

"I'm forever grateful for the ones who supported me through this journey," he added, "This is something I'll cherish for the rest of my life."



Angelina Romero

The MVP for the women's side is Angelia Romero, who also had a historic season of her own.

She was the fourth player in school history to score 101 goals and had 50 assists for the season (eighth most in a season).

Romero scored 159 goals in her career (ranking sixth in Cerritos' history) and received 1st team for the season in a row.

Her favorite athlete is Serena Williams, loves rollerskating and threading eyebrows.

Romero hopes to transfer to Cal State Long Beach and follow her aspirations as a nurse.



# BEST SPORTS PHOTOS OF THE SEMESTER

All photos courtesy of Samuel Chacko and Roman Acosta

