Students rock out as College Hour stinks

Kirby Searson, hypnotized as Mike Flatley “Lord of the dance,” leads the step line in “Riverdance.” Karen Blanco (right, center) and other hypnotized students shrivel in disgust after being told the people sitting next to them had a flatulence problem.

The Black Student Union sponsors hip hypnotist

CRISTAL HARRIS
Editor-in-Chief

Last Thursday students lost all inhibitions and acted out at college hour on the Oceanside campus hosted by the Black Student Union. College Hour featured hypnotist Michael Mezmer, also known as “Mezerism,” as entertainment.

Mezmer called students on stage to participate. Twelve students initially joined in the act. Mezmer tested the power of hypnotism by challenging the participants with a “light dream” suggestion of the balloon lifting the other hand and the idea of the bucket pulling their hand down.

Students followed the hypnotist through the power of hypnotism by challenging them to participate. Twelve students initially joined in the act. Mezmer tested the power of hypnotism by challenging the participants with a “light dream” suggestion of the balloon lifting the other hand and the idea of the bucket pulling their hand down.

After going under deep hypnosis, students acted out a variety of events. There were told they were going to the top university in the country with a full ride scholarship and part of the school’s drum line. The women then imagined famous celebrities such as Brad Pitt and Johnny Depp entering the room. The men had the idea that Angelina Jolie was in their presence. While the men flexed for Angelina’s affection, the women gave the best pose in order to win a date with one of the famous celebrities.

“I could hear everything and do everything. I just let myself do it,” said Lovely Williams, a BSU member.

The students who participated in the show knew exactly what was going on the entire time. “I could hear everything and do everything. I just let myself do it,” said Lovely Williams, a BSU member who joined in the hypnosis. Many students who participated expressed a sense of energy and well-being after coming out of hypnosis.

This was Mezmer’s first time visiting MCC and he was happy to see so many students willing to participate. The students were excellent. It was really weird but I had fun,” said Kim Sivage. Students ended the show with Mezmer’s suggestion of the “Riverdance.”

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Art Club to hold auction for Miss. trip

Students return to the Gulf Coast to provide assistance to homeowners

DIANE SMITH
Staff Writer

The MCC Art Club will be hosting an auction to raise funds for MCC students to go to Mississippi to help rebuild homes lost to Hurricane Katrina. The group plans to travel to Ocean Springs on June 1, where they will spend a week painting, scraping, pounding nails, and generally assisting in helping to reconstruct houses. “For people who are going they need to immerse themselves in their work. It’s really beneficial,” said Joanna Eason, a student who traveled to Mississippi last year.

The auction will be held April 30-May 8 in the Quiet Lounge on the Oceanside campus.

Last year, students organized the auction that raised over $2000 to help make possible their trip to Pascagoula, Mississippi. “It was neat to work next to homeowners and help them rebuild their livelihood,” said Eason.

Artwork will be accepted for auction in room 2272 in the 2200 Art and Music Building on April 28, from 11 a.m. to 3 p.m. and on April 29, in the Quiet Lounge from 10 a.m. to 5 p.m.

After the auction officially opens, bidders need to register so they can receive a bid ID number, and use the number for all bids during the six weekdays and one Saturday morning the auction will run. Under each artwork there will be a form on which the bidders will place their ID numbers. Any bidders need to register so they can receive a bid ID number, use the number for all bids during the six weekdays and one Saturday morning the auction will run. Under each artwork there will be a form on which the bidders will place their ID numbers. Any bids will be accepted either in person at the Quiet Lounge or online until 4 p.m. on Thursday May 8. The highest bidder will be notified and will be able to take work home immediately. All bids will be accepted either in person at the Quiet Lounge or online until 4 p.m. on Thursday May 8. The highest bidder will be notified and will be able to take work home immediately.

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Genentech engineers student scholarships

Genentech sponsors the MCC biotechnology program by granting $5000 in scholarships to the college’s students. They also offer a Genentech Scholars Program during the fall that funds a $57500 scholarship plus an opportunity for students to have an internship with Genentech. Only 11 colleges in California are a part of the scholar programs. “They are really selective on what colleges can be a part of their scholar programs, and MiraCosta is one of them,” said Mike Fino, Programming coordinator for the Biotechnology Department.

This Friday the Biotechnology Department will be holding a lecture entitled, “Starving the tumor Cancer and Avastin.” The event will take place at 12 p.m. in the Aztec room on the Oceanside campus and will feature oncologist Eileen Walker De Lucia, a specialist with Genentech BioOncology in San Diego. De Lucia will cover how effective Avastin is at treating Cancer cells.

The biotech program has been at MCC since 1990 and it is the oldest biotechnology program in San Diego County for two-year colleges. Students in the biotechnology program may work towards three different certificates or an A.A. degree. Fino has been working to market the program to a larger audience. “A lot of people working in companies don’t realize it exists,” said Fino.

Genentech is a biotechnology business working to use human genetic information to discover, develop, manufacture and commercialize biopharmaceuticals that address significant unmet medical needs for more than 30 years.

AS gears up for elections

MATT GOSE
Photographer

The A.S. elections will take place next month and already, three or four students are interested in running for AS president according to Jim Gonzales, Director of Student Activities. Last year’s current president Ben Weiner ran unopposed.

To become eligible to be a candidate, one must be enrolled at MiraCosta College with a current GPA of 2.75 or higher and must be free of college disciplinary restrictions, probation and suspensions. Candidates must also have served two weeks of leadership experience in the Student Senate, the Student Ambassadors, The Chariot newspaper, or any other recognized MCC club. This requirement may be waived by the A.S. if none of the candidates has said experience. The elections for President, Executive Vice President and Vice President for both Oceanside and San Elijo campuses are scheduled to take place on April 16 and 17. The election for the Student Trustee takes place on April 23. This is the first AS election that has made president and trustee separate officers. Until now, one person held both positions.

Applications for candidacy are available at the Student Activities office as well as online at the Student Activities web page and may be turned in to Jim Gonzales in the Student Activities office. The deadline for applications is April 4, at 4 p.m.

All candidates must attend an orientation meeting before they may begin campaigning.

Film-maker Jody Hammond shows “Packed House”

Local Film-maker Jody Hammond will be showing a film that examines the reasons why Vietnamese women specialize in nail care and operate nail shops throughout the U.S.

The film is entitled “A Hand Up.” She will also be showing her film “Packed House,” which explores the phenomenon of boarded housing known as “pack/town” syndrome. Hammond has been a news reporter in Southern California for nearly three decades. She holds a master’s degree from the Fletcher School of Law and Diplomacy. Jody is a UCLA graduate who started her broadcasting career in Los Angeles. After five years at KTVX Newsradio, Hammond made the transition to television news, and has worked at three network stations in San Diego. She is a proud holder of many journalism awards, including five Golden Mikes and six Emmys. Currently she is a freelance producer for NBC News and CNN.

This event is scheduled for Friday April 4, at 7 p.m. at MiraCosta San Elijo Campus Student Center, 3333 Manchester Avenue, Cardiff. There will be no charge for this event. After her film presentations, Hammond will open the floor for questions and answers the audience may have. For more information, contact film instructor Melissa Collins-Porter, (858) 212-7022.

MCC’s Service Learning program makes honor roll

O n February 11, Service Learning made the list for the President’s Higher Education Community Service Honor Roll at the annual meeting of the American Council on Education. Initiated in 2006, the President’s Honor Roll recognizes colleges and universities nationwide for their innovative and effective community service and community learning programs. It is the highest award a college or university can receive for their volunteer and community efforts. This is the second year Service Learning is recognized for the award. “You can see everyone is excited about this program,” said Carol Wilkinson, Service Learning Coordinator.

Wilkinson joined the program in 2000 when only 200 students were involved. She worked with the community and academic instructors on campus and increased student involvement by 1000 students. Now more than 1,000 students are involved in the program in over 75 classes. “A lot has to do with faculty support. We have great faculty who support the program and believe in providing community service opportunities for students,” said Wilkinson. Because of the progress and program development, Service Learning is now used as a model at other colleges who want to start a service learning program. “It is wonderful there are such a large number of gifted and dedicated students. To be able to stand out in a crowd of exceptional schools is an honor,” said John Hendrickson, Interim President.

Schools recognized for the award were critiqued on basic program information such as student participation, service activities and incentives. Schools are also required to spotlight five service learning programs currently in progress at their school. Students who are a part of Service Learning are excited to receive the award and also recognize the work Wilkinson has delivered. “It was really nice to receive the award but it was so deserving on Carol’s part because she puts a lot of thought into the program,” said Cathy Robin, a current student involved with Service Learning.

CRISTAL HARRIS
Editor in Chief

March 31, 2008
MiraCosta College

Credit corrections
Edition: March 10, 2008
Page 3- The graphic created for the opinion, “Spring into action” was created by Jordan Barber, Staff Photographer

Page 6- The graphic created for, “Jessica Woodward is The Chariot Student in the Spotlight” was created by Jordan Barber, Staff Photographer.

The editors of The Chariot apologize for the error in credit for artwork. We value all of our staff members and think they deserve credit for the work that was created by them for The Chariot Newspaper.

The Chariot Editors

The Chariot is the official student publication of MiraCosta College and is published on a weekly basis. Articles, Opinions, cartoons, letters to the editor, and advertising do not reflect the ideas or opinions of The Chariot staff, MCC faculty, staff, or administration. The first copy is free.

Letters to the editor by editing The Chariot can be submitted to The Chariot becomes property of The Chariot. The Chariot reserves the right to cut letters for space or edit for libel. Every effort is made to print all letters in their entirety.

The Chariot is a First Amendment publication

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ASSOCIATED COLLEGIATE PRESS
Question: How would you feel if your professor changed in the middle of the course?

“I don’t think it’s the right thing to do. It’s unfair to the students. It would be a really big change for them to adjust.”
-Sandra Martinez

“Personally it would throw me off. I wouldn’t know how the course would be taught. If you already relate to one professor the change conflicts with you as a student.”
-Derek Rosario

Picture a course running smoothly, your instructor finally remembers your name, and you don’t have the desire to not show up. Imagine walking into that class one early morning and someone you don’t recognize is standing in front of the board. They are your new professor. What emotions would that conjure? Your new professor brings in a new personality; a different teaching style and who’s to say the new guy will utilize the same syllabus their predecessor did. It’s a pretty picture to you?

Unfortunately this is a reality for many students at MCC. When we register for classes we are aware if we will have the same professor for the entire term, but many of us value availability and location over who’s teaching and we pay our fees and plan for the course. Even when the class begins we are made aware that our professors will change, but we think lightly of the situation and continue on.

“Out of principle what paid for was not what I was getting. You get used to a rhythm and a professor switch disrupts that” stated LaDonna Smith a student in the course.

In Smith’s class this behavior was not tolerated. In this semesters Spanish 101 course several students petitioned to have it changed. It was the first time Francisco R. Alvarez, Professor of Spanish Chair, International Languages ever heard of students ever standing up like this. These students fought back and signed a petition to keep their teacher for the entire term. Several students even threatened to drop the course if the class professor was changed.

The foreign languages department is changing five course professors this semester, compensating for too many professors and not enough professors to teach them. “Demand is where the problem lies” says Alvarez. This occurrence is normantly due to one of two reasons. There are too many courses as I mentioned above or in order to retain full and part time professors one must take half a course since there are limitations to how much a part time instructor can teach.

Well why must we suffer? When you register for a course with a professor you expect to finish it with the same one. How can our administrators nonchalantly disorder the fabric of our learning to accommodate their disorganization?

After I decided to do research I was amazed that besides Professor Cortez and Mr. Alvarez this outrage amongst the students was not known to the ones who really handle the department. When speaking to Gwen Paltrow, who is the assistant to the department head, I was told the department head Donna Smith conducted chair board to appropriately change professors based on the department needs and it was their presumption that these actions had no problems with the student body. How do you not know that one of your classes signed a petition and some were threatening to strike? I know certain issues are supposed to stay at certain levels but how does a department head not know that actions of these calibers were occurring?

What would it take for them to pay attention? Would the students have to actually drop out? I do applaud Alvarez’s ambition to handle the situation and told himself but to not notify your superiors or even give them a hint as to how is going on is preposterous.

I applaud Smith and the students of Cortez’s class, they haven’t forgotten that they are ultimately responsible for their education. As for Cortez I applaud him for being such an instructor that his students will fight for him. When it comes to our student body, I am disappointingly unprofessional. We allow debacles like this to continue, when I traveled around campus many students said they would just drop the class if this situation fell upon him. What a shame it is when those whom this institution is built for have forgotten that, and because cuttle LaDonna Smith and her classmates aren’t cuttle, and they shine a light for us all.
### Paintball

Raza Park in Escondido holds paintball clinics and training activities every month.

The paintball park located on Camp Pendleton has 50 acres and 8 playing sites.

Paintball has attracted more than 10 million people.

The National Professional Paintball League maintains over 1300 teams.

For some paintball action here in California the premiere places are the Camp Pendleton Paintball Park in Oceanside, and Raza Park in Escondido.

Raza Park is a dynamic training facility, built by paintball professionals for paintball professionals. Every month there are clinics and training activities taking place, and the pricing is vary inexpensive. If you’re looking for fun in Oceanside then Camp Pendleton’s Paintball Park is the place to be.

The Paintball Park at Camp Pendleton is 50 acres in a box canyon approximately eight miles from the beach. Ocean breezes keep the Paintball Park cool, even in the hottest months of summer. The facility has a large staging area with plenty of parking spots and picnic tables for the players. There are eight fields at the site that offer a wide variety of terrain with bunkers, buildings, trenches, big trees, and sandbag fortifications to keep the play interesting and challenging. The prices are more expensive than Raza Park but where else are you going to have a helicopter shell to hide in while you fire at opponents running from a tank? More than 10 million people are attracted to paintball and California has the most concentrated amount of fans. Paintball began as a foretroy marking service, and as a means to signify cattle. It wasn’t until a short story by Richard Connell “The Most Dangerous Game,” inspired a stockbroker and a writer in 1976 to stalk and hunt each other. Paintball has come a long way since those days. The most prominent league dedicated to this young sport is the National Professional Paintball League, which maintains over 1300 teams, and is currently broadcasting a television series airing on Fox Sports Net. Paintball has many variations, the most common game is called “Capture the Flag.” Players are divided into two equal teams, and each team has a flag at their base. If you can cross the field, pull their flag, and bring it back to your base before they capture yours, you win. Another common game scenario is “Center Flag,” where there is only one flag in the middle of the field. Your team has to get the flag and push through your opponent’s to hang it at their base. There is also “Elimination,” where there is no flag and only total annihilation of the opposition wins, and “Attack & Defend,” where a small force must hold a defensive position against the attack of a larger force. As a college student there are many things you can do with your time from lounging on the couch, to reading a book. But if you’re looking for some high speed action, then paint ball may just be the right thing for you.

**Art**

“Escape”
All-student art show.
April 29 - May 13
Reception: Thursday, May 1, 11 a.m.-2 p.m.

**Dance**

Dance Studio Hour
MiraCosta College
San Elijo Campus, Room 204
Thursday, April 3 at 7:30 p.m.
Free admission

An informal presentation by students in MiraCosta’s dance classes, showcasing ballet, jazz, modern, tap, ballroom, commercial, Latin and other dance forms. A demonstration of Pilates mat work will also be included.

**Day of Dance 2008**
MiraCosta College, Dance Studio (Bldg. 5100)
Saturday, April 12, 9 a.m.-1 p.m.
Admission: $25 in advance

A full day of dance workshops and classes in a variety of dance styles including modern, jazz, tap, Latin, world, hip hop, lyrical, musical theatre, ballet, ballroom, yoga and more.
All levels of experience welcome!

**Theatre**

**Proposals**

By Neil Simon
Directed by Eric Bishop
MiraCosta College Theatre
April 18, 19, 24, 25, 26 at 7:30 p.m.
April 20, 27 at 2 p.m.
Preview performance, April 17 at 7:30 p.m.
General admission, $12; seniors/staff, $10; students, $8
Preview night: All seats, $8

A charmingly nostalgic memory play, Proposals recalls the summer of 1953 and the last time the Hines family gathered at its retreat in the Poconos. It’s a summer of romantic entanglements, which intertwine the nine characters’ lives over an idyllic afternoon. As heartbreaking as it is hilarious.

**Music**

Windjammers Community Concert Band "Potpourri Concert"
MiraCosta College
Creative Arts Complex, Studio A
Sunday, April 6 at 2 p.m.
Free admission

The band will perform music studied during the fall semester, including selections from the Halloween concert, which was canceled due to the fires. From marches to swing, this program will be fun for the entire family!

**Windjammers Community Concert Band "Spring Concert"**
MiraCosta College
Creative Arts Complex, Studio A
Saturday, May 10 at 2 p.m.
Free admission

The band will perform standards from concert band literature. This is a wonderful opportunity to hear the compositional artistry of some of the greatest composers of wind ensemble music, including Gustav Holst, Charles Carter and Robert Russell Bennett.

**MiraCosta College Theatre**

1 Barnard Drive, Oceanside
Saturday, May 10 at 7:30 p.m.
Sunday, May 11 at 2 p.m.
General admission, $10; students/seniors, $8

The award-winning North Coast Chorale and Chamber Chorale will present classical, contemporary and popular music in many styles.
Don’t be shy be BOLD

The new summer threads are here and ready to wear

ARIELLE LOCKE
Office Coordinator

From the fashion capital of the world to your local malls and boutiques, employees are zoning their store fronts for the patron seeking a new spring look. Forever 21, Assistant manager Susy Garcia says, “summer dresses are here and we have items that girls can wear over swimsuits, to barbecues or to the grocery store, okay so I put that one in. Everyone is ready to buy the latest styles of what “is the most anticipated season of the year,” stated student Efrain Sandoval. Just when we thought Victoria Secret’s pink collection was dissipating from the catwalk scene, retail boutiques such as the Luxie and Papaya have saturated pink and taken it to the max. Ladies, color is in. Even your little sister’s favorite boutique, Limited Too is gearing up for a bright season with its Roxie Hunter collection full of Hawaiian and plaid prints. It is definitely going to be a bright summer at the beach and every sunglass hut at the mall is well stocked with the latest style in shades. Do not waste your time buying $5.99 sun blockers this time, with the summer’s heat and bright color clothing, you might want to splurge on a stylish pair from Christian Dior.

Speaking of shades, what happened to the man who wore Rayban, deep creased his jeans, pressed out a fresh white tee and wore a pair of Nikes? The truth is that pink-collar tops are still catching some brave souls. Just the other day, a gorgeous looking man walked by with an Easter pink flannel, plaid shorts paired with a Mary Jane style shoe. You would have thought he was Dick Tracy going to lounge with the Easter bunny himself. Why are we doing this to ourselves? It is okay to be simple, girls like simple. Let us try to bring back those Levi’s and button downs, eh? I suppose it is difficult not to imitate pink when the Burlington Coat Factory is making it accessible and affordable to purchase an outfit worn by the eccentric Rap artist and fashion icon Andre 3000, from Outkast. A man’s prerogative allows him to believe he should be comfortable enough to do it too. And by all means, play that Bobby Brown. But when you start to look like a character in the cartoon remake of Alice in Wonderland, you’ve gone too far.

For those of us who do appreciate a comfortable style, this summer is bringing back many of the old school flavors. Bright colors, afros and flared trousers are a just a few. However, if you are going to have an afro, please make sure it is tapered, edged up and even. That also goes for the trouser. Women if you are a size 10 please do not squeeze into a size five. As the French would say, “vous me rendez mal ‘l’aise quand je veux mon regard.” When it comes to colors, bright may be in but keep in mind some colors are not for everybody. Look for shades that suit your skin tone. After all, the down-to-earth chic is making a comeback. Experiment with muted desert color tones: jasper green, hazy sunset, and camel. It is much more pleasing to be comfortable and look natural.

Think of casual wear, athletic wear or grown and sexy wear. Keep it clean, nice jeans and fresh t-shirt. Make sure your shoes are unsullied of last night’s throw up. Athletic wear it speaks for itself. Let us keep it tidy though, athletes who s a g g y m shorts and drag slippers on the ground do not represent the ideal style. Grown and sexy is what this summer’s angle is all about. Men, we want to see a nice pair of slacks to compliment a crisp button down shirt finished off with a pair of clean boots or dress shoes. Women should take advantage of this season’s summery past and fitted jacket duo. Think lavender knit top and sparkly jelly heel from Old Navy. Disney is even joining the cause. With Easter pink, lavender and baby blues pumping through every piece in their young adult clothing department. So get out there and get stylish!

Graphics by: Jordan Barber/ Staff Photographer
He is a man with a lot of ambition, a jack-of-all-trades, a professional hustler and your classmate. Jason Bethurum is taking a collection of classes to help him become the next bionic man. He has an eclectic ability to try new things and a projected energy that is contagious.

Born in Orange County, and raised in Vista, he attended Grapevine elementary school.

At age 24, Bethurum plays the guitar, blows glass and designs art, music and video content for personal websites. He is even a proponent for the legalization of cannabis.

When asked whether he would prefer to share an evening at a nightclub or a coffee house, he excitedly exclaimed, “a coffee house!” A man who can adapt in either situation, Bethurum would rather sit over a large cup of Chai tea while listening to the conversations of nearby patrons.

On the weekends, you will find him working for Coor’s Amphitheatre and Cox Arena where he works as a sound technician. Having the pleasure of working for Wayne Foster entertainment, Bethurum has traveled to Las Vegas, Texas and Arizona while touring the southern coast of California. He even enjoys the outdoors, hiking, camping and desert, dirt bike riding. On a recent trip to the desert, Bethurum claimed to have had a blast. “All you need is wood to make a fire and a few wild buddies,” stated Bethurum.

A strong believer in the First Amendment, Bethurum looks forward to joining the Chariot staff and writing an opinion or two. His credibility is strong among his friends, and his attitude on life is an honest quality for any single woman.

During spring break, Jason hung out at the beach in Carlsbad, “chilled with the crew” at Knockerout Pizza, and enjoyed a good time off. He actually made some time to engage in his side gig of blowing glass bubblers in the garage.

Bethurum has plans to run for office in the Vista City Council elections. “They need someone who is young, bright and innovative to run this city,” stated Bethurum. Check out his myspace page for more details on his plans to run for city council and the ideas of freedom of Ron Paul. One of Ron Paul’s main principals “is that we should not be policing the world. Bring our troops home.”

Associated Student Government
For more information, call the Student Activities Office at (760) 795-6899.

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www.YogaVista.net

Leave the Sprinting to us

North County’s new SPRINTER light rail train has arrived. With service every half hour on weekdays and every hour on the weekends, it’s easy to hop aboard the SPRINTER. Catch the train at any one of the new 15 stations. BREEZE buses are conveniently coordinated to connect you to major destinations along the Highway 78 corridor. Your ticket to North County’s new short cut begins at only $2 per trip.

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Graphic by: Jordan Barber/ Staff Photographer

Photos by: Arielle Locke/Office Coordinator
Ace That Interview!
Many of you will begin looking for a summer job, an internship in your field of interest or you will be competing for a career position after you graduate in May. Throughout the month of April, CCC’s Career Services will be holding Interviewing Techniques Workshops to help you with the often intimidating interview process. This one-hour workshop will help you prepare and practice for difficult questions, and review appropriate interview attire and etiquette. Don’t wait for the last minute – sign up for this workshop today.

Internship Opportunities
Students interested in applying for an internship that has completed 6 units at MCC and be currently enrolled in 3 (except summer).

Tech Support, Transfer Technologies, Vista
$10.12-12.80. Are you looking to break into the Helpdesk or IT field? Local small-end size corporation is looking to add some talent to its Helpdesk / technical support department. This is an entry-level internship; however, we are looking for someone with a keen ability to troubleshoot, and a drive to learn. Responsibilities would include, but not be limited to: Helpdesk support, Phone end-user support, Trouble-ticket support, and Customer / Vendor RMA processing.

Accounting Intern, Technology Associates, Carlsbad
$14-$17.50. DOE. This paid, full-time internship will begin in May or June and will last approximately through August. Familiarity with Generally Accepted Accounting Principles (GAAP) • Proficient with Microsoft Office: Excel, PowerPoint, Word, Access, etc. • Professional written and verbal communication skills. • Good analytical and problem solving skills • Customer service skills and/or strong interpersonal skills. • Ability to work Monday through Friday during the hours of 8:00 a.m. and 5:00 p.m.

Job Opportunities
Temporary workers (3-4 weeks), The Spriritent in Encinidado & Oceanside.
Shifts:Thirsdays - 3:30 a.m. and 12:30 p.m.
Salary: $13.00 per hour
Interested Please Call (800) 645-2971
Student Assistant, Human Resources Career Center, Oceanside.
Part Time 8:15 hr., up to 20 hours a week, flexible hours to be arranged.
For more information please contact Katie Poponyak. (760) 414-5376
Program Assistant II – Child Watch Lead, YMCA, Oceanside
$9.50 - $11.50/hr., part-time
For More Info visit mttiminjoe@ymcasd.org or email tscott@ymcasd.org
Human Resources: Joe and Mary Mottino Family YMCA
4701 Mesa Dr., Oceanside, CA 92056 or Fax to (760) 758-8058.
For more information on jobs, internships and career resources, stop by the Career Center, Bldg. 3700 on the Oceanside Campus, or call 760-795-6772.

Learn more about transferring
There will be a San Diego National College Fair Thursday, April 10 in the San Diego Convention Center. For more information visit www.nacac.org.
The University Transfer Center (UTC) will have a representative from the University of California, San Diego (UCSD) to see MiraCosta College students on the following days: Tuesday, April 25th and Monday, April 30th. Please stop by or call the UTC in Building 3700 (760) 795-6880 for details and to make an appointment as they are necessary to speak with the rep.

Question: If I earn an Associates degree in General Studies, can I transfer to UCSD or SDSU?
Answer: The A.A. in General Studies is not a transfer program. You would need to see a counselor to create a transfer plan. Call the University Transfer Center for more information (760) 795-6880.

Phys. Ed. Majors! Earn while you learn! Turn Fitness into extra money! Visit www.teambeachbody.com/brian50
Math and Spanish tutor all levels, affordable prices. Group or individual. Please contact: Monica at 760-822-2673

Classified Ads
Part-time student employment assistant wanted at North County Coastal Career Center. Contact Katie Poponyak 414-5376
Turn Your Passion For Fitness Into a part-time business! For Info E-mail brianbrnielsen@gmail.com
Get 50 minutes of online tutoring for $1 at www.Tutor.com and enter code GLISR50M

Place a classified ad
The Chariot has a classified section and we need YOU to fill the space.
• Do you have old text books you don’t want?
• Do you own a small business and want to advertise?
• Are you selling your car?

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• $15/Hr. for Cert.
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Take advantage of MCC’s Student Health Services
(760)975-6675

Feeling Anxious… Stressed out… Overwhelmed… Depressed?
Free Confidential Personal Counseling is available at Oceanside & San Elijo
To set up an appointment call Health Services (760)975-6675

Health Services Hours
Oceanside Campus
Bldg 3300 M, T, W, F 8 am - 4 pm
Th. 8 am – 7 pm
760-795-6675
San Elijo Campus
Adm Bldg.
M, W, Th. 9 am – 2 pm.
760-944-9444 x7474

Join The Chariot staff!
Come and join the winning student newspaper!
• Have your own work published
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• Learn leadership skills
• Increase your writing skills
• Help to design and create pages of your student newspaper
Stop by The Chariot office in room 3441 and pick up an application, or email questions to The Chariot at mccchariot@yahoo.com.

Stay Healthy
FREE
The Sprinter in Escondido & Carlsbad
10 a.m. – 5:00 p.m. (8 hours shifts)
May 1-31, 2008

MiraCosta College
March 31, 2008
MiraCosta College
Student Q&A:
A student offering advice to other students

Q: My girlfriend’s best friend happens to be her ex-boyfriend. Should I be upset about the situation, or should I just overlook it? Should I worry? I really care about her a lot and want things to work.

A: I don’t think you should be upset about the situation. But I do think you should keep your eyes open. If your woman still wants to be friends with her ex then in most cases there is something that still remains between them. According to askmen.com even if their relationship was completely problem-ridden, chances are that the passion and sexual chemistry between the two of them still exists (unless lack of attraction was the reason for their breakup). This is a recipe for disaster because it means that every time they get together under this new “friendship” premise, the lust and passion they have makes it more likely that they’ll end up in “one more” night of unbridled “goodbye” sex, for old time’s sake. You should talk to her and tell her that it makes you uncomfortable. Depending on her response it should let you know if she takes your relationship seriously or not. If she would rather run around with her ex then she’s not worth your time. I wouldn’t worry about it and you really seem like you care for her. But why waste your time on someone that can’t let go of the past?

Q: My boyfriend and I just recently got a place together. He has really poor housekeeping skills. How can I tell him to clean up after himself without sounding like a nagging mom?

A: There are some things that men feel they shouldn’t have to do and I think cleaning up after themselves is one of them. They are either used to living with their mommies and still do all their laundry and cleaned up after them. Or he could have just never been taught how to clean up properly and came from a family of slobs. You should just ask him nicely, “Do you think you could clean up after yourself?” Rather than telling him ask him. Mommas don’t ask you, they tell you. Cleaning is usually a woman’s job, but we do live in the 21st century and the whole gender typing is a bit different these days.

Have a question you need answered? Submit your questions to mccchariot@yahoo.com and have them answered in the Student Q&A.

What's for lunch?

<table>
<thead>
<tr>
<th>San Elijo</th>
<th>Oceanside</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Monday</td>
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<tr>
<td>Main Event: Ratatouille over Pasta (V)</td>
<td>Main Event: Green Chili Stew</td>
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<tr>
<td>Side items: Caesar Salad &amp; Garlic Bread</td>
<td>Grill: Cajun Catfish B.L.T. w/ 16 oz. Fountain Drink</td>
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<tr>
<td>Grill: Cajun Catfish B.L.T. w/ 16 oz. Soft Drink or Coffee</td>
<td>Tuesday</td>
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<td>Tuesday</td>
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<tr>
<td>Healthy Choice: Grilled Tilapia</td>
<td>Healthy Choice: Grilled Tilapia</td>
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<tr>
<td>Side items: Lemon Rice, Vegetables &amp; Roll</td>
<td>Grill: Cheddar Beef Melt w/ 16 oz. Kona Coffee or Soft Drink</td>
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<tr>
<td>Grill: Turkey Bacon Melt w/ 16 oz. Soft Drink or Coffee</td>
<td>Wednesday</td>
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<tr>
<td>Main Event: Orecchiette Pasta w/ Fresh Roma Tomatoes, Basil &amp; Fresh Mozzarella Cheese (V)</td>
<td>Main Event: Oriental Rice, Walnut Wrap w/ 16 oz. Fountain Drink or Coffee</td>
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<tr>
<td>Side items: Artichoke Salad &amp; Breadsticks</td>
<td>Grill: Pollo Asada Wrap w/ 16 oz. Fountain Drink or Coffee</td>
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<tr>
<td>Grill: Pollo Asada Wrap w/ 16 oz. Fountain Drink or Coffee</td>
<td>Thursday</td>
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<td>Thursday</td>
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<tr>
<td>Main Event: Hand Carved Loin of Pork w/ Lemon Caper Sauce</td>
<td>Healthy Choice: Grilled Lemon Pepper Steak (V)</td>
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<tr>
<td>Side items: Mini Baked Potato Bar, Vegetables &amp; Roll</td>
<td>Grill: Chicken Philly Cheese Steak Sandwich w/ 16 oz. Kona Coffee or Soft Drink</td>
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<tr>
<td>Grill: Oriental Rice, Walnut Wrap w/ 16 oz. Fountain Drink or Coffee</td>
<td>Friday</td>
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<tr>
<td>Friday</td>
<td>Friday</td>
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<tr>
<td>Main Event: Chicken Fired Steak with a White Caper Sauce</td>
<td>Main Event: Chicken Fried Steak with a White Caper Sauce</td>
</tr>
<tr>
<td>Grill: Oriental Rice, Walnut Wrap w/ 16 oz. Fountain Drink (V)</td>
<td>Grill: Oriental Rice, Walnut Wrap w/ 16 oz. Fountain Drink (V)</td>
</tr>
</tbody>
</table>

How safe is “safe sex?”

Know the facts vs. the myths. Your future depends on it. Make informed, healthy, confident choices.

Call BIRTH CHOICE for real answers, real help.
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birthchoice.net
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- pregnancy tests
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- support services

The 19th Annual Outstanding Faculty and Staff Awards

Show your professors how much you appreciate their dedication.
Express your gratitude to a staff member who has made a difference in your life. Nomination forms available at the Student Activities Office or online at http://www.miracosta.edu/StudentServices/StudentActivities/facultyaward.htm.

The categories for the 2008 nominations are:

- Tenure Faculty
- Associate Faculty
- Classified Staff

Nominations Due by April 18, 2008, 12:00 p.m., Student Activities Office.
Winners will be announced by May 23, 2008.
For more information call (760) 795-4800.

Sponsored by the Associated Student Government.