

California Crusader News

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Love Yourself, Love Your Life



By Judith Costa

Check in on your relationship with yourself. Are you appreciating who you are and the life you are living? Be sure that you are paying attention to your desires and needs, and that you honor and respect yourself. Give yourself the support that a best friend would. Fall in Love with yourself. You deserve your own Love. Just in case no one has told you today: You are a wonderful being. Stop judging yourself. Stop telling yourself what is not possible or available for you. Instead, empower yourself. Find a way. Focus all your energy on what you want. Let go of the attitude of lack and limitation, because your life is not limited in any way. You are powerful and you can create the life you want. What you need is a different attitude towards life where you have a feeling of abundance: abundance of health, resources, Love, time, or anything you need. You have to give yourself permission to accept all these things. You have to feel that you deserve them before you can have them. Stop complaining about your life. It won't help you to manifest what you want in your life. It will make you feel stuck in the same situation. Use your energy to attract the things that are important for you. Focus your

thoughts on that. Let go of what is not working, don't think about it, don't talk to others about it all the time. Accept what is, and then you will be able to change it. Stop going on autopilot. Take some time to stop doing and start being. Be yourself. Connect with your passion. Be alive! Stop and think about the way you want to live your life. You don't need to please others with your actions, or to justify them. You need to make yourself happy. If you haven't thought about your happiness for a long time, now is the moment. Stop waiting for something to change out there, in order to do what you really desire with your life and what your soul is asking for. Don't put your happiness and dreams on hold, waiting for the right moment or the right circumstances. The moment is now. It has always been now. It will always be now. Your life is happening in this precise moment. The past is not there anymore, and it cannot affect you if you don't allow it to. The future is created by you through your dreams and the power of manifestation that you have. Be courageous enough to act in accordance with your heart. Live your life passionately.

www.judithmcosta.com

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Mayan art show in Berlin features 300 artworks spanning around a millennium

Sculptures celebrating the human body, precious jewelry, animals from frogs to jaguars and depictions of deities are going on show in Berlin in an exhibition that offers a glimpse of centuries of Mayan art.



spanning around a millennium up to the arrival of Spanish colonial rulers after 1500. The presidents of Mexico and Germany are opening the show at the German capital's Martin-Gropius-Bau museum on Monday.

The exhibition, "The Maya — Language of Beauty," features some 300 artworks

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El Camino College Named a Leader in STEM Education

El Camino College alumnus Mario Cabrera plans to graduate later this spring with a master's degree in physics — and will continue his studies at the University of Rochester, working to complete a doctorate in physics and astronomy. The work is challenging, with long hours of studying, but he said he is ready.



"El Camino College faculty members provide a great education and care about their students' success," said Mario, who transferred to California Polytechnic University, Pomona as an aerospace engineering major (later changed to physics) after graduating from ECC. "At Cal Poly Pomona, I often surprised my classmates by showing them how prepared I was and how well I was doing in my upper-division courses. El Camino College definitely prepared me for the future."

Mario's success story is one of hundreds found in El Camino College Science, Technology, Engineering and Mathematics (STEM) programs. A leader in STEM higher education, ECC was recently named one of the "Top 25 STEM Schools" by The Hispanic Outlook in Higher Education Magazine. In the January 2016 edition, ECC was specifically honored among two-and four-year colleges and universities across the nation, for support programs geared toward Hispanic students earning degrees in mathematics and statistics.

ECC was also honored in the February 2016 edition as one of the top 25 community colleges in the nation for enrollment and associate degrees awarded to Hispanic students.

Recognition from the magazine highlights El Camino College's com-

mitment to helping students achieve their academic goals through outstanding course offerings and a variety of support services.

Mario said he received a lot of help from the Mathematics, Engineering, Science Achievement (MESA) program. ECC's MESA program is one of the largest, comprehensive and most successful programs in the state. MESA has supported students for more than 15 years by providing critical services and resources, such as tutoring, career and academic advisement, scholarships, and internships.

"In addition to great faculty, programs like MESA provided invaluable support for me and many other students," Mario said. "Having a place to gather and study together with other classmates made it much easier to be able to get through the long hours of studying. MESA Director Arturo Hernandez and all of the staff were always very helpful and provided many resources like scholarships, workshops, internships, and job opportunities, just to name a few.

"I can certainly say that I would not be where I am today if it wasn't for the great education and support that I received from El Camino College and the MESA program."

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The show steers clear of perhaps the Mayas' best-known legacy, their spectacular architecture, to concentrate on their portrayals of the body, of clothes, and of animals and deities.

Curator Karina Romero Blanco said the exhibition reflects "the multiplicity of artistic forms and languages that the Mayas used," with portrayals of people and the body ranging from "deep realism" to more idealized pieces. The exhibition explores the importance of clothing in signaling social status, and features jewelry such as necklaces and ear plugs in jade and chrysoprase.

Vessels in the form of monkeys, birds, frogs and other creatures, and portrayals of snakes, illustrate the importance of animals — and the characteristics attributed to them — to Maya culture. And the works offer a look at the Mayas' complex variety of deities.

Much of the work on show is from the "late classical" period in the three centuries between 600 and 900, Romero said, "because we are talking about the splendor of Maya culture and that is when they made the most spectacular pieces."

The exhibition opens to the public Tuesday and runs through Aug. 7.

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