

VIVA AMÉRICA LATINA

**STUDENTS STILL
MISSING DIPLOMAS**

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**MEXICAN ARTISTS
NEED PROTECTION**

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ILLUSTRATION BY DERRICK COLEMAN



FALCONS STAR PLAYER SHARES HER JOURNEY

SPORTS

VOTED THE LEAGUE PLAYER OF THE YEAR AS A SENIOR & JUNIOR IN HIGH SCHOOL ONE OF HER MANY MOUNTING ACCOLADES, JASMINE SOTO-CASTRO HAS DONE IT ALL ON THE VOLLEYBALL COURT.

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LA FIERA LATINA SPICES UP CERRITOS

Vanessa Molina
Staff Writer

Cerritos College Student Programming Board honors Hispanic Heritage Month by hosting La Fiera Latina event outside the Performing Arts North Stage on Sept. 27.

At the booths, they had games and activities and were giving free food to anyone who attended and participated. They had aguas frescas, tamales and churros as well as other snacks and prizes you could win.

Clubs from the

school were encouraged to volunteer at this event and offer resources to students and they were even allowed to bring family and friends.

Alejandro Beltran was running the booth for UndocuFalcons at this event, it's a program run by

Cerritos that supports our diverse body of students," said Beltran.

"I think this event is really important to show how inclusive this college is. I was given the different under-representative groups a chance to be representative and have their own space for their celebration, so I think this is great for our diverse body of students," said Beltran. "I think it brings people together because it's not only open to that specific group, but it provides a little bit of

undocumented and dreamer students.

"I think this event is really important to show how inclusive this college is. I was given the different under-representative groups a chance to be representative and have their own space for their celebration, so I think this is great for our diverse body of students," said Beltran.

"I think it brings people together because it's not only open to that specific group, but it provides a little bit of

understanding of other people's cultures and you can definitely feel welcomed even if you're not from that specific group."

This event started at 11 a.m. and people were able to stop by until 3 p.m. It was a nice event, people were dancing and they even had mariachis which grabbed many people's attention, one could tell people were having fun and enjoying it.

Hailey Rivera, a student at Cerritos as well as Senator of ASCC Student Government said, "I feel like everyone can express their culture, especially Latin culture because we don't really get expressed that much."

"Most of us are Hispanics and they

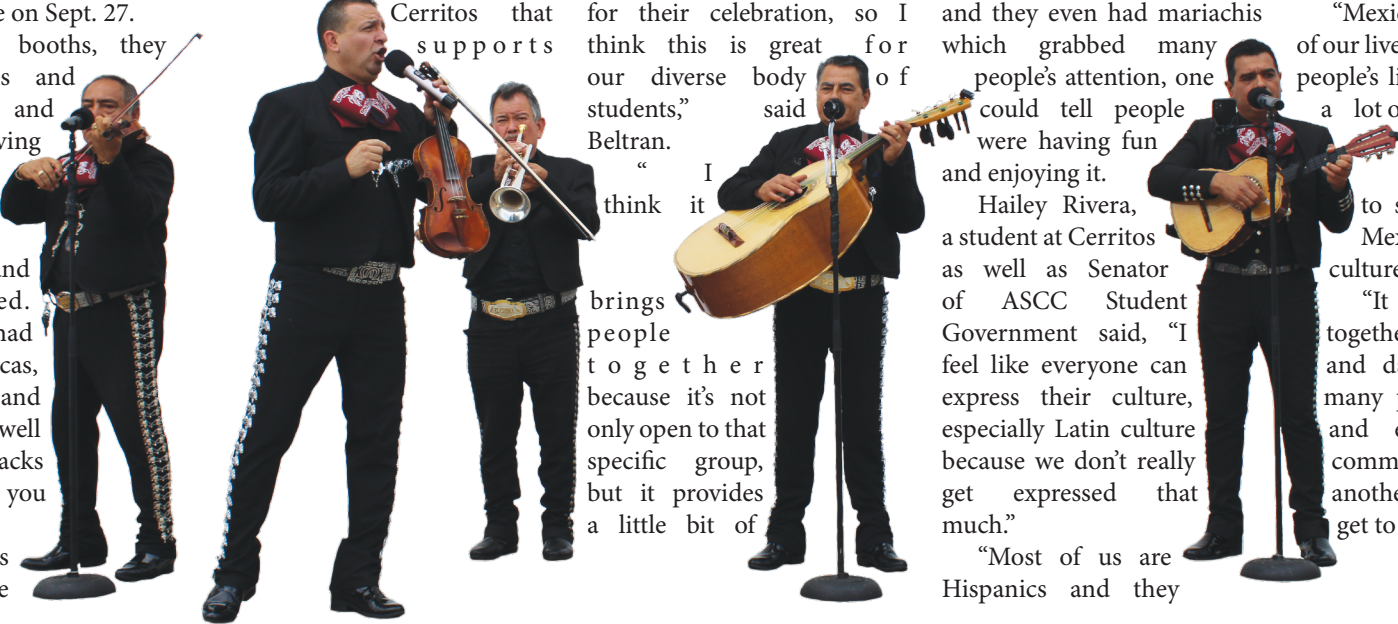
always think Hispanics are lazy but we're really not, we're the life of the party."

Autumn Whetsell had a booth at this event where she was able to show and sell some of her crochet items, later she participated in dancing at the event.

"Mexican culture is a part of our lives, it's a part of a lot of people's lives here at Cerritos a lot of people here are Mexican American.

We just really want to share the culture of Mexican dance and that culture with everyone."

"It brings people together through music and dance. There are so many people here already and everyone loves to communicate with one another and just talk and get to know one another."



Mariachi band performing on the performance art noth stage, Sept. 27

PHOTO BY VANESSA MOLINA, ILLUSTRATION BY EMANUEL GUADARRAMA

NEW CERRITOS APP UNITING STUDENTS

Corey Gutierrez
Contributor

This app has made it easier for students who want to connect, meet new students or even accessing the school map.

The Cerritos College app even has resources like the Falcons Nest, the Learning and Career Pathway Center and the Welcome Center.

One of the ways the app has helped is it informed students of the freshman's welcoming event as well as the other events that have

happened on campus.

With the app, many students have become friends with each other. One can always check the Falcon wall which is sort of like Twitter but with your fellow students.

The way campus events are usually announced is through our email or we hear about it while on campus but let's say I took online classes and did not have time to check my email every so often. Well the Falcon wall helps out with that other than seeing your fellow

classmates or students post.

Other features include giving one info on athletics and help you find out when the next game is, you can also check for the school map on the app in case you get lost on campus.

For students who want to get involved or make friends at school, this can offer the opportunity to be able to meet and greet new people on campus as well as get involved with the school activities on campus.

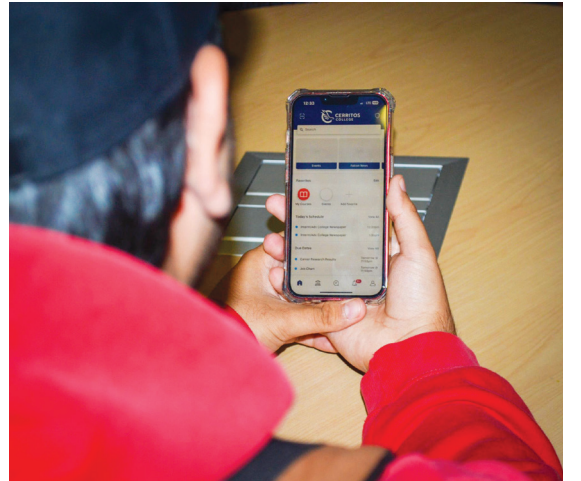


PHOTO BY MELISSA CLEMENTE

RECENT CERRITOS GRADS STILL MISSING THEIR DIPLOMAS

Emanuel Guadarrama
News Editor

Four months post-commencement, most alumni from the class of 2023 - who graduated in May - still haven't received their diplomas yet and the reason why seems to be obscure, according to conflicting sources.

On one hand someone from Admission and Records, who spoke under the presumption of anonymity, said that it normally does take three to five months, which others say is still too long.

On the other hand, a former student, Amy Parker, said that the reason it took so long was because the college had refused to hire more graduation evaluators.

Parker, who was also the director of equity and diversity for ASCC, left a public comment back in Aug., which was read during a regular board meeting on Sept. 13.

Notably, none of the board members, as well as Dr. Jose Fierro, bothered giving a

response to her comment, which is a regular occurrence when it comes to public comments.

She had commented on how she and others hadn't received her diploma yet and how people she knew missed out on job opportunities.

Coincidentally, two days after her comment was read, students and alumni received an email notification about how they would receive their certificates and/or diploma within two weeks.

"Even with getting it done now, they are still way behind the actual deadline that they were supposed to have of August," Parker said.

"Some people ended up not being eligible to apply or just getting denied early on, without a copy of their diploma they didn't have anything that they could show, not to mention... actually receiving transcripts by paper could take over four weeks," said Parker.

Dr. Fierro, the president/superintendent of Cerritos College,

did later comment on the matter, "We awarded an incredible 1,821



certificates and 1,558 Associate degrees, making it the highest number in the history of our college," Fierro said.

He then spoke about an "address verification campaign" that the college conducts to make sure students receive their certificates and degrees, then congratulated the students.

Within his comment however, he mentioned that their vendor, "mailed all of the certificates on Sept. 13, 2023"

However, he didn't mention that after Parker's public comment was read on Sept. 13 and students didn't receive an email saying their certificates/diplomas were mailed until two days after, on Friday, Sept. 15.

According to Parker, "I talked to people in admissions, the problem was that the college refused to hire enough graduation evaluators to actually go through everyone's graduation information in time.

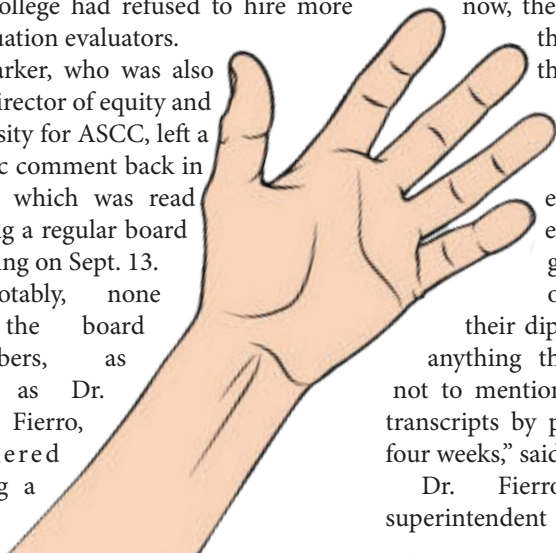
"They could've hired more people or they could've paid the people who were already there to work longer but they chose not to."

Comment from Dr. Fierro said that there was a campaign to verify everyone's address but also mentioned that some students may still need to prove that they've graduated.

To do so they'd need to request an official transcript, which would show the certificate or degree conferral date, which Dr. Fierro said, "Can be used as confirmation of their achievement by employers and other institutions of higher education."

Parker, however, explained that "even if they had ordered transcripts, actually receiving transcripts by paper could take over four weeks."

"So many of us either don't care enough or people who do care are the ones who get out at a reasonable amount of time... We forget all this stuff that's happened before, so this keeps on happening," Parker said.



COME CRUNCH ON CHAPULINES CHAMPIONS

Susan Romero
A & E Editor

Whether you're looking for comfort food or something new to try out, head on over to the family owned restaurant, Oaxaca Village.

The Oaxaca Village located in Artesia is the very first and only restaurant open, so far and has only been open for 8 months.

However, despite being new to the game, it seems like they've already got it down.

Once you step inside, you are greeted with a flash of vibrant colors from the papel picado and faux hummingbirds that are hung all over and the mural that covers a side of the restaurant and displays some of their main dishes.

The host immediately greeted us and he was even kind enough to give us the option to sit wherever we chose. Although I had only been there for less than 10 minutes, it already felt very homey - really familiar.

They have a variety of authentic Oaxaqueno food, including the ones on the aforementioned mural: barbacoa, mole, tacos, tlayudas and even cater to those who are vegan.

But the menu's real eye catcher was in the appetizer section, the 'chapulines champions.'

The order consists of the chapulines, also known as crickets, served in an avocado over romaine lettuce. Along with the crickets came a side of quesillo, 2 tortillas, tortilla chips and a little tub of red salsa.

To make the taco all we did was add all the crickets onto the tortilla along with some avocado slices and quesillo.



PHOTO BY SUSAN ROMERO

The chapulines, also known as crickets, are served in an avocado over romaine lettuce. Along with the crickets comes a side of quesillo, two tortillas, tortilla chips and a little tub of red salsa.

When you take your first bite, you'll immediately get the taste of lemon and salt from the crickets. If you don't like lemon flavor or salt seasoning, this may not be for you as it may be overwhelming.

As you keep chewing, it'll become really subtle due to the quesillo and avocado that help neutralize the flavor, making a perfect taco combo.

If you're not eating with the idea of it being a bug in mind, you may enjoy these tacos as they don't have any particular flavor or after taste.

The tortilla chips with the red salsa were also really good. It wasn't too spicy but it had the right amount of kick.

The plate overall was surprisingly really good and didn't lack and type of flavor.

Alan Cruz, host and waiter at Oaxaca Village, has been working there since their grand opening in February and has been dedicated since.

"It's a popular dish, I have some people that order that as their full meal and will order more tortillas to make their tacos," said Cruz.

While talking to Cruz, you can feel the passion he has for his job, seeking to make connections with the customers

"I recommend the chapulines champions to everyone, everyone's got to try it at least once in their life," said Cruz, "I have never gotten people who say they don't like it, they may say it's not their thing but they say it's really good."

The restaurant is still hoping to expand and have different locations. But in the meantime,

they're going to continue making their current customers happy.

If you're looking for authentic Oaxaqueno food with friendly waiters that will make you feel at home, be sure to check out their location.



PHOTO BY SUSAN ROMERO

To make the taco, add all the crickets onto the tortilla along with some avocado slices and quesillo.

CHEESING OUT AT BRAND NEW PUPUSA CON

Alferdo Menjivar
Contributor

Pupusa Con is a brand new annual event for local Salvadorans in the SoCal area which took place on Sept. 24 in East Los Angeles.

The local event presented two areas for local Salvadorans to hang out such as the outdoor area that had food trucks and vendors with Salvadoran drinks and snacks.

The indoor portion of Pupusa Con had even more to offer such as more vendors selling snacks, packets with ingredients to make horchata and other mixes. More things that were being sold were shirts, hats and coffee.

Stephanie Figueroa is one of the people that set up the event. Figueroa is part owner of the famous La Pupusa Urban Eatery located in the heart of Los Angeles and is known for their innovative dishes such as pupusa tacos and their 10-pound pupusa.

"It has been talked about for several years but two and a half years ago 'What's That You're Cookin?'" and I decided there needed to be something vendor-based," Figueroa said.

She also mentions that the



ILLUSTRATION BY ALFREDO MEJIVAR

event was made in support of vendors as she says she had witnessed a lot of mistreatment towards vendors.

Pupusa Con was also set up with the help of Stephanie Rivas from "What's That You're Cookin?'" Rivas also has a small business of her own, she serves Salvadoran cuisine with her husband Eder and Katie Dubon who sells Salvadoran soda.

Pupusa Con has been a very healing experience for Figueroa as a Salvadoran-American. She mentions that when she was a kid she would sell Salvadoran food with her grandmother such as chucos, tamales, pan con pollo and so on.

"Pupusa Con is going places," Figueroa said with excitement, "We plan on making things even bigger and better every year with more support from the community."

Figueroa says they're working hard to create a much stronger foundation for people to see there is a lot of love and interest in the Salvadoran and Central American community and have real representation.

Tony Escoto is a Salvadoran-American content creator on social media called "Bayuncos" and was featured at Pupusa Con.

Escoto came in contact with Figueroa through social media so he could be part of the new

uprising event.

"It means a lot because it's how he has a friend and his cool, it's great, now we're in a family has a cafetal in El position where we're bringing a Salvador.

lot of visibility to a community that didn't really have a lot of visibility beforehand," said Escoto.

He had his own booth at Pupusa Con selling mugs, cups, stickers and coffee straight from El Salvador called "Cafetal."

Escoto explained that he got his coffee business after "Bayuncos" took off.

He also talked about

Escoto and his friend began working together and imported Salvadoran coffee and roasted it in Long Beach, California.

Pupusa Con is now a new addition to LA Salvadoran culture events and the amount of events will only continue to grow.



PHOTO BY ALFREDO MEJIVAR

Pupusa Con is a new Salvadoran event that adds onto more representation to the Salvadoran community.

RESTAURANT OF THE MONTH



OAXACA VILLAGE RESTAURANT located at 11824 1/2 Artesia Blvd, Artesia, CA 90701

FREE FOOD PANTRY AT THE COMMUNITY RESOURCE CENTER NORWALK

FREE FOOD PANTRY Community Resource Center 11721 Rosecrans Ave. Norwalk, Ca, 90650

Open every 2nd Friday of the month 10 a.m.-2 p.m.

REGIONAL JOB FAIR



Apollo Park 12544 Rives Ave., Downey, CA 9042 Friday, Oct. 20 at 10 a.m.-2 p.m.

KOBE & GIANNA MURAL IN DANGER

community



Hardcore fitness owner Cecilia Moran is being asked to remove Kobe mural.

PHOTO BY EMILY MACIEL

Community Events

Emily Maciel
Staff Writer

Mural of Kobe Bryant and daughter Gianna outside of gym in Los Angeles is being asked by the landlord of the building to be removed and the community is outraged.

Cecilia Moran who is the owner of the gym Hardcore Fitness based in the heart of Los Angeles has been asked by her landlord to remove a mural of famous athlete Kobe Bryant and his daughter Gianna Bryant by Sept. 30.

She has been the owner of this establishment since April 2019 and has worked with the same landlord with no issues regarding the mural before, so

she did not anticipate this sudden request.

Moran thinks it is a possibility that the landlord would like to use the wall for advertising.

This mural means a lot to her especially because of the amount of people who come and see it outside of her business, she knows what a big deal this is to the city of Los Angeles and its people.

“It’s just representing what the city of LA is and the legacy for Kobe, so it brings back to the community, the love and support towards that mural is just incredible,” said Moran as she expressed deep distress about this issue. “It has become our business card because this is the face of our business.”

She also wanted to make sure people know that if the mural is

removed it is not her decision.

“I have zero intentions to take it down,” said Moran as she strongly stood her ground on where she stands in this situation.

Across the street from the mural, 35-year-old Los Angeles resident Nancy Diaz, taking a picture of the artwork which, she had never done even though she had seen it before for the past few years.

“I’ve never really taken a picture of it,” said Diaz as she snapped a few photos of the mural she didn’t expect to be in danger of getting removed.

While the word about what is going on has spread rapidly and people are speaking up trying to help the situation, a few people are saying there is nothing that can or should be done because, at the end of the day, Moran owns the

business, not the building so it is the landlord’s right to do as they please.

Scott Brister, a 30-year-old from Yorba Linda responded to this and said, “I think it’s really messed up because I loved watching Kobe play basketball growing up and the mural is a reminder that life is short.”

Kobemural is an account on Instagram that provides people with information about the many other murals that have been created of Kobe and/or his daughter Gianna.

The account created a petition for people to sign to try and save the mural. The petition now has over 86,000 signatures with more people signing every day.

DOWNEY SEACCA SHELTER CANNOT BE TRUSTED TO SAVE LOCAL ANIMALS

Mel Ayala
Managing Editor

Southeast Area Animal Control Authority is an organization that is “dedicated to quality animal care and control.”

For Downey residents, SEACCA seems like the perfect place to find a new furry best friend and save a life. Animal control picks up strays and gives them a new chance at a happy life, so it appears.

SEACCA is reportedly known for euthanizing animals. Dogs are reportedly euthanized within two days

of arrival.

Overcrowding is an issue so their solution is to announce promotions to get as many people to adopt the animals they put on a “kill list”, meaning they would have to be adopted before a certain deadline before they are subject to euthanasia.

While it is not unheard of for animals to be euthanized due to overcrowding, it does not change that it is a barbaric practice.

Their defense comes off as merely a PR statement to appease the press because there’s too many people coming forward with their testimonies.

One Yelp user, who goes by the

name Karina B. on the platform, claimed that she adopted a sick cat from the facility resulting in her and her family getting infected with Scabies.

As it stands now, all the negative attention SEACCA have received are the result of allegations. So far, no solid proof has been provided to neither validate the accusations or disprove them.

However, it is becoming increasingly difficult to just dismiss it as hysteria and spreading misinformation when hundreds of people online, on only one platform alone, are coming forward with their own

negative experiences.

The accusations and testimonies should be enough to have a probable cause to conduct an investigation.

While nothing can be done legally as of now, individuals of the community could help by holding more protests, spreading awareness, and taking animals to rescue centers instead of SEACCA.

The reviews alone speak for themselves about how they treat the animals they are in charge of caring for.

You’re not saving animals if you trust SEACCA.

CITY OF GERRITSEN - RECREATION SERVICES DIVISION

HALLOWEEN FESTIVAL
TUESDAY, OCTOBER 31, 2023
5:30 - 9 PM
239 LOS CERRITOS CENTER
DOWNEY, CALIFORNIA 90231

ADMISSION: \$10 (includes costume rental)
COSTUME RENTAL: \$4.99
CATERING: \$4.99

FOR MORE INFORMATION, PLEASE CALL THE RECREATION SERVICES DIVISION AT 562-955-3333.

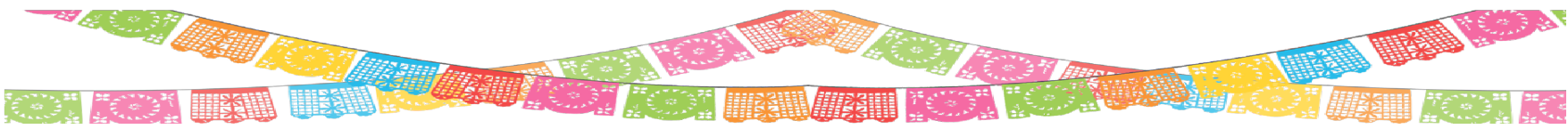
Halloween Festival
239 Los Cerritos Center
Tuesday, Oct. 31
5 p.m to 9 p.m

Save the date!

POSA DOWNEY DIA DE LOS MUERTOS
10th Anniversary

Sunday, 10/29/23

Dia de los muertos art festival
Located at Downey theatre, 8435 Firestone Boulevard, Downey, CA
Sunday, Oct 29
11 a.m. to 8 p.m.



A MILLION MILES OF MEXICAN PRIDE

Joel Carpio
Editor in Chief

Based on the true story of José Hernández's incredible story of his journey to becoming an astronaut was released to Amazon Prime Video on Sept. 15.

Audiences are praising the film, "A Million Miles Away," as it has a 96% audience score and an 88% critic score making it certified fresh on the Rotten Tomato meter.

Out of five stars, I would give the film five out of five stars for how exceptionally well executed it delivered the story to captivate people's hearts.

The film is certainly a tearjerker for some not because it'll make you sad but because it fills you with joy and pride.

José Hernández a Mexican farmworker who dreamed of being an astronaut never gave up on his dream no matter how unreachable many said his dream was.

Throughout the movie, it

exemplified the stigmas and stereotypes many people see Mexicans as.

After graduating college Hernández would go on to become a lab engineer and on his first day the receptionist thought that because he was Mexican, he got hired to be a janitor.

Brushing him off and not taking him seriously, Hernández had to prove to his boss that he was worth much more than he thought and that he did.

With his wife by his side supporting his every decision Hernández



applied to be an astronaut for NASA.

After being rejected he went over all the qualities he didn't possess of the candidates that got accepted to be astronauts and trained to be good at every single one to inflate his resume and make it more likely he would get accepted by NASA the next time he applied.

Hernández would do this every time he got rejected and after 11 applications all of which he was rejected on the 12th try they accepted him. Hernández was

finally given the opportunity to be second in command on the space shuttle Discovery, accomplishing his dream.

Michael Peña who portrays José Hernández and Rosa Salazar as his wife Adela Hernandez both did an amazing job captivating the emotions and portraying the real Jose and Adela Hernandez.

The directors of the movie captured the hearts of Mexicans with the visuals and engraved in people's minds how persistent and hardworking Mexicans are no matter the odds.

This movie is a heart warmer and proves to not just Mexicans but everyone that no matter how farfetched you think your dream is, it is always in reach with a little bit of hard work and perseverance.

Hernandez never gave up and kept persevering to reach his dream until he finally reached and proved to Mexicans that 'Si se puede.'

COURTESY OF NASA

This is the official image that was catalogued by Johnson Space Center of the United States National Aeronautics and Space Administration.

CERRITOS ROLLS OUT THE BLUE CARPET

Melissa Clemente
Co-Sports & Photo Editor

Cerritos College students say they are still in awe after being featured on Amazon Prime's show "The College Tour," which hosted a premiere of the episode on Sept. 19.

The purpose of the show is for students to talk about their experiences when they enter the campus for the first time and throughout their time on campus until today.

Student and participant, Riley Milligan, who wants to pursue a career in civil engineering expressed that something he considered good about participating in the show is that, "It was great to lose the fear."

Milligan still recalls running around his father's job at the Orange County Southern District civil engineering department.

While he was a child, he was inspired to follow in his father's footsteps.

Milligan was awarded a scholarship through the Scholarship Foundation

and plans to transfer to a four-year university.

Cerritos College participant Yolanda Gomez from Peru is currently studying Biomedical Engineering and working as a behavioral technician, she also got a scholarship from the Society in Women's Engineering to transfer to a 4-year university.

Gomez joined the Village Program, which is California's community housing program, through Cerritos College for students in need.

Gomez said, "I am grateful for Cerritos College. I am still shaking, they made me feel special."

Cerritos College student Brittany Martin wants to pursue a profession in child development as teaching children is something she has always wanted to do.

Martin's inspiration to join the video was the emotional support of counselor Dr. Chelena Fisher.

Throughout the way, Martin has also received emotional support from the president's office administrative



MELISSA CLEMENTE

Six out of the 10 participants at Blue Carpet Cerritos College Amazon Series Premier.

assistant Cheryl Thury.

Martin plans to transfer to Cal State Fullerton after she graduates from Cerritos College.

On campus, Martin was introduced to several programs that she was able to take advantage of. Such as Metro services for transportation, Falcons Nest which provided her with food assistance and TRAC which is a teacher's training academy.

Cerritos College student David Contreras said, "By participating in the video, I was hoping someone in my situation in the past could be inspired to find a career."

Contreras wants to pursue a career in the administration of justice, and this is currently his second year at Cerritos College.

Contreras also expressed that he is grateful to have the opportunity to be a full-time student and he also attends a class at Cal State Dominguez Hills.

Student Kat Aquino said she's very ecstatic about the chance to

participate in the video.

Aquino joined the Promise Program after high school which helped her transition into Cerritos College.

Thanks to the Promise Program, Aquino was able to acquire her degree in criminal justice at the age of 20.

Currently has her associate's in small business management, associate's in business entrepreneurship and certificate in real estate that just took her two years to accomplish.

Aquino said her favorite part of forming part in the video is "seeing how the community gets together."

The elected students for the Cerritos College episode were chosen by the two two-minute video clips that were submitted to the campus.

In the film, 10 participants were chosen but during the premiere only six of them attended.



MELISSA CLEMENTE

Dr. Fierro accompanied by the participants at Blue Carpet Cerritos College Amazon Series.

arts

UPCOMING A&E RELEASES

MOVIES



THE CANTERVILLE GHOST
OCT. 20



KILLERS OF THE FLOWER MOON
OCT. 20



FREELANCE
OCT. 27

ALBUMS



TROYE SIVAN
SOMETHING TO GIVE EACH OTHER
OCT. 13



ITZY
RINGO
OCT. 18



CHAYANNE
BAILEMOS OTRA VEZ
OCT. 27

I SHOULDN'T FEEL GUILT TRIPPED



Mother is comforting her daughter on their couch in their living room.

SOPHE89

Diana Morales

Opinion & Social Media Editor

Generational guilt is something hard to explain to someone who doesn't come from a first gen background. There's a guilt that we feel whenever we get the chance to experience new things our parents never did.

Growing up Mexican American, I was taught to be strong and proud of who I am. Being raised by a Mexican single mother I was constantly reminded that she moved to the United States for a better brighter future for her and her kids.

At a young age, my mom would always tell me that I would have an advantage in making it in this world by being bilingual. She engraved it into my brain.

My hard-working mom came to the States at the age of 18. She is a proud mother of five daughters who has done everything she can to put her daughters first.

Since I was younger any chance she got she would praise our English skills. Until it was time for me to translate documents with big words I didn't know from English to Spanish, suddenly my English was useless.

At a young age, I realized me and my mom didn't come from the same background and I felt guilty.

I have a specific memory from when I was younger learning about dinosaurs and coming home from school excited to tell my mom. She didn't know much about dinosaurs to my confusion because I thought she learned when she was in school.

Later my 2 older sisters talked with me that she didn't get to learn that in school because of hardships she had in Mexico. Guilt immediately took over.

As an adult, first-generational guilt shows up from time to time. First generational guilt is putting yourself in your parents' shoes and finally understanding the hardships they dealt with. Some times it is hard to comprehend how much she went through at my age of 23. It's feeling guilty for having everything easily accessible to you.

Things that seem simple to us like getting the chance to go to school or even trying a new restaurant or even going out back to back.

First-generation guilt also comes from now being a grown-up and learning new things about ourselves that our parents never did. We now know things like self love and self care.

Now being older we learn to appreciate how strong our parents are. Learning about my mother's traumas due to those hardships sends me subconscious guilt.

Nobody wants to think about their parents struggling. We wish

we were there to be a friend to help them out through everything. Especially after learning about self love & care. Now they have us to demonstrate its not selfish to put yourself first.

There is guilt for having my own money and doing my own experience.

My mom still praises me and is very proud of me. She never makes me feel guilty.

She is the reason why it is so easy for me and we shouldn't feel so guilty for doing what our parents wanted us to do.

We should feel proud and show gratitude to our parents. They remind us that we're dumb for not fully taking advantage of opportunities they opened for us and they're right.

Now it's our turn to teach them and share new experiences with them.

There is no going back in time so now I try my best to share any new experience I can with my mom. I still want her to explore new places and I'm happy we get to do it together now that I'm older.

Our parents now have us to help them and guide them to make things easier for them.

Hispanic parents are courageous coming to a new country not knowing the language but being able to figure out how to find a job and a house to live in.

What's a catch phrase in Spanish your family uses?

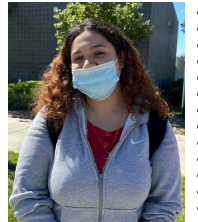


SAIDA SANCHEZ

Kinesiology major

"Hijos de la chingada"

MARY JO JIMENEZ
Undecided



"Cuidate por que uno nunca sabe"



DANNY HIPOLITO

Nursing major

"No estes pensando en la inmortalidad del los cangrejo"

Compiled by: Susan Romero and Diana Morales

MEXICAN ARTISTS NEED PROTECTION FROM CARTELS

Joel Carpio
Editor in Chief

Many Mexicans have to live the fear if what the cartel might do to them. The Mexican government needs to protect Mexican artists who receive threats from the cartel. It's a shame that many artists from Mexico have been left in fear having to cancel performance dates due to threats from cartels.

Peso Pluma and Fuerza Regida were the recent victims of threats from the Cartel de Jalisco Nuevo Generación.

Both artists had to cancel shows at Estadio Caliente in Tijuana due to the threats that said if they performed there, it would be their last ever performance, implying they'd kill them.

CJNG threatened Peso

Pluma because he sang about the former drug lord of the rival Sinaloa Cartel, Joaquín "El Chapo" Guzmán.

In one of Peso Pluma's songs "Siempre Pendientes" featured Fuerza Regida they sang about taking care of their community like El Chapo which did not bode well with the CJNG cartel.

The cartel's threat poster left in Tijuana said that Peso Pluma had a "disrespectful loose tongue."

The cartel's fragility further shows when they threaten artists to not perform at a certain venue because of a lyric or lyrics in songs they've sung.

It's a shame that occurrences like this continue to happen and

that the cartels have so much authority and power in Mexico to frighten the artists so much so that they listen to their wishes.

Not only does this affect the artists themselves, but it hurts the economy of the city that they're performing in, the venue's workers and it hurts the fans, the people that spend their hard-earned money to support them and can't wait to go see them live.

A safety net needs to be created for these artists. Most famous case that ended in tragedy was with the Mexican artist, Chalino Sanchez.

Sanchez was going to perform in Culiacán, Sinaloa when he got a "warning."

Chalino Sanchez was killed as an act of revenge that tied back to a shooting at a party in



Peso Pluma standing in Tijuana with a death threat poster. JOEL CARPIO

Culiacán that happened when he was a teenager.

The assassination was directly tied to the Sinaloa Cartel, but they were related.

Mayor Montserrat Caballero of Tijuana weighed in on the situation and made herself look like she was on the cartel's payroll.

Instead of denouncing the cartel and saying they'd look for the men who made these threats, she says that the artists may have ties to the cartel, and they should be the ones investigated.

Unfortunately, these threats will continue to happen until the Mexican government gets a hold of the powerful cartels.

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

Telephone number: (562) 860-2451, ext. 2618

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Fall 2023 STAFF

Editor in Chief Joel Carpio

Managing Editor Mel Ayala

News Editor Emanuel Guadarrama

Co-Community Editor Lukas Luna-Arellano

Arts & Entertainment Editor Susan Romero

Opinion/Social Media Editor Diana Morales

Co-Sports Editor Michael Delgado

Co-Sports/Photo Editor Melissa Clemente

Multimedia Editor Julio Rodriguez

Staff Writers Layla Hernandez Emily Maciel Vanesa Molina Ifeoma Utom

Faculty Adviser Christian Brown

Instructional Lab Technician I Alicia Edquist

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GRAPHIC BY ALFREDO MENJIVAR

FALL BALL PREVIEW

Emily Maciel
Staff Writer

The Birds will be heading into the 2024 season looking for a winning record and a trip to the postseason for the first time since 2018 (their 13-8 record in 2020 was COVID-shortened).

They hope that with a new coaching staff and group of guys, they can make that happen this upcoming spring season.

The new head coach, Nate Fernley, explained that even though the fall season is practice for the Spring, it is the time for the team to try and become fundamentally sound and he has expectations for them.

"I actually do think that we got a really good young freshman class that came in that's talented," said Fernley with a confident smile.

"To win a state championship is difficult but I do think that it's not an outlandish goal to have even though maybe last year's record wouldn't

indicate that. Sophomore pitcher, Calix Armijo, who was a part of last year's team has adapted greatly to the new coaching staff and his position here on the team.

"I've adjusted really well. I like Fernley, I love how he goes about the game and his way of coaching along with the entire staff, just everything about it I can't complain," said Armijo.

It's no surprise the team is loving their new coaches, incoming freshman pitcher/first baseman Derek Valdez says Fernley is his reason for choosing to play for Cerritos.

"I was supposed to go to a different school all summer and then I realized that Coach Fernley had the position here, so I set up a meeting with him and after one conversation I realized that this was the best spot for me," said Valdez.

The team is currently working with each other to get ready for the fall season which is coming up in just a few weeks with the first game on Oct. 13 where they will host Mt. Sac.

WOMEN'S WATER POLO TEAM SEEKS LEADERSHIP

Vanesa Molina
Staff Writer

Emily Maciel
Staff Writer

The Cerritos women's water polo team hosted the El Camino Warriors on Oct. 4 in a conference matchup where the Falcons let themselves down with a tough loss yet again.

There was clear frustration shown from all aspects of the game as the Falcons weren't able to score many goals or block the ones that came their way.

The crowd was into the game from the very beginning and there

Were no signs that Cerritos would fall to El Camino as the Warriors only had a two-point lead by the end of the first period.

Only three points were scored between the two teams in the second period and all came from El Camino. This put them up 7-2 halfway through the game.

During the third period, the Falcons were able to score more goals than the Warriors but were still behind by four overall.

By the last period, it was looking as though El Camino was determined to win and by the end of it, they broke the game open by scoring five goals while Cerritos only scored two points. The final score was 13-6.

Head coach Sergio Macias seemed at a loss for words because he expected more from this group.

"I know the result is not what I expected, it's not who we are," said Macias in frustration, "We have to get out of our funk and start playing team ball as opposed to individual ball."

Team chemistry, team play, having fun and a good attitude are aspects of the game he said need to be worked on.

"We did not play well today or put very good effort towards a team that we're better than," said Macias. He was let down by the outcome of the game



Kylee McKenna block attempt. DERRICK COLEMAN

Macias reiterated that they need some leadership and energy in the pool to appear for them to get back into the win column.

Anabell Magana No.4, a sophomore attacker for the Falcons said, "We're not communicating as well as we could be in the water and it's kinda messing us up right now."

The Falcons now 3-7 on the season have now lost three games in a row, but they won't let that effect them.

The Cerritos College Falcons were undoubtedly frustrated by the game's result, but by working together like they said they needed to improve on they can win the next game and to finish the season off strong.

LADY FALCONS TAKES CARE OF BUSINESS VERSUS LACC IN A 3-0 SWEEP

This victory was led by an amazing performance by Jayda Harris-Amete.

She led the team with eight kills on .375% with a total of 13 points on the night for Harris-Amete. She was able to take control of the game for the Falcons from start to finish.

Even though LACC is winless this season Coach Hemmerling was able to get the team prepared as they were playing an undefeated team.

"I tell my team that whenever we are playing, I tell them 'I don't know anything about them, I haven't looked at their roster, I don't know about their team and who's on our level,'" said Hemmerling.

"I tell them, 'it's about our side,' and if you make fewer mistakes and play harder your gonna win the majority of your matches and I told them, 'respect their butts,' don't let them hang with us Coach Hemmerling said.

"Don't give them any false hope and play so good that you could sub out and be a good teammate and get your teammates in and they did just that."

The Falcons are currently 9-3 this season and look to extend their current four-game winning streak as they hit the road for two tough games against Mt. Sac and Rio Hondo, who snapped their previous five game win streak.

The mindset Head Coach Hemmerling has is the reason why this team is where they are right now. Playing with respect, toughness and intelligence will lead you the way to victory.

They sit as the 24th-ranked team in the state and their conference but hope to climb those rankings with just 9 games left remaining in the season.



#9 Isabella Carrasco setting up the ball for #8 Erykah Scott. DERRICK COLEMAN

Michael Delgado
Sports Editor

The Cerritos Falcons beat the winless Los Angeles City College Cubs in three sets.

Although LACC has been struggling all season it was no reason for the Falcons to overlook them.

Playing a team that has nothing to lose makes them as dangerous as any team you come across.

To say the very least LACC was far from dangerous in this game as Cerritos was able to dominate from the start.

Many miscues and tons of miscommunication plays by LACC that ultimately led them to a loss in this game.

For the Cerritos side of things well they did what they tend to do often in these games and that is win.

This is the fourth straight win for the Falcons, after coming off a three-game losing streak.

Men's Soccer



Men's Water Polo



Upcoming Games



Mens Soccer
Cerritos @ LACC
Oct. 13 at 4:30 p.m.



Volleyball
Cerritos
@ Rio Hondo
Oct. 13 at 6 p.m.



Men's Water polo
Cerritos vs.
Mt. Sac
Oct. 18 at 3 p.m.



Football
Homecoming
Cerritos vs.
Citrus
Oct. 21 at 6 p.m.

JASMINE SOTO-CASTRO, SHE IS HER

Michael Delgado
Sports Editor

Meet stand-out player from the Cerritos volleyball team Jasmine Soto-Castro.

Voted the league Player of the Year as a senior and junior and earned All-CIF recognition as a junior, a three-time 1st Team all-league selection, Jasmine Soto-Castro has done it all on the Volleyball court and she decided to take her talents to Cerritos despite the many offers that came her way.

"Yeah I had other offers from Rio (Hondo), Los Angeles City College, I had some from different states too, there were some universities that contacted me but they were far away and I wanted to stay close to home for now," said Soto-Castro.

What ultimately sealed the deal for her to join Cerritos was the support from volleyball Head Coach Kari Hemmerling. "She made me feel really comfortable, getting to know her because she would come to some of my club tournaments, she would talk to me and was telling me how she would love for me to be on the team," Soto-Castro explained.

"There was just this one day where I called her and I told her, 'I would love to play for you.' After that it was weird because I had to tell all the other colleges like 'I'm sorry I'm already committed.'" All it took was one phone call with Hemmerling for Soto-Castro to become a Falcon.

Jasmine fell in love with the game of volleyball at the age of 12, it all started when she would play multiple sports at local parks that included basketball, soccer, and softball. She caught the attention of one of the coaches for the clubs in the city of Commerce and she was asked to play for the volleyball club, "Commerce Crush." Jasmine at 12-years-old said she had no idea how to play volleyball at the time and went into the tryouts completely blind to the sport.

"I tried it out and I had no idea what volleyball was," Soto-Castro says, "I remember

I was a small skinny girl that couldn't serve a ball over (the net)."

Even though she had no clue what she was doing the coaches from the club taught her everything she knows now as a volleyball player.

"They really taught me who I am now as a volleyball player, they taught me how to pass, serve, set and that led me to the player that I am today."

Soto-Castro has had a successful volleyball career so far through her six years of playing but she's had some tough times throughout her journey including the COVID-19

pandemic. Although the pandemic cut off her sophomore year after coming off an undefeated streak in her freshman year, what hit her the most during this time

was seeing her sister Stephanie miss out on her senior year.

"I was sad because, my sister was going to be a senior during my sophomore year and she didn't have a season and I was really devastated," Soto-Castro explained.

"We both agreed that we would play together at Schurr High School during her junior year but her season was cut because the coaches wouldn't let her play because she was a transfer student."

"The pandemic hit in her senior year and it really hit me like she didn't have her senior year and I just felt how the pandemic stole her year and also the class of 2021." The chemistry you have with your teammates is important on the court, it leads to great accomplishments and

even friendships off the court but the bond between Soto-Castro and her sisters, Stephanie & Evelyn, is a bond that a teammate can't duplicate.

Jasmine speaks highly about her two sisters, she loves spending time with them and cherishes the little moments she makes with them.

Making memories with her sisters is something she strives to do every time they get the chance to hang out with each other. Soto-Castro doesn't forget about where she and her family started.

A little house in Southern California, but the size of the house she lived in didn't matter. What mattered the most to Soto-Castro was the love and support shown by her parents when she was a young child.

"We started off living in a small house, I grew up with a loving mom, she was always there for me, my dad went to work every day to always support us and then growing up we slowly started building to where we are now," Soto-Castro explained. "My parents worked so hard to get where we are now," Soto-Castro said, "I just want to be able to give the world to my mom and dad." said Soto-Castro.

Her parents are both immigrants, her mother Evelia Castro comes from Guerrero, Mexico and her father Juan Soto comes from Guanajuato, Mexico. It's time to put respect on the name of Jasmine Soto-Castro.



PHOTO BY DARYLY PETERSON

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Sports Headlines

NBA season kicks off in two weeks when the Lakers take on the defending champs, Denver Nuggets.

Johnathan Taylor signs three year extension with Indianapolis Colts.

Upcoming games

Vaccouver vs. LAFC Oct. 21 at 6 p.m.

Cardinals vs. Rams Oct. 15 at 1:25 p.m.

NLDS Game 3 Dodgers vs. D-backs Oct. 11 at 6:07 p.m.

Preseason Bucks vs. Lakers Oct. 15 at 4 p.m.



Great offensive and defensive plays made by Darrius Botts, Anakin Aupiu, and Tyler Henry and portrait shot of Jayden Minix in loss Vikings.



PHOTOS BY MICHAEL DELGADO

FALCONS COLLAPSE AGAINST LBCC VIKINGS

Michael Delgado
Sports Editor

Joel Carpio
Editor in Chief

The Long Beach City Viking's defeat the Cerritos Falcons 30-14 after a second half collapse for the Falcons. In this game the Falcons offensive struggles were exposed as the team was struggling to get the ball down field.

Despite their struggles the Falcons were able to compete in the first half of the game. It started off with LBCC scoring on their first drive with the help of an ongoing issue with

the Falcons this season and that is penalties.

The Falcons were able to hold off the Viking's on the goal line but two huge penalties giving the Viking's an automatic first downs killed the Falcons chances of stopping them.

Those penalties would help LBCC score on the first drive of the game giving them an early 7-0 lead.

With just a minute and a half left in the first half, the Falcons have shifted all the momentum to their side. Cerritos was able to force LBCC to punt with plenty of time for the offense to go down the field and stretch the lead out. The punt returner for the Falcons would end up muffing

the punt which led to a touchdown pass tying the game at half for LBCC.

From there on the special teams continued to make mistake after mistake. Special teams cost the team 17 points with all their mistakes and Coach Grosfeld knew and explained what went wrong with them.

"I don't ever put it on the kids because it's on us ultimately, but I don't drop a ball, you know what I mean, they are—they are young men they have to take responsibility a little," Grosfeld said. "Dropping balls and fumbling is just, the coaches don't do that we put them in a position to make plays and he fumbles another one and it's our fault for leaving guys

in there but we'll clean it up," Grosfeld explained, we got a good football team, we're gonna be fine.

We win the next five games we win the conference, they're (LBCC) not gonna win out there's no way they win out, they're definitely gonna lose a couple games, so we're 3-2 we'll get it straight, we'll get it straight for sure."

The second half was a nightmare, the special teams made crucial mistakes which ultimately cost them the game. But the offense had opportunity after opportunity to put points on the board to make it a game but continuously failed to do so. Cerritos next game is against Mt. San Antonio.