Last Thursday Health Services hosted a Health and Safety Fair on the Oceanside campus. More than 45 tables offered information on health services available to students. Pizza was supplied by the MCC AS.

Some of the organizations represented included MADD, the local fire department, campus police, Vista Community Clinic, a bone marrow registry service, Planned Parenthood, Healthy Families, North County Health Services, campus clubs, AAA, Costco, student health insurance and vision services. Some of the departments who participated included the Food Pantry, Disabled Students Program and Services, Health Services and counseling through Health Services.

MADD displayed a car involved in an alcohol-related crash. The driver of the vehicle was 16. “I get chills just looking at it, and I haven’t been in an accident,” said Mary Nardella, a volunteer with the MADD program. MADD also handed out pamphlets with information on the cost of being arrested for a DUI, ranging from $7443 to $9168.

The local fire department provided brochures on disaster preparedness for emergencies such as earthquakes, bioterrorism, flu pandemic and safety supplies for the home and office.

The MCC Biotechnology Department sponsored the bone marrow registry. More than 45 applicants registered to donate bone marrow to help cure diseases.

The MCC Campus Police exhibited their new police vehicle. They also offered women information on their Rape Aggression Defense class, a 12-hour program for women who wish to learn to defend themselves against an attacker. While the officers are in full protected padding, women will act out a full contact simulated assault scenario.

The blood mobile provided students with the opportunity to donate blood. They received 34 donations.

“It was our most successful Health Fair to date,” stated Catherine Halmay, Health Services Assistant. “The vendors were pleased with the amount of questions students asked about health and safety issues.”

The Health Fair also offered people the chance to enter their name in the opportunity drawing. Each booth had either stamps or stickers and anyone who wanted to enter the drawing needed to visit at least six booths. They were also required to fill out a health survey. Prizes included Costco gift cards, a blood bank beach towel, gift cards to the campus cafeteria, tickets to MCC’s theater and music productions, Submarina gift cards and movie tickets.

Clockwise: (Left) Students take feel and learn how to check for breast cancer. The Health and Safety Fair offers information to students about services available through the campus and community. A vehicle involved in a drunk driving accident is observed by students who attended the Health and Safety Fair. The wrecked car was brought by the MADD Program.

Photos by: Jordan Barber/Staff Photographer
"The liberty of the press is a blessing when we are inclined to write against others, and a calamity when we find ourselves overcome by the multitude of our assailants."

-Samuel Johnson

Meet the AS presidential candidates

Billy Buster

Toshia Bradsher

This information was taken off the candidates’ application forms

Academic Major: Business Career Goals(s): To one day own my own hedge fund.

Q: What do you hope to accomplish for the students of MiraCosta College?
A: My goal in running for president is to give a voice back to the students of MiraCosta College. I feel that in the previous years, the presence of ASG among the students hasn’t been very strong, and as a result I don’t believe the students have been properly represented. If I am elected into office, I will do everything in my power to represent MiraCosta’s Students and bring unity back to this school once again. I will bring an end to the division currently within the student government and bring about positive change. The three main issues I will tackle when I am in office are: 1) Promote student life which will provide an increased learning environment, 2) Increase parking to compensate for the rising student numbers, 3) Improve the bookstores current prices to make the cost of textbooks affordable for everyone.

Q: What qualities do you possess that will make you a good leader?
A: I am never afraid of a challenge because I am very confident in my abilities. I inspire trust in all of my peers and pride myself on honesty and integrity. Anything I dedicate my time to I take very seriously. I am enthusiastic about everything I am involved in and always give 110%. Also, I am a very strong believer in equality and believe that everyone should be treated in a fair and just manner. I am an extremely focused person and never take my eyes off the prize. Most importantly I am committed to excellence. Second best does not lead to success.

Q: Do you have any prior student leadership experience? If so, please explain.
A: I have always seen myself as a leader. I gained valuable leadership experience by stepping up to the plate in the sports I have played. In both lacrosse and wrestling I’ve excelled and took on a leadership role amongst my team even though I never had the official position as a “leader.” Also in the work place, as a Student Ambassador I feel that I have demonstrated leadership abilities. As an Ambassador I am a leadership role and am in charge of seeing students, educating them on the course process, and making sure that each and every student gets the information they need. The only official leadership experience I have had has been through the Emerging Leaders Institute (ELI).

Academic Major: Psychology/ Sociology Career Goal(s): MSW/JD

Q: What do you hope to accomplish for the students of MiraCosta College?
A: As MiraCosta College is vote after vote and I absolutely love it here. It is a great place to learn new things and establish long-lasting friendships. The students rock and the faculty and staff are irreplaceable. As President, I hope to maintain the standards already in place that keeps MiraCosta students here and productive and prospective students enrolling. And I plan to take steps to get to know more students and gain a broader idea of what they want from their ASG and meet with the faculty and staff to see those ideas through.

Q: What high school, college, or community volunteer positions have you held?
A: Volunteer work and giving back to my community is important to me. Although, I have made an attempt to volunteer for Oceanside Reads, a literacy organization in downtown Oceanside, I must say that my other responsibilities superseded that noble act. I do plan on trying again in the future.

Q: What qualities do you possess that will make you a good leader?
A: I am a great leader because I am organized and I get things done. Working well with others is a quality that any great leader has, and I am proud to say I have. I have a family that I manage on my own so I know what’s it’s like to be faced with tough challenges and dealing with outcomes of the choices that I make. Also, I value time and the fact that we all are given 24-hour days and we can’t get those hours back so we must make the most of the time given to us.

Q: Do you have any prior student leadership experience? If so, please explain.
A: I don’t have any prior student leadership experience, however I am involved on campus as Secretary of The Parents on Campus Club and I also work on campus.

Head for the polls!

The polls will be open from 9 a.m. to 7 p.m. Laptops will be set up as polling stations in the Library and cafeteria of the Oceanside campus and also in the Student Center at the San Elijo campus. Students must have their Student I.D. and birth date available in order to vote. Students are only allowed to vote one time. Any student who attempts to vote more than once will be denied access by the computer program. The program will show how many votes were accepted, but will not show how many votes are for each candidate. A receipt will be given to all students who attend the vote. Technicians determine the reason for being denied.

This is the sixth year using this voting software. The software does not allow students to vote online from home, so any student who wants to participate must visit one of the polling sites. Jim Gonzales, Student Activities Coordinator has experienced problems in the past will allowing students to vote outside of the polling places. “There was no guarantee that the sanctity, privacy and security of the votes when it was available through the web,” said Gonzales.

An election commission has been established for the candidates. The election commission governs, promotes and runs the election process. They also certify the results. Four of the students have been appointed as commissioners by the senate. Chris Ahrens, the Chairman of the committee, is eager to see what the candidates bring to the table. “We do have a race. We have two distinct personalities. Each candidate brings a vision to improve student life,” said Ahrens.
AS elections? Who cares?
Chariot editorial

MCC is probably not much different than any other California community college when it comes to student apathy. It’s just the nature of a commuter college. Those of us who want to get involved are offered the opportunity to join a club, write for the Chariot or run for AS office. Students who simply don’t have time or don’t wish to get involved, except when it comes to free pizza, can continue to remain uninvolved. They can’t, however, complain when parking fees go up.

For those who like buying unique gifts but hate spending days trying to figure out what to get, www.gifts.com is the place to check out. It takes the guesswork out of gift buying. The web-site is a gift search engine helping potential buyers figure out the perfect gift. Shoppers can search for their gift by recipient, personality, occasion or category. It can even narrow the search down by age range and price.

www.gifts.com offers the searcher pages of gift options to choose from. The choices are endless ranging from knickknacks to spa packages to personalized presents. After clicking on a potential gift, www.gifts.com will provide prices and shipping fees from more than one website. Buyers also have the choice of saving their prospective purchases on a wish list, and emailing the list to other lost shoppers.

Stop driving from store to store or panning the web until insanity kicks in. Go check out www.gifts.com and end the hunt.

Hit the dance floor with the Young Punx
The Young Punx are an electro dance band of London-based musicians, led by the highly regarded dance producers Hal Ritson and Cameron Saunders. The band’s debut album, Your Music Is Killing Me, is finally making its way to the US. Remixed by Norman Cook, aka Fatboy Slim, their fresh and energetic sound is the next big thing to hit the dance scene.

The 2-disc album is another step in the evolution of madcap music. The band uses elements of electro, rock, disco, 80’s pop, dance, and a distinct use of popular culture references to create something completely unique. Their current single, “Your Music Is Killing Me,” is already a notable anthem among DJ’s and partiers alike. The album is performed entirely by the band, alongside with guitarist Gareth Saunders. The band’s debut album, Your Music Is Killing Me, is already a notable anthem among DJ’s and partiers alike. The album is performed entirely by the band, alongside with guitarist Gareth Saunders.

Pop this CD into a stereo, hit shuffle and you can have yourself a mini dance party anywhere, anytime.
Take a walk on the water side

Surfing is a sport unlike any other. Based on individual endurance and vigor and yet it is the ideal catalyst for building strong, everlasting relationships. It is the perfect opportunity for people to reconcile with nature and find their true place in God's holy image. These emotions are what inspired Bryan Jennings to pursue the art of surfing and filmmaking, his latest venture, the film “Walking on Water.”

The film revolves around two young surfers who, accompanied by Jennings, travel the world to some of the greatest surf spots on Earth in search of the perfect wave all while gaining knowledge of love, truth and understanding. Along their travels, the two boys encounter wild terrains, exotic animals, friendly locals and incredible surf. They also run into a few of their favorite pro surfers, including Matt Beacham and Tom Curren, along the way. The film was inspired by a trip, which Jennings took when he was young. He wanted to pass on the values that he had learned to these young lads and share their experience with the world through his film.

On April 17, UCSD’s S.A.L.T., (Surfers About Living Truth,) will be teaming up with Tom’s Shoes, a local charity that donates shoes to impoverished areas across the globe, to host the premiere of this exceptional film. The show starts at 7:30 p.m. at the Student Service Center multipurpose room on the UCSD campus. Admission is free. Raffle tickets are going to be sold throughout the week, which will give recipients an opportunity to win a surfboard donated by Oceanside’s own U.M. Surfboards. Members of S.A.L.T. and Tom’s Shoes will be out at Price Center Plaza on Monday and Tuesday and at Library Walk on Wednesday and Thursday selling tickets. Both of these places are located on the UCSD campus. All ticket proceeds go directly to the Tom’s Shoes fund.

The evening will also offer free tee shirts and sandals as well as live music. Both Bryan Jennings and Matt Beacham are scheduled to make appearances at the premiere. The night is expected to be of epic proportions.

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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
Parking: All lots. $8.
A charmingly nostalgic memory play, Proposals explores the summe of 1953 and the last time the Hines family gathered at its family Pocino. It's a summer of romantic entanglements, which intertwine the nine characters' lives one idyllic afternoon.

Music
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 Gusti Hont, Charles Carter and Robert Russell Bennett.

"Sing Into Spring"
MiraCosta College Theatre, Oceanide Campus Saturday, May 10 at 7:30 p.m.
Sunday, May 11 at 2 p.m.
General admission, $10; students/seniors, $8.

Film
The International Film Series will be showing "Hula Girls" on 25 April. "Hula Girls" is based on a true story about coal miners' daughters, who have a once in a lifetime chance to escape their repetitive, very dull lives. The film is directed by Lee Sang-ik. The screening will take place Friday at 1 p.m., on the San Elajo campus in room 204, and at 7 p.m. in the Little Theatre (3601) on the Oceanide campus. Admission is free.

The record albums on... the conclusion of the top 10 albums of the past 10 years

5. "Songs for the Deaf" Queens of the Stone Age There is a place in the world where heavy metal, blues, psych-dilla and验证 meet. Where this place is, I don’t know. But sometimes--the Queens of the Stone Age have found it. The album is a master piece that emphasizes a style of music that sits just to the right of being too heavy. The riffs and vocal melodies strongly echo early Black Sabbath, with an overall sound that can only be appreciated when played at full blast while rousing down the freeway. While each track individually is great, the lyrical content and segues between tracks creates a theme which ties the whole album together. What makes this album worth listening is that it is, in fact, a concept album. In order to get the full effect, one has to listen to the entire thing back to back. Also, within some of the main tracks, lies hidden bonus tracks which help add to the premise. While it's a long shot from the Who's "Tommy," "Songs for the Deaf" is a great, heavy and fun album that's well worth the price.

4. "White Blood Cells" The White Stripes: It was their first big hit, and also one of the last non-come rock albums to surface to mainstream. Most importantly, it was one of the last blues- rock albums to be released. The Stripes released this gem at a dangerous time in rock history, a time just before MTV took out the "M" and digital music took over the world. It was one of the last times we heard Jack White speak in his honest and unmerciful tone. Now, it seems that the Stripes have fallen into the rut that all musicians fall into these days, of trying to please the fans instead of fulfilling their own artistic desires. The sound of this album is sinister. It sings of heartbreak in the face of fashion. Not through the voice of an inexperienced pop star, but in the voice of a bitter and cynical misanthropist, someone who has been tattered by love and questions its existence. The music too, predominantly in minor keys, reflects these feelings. However, the album has an upbeat of of happy ending. While it's not a concept album per se, it does leave the listener on a good note. As a whole, the album is a staple in this decade and will certainly stand as a classic in the future.

3. "In Your Honor" Foo Fighters: Out of the ashes of Nirvana came the Foo Fighters, and as the years pass, their sound grows, becomes faster, harder and tighter. No album in their catalogue has quite the symphonic impact as this one. Though it's not entirely a political album, Dave Grohl claims that it was inspired by time he spent the band recorded on John Kerrys’ 2004 campaign. The album’s lyrics cover a wide range of ideas from simple and inspiring to sad and somber. Some of the lyrics deal with loss. In fact, one of the songs, "Friend of a Friend," was written about Grohls former bandmate Curt Cobain, though it was supposedly written before Cobain's death. Over all, the sound is somewhat reminiscent of "classic" rock albums, but not to the point where they sound like they're trying to sound old. The album also includes a dual disc featuring a "making of" documentary as well as a second CD of all acoustic tracks, some of which include appearances by Norah Jones, John Paul Jones and Josh Homme, making it worthwhile to buy a hard copy.

2. "Kid A" Radiohead: All I'm not really a fan of electronic music, but I dig Radiohead. Even though this album went without their crunchy guitar sound, it still managed to become a universal success becoming Radioheads first number one album. The sound is mellow and brings together a wide range of instruments from classical stringed quartets to electronic organs and synthesizers. The lyrics reflect feelings of strain and isolation, ideas which had been introduced in Radioheads' earlier album, "OK Computer." Early Internet leaks as well as anticipation from the previous album made "Kid A" an instant hit and one of the most complicated pop albums to have commercial success. The album won the Grammy for "Best Alternative Album" and was nominated for "Album of the Year" to which some fans was a turn off. Never the less, "Kid A" is a unique sounding album by a band who, unlike most these days, is not afraid to step out of the record labels and the fans.

1. "Love" The Beatles (arranged by George and Giles Martin): I know, it seems like a cheap shot, but anyone who has actually heard this album knows just how revolutionary it really is. I've been listening to the Beatles for practically my entire life and when I put this album on, it was as if I were hearing them for the first time. Songs I had known for years and had become numb to suddenly brought tears to my eyes. Who would have thought that the greatest re-mix electronic albums of all time would come from two old, British white guys? And yet they pulled it off. I can't even come up with the right words to describe this album. You literally can't listen to just one track. You've got to hear the entire thing every time you listen to it. The way George Martin samples from three or four different songs and melds them together to form one flawless symphony, the way he takes different versions of one song and combines them into one seamlessly, the way he takes sounds and bends them, speeds them up, slows them down, reverses them, all come together to create an unforgettable musical experience. For those who think they know the Beatles, prepare to be reborn. For those who have yet to hear the Beatles, prepare to be enlightened. For anyone with an ear, prepare to listen to the greatest songs ever written displayed in the most extravagant way possible. Its albums like these that prove that the record industry will never die.
What’s happening on the club scene?

Puente Club

On April 25, the Puente Club will be hosting the Spring Fling Dance in the dining hall from 7 p.m. to 11 p.m.

You must be 18 years or older to attend the dance and no alcohol is allowed. There will be security monitoring the floor and nighttime assistance available to ensure your safety. Please contact Ana Santiago for more information or stop by a Puente Club meeting to ask questions.

Natural Science Club

Please plan to join the MiraCosta College Natural Science Club on April 18-20 for our spring 2008 camp-out in the San Jacinto Mountains just north of Idylwild. The National Forest Service is allowing us to camp at Marion Mountain Campground even though it isn’t open to the public for camping at this time. We will have the whole campground to ourselves! Please RSVP to Chris at charrell@miracosta.edu or call 760-944-4449, ext 7765 to get the combination to the gate lock!!!

This will also make it possible for us to contact you should there be any change in our camping plans!!!

Join us in Mississippi

Help rebuild homes damaged by Hurricane Katrina.

June 1-6.

Contact Jane DeRoche at jderoche@miracosta.edu or Anna O’Cain at aocain@miracosta.edu for more information.

Graphic by: Jordan Barber/Staff Photographer

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.
**The Transfer Center has answers to all your questions**

Hello Readers! This is the second part relating to the cell phone laws taking effect July 1, 2008. This week we will answer some of the questions about what you can and cannot do and the penalties addressed by CHP. What are the fines if I am caught driving while using my cell phone? The base for the FIRST offense is $20 and $50 for subsequent convictions. According to the Uniform Bail and Penalty Schedule, with the addition of penalty assessments, a first offense is $76 and a second offense is $190. Will a point go on my driver’s license? The violation is a reportable offense and will show up on your driving record; however, DMV will not assign a violation point. Is there a grace period where I will only get a warning? There is no grace period. Whether a citation is issued is always at the discretion of the officer based upon his or her determination of the most appropriate remedy for the situation. Can I be pulled over by a law enforcement officer for using my handheld wireless telephone? Yes, you can be pulled over just for this infraction. Can I use the push-to-talk feature on my phone? No. The law does provide an exception for those operating a commercial motor truck or tractor truck (excluding pickups), implements of husbandry, farm vehicle or tow truck, to use a two-way radio operated by a “push-to-talk” feature. To read more about these laws and any other vehicle code law go to the DMV website and read the California Vehicle Code is online! Submit your law enforcement related questions to “The Fuzz”, Officer Rebecca Arnold 760-757-2211 x 6519 or via email: rarnold@miraCosta.edu

### Classified Ads

- **Save huge on kidswear** 50%-70% off store prices log on today WWW.magickidsusa.com discount code MKS8861
- **Interested in web design?** Contact MiraCosta College Student Web Club. webclubinc.org & studentwebclub@gmail.com
- **Part-time student employment assistant** wanted at North County Coastal Career Center, Contact Katie Popoyan 414-3576
- **Turn Your Passion For Fitness into a part-time business!** For Info E-mail Brianbrienielsen@gmail.com
- **Math and Spanish tutor** all levels, affordable prices. Group or individual. Please contact: Monica at 760-822-2673
- **Phys. Ed Majors!** Earn while you learn! Turn Fitness into extra money! Visit www.teambeachbody.com/ brian50
- **Get 50 minutes of online tutoring for $1 at www.Tutor.com and enter code: GLISR50M**

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**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?

This ad space is FREE

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**Healthy**

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

You may be at Risk for Diabetes if:
- You are overweight
- You are physically inactive
- You have a family history
- You have high blood pressure
- You have high triglycerides
- You had gestational diabetes
- 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.

Take care of yourself | Exercise | Get plenty of rest | Eat well | Remember to BREATH
Free Personal Counseling is available.

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**The Job Board**

**The Fuzz**

Officer Rebecca Arnold answers your questions

---

**A healthy lifestyle can be a part-time job!**

Eat well
Get plenty of rest
Take care of yourself

---

**Community**

April 14, 2008
MiraCosta College
**Ask Me Anything**

A student offers advice to other students

Q: My boyfriend is a super Star Wars fan. We are getting ready to move in with each other, and he won’t leave any Star Wars memorabilia behind. I do not want to invite my friends over to our new apartment with Star Wars crap all over the place. How can I get him to grow up, and leave his Star Wars treasure behind?

A: Star Wars is very popular, regardless of your age. You obviously had problems with sharing when you were little. I do understand that you don’t want your house to be decorated with Star Wars, and he should understand that as well. You shouldn’t ask him to get rid of it. Maybe give him a specific spot in the house just for his collection. You both have to keep in mind that it is now “our” house meaning, both of you guys are basically one, and have to learn to share space. Star Wars memorabilia can be worth some money. Look on the bright side. If you guys can’t afford your rent one month, he could always sell some of his collection. This guy seems really serious about his Star Wars, and having him get rid of it is a slim chance. Try to make other arrangements. Work with him if you love him.

Q: I really have a problem trusting my girlfriend with her friends. Whenever they go out, they always seem to get in trouble. I know she will not listen to me if I ask her to stay home instead of going out. I know I am never going to get along with her friends, but I still want to be with her. How can I get her to find friends that have a clue?

A: First of all, if you can’t trust your girlfriend, regardless of the situation, you shouldn’t be with her. Trust is very important to have in a relationship. Her friends are her friends. If she doesn’t know how to handle herself when going out, maybe she has personal issues. If you guys are a serious couple, then her friends should be your friends as well. If you don’t like her friends, then you have problems. Maybe you could start going out with her and friends and being the DJ, that way you can keep your girlfriend out of trouble. But, that leads to a sense of babysitting, and if you have to do that then maybe she isn’t worth your time. Find a chick that can handle her own.

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

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**What's for lunch?**

San Elijo

<table>
<thead>
<tr>
<th>Monday</th>
<th>Main Event: Tandoori chicken salad w/ Mango Chutney dressing</th>
<th>Side Item: Naan bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grill</td>
<td>Cheddar beef melt w/ green chilies w/ 16 oz. Soft Drink or Coffee</td>
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</tr>
<tr>
<td>Tuesday</td>
<td>Healthy Choice: Chicken Tikka Masala</td>
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<tr>
<td>Side Item: Rice Pilaf, vegetables or salad &amp; roll</td>
<td>Grill: Baja style fish tacos w/ 16 oz. Soft Drink or Coffee</td>
<td></td>
</tr>
</tbody>
</table>

Wednesday

| Main Event: Roasted vegetable penne pasta w/ feta cheese (V) | Side Items: Caesar Salad & Garlic Bread |
| Grill: Tuna melt w/ bacon w/ 16 oz. fountain soft drink or coffee |
| Thursday | Healthy Choice: Two cheese enchiladas (V) |
| Side Items: Green chili mashed potatoes or rice & beans | Grill: Chicken Caesar wrap w/ 16oz. fountain soft drink or coffee |

Friday

| Main Event: Chili Verde Platter | Healthy Choice: Tandoori Chicken Salad w/ Mango Chutney Dressing |
| Grill: Cheddar Beef Melt w/ Green Chilies |

Oceanside

| Monday | Main Event: Chili Verde Platter |
| Healthy Choice: Tandoori Chicken Salad w/ Mango Chutney Dressing |
| Grill: Cheddar Beef Melt w/ Green Chilies |

Tuesday

| Main Event: Chicken Sambimbocca | Healthy Choice: Baked Tapias |
| Grill: Knockwurst |

Wednesday

| Main Event: Chicken Jambalaya w/ Chili Garlic Sauce | Healthy Choice: Roasted Vegetable Penne Pasta (V) |
| Grill: Tuna Melt w/ Bacon |

Thursday

| Main Event: Tender Beef Chili Colorado | Healthy Choice: Two Cheese Enchiladas (V) |
| Grill: Chicken Caesar Wrap |

Friday

| Main Event: Spaghetti & Meatballs | Healthy Choice: Baked Raspberry Bubble Italian Chicken |
| Grill: Ensenada Style Fish Tacos |

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**How safe is “safe sex?”**

Know the facts vs. the myths. Your future depends on it.

Make informed, healthy, confident choices.

Call BIRTH CHOICE
real answers. real help.
760-744-1313
birthchoice.net

* pregnancy tests
* STD education and prevention
* abortion counseling
* support services

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**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

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**I WANT TO MEET YOU**

Toshiba Bradsher
AS Presidential Candidate
Come shake my hand
I’ll be waiting to meet you at the Fountain Plaza outside the HUB

Monday, Apr. 14, 10 a.m. - noon
Tuesday Apr. 15, 3 p.m. - 4:30 p.m.

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**Catch the Chariot**

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