

TALON MARKS

CERRITOS COLLEGE

WEDNESDAY February 14, 2007

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BLOG SPOT:

Tuesday Night
Journalist

Campus
Correspondent

www.talonmarks.com

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- Godspell auditions begin
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Editorial
What is Love?
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Art Gallery
opens new
exhibit

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Carpool awaits approval

BRITTANY COOPER
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Three student carpool lanes for parking lot C-10 are being proposed.

"It is nothing concrete," Senator Jaime Sandoval said. "First we have to run it by Stephen Johnson, vice president of student services."

Johnson could not be reached for comment.

Sandoval assures the students that he is going to continue working on the three carpool lanes until everyone agrees.

"Of course, we're going to have ups and downs," he said, "but other colleges have it, (so) why don't we?"

Sandoval believes that the production of these carpool lanes will reduce pollution and traffic, create more space and maybe even cut down the parking permit fee.

"It won't be immediate," he said.

See **Carpool** page 3

Plans for Cerritos face lift

STEVEN MARTIN
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Future renovation is in the works for the Cerritos College campus, as the college's 2006 Facilities Master Plan has been completed.

The school was able to receive funding through a G.O. Bond for \$210 million and started planning the bond in September 2004.

The "Mitigated Negative Document", which is a document that

describes the plans for the project and affects it may have on the local environment, is available for students, faculty, staff and community members to look at and review.

The "Mitigated Negative document" will be reviewed by the Board of Trustees at its meeting on April 28 at 6 p.m.

A copy of the document is available in the campus library. Those who wish to make comments can do so.

"We will continue to accept comments regarding (the document) up until 5 p.m. on Feb. 21," Robert Riffle, Director of Physical Plant.

"Anyone who is interested, whether they accept it as is or in the process of orchestrating their comments for submission, should do it

See **Plan** page 3

The Blood Transfer

How one pint of blood can save three lives.

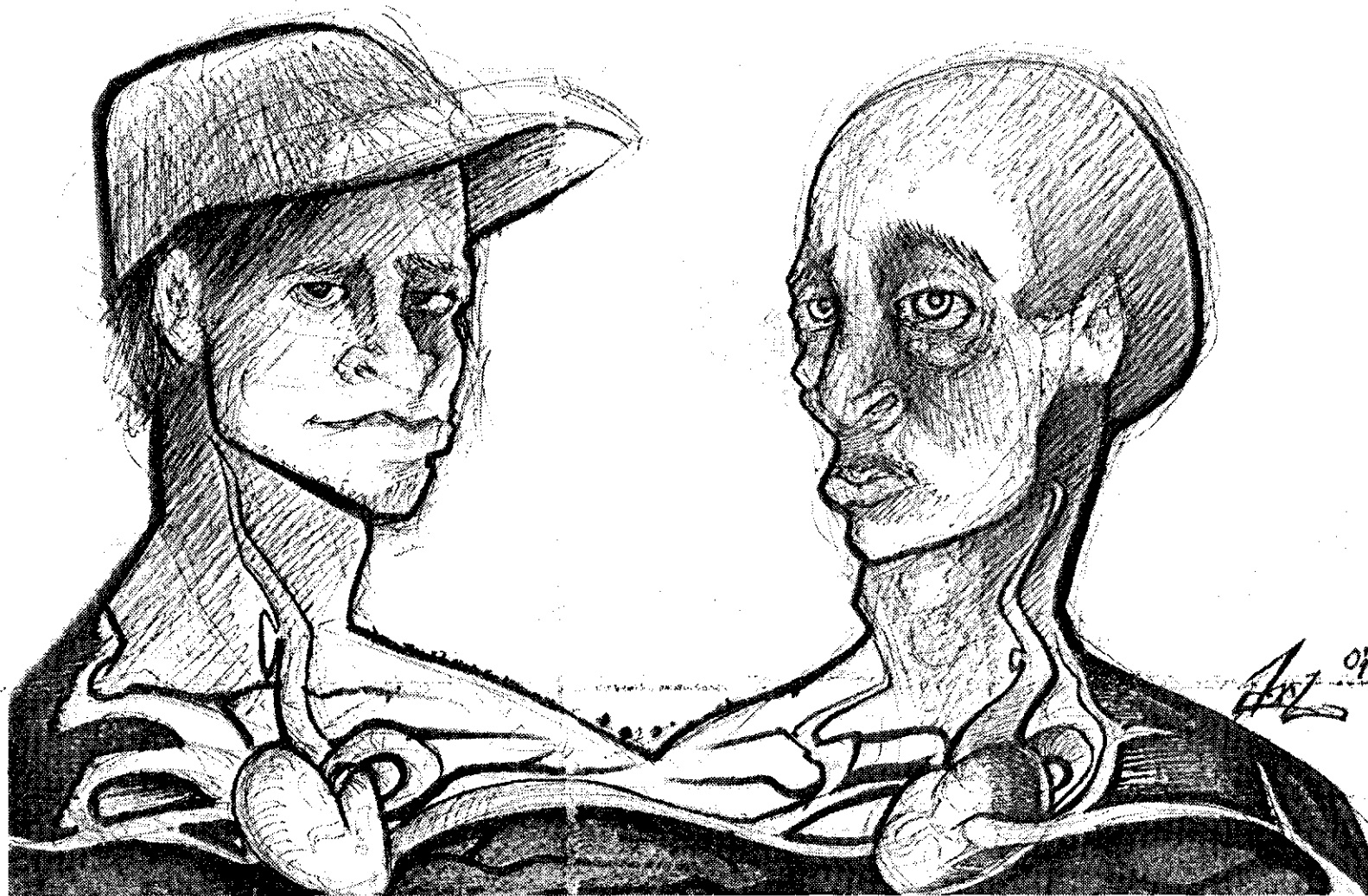


ILLUSTRATION BY ALYXACATEL NEVAREZ

Cerritos continues bloody streak

ROSALI CASTILLO
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A 20-year-old patient goes to see his doctor after experiencing problems with his heart again, and after all the lab work was done, the doctor comes in to tell his patient that he will have to have another open-heart surgery.

When the patient hears this, he remembers how his last open-heart surgery.

He remembers all the complications that occurred. He lost a lot of blood.

But if it weren't for American Red Cross and the donors that donate their blood a life wouldn't have been able to be saved.

And one day you might need blood, and your life will be saved because of these donors.

Donating blood is important because every three seconds blood is needed, according to www.bloodcenters.org.

The blood that is donated is used for liver transplants, kidney transplants, and open-heart surgeries among others.

Breaking the blood down

After donating blood the blood gets separated into three components: the red blood cells, plasma and platelets.

The reason for this is because depending on why a patient needs blood he may need one of the three.

According to the American

Red Cross a bone marrow transplant requires two units of red blood cells every other day for two to four weeks and then eight units of platelets daily for six to eight weeks and this is only an average for some patients some may need more.

The ARC collects 13.9 million units of blood each year and it supplies 3,000 hospitals nationwide.

Blood drives like the ones that take place at Cerritos are very important because Cerritos donates the most blood out of the surrounding colleges.

Donating on campus

A Valentine's Day blood drive started yesterday and will conclude on Valentine's Day. The blood drive always take place in the Student Center from 8 a.m. - 8 p.m.

"I believe it gives us all a chance to give back to our community."

"I have been donating to the ARC since 1976 and continue to do so any chance I get" Charles Gale, Director of Student Health Services mentioned on why blood drives are held here on campus.

Britaney Hernandez, radio broadcasting major says she donates blood because there is a shortage in this country.

"I have type O blood and I can give blood and anyone can use it," Hernandez added.

Type O blood is the universal

blood out of all the blood types; meaning type O blood can help save a life of anyone with one of the other blood types.

However, people with O positive blood can only receive blood of the same type.

There are four main blood types which are: A, B, AB and O. AB blood is the universal recipient whereas type O negative is the universal donor.

Holding blood drives here on campus allows students to donate blood without having to leave campus.

Hernandez mentioned how holding blood drives on campus is very convenient because student won't have to leave campus.

Patricia Bosdachin agrees with Hernandez but Bosdachin thinks that the blood drives here on campus will convince more young people to be open to donating blood.

Both Hernandez and Bosdachin donated blood on Tuesday. However there were two different ways to donate.

Types of Donations

You were able to donate the regular way, and filling up a unit of blood which just about equals a pint. And the other way was by making an Alyx donation.

With this one (Alyx) we get double the amount of red blood cells," Lupe Acosta, medical assistant explained.

This sort of donation is already

prepared so the hospitals can use them right away.

"We use these type of donations for emergency surgeries and accidents," Acosta added. "This has been around for about two years now."

People who were injured in a car accident and lost a massive amount of blood can need at least 50 pints of red blood cells and sometimes more.

Gale feels it is important to donate blood because "Prior to working in College Health, I worked in the Emergency Room. Having blood available is essential to saving lives, and I live to do just that!"

The Shortage

The demand for blood is always there because in America 32,000 pints of blood are used each day. And just by donating one pint of blood, it can save three lives.

Blood centers often run out of type O and type B blood most frequently. Donors can donate two to four times a year and if all donor where to do so there wouldn't be a shortage in the blood supply.

People donate their blood because it's can be a way of giving back to their communities, and that is one of the reasons why Gale helps organize the blood drives for the campus along with Robert Torrez who is an ARC representative.

See **Blood** page 3

U.S. Rep. takes on mental health

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More than 50 people gathered to discuss mental health and addiction equity to promote parity on Saturday in the Student Center.

U.S. Rep. Grace Napolitano (D-CA), Rep. Patrick Kennedy (D-RI), and Rep. Jim Ramstad (R-MN)

all discussed proposed legislation that will campaign for insurance companies to make it important to obtain care. The forum was sponsored by the Mental Health Association of Greater Los Angeles.

Ramstad said that mental addiction is not just a Republican or a Democratic issue, but a move that is an issue for both parties. Not only would the treatment deal with the mental aspects, but also with physical aspects, such as the issue of anorexia.

According to www.mentalhealthamerica.net 300,000 people have some form of mental health disorder diagnosed in addition to the 350,000 Americans who die from addiction each year.

See **Mental** page 3

MySpace blocks homework time

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Conflict with the use of MySpace has continued in the Cerritos College computer labs.

On Jan. 25, a problem occurred between a lab technician and a student, who was looking to use the computer for a homework.

Even though MySpace was banned from the labs in Fall 2005, enforcing the ban has not been in affect, despite a policy that was implemented because other students were having trouble accessing the computers for school-related work.

"We have had a policy where we have asked students to log out of MySpace if people were waiting to use the computers, both in the library and in the lab," Dean of Library and Learning Resource Center John McGinnis said.

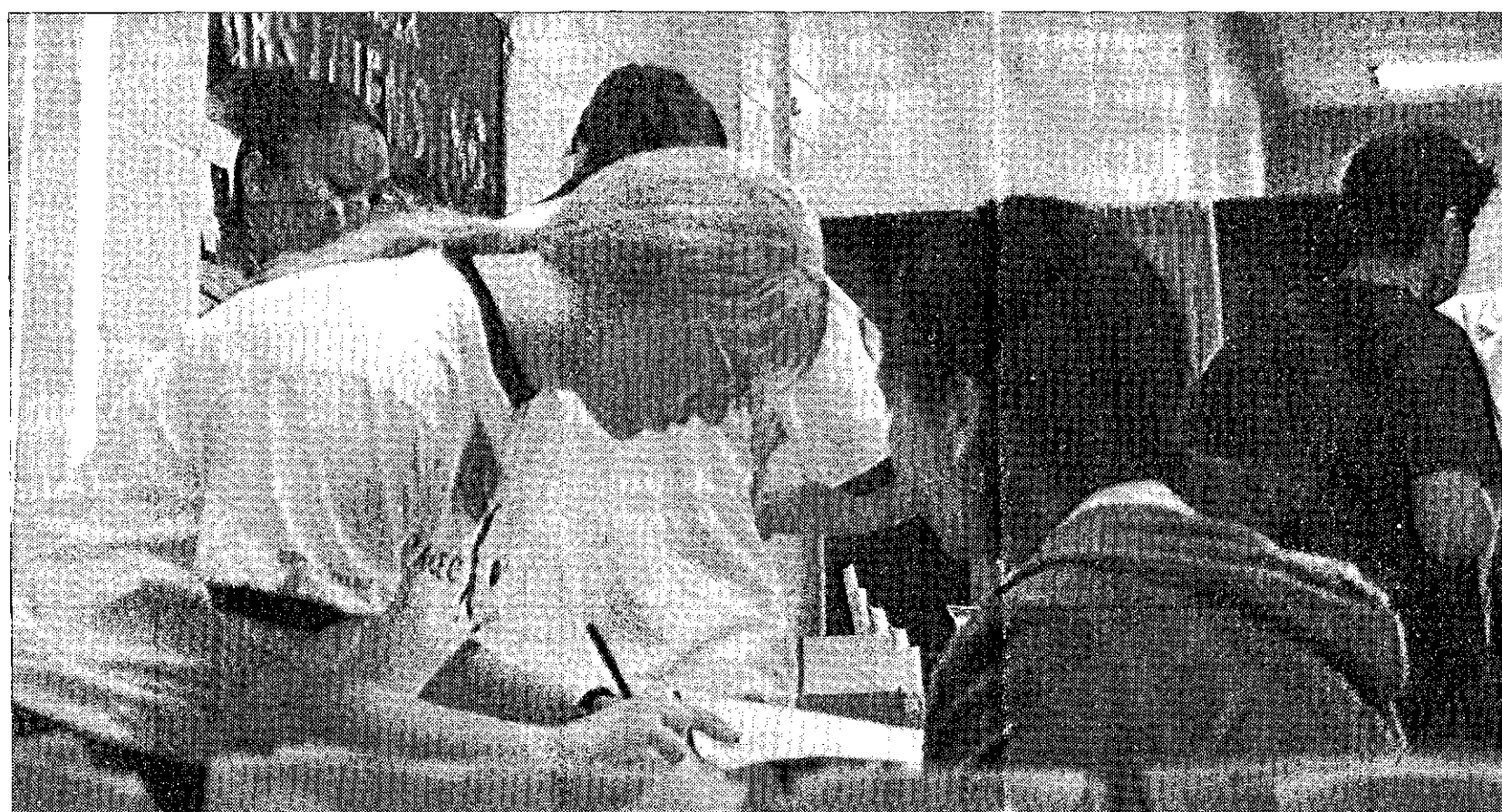
See **MySpace** page 3

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Wednesday, February 14, 2007 • www.talonmarks.com

ONLINE

- Blog: Mental Health Forum
- Blog: Norma's Spoken Word debut this Thursday



Health check: Sandra Mardonovich, biology major, helps Anaheim resident Maria Rubio sign in for a dental check up during the Anaheim Health Fair at the Brookhurst Center on Sunday.

H.O.P.E. volunteers help at fair

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More than 60 volunteers from the Cerritos College Project HOPE program were at the Anaheim Health Fair on Sunday.

The fair provided free physicals, flu shots and other medical attention to more than 1,000 Anaheim residents at the Brookhurst Center.

Among the volunteers were Michael Barrera, political science ma-

yor, who explained the reason why he and other volunteers were there was to help.

"We are just here to help out those who need to have medical attention," he explained, "and also help out those who can't afford to pay for a doctor's visit."

That is why it was important to hold an event like this commented John Nicoletti, Anaheim external affairs manager.

"There are a lot of professionals

who are giving back to the community," he added.

Beforehand, Nicoletti said that the city had run advertisements on the radio and television and that more than 35,000 flyers were distributed in English and Spanish to let the public know of the event.

He was pleased with the turnout and added that the volunteers were taking initiative toward making a person's life better.

Anaheim city councilman Hen-

ry Sidhu was the one who organized the event and said that there had been a call to provide help for those who couldn't afford to pay for a doctor's visit.

Manuel Canderario, Project HOPE coordinator agreed. Anaheim residents like Aracely Callenderos, enjoyed the opportunity of the health fair because, "there are people who can't afford to go in for a simple physical."

Club seeks material for magazine

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The Writer's Anonymous club is currently accepting submissions for its magazine called "Untitled" due out on April 26.

Writer's Anonymous co-presidents Mario San Juan and Jeanine Rodriguez said that it will be a great opportunity for students who are shy to express themselves through writing.

Among the written material that can be submitted are poetry, short stories and erotica.

For those who submit novels and screenplays, San Juan said that the amount of length is up to two pages long. The deadline for submission is tentatively scheduled for April 12.

However, there is a possibility that the deadline could change.

Students, however, had mixed reactions to the magazine. Danny Anadar, undecided major, said that he wasn't sure whether he'd submit anything. "Maybe I will submit something later," he commented, "but I don't know."

Adrian Guerrero, undecided major, also said that he wouldn't consider submitting anything to a magazine as well. "I would be uncomfortable with it," he said, "because I play the guitar and whatever I write would have to be set to music instead."

Nevertheless, San Juan said that the main reason for having the magazine this semester is "for students to have the opportunity for intellectual growth as well as having something that they have written published."

The idea to have a magazine was Rodriguez's idea according to

San Juan. Currently, the club has received more than 10 submissions through its MySpace website and both Rodriguez and San Juan say that it's great.

In hearing that the club is looking for submissions, Jennifer Bolidi, psychology major, said that it was great that a club would be looking for poetry and are going to have a magazine.

"I wrote a lot when I was attending Paramount High School, and what the Writer's Anonymous club is asking for seems like a cool idea."

She added that she would consider submitting material for the magazine. Rodriguez said that those

who have not thought about submitting poetry or any writing should.

"It would be a great opportunity for those who write to get some exposure." In addition, she said that the material that would be published could eventually lead to a career as a writer.

Rodriguez emphasizes that those who have written poetry but have never thought about submitting what they write should.

Material can be submitted by e-mail at cerritos_wa@yahoo.com or for more information visit: www.myspace.com/writersan. The club meets every Thursday at 11 a.m. in Room LA 33.

Senate appoints Sin as chief justice

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Kanneeka Sin, English major, was appointed as ASCC Court Chief Justice last Wednesday during the ASCC Senate meeting.

Sin, who has served as interim Chief Justice, fills in the position that had been vacated since former Chief Justice and current ASCC President Joe Cobarrubio left the position to run for the presidency in the 2005-06 school year.

She has served on the Court since 2005 when she first served as associated justice.

In addition, while attending Western High School, she served as Student Body Vice President in 1999-2000 and ASB President in 2000-2001.

The duties of the ASCC Chief Justice shall be to:

- Function as the official administrator of the Court
- Preside at the meetings of the Court
- Appoint the clerk of the Court and any other officials that the Court deems necessary with approval of the Senate
- Call a pre-hearing conference

with the disputants for the purpose of determining whether the Court has cause to act, if the Court is unable to make such a determination based on petition alone.

- Maintain the Court Calendar and assign the time, date, and place of hearing.

Sin could not be reached for comment, but those in the Senate like Senator Yuri Martinez said that Sin is very qualified and will do a great job as Court Justice.

"I know her personally," Martinez commented, "and Sin has very good leadership skills."

She added that Sin is also a very good student and is committed to what her duties are as she served during an interim basis.

ASCC Vice President Jason Macias also said that it was great that the Chief Justice position is filled.

"Sin has done a good job as an interim Chief Justice," he explained, "and she is very aware of what the responsibilities are in her position."

Macias added that what Sin will provide is knowledge and understanding within her position.

Student probation addressed at Cabinet

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More than 900 Cerritos students are currently on academic probation according to a matriculation report that was presented by ASCC commissioner of budget and finance Christopher Olivares.

Also, as part of the report, prerequisite enforcement has also led those more than 900 students to seeking class petitions in the spring semester.

Academic Probation is when a student grade point average has fallen below 2.0 after attempting at least 12 units a semester.

"There has to be a program in

order to solve the problem of those students on academic probation," Olivares said.

He added that when he read the report of those students on academic probation it generated a sense of importance in finding a way to lower the number.

Cerritos students said that it's the fact that students need to focus on their education that would eventually lower the number of those on academic probation.

"It also depends on the number of classes that students are taking," Alan Velancy, film major, said.

For full version of the story visit www.talonmarks.com.

STUDENT ORGANIZATIONS

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Mental: Health care providers neglect treatment for ill

Continued from page 1

Thirty thousand Americans commit suicide each year as well.

Furthermore, Ramstad said that \$4 billion is spent to submit those with a mental illness into a mental institution.

However, Napolitano, Kennedy and Ramstad all agreed that there is a way for those who have mental illness or an addiction to get help. It begins with the insurance companies saying that there should be coverage for those who receive treatment for either mental illness or addiction.

Kennedy and Ramstad will reintroduce the Paul Wellstone Mental Health and Addiction Equity Act to the U.S. Congress this year and Ramstad said he hopes that, "this will end discrimination for people who have a mental illness in America."

Ramstad stressed however the importance of acting on the legislation quickly. "We as Americans can't wait 40 years for something to happen, like it took the Civil Rights Movement to be enacted on; it has to be implemented now," he said.

Los Angeles County Sheriff LeRoy Baca agreed. He said that those who have been arrested have suffered from a mental illness as well. From his point of view, he thinks that for those who have committed petty crimes, jails are not the answer.

"Those who have been in jail don't need to be there," Baca said, "therefore there needs to be another system for those who have a mental illness and drug dependency."

Baca said that people being put behind walls is not therapeutic for those who seek help but the insurance companies are still refusing to cover the cost for treatment.

That is why the bill that will be reintroduced to the U.S. Congress is important according to Napolitano, Kennedy and Ramstad so that all insurance companies know that this issue should no longer be ignored.

Following the discussion, Cerritos students said that in hearing the importance of such an issue as mental health and addiction, it should be spotlighted in the U.S. government.

Velma Samayoa, psychology and mental health major, said that it was a good arena to have the discussion of mental health and addiction.

"I feel that the issue of mental health is currently being ignored and denied by insurance companies."

She added that what is sad is that those who have mental illnesses are stuck with having to be admitted to mental institutions when there is other means of help that could be provided.

Recycling Drive on students' minds

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ASCC President Joe Cobarrubio informed Board of Trustees members about the upcoming recycling drive that will take place in Falcon Square, during last Wednesday's meeting.

The program, which will take place March 6 and 7 from 11 a.m.-4 p.m., was originally announced during the ASCC Cabinet meeting on Feb. 5 by commissioner of student outreach Joelle Lai.

Students, especially those in the culinary arts department, say the idea is great.

Steven Marzado, culinary arts major, said that recycling is a good idea for the culinary arts department because all of the supplies used to cook the meals when the department is opened for the spring and fall semester go into the trash can.

"The recycling program will definitely benefit the culinary arts department," he commented, "because it would be better than all of the milk cartons and metal material to go to the trash cans location behind the department."

Jose Lopez, culinary arts major, agreed.

"What this will do is help clean up the environment," he said, adding, "I think that there should have been a recycling program a long time ago."

He and Marzado said that high schools now have recycling programs and that Cerritos should have not waited, but it's better late than never.

Cobarrubio continued saying that during the recycling drive, snow cones and popcorn will be sold as well to hopefully encourage students to bring bottles and cans.

During the Feb. 5 Cabinet meeting, Lai also said that students who volunteer will be wearing t-shirts promoting the importance of recycling and also they will be supplied with plastic bags for bottles and cans.

Blood: Save the flowers, donate blood

Continued from page 1

"I believe I should be able to take one hour out of my week to give to my community. I am just giving others an opportunity to do the same," Gale added.

There are several places within the Cerritos College community where you can go and donate blood on your own time as well.

If you visit www.givelife.org, it can give you a list of upcoming blood drives within your area based on your zip code.

There are measures one needs to take before donating blood. A questionnaire is given that asks for sexual history and overseas history.

Also in order to donate blood you have to be in good health and not have taken antibiotics within the past month. They also check your blood pressure, your glucose level and your iron level.

And if your iron level is too low, you won't be able to donate because you might be anemic, which means your red blood cell or your hemoglobin is low.

The Red Cross doesn't pay their donors in order to get more people to donate because the Red Cross wants the safest blood and they want donors that want to donate blood to help others not for monetary purposes.

MySpace:

As problems continue in the lab, students find themselves waiting in line

Continued from page 1

"If the labs were all filled and the computers were all used, we asked students to get off MySpace to make room for students who were happy to do research," he said. "As opposed to students who are using MySpace for recreational personal use."

McGinnis stated however, that he was not informed about the incident that took place on Jan. 25. He asked the lab technicians about any incidents that happened but was told that no such cases had been reported.

Despite that, some students say that they are aware of fellow students being on MySpace and think something extra should be done about it.

"I work in the computer lab," Chris Cruz, captionist major, said. "(So) that's where I do most of my lab stuff."

But for Amanda Ickes, teaching major, she believes that there is only one purpose for the computer labs.

Carpool: possible parking spots may help parking problems

Continued from page 1

"(Since) it will take time and I can't do it by myself."

He believes that this project will take over a year to complete, but that the wait will be worth it.

"If the students win, I win," Sandoval said, "because I am a student too."

Shirem Montero, animal science

major, believes that the installation of carpool lanes are long overdue and frequently carools with friends.

"Carpooling is definitely an advantage," Montero said, "It saves time."

Montero believes that carpooling is great for saving time and avoiding traffic.

"It's also nice to have a companion while you drive," she said.

Cyndi Campos, undecided major, said that she does not carpool at the moment, but would consider it if she lived closer.

"I could probably get to school faster by using the carpool lane on the freeway," she said, "and it would be cool to have a parking spot closer to the campus."

"I believe that the computer lab is for students to do their work, not for MySpace or for (checking their) e-mail."

"I just went there today, did some homework, and left, so that another student can do homework."

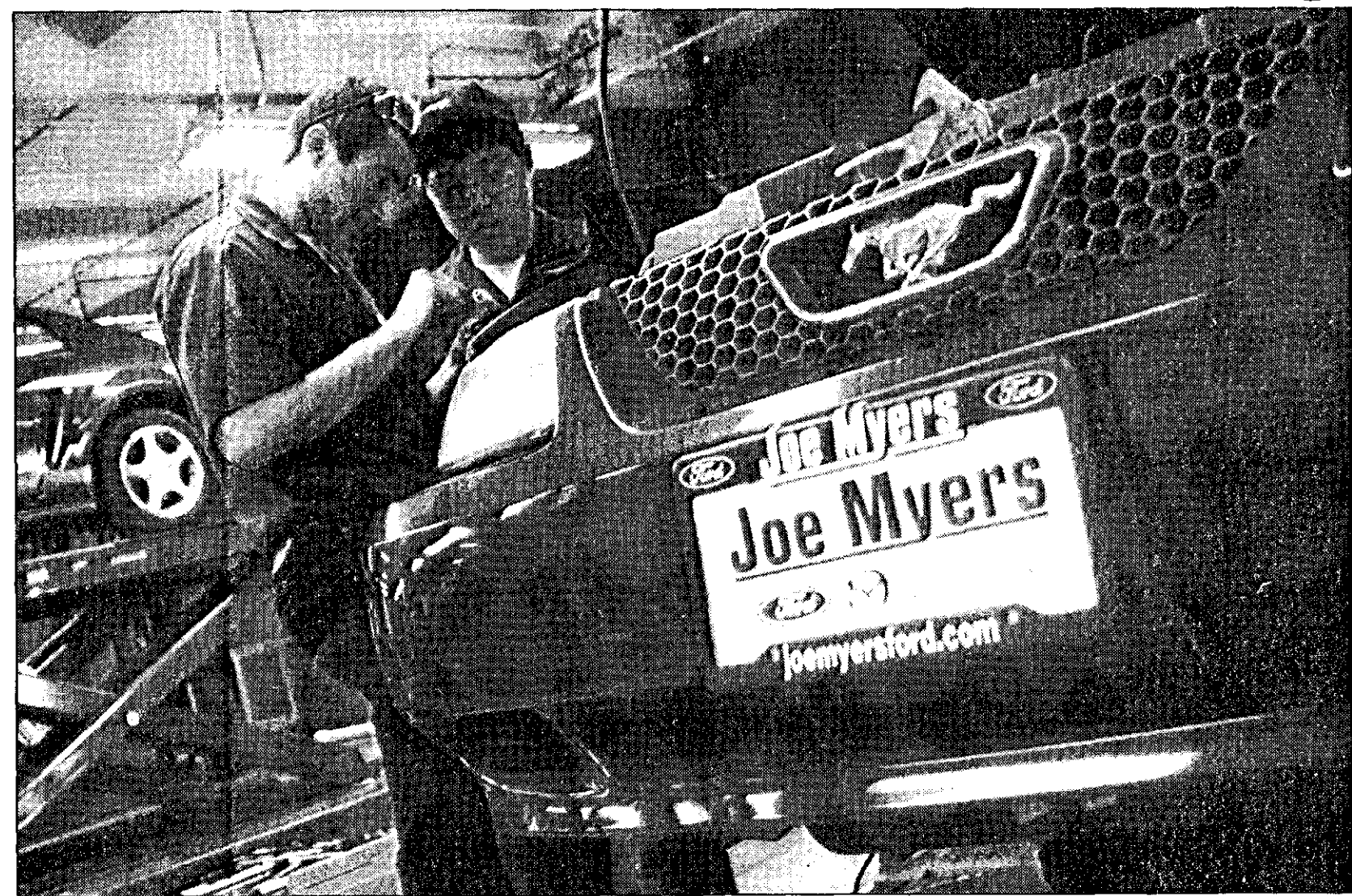
A courtesy that Angelino Cartto, undecided major, agrees with.

"I think the person who was on MySpace should have given up the computer for the person that had to do homework," she said.

Although the continual problem has yet to reach a solution, students like Jennifer Gonzalez, undecided major, question why this is still happening.

"Everyone has computers in their house," Gonzalez said. "(So) they could (go on MySpace) there."

The race was on to win Ford Mustang



NORMA PALACIOS/TM

Mustang Gold: Van Nuys High School seniors Michael Semerdjian and David Yoo put their skills to the test in the Cerritos College high school automotive competition that was held on Saturday in the Automotive Department. The duo with the highest score will be announced tomorrow and will win a trip to New York City and in addition with a Ford Mustang for its school.

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Fifteen Southern California high schools competed in the "Hands-On" Automotive Technology Semifinal on Saturday in the Cerritos College Automotive Department.

The contest was sponsored by the Greater Los Angeles New Car Dealers Association and Southland Motor Car Dealers Association.

Among the high schools that participated in the competition were:

- Agoura High
- Palmdale High
- Van Nuys High
- Venice High
- Canyon High

The semifinal competition tested high school seniors' knowledge and ability of engine management, vehicle safety and body electrical systems.

In addition, it also used the students' mathematical skills as well as the use of resources, using charts and teamwork.

The high school duo with the highest overall score out of 90

points will compete at the national competition on April 10-11 at the 2007 New York International Auto Show.

Furthermore, the winning duo will win a Ford Mustang for its high school. The winner will receive a phone call from the Automotive Department sometime this week.

Beforehand, students said that they were excited and couldn't wait for the competition to begin. Jose Guidel, Venice High School senior, said that he, along with Jesse Navarro, was confident that they were going to win.

Babak Azadi, Venice High School instructor, said that he had high expectations for both Navarro and Guidel because both had trained during the last year for the competition.

For Azadi, having taught automotive technology for eight years has greater enhanced his love for cars.

Guidel and Navarro said that their interest lies in the fact that their parents have a family-owned business.

"Both of us are just keeping in

the family tradition," Navarro said. Guidel also agreed.

However, for Joe Agruso, Van Nuys High School instructor, it wasn't that he had high expectations. "I'm here because I am showing support to my students David Yoo and Michael Semerdjian."

But he did say that he expected to win the trip to New York and he jokingly said that he had his bags packed to head east for the Auto Show.

That same sentiment was what Agoura High School instructor John Andersen had. He said his bags were packed as well, but it all lead back to the fun of having the competition that both enjoyed the most.

There was also what a career in automotive technology can do for those who were there for the competition as well.

Agruso said it would give students the opportunity to put a skill like automotive technology in resumé that meant, "those students have an interest in that field."

When the competition was underway Palmdale High School seniors Alberto Resendiz and Cole Younger had support from fellow

high school seniors Jaime Rodriguez and Mark Barvera. Rodriguez said that he hoped both would do well and win the trip to New York.

Barvera said that he was hopeful that Resendiz and Younger would win by showing up to Cerritos to cheer them on.

Cerritos automotive instructor Steve Berklite said that the reason for having this competition is simply for those high school students who are looking for a career in the field. Within the fifteen high schools that competed, Berklite said that there were two women who competed.

Berklite said that it is common for a small number of women to compete but overall those who were there to compete did well.

Afterward, Navarro and Guidel said that they were relieved to have the competition over with but said that they were confident they did well to win the trip to New York. Resendiz and Younger said the same thing.

Kevin Taylor, automotive department chair said that the students were well-prepared and that the contest gets better with every year that it is held.

Plan:

Master plan yet to be reviewed by students

Continued from page 1

by the aforementioned deadline date and time."

Part of Riffle's job as Director of Physical Plant are district management and oversight of all Campus Maintenance, Operations, Civic Center activities and Construction activities.

"We have received one letter regarding the document and it was from the County Sanitation District of Los Angeles," he said.

"(It) offered some general comments regarding sewerage service basically regarding County structure and fees associated with planned expansions such as ours."

Changes under the Master Plan have already taken affect. The renovation of the football stadium, including a new track surface and synthetic turf field.

About the Master Plan, Vice President of Business Services JoAnn Higdon, "It is a well developed plan and provides the maximum benefit of leveraging our limited bond funds with those of the State."

Riffle said that the project for the renovation is in its final phase and hopes that it will be completed within the next few weeks.

According to Riffle, the Health Sciences building was also painted and also had installation of new ex-

terior and more efficient lighting. The current Health Science building was officially opened in June 2006.

Riffle believes that though there is still more work to be done, overall, everything is going right on schedule.

"The district is currently in various planning stages on several projects and we are on target regarding timing of the current approved Master Plan," he said.

One of the other renovations in the Master Plan includes new parking lot structures that is planned to accommodate 28,000 students or 19,272 full-time students.

"I think the renovation of the parking lot is a good idea. It'll make it more convenient for students, so they won't have to spend time looking for open spaces," said Meng Khou, business management major.

Riffle believes that students should and do know about the changes that are being planned for the campus.

"Students have representation on many campus committees where the Master Plan was presented for dialog and comment before being brought to and including our Board of Trustees were the Master Plan was ultimately approved and also has student representation."



TALON MARKS is a First Amendment publication.

Editorials express the views of the Executive Editorial Board.

Other opinions express the view of the author and are not to be considered opinions of the publications staff, the Editorial Board, the advisers, the Cerritos College Associated Students, the college administration or the Board of Trustees.

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EDITORIAL

The Valentine's Day love scam

When Valentine's Day comes around, people start thinking about the people they truly love. And that is when they decide to buy something really nice or expensive for them.

But why do we think about our loved ones only on holidays like Valentine's Day and on their birthdays?

Have we taken our loved ones for granted or have we taken love for granted? Perhaps we may have done both.

'I love you' is one of the phrases or saying that have completely lost its meaning. We say 'I love you' sometimes without even realizing it.

Those three words have become something so common to say when in a relationship.

It's almost as if it's mandatory to say after so many weeks or months after being in a relationship.

And in some cases people say 'I love you' to their companion just because the other has told them that they loved them.

But in the case of relationships it's likely that one of the two will fall in love with their partner faster than the other.

And once both of the people in the relationship feel that they are in love, they feel they need to say it over and over again as if by saying it more will mean that one loves the other more than the other.

And after saying those three words over and over again, it tends to lose its meaning. When those who say it too often tend to mean it less and less the words themselves lose their meaning.

In most cases the love also fades, especially within relationships.

However, it's not only in relationships that love has lost its meaning.

Think back on how many times you have told your mother or father that you love them or the rest of your family for that matter.

For some families they do say 'I love you' to one another and actually mean it.

But for some families, some just don't say it to one another.

It's like they don't feel the need to say it because you're family and it's a given that you love each other or that since you're family that it's mandatory that you have to love your family.

Saying 'I love you' tends to be either real easy to say or real difficult to say it.

If it's real easy, then that probably means that you don't know the real reason for uttering those words and the meaning has been lost.

As for those who have a difficult time uttering those words usually means they aren't as willing to share how they feel with that special one.

Love is something important everyone should learn how to feel, and it will only make them a better person in the long run. Once they know what it is to love then they will have no problem showing future families whether it's their immediate family or the one that they will eventually create.

So don't be afraid to love. Try saying 'I love you' to the ones you love the most.

It will not only make them feel better, but it will make you feel better because you will begin to feel good.

It's okay to say 'I love you,' but remember when using that phrase, never forget what those three words represent.



ILLUSTRATION BY TANYA BERMUDEZ AND JONATHAN SANCHEZ



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Get down from your power high

When the going gets tough, get going together.



Jonathan Sanchez
Online Editor
online@talonmarks.com

Since we live in somewhat of a democracy, it's no wonder everyone wants a "piece of the pie." In this case, that piece is none other than power.

Fidel Castro, leader of the communist regime in Cuba, is perhaps the most notorious power-hungry human being still living today. Yet, to contrary belief, others seem to want to take that fame away from him and give him a run for his money - how ironic.

In recent weeks, I've come across a plethora of individuals who seem to disagree with those in power, mainly in small settings. And it's not so much that they don't agree with those in power in small settings, it's that they have their own secret agendas they want to get done the wrong way.

It's like the "eye for an eye" rule came back into play all over again.

In fact, the reason so many people are hungry for power is because they're fearful of being powerless.

In a way, it's like the Catch-22 from Hell.

And I'm tired of people taking on their fears as motives for scaring those around them so that they feel "protected."

It's like some people just want to take out their

pain on others.

If your idea of the ultimate catharsis is being a power-hungry, blood-sucking leech, let me be the first to tell you, that plan will fail.

Coercion failed for "big brother," and it will for you too.

Yet, some people are push-overs just because they're selfish and want it "their way or the highway."

By trying to impose your opinion, you look more like a dead-beat car salesman than a revolutionary mogul.

Our generation isn't one to handle oppression very well. Look at all the protests and marches against government injustice and how Bush's approval ratings are sinking in the quick sand of his own demise - we all have a voice that needs to be heard.

Many things are just "not right," we all know that, but how do you expect any outcome without being a model participant of your own ideal? Either deal with things in a positive way, or keep

quiet. All you're going to make is a commotion full of adrenaline-junkies wanting to start a revolution for the sake of a revolution. You don't like those above you, then take them down the right way and at the right time.

If you don't like those who are above you in authority, show them that you're better by your performance, not just by your boastful attitude. Stop being cocky about something you can't own up to.

Get out of your little utopia of how you'd make a better leader, manager or guide. It'll take both you and those around you nowhere unless you prove yourself.

The only way we can ever progress as a society is through teamwork.

You can't win a championship all by yourself. Look at the Colts' victory in the Super Bowl. Their team is comprised of not only players, but also of coaches, trainers, athletic professionals and nutritionists.

Had each player not been coached, trained, and kept hydrated, they wouldn't have reached the pinnacle of their athletic performance.

Go figure, one of America's pastimes also reflects teamwork and efficiency.

So give up your hunger for a piece of the pie and learn to be a "piece of the puzzle."

QUOTE OF THE WEEK



OBAMA ON THE CAMPAIGN TRAIL IN IOWA

Democratic presidential candidate, Barack Obama, discusses the War in Iraq at a rally in Iowa.

"We now have spent \$400 billion and have seen over 3,000 live of the bravest Americans wasted."

Obama immediately apologized on Sunday for his remark regarding "wasted" lives.

"Even as I said it, I realized I had misspoken, it is not at all what I intended to say."

Is Valentine's Day Overrated?

COMPILED BY OSCAR CATZIN
PHOTOS BY JONATHAN SANCHEZ



MARQUES CALDWELL
physical therapy major
"Not really. Although I think men do a lot more and ladies think it's more like their day, but it's for both. But I don't think it's overrated."



NICOLE JENKINS
cosmetology major
"Yes, I think so, because if you have someone you love, Valentine's Day should be every day."



FIORELLA RUNCIMAN
biology major
"I don't know. I think it's like any other day."



LINDA OSIBU
liberal arts and sciences major
"I don't think Valentine's Day is overrated. It's a day when people get to show their emotions to other people. Some even propose on this day. I think it's sweet."



JOEL GONZALEZ
graphic design major
"I don't know. I'm not sure."



JOSUE OROZCO
music major
"I don't think it's overrated by people but it is by the business."

Democrats, friend or foe

With elections creeping up, are you ready to make the right choice?

The Democrats are now being hailed by many as the solution to the chaos created by the Bush administration.

Only when Hillary Clinton or Barack Obama is elected president, then and only then, will war and every injustice cease to exist.

Many citizens of this country seem to believe that the prospect of having the first female or African-American president will change the course and impact of this nation.

The fact that they both belong to the "opposition party" has placed the faith of many in these two individuals to bring about radical changes in current U.S. foreign and domestic policies.

It is safe to say that in the coming months Clinton will use the "first female president" card, which seems to be working beautifully already, all the way to election day.

Although Obama is the most honest and likable of the two competing candidates, he will also fall prey to the "first African-American



president" card.

The election of a female or an African-American in this country would of course be a great accomplishment in itself.

After so many generations of oppression of women and blacks, the victory of either Clinton or Obama will be historical.

The usual spectacle that we know as the presidential elections here has a new trick to play on the citizens of this country.

It is the norm here that the government and media make an issue of appearances, color of skin, religion, gender and other physical traits that cloud the real issues.

What people fail to see is that it does not matter who is president in this country, the real decisions of what affects us has already been decided in un-democratic forms.

People believe that because every four years we are allowed to fill in a circle next to the name of some former or future corporate mogul, democracy has been achieved.

And even then, only about half

the population actually votes. From the half, the larger percentage wins the "winner takes all." So in actuality we are being governed by a very small consensus!

Now that the Republicans can no longer conceal their lies and crimes, the presidency will go to the Democrats.

But are they a genuine opposition party? Did they not vote to go to war in Iraq? Do they not continue to help fund the war? Are they not the co-founders of unjust capitalist policies such as the North American Free Trade Agreement?

The Democrats give the illusion of an alternative to the Republicans, but their only difference is their rhetoric. Their actions are just the same as Republicans, but a little less hawkish and more discreet.

Before you go running out next year to fill in your choice for Clinton or Obama in hope for real change, take some time to objectively look at the facts and actions of the party Clinton and Obama represent.

Democrats do not represent a viable, alternate choice. Make the choice for yourself and be aware of the coming presidential election circus.

Hollywood gay scene

Gay celebrities come out and make way for acceptance and understanding

It seems that Hollywood can't get past the fact that there are gay actors in the industry.

Being that comedian Ellen DeGeneres has been the first person to have a gay character in a leading role in a sitcom, the fact of the matter is that gay actors can't get rid of the label.

It's true because when DeGeneres came out in 1997, more than 36 million viewers watched her announce it on national television, it was praise for gay people like DeGeneres and then, criticism began to spill out.

Now, in light of "Grey's Anatomy" star Isaiah Washington's anti-gay slur against co-star T.R. Knight last October, it just goes to show that no matter who you are, that label of being "gay" will not go away.

Washington can do rehabilitation and meet with the Gay and



Lesbian Alliance Against Defamation organization but the fact of the matter is, he is homophobic.

If not, then why did he open up his mouth for?

Sure, celebrities have followed DeGeneres' coming out of the closet, with the likes of Rosie O'Donnell.

Recently, former NBA center John Amaechi, who spent five seasons with four teams, became the first NBA player to publicly come out last Wednesday.

Martina Navratilova, perhaps the most famous openly gay athlete in the world, praised Amaechi's decision and said it's imperative for athletes to come out because of what she called an epidemic of suicides among young lesbians and gays.

"It's hugely important for the kids so they don't feel alone in the world. We're role models," she said.

"He will definitely help a lot of kids growing up to feel better about

themselves."

However, I ask what are people so afraid of when it comes to knowing someone who is gay?

I seriously want to know because I myself have tried to understand what the problem is when it comes to people who are gay.

Trust me, the fact that celebrities, as well as athletes, are more accepting of people who are gay does mean that there are people who are more non-judgmental.

I just think that someone needs to pound that into Washington's head so he won't make that stupid mistake again.

If he doesn't, I wonder how he would react if someone was to refer to him as the "N" word.

I sure hope now that he has realized his mistake and that he won't do it again, but I suspect he would no matter what show made him famous in the first place.

So, the next time Washington decides to call someone the "F" word he should know that someone else can use another word as a weapon too.

Dropping the F bomb

When celebrities F-up, there's no telling what will happen next

Why must hateful words be used to define who someone is? Why must celebrities use these words on and off screen when referring to a colleague?

In recent months an actor by the name of Isaiah Washington, who is one of the stars of the Grey's Anatomy cast, made a scene on set when he referred to cast member T.R. Knight as a "faggot."

The show has been in the news recently, not only because of its win at the Golden Globes but of what took place after the cast went backstage to talk to the press.

This wasn't the first incident where Washington referred to his colleague as a fag. So it begs the question, is Washington displaying discrimination or hate toward the gay community?

To silence any type of bad publicity, Washington was quick to release a statement apologizing and stated how he regretted saying what he said and how he was going



to take necessary measures to take care of the situation.

But all that was PR, and that's what all celebrities are suggested to do when they mess up.

The thing is how can one apologize for their actions and state that they regret what was said but then a few months later utter that same word again in front of cameras and journalists?

And of all places at the Golden Globes press room!

As the cast was celebrating its win for best drama!

As usual after winning an award you talk to the press. And as one reporter was getting ready to ask a question regarding the relationships within the cast, Washington gets in front of a microphone and denied calling Knight a "faggot."

But what is baffling is, why say that word again and in front of the press no less? He wasn't using his brain when he reiterated what he denied he said.

With his actions at the Golden Globes, it started up this ongoing controversy with the cast and the gay community.

Many now perceive him as homophobic.

But what does a stunt like this do for the show? Its not good publicity, it's bad.

Many fans of the show believe that he should get fired, but I beg to differ.

Even though I didn't agree with what he did, I don't think the writers and producers want to risk it by firing him.

Washington is a main character and for ABC to find a replacement for him if he was to get fired, would be a downfall for the show.

It would be different to see another person play Dr. Preston Burke.

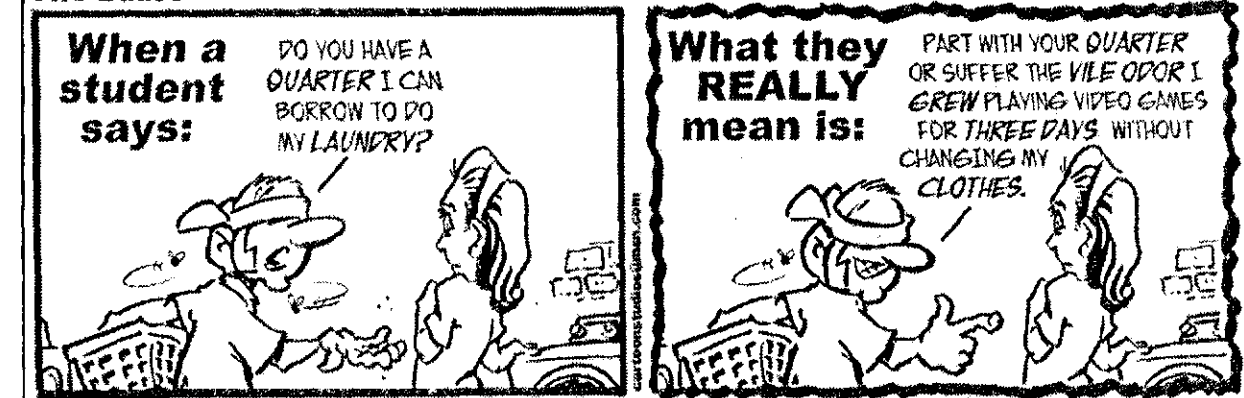
The dynamics of the cast would change because all the main characters have been involved with the show since its pilot season.

ABC should find away of punishing him whether it be a fine or something, because firing him would only punish the viewers of the show.

GIRLS AND SPORTS



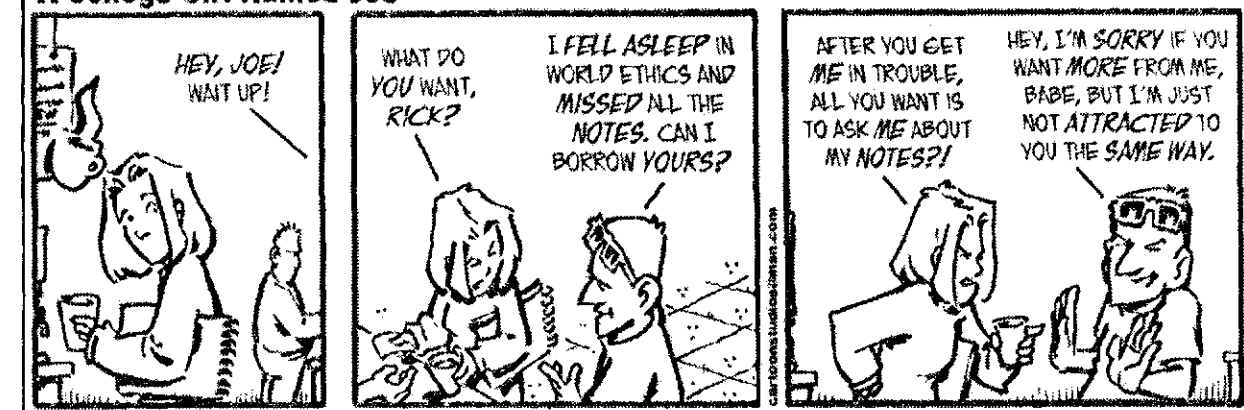
Two Dudes



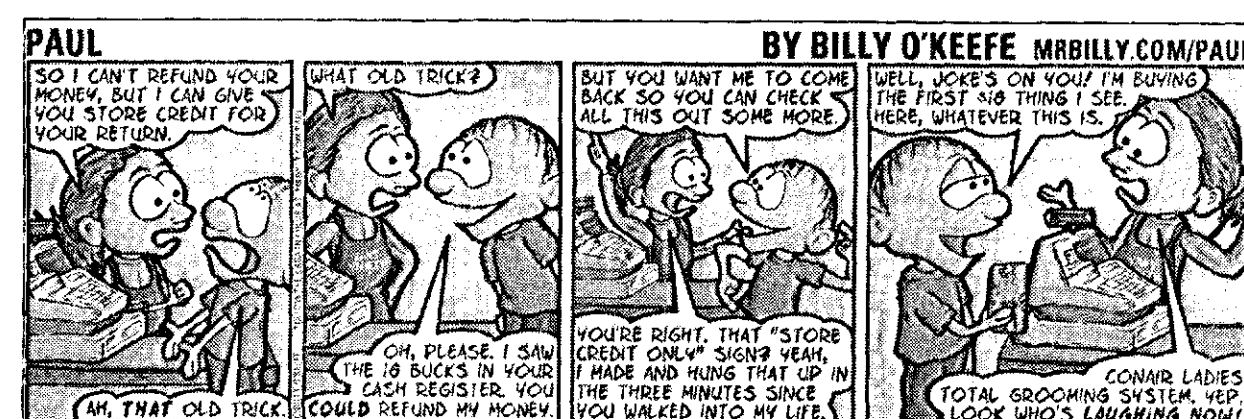
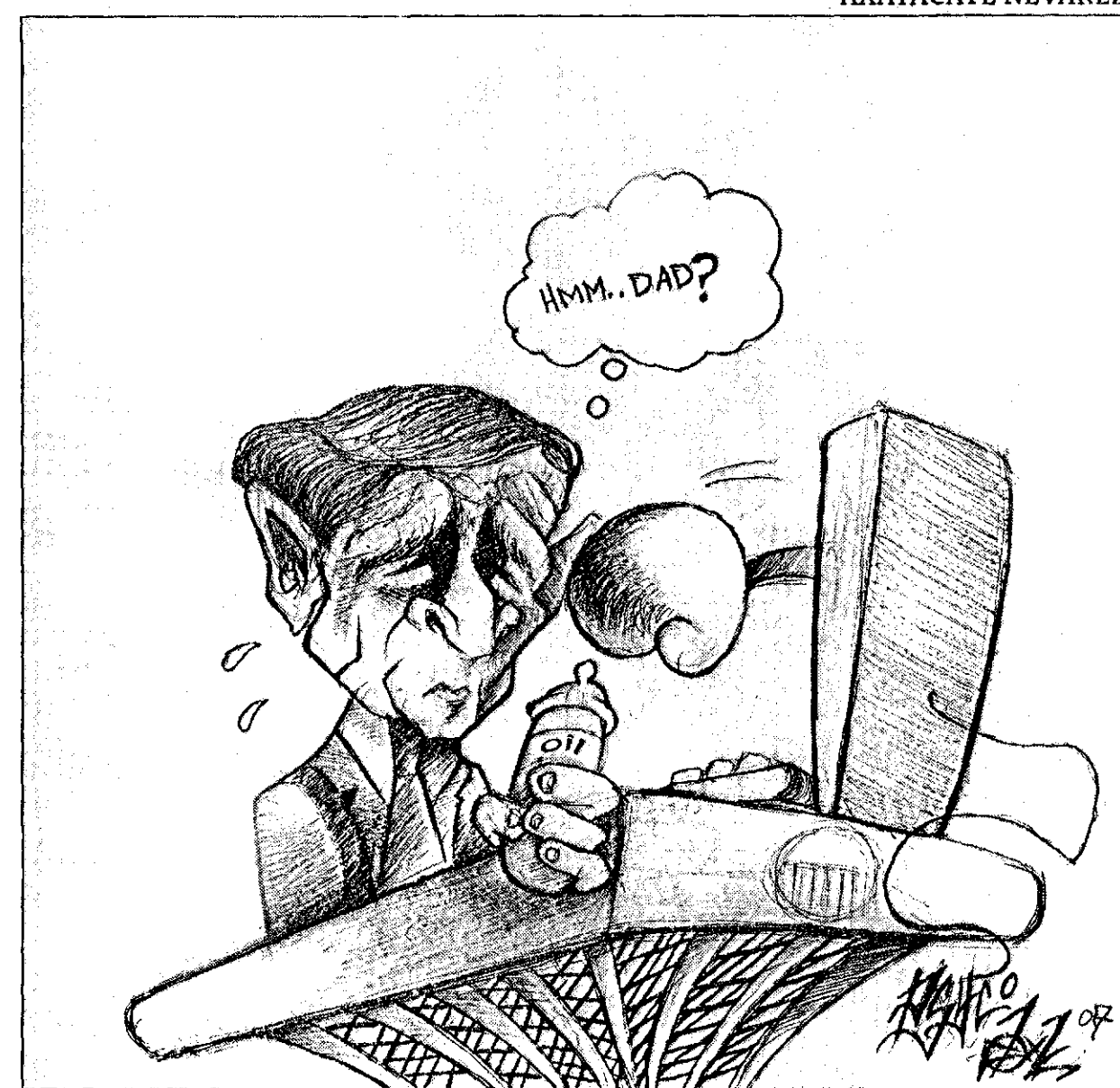
TALON MAN



A College Girl Named Joe



AXAYACATL NEVAREZ





Unfixed art makes a move in art gallery

TIM DICKERSON

Staff Writer
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Works of Pedro Rios Martinez, Gary Garay, Shizu Saldamando, and Xavier Cazares Cortez are now on display in the Cerritos College art gallery.

The opening reception was last Thursday, where all the artists were in attendance to talk to students about their art.

The art collection will be open from Feb. 6 to March 8. The artists' talk will be held on Feb. 28 at 5:30 p.m.

People were particularly drawn to Cortez's work.

Cortez's work was many things put together to make art. There are small shelves with various trinkets on them.

In the center of Cortez's display room was a rack of bumper stickers. "I like to play with the whole store idea," he said.

There are also works which contain lyrics. "Most are from 'The Conversation' by David Bowie," he said. Cortez wrote what he thought the lyrics were on one side of each board, and then wrote the actual lyrics on the other side.

Most of Cortez's work was literally not stuck in place. "I'm questioning the idea of the fixed art. Nothing is fixed. [I like] keeping it as a fluid and living organism," he said.

So most of his works were changeable and could be turned around to make something else.

"[I like] the wide use of material. I like how it's used. It's all information," Gary Garay said about Cortez's work.

Cortez has a piece near the ceiling, representing a shoe size chart. He said it pays respect to Garay's work.

What drew some people to Garay's display were the shoes. From afar, it looked like everyday shoes, but when people came in close, they realized that it was made of acrylic, cardboard and bike tire.

"I like the materials. What would look like trash now [is] a piece of art," Tiffany Garcia, sociology major, said who was referring to Garay's "Guey" piece in particular.

Garay explained one of his works, entitled "The Good Life." It is in the style of an old '60s-'70s dental advertisement, but with the teeth gold.

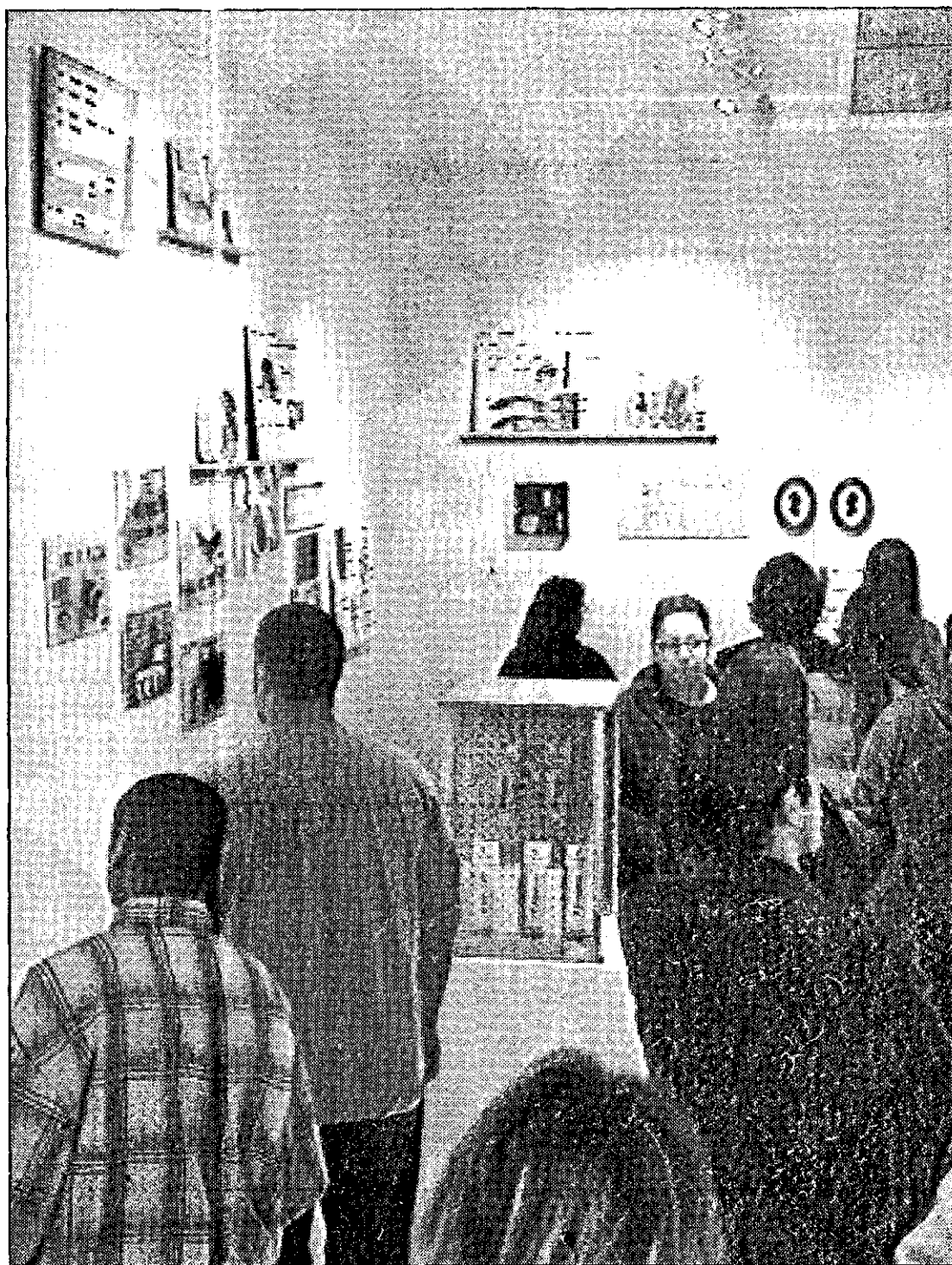
"If you have good teeth, you probably have a good life. If you don't, it's the image that's important," Garay said.

Shizu Saldamando's work all involved a piece of cotton and a ballpoint pen.

Genevieve Madrid, education major said, "It's very different. It's unique. I've never seen art like this with a ballpoint pen." People were also drawn to Martinez's interesting work on wood.

Gloria Cartwright, court reporting major said, "I like the wood. How one [image] is growing out of another one. [I like the] flow of the work." "It was a discovery."

I got a piece of wood and sketched on it," Pedro Rios Martinez said about his work. "I followed the grain of the wood."



Moving Room: "Nothing is fixed. [I like] keeping it as a fluid and living organism," said Xavier Cazares Cortez, who's work is on display in the art gallery.

Eddie plays triple role

OSCAR CATZIN

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Norbit, played by Eddie Murphy, in the recent movie "Norbit" is a skinny, geeky guy that has had a tough life.

His parents abandoned him at an orphanage when he was just a baby, and Mr. Wong (also played by Murphy), a racist Asian man, took care of him.

Norbit falls in love with Kate (Thandie Newton) when they were both children living in the orphanage, but she moves away because she gets adopted.

Later in life, he meets Rasputia (a 300 lbs. drag-queen version played by Murphy) during his teenage years and later marries her.

The whole 'Rasputia' thing has given the movie lots of controversies.

The fact that he dresses up as a big black woman might be a little offensive, but funny none the less, it is a comedy.

Have some sense of humor when you watch this movie!

Norbit is overall a funny movie.

It might not get Murphy nominated for an Oscar, but it sure is worth watching.

Rasputia looks real, unlike the female characters played by men in "Big Momma" or "White Chicks".

The makeup art is great in this movie. I didn't even notice Murphy was Mr. Wong until I read the credits at the end of the movie.

If you think the fact that Mr. Wong is racist and Rasputia is a bad stereotype for black women might offend you, then this is not a movie for you to watch.

On the other hand, if you enjoy a little cruel comedy you might be laughing throughout the whole movie.



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SPORTS - 7

Wednesday, February 14, 2007 • www.talonmarks.com

Disappointing win for Cerritos

STEVEN MARTIN
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Wins aren't always as glamorous as they seem to be.

In one of its final games of the season, the Cerritos College men's basketball team defeated L.A. Harbor College, 69-58, last Friday at The Aviary.

Despite the win, Cerritos players and coaches said that it could have been executed better. Head Coach Gary Cain said that the game was sub-par.

"When the team executes and does what it practices, then it can be as good as anyone," he said. "But when players don't play smart and try to do their own thing, that's when we struggle."

Inconsistency is what made the game sub-par, according to guard Andre Zeumault.

"It wasn't our best performance," he said. "We didn't have a lot of team play. People were more individualistic."

Zeumault made three three-pointers during the game and added 12 points for Cerritos.

Travle Jones filled in the role of big man for the Falcons, playing center.

The natural forward led Cerritos with 22 points and six rebounds.

Ten of forward DeAndre Ferguson's 11 rebounds were defensive.

Guard Allen Harris led L.A. Harbor with 16 points and three assists.

"We did well on the boards, (getting rebounds) and moving the ball. But we missed open shots and free throws," he said.



Basketball Jones: Forward Travle Jones goes up for a dunk. The Falcons defeated LA Harbor College, 69-58 last Friday to bring its record to 10-17.

"(Cerritos) is a good shooting team and very poised when it comes to running the offense."

Though the playoffs may not be in Falcons' near future, the team

hopes that improvement is.

"If everyone is familiar with each other and the system, we'll have a better shot at the playoffs," Zeumault said.

Falcons blowout Harbor by 31 pts

TIM DICKERSON
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It was a huge win for the Cerritos College women's basketball team when it defeated LA Harbor College, 67-36, last Friday.

This victory brings the Falcons to 4-2 in league and 16-13 overall. The Seahawks dropped to 1-6 and 5-21.

Cerritos will play its last regular season home game against LA Southwest College, Wednesday at 5:30 p.m.

The Falcons displayed a great use of rebounds throughout the game against LA Harbor.

Every missed shot by the Seahawks meant an opportunity for the Falcons to bring its points up.

The Seahawks, however, failed to take open shots and tried to play it safe. That just left the Falcons more time to rebound.

Guard Chelsea Womack said, "[We will] cut down on turnovers and we'll be alright by playoffs."

About halfway into the first half of the game, some fans thought it was obvious that they were going to win by a lot.

By about eight minutes until halftime, the Falcons were already winning 22-7.

At the five-minute mark, the Falcons increased LA Harbor's deficit to 30 points, with a score of 37-7.

By halftime, the Seahawks were

able to bring its score up a little with some help from free throws, but the Falcons stayed well in the lead at 39-16.

At the beginning of the second half, it appeared that the Seahawks were going to give the Falcons some problems.

However, after a shot that missed the basket entirely, the Falcons didn't have much to worry about.

For the Seahawks, Melissa Milton had 15 points, eight rebounds and four blocked shots.

Four players scored in double figures for the Falcons, including center Genesis Lewis, who scored 15 points and added 12 rebounds.

Forward Tiffany Wilson scored 12 points (all in the first half) and grabbed 10 rebounds and added six assists.

Guards LaTrina Payne and Lily Rodriguez scored 10 points each as well.

The Falcons seemed to be in agreement that their main goal for improvement was to work on their turnovers.

Jaquita "Q" Payne, forward, said, "[We need to] cut down on turnovers and be smarter on defense."

Cerritos Head Coach Karen Welliver said, "[The Falcons] worked very hard on blocking out [the other team.] The team still has to work on turnovers."

"[Tonight's game] was much more positive than negative."

FALCON SPORTS

14

Baseball vs Golden West- 2:00 p.m.

W. Basketball vs. LA Southwest-5:30 p.m.

M. Basketball vs. LA Southwest-7:30 p.m.

15

Baseball vs. Irvine Valley- 2:00 p.m.

Softball vs. Antelope Valley-3:00 p.m.

16

W. Tennis vs. Glendale- 12:00 p.m.

17

Baseball vs. Fullerton 12:00 p.m.

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The University of Values



Facts, tips and trivia about the fragrant flower

1. How many roses are produced and purchased for Valentine's Day?

The Society of American Florists estimates that 180 million stems of roses were produced for Valentine's Day in 2005; 175 million were purchased in 2004.

2. Where are most of the roses that are sent on Valentine's Day grown?

California is the top rose-producing state, accounting for about 60 percent of American roses. But most of the blooms sold on Valentine's Day come from South America.

3. Why do roses cost so much for Valentine's Day?

It all goes back to a basic economic principle: supply and demand.

The heaviest demand for roses is at Valentine's Day. In order to produce enough roses to meet that demand, growers must battle winter's shorter days and higher energy costs. The threat of bad weather can boost the cost of delivery. And because of the huge number of orders, florists must pay overtime and hire extra help. It all adds up.

4. How should I care for my roses?

- If they are delivered in plastic water tubes, remove them.
- Add flower food to a deep, clean vase filled with water.
- Trim off leaves that will be under the water line, but don't cut through or scrape the bark. Leaves that are submerged can decay and create bacteria that will shorten the life of your bouquet.
- Remove 1 to 2 inches of the stems with a sharp knife or scissors under water.
- After trimming the stems, immediately arrange the roses in the vase.
- Display your roses in a cool place, away from direct sunlight, drafts and heating vents.
- Top off the water every day, and if it becomes cloudy, replace it.

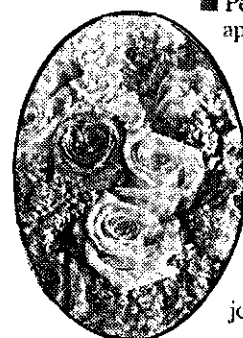
5. Is there a recipe for homemade flower food?

Add 2 tablespoons of vinegar and 1 teaspoon of sugar per quart of water.

6. What do the different colors stand for?

Roses may mean love on Valentine's Day, but be aware that each color sends its own message:

- Red: true love, respect, courage
- Yellow: gladness, freedom, friendship
- Pink: happiness, gentleness, sweetness
- White: reverence, purity, innocence, secrecy
- Lavender: enchantment
- Light pink: grace, joy
- Dark pink: thankfulness
- Peach pink: gratitude, appreciation, admiration, sympathy
- Peach: sincerity, gratitude, appreciation
- Orange: fascination, enthusiasm
- Coral: desire
- Red and white: unity
- Black: farewell, death
- Deep burgundy: unconscious beauty
- Red and yellow blend: jovial and happy feelings



7. How can I preserve my roses?

There are a number of methods for preserving roses. Try these:

- Press a single rose between pages of a book. Then, stack something heavy on the closed book. Display pressed roses in a frame.
- Use a medium-hot iron to press a rose between two pieces of waxed paper. Use new pieces of waxed paper for each rose.
- Cover the roses in clear plastic that is ventilated with tiny holes and hang them upside down in a dark place. Using this method will shrink the roses and cause a loss of color.
- Bury the roses in a granular, desiccating material such as perlite sand, silica gel or borax, which you can buy at a craft or floral shop.
- Use a hammer to mash the end of the rose's stem. Place it in a 6-inch deep mixture of glycerin water — one part glycerin to two parts water. You can remove it when all of the leaves turn golden brown, in about two to three weeks.

8. How long have roses been grown?

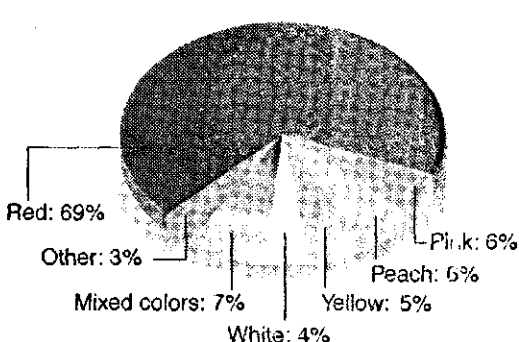
Roses have existed for at least 35 million years, according to fossil records, and they have been cultivated for at least 5,000 years. The world's oldest living rose, thought to be about 1,000 years old, grows on a wall at the Hildesheim Cathedral of Germany.

A ROSE IS A ROSE IS A ROSE

9. What holidays are the most popular for rose purchases?

Valentine's Day, Mother's Day and Christmas.

10. What color of roses is most popular on Valentine's Day?



11. When did roses become associated with Valentine's Day?

Back in the 1600s, the "language of flowers" was brought from Turkey to Europe. Roses, which symbolized love, were a natural fit when celebrating Valentine's Day.

12. Who buys roses for Valentine's Day?

According to the Society of American Florists, men buy 74 percent of Valentine's Day roses; women buy 26 percent.

13. When was the rose named the official national floral emblem of the United States?

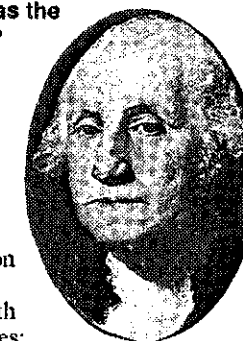
Oct. 7, 1986, when President Reagan signed the legislation into law.

14. Which states have the rose as their official flower?

Georgia, Iowa, New York and North Dakota. It is also the official flower of the District of Columbia.

15. Who is known as the first U.S. rose breeder?

George Washington.



16. How are roses classified?

The American Rose Society, in cooperation with the World Federation of Roses, has adopted a classification scheme with three main groups of roses:

- The Species (such as "wild roses")
- Old Garden Roses (those classes in existence before 1867)
- Modern Roses (those classes not in existence before 1867)

17. Can you eat roses?

Yes, roses are edible, particularly their hips. A rose hip is the seed pod that forms on canes after they bloom. The hips can range in size from pea-sized to the size of a small apple. The rose variety determines their size, shape and color. Rose hips are high in vitamin C and have a tangy yet sweet flavor. They can be used to make tea, syrup, puree, jam, jelly and sauce. Don't try eating them raw, however, because they have stiff hairs around the seeds that can be irritating. Rose petals are also edible. You can sprinkle them on salads, use them as garnish or make them into jelly. Before using hips or petals in the kitchen, make sure that the rose from which they came has not been sprayed with fungicide or insecticide, which can be absorbed into the plant's tissues and therefore cannot be washed away.

18. What affects a rose's scent?

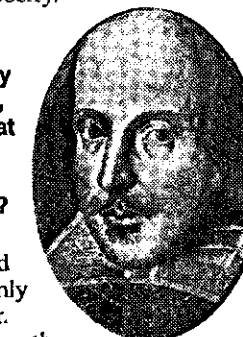
A rose's fragrance is one of its most endearing qualities.

Typically, roses that are darker have more petals or have thick petals have a more pronounced fragrance. A rose's scent is also stronger on warm, sunny days when the soil is moist.

There are more than two dozen rose scents. The seven most often found in hybrid tea roses include rose, nasturtium, orris, violet, apple, lemon and clover. Among the others are fern or moss, hyacinth, orange, bay anise, lily-of-the-valley, linseed oil, hone, wine, marigold, quince, geranium, peppers, parsley and raspberry.

19. From which play comes the famous line, "What's in a name? That which we call a rose / By any other name would smell as sweet"?

Shakespeare's "Romeo and Juliet." And that wasn't the Bard's only flirtation with the flower. Roses are mentioned more than 50 times throughout his works.



20. What's the best way to plant a rose bush successfully?

Proper planting and variety selection are the keys to producing beautiful flowers and controlling insects and disease. Rose bushes require full sun, good drainage, air circulation and organic matter in the soil.

Full sun means at least five hours of direct sunlight. Plant roses in an area with good drainage. Roses need good air circulation but need protection from hot dry wind.

They grow better in their own bed as opposed to planting them against a solid fence or house among other landscape shrubs. If your only choice is planting against a solid fence or house, plant the roses at least three to four feet from the fence or wall so air can circulate around and through the entire plant.

Prepare the soil with compost. Adding organic matter will raise the bed above the natural soil, which will provide good drainage.

For disease control, water with drip irrigation in order to keep the moisture off the foliage. Water early in the morning. Mulch with compost and bark mulch at least three times a year in the spring, summer and fall.

— Fort Worth Star-Telegram

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