

TALON MARKS

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Cerritos College Hall of Fame 2017



COURTESY OF MCT

LORENZO ROMAR

Romar attended Cerritos College from 1976-78. During those years he was a member of the men's basketball team.

As team captain during his sophomore year he led the Falcons to a winning season and was recognized as an All-South Coast Conference athlete.

Following Cerritos, he went on to play for the University of Washington and from there was drafted by the Golden State Warriors.

After the NBA, he began his head coaching career which extended four different schools, including U of W.

His career has spanned over 20 years with a head coaching record of 382-189 and was PAC-12 Coach of the Year in 2012.



TALON MARKS ARCHIVES

APRIL BROWN

From 2002-2003, Brown participated on the Cerritos College Track and Field team.

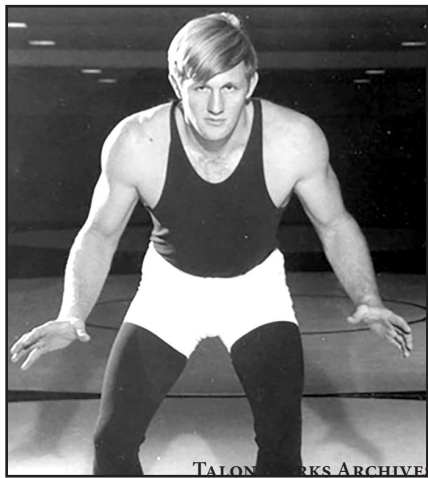
She was able to break records in the 100-meters and 200-meters, and still holds a top five spot in the school.

Brown was also able to make Falcon history being the first athlete in the school history to win state in either event.

She is was also apart of the third best 4x100 meter relay team in Cerritos College history.

After Cerritos, Brown transferred to Cal State Los Angeles.

In 2006, she won the NCAA Division II 60-meter Indoor National Championship setting a record time of 7.73.



TALON MARKS ARCHIVES

JEFF SMITH

After a successful wrestling career he returned to Cerritos College for 28 years of service.

He began his collegiate career 1966-67 as a Falcons, where he achieved a state championship and an All-American title.

After Cerritos he attended Michigan State University. There he went on to be a two-time Big 10 Champion and the Most Outstanding Wrestler in the conference.

Finally, he returned to Cerritos College as head coach of the wrestling team.

He led them to a 22 individual state championships, 75 All-American and seven SoCal Championships.



COURTESY OF DONNA MILLER

DONNA MILLER

At Cerritos College, Miller held a number of positions.

She also held numerous positions on the Community College Board.

She earned her Bachelors at CSU, Northridge.

Later, she earned her masters in Speech Communication from University of Southern California.

In a statement Miller stated, "I am so honored because Cerritos has always had such a special place in my heart."

She spent 38 years at Cerritos College as an educator and member of the community.

She was also the recipient of the Outstanding Faculty Award in 1993 and 2010.

Talonet a student nightmare

MONIQUE NETHINGTON
Editor-in-Chief
@sniqueee94

As if finals weren't torture enough, the students and staff of Cerritos College faced an even bigger nightmare during the finals week of Fall 2016.

According to Shawna Baskette, Dean of Academic Success, "The Cerritos College campus community abruptly lost service to TalonNet on Dec. 16, [at] around 3:30pm."

The shutdown was caused by two failed drives at the server's location of the contracted company Scriba Corporations.

Scriba Corporations is an outside company in which the school outsourced during its use of TalonNet.

During the shutdown its support staff worked together with the college to get access to the site but has not yet been successful.

The shutdown prompted the school into an early transition onto the site of Canvas.

Initially, the school was to run TalonNet and Canvas simultaneously so that instructors would have ample time to learn the new system, and transfer any all information need onto the new site.

"This plan was working well and we did run both systems from June 2016 to December 2016," she stated.

"However, because of the December TalonNet outage and Scriba's inability to restore service, we cannot utilize TalonNet."

Not all students agree with the change.

Orantes was enrolled in class where they were used as a "practice" group for the transition, in which he was not satisfied.

He said, "It was really aggravating. In a lot of ways it bothered me because I didn't feel like there was notice and at the same time there was no understanding of it."

Orantes emphasized the transition added stress that he and others already face as college students.

"You're not being heard on [the issue,] especially on online course," he continued, "I had to teach myself. I had to take a lot of time to do so and a lot of stuff got messed up."

While technology is constantly progressing, and it is possible that all classes may be done online one day, all these problems bring up just one question:

Is online learning really worth it?

NOT PICTURED

JOHN JACKSON

Jackson is noted as Professor of Emeritus of Automotive Technology and one of the first instructors of the school.

After he retired he was enrolled in scholarships for the automotive technology program.

He is highly involved with the Retired Faculty Association and through out the years has contributed to many programs on campus.

Jackson continues to stay involved with the automotive technology program on campus, in addition to the Faculty Association.

He continues to leave his mark on the Cerritos College Campus.



TILDEN- COIL INC

Tilden-Coil Construction Company has been working with Cerritos College on the building of the new Fine Arts building and Computer Science and Math Building.

The construction company began in 1938 with Marshall Tilden in Riverside.

Henry Coil Jr. joined the company in 1971. After the merge they transitioned into commercial, industrial and institutional construction.

They've been recognized for their building of medical facilities and retail remodeling.



PATRICK SCHWERDTFEGER

Schwerdtfeger graduated from Cerritos College in 1969.

He went on to have a career in education.

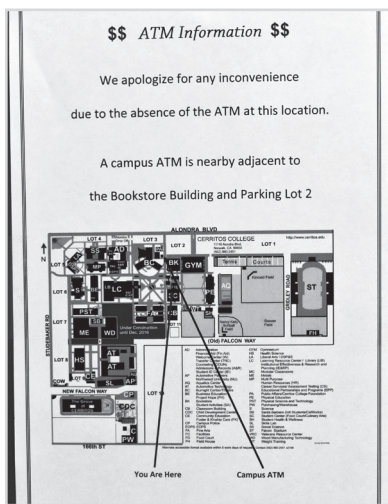
His career began at Palomar College where work for 33 years. Later he moved on to be the V.P. of Academic Affairs at Riverside College.

In 2011, he retired only to return to Cerritos after some time as interim dean.

He had a five month stint at Laramie County College in Cheyenne, Wyo.

He is now part of the Instructional Services Team at Mt. Jancinto.

See related story page 2



PERLA LARE/TM

Bye bye ATM: The ATM in the food court was removed after the student center was broken into during the winter break.

MONIQUE NETHINGTON
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The winter break proved to be a trying time for Cerritos College campus, as it suffered two separate break-ins.

The break-ins occurred in the Student Center and the Physical Science and Technology Building.

It is unclear if the two crimes are connected, however the Cerritos College Police Department was alerted to both crimes in the early hours of Dec. 23.

At approximately 1:00 a.m., officers

were alerted to the Student Center's break-in and that the perpetrators attempted to get away with cash from the SchoolsFirst ATM located in the food court.

According to Chief of Police Tom Gallivan, "The ATM security alarm was [enabled], which then alerted the security company who then alerted [campus police]."

When officers arrived at the scene, they discovered that the individual(s) gained access through a glass window panel near the north door of the center.

It appeared the perpetrators, or perpetrator, did not walk away

with anything as the ATM was emptied the previous day and no cash was in the machine.

Other than the window panel being used for the break-in, no other damages had been reported.

Gallivan speculated that this theft could be part of a ring targeting community colleges after a similar incident occurred on the El Camino College campus.

Several hours later, at 6:10 a.m., officers responded to the Physical Science and Technology Building after a Facilities staff member reported a break-in.

The way in which the break-in

occurred was unclear only that two faculty offices had been invaded.

The perpetrators were able to make away with a brand new computer, as well as a change jar.

Campus police is still waiting on responses from faculty who occupy those offices to see if anything else was taken.

As per protocol, CCPD is working in conjunction with the Los Angeles County Sheriff's Department crime scene unit in collecting evidence that will help lead to an arrest.

Gallivan did point out that thanks to the new blue security

phones (equipped with cameras) they were able to obtain a photograph of a suspect.

"We have a poor, grainy photograph," he said, "However, we are not releasing the photo at this time as we attempt [to identify the suspect]."

In response to the recent events Gallivan continued to say, "[They] will continue to look for new ways to increase security around campus and [staying visible on campus]."

No other comments could be made about the crimes at this time, as the investigations are ongoing.

FA Math CIS buildings open for spring



New lobby: From right to left, undecided major Cynthia Vega, and child development major Maricela Vargas enjoying passing time in the new fine arts building lobby in between classes. The lobby tables have electrical and usb outlets to charge portable devices with multiple seating areas and work spaces throughout the building.

PERLA LARA/TM

New buildings receive mixed sentiments

Perla Lara
Managing Editor
@pslaralara

Students and staff returned to Cerritos College not only to start a new semester but to be the first to have classes inside the new Fine Arts and the Math Computer Information Science buildings. It's been nearly two years since the March 2015 groundbreaking.

Computer science major Xico Blanco's classes are in the CIS Math building he was able to find his classes easily. He describes the building as, "Pretty clean, and shiny. It's really interesting to go into a newly-built building."

However, Blanco states there is still construction taking place inside the CIS Math building. "Not all the stairs and elevators are completed so you have to get in and out of the building in a specific way. I like to go on campus before classes start so I can see all my classrooms, but I couldn't see the classrooms in here because they were still being built."

Another issue Blanco has encountered is the bad internet connection and cellphone reception inside the building. "Service gets pretty terrible in some parts of that building with both Wi-Fi and phone" Blanco said.

Arts and graphic design major Alejandra Solares has a ceramics class in the fine arts building she said, "There's a lot of room to do the whole process of ceramics." She is enjoying the new color scheme and technology within the building.

Comparing the new and old fine arts building, Solares said, "The old one you can definitely tell it's aged in the walls. In the new building, I noticed they have cameras to record lectures and send them to you if you miss a class. In the old building obviously you can't do that."

Also enjoying the new building and the upgrade is Fine Arts Division One Administrative clerk II Deborah Buffington. She has an important role in the transition between the two buildings for the fine arts division.

"I coordinated the move between builder and the faculty, so I've been a part of it from way before it even started like all the planning of dates and what we had to do."

"I met with the moving company and the project manager" Buffington said.

Her challenge during the move was, "Impressing everybody to hurry and get it done. They had more stuff than they thought they did."

"Everyone was great; the mover provided plenty of boxes and materials. It was stressful because we had to quickly pack at finals. Everyone stepped up to the occasion."

She continues to work toward making the building complete. She said, "We've asked everybody to report... all those little items and if something is wrong in your area or you notice something then it needs to be directed to one of us so we can send it to the project manager who then can allocate the work to whoever is responsible."

"The big thing is the contractors working here in the building trying to get things finalized to make everything real smooth."

The new fine arts building now has a larger division office that Buffington and other staff share.

She said, "I can thank the design people who initially started that- our dean at the time Connie Mayfield. When we were designing the building, what we had was... too small so this was her suggestion."

"I've been in the building probably the last six months every week, so the progress is like a child that's growing; it's just been wonderful" stated Buffington.

Hall of Fame inductees announced

Jenny Gonzalez
News Editor
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The inductees for 2017-18 Hall of Fame were announced. The ceremony will take place March 2 at the DoubleTree Hotel in Norwalk.

Cerritos College President Dr. Fierro said, "Every year in March we have the Hall of Fame [where the inductees] get nominated by their peers." They are chosen through separate committees, then the names are sent to Fierro and he makes the final approval.

April Brown was selected for Distinguished Female Athlete. According to the ceremony program, "[She] set and broke her own record in the 100 meters and 200 meters numerous times."

The program states, "Brown is the only sprinter in Falcon history to win the state championship in either event."

John Jackson is receiving the Distinguished President's Award of Excellence. He expressed that "He was one of the first instructors at Cerritos College. He was highly involved with the college in his time here and when he retired he was enrolled in scholarships for the automotive technology program."

He stated that he does not live locally, but he visits to meet with the Retired Faculty Association and is involved with Cerritos College. Fierro believes he is an, "extremely good guy and very passionate about Cerritos College."

"When I called him, it was very interesting because I have met him obviously in our committees here with our faculty, so when I was trying to contact him he was like 'why

are you insisting so much in getting in touch with me?' so I said, 'I just called to let you know you have been nominated' and he was silent and he was like 'oh wow', he was very touched," expressed Fierro.

Lorenzo Romar is chosen to receive the Distinguished Male Athlete Award. He was a basketball player from 1976-78.

According to the program, "He was recruited to play at the University of Washington before being drafted by the Golden State Warriors in the NBA and had a five-year professional career that saw him play for three teams."

Fierro stated that for the Distinguished Faculty Award, the decision was difficult to make because, "There are a number of applications... for Distinguished Faculty. We have had... great faculty over the years, so... this year it was difficult to pick because [the] candidates were very good."

"To be [considered for] the President's Award... it's a lifetime of achievement; contributions will require everyone on the table to be very much invested in, and there may be years when you don't have someone that receives that particular award. This year [Donna Miller's] name came up and very quickly went to the top," said Fierro.

Jeff Smith will receive the Distinguished Coach award for contributions made to the school for more than 25 years. Smith was the wrestling coach for 21 years, and spent seven years as Athletic Director.

According to the program, "During his tenure as the Falcons head coach, Smith posted a 212-32-2 record, coached 22 individual

state champions, 75 All-Americans, while his teams won seven Southern California championships."

Patrick Schwerdtfeger will receive the Distinguished Alumnus award. Fierro said, "I called Patrick... and we started chatting and eventually he kind of got quiet and so once I told him he was like 'What?!' so he was surprised."

Tilden Coil will receive Distinguished Corporate Partner due to the contributions to Cerritos College, such as the contracting of several buildings on campus. Fierro believes Cerritos College has been working with Tilden-Coil for approximately five years.

"[Tilden-Coil] is involved in our golf tournament. Cerritos has a gold tournament every year in August so they have been corporate sponsors for the golf tournament for a number of years."

They traditionally sponsor a table... at the Hall of Fame so they have been involved at the institution, not only the construction [aspect], which is their job, but actively investing in our college," expressed Fierro.

He states that for the ceremony, "It feels almost like a very big homecoming type of reunion because most of the people that go know each other for a long time... so they probably haven't seen each other in a while."

"It's very exciting to see people see each other again, and there are some that go every year and that is the only time of the year they see each other."

"They get there and they pick up where they left off the year before," said Fierro.



Jenny Gonzalez/TM

Sign up: Eligibility workers Lizette Nieto (left) and Cindy Monarrez held a booth at Falcon Square for Department of Public Social Services on Tuesday. Enrollment Counselor James Kim answered questions about Covered California.

White House tells students: 'Sign up for affordable public healthcare'

Jenny Gonzalez
News Editor
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The fate of the nations healthcare is up in the air, but the students and faculty of Cerritos College have yet to give up hope.

Active Minds Club is working closely with Student Health Services to demonstrate the importance of students, faculty and staff having a healthcare provider extending the resources to the communities Cerritos College serves.

According to whitehouse.gov, "The goal of the Challenge is to reach uninsured individuals on your campus and in your surrounding community. The [...] challenge is a joint effort between the White House, the Department of Health and Human Services and the Department of Education."

Active Minds Chapter adviser

Steven La Vigne states, "College students are so busy, and we wanted to do our part in bringing awareness to Covered California and the Medi-Cal program."

"Our health plays a vital role in academic success, and having the opportunity to access healthcare is important," said La Vigne.

Associate Dean of Student Health & Wellness Hillary Mennella stated, "[We] support the efforts of California Community Colleges Chancellor's Office Student Mental Health Program and California Mental Health Services Authority; we were notified of the challenge by the C.C.C."

"The reps are here to answer any questions about the program and to enroll students for healthcare coverage," stated Mennella.

A Covered California booth was placed inside the Student Center, initially at Falcon Square. According to Mennella, there was

a lack of advertising but she hopes a change in weather will allow more students to sign up.

Mennella expressed, "We are hoping to generate a lot of student interest because it is important to have affordable health care; one accident and [a] trip to the E.R. can leave [someone] in a mountain of medical bill debt. It is also important to establish a long-term, personal relationship for preventative and secondary care with a primary care provider and mental healthcare professional."

La Vigne states "Covered California representatives also began providing outreach presentations in Dec. We resumed outreach activities on Jan. 9 to continue presenting this opportunity."

Mennella mentioned that Covered California is ensured through 2017.

The number of applications submitted is yet to be determined.

EDITORIAL

Watchdogs in a cat and mouse game



CARLOS MARQUEZ/TM

Friday will be the day that Donald J. Trump is inaugurated and assumes office. All Talon Marks has to say is “WHAT THE HELL?”

Here's the problem: The Democratic party stopped being a party for the workers in the 90s when Clinton handed his balls on a plate to Wall Street and big business; the party's today are not in touch with the average person.

Democrats in the middle were told that Trump is so deplorable that Clintonistas had nothing to worry about except for what pantsuit their new oligarch should wear, unaware of the fact that Hillary Clinton is the least liked politician in recent history. After all, she lost to a black man.

Meanwhile, establishment media ridiculed Bernie Sanders for being too starry-eyed and naive to the point of bleeding-heart to have any viability at all; proving definitively that there is no such thing as liberal media!

Today pundits still insist Sanders is irrelevant, though it is certain he would have won in the general election for his popularity amongst millennial, Christians and Hispanic and black voters.

As David Jenkins says in a Talon Marks op-ed, *Thank the Democratic party for Trump*, the remnants of Clinton's camp and her surrogates have “blamed third party candidates [...] in swaying votes. There's even been blame put on the imaginary position that America is a country run by a system of white supremacy or [...] a sexist society.”

Voters are accused for not showing up at the polls, when in real life, Clinton

won the popular vote by more than 2 million votes; no losing candidate has ever won the popular vote by such a wide margin. She even got 389,000 more votes than Obama in 2012.

Besides that, it's the candidate's job to be electable by the people. If it is any one person's fault, it's Hillary Clinton's.

As Jenkins suggests in his headline, it is right to thank the Democratic party for this loss; so Democrats must stop whining like dogs in heat about Trump being president and at the same time not surrender to the authoritarian power Trump might demand.

Stop being naive about the inexcusable transgressions of the Democratic party. Obama is leaving behind a legacy of compromise in areas where one should have been inconsolable, taking one whole term to find the chutzpah to come out in favor of gay marriage.

His bipartisanship has lead to a bureaucratic health care plan that doesn't work and a capitol run by lobbyists of the military complex, banks and oil companies. He extended the Bush tax cuts, got the U.S. involved in wars that will never be over and deported a key demographic the party will now need to win in future elections.

His only likable quality is that he is likable. He does talk shows. He writes his own jokes. He kisses babies, and they kiss him back. The people don't need to be loyal to the establishment.

This is the course of action we ought to take: find ways of receiving news, other than from the establishment media which is owned by corporate Amer-

ica and is used as a means of spreading propaganda and stupefying the masses. Switch to a political party that is run by people who are in tune with the needs of the former middle class. Prepare to resist encroachments by Trump of Habeas Corpus and the first amendment.

Barack Obama has done to our rights what Trump did to Jane Doe. He repealed Habeas Corpus, jailed whistle blower and watch dogs and created a surveillance state, and is giving this precedent to Trump, who we can assume will do much worse.

But we must not be afraid of a reign of terror to the point where we are unable to continue the fight towards freedom. We the people, in alliance with media entities, must hold politicians accountable for the promises they make and actions they take.

Hold fast to the fact that the profit big business reaps in this society is the stolen wages of the worker and what is considered minimum wage in the U.S. is not livable; the alarming situation of climate change is man-made and requires immediate intervention; and all people deserve the right to practice their preferred religion or no religion at all.

Demand better treatment for veterans, children and the elderly. Demand a switch to renewable energy. Demand that the electoral college be dismantled.

This is the only way the United States and democracy in the United States will survive.

-THE ENVELOPE-

Overlords sell cigars

BENJAMIN GARCIA
Opinion Editor
@pieloverable

Do you know that Nietzsche drank almost only water because he believed that alcohol gives people an unearned sense of achievement and it is an unhealthy way to cope with reality?

I agree, just look at Kanye West for evidence.

Using substances to block out the hardships of life will stop a person from being all they can be.

Think very carefully and try to remember the last time you met a successful and morally upright meth addict. Meth doesn't even look fun, it looks painful.

How about a nice, moist man sitting with a “forty” in a paper bag on a park bench and hollering at women? Have you ever thought to yourself, “wow he looks like a real winner.”

I haven't heard of vape addicts--but if they exist, that's just embarrassing. As a side note, I think that I've seen twelve year old ruffians vaping outside 7-Eleven.

I'm not bashing addicts, I understand it's a disease.

I'm not saying they are morally lacking *because* they are addicted to substances.

The point of me saying this is to get across the message that if you need to overcome a difficulty, you are for making yourself another difficulty that will likely become a self fulfilling prophecy of suffering and addiction.

Seek treatment, if not for your own good, for the good of the community and thus the revolution.

There are economic and political implications too.

For example, a nicotine addict

contributes more to cigarette companies than a non-smoker.

It is proven that cigarettes put a person's health in danger in that they cause multiple kinds of cancer.

A more subliminal way nicotine addictions hurt the addict is by creating an unnecessary cost.

So it is in cigarette companies' interests to collect addicts and thus a steady stream of revenue.

It's like this - if you were playing water sports with seven guys and taking a golden shower, you would put them under a waterfall to drink from so that they would never run out of urine.

This issue goes a step further when cigarette companies such as Marlboro are owned by conglomerates such as Philip Morris International who contribute the campaigns of politicians such as representative George Holding, who pushed for more drug prosecutions, permanently ruining the lives and felony records of people who have addictions.

Evidently, the war on drugs helps the profit of the cigarette companies, whose products are perfectly legal.

There are similar situations with alcohol, fast food companies and big Pharma having a say in what addictive substances are legally attainable.

It is not wise to block out the senses in order to forget about one's problems, but at the same time, perhaps a drink, puff or trip once in a while is not so bad.

All things in moderation, as Karl Marx said.

It is better for the revolution if you give as little money as possible to the fat cats who steal wages from the workers and put peoples' health at risk in order to fill their pockets.

Expressing the sentiment of a country

BRIANA VELARDE
Online Editor
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On Tuesday, Jan. 7 Barack Obama gave his final speech, an emotional farewell.

All he had to say was “My fellow Americans” and everyone should have had tears in their eyes, because he spoke from the heart.

He gave us eight historic years and through those years he has done tireless work to make this country a better place.

I am happy to be alive in such an important moment in history, having him as our president has given many of us hope. Hope for change, progress and equality.

Obama was the first president that I actually enjoyed listening to during his speeches because he was somebody that truly cared to help the country.

This man was able to secure the right for health insurance for many citizens. Obamacare is now one step closer to its repeal.

Repealing Obamacare leaves the most at risk citizens without health insurance and will increase the nation's budget deficit by \$353 billion.

Let's thank Donald Trump for voting to strip Americans out of health insurance.

Another one of Obama's major accomplishments is the DREAM Act legislation. It gives undocumented immigrants a multi-step process for permanent residency.

Karen Patron, student trustee, is an undocumented student at Cerritos College; her story is told by David Jenkins in a previous feature.

I am glad to be a part of a school that accepts DREAMers and provides a club for undocumented students to help them succeed.

Obama was our voice, the voice for immigrants and minorities.

Barack Obama, thank you sir.

Thank you.

There were two sentences that inspired me most from Obama's farewell speech:

“We're not where we need to be. All of us

have more work to do,” he said.

Well, you heard the man, time to get to work. We are all in for a ride under Trump's presidency.

Now we have a president-elect who has promised to deport undocumented in our country.

America, you have chosen a person who will erase any good that has happened within the past years. May the odds be ever in our favor.



COURTESY OF GETTY IMAGES

Golden showers and tremendous controversies

PERLA LARA
Managing Editor
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With two days before inauguration, Donald Trump is involved in another controversy. Amongst other scandals, Trump's name is now alongside the term “golden showers.”

In a CNN article stating that “classified documents presented last week to President Obama and President-elect Trump included allegations that Russian operatives claim to have compromising personal and financial information about Mr. Trump, multiple US officials with direct knowledge of the briefings tell CNN.”

After the CNN story, BuzzFeed posted its own article stating “A dossier compiled by a person who has claimed to be a former British intelligence official alleges Russia has compromising information on Trump. The allegations are unverified and the report contains errors.”

The article also contains a PDF version of the 35-page dossier with very few redactions.

What is surprising is the fact that in his Jan. 11 press-conference, Trump's defense on the scandal was that it was fake news, that the dossier should never have been written and the liberal media is out to get him.

In an on air interview with Anderson Cooper, Trump's former campaign manager Kellyanne Conway went as far as to state that if the allegations were about President Barack Obama it would not be news.

To that, I say that all presidents are treated and acknowledged based on their character, experience and overall conduct.

If the dossier was about Obama, the dossier would have been treated with far more skepticism because of his character and his history. He would not have been questioned because he has not been implicated in any sexual allegations. Trump has! The claim in the dossier that Trump, “settled for the use of extensive sexual services from local prostitutes” is not something anyone who has kept track of Trump's scandals would consider beyond belief.

You cannot compare Obama to Trump, they do not have the same historical significance in becoming president; they do not have the same background, personality or moral character.

Your sins do not get absolved by putting your hand on a Bible during inauguration. Trump and Conway cannot expect the media to forget the past and treat them with a clean slate and to act as their public relations agency, and not the government watchdog it should be.

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CERRITOS COLLEGE
TALON MARKS

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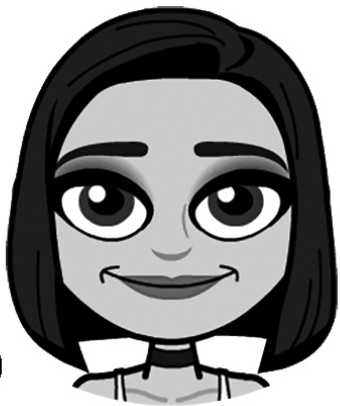
Journalism
Association of
Community Colleges

Pacesetter Award
2009-2010



Bree Talks

New year, new semester and the start of a column



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2016 has gotten a bad reputation. Wait, who am I kidding 2016 was horrible. We lost a lot of amazing people. There was only a few days left and we lost Grandma Maggie and Princess Leia. Personally I lost myself trying to balance my time between school, work and being a journalist. I am sure many of you can relate at least with the school and work part.

Journalism Warning

Declaring that you're a journalism major raises a lot of questions from family members. At family reunions, there will always be that one aunt that hits you with the "Are you sure you want to go into journalism? Newspapers are dying."

These statements might make you reconsider your career choice but always be confident in the direction you are going no matter what career you are pursuing. While becoming a journalist I thought writing was enough, but it's not. You need to understand all aspects of what makes a good story like photos, videos and more. This career consists of a lot of late nights, and lots and lots of copy-editing. For all you journalism majors that's not the most terrifying part; it's the fact that you're not done with math, sorry.

General Ed Classes

On top of having all the responsibilities that come with being a journalism major there are also those general education classes, and yes, that's where math comes along. Math isn't and will never be my strong suit. Math is just so time consuming it takes about two hours to just figure out one problem. I would always procrastinate on doing my homework because I knew it would take too long. One time I literally started doing my homework at 5 a.m. for my 7 a.m. class. That's just who I am. Why start around 5 a.m.? Let's not forget that going to school costs

money. Financial aid always tells us we deserve thousands of dollars every semester but give us none because our parents make so much. Financial aid thinks my parents work just to give me all their money, no, that's not how it works.

Making Ends Meet

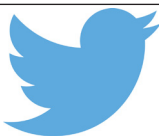
A full time, low income student is then obligated to fit a job into their schedule. The only place I found willing to work with my schedule was a movie theater job. I usually have to work my school schedule around my work, but let's not get into that right now. My work schedule usually ranges from 5 p.m. to 2 a.m. or 6 p.m. to 3 a.m. then I need to be up by 7 a.m. the next morning but I mean a college student doesn't need sleep right?

Balancing It All

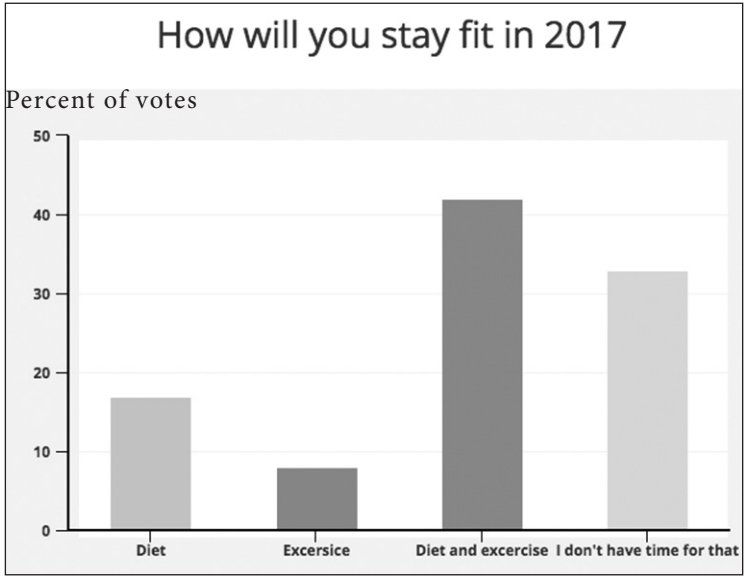
For everyone trying to balance out school and work and any other responsibilities, it is possible. I'm not saying it is easy but it's possible. Let's get work done this semester! Buy a planner and write what needs to get done during the week and make time. Take your homework to work if you have to. Having trouble in a class? Go get help from the success center that's located right on campus, even if it's just 15 minutes. If you find that one job that works with your schedule, keep it. As for me that's not the case but these class fees, and textbooks for the class aren't going to buy themselves. Most importantly start getting comfortable with deadlines and late nights. Unfortunately in college there's no other way around.

Bye 2016

I know I can't blame my problems on 2016 but why not? It already took so much. I'm just hoping for a better year in 2017, and hopefully be able to manage my responsibilities this year round.



Talon Marks Poll Time

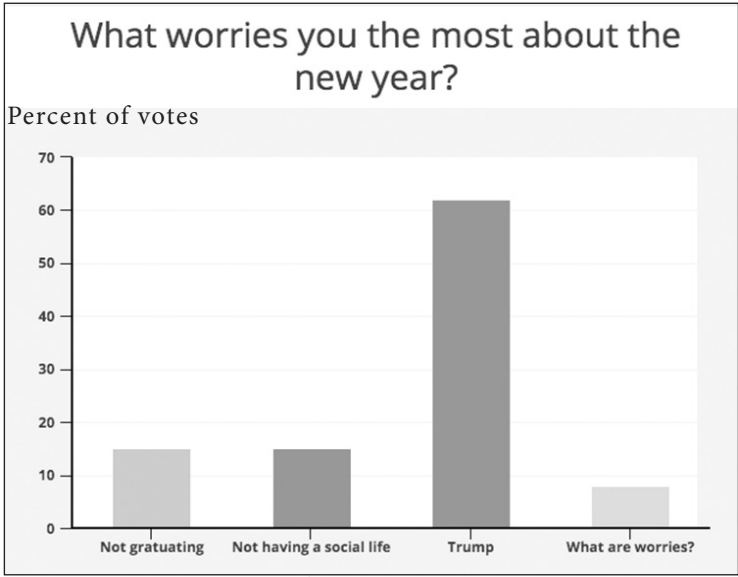


The above twitter poll indicate the Talon Marks audiences reactions to staying fit in the new year. Talon Marks followers were close to split decision. Some chose taking the time out of their day to focus on diet and exercise, while others just flat out don't have the time to do so. The balancing act between being a student and taking care of your body is a difficult task. The results went 42 percents diet and exercise, 33 percent not having time, 17 percent diet and 8% exercise.

DENNIS OSORIO
Staff Writer
@talonmarks

Life as a student comes along with a lot of responsibilities. It's a balancing act of keeping up to date with classes, work and a social life. People can get torn between trying to live a normal college student lifestyle, building new relationships and of course getting the best out of this phase in life. Many students are caught up in the moment when they attend college, many tend to stress out and there's some that actually become depressed due to the demanding duties that come along with being a college student. College students have an inclination toward hanging out with their friends just to get away from their daily life and the stresses of school and work. Chris Hipolito, kinesiology major with emphasis on physical therapy, also agrees that school is very important and that it could be stressful at times. "I always make sure that my social life doesn't interfere with my school. I usually plan things ahead of time so plans with friends

won't conflict with homework or an exam," he said. He believes that having a social life is beneficial to a student's life but that it could hurt our finances as young adults trying to keep up with society's expectations. So he knows how to work it out by going to happy hour places like Los Compadres in Norwalk, saving money while having a blast. "I also like going to eat to The Pan in Gardena, their whole menu is bomb," Hipolito added. Other students like to keep it low-key and have their coffee shop of preference, or as many do they visit new foodie-trendy places every time they go out. Marketing major Ashira Provos, whose schedule requires her to stay on-campus all day, says that In-N-Out Burger is the best hang out place by the college. Also, she is one of the many students at Cerritos College that believes that time management is crucial for a successful career. "Having time-blocks, having a schedule where I block out days were I study and some days like Friday where I can do whatever I want, like styling," Ashira said. On the other hand, graphic design major,



The above twitter poll indicates the Talon Marks audiences biggest worry for the New Year. Talon Marks followers were practically unanimous in saying Trump is their biggest worry. Clearly, this is a reaction to the election and his upcoming inauguration. We are in a state of limbo, that not only scares the Talon Marks audience, but the whole country. The fear of Trump topped out at 62 percent.

CREATED FROM TALON MARKS TWITTER POLLS

De-stressing hangouts for after class

Kitty Zhang belongs to the group of students who go out first and leave everything to the last day. "I don't actually manage my time well, I will always leave the last day to stay in my house and not go out and actually it works well for me," she shared. She also said that for this semester she worked out her schedule in order to manage her time more efficiently by having classes in the morning and having the rest of her day to do homework, and go out. One of her favorite hangout places is located in Koreatown in LA where she goes in search of Uni pasta and oysters at EMC Seafood & Raw Bar. Also, whenever she wants something sweet for the palate she goes to Arroyo Chop House in Pasadena. "It's actually a steak house, but the steak is okay. Their dessert; the lemon soufflé, is super bomb, because other places usually do chocolate soufflé and here they do lemon, which is super good!" Zhang stated. At the end of the day, having a social life is a key component for students to be successful and be able to clear their minds from the stress of work and college classes.

Cerritos College athletes stay fit and focus

ALDOLFO RENE VALDEZ
Freelance Writer
@talonmarks

If there was any part of the student body that knows fitness and staying healthy, it's our Cerritos College athletes. They train and work hard every day to get the results they need to perform at the level necessary. Track and field athlete Stephanie Anguiano runs around eight to 13 miles a day for training. She said, "Throughout the week athletes have what they call 'hell week' training which consists of intensive exercise." The next week becomes "rest

week", which they let muscles relax. This also involves dieting and consist of portions of food that they have to eat throughout the day, before practice they eat really low portions of food for them to not have a heavy stomach to exercise. If the stomach is too full it can induce vomiting. Some athletes drink and eat protein shakes or bars others just have a "clean diet." Disc Thrower athlete George Gonzalez prefers this type of "clean diet" He said, "Some protein shakes don't have the nutrients that your body needs to recover muscle mass

and strength. His exercise count on heavy and long sets of weight training. He does not rest between sets because your body rest while you sleep, he also mention that, "A real good sleep, is the perfect recipe for perfect recovery of your body." Track and Field athlete, Alejandra Guzman said, "[My] regiment for training starts with doing weight drills, bench press and track running to stay in shape." The majority of the athletes diets and regimens depend on their metabolism and what diet is perfect for you. While the athletes stay focused

on their health and fitness everyday students don't feel the same way. Student Amelia Dominguez said, "I don't care to much about straying fit, my diet consist of eating junk food at fast food restaurants." However, she does try to compensate with a twice a week jog in the park. Student Efrain Rosales said "Do you see this?" While grabbing his belly stomach and started laughing. The lives of student athletes and regular students are different but no matter their health is always in concern.

Students share back-to-school survival tips

ALVARO FLORES
Staff Writer
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A new semester dawns upon all students of Cerritos College, Brian Gonzalez starts his day with cereal upon establishing his second year at the campus. Gonzalez is a working student, in order to get through his day of classes and work shifts he takes sandwiches, protein shakes, and protein bars. Maintaining a healthy diet can boost your immune system, which means less doctor visits and sick days, time that can better spent studying and doing home-

work. Staying fit and healthy is also a priority to add to any student's busy schedules. Gonzalez says work and school can be stressful, but when he can he tries to exercise at home. To keep track of his daily routines in the semester, he keeps a calendar to remain organized and know when he has class duties and work shifts. Being organized is also a top priority when trying to survive semester classes, work, and a social life all at the same time. Gonzalez says, "I would be lost without keeping a planner, it's a priority to keep my planner on hand to not miss a beat."

Another important tip to survive any semester is to know the professors that are teaching your classes. Before deciding on what classes to enroll in, Gonzalez refers to ratemyprofessor.com to learn if the students who have previously taken the course thoroughly enjoyed the instructor's teaching methods and overall semester experience. Juan Ruiz is presently undecided in his major and currently goes to school part time. This semester he said, "I am taking Pre-Algebra and an art class, currently I am not working right now because doing a job and going to school can affect how

well you do in class so for now I can do my homework ahead of time." Ruiz says he studies often to pass his course exams. Making time to study is also essential to having a good grades throughout the semester. The on-campus success center located in the same building as the library provides tutoring in math and English for students who need it. Picking the right classes is not only important in surviving the semester but is also beneficial in progressing and transferring into a four year university. Miriam Rios, sociology program ma-

jor, says, "It hasn't been a bad week so far, at least I didn't have any trouble. I found all my classes and I am satisfied with the classes I picked." Keeping a positive attitude and looking forward to what a new semester can bring is a good way to face the semester that has just began. Neil Owens, engineering program major, says, "It's been a pretty good first week I was hoping to see an In and Out food truck on campus though." The In-N-Out Burgerfood truck will be available on campus for Welcome Day Feb. 8 and for Welcome Night Feb. 9.



Moving wallpaper for days:Stephanie Deumer installing the background to her art piece titled “Face of the Same Feature”.She has been putting up wallpaper for a couple of day to fit the concept of the doll that she’s showcasing. This will be presented in the Art gallery of the new fine arts building at the Far-Bazaar event; the event will take place here at cerritos college from Jan. 27-28 from 10 a.m. 10 p.m.

Stephaine Deumer: From the science to fine arts

DAVID JENKINS
Arts and Entertainment Editor
@mr_sniknej

Throughout human history, art has always been one of the main steps toward enlightenment and the freedom of expression that came with it. The art collective festival FAR-Bazaar is just around the corner and the public will see hundreds of showcases here at Cerritos College. Amongst those artists is Canadian born, and holder of a Master's degree from the California Institute of the Arts, Stephanie Deumer.

“So, I’ve always been interested in art when I was young, my parents encouraged me. It was more the crafts if anything. I didn’t go to an arts high school like many of my friends did when they were younger. So, my introduction to art and interest to art actually started [as an] undergrad.” Deumer explained.

Change of Course

In her time as an undergrad, Deumer was studying physics and the path of art was not yet in her mind. She noticed that in her first year as an undergrad she was sketching on her free time rather than doing her physics assignment, or homework.

It wasn’t until she was listening in on an art critic for one of her classes that she realized what it was that she yearned for.

“One particular day I came across a critic in one of the art classes we were doing outside. One of the students had done a door installation and I stood there for the whole critique and just listened to it and I think at that point was when I realized that ‘okay, I’m spending my free time watching art classes and sort of observing’ and so I

decided to switch programs. That’s when I decided to fully dedicate myself to art” she said.

Deumer grew up in Canada, just outside Toronto. She received her BA at the University of Guelph. About three and half years ago, she arrived in California to attend CalArts, where she received her Masters in Fine Arts.

In that time, she met someone who became a very good friend of hers, last year’s Artist in Residence here at Cerritos College, Beatrice Cortez.

Cortez met Deumer in September 2013, both attended school spending three years together and at one point shared an art studio.

Within the group of students, they were a part of, Cortez was the oldest and Deumer was the youngest. They both hit it off quite well. Cortez believes that’s what made her and Deumer click, she speaks highly of her and her work.

Cortez said, “I think that her work and

my work have always had a dialogue with each other and I have always been interested in her work because she is able to take things out of one context, especially with things that have to do with plays and childhood and bring it to another context. She is also able to make videos, she’s amazing at making videos that create different worlds and different experiences with footage that had already been used for other purposes.”

California Institute of the Arts

Deumer’s thesis at CalArt was titled “In and Of Itself” which was a filmed project. Being fond of video installations, she works a lot with optical illusions.

“In and of Itself,” is an example of the type of art and video installations that Deumer loves to present. Having a white cubical plywood in the middle of an empty square room, she then has four projectors in all four corners of the room and each of them projecting film on each side of the

plywood cube.

Each side then faces the corners of the room and it works like a pseudo-mirror reflection which, when she stands in the right position she can be seen reflected on all sides of the cubical. Front, back right and left side. She also wears a dress that looks like wood material, as she wanted to play with the idea of wood-print.

Deumer has also been to places such as Quito, Ecuador with Cortez and attended an art collective that both were a part of.

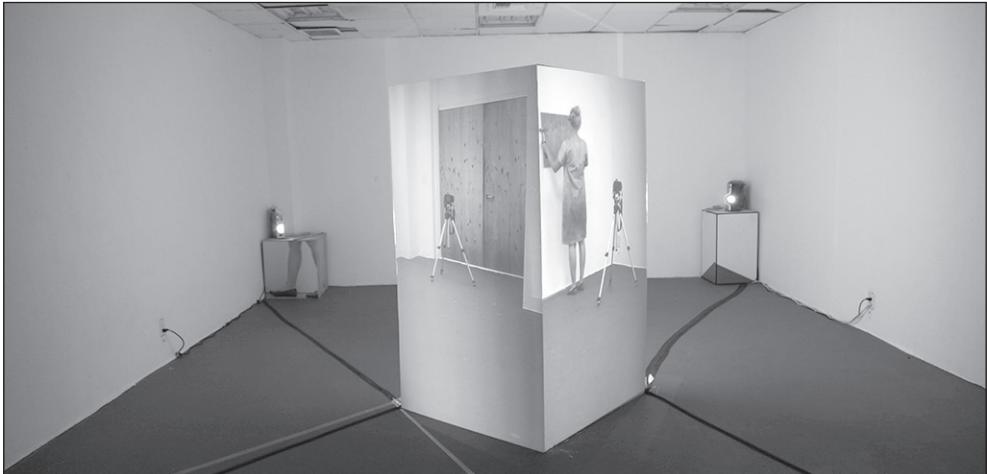
“This year, Stephanie and I were a part of an artist collective show that was put together in Quito, Ecuador, and it was really wonderful to see the piece that she had made. It was a video installation that had also revolved around mirrors [...] and also had an entire dialogue from a film so it was really interesting to see her put it together,” Cortez said.

She is speaking of the art piece titled “What is an object?” which deals with the concept of the male gaze and the perception of how women are perceived in film by male actors and male directors.

At the FAR-Bazaar event next week, Deumer will be presenting an art piece titled “Features of the Same Face.” This will be part of the Artist in Resident for the college

It will be a sculptural installation that was inspired by a doll house her mother made when she was a child. She’ll be putting in furniture, wallpaper and she will do her best to incorporate the original memory of her childhood.

The exhibit will open on Saturday, Jan. 28 from 6 p.m. -8 p.m. in the art gallery of the new Fine Arts building, and continue until March 10.



COURTESY OF STEPHANIE DEUMER
In and of Itself: Deumer’s thesis show at Calart. She’s being projected onto the cubical plywood.



COURTESY OF NBCUNIVERSAL

A dog’s purpose is an instant classic

DAVID JENKINS
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@mr_sniknej

If you aren’t a dog person, that just might change by the end of this film. The demographic was obviously towards dog lovers.

How one can walk away from this film and dislike dogs is beyond me. A Dog’s Pupose is a film that will pierce the hearts of dog lovers and the not so dog lovers alike.

It would be best to take the family to watch this movie. While I’m not much of a family movie fan myself I found this movie to be very good and not regrettable.

I walked in expecting the film to be boring and rather lame, but after 10 minutes in I was hooked.

The 90 minute film takes you on a roll-

er-coaster of emotions and comes at you with rich family-friendly humor that will have people of all ages laughing.

Bestselling Novel turned film, “A Dog’s Purpose” is a family classic that touches on reincarnation from dog to dog.

It tells of a relationship between a dog (first known as Bailey) who is voiced by Josh Gad, and his owner Ethan. Whose character is played by three cast members due to the linear timeline of the movie, Bryce Gheisar (kid), KJ Apa (teenager) and Dennis Quaid (Adult)

The dog of the film takes a journey from life to life to find the owner that he loves the most. Finding his purpose within these lives is shown through laughter, anger, sadness and happiness.

Through the smells his nose picks up; and the things he sees the dog makes comical comments. The dog’s inner thoughts

will always get an emotional reaction.

Gad does a great job making the dog seem human, from his comedic ways, to his philosophical thoughts on life.

The purpose of this one particular dog, is to find the owner’s love he once had.

Overall, the film was heartwarming. Even though it had some some creative fault here and there, but one can see past that once they fall in love with the dogs character.

A Dog’s Purpose

Starring: Josh Gad, Dennis Quaid
Director: Lasse Hallstrom
Rating: ★★

Mo’ Fashion: Three rules for dressing like a low-key slut/whore

MONIQUE NETHINGTON
Editor-in-Chief
@sniqueee94

All women, no matter who, always want to feel sexy beautiful and wanted. Whether it be through fashion, beauty or swag we as women all want to feel wanted.

There’s nothing better than going out with your girls and having men flock to you left and right.

Even in a relationship, having your significant other notice the little extra effort you put into your dress and demeanor can make you feel some type of way.

There are those few types of people though, you know the one’s I am talking about. The kind of people who look down on women for accentuating sexuality and and embracing their femininity.

Well I am here to tell all those people, “screw you!”

You don’t know me, nor do you know any of those women you judge not so silently. So why do you feel the need to judge us?

There are two reasons that I can think of. You’re jealous because you wish you had the lady balls to dress like us. You literally have nothing better to with life then waste your time talking about other people.

Well, my fellow sexy mama’s, I’m here to tell you to screw the haters! They are so irrelevant to society that their words absolutely DO NOT MATTER.

Let your freak flag fly girl and do you boo!

Embrace your femininity, show off your curves, embrace those legs!

No matter your body type, you have the right to show it off.

Respectfully and tastefully, that is.

Now, we all have that friend that from time to time who dresses like a stripper.

I am not ashamed to say that I have that tendency.

So throughout the years I have a come up with a few rules as to get around this.

I call it, “Rules for dressing like a low-key slor.”

Rule One: LAMB

LAMB stands for: Legs, ass, midriff and boobs. (Legs and ass go hand and hand but for acronym sake let’s keep them separate.) Now, all four can be shown off, but never all at the same time.

It’s really just overkill and over exposure. Remember, sometimes you want to remain a mystery to those wandering eyes that are checking you out.

Rule Two: Dress for Body Type

I think all sizes of women are beautiful. I’m not hanging out with you because of your size but because you’re a badass person.

But nothing irks me more than someone who doesn’t dress for the body type. I’m not talking about size but about shape.

Everyone knows the saying, “Women come in all different shapes and sizes.”

They absolutely do! So it’s important to know that women get to know their bodies and do the research on what works for them.

Achieve this and you can pull a Carrie Bradshaw strutting down the streets of your city like they are a runaway.

Rule 3: Own it!

This rule is simple in that you better work it!

Own what you have and who you are.

Don’t let the haters win.

Talon Marks sports center

MEN'S BASKETBALL
Today vs. EC-Compton 5:00 p.m. Jan. 20 at LA Southwest 5:00 p.m. Jan. 25 vs. LA Harbor 5:00 p.m. Jan. 27 at Long Beach City 5:00 p.m. Feb. 1 El Camino 5:00 p.m.
WOMEN'S BASKETBALL
Today vs. EC-Compton 7:00 p.m. Jan. 20 at LA Southwest 7:00 p.m. Jan. 25 vs. LA Harbor 7:00 p.m. Jan. 27 at Long Beach City 7:00 p.m. Feb. 1 vs. El Camino 7:00 p.m.
BASEBALL
Jan. 27 at Mt. San Jacinto 2:00 p.m. Jan. 28 at Santa Barbara 1:00 p.m. Jan. 31 vs. Citrus 2:00 p.m. Feb. 2 at Glendale 2:00 p.m. Feb. 4 vs. Los Angeles Pierce 12:00 p.m.
SOFTBALL
Jan. 27 at Palomar 2:30 p.m. Jan. 31 at Los Angeles Valley 3:00 p.m. Feb. 2 vs. Ventura 1:00 p.m. Feb. 3 vs. Cypress 2:00 p.m. Feb. 7 vs. Chaffey 3:00 p.m.
TRACK AND FIELD
Feb. 4 South Coast Conference opener 9:00 a.m. Feb. 23 Cerritos College Open 9:00 a.m. Feb. 24 Cerritos College open 12:00 p.m. Mar. 3 Cal State LA invitational 9:00 a.m. Mar. 4 Cal State LA invitational 9:00 a.m.
WOMEN'S TENNIS
Jan. 27 vs. Chapman 2:00 p.m. Jan. 28 vs. Cal Lutheran 2:00 p.m. Jan. 31 vs. LA Pierce 2:00 p.m. Feb. 3 vs. Grossmont 2:00 p.m. Feb. 7 at Irvine Valley 2:00 p.m.
MEN'S TENNIS
Jan. 27 vs. Chapman 2:00 p.m. Jan. 28 vs. Cal Lutheran 2:00 p.m. Jan. 31vs. LA Pierce 2:00 p.m. Feb. 3 Grossmont 2:00 p.m. Feb. 7 at Irvine Valley 2:00 p.m.



MONIQUE NETHINGTON/TM
Driving by the defense: Freshman guard Alondra Calderon drives by an East Los Angeles College defender before passing to her teammate. The Falcons would lose to no. 1 ranked East Los Angeles by a score of 81-47.

Mens basketball on a hot streak

MAX PEREZ
Sports Editor
@talonmarksports

The Cerritos College men's basketball team hopes to turn the success they have had this season into a playoff berth.

The Falcons concluded the first half of the season with a 13-2 record, winning three of the four tournaments they participated in.

Sophomore forward Anthony Lefeau stated, " It's something special, we didn't plan it, it just happened."

Finishing tournament play with an eight game win streak the team hopes to carry over the success it has had into conference play.

Head coach Russ May stated, "We hope preseason has prepared us [...] we hope that we learned things about ourselves and set some standards that we want to hold up in conference."

Cerritos will play the first conference game at home against EC-Compton Wednesday Jan. 18.

The Falcons conference includes EC-Compton, El Camino, Long Beach, LA Southwest and LA Har-

bor colleges.

EC-Compton holds the highest overall record in the conference at 17-3 and are riding a 10-game win streak.

EC-Compton Cerritos and El Camino(9-8) are the only teams in the conference boasting a record above .500.

Despite the lack of success by the other teams in the conference, coach May understands that conference is a different dynamic.

"In conference play, all your opponents have scouted you, they know your strenghts and weaknesses. It's a little bit more of a chess match."

All ten remaining games this season for the Falcons will be conference games and will decide the seeding for the playoffs.

The winner of the conference is awarded an automatic berth into the postseason.

No matter who the Falcons face they are confident in their team's ability to make a run at the state championship.

Sophomore forward Cristian Perez stated, "I think we can win it

Falcons aim for turn around

MAX PEREZ
Sports Editor
@talonmarksports

The Cerritos College women's basketball team is looking to overcome first half struggles to be successful in conference

The team finished tournament play with a 4-10 record, then lost three of their final four games before conference putting their record at 5-13.

Despite the teams lack of wins thus far in the season, head coach Trisha Raniewicz remains poised that her team is ready to make a run.

"We have what it takes, we can go out there and compete with anyone in the state, I really believe that," she said.

So far the Falcons have played one of the toughest schedules in the state.

They have faced Pasadena, East Los Angeles and Mt. San Antonio who are all ranked in the top five in southern California.

Playing some of the best teams in the state has helped to develop the young players on the team.

Freshman forward Alexis Clark stated,"We've gotten a lot better from where we started, a lot better,

and I think we can keep going from there."

Raniewicz shared her players mind set, stating, "I see every single day us getting better on the little things, eventually if we keep that up that's going to work its way into our win-loss record."

The team will play the first conference game of the season Jan. 18 against EC-Compton.

EC-Compton is 6-10 on the season.

Cerritos opened up conference play against EC-Compton last season as well, the Falcons won the game 77-32 in their only matchup last season.

The Falcons conference consists of Long Beach, LA Harbor, El Camino, EC-Compton and LA Southwest colleges.

No team in the conference has an overall record better than .500.

Coach Raniewicz stated,"I really believe we can make a push to win the conference."

"Anything can happen during conference, I feel like we have a good shot against any team," she added.

The Falcons started with 12 players, but will not play the remainder of the season with only eight, seven of which are freshman.

An issue as of late for the Falcons has been performing in the second half.

During the team's games against Pasadena City and East Los Angeles, the team was unable to continue the first half success into the second half.

Freshman guard Angie Ferreira recognizes the issues, stating, "we've got a lot of work to do in the second half [...] in the second half we all tire out, we just have to get a little more conditioned."

Even with a young roster, multiple players on the team have found ways to contribute.

Sophomore guard Kaylyn James is leading the team in scoring 15 points a game.

Freshman forwards Cystal Rodriguez and Alexis Clark are both averaging more than five rebounds a game.

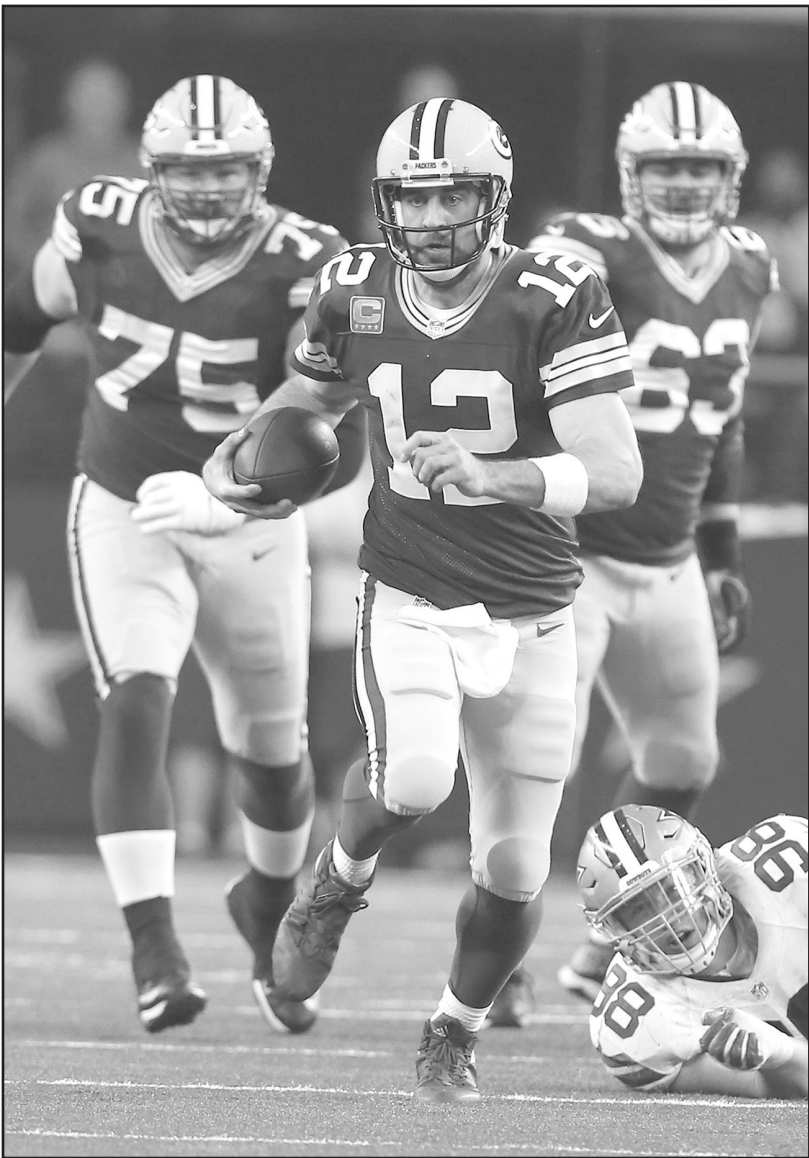
Point guard Angie Ferreira leads the team in assists

"I couldn't be prouder of them," said Raniewicz, "I really love how they have come together through adversity."

Last season the Falcons finished with a 20-11 overall record and 6-2 in conference.



MONIQUE NETHINGTON/TM
Striving for greatness:Returning sophomore, Tyler Payne, works his way down the court in the Friday night win against Mt. SAC.



RICHARD W. RODRIGUEZ/FORT WORTH STAR-TELEGRAM/TNS
Green Bay Packer quarterback Aaron Rodgers (12) scrambles against the Dallas Cowboys in the NFL Divisional Playoff game on Sunday, Jan. 15 2017 in AT&T Stadium in Arlingotn, Texas.

Value of a NFL quarterback on full display

MAX PEREZ
Sports Editor
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The modern day NFL quarterback has become a scapegoat for fans to concentrate all of their frustration toward the lack of performance from the whole team into one man.

The criticism dealt to these players has become so consistent and predictable that it is laughable.

Most hecklers are belligerent fans who believe their team should win it all every single year while seemingly forgetting that there are other teams striving for the same goal.

Quarterbacks are just too easy of a target for people to ignore.

They run the offense and are most likely the face of the organization, so when something is going wrong people who don't care to come to a logical solution will automatically ask for the signal callers head on a stake.

There are plenty of instances where it is the quarterbacks play that is negatively effecting the team, but fans of all teams need to take a step back and appreciate the true value of the quarterback.

Throughout this NFL season, more specifically the final six weeks

and the wildcard round of the playoffs, has showed how valuable the position is.

The Green Bay Packers, Miami Dolphins and Oakland Raiders all had drastic changes in the team's performance due to a change in their quarterback's play.

The Oakland Raiders and Miami Dolphins both lost their franchise quarterback in the final six games of the season.

While oblivious fans stood there and proclaimed how their team was talented enough to continue without them, fans of the team who know the game simply wished for the best because there is nothing else to do.

Both the Raiders and the Dolphins lost in the wildcard round of the NFL playoffs to teams they had previously beat in the regular season, with their franchise quarterbacks of course.

Raiders quarterback Derek Carr suffered a broken leg in week 16 of the regular season that immediately deflated any chance of the team winning their division let alone securing a playoff win.

An injury to Ryan Tannehill late in the Dolphins season didn't appear to be as detrimental to the teams potential as Carr's was to the Raiders, yet the team was still unable to recover from losing Tannehill.

When a team has endured a season ending loss like the Dolphins or Raiders, all fans can do is sit and ask "what if" and kick themselves for ever disrespecting their beloved quarterback.

On the other side of the spectrum you have the Green Bay Packers, who during the first half of the season looked horrible.

But with six games left during the regular season, their fearless leader Aaron Rodgers stood up and said the team would win six in a row, and they did.

He went for 18 touchdowns and zero interceptions, leading his teams mediocre defense and a non-existent running attack to the playoffs.

Not only that, Rodgers went on to defeat the New York Giants during the wildcard round securing his team a playoff win.

Now Rodgers is a bit of an isolated incident because he is the most talented quarterback in the league, but the value of Rodgers cannot be measured after accomplishing such a feat.

Neither can the value of Carr, Tannehill or Marcus Mariota, the quarterback of the Tennessee Titans, who was also lost to injury in the final weeks of the regular season, and possibly cost the team a

playoff berth.

Now, are there quarterbacks who are just bad, of course. The Raiders went without a decent quarterback for nearly 14 years while the Cleveland Browns have failed to acquire one capable of winning any games this millennium.

But fans must realize that football is a team sports, and that includes members of the coaching staff, the front office, scouts and of course ownership.

Instead of fans blaming the man who passes the ball, they should be more readily criticizing the men who put him in that situation.

In the modern era of football, the quarterback has been and will continue to be the most important player on the field.

Fans of the sport must stop and appreciate their quarterback for who he is and support him for the sake of the team.

All fans can do is observe and support our respective team, and that includes the players all the way up to the owners.

We need to stop criticizing one man as if he is responsible for all of the teams successes and misfortunes, and instead begin to appreciate him.