



**The Great Cow Run  
- The Higashi Roman Memorial Run -  
September 3, 2022**

**In Memory Of ...**



**Darren Craig Higashi**

Darren Craig Higashi graduated from Cerritos High School. Darren was an avid golfer and was a member of the CIF Championship Golf Team at Cerritos High School. Darren went on to play golf at Long Beach City College. Darren's love of the outdoors and the game of golf lead him to a job at the Cerritos Iron-Wood Nine Golf Course as a Recreation Leader II (part time) in June of 1990. Darren's outstanding customer service and public relations skills were appreciated by all who can into contact with him. In July of 1999, Darren landed a full time position as a Park Gardener I with the City of Cerritos. Each day, Darren tried to make everything a little better than he found it. His love for his job and the City of Cerritos was surpassed only by his love for his daughter Danika, mom Tomoko, dad Doug and friends.

In August of 2007, Darren was killed tragically in an automobile accident on his way to work. His caring, sensitivity and compassion are his legacy. Kind words, a gentle smile and a helping hand was his way of making a difference in the lives of the people in our community every day. Darren has truly been missed! His memory will live on through events like the Higashi Roman Memorial Run. Darren's family and friends would like to thank you for bestowing this great honor on such a deserving individual.

**Regina Nicole Roman**

Regina Nicole Roman was a student at Cerritos High School. Regina Nicole joined the track and field team during the second semester of her freshman year. What stood out the most about Regina Nicole is that in all that she did, she put forth her best effort, no matter how she was performing in comparison to others. Her determination and wonderful attitude led the list of wonderful traits that Regina Nicole possessed. In addition to her involvement with cross country and track & field, Regina Nicole was an officer of the class of 2010. As an officer, Regina Nicole worked hard to ensure the success of the class.

As we remember and celebrate the life of Regina Nicole Roman, images of her smile, the laughter that passed through her as she performed in Mammoth and while participating in activities in ASB Camp, and that determination that she showed on all the tough runs in Mammoth run through my mind. Although in August of 2007, the life of Regina Nicole was cut short, the memory of Regina Nicole will live on forever, as she has instilled the term *Ohana* in the members of the Cerritos Cross Country team. Thank you for taking the time to remember the wonderful life of our angel, Regina Nicole Roman.

**Also in Loving Memory Of Others in the CHS & Cross Country Community**  
Rachelle Wong (Former CXC Athlete), Richard Pliss (Parent of CXC Athlete)  
Jim Edwards (Alumni Grandparent, Team Supporter, Former Mayor)  
Bob McGuire (Former LM Athletic Director, CIF)