In This Issue

PLEASE INFORM YOUR STUDENTS OF UPCOMING STUDENT EVENTS.

Women’s History Month Events .................. 2
Child Development Center Tours ............ 3
Music Dept Student Recitals .................. 3
East Side Spirit & Pride
  Annual Scholarship Dinner ................. 4
Summer Study in Paris ....................... 5
Library E-Resources .......................... 5
Theatre Arts Department presents
  The Night Thoreau Spent in Jail .......... 6
Helen Miller Bailey Scholarship ............. 7
Career & Technical Ed. Workshop .......... 8
Career & Job Services Workshop .......... 9
Transfer Center Events ..................... 10
Financial Aid Awareness .................... 11
Congrats to ELAC Basketball ............... 11
Project MATCH ................................ 12
Free Ebook Downloads .................... 12
Library Workshops
  Main Campus ............................... 13
  South Gate Center ....................... 14
Husky Sports ................................ 15
Amusement Park Tickets .................. 15
Theatre Tickets ............................. 15
Healthy Lifestyle ........................... 16

Bulletin submission info
Requests for Weekly Bulletin must be submitted to Catalina “Cathy” Medina in the President’s Office, no later than Wednesday, 12:00 noon (week prior). You may submit your request in person, or e-mail at medinac@elac.edu

East Los Angeles College
1301 Avenida Cesar Chavez
Monterey Park, CA 91754
Mendez v. Westminster:
Mexican-American Women and the
Landmark Desegregation Case
Sylvia Mendez, Speaker
“Recipient: Medal of Freedom”
March 4 12:10-1:35 S2 – Recital Hall
Faculty Contact: Nadine Bermudez bermudN@elac.edu

Billie Moore, Speaker
First US Women’s Olympic
Basketball Coach
March 18 12:15-1:15 E9 103-Women’s Gym
Faculty Contact: Marilyn Ladd laddMC@elac.edu

Sitting at the Table:
A Panel Discussion of Professional Women
on Sheryl Sandberg’s Book
Lean In: Women, Work and the Will to Lead
March 27 12:15-1:35 G3-Foyer
Faculty Contacts: Barbara Dunsheathe dunsheba@elac.edu
Joan Gurfie gurfieJG@elac.edu

Sponsored by:
ELAC Women’s Studies Committee
Center Tours are Now Available!

Child Development Center is conducting tours during the Month of March
(March 10-28, 2014).

For more information and/or to schedule an appointment, please contact Marcia Cagigas, Director at (323) 265-8788

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East Los Angeles College Music Department

SPRING 2014
STUDENT RECITALS

presents:

Wednesdays 12 noon
S2 Recital Hall
Performing Fine Arts Complex

March 26th
April 23rd
May 7th
May 28th
FREE ADMISSION

Information:
ELAC Music Office
(323) 265-8894
East Side Spirit & Pride

ANNUAL SCHOLARSHIP DINNER

March 15, 2014 @ Almansor Court | 6 PM
700 S. Almansor St, Alhambra, CA, 91801

East Side Spirit & Pride is honored to welcome special guest speakers Congresswoman Judy Chu, Academy Award-winning actor and director Edward James Olmos, and muralist Kent Twitchell. Special performance by Grammy award-winning band Quetzal.

TICKETS

VIP: $65 | Student: $25 | General: $45 | Door: $50

VIP Ticket holders enjoy a special reception with Edward James Olmos

To purchase tickets, call Susan Okawa at 323.265.8669 or send an e-mail to Dahna Saavedra at essp.elac@gmail.com
Summer Study in Paris
With East Los Angeles College
July 1ST–July 30ST, 2014

More Free Program Previews at ELAC:
Thursday, March 6 – noon – B1 103
Tuesday, March 11 – noon – C2 106
Monday, March 17 – 6 pm – F7 207
Tuesday, March 18 – noon – C2 106
Monday, March 24 – 6 pm – F7 207

For more information, please contact ELAC French Faculty:
Dr. L. Vogel-Zuiderweg (vogelztc@elac.edu) or Prof. R. Ebin (ebinrs@elac.edu)

Also, visit the website: (www.esaparis.org)

- The summer study in Paris Program is open to anyone 17 years of age and older.
- Up to 8 units of UG/CSU transferable units are given for satisfactory course completion.
- Meets CSU and IGETC certification requirements.
- Beginning advanced French Language and Civilization courses.
- Financial aid and scholarships are available.

Invigorate Your Classes with E-Resources

February 27  Streaming Videos!
March 27  New Databases!
May 1  Go Digital with E-Books!

GET FLEXED with Library E-Resources!

Thursdays
February 27
March 27
May 1

When?
12-1pm

Where?
Library Classroom 103

How?
RSVP to Amy Guy
guyal@elac.edu
EAST LOS ANGELES COLLEGE THEATRE ARTS DEPARTMENT PRESENTS

THE NIGHT THOREAU SPENT IN JAIL

by Jerome Lawrence and Robert E. Lee

ELAC P2 BLACK BOX THEATRE

“If the law requires you to be an agent of injustice, then break the law.”

SHOW TIMES
Friday and Saturday Evenings
March 21, 22, 28 and 29
8:00 pm

Saturday and Sunday Matinees
March 22, 23, 29 and 30
2:00 pm

TICKETS
$15 At the Door | $10 General
$7 ASU discount available in P2-101
Tickets available online at www.elac.edu under “Upcoming Events”

1301 Avenida Cesar Chavez, Monterey Park, CA 91754
For more information call (323) 415-5333

ELAC Theatre Arts appreciates the ASU for its continued support and generosity
Helen Miller Bailey Memorial Scholarship Award 2014

Dr. Bailey served as chair of the Social Science Department from 1946 to 1973. She was an expert in Latin American History and often traveled to Mexico. She contributed immensely to the Sociology and Political Science disciplines. She published many books and her photograph and art collections were research sources in several fields. The college library was named after her in recognition of her life work.

Dr. Bailey was tireless in promoting the interests of Hispanic students and the community at large. Her efforts to get the state to improve the quality of education for Chicano students date back to the early 1950s. She was a member of numerous social service organizations in the community and she raised thousands of dollars in scholarships, enabling needy students to pursue a college education.

Through her instruction and mentoring, she inspired a generation of leaders coming out of the East Los Angeles area, including former US Ambassador Julian Nava. This scholarship was created to further her guidance of Hispanic students, but students of all backgrounds are encouraged to apply. The selection criteria are based on the ‘model’ set by Dr. Bailey.

Selection Criteria

Current ELAC student who will continue at ELAC or transfer to a 4-year university in 2013-14

Major in African American Studies, Asian American Studies, Economics, History, Political Science, or Sociology.

Complete at least 12 units or more at ELAC with a cumulative GPA of 3.0 or better

A complete application, including an essay, recent transcript, and two letters of recommendation

Preference will be given to candidates who plan to return to the community and to help others

Save the Date!

Please provide a complete application packet, including application form and all supporting items, to the Social Science Department office P7-307 no later than Tuesday, March 25, 2014, 4pm.

In partnership with the ELAC Foundation, the Social Sciences Department sponsors the Helen Miller Bailey Scholarship. The selection of scholarship recipients and the distribution of funds will be performed by a committee selected by the Social Sciences Department. Scholarships range from $250 to $1,000.

Go to [http://www.elac-foundation.org/](http://www.elac-foundation.org/) click Scholarships, & scroll to bottom to find Helen Miller Bailey Scholarship Application link. Click to apply, type into the form, and print. Official award notice will be sent out the week of April 14th.
Thursday March 27 2014
11:30am – 2:00pm
S2 and P2 QUAD

www.elac.edu
career & technical education

find your pathway!

FREE LUNCH
- All students are welcome
- Join an ASU Club
- Learn about CTE Certificates and Degrees
- Win a tablet and other prizes

Co-sponsored by ASU | Office of Workforce Education | Career & Job Services (323) 415-4126
Funded in part by the Chancellor’s Office California Community Colleges & Carl D. Perkins Title IC
Spring 2014

Helping People for a Living
( Teaching, Social Work, Healthcare)
March 5 10:30am–12
March 6 3:30pm–5pm
March 17 10:30am–12pm
March 18 12pm–1:30pm
April 2 10:30am–12pm
April 3 12pm–1:30pm
April 14 3pm–4:30pm
April 16 1:30pm–3pm
April 15 12pm–1:30pm
April 17 4pm–5:30pm
April 28 1:30pm–3pm
May 1 12pm–1:30pm
May 14 1:30pm–3pm

WhodoUwant2be?
(Undecided Majors)
March 4 4pm–5:30pm
April 1 11am–12:30pm
April 29 4pm–5:30pm

Job Prep for Veterans
(Tentative Dates)
March 5 10:30am–12
March 6 3:30pm–5pm
March 17 10:30am–12pm
March 18 12pm–1:30pm
April 2 10:30am–12pm
April 3 12pm–1:30pm
April 14 3pm–4:30pm
April 16 1:30pm–3pm
April 15 12pm–1:30pm
April 17 4pm–5:30pm
April 28 1:30pm–3pm
May 1 12pm–1:30pm
May 14 1:30pm–3pm

Career and Job Services
workshops

Job Skills 1: Resume
March 3 1:30pm–3pm
March 6 12pm–1:30pm
March 20 4pm–5:30pm
April 1 4pm–5:30pm
April 14 10:30am–12pm
April 29 11am–12:30pm
May 12 3pm–4:30pm
May 13 12pm–1:30pm

Job Skills 2:
Job Search & Internships
March 17 3pm–4:30pm
May 1 3:30pm–5pm
May 15 11am–12:30pm

Job Skills 3:
Interviewing
March 19 1:30pm–3pm
April 3 3:30pm–5pm
April 17 11am–12:30pm

Sign up at Career & Job Services
E1-176 (323) 415-4126
### Spring 2014 Transfer Center Events

**ELAC Transfer Center**  
**E1-176**  
**Monday to Thursday**  
8:00 am - 7:00 pm  
**Fridays**  
8:00 am - 4:00 pm  

#### Spring College Fair  
March 20, 10:00 - 1:00  
To be held in the "Walkway" between Parking Structure 3 and D5 Swim Stadium

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<table>
<thead>
<tr>
<th><strong>February</strong></th>
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| February 25th | Exploring Private Colleges Tuesday 3:00 - 4:30  
February 26th | Common Application Wednesday 12:00 - 1:00 |

<table>
<thead>
<tr>
<th><strong>March</strong></th>
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| March 5th | Transfer 101 Wednesday 12:00 - 1:00  
March 12th | Transferring to UC Davis Wednesday 12:00 - 1:30  
March 12th | Exploring Private Colleges Wednesday 3:00 - 4:30  
March 17th | Columbia University Monday 2:00 - 3:30  
March 20th | Spring College Fair Thursday 10:00 - 1:00  
*Walkway* between Parking Structure #3 and D3 (Swim Stadium) |

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<tr>
<th><strong>April</strong></th>
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| April 15th | USC Norman Topping Tuesday 12:00 - 1:30  
April 17th | Transferring to UCLA Thursday 12:00 - 1:00  
April 22nd | Transfer 101 Tuesday 3:00 - 4:30  
April 30th | Finalizing Your Transfer Wednesday 12:00 - 1:30 |

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<tr>
<th><strong>May</strong></th>
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</table>
| May 7th | UC Admissions Appeal Wednesday 12:00 - 1:30  
May 8th | Transfer 101 Thursday 3:30 - 5:00  
May 15th | Finalizing Your Transfer Thursday 3:00 - 4:30  
*May 21st* | Transfer Student Reception Wednesday 6:00 - 8:00  
Sign up April 15th – May 9th for participation in E1-176 Transfer Center |

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*All workshops will be held in E1-189, sign up is not required*

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323.265.8623
Congratulations to ELAC Women’s Basketball Student-Athlete Dioseline Lopez for being named The SCC North Division Player Of The Year and to ELAC Men’s Basketball Student-Athlete Aaron Cheatum for being named The SCC North Division Player Of The Year.

Congratulations to ELAC Men’s Basketball Head Coach John Mosley for being named The SCC North Division Coach Of The Year!

On behalf of the ELAC Men's and Women's Basketball programs I would like to take this time to thank the ELAC students faculty, staff and administration members that took time from their busy schedules to attend ELAC Basketball games this season. It was a great year for both programs, as both made the CCCAA playoffs together for the first time in school history. With the leadership skills of Men's Head Coach John Mosley and Women's Head Coach Bruce Turner, I believe Husky Basketball will be programs to contend with for years to come.

Al Cone, Athletic Director
Free Ebook Downloads

Professor and Author C.D. Shelton, in conjunction with his book publisher is offering 2 FREE Kindle eBook downloads (Health & Wellness Topics), every Thursday and Friday during this Spring Semester.

March 13th & 14th, read Autism: A Different View of Life. The other eBook, Parasites: Lice, Ticks & Fleas.

To get the free eBooks, go to www.shortontimeebooks.com and scroll through the featured panel. Click on the picture of the book, then click “Buy This Book” or visit www.facebook.com/shortontimeebooks.

No Kindle? No Problem! Go to Google and type Kindle for PC, Kindle for Mac, Kindle for Android, and Kindle for iPad, etc.

Project MATCH
(Mentors Act To Change History)
needs volunteers for Interview Days

March 21 and 22, 2014 (Friday & Saturday)
District Office (Downtown Los Angeles)
8am – 4pm

Project MATCH interviews approximately 150 people over the two day period for a final selection of 50 interns. We need the assistance of faculty from all disciplines to assist in the interview process. You will interview candidates in teams of 2 or 3 people and provide a detailed evaluation to the Project MATCH executive team. Faculty feedback and participation is crucial to ensuring an effective and meaningful selection process. Any faculty member of LACCD (adjunct and full-time) is eligible to participate.

You can pick either Friday or Saturday or both days. Volunteers must stay for the entire day they selected.
LIBRARY WORKSHOPS SPRING 2014

Be a research superhero at our 60-minute workshops (limited to 20 students) held in our library classroom (Room 103).

Students Must Register for workshops online at least one day in advance at <library.elac.edu/enroll>.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop</th>
<th>After, You will be able to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 2/24</td>
<td>12:30-1:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
<td>Describe the library’s resources and services</td>
</tr>
<tr>
<td>Tuesday, 2/25</td>
<td>5:30-6:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<tr>
<td>Wed, 2/26</td>
<td>5:30-6:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<td>Thursday, 2/27</td>
<td>3:30-4:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<tr>
<td>Tuesday, 3/4</td>
<td>5:30-6:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<td>Wed, 3/5</td>
<td>5:30-6:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<tr>
<td>Saturday, 3/8</td>
<td>12:30-1:30pm</td>
<td>Know Your Library! (Scavenger Hunt)</td>
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<tr>
<td>Monday, 3/10</td>
<td>12:30-1:30pm</td>
<td>Research Boot Camp</td>
<td>Locate resources for your assignment</td>
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<td></td>
<td></td>
<td>(Course research assignment required to attend.)</td>
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<tr>
<td>Tuesday, 3/11</td>
<td>5:30-6:30pm</td>
<td>Got Books!</td>
<td>Use the library catalog to find books</td>
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<tr>
<td>Wed, 3/12</td>
<td>5:30-6:30pm</td>
<td>Got Articles!</td>
<td>Find articles in the library databases</td>
</tr>
<tr>
<td>Thursday, 3/13</td>
<td>3:30-4:30pm</td>
<td>Go Digital with E-Books</td>
<td>Access the library’s electronic books</td>
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<tr>
<td>Saturday, 3/15</td>
<td>12:30-1:30pm</td>
<td>Got Books!</td>
<td>Use the library catalog to find books</td>
</tr>
<tr>
<td>Monday, 3/17</td>
<td>12:30-1:30pm</td>
<td>Smart Google Searching</td>
<td>Use Google’s advanced search features</td>
</tr>
<tr>
<td>Tuesday, 3/18</td>
<td>5:30-6:30pm</td>
<td>Cite Right</td>
<td>Explain basic citation rules</td>
</tr>
<tr>
<td>Wed, 3/19</td>
<td>5:30-6:30pm</td>
<td>Research Boot Camp</td>
<td>Locate resources for your assignment</td>
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<td>(Course research assignment required to attend.)</td>
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<tr>
<td>Thursday, 3/20</td>
<td>3:30-4:30pm</td>
<td>Got Books!</td>
<td>Use the library catalog to find books</td>
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<tr>
<td>Saturday, 3/22</td>
<td>12:30-1:30pm</td>
<td>Got Articles!</td>
<td>Find articles in the library databases</td>
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</table>

Know Your Library: A scavenger hunt guides students through the library’s online and face-to-face services. Students give a short presentation to share what they learned!

Research Boot Camp: You must have proof of a course research assignment to attend. Limited to 15 students! Gain useful strategies on how to read and understand an assignment prompt, as well as identify the right sources needed to complete the assignment. In other words, we’ll be flexing our research muscles!

Got Books: Yes, the library actually has books and you can find them! Through hands-on exploration students learn the organization of library materials and how to use the library catalog to find books and DVDs.

Got Articles: Research is all about articles and guess what? The library has everything you need to find all kinds of articles. Students are introduced to our article databases and practice finding various types of articles.

Smart Google Searching: Do you control Google or does Google control you? Google’s awesome, but like all superheroes you must learn to harness this powerful information tool! Learn helpful tips to get better and credible websites.

Cite Right: You’ve found information, but now how do you cite it? How do you know your paper is plagiarism free? Students are introduced to the concept of citation using MLA, review examples of plagiarism, and create an MLA citation.

Go Digital with E-Books: Everybody’s going digital and you can too! Want to learn how to access ELAC’s electronic book collection like a pro? Then come join us as we explore our ebook catalog, as well as Google books.

Additional workshop info at http://researchguides.elac.edu/libraryworkshops
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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop</th>
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<tr>
<td>Thursday, 2/20</td>
<td>4:30 - 5:30 pm</td>
<td>Get Started with Research</td>
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<td>5:30 - 6:30 pm</td>
<td>Got Articles?</td>
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<td>Wednesday, 2/26</td>
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<td>Monday, 3/3</td>
<td>12:30 – 1:30 pm</td>
<td>Get to Know Your Library</td>
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<td>3:30 – 4:30 pm</td>
<td>Cite Right</td>
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<td>Wednesday, 3/5</td>
<td>5:30 – 6:30 pm</td>
<td>Go Digital with E-books</td>
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<td>Thursday, 3/6</td>
<td>11:00 – 12:00 pm</td>
<td>Reference Sources</td>
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<td>Thursday, 3/12</td>
<td>5:30 – 6:30 pm</td>
<td>Get to Know Your Library</td>
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<td>Monday, 3/10</td>
<td>12:00 – 1:00 pm</td>
<td>Smart Web Searching</td>
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<td>Wednesday, 3/12</td>
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<td>Got Articles?</td>
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<td>Wednesday, 4/16</td>
<td>5:30 – 6:30 pm</td>
<td>Get Started with Research</td>
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<td>Smart Web Searching</td>
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<td>3:30 – 4:30 pm</td>
<td>Go Digital with E-books</td>
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<td>5:30 – 6:30 pm</td>
<td>Get to Know Your Library</td>
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<td>Thursday, 4/24</td>
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<td>Smart Web Searching</td>
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<td>Monday, 4/28</td>
<td>11:00 – 12:00 pm</td>
<td>Get to Know Your Library</td>
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<td>Tuesday, 4/29</td>
<td>3:30 – 4:30 pm</td>
<td>Cite Right</td>
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<td>Wednesday, 4/30</td>
<td>5:30 – 6:30 pm</td>
<td>Got Articles?</td>
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<td>Thursday, 5/1</td>
<td>3:30 – 4:30 pm</td>
<td>Get to Know Your Library</td>
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<td>Monday, 5/5</td>
<td>11:00 – 12:00 pm</td>
<td>Get to Know Your Library</td>
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<td>Wednesday, 5/7</td>
<td>5:30 – 6:30 pm</td>
<td>Reference Sources</td>
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<td>Thursday, 5/8</td>
<td>11:00 – 12:00 pm</td>
<td>Go Digital with E-books</td>
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<td>Tuesday, 5/13</td>
<td>3:30 – 4:30 pm</td>
<td>Got Articles?</td>
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<td>Wednesday, 5/14</td>
<td>5:30 – 6:30 pm</td>
<td>Get to Know Your Library</td>
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<td>Thursday, 5/15</td>
<td>3:30 – 4:30 pm</td>
<td>Got Books?</td>
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<td>Tuesday, 5/20</td>
<td>3:30 – 4:30 pm</td>
<td>Get Started with Research</td>
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<td>Wednesday, 5/21</td>
<td>5:30 – 6:30 pm</td>
<td>Cite Right</td>
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<td>Wednesday, 5/28</td>
<td>5:30 – 6:30 pm</td>
<td>Get Started with Research</td>
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<tr>
<td>Date</td>
<td>Day</td>
<td>Opponent</td>
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<tr>
<td><strong>Baseball</strong></td>
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<td>Mar. 11</td>
<td>Tues</td>
<td>Mt. SAC</td>
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<td>Mar. 13</td>
<td>Thur</td>
<td>Mt. SAC</td>
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<td>Mar. 15</td>
<td>Sat</td>
<td>Mt. SAC</td>
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<td><strong>Badminton</strong></td>
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<td>Mar. 12</td>
<td>Wed</td>
<td>El Camino</td>
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<td>Mar. 14</td>
<td>Fri</td>
<td>Compton</td>
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<tr>
<td><strong>Men’s Basketball</strong></td>
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<tr>
<td>Mar. 14-16</td>
<td>Fri-Sun</td>
<td>State Playoffs</td>
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<tr>
<td><strong>Women’s Basketball</strong></td>
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<td>Mar. 14-16</td>
<td>Fri-Sun</td>
<td>State Playoffs</td>
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<td><strong>Softball</strong></td>
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<td>Mar. 11</td>
<td>Tues</td>
<td>LA Harbor</td>
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<td>Mar. 13</td>
<td>Thur</td>
<td>Mt. SAC</td>
</tr>
<tr>
<td><strong>Women’s Swim/Dive</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar. 14</td>
<td>Fri</td>
<td>EL Camino / Rio Hondo</td>
</tr>
<tr>
<td><strong>Track and Field</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar. 14</td>
<td>Fri</td>
<td>Occidental Distance Carnival</td>
</tr>
<tr>
<td>Mar. 14-15</td>
<td>Fri-Sat</td>
<td>Ben Brown Invitational</td>
</tr>
</tbody>
</table>

Amusement park tickets sold for all faculty, staff, and students at the Student Activities Office G8-119. Tickets sold on a cash basis only, except for faculty and classified staff members who are able to write checks with proper ID. Tickets are sold between the hours of 8:00 am ~ 6:30 pm, M-TH and until 3:30 pm on Friday. If you have any questions, please call (323) 265-8742.

**ASU/Employee**

**Non-ASU**

**Six Flags**

- 37.99 each (Processing fee of 8.99 per transaction)
- This is purchased online at the Student Activities Office, Credit Card Only!

**Knott’s Berry Farm**:

- Adult $33/ea
- Jr/Sr $24/ea

**Universal Studios**:

- Flat Rate of $69 Plus 12 Months Free
- Only Credit Cards are accepted for Universal Tickets

Buy tickets at www.Ushtix.com/ELAC

**AMC and Regal Theatre tickets**

(unrestricted)

Now available at the Student Activities Office, G8-119 on a cash basis only. Faculty and staff can pay by check with employee ID.

Any questions, please call (323) 265-8742.

**ALL MOVIE TICKETS ARE UNRESTRICTED!**

**AMC** ~ $9.00 /ea. Flat Rate

**Regal Theatres** ~ $9.00/ea. Flat Rate
Open to all FLAC Employees
You are invited to a 4 part Health lecture series—Choose to participate in one or more!
Thursdays, 12:10 p.m. - 1:30 p.m.
Location: G1-301a
Sponsored by Professional Development
Men's Physical Education Department

DO YOU WANT TO LIVE A HEALTHY LIFESTYLE?
LEARN WHAT REALLY WORKS
Presented by Dr. Anthony Antonucci, NMD, CSWS, DC, FASBE
Health Instructor - Men's Physical Education Department

Part One
February 27, 2014
Role of functional Nutrition and Diet in Preventing Disease, Maintaining Health and Wellness and Alleviating Disease. Learn specific foods to avoid, the role of genetically modified foods in illness, nutritional supplementation, learn to read labels and much more. Food is medicine. Learn how to use it as such and you will be amazed at the results.

Part Two
March 27, 2014
Effective Weight Loss. Why you cannot lose weight, why you gain it back after you lose it and why most diets don’t work. The role of gut flora or Probiotics in proper weight management. Why BMI is not a valid tool. Understanding detoxification, cleansing and fasting in weight maintenance. You do not need to starve. In fact, you can eat as much as you want of the correct foods and still lose weight. Learn why high quality fats and carbohydrates are good. Dispelling the myths of low fat and low carb diets. They do not work and they are responsible for more disease.

Part Three
April 24, 2014
Effective Functional Exercise in Health. You do not have to go to a gym. There is so much you can do in the privacy of your home with your own body weight. You do not need any equipment. We will also introduce very simple yoga movements as well. These are simple, painless and fun moves to get that beautiful body of yours functioning better with more energy.

Part Four
May 29, 2014
Tying it All Together. The King is functional Nutrition. The Queen is fun exercise. You place the two together and you achieve the Kingdom of Health. You will learn how to put your own wellness plan together that works for you within your schedule and work it thru the summer until next semester. Food and body movement are supposed to be fun and enjoyable. More importantly, it is your responsibility to prevent disease and maintain your health, not your doctor’s. You will learn how to do that in this lecture series presented by a clinical doctor.