Frequency ups the amplitude at Earth Day

Legoland teaches students to build skills

College claims preparedness for worst case scenario

Opinion

How free is your speech?

entertainment

Ducky Waddles brings art to Encinitas

feature

Super awesome water closets

In lieu of the recent attacks at Virginia Tech, the question of MiraCosta College’s safety has been raised. Not many students know that MCC has a specific plan for just such an attack, as well as a variety of other emergencies. The Emergency Preparedness Manual, most recently revised earlier this year, is a guide for how to deal in a number of situations. According to the manual, the major goals are “the preservation of life, the protection of property, and the continuity of campus operations.”

Within the plan is a guide for dealing with shootings on campus. It gives step by step instructions for faculty members in offices and classrooms, telling them how to hide properly and what to say to 911 dispatchers. There’s more to the Plan than just plans for a shooter. There are separate sections for biological emergencies, environmental emergencies, bombs and explosives, disturbances and demonstrations, earthquakes, fires, floods and hostage situations. “We’re not just looking at the shooting aspect of it,” said Robert Norcross, Chief of Police for MCC.

According to Norcross, 72 employees at the school have been trained, a large number for a college, which usually has about 30. The plan meets requirements set by Federal legislation for all public agencies, and the school will continue to train the employees within the next six months. Norcross hopes that by the fall semester, classroom presentations will be scheduled to educate students and teachers about the Plan.

The Emergency Preparedness Plan was circulated to all classified faculty, as well as the Associated Student Government president. Norcross encourages everyone that has a copy to share it with whomever they want, so that more people can know about it. Students that would like to look over the Plan can visit the Campus Police. “We’d be happy to go over it with them,” Norcross stated. Students with any questions can call Norcross at 6642.

The plan is not just looking at the shooting aspect of it.”

Robert Norcross
Chief of Police

Students taking cooking or English as a second language courses may find themselves going to school next to a rollercoaster, and a miniature representation of New York City. MiraCosta College and Legoland are looking into partnering to offer classes at the Carlsbad amusement park. Slated for the Fall semester are culinary arts classes and ESL classes.

The Legoland setting is designed to give real world experience to students in the culinary arts field. Students will be using the park’s industrial sized, professional grade kitchen, something that MCC could not provide for students.

The ESL courses, normally taught at the Community Learning Center, have been increasing in size over the years, and MCC is quickly running out of classroom space. The courses will be taught in the Legoland classrooms, used for training employees and holding seminars.

Legoland is located in a centralized location between the two main campuses, giving students more convenient choices for classes. Before, the culinary arts classes were taught at Guajome Park Academy in Vista. MCC is hoping to expand the amount of classes taught at Legoland to include English, horticulture and child development.

It is hoped by school officials that the Legoland classes could lead into job opportunities for students, who would be familiarized with Legoland’s operations by the time the course is finished.

Students who have questions regarding the classes can call Paul Kelly, interim dean of career and technical education, at (760) 757-2212 ext 6807.

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Christina Lucidi
Editor in Chief
-Samuel Johnson
ourselves overborne calamity when we find against others, and a are inclined to write is a blessing when we

libel. articles or items that contain and the right to refuse to print staff, MCC faculty, staff, or advertising do not reflect the cartoons, letters to the editor, weekly basis. Articles, opinions, Student Activities offices of the Oceanside and San Elijo Campuses or online at http://www.miracosta.edu/ studentactivities/studentactivities/ index.htm. All applications must be submitted by 8:30 a.m. on May 4.

Student Smoking Survey A survey to assess the student view of smoking on campus is currently being distributed. The ASG will be sponsoring this survey by offering the prize of an iPod shuffle. No one entry per student is allowed. This survey is completely anonymous and conducted by the Office of Institutional Research. No students will be identified individually so you can feel free to answer truthfully.

Summer Bridge Program The ASG supports the Summer Bridge Program that is this summer. It will be open to students from High School who want a better transition into high school to college. We believe that this program is worthwhile for the student population and thus give it our full support. The resolution supporting this program can be found next to the pictures of ASG members.

Student Worker Pay Raise The ASG supports a pay raise due to the many benefits of being a student worker to the student population. A copy of the resolution is located next to the ASG pictures in the Student Center. On March 9, this resolution was passed in the Student Senate; so we encourage all students who are passionate about this issue to attend the Planning and Budgeting Counsel Meeting on April 18 at 1 p.m. in Arran.

MCC’s Japanese Spring Festival a cultural experience

Notori Kameda, Professor of Japanese, has organized MCC’s Japanese Spring Festival. Kameda has overseen the event for the last seven years, and is passionate about educating the community about the culture. “Usually people see Japanese culture, but I wanted people to really experience our culture instead of just viewing it,” said Kameda. The Festival will continue running this week. On April 25 demonstrations and activities, held in room 3601 on the Oceanside campus, which will include a Koto (a 13-stringed-instrument that resembles a giant zither) performance by Emiko Tayama and Southern California Koto Ensemble at 1 p.m., a Bamboo flute performance at 1:35 p.m. by Mary Lu Brandwein, an Abacus demonstration at 1:50 p.m. by Kaitsuki Miura, a tea ceremony at 2:20 p.m. followed by an Origami fashion show at 3 p.m. Concluding the festivities of April 25 will be Haku Kites, a poetry reading, at 5:20 p.m.

On April 26 the Festival continues on the San Elijo campus in the amphitheater at 12:15 p.m. with a taiko drum demonstration and another Origami fashion show. On April 27 at 7 p.m. the festival will end with a viewing of the 2001 Japanese film “After Life,” directed by Hirokazu Koreeda.
IS AMERICA HIDING BEHIND THE FIRST AMENDMENT?

BLAKE LINDSEY
Writing Coach

Freedom of speech has often been used as a shield behind which individuals have spouted obscene, offensive and odious messages. The First Amendment guarantees a number of freedoms, but the freedom to be a bigot or an asshole is not among them.

The First Amendment to the Constitution was drafted to guarantee the basic freedoms of American citizens, to keep the United States from devolving into the sorry state the British had left colonial America in. It came out of a time when a repressive monarch would tar and feather his detractors, when British soldiers would seize property and those practicing anything other than the state religion were persecuted.

As such, these guarantees allow all citizens the right to disagree with the government and present unpopular viewpoints. Nowhere, neither in the text of the Constitution nor in the decisions handed down by the Supreme Court over the years, does it say that this freedom means you can say whatever the hell you want without fear of repercussion or reprisal.

There are a number of limitations on freedom of speech, and there have been since the inception of this nation. We are led to believe by bigots and extremists that freedom of speech is all-encompassing and that to allow limitations on hateful, spate-filled messages will lead down the slippery-slope to a totalitarian government where no one is allowed to express their opinion on any matters. This fatalistic thinking is completely asinine, because while it is important to let people express different points of view, the people who harp on this freedom are doing nothing but trying to blame the government for not being more proactive about preventing future tragedies.

Our freedoms are in place to help foster a discussion, to create an open forum for the exchange of ideas. Speech that does not work towards these ideals, speech that is aimed only at dividing our country, is not protected by the Constitution, nor was it ever intended to by the framers of this nation.

We live in an era where words are used as weapons, where people use speech to incite rape and fear, and it should not be allowed. Just as we have restrictions on the right to bear arms, restrictions on freedom of speech are allowable as long as we don’t lose sight of what these freedoms were meant to insure.

America loves a madman.

TYLER JONES
Staff Writer

The latest installment of the United States School Shooting Tour occurred at Virginia Tech, with a body count far surpassing all previous school shootings.

I hate to say it, but this guy knew what he was doing. According to Foxnews.com, he had the time to take a two-hour break between shooting people in one dorm and then moving across campus for his grand finale. I’m sure British soldiers would have been satisfied with this as well.

What I don’t understand is how in the hell did he cover so much ground without being noticed after the first shots were fired?

As expected, the major news outlets have started to force-feed us information about the killer’s life, especially his English projects - two plays that drip with autobiographical references and desires to kill and hurt people. His behavior has also come under the media spotlight. He is being described as a loner and “troubled person.” These are tactics to help the public cope with the events over the last few days, but there is no real comfort in the gesture.

Like vultures preying on the dead and dying, the Brady Bill supporters using this tragedy to advance their agenda of tighter gun control laws. This is practice of using other people’s misery and pain to advance a cause - regardless of how noble it is despicable.

As the public, should be giving the victims and their families’ privacy so that they may cope with their losses, not interviewing them for the next anti-gun commercial.

The news will keep reporting on the Virginia Tech shooting for another couple of weeks maybe, just enough to squeeze any dignity out of the victims and the families to ensure good ratings for Sweeps Week, while making the killer out to be a madman. It’s easy for the media and the public to label a person as crazy, or “madman” as Foxnews.com has taken to calling Cho Seung-Hui on its main page.

How does labeling Seung-Hui a madman help the victims? How does making a value judgment help anyone work to prevent a shooting of this magnitude, or any magnitude? It doesn’t. It panders to our need to place the blame on someone, but the fact is we may never know why this happened.

Our gun control lobbies will push for their tighter gun control while criminals continue to use back channels and the black market to acquire assault weapons. Campus security will become more intrusive and ultimately lose potential threats and warnings because of being tied up with every minor infraction to school policy. In less than six months time, the general public of the United States, and the world, will have forgotten about the shooting and will quickly remember it after watching the TV movie-of-the-week, “Confessions of a Madman: The Atrocity of the Cho Seung-Hui shooting at Virginia Tech.”

The blaming game has begun and everyone will get their change to have the finger pointed squarely at them, from the teachers and parents, to the campus police for not getting Seung-Hui in the two hours between shootings, along with music, video games, junk food, fast food and Hollywood. We will do everything possible to focus the blame on someone, but the fact is we may never know why this happened.

One thing is for sure: it is only a matter of time before another assault on a school happens, and with Virginia Tech, the “shock-and-awe” cycle will start again.
Ducks are wild

Encinitas’ Ducky Waddles gets hip to the groove with combination art, music, and fashion show

JOANNA SORIA
Staff Writer

Ducky Waddles, the Encinitas based book store/art gallery is hosting the Spring Duck Hunt,” presented by Jacki Le. Le has lossely tied together the show.

“This show is really organic,” Le said. The “Spring Duck Hunt” will showcase handmade clothing by Nichole Girnolli, an independent local designer, handmade jewelry by Kylee Fauss and artists currently appearing at Arklite Gallery. The one night only event has entertainment covered.

There will be a human bird cage; a $5 back-in-the-day Polarrad photo shoot with a complimentary comb and raffle ticket, and music by DJ’s, Pound and P W C. The raffle is being sponsored by One People Project Clothing, L&K Unlimited, Univ, and Encinitas Surfboards, all of whom will be donating merchandise to be given away as prizes.

Admission is free and will begin at 7 p.m. on April 27. Ducky Waddles is located at 414 N. Coast Hwy in Encinitas.

Ducks

Enchanting Rock

RHIANNON is the labor of love

Stevie Nicks: The epitome of rock

Gabrielle Ellerbrook
Staff Writer

Stevie Nicks, the latest compilation of the artist. However, unlike the previous “best” album released, “Crystal Visions” includes tracks from when Nicks was with Fleetwood Mac such as “Silver Springs,” “Dreams,” “Rhiannon” and “Landslide.” In order to make the Mac songs distinct, they are re-recorded and/or delivered live, with the exception of “Silver Springs.”

With Nicks’s re-emergence, listeners are reminded of the origin of rock. Her sultry and raspy vocals command your attention as Nicks unapologetically delivers empowering lyrical classics like “Edge of Seventeen.”

“Crystal Visions” is undeniably a phenomenal collection and refinshes the “popped-out” ear canals of those subjected to mainstream artists.

Cheesy Terror Infecting the Planet

KEVIN MANLEY
Staff Writer

The white winged dove returns to reclaim her throne of rock.

“Crystal Visions: The Very Best of Stevie Nicks,” is the latest compilation from the artist. However, unlike the previous “best” album released, "Crystal Visions" includes tracks from when Nicks was with Fleetwood Mac such as “Silver Springs,” “Dreams,” “Rhiannon” and “Landslide.” In order to make the Mac songs distinct, they are re-recorded and/or delivered live, with the exception of “Silver Springs.”

With Nicks’s re-emergence, listeners are reminded of the origin of rock. Her sultry and raspy vocals command your attention as Nicks unapologetically delivers empowering lyrical classics like “Edge of Seventeen.”

“Crystal Visions” is undeniably a phenomenal collection and refinshes the “popped-out” ear canals of those subjected to mainstream artists.

Tarantino’s “Death Proof” is scary good

CHRISTINA LUCIDI
Editor in Chief

While Rodriguez’s “Planet Terror” was pleasingly reminiscent of “Sin City” and the fake trailers separating the two features (especially Eli Roth’s “Thanksgiving” and Rob Zombie’s use of Nicolas Cage for “Werewolf Women of the SS’) were funnier than a bear with a picnic basket, “Death Proof” grants Tarantino some serious street cred.

Although seriously heavy in dialogue, the course the film eventually takes makes up for all the time wasted on girly chit-chat. Tarantino’s music choices also add a whole different dimension to the film, as he chooses the music as he writes the script. Regardless of the draw of the vintage exploitation schtick for the double-feature, “Death Proof” is a fine example of some of Tarantino’s more killer work.

The only “House” worth making

TYLER JONES
Staff Writer

Of all the medical shows on TV, “House” delivers the right blend of drama, medicine and scathing sarcasm.

Dr. Gregory House is a brilliant diagnostician, able to diagnose diseases sometimes by simply hearing the symptoms, while mocking and ridiculing his team. Other times it is a bit more complicated and patients die, yet House is usually right, and his team and colleagues resent him for it.

Dr. House is played by veteran British comedician Hugh Laurie and is supported by Omar Epps, Robert Sean Leonard from “Dead Poet Society,” and Lisa Edelstein playing the object of House’s scorn and lust, Chief of House’s team.

Anatomy” are drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy.”House” is drama heavy. 

The epitome of rock

Stevie Nicks: the only dead, who help them

“Wishing Well” is an example of some of Tarantino’s more killer work.

The epitome of rock

Stevie Nicks: the only dead, who help them

“Wishing Well” is an example of some of Tarantino’s more killer work.

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The epitome of rock

Stevie Nicks: the only dead, who help them

“Wishing Well” is an example of some of Tarantino’s more killer work.
Get a load of this!

These bathrooms on campus are truly the $#*@

**Best for Germaphobes**

The remodeled Student Center restroom boasts so many automatic gizmos, that it feels like the place is alive. Despite the seemingly haunted feel of mysteriously flushing toilets, and faucets that have no heat regulation, this restroom is by far the coolest one on campus. Hell, if they could figure out a way for it to wipe your ass automatically it’d be the coolest one in the world.

**Most Odorous**

The facilities over by the 3500 building give you that funk. You know that nasty, that gushy stuff. And by that I mean they stink. Dirty and dirty and only reserved for the most dire of situations, avoid these ones at all cost my friends.

**Best for Alone Moments**

The bathrooms in the upstairs part of the library set the scene for those necessary moments alone. Take along a magazine to help you concentrate and you’ll be set for at least 20 minutes of quiet time away from the hubbub of the Hub.

**Most Scare-tastic**

As those who have had late night Science classes can attest, the restrooms over by the 4600 building have a decidedly spooky atmosphere. Maybe it’s the harsh orange lighting outside of it, or the fact that the inside is laid out in a way that makes the user unable to see who’s entering while they whip it out, but this restroom gives me both the heebies and the jeebies after dark!

**Potty Mouths: What’s your favorite campus water closet?**

“Probably the upstairs library, it’s the cleanest one. It’s quiet, and there is free access to books if you’re gonna be there a while.”

Achilles Estrada
English Major

“The one down by the 3600 building, because when I have a night class, it’s got that element of surprise, like ‘Oh, is someone gonna rape me?’ It keeps things exciting.”

Lesley Jones
Anthropology Major

“I like the one in the administration building. It’s really clean, and frankly, it makes me feel important.”

Jen Gorst
Art Major

“The ones by the automotive department. It’s the cleanest one on campus. Since it’s automotive, you’d think it’d be black and nasty, but it’s nice!”

Mana Lertuala
Undecided Major

Compiled by Katie Cavenee and Jack DeVries
Monday

Career Center Expo Workshop: “On-the-Spot Resume Review,” noon, T310, Oceanside. Tutoring Dept. Student Success Workshop: “To Cite or Not to Cite...That is the MLA/APA Question!” noon, Room 1201, Oceanside. Info., ext. 6882.


Tuesday

Medal of Honor Breakfast, 7:30 a.m., Aztlan B, MCC Student Center


Wednesday


Japanese Spring Festival: Koto performance at 1 p.m., followed by bamboo flute performance at 1:35 p.m., an abacus demonstration at 1:50 p.m., a tea ceremony at 2:20 p.m., an origami fashion show at 3 p.m., and haiku readings at 3:20 p.m., Room 3601, Oceanside. International Conversation Café, 4 p.m., Aztlan A & B, MCC Student Center. Japanese Club, 4 p.m., Aztlan B, MCC Student Center. Career Center Expo Workshop: “On-the-Spot Resume Review,” 4:30 p.m., T310, Oceanside.

Thursday

Career Center Expo Professional Day Employer Networking Fair, 11 a.m.-1 p.m., Pavilion, Oceanside. The Student Employee of the Year Award will be presented at 11:45 a.m. and the First Impressions Dress for Success Fashion show is at noon. There will be an opportunity drawing at 1 p.m.

Science fair hopes to create ‘boom’ in community

CRYSTAL HARRIS Staff Writer

MiraCosta College students will be coming together on April 28 for a science fair that will be held on the Oceanside campus from 1 to 4 p.m. It will be open to the community. Students in grades K-8 are invited and are being encouraged to bring their families so that the event can be more community related. Last year the event drew more than 125 visitors and this year the expected outcome is over 200. “We had good success last year, and we hope for the same this year,” said Melia Markham, Student Coordinator.

More than 50 tables will be set up with activities for visitors to participate in. From students from the science and math departments will run the tables, and all of the projects are designed to be hands-on. Previously, there was one math table and this year nine are planned. Labs will also be set up in room 4514 so that visitors are able to use microscopes in some of the activities. Some of the tables will be reminiscent of 8th grade science fair projects with explorations of potato electricity and Alka-Seltzer rockets. Some other projects include flying tea bags, termite fishing, geology and the study of the different types of germs.

Students are being invited from local schools in Oceanside, Vista and Carlsbad. Invitations have also been sent out to local community clubs such as the YMCA and The Boys and Girls Club. “We’re hoping that the science fair also shows that going to college is a good experience,” Markham said. The event is open to anyone in the community and volunteers are still needed.

If students wish to participate by having their own table set up with their own activities the last day to submit an idea is April 25. A lesson plan can be picked up and turned in at the service learning office room 3445. All projects submitted for table activities must be hands-on. For additional information students can contact Service Learning Coordinator Carol Wilkinson at (760) 795-6616 or Melia Markham at (760) 805-6499.

Employment Opportunities for College Students

The Palomar College GEAR UP Partnership is continuously accepting applications for the following positions:

Tutor/Mentor (Academic Year)

- Assist middle and high school students in subject areas (math and language arts) in-class and after school.

Tutor/Mentor (Summer Program)

- Provide academic assistance to students participating in the GEAR UP summer program.

Qualifications

- A minimum of 6 credit units for Spring/Fall semesters
- A minimum of 3 credit units for the summer program
- A GPA of 2.5, or better
- Compensation and other incentives
- $9.00 per hour, starting salary
- Great work experience for your resume
- Start work right away ($ for spring/summer/fall breaks)
- Work in San marcos or Vista middle/high schools
- Give back to your community and younger students
- Participate in fun activities, events, and field trips
- Excellent direct experience for future teachers/educators
- Or, volunteer/serve!

To find out how you can apply

Joe I. Vasquez
Outreach Coordinator
(760) 290-2526
jvasquez@palomar.edu
The MiraCosta College Chariot
April 23, 2007

Stay Healthy

Be Kind to your Heart
- Exercise
- Decrease your Stress
- Eat nutritious foods.
- Avoid Smoking/Dugs

You may be at Risk for Diabetes if:
- You are over weight
- You are physically inactive
- You have a family history
- You have high blood pressure
- You have a low HDL cholesterol
- You have high triglycerides
- You have gestational diabetes
- You are African American, Native American, Asian American, Pacific Islander or Hispanic American.

If you would like your Blood Pressure checked or have any questions please stop by Health services and speak with a nurse.

Feeling Stressed?
- Take care of yourself
  - exercise
  - get plenty of rest
  - eat well
- remember to BREATHE.

Free Personal Counseling is available at Health Services on the Oceanside Campus, Bldg 3100.

M, W, F, 11:30am – 12:00pm, Thursday 8 a.m. – 7 p.m.

If you would like your Blood Pressure checked or have any questions please stop by Health Services on the Oceanside Campus, Bldg 3100.

Free Personal Counseling is available at Health Services on the Oceanside Campus, Bldg 3100.

M, W, Th, 9 a.m. – 2 p.m.

COMMUNITY | 7

Need Money?  
Want to gain experience?

Internships

Financial Planning/Sales Intern, Bank of America, Encinitas
Gain extensive knowledge of financial services and products i.e.: Stocks, bonds, mutual funds, estate planning, retirement and education planning, high net worth client management.
Answer client walk-in and phone call requests. Schedule appointments for the Financial Advisor. Grow existing and initiate new relationships within high net worth client base. 15-20 hours per week, flexible schedule.

Finance, Marketing and Tech Support Internships,
Time Warner Cable, San Diego
Seeking to fill several positions for F/T eight week summer internships.
To get more information and apply at: www.timewarnercable.com

Jobs

CAD Draftsman, F/T - American Marble, Vista
Work in our fabrication facility. Job responsibilities include the conversion of field notes and drawings into AutoCAD drawings that will be used for computer aided manufacturing. Strong background in AutoCAD is a requirement. Other duties include plan check and revision, drawn work processing, and training other employees. AutoCAD. American Marble will train in areas of field measuring and templating kitchen countertops, programming and running computerized cutting and fabrication equipment and digital measuring.$12.00 to $20.00 per hour depending on experience.
Contact: kadme@amarble.com or 760-560-0550
ext. 104 EOE

Tutor, P/T, Rancho Del Oro, Oceanside for Adobe Photoshop CS2 (Version 9.0.2) &/or Dreamweaver 8 (Version 4.0.4) on Employer’s Computer. MAC OSX (Version 10.4.9)
$20/$25 Hour (Depending on experience)
Flexible Hours will work with your schedule (As many hours possible per week)
References (Academic Transcripts and/or Recommendations)
Email: miabellanonna@yahoo.com

For more information, call or visit the Career Center Bldg T310 Oceanside Campus, (760) 796-6772.

The Kenneth A. Picerne Foundation
Fall 2007 Youth Development Initiative Stipends

Where do you see yourself

5 years from now?

If you are unclear as to personal and career goals this program may be for you.

Take a break from school and make a worthwhile contribution to your community while learning about yourself.

The Kenneth A. Picerne Foundation is accepting applications to participate in the Fall 2007 Youth Development Initiative.

Stipend recipients will be given the opportunity to achieve clarity regarding their future life direction – both personally and in a career. Applicants must demonstrate potential for future personal and career success. Successful applicants will:

Receive personal mentoring and work in a nonprofit agency while earning $25,000 in 2007 and $20,000

Participants must be willing to commit to this full-time program for a one year period.

Information, eligibility requirements, and applications are available at www.picernefoundation.org or can be obtained by telephone at 760-435-2205 for more information.

A Foundation representative will be at the Oceanside Campus to answer questions near the student center on:
- Thursday, March 29th – 12:00pm to 1:00pm
- Thursday, April 19th – 11:30am to 1:00pm
- Thursday April 26th – 12:00pm to 1:00pm
- Thursday May 3rd – 12:00pm to 1:00pm

WANTED:

Swim Instructors $11-$18 per hour
Customer Service $9 per hour
Call 760-744-7946

Wanted:

dining room attendants
Atria Senior Living Group
both full and part time
(760) 436-9990

What if I’m pregnant?

Shorea, healthy, confident choices
760.744.1313

Real answers, real help.

OFFICIAL FREE
Boy: As much as I’d like to be able to help you, I think this may be well beyond my authority. What you need to remember, is that you should never blame yourself, and it’s possible that these dreams could be a deep-seeded feeling of guilt coming to the surface. If you are feeling like you’re committing infidelity, there’s no need to worry. Whether or not you believe in an afterlife, or reincarnation, or whatever, you shouldn’t keep yourself from being happy. Unless he’s Patrick Swayze from “Ghost” or that creepy kid from “Birth,” your boyfriend would have probably wanted you to be happy with someone else.

Girl: Dealing with the demise of a relationship is difficult enough, not to mention the difficulty of dealing with him passing away. Losing someone you were close to that was close to your age, someone that you chose to have in your life is scary. Hopefully your family and friends are supportive. Talk therapy is something you would probably greatly benefit from, if you haven’t already been doing it. If you have, keep going.

Usually I tell people it takes half the time of the relationship to get over the person, but your situation is different. At this point you’ve probably cycled through all the appropriate stages of grieving, but like Boy said, you shouldn’t feel guilty. Try to think of him appearing in your dreams after going on a date because he wants to high-five you for being strong enough to keep facing life and being able to move forward.

Boy: The guy you’ve been dating? If you can’t even call him your boyfriend, then you may have bigger problems than your back door. If you want to stay with “this guy” but don’t want to do anal, just tell him. Be honest about it, if you’re scared, then he should understand. If he wants to leave you over something as stupid as that, then he isn’t the right guy for you anyway. I’d suggest you ask him about what else he’s into. There may be something he wants to try that you are comfortable with, and that can help keep the relationship more interesting.

Girl: If he will seriously lose interest or leave you because you don’t want him to put it in your butt, he’s not worth batting an eyelash at anyways. I don’t understand the fascination with anal, I’ve heard it’s unpleasant from both girls and guys. According to Dr. Drew’s website engaging in anal intercourse can damage the sphincter and rectum. All you have to do is ask this guy how sexy he thinks adult diapers are.

Boy: The MiraCosta College Chariot April 23, 2007

Boy: My boyfriend of 2 years committed suicide over a year ago and I can’t figure out how to get back into dating again. Every time I go on a date I have a dream he appears in. How do I deal with this and move on?

- 23-year-old-girl

Girl: If he will seriously lose interest or leave you because you don’t want him to put it in your butt, he’s not worth batting an eyelash at anyways. I don’t understand the fascination with anal, I’ve heard it’s unpleasant from both girls and guys. According to Dr. Drew’s website engaging in anal intercourse can damage the sphincter and rectum. All you have to do is ask this guy how sexy he thinks adult diapers are.

Boy: The guy I’ve been dating for a while really wants to try anal but I’m kind of scared to. I don’t want him to lose interest or leave me for someone who will do it so how do I tell him I don’t really want to?

- 19-year-old-girl

Girl: If he will seriously lose interest or leave you because you don’t want him to put it in your butt, he’s not worth batting an eyelash at anyways. I don’t understand the fascination with anal, I’ve heard it’s unpleasant from both girls and guys. According to Dr. Drew’s website engaging in anal intercourse can damage the sphincter and rectum. All you have to do is ask this guy how sexy he thinks adult diapers are.

Smoking on campus? Tell us what you think!

Students: Fill out a five minute online survey about smoking at MiraCosta College and get a chance to win an iPod Shuffle and other great prizes!

Check your e-mail the weeks of April 16th and April 23rd for a link to the survey. The survey will also be available online at www.miracosta.edu

One entry per person please.