The Oceanside campus, San Elijo campus and the Community Learning Center have College Hour Thursdays where they hand out free food and have free entertainment for students and faculty. College Hour has been a part of the campus for more than twenty years. It started because students and faculty realized that part of the college experience is the social life and being able to interact with students and faculty outside of the classroom. Since MCC is a commuter college, meaning students don’t live on campus, the opportunity to live amongst each other is taken away. The reason they continue to have College Hour, however, is because the faculty has found that it helps not only socially but also scholarly. “Social networks and connections help with success in education,” stated Jim Gonzales, director of Student Activities. Furthermore, it helps to foster a relationship in and out of the classroom [which helps students to stick to their educational goal.] “It is as a place for students to gather together socially” and is “quite successful,” said Gonzales.

The Associated Student Government hosts College Hour 16-18 times throughout the year. When ASG isn’t hosting College Hour, a club, such as the Black Student Union, or a department, such as Honors, will be the host. When the ASG isn’t hosting then the department or club is responsible for finding the funding. The Student Activities Office keeps track of the exact dollar amounts, such as where it comes from and where it is going. “More and more departments have stepped up... [because] they have seen the success. This is where the action is happening,” Gonzales stated. It is a good way to “try and reach out to students [and] get a college feel,” stated Richard Davis, senator for the Associated Student Government. He hands out the free food as often as he can and finds that it is gone within the first half an hour.

Jordan Kesselhaut was first in line for food and is almost every time. He gets out of class at 12:15 p.m. everyday and then just heads straight to grab some grub. Free food isn’t the only thing College Hour is known for. Kesselhaut enjoys the free entertainment as well. “[I] typically like the music [as long as it’s not] the poppy stuff,” stated Kesselhaut. If he could change one thing about College Hour it would be to have “more rock music [and] more variation.”

Humberto Garcia Jr. and Mina Garcia were out during College Hour to promote the Health Service Department. They want students to know “why we pay a Health Service fee [and] what we get for free [because of that fee], while also having a fun time.”

The “favorite part is listening to the music,” Danny Case states. Others “like the different kinds of music,” Charlotte Skolnick said. “The fact you have entertainment in the background,” stated Matthew Garrett, was his favorite part as well.
The college receives grant to take students to the Museum of Tolerance

Michelle Maher
Assignment Editor

The college has recently received a grant from the Leichtag Foundation in spring of this year, which will fund four trips to the Museum of Tolerance in Los Angeles. In addition, the Leichtag Family may be interested in funding future trips. They will be paying for the bus, admittance and lunch. The grant was given as a part of the college’s Tolerance, Equity and Diversity Initiative.

“The Leichtag Family Foundation supports innovative teaching methods for Holocaust education in collaboration with the [University of Southern California] Shoah Foundation Institute” and work to “[create] a legacy of visionary philanthropy.” This is a family foundation as Max Leichtag and his wife Andre Leichtag co-founded this organization in 1991.

“Caring about and for people in need and improving the community were closely-held values of the Leichtag family.” The founders started the company with proceeds they received from their pharmaceutical company, MD Pharmaceuticals, Inc. We are not the only recipients seeing how “from the Foundation’s inception in 1991 through December 2010, Leichtag Family Foundation and Leichtag Family Trust grants total more than $59 million.”

The Museum of Tolerance received a Global Peace and Tolerance Award from the Friends of the United Nations. Toward the end of the 1980s, the Simon Wiesenthal Center leadership and representatives found that the increasing amount of young people questioning the reality of the Holocaust staggering. The end result was to create a Museum that would depict what happened during those times. “[This museum] must not only remind us of the past, but remind us to act,” Simon Wiesenthal stated.

ASG senator proposes ride-share plan

Dennis Selke
Asst. Editor in Chief

ASG student senator Curran Dwyer is proposing to the ASG a plan that would provide students access to a carpooling service called Zimride. This service will allow students to pool their resources and share commuting with others on campus. Dwyer has been looking at ideas to help students overcome transportation difficulties and was motivated to start the process by the lack of options for traveling between San Elijo and the Oceanside campuses using public services.

“There is no bus service from the Oceanside campus to San Elijo,” said Dwyer. Dwyer has requested the proposal be put on the agenda of the weekly Senate meeting. Then a presentation will be made at a scheduled meeting and the senate will either vote on it or table the item for consideration at a later meeting.

“The ASG is looking at ways of helping students with transportation and is looking to fund students,” said Director of Student Activities Jim Gonzales. Zimride is a carpool matching service based in San Francisco. The system combines with Facebook to help students match riders with drivers. The driver sets the asking price and may include comments such as non-smoking car or music preferences.

The service was initially a closed system offered only to Zimride’s clients. It has recently opened up to the general public and be found at zimride.com.

According to Dwyer, in addition to saving gas, carbon emissions and lowering the numbers of cars parking on campus, the service has the potential to save a student $2,000-3,000 per year by eliminating the need to take the bus or purchase and maintain a car. The service is projected to cost MCC approximately 89 cents per student per year.

According to the Zimride website, the major difference between Zimride and other carpool systems is that Zimride offers the ability to see potential rides through Facebook, to see if that person may have mutual friends.

Students can offer to be a driver or a rider and can look at a variety of choices in prices and times.

Come learn more about LIFE

LIFE is an organization designed especially for the seniors in North San Diego County, and meets on most Friday afternoons on both the MiraCosta College Oceanside Campus and the San Elijo Campus in Cardiff. LIFE offers discussion groups and guest speakers, and is a wonderful way to stay engaged through learning! Drop-ins are welcome to attend and admission is free.

Upcoming lectures in the Room 1068 (John MacDonald Board Room) on the Oceanside Campus: Sept. 23, at 1 p.m., Shades of Gray will be presented by Agnes Herman columnist, “North County Times.” In Ms. Herman’s presentation on the challenges and myths of aging, she concludes that the various changes occurring as we age do not have to disable or destroy us, but fear and isolation certainly can.

2:30 p.m., The History of the Julian Cemetery will be presented by David Lewis. Mr. Lewis will provide the history of the Julian cemetery and discuss his nine years of research and what he found along the way. Upcoming lectures on the San Elijo Campus: Sept.23 (Room 204) 1 p.m. The San Elijo LIFE group will attend the screening of The Devil’s Miner (US: Germany 2005).
There’s a Fox in the Ohenhouse

Chris Neufeld
Copy Editor

The Fox News Channel has received a bad reputation over the years because of its “right” leaning programs. I am not here to dispute the fact that the network has very conservative shows on, such as Bill O’Reilly and Glenn Beck. I am here to tell you that the network is not only relatively new but the content presented on the Fox News Channel is what they claim to be “fair and balanced.”

There has been a lot of controversy surrounding this claim, and the network itself was under investigation for this claim during the 2008 Presidential Elections. I am going to use the presidential elections as a focal point for this discussion because it will paint a clear picture of how Fox is “fair and balanced.”

The CMPA (Center for Media and Public Affairs, or CMPA, covers Fox News Channel’s “Special Report,” which is closely related to all other broadcast news counterparts. The CMPA does this so that they can compare Fox’s coverage with others.

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The CMPA went through the coverage of the political campaign bit by bit, and evaluated the reporters and sources who were evaluating the candidates. When they combined the results from the three other networks, the evaluations of Obama were 68 percent favorable and 32 percent unfavorable, compared to McCain at 36 percent favorable and 64 percent unfavorable. This is the most favorable coverage any president has ever received since the CMPA started covering election news coverage in 1988.

The evaluation of Fox’s coverage of Obama was 36 percent favorable and 64 percent unfavorable. McCain, however, did not do much better. His coverage was 46 percent favorable and 60 percent unfavorable. This shows us that Fox News was tough on candidates. Many other channels had evaluated them. It also seems that the other news channels are the biased ones, favoring Obama in much higher numbers.

I know that was old news, taking you back to 2008, but the same facts still remain true today. Go into the cafeteria, grab yourself a snack, then watch the CNN TV and the Fox TV for a bit. Fox News is much harder on its coverage of President Obama than CNN or MSNBC. It’s not because they want to be tough, it’s because they have to be. CNN and MSNBC cover any democrat in office with highly favorable remarks. Fox News is there to make sure that the coverage being done has a balanced view so that both sides can be seen.

So, as you can see, Fox News coverage is not there to push “right winged” propaganda down your throat, it is there to make sure that news coverage is “fair and balanced.”

There’s no Elephant in the Foxhouse

Michelle Maher
Assignment Editor

Fox News Channel is a right winged news organization that is in place to battle the “mainstream liberal media.” I agree we need to show both sides, but I don’t agree that FNC is “fair and balanced.” I also will never agree to people using made up facts to demonstrate ridiculous statistics. Did you know that 80 percent of FNC viewers believe that we found Weapons of Mass Destruction in Iraq? Sorry guys, we didn’t.

Bill O’Reilly wrote in his book “Pinheads and Patriots” that only three shows were conservative: Hannity, himself, and Glenn Beck. If favorable or unfavorable remarks, if you have a problem with those shows being classified as conservative, take a look at the other two shows and realize that about to do some math so give me a minute to breath. Let’s start with just Hannity and The Factor. They aren’t only shown once on FNC. The O’Reilly Factor runs three times a day and Hannity is shown twice a day. During a 24 hour day 20 percent of that day is spent promoting a republican agenda. Let’s broaden our horizons: Glenn Beck is shown twice a day meaning seven hours is Republican. This jacks the percent up to 31 percent.

My father works in the television business and, as anyone in the media will tell you, the “prime time” shows are the important shows. Prime time is from 8-11 p.m. During this time slot FNC three out of the four shows are Republican. To reiterate: Bill O’Reilly things “Fox and Friends” and “Redeye.” This seems to be a staggering amount, especially since these three shows are the most advertised.

I would consider FNC fair and balanced if they had an equivalent amount of left-wing shows daily and on prime time. They have no Michelle-approved left wing shows and since I let O’Reilly do what he does best (talking about Republicans) I feel 1, as a left-winger, should be able to decipher what would agree with my mainstream peers. Mr. O’Reilly would probably take issue with this so I did some research and found Doug Schoen is Fox’s token democrat. Don’t think they are going to put him as a democrat, but he doesn’t even get his own show and is instead put on a show with a conservative host.

By logic we can consider CNN to be fair and balanced because they have conservatives being interviewed. However, they are not left-wing shows. CNN is the only one that I can see that has a few republican shows I would consider indisputably left winged shows. Fox News is a network that 75 percent of its prime time lineup is Republican “promoting Republican stuff is a complete myth.” However, those aren’t the only three shows on Fox News that have a strong Republican

Religion and science glide hand-in-hand

Nima Assad
Editor in Chief

There is no doubt in my mind that the sciences are responsible for humanity’s sustenance. Having brought about unprecedented levels of efficiency in resources, the sciences have successfully elevated the existence of the individual. How is it that I am alive? How is that I am alive, not rather, how man has the ability to exist, but this conscious self, this I within this material physique—and what should it do with this existence with cohesion and religion?

Religion is that accommodates the existence of the individual to draw a system of values. Whether metaphorically interpreted or literally translated, religious thought constitutes the outlook one chooses to uphold, the lens through which one chooses to view the world. Practices, such as that of saying grace and christenings, evoke appreciation in the individual, recognition of the phenomena of being alive. Prayer humbles and reminds the individual of his or her supportive role in the world. Funeral ceremonies remind the individual of the transient nature of life and bring forth community amidst woe. With the different practices, religion evokes commendable characteristics through guiding the perception of the individual.

Religion, however, has the ability to prompt blind adherence. Without rigorous interpretation, theology may be a practice that suppresses rather than enlightens the individual, for rejecting scientific account on the basis of dogma prevents the progression of mankind. It is evident that the sciences give testable thesis and explanations while literal renditions of scripture rely on supernatural forces. If interpreted independent of a creator and other literal exclusions, however, Theology prompts the individual to consider and to reflect on one’s own humanness amidst existence—a lesson nonexistent in the sciences.

Perhaps theology and the sciences are not inevitably struggling for survival at one-another’s expense, but rather making up parts of the coherent whole that is the human condition.
Faculty art show stimulates and inspires

Nema Assaad
Editor in Chief

Down the stairs from the Oceanside cafeteria you will find the Kruglak Gallery, now featuring the Faculty Art Exhibit. Entering the gallery for the first time, I was warmly greeted by Faculty art show stimulates and inspires a rather intimate environment surrounding by floor and wall displays. With nearly 40 pieces of faculty submitted art representing departments such as photography, ceramics and graphic design, the gallery established a diverse environment reflecting a broad range of interests and ideas.

Diana Adams, Gallery Director, guided me through the gallery describing the process used in creating each piece and providing a background on the artist. Her mixed media piece, “Balancing Act,” involved an organic blend of earth, water and rock. Through her depiction of transitions and formations, the canvas depicts the natural cycle of elements. Using a technical combination of acrylic paint, pastel, colored pencil and watercolor, Adams explains that the piece reflects her personal interests. The most recent creation from her “Drawnscapes” series, Adams describes how the piece, created over summer, reflects the importance of fully developing and exploring a train of thought.

Another notable piece that resonated with me was Shane Anderson’s “House of Representatives, Helena, Montana,” an UltraChrome archival photograph in which Anderson flawlessly superimposes a grand Indian display as the backdrop of the House. Not only was it the clash of culture and history stimulating, but the vibrant image itself was just stunning.

Kelly Berning’s ceramic carnival like figures, “The Nest, The Shell, and the Keeper,” was also a memorable set. It was made up of three assembled foot-tall pieces, in which each figure had what seemed to be a sea theme, a different aspect incorporated into each.

What was really striking about the pieces, however, was that their stomach regions were concave and uniquely filled with these sea materials. While not certain of her intentions, Adams ponders the relevance of Bernings having just had a baby.

Michael Whiting’s “Whale,” uses automotive paint on steel to create a geometric whale. Other notable pieces include: Noahsarn’s “Alluvia,” in which her concept involves photographing self-sculpture under natural lighting.

Michael Weeldon’s “Passage,” in which he depicts ordinary scenery on unconventional shaped canvas. If “students have not come before, they certainly should,” says Adams. The gallery establishes a stimulating environment that is a wonderful “gateway into Art” and exposes students to a lens through which they have potentially never seen.

The gallery will host the Faculty Art Exhibit through September 29. The hours are Monday and Tuesday, 1:30-7:30 p.m. and Wednesday and Thursday, 10 a.m.-3 p.m. Admission is free.

Photos by Dustin Kamon

An affectionate and alliterative assessment of the adventures of two atypical siblings

Matt Branson
Cartoonist

Let’s take it back a couple of years, to back to 1993.

Grunge was king. Jurassic Park blew our minds with CGI that now looks like a toddler picked up their dad’s clay and decided to mold some dinosaurs and a channel named Nickelodeon was making some noise with a cartoon (Ren and Stimpy) who was in love with a lady’s bosom, 3-D animation to spice up the mix, a show named the Adventures of Pete and Pete.

The Adventures of Pete and Pete started off as a series of shorts about a pair of siblings that share the same given name. The premise sounds strange enough but it gets stranger, believe me. Older Pete (Mike Marona) narrates each episode to shed light on important backstory in the town of Wellsville, the fictional town where the show takes place, like in the perils of diary or the social stigma of being a range boy and even about the disappearance of a beloved ice cream man who decides that he just wants some time to himself.

Younger Pete (Danny Tamberelli) is an aggressive and jaded character which is strange given his age but somehow it works within the constructs of the show. Younger Pete has his own personal super hero Artie, the Strongest Man in the World (Toby Huss) and deals with the angst of being a young man growing up in a tough world.

What this show does and does well is blend surrealism with real life events to create a delicate balance of offbeat humor and zany plots creating its own alluring aroma for a fresh pot of comedy.

Behind the Burqa

Samantha Michela
Staff Writer

Upon completing Hosseini’s “The Kite Runner,” I felt an overwhelming sense of what it must be like to be an Afghan trying to survive in a bullet riddled city, haunted by memories of the past; looking back now, I see that I was wrong, and my feelings were proven to be artificial. How could ever know what it is like to walk on a Kabul, as a woman, through the eyes of a man? I couldn’t until I read his subsequent novel “A Thousand Splendid Suns.” This fantastic and gut-wrenching novel took me on a journey through Afghanistan through the eyes of two women, evoking in me feelings of terror, joy, disgust, and pity.

Unfortunately in this day and age it is widely frowned upon upon to be a supporter of any Middle Eastern nation, especially after our 10 year anniversary of the tragic events 9/11. After reading these books I found that any animosity that I may have held toward Middle Easterners was lifted. What Americans do not realize is that these are a benevolent people, and Al Qaeda makes up only a fraction of the culture, the one stain on a beautiful afghan. The main characters in “Splendid Suns”, Laila and Mariam, prove beyond a shadow of a doubt that there is hope left for Afghanistan and its people, especially its forgotten women; their kindness, friendship, and undying loyalty would, through even the toughest of times, illuminate any dark hallway that one would be forced to walk down. After I began “A Thousand Splendid Suns” I was unable to put it down, as I am now unable to stop searching for answers to the questions of how to end all these grotesque and adulterated misconceptions.

If you are cruising downtown Oceanside and are hungry, there is a restaurant that is just a gem: Miso Harney Sushi. Located on the corner of Mission Ave and Cleveland St. just across the beach, you will find a friendly, tranquil restaurant that will satisfy your sushi cravings. When eating at Miso Harney, sushi fan or not, you will be impressed by their soothing ambiance and hip DJ’s that spin house music every night to complement your taste for satisfaction. With a laid back chic feel, it is perfect for taking that special someone out or just enjoying a night out with friends; so I would think twice about taking the kids.

Besides the fresh, young look Harney has to offer, the food is excellent. It has reasonable prices, not super cheap, not super expensive; just your expected sushi prices. What you might not get in other sushi places is Harney’s abundance of options on the menu–let’s face it, it’s all about the options. They serve sushi rolls with awesome names that have a play on words such as “Guns and rolls,” “Bomb, James Bomb” and of course my favorite, the “Mellow Yellow Roll.” The flavors in each dish are succulent and mind blowing. For any reason you are not a sushi connoisseur, it’s okay, they have a great menu for non sushi plates like teriyaki chicken and their tasty salads, which I recommend the “Harney Caesar Spring Rolls.” After a good meal, don’t forget to end your exquisite dinner with the perfect desert, “The Perfect Strawberry” with the option of ice cream with it. So if you want to eat out and can’t choose where to go, check out Harney’s chill contemporary atmosphere, outstanding service and their great menus with a side of a good time.

Brush, foam, sparkle

Christopher Neufeld
Copy Editor

I am an avid tooth brusher. I love brushing my teeth and getting them all clean before bed and when I wake up in the morning. When I ran out of toothpaste the other day, I ran over to the store and grabbed what can only be described as the best toothpaste ever. The toothpaste I am speaking of is Colgate MaxClean SmartFoam with whitening.

This toothpaste is awesome in so many ways. First off, right when you begin brushing it burns into foam. The foam allows the toothpaste to reach in between teeth and clean those hard to reach places. The amount of freshness that was left over in my mouth was amazing. When I usually brush my teeth using ordinary toothpaste, the feeling afterwards is nice, but nothing compared to what this toothpaste had to offer. The fact that all the places that other toothpaste just glides over were clean definitely made a difference.

The mint flavor is just right. It’s not so much that it hurts your teeth at the end like a lot of toothpastes have. The whitening agent is used is also something worth mentioning. It doesn’t eat away at any of the enamel or the insides of my mouth like a lot of whitening agents often do.

At a price of around $3, it doesn’t put a hole in your pocket either. I really hope to see this toothpaste around so that I can keep on buying it. I would recommend this toothpaste to anyone, and with great enthusiasm.
The Theatre Department, building 2000 in the southern-most end of the Oceanside campus, is home to much of the drama on campus. Complete with a costume shop, a make-up room, a stage-craft scene shop, a Lee Kalua memorial napping sofa, 30 years worth of accumulated storage, a proscenium stage with a vomitorium entrance and room for 250. The theatre dept. is responsible for the presentation of four plays a year including a contemporary classic drama, a musical, a period piece with elements of a particular style and a comedy.

Eric Bishop, department chair of the Theatre and Film Department, describes the sense of ensemble theatre is committed towards establishing. While play production is intensive, the program seeks to be as inclusive as possible and will accommodate most anyone willing to put forth the dedication. In addition, Bishop estimates that nearly half of the students involved in theatre are not drama students, but often times undecided. "Come out and discover theatre-not only to come out and see productions, but also [to know that students] don't have to be theatre majors to take a class," stated Bishop. He emphasizes the importance of bringing diverse perspectives to the program and explains that non-drama majors may still benefit in acquiring skills they may draw upon during public presentations or job interviews.

With a robust audience turnout, most shows are sold out. Bishop explains that the musical is usually the most popular performance of the year. With much of the costumes as donations and much of the labor being performed by students, most performances break even or turn a profit which will go back into financing future projects.

Some administrative work is done by staff, Bishop says that the department seeks to expand the responsibilities of students. With the addition of Andrew Layton, professor of design and technical theatre, students are expected to be incorporated in unprecedented aspects of theatre performance that were once dominated by staff and professionals.

There is a definite lack of space evident in Bishop’s need to use the theatre lobby or music building for his acting classes. With only one classroom dedicated for the entire department and the theatre being occupied primarily for production and set development, Bishop explains a need to expand in order to accommodate demand and to continue performing at the department’s standards of excellence that have distinguished them as a program.

Auditions are open-cast and are available to the community. However there are high standards in production and a lot of expectations for actors in plays. Upon being cast into a non-musical play, students are enrolled at least one unit of DRAM 271, demanding four hours of rehearsal per night, five nights a week. Musicals require a three unit drama, music and dance course in which hours are significantly lengthened. This process of play production gives students unequivocal practical experience in understanding the workings of theatre, describes Bishop. While courses generally involve a lecture component, the ability to apply the theory learned in class is crucial to student retention and gives theatre a dimension most other departments are not able to provide.

This season, “Henry IV Part 1,” considered to be Shakespeare’s greatest history play, will be directed by David Ellenstein of the Northcoast Repertory Theatre and will incorporate professional actors for selective parts. Bishop emphasizes the importance of students to see the behavior and backstage mannerisms of the professionals in their work environment. He explains the impact on students upon realizing the significance of focus, professionalism and preparedness from performers.

Both the Theatre Department and students of the program have received significant recognition. Alumni have also been recipients of awards and critical acclaim. Emily O’Brien, MCC theatre major in the class of ’05, was nominated for an Emmy in her role as Juna Hawkes on CBS’s “The Young and the Restless.”

For students interested in pursuing theatre, the department hosts an advanced audition-only summer Actor’s Academy, comprised of roughly 40 students, in which high expectations are set and objectives are demanding.

With four plays a season, Theatre’s first performance will be “The Dark at the Top of the Stairs,” directed by Tracy Williams, an esteemed drama of life and the family dynamic in Oklahoma during the 1920’s, premiering September 30. “Dirty Rotten Scoundrels,” premiering November 11, is a musical comedy following two con-men in the midst of a heated competition. “Henry IV Part 1,” premiering March 2, follows King Henry, Prince Hal, and the renowned Sir John Falstaff with a comedic interpretation of a dramatic time of political turbulence and rebellion against the crown. “Real Women have Curves,” premiering April 27 as the final presentation of the year, depicts the comical siblinghood of Mexican-American women working a garment factory in East L.A.
Don't let this happen to you

When you think of scam artists, what do you see? I'm not the brightest person on the planet, but I'm definitely not the stupidest (I watch "Jersey Shore" so I'm pretty confident in that). I was on campus, doing some homework for my Human Sexuality class. I felt safe at MiraCosta. I heard a knock on my door and asked what I was studying. Now, all of the people taking Human Sexuality can attest to the fact that when you are reading your book, all of the sudden people become increasingly more interested in your schoolwork. Anyways, as I was sitting there reading innocently about "The Guide to Getting it on," he professed my beauty. Well, I'm not one argue so we had a bit of a chat. Later in the conversation he brought up that he was selling magazines. So me, being the dumb ass with a checkbook, bought three magazines. All of them were for The Children's Hospital. Later, his friend came up and asked if I would buy "just one" from him, after all I "so deserved it." I decided to buy "Seventeen" magazine because I suck at all things fashion and figured I'd have the most to learn there. Weeks later when the magazine never showed up, I decided to look up the company who sold them to me. Guess what? They don't exist. I felt safe at MiraCosta. They told me they were doing it for their communications class. I was like, “those classes exist! You must be totally legit!” I'm not the only one this has happened to.

Now all of us can go ahead and sit there and say we hate scams. Who in the world would be like “oh scams! I love being scammed! Bring on the scam! Here a scam, there a scam, everywhere a scam, scams.” No, no one would say that unless they were slightly derailed, joking or possibly the scam artist him/herself. But how do you actually protect yourself from scams? I have no idea. I got yet that from the first paragraph. What did I do? I definitely asked the amazing Officer Rebecca Arnold, what she would advise we do. She was able to come up with ten simple ways to protect the entity that is you.

"Ten Ways To Protect Yourself:
1. Use caution when socializing on line. Do not give out personal information or detailed identifying information online. Even isolated smaps of information could lead to a very detailed picture about your personal life.
2. Vary routes and times when going to your home, school, or work.
3. Be cautious when using your ATM or credit cards. When in public maintain confidentiality when using your pin number. When on your cell phone, if your retter discloses any information, speak softly. Many people speak louder than usual when talking on the phone. When making purchases online, only use secure sites. Do not open emails, click on links, or respond to any emails claiming requests for account information about any of your financial information or any other personal information, including your phone number or home/mailing address.
4. At night, walk in well lit areas or in groups of two or more to your vehicle, home, or other location. MiraCosta Police offer escort services and/or can have an officer be in the vicinity if requested.
5. Keep emergency supplies in a recognizable bag or backpack in the trunk of your car and in a location easily accessible at home.
6. Take the MiraCosta RAD self-defense class.
7. When playing online games with random users, do not assume that just because it is an innocent game, the other person is going to be a trusted individual. Watch for behaviors, such as chat messages that initially seem innocent but later shift to asking personal questions or making requests that are inappropriate.
8. Know the lighting in the locations you frequent. What areas are darker than others? What route provides the most light?
9. Monitor your credit report (all three bureaus) regularly.
10. If you are approached by someone who is selling something on campus, such as magazines or spa memberships, do not provide them with any information. Contact MiraCosta Campus Police at 760-795-6460.

Who needs Groupon when you can get a deal like this?

Relieve stress and soreness with a massage from MCCC’s Massage Clinic

**Costs:**
- MCCC students with ID $10.00
- Faculty and Staff $15.00
- General Public $20.00

**Sept. 24 - Dec. 3**
Saturdays 12:45 or 2 p.m. (Appointments only)  Call 760-757-2121 ext. 8752 or e-mail: heal215@miracosta.edu

**Intramural Sports Schedule**

- **Softball Oct. 7 noon-2 p.m.** Softball field
- **Kickball Oct. 14 noon-2 p.m.** Softball field
- **Soccer Oct. 21 1-3 p.m.** fields

**Open Play**
- **Volleyball Sept. 13 5:30-8 p.m.** Gym
- **Sept. 20 5:30-8 p.m.**
- **Sept. 27 5:30-8 p.m.**
- **Oct. 4 5:30-8 p.m.**
- **Oct. 11 5:30-8 p.m.**
- **Basketball Oct. 17 6-8 p.m.** Gym
- **Oct. 24 6-8 p.m.**
- **Oct. 31 6-8 p.m.**

Everyone is welcome. Join the fun.

**SPARTANS**

**Women’s Soccer**

**Don’t miss the first Pacific Coast Athletic Conference game of the season on Sept. 20 at the MCC gym. Game starts at 3:30. Show your Spartan spirit.**

**Assignment Editor**

Michelle Maher

Professor wraps new album

Michelle Maher Assignment Editor

If you go to MiraCosta College and don’t know who Dr. Bruce Hoskins is, then you live under a rock and I imagine that is uncomfortable. Hoskins is no average professor, however. He spends his off-time doing spoken word poetry and has even found a way to incorporate it into his teaching. “My teaching and poetry are hand in hand; they are not separate entities,” Hoskins states. Not only does he use his poetry to express himself as a professor, but also as a Christian, “poetry, sociology and Christianity are all fused into one.” Every one of [his] poems ties back to God,” and that is no mistake.

That’s awesome, but how did it start? Well, one day he invited fellow professor Anthony Blacksher and another spoken word poet to come into his comparative cultures class and perform. After their performance the class begged Hoskins to do one of his own. Everyone agreed on the one condition: that they would “let him be him.” Two months later was the birth of his first album, “The Truth.”

Later, he has been working on his new, second album with Blacksher. He has grown as a poet since the first album with a little help from his friends, including Blacksher, who also will perform. A Performance Writers club with him, Hoskins took all of the assignments Blacksher gave out very seriously. He now thinks of himself as having a “black belt in poetry,” while still admitting Blacksher takes the cake with a “tenth degree black belt.” Hearing some of Hoskins poetry myself, I’d have to agree. Because of his maturity as a poet Hoskins is excited to release his next album sometime next semester. On this album he will have poems like “Daddy Loves you” and “Premier” which can be viewed on YouTube today.

This album will be a bit different than “The Truth,” however, in which he revisited his past hip-hop roots in addition to spoken word. He admits he was “quite the battle MC back in the day.” In other words, he didn’t just wake up one morning and think, “I’m going to be a hip hop artist.”

Anyways, as I was sitting there all innocent but later shift to asking because it is an innocent game, the other person is going to be a trusted individual. Watch for behaviors, such as chat messages that initially seem innocent but later shift to asking personal questions or making requests that are inappropriate.

Keep emergency supplies in a recognizable bag or backpack in the trunk of your car and in a location easily accessible at home.

Take the MiraCosta RAD self-defense class.

When playing online games with random users, do not assume that just because it is an innocent game, the other person is going to be a trusted individual. Watch for behaviors, such as chat messages that initially seem innocent but later shift to asking personal questions or making requests that are inappropriate.

Know the lighting in the locations you frequent. What areas are darker than others? What route provides the most light?

Monitor your credit report (all three bureaus) regularly.

If you are approached by someone who is selling something on campus, such as magazines or spa memberships, do not provide them with any information. Contact MiraCosta Campus Police at 760-795-6460.

In the Gig of the Season, Women’s Soccer

- **Womens’s Soccer**
- **Coach Nick Skvama**
- **First season with the program**
- **Awards**
- **Women’s Soccer**
- **Coming to the team**
- **Officer Rebecca Arnold**
- **MiraCosta Police**
- **Escort services**
- **Self-defense class**
- **MiraCosta RAD**
- **Intramural Sports Schedule**
- **Softball Oct. 7 noon-2 p.m.**
- **Kickball Oct. 14 noon-2 p.m.**
- **Soccer Oct. 21 1-3 p.m.**
- **Open Play**
- **Volleyball Sept. 13 5:30-8 p.m.**
- **Sept. 20 5:30-8 p.m.**
- **Sept. 27 5:30-8 p.m.**
- **Oct. 4 5:30-8 p.m.**
- **Oct. 11 5:30-8 p.m.**
- **Basketball Oct. 17 6-8 p.m.**
- **Oct. 24 6-8 p.m.**
- **Oct. 31 6-8 p.m.**

Everyone is welcome. Join the fun.
Comparing Scholarship Applications

Information about you when applying for MiraCosta scholarships is gathered in several different ways. You will be asked to provide some of your personal information such as name, address, phone number, and social security number. You will also be asked to provide information about your academic record, including high school and college grades, and possibly information about your extracurricular activities, leadership positions, and volunteer work. You may be asked to provide a personal statement or essay explaining your reasons for applying for a scholarship and how you will use the funds.

The UC’s will hold firmly to the Sept 30 TAG submission deadline. Students will be required to submit by 11:59 p.m. (PDT), and that will be the only appeal that will be considered. The TAG campuses have also agreed that there will be no appeals to a UC’s TAG decision, even if the UC’s TAG campuses that provide a pre-evaluation as part of their TAG process are committed to providing better information for a TAG denial.

A representative from UCSD will be in the OCC campus meeting with students on Sept 26 by appointment only. Please call (760) 795-6880 to schedule an appointment.

Questions and answers

Question: Can I enroll in an Honors course even if I haven’t applied for the program?

Answer: Yes, the Honors courses are open to all. If you are interested in applying in the Honors Scholar program (HSP) you can do so at any time, as admission to the program is on a rolling basis.

Question: I heard that I need to write an essay to go along with my UC application. If so, where can I get help with the essay?

Answer: Yes, that is true. You can ask for help and review of your essay prompt at the MiraCosta College Writing Center. They will also be hosting workshops to assist you with the writing prompt.

Question: I know what my major is and where I want to transfer, how often do I need to see a transfer counselor for an educational plan at least once a year?

Answer: You should make an appointment to see a transfer counselor for an educational plan at least once a year. Check the transfer center website regularly for any updates or workshops that may benefit you.

The Career Center

The Career Center is a great resource for students who are looking for job opportunities. The center offers a variety of services, including resume and cover letter writing, job search strategies, interview preparation, and networking opportunities. They also provide access to career and job search databases, as well as online resources and job boards.

The Scholarship Office

The Scholarship Office is responsible for awarding scholarships to eligible students. They review scholarship applications and determine which students are eligible for funding. They also provide information on how to apply for scholarships and how to maintain eligibility.

The Writing Center

The Writing Center is a great resource for students who need help with writing. They offer one-on-one tutoring sessions, as well as workshops and writing centers. They provide feedback and suggestions to help students improve their writing skills.

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Transfer Center

“Like” MiraCosta College Transfer page on Facebook for updates and important information.

Did you know?

Do you meet the TAG pipeline transition requirements to UCSD? Note: If so, please join us for an information session on Wednesday, Sept 28 from 6:00 p.m. – 7:00 p.m. in Rm. OC 3105. No reservation necessary.

Q. Are there any requirements to apply for MiraCosta scholarships?

A. MiraCosta College Foundation offers a variety of scholarships each semester based on funds received from generous donors. Before you review the scholarship eligibility criteria carefully when evaluating whether you qualify to apply or not. If you have questions, contact the Scholarship Office.

Q. Can I submit my application before the deadline date?

A. Yes, you do not have to wait until the deadline date to submit the scholarship application. It is best to complete the application early and turn it in before the deadline date so you will not miss out on the opportunity.

Q. I am still in high school, can I apply for a MiraCosta scholarship?

A. Area high school students are eligible to complete a Fall 2012 MiraCosta College Foundation scholarship application that is available January thru March of the year they are graduating. A current, unofficial high school transcript must be submitted with the scholarship application in order to be processed.

Q. Why do I need to write a Personal Statement?

A. Your typed Personal Statement provides the Awards & Scholarships Committee with additional information to make a fair comparison of scholarship applications for an award. MiraCosta College students can visit the Writing Center located in the Library HUB for assistance with their personal statement. Before visiting the Writing Center, print out a copy of the Scholarship Personal Statement form, add your personal information, and bring it to your Writing appointment. The form is on the scholarship website under Scholarship Tips & Websites.

Q. Can I use the same Personal Statement for the MiraCosta scholarship each year?

A. Yes, but you may want to update your Personal Statement to reflect your current situation; such as, changes in your financial status, employment, volunteer or club activities, etc.

Q. How much money can a scholarship give me?

A. MiraCosta College scholarships range from $500 to $1,000 depending on donor contributions. Scholarship awards are made payable directly to the student.

Q. Is the scholarship award money only for school?

A. A check is issued payable to the student in the amount of the scholarship award and may be used for school and or personal expenses. To claim their award, students pick up the scholarship checks from the Student Accounts/Cashier’s office located on the Oceanives campus with proof of enrollment in six or more units and present their thank you letter to the donor.

MiraCosta College

September 19, 2011
No Cost Health Screenings
(If you qualify for the Family PACT Program)

Be Responsible, Get Tested!

STD Screenings & Rapid HIV Testing
Oceanside Campus

Dates:
- Sep 6, 11:30-1:30
- Sep 13, 11:30-1:30
- Oct 4, 11:30-1:30
- Oct 11, 11:30-1:30
- Oct 18, 11:30-1:30
- Nov 1, 11:30-1:30
- Nov 8, 11:30-1:30
- Nov 15, 11:30-1:30
- Nov 22, 11:30-1:30
- Nov 29, 11:30-1:30
- Dec 6, 11:30-1:30

Every Tuesday
11:30am-1:30pm
Walk-in Basis

Fast Facts:
- Most women and men have no symptoms
- Gonorrhea & Chlamydia are two of the most common STD's
- Women account for approximately 30% of new HIV infections

For more information Contact Student Health Services:
(760)795-6675

Help us raise the numbers