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MiraCosta College
mcchariot@yahoo.com

Photos by Dustin Kamon

College scores high points for safety compared to area campuses

The college’s police department released the “MiraCosta College Safety and Security Report 2011” which gives reported crime statistics, such as the number of crimes that occurred for 2008-2010, for all three campuses. This report shows MiraCosta College as having fewer reported crimes than other upper-division schools in the area based on their comparable reported crimes.

California State University San Marcos reported two rapes on campus for 2008. MCC reported zero the same year. There were ten hate crimes reported for CSUSM last year. Two offenses were based on race, two based on religion, two based on ethnicity and four based on sexual orientation. Last year, MCC reported zero hate crimes.

University of California San Diego reported four forcible sex offenses on campus for 2009 when MCC reported none. UCSD reported fifty burglaries in 2009 and MCC reported three altogether for that year. In 2009, UCSD reported seventy-six liquor law violations and one drug related arrests and MCC reported one liquor related arrest and five drug related arrests.

San Diego State University reported seventy-one sexual offenses for 2008, and two sex offenses for 2009 on campus. MiraCosta College reported zero sexual offenses for 2008 on all campuses and one forcible sex offense on the OceanSide Campus and zero on the San Eljio and Community Learning Center for 2009. SDSU reported sixty-nine burglaries on campus in 2009. MCC reported two on the San Eljio Campus and one at the CLC for a total of three the same year. There were 103 armed assaults on the SDSU campus due to drug offenses in 2009. MCC made three arrests on the OceanSide Campus, one at San Eljio and one at the CLC, totaling four in the same year.

“This year we have a safer campus than most, and [I] should note that most of the people arrested by [campus police] are non-students--people that come onto campus and commit crimes,” Robert Norcross, Chief at the MiraCosta College Police Department stated. “MiraCosta College’s [biggest] strength is that there is no residential student life or problems that come with student housing. For example alcohol or sex offenses happen more often when students are living in dorms. We are also geographically advantaged. Lots of colleges are adjacent to high-crime areas.” Timothy Dow, Sergeant at MiraCosta College Police Department, stated. “Our department really focuses on preventing crimes of violence, like rape, battery, domestic violence, assaults, etc. Fortunately, these types of crimes have not been reported here in quite some time… I will put the caveat that just because we have no reports of these types of crimes for a while, it does not mean we, and the college community, should not do everything possible to prevent these [crimes]. This is why STOP was created and why [MCC] gives self defense training, [unidentified] RAD, and why it is important for our officers to walk, drive and bike the campus in efforts to deter these types of opportunity crimes. [It is] helpful to us to have this heads up, and work with the victims to ensure their safety on campus,” Norcross said.

“Students can help prevent crime when they see things dangerous, suspicious or unusual. Call campus police immediately… We are able to prevent problems as a result of tips from the campus community… Really credit the faculty, staff and students who call right away,” Dow stated. “I am proud of the many students who have domestic violence restraining orders, come in and speak with us about their issue and provide us with copies of the restraining orders,” Norcross stated. “Also, secure your items. Don’t leave your books to go to the restroom. Keep your items with you at all times,” Dow stated. “We have students who have their personal property stolen, such as phones, books, etc. I would encourage students to maintain control over their property at all times,” Norcross said.
Flu shot is now available at Health Services

Chris Neufeld  
Copy Editor

Starting today, the flu shot will be administered by Health Services aboard the Oceanside campus. Health Services is open from 8:30 a.m. to 4 p.m. and will be giving the shots throughout its operational hours. The shots are available to students and faculty at $15 per person. There is no appointment necessary and the individual must be 18 years or older in order to receive the shot. This year is considered a peak flu season. Most outbreaks are seen occurring between Jan. and Feb. There are usually no outbreaks as early as Oct. and as late as April.

A person should not get a flu shot if he or she is allergic to eggs because the flu vaccine is usually grown in fertilized chicken eggs. If a person has had an allergic reaction to the flu shot in the past, he or she should not receive the shot. Those who have had Guillain-Bare Syndrome or those who currently have a fever or cold should also not receive the shot. If a person is sick at the time he or she wants to receive a flu shot, that person has to wait until the sickness has passed.

Influenza is a serious and contagious illness that is caused by the influenza virus. Symptoms of the flu can range from mild to severe. Children are often the first indication that someone has the flu. High fevers, exceeding 100 degrees F is also associated with the flu. In some cases the flu can lead to pneumonia.

The commonly administered flu vaccine can prevent someone from becoming infected with the influenza virus. Some side effects of the vaccine that can occur are: soreness, redness or swelling where the shot was given, a low-grade fever and aches. The shot contains dead influenza viruses. There are no killed viruses are in the shot and they are based on international scientists’ estimations about which private the virus will circulate in the given year.

Many times, the influenza virus causes the flu. The stomach flu is a different virus or bacteria that invade person’s body itself. The focus of the vaccine is prevent the virus that can cause serious respiratory problems. The single best way to protect against the flu is to get vaccinated each year.

College administrators strive to survive the recession

MiraCosta College had a 13 percent, or 3.3 million dollar decrease in funding compared to what was forecasted and planned for five years due to a reduction in local property tax revenue. “The vast majority of our funding comes from locally collected property tax,” Jim Austin, Chief Financial Officer, stated. The budget is broken down by receiving 85 percent of the funding from this tax revenue, 9 percent from student enrollment fees and 3 percent from the state. “The rest of the college’s funding is from other smaller forms of income,” Austin stated. “Over the last three years our income has reduced about the same as the surrounding district,” Austin said. “We have had an impact in anticipation because of the [local property tax revenue] has gone down since 2009. The Budget and Planning Committee and I have a responsibility to express the reduction of about fourteen million dollars,” Dr. Francisco Rodriguez, President of MiraCosta College, stated.

For the past three years the college has bad expenses that are a higher dollar amount than the income, MiraCosta has not laid off or cut departments or programs. “The reason we haven’t had to cut as much as other campuses in the area is because this district has built up a reserve.” We have built up these reserves because of the anticipation of a flux in the real estate. These reserves served as a buffer reductions and have avoided big cuts to academic programs,” Austin said. The college discontinued the thirty-year contract with Oceanside School of Beauty. Students already enrolled were allowed to finish but there were no additional students allowed to enroll.

Ultimately, students [are the most affected by the cuts] because MCC cannot expand and cannot offer as many courses. The goal has been to limit the impact to students in this time of economic decline and [I feel] we have done a good job of that doing that,” Dr. Rodriguez stated. The campus is not adding any additional classes, but the student body has been growing for the past five years. This year the enrollment meeting applying to MCC is about the same as it was last year. The only program MCCC has had to eliminate was a paramedic program, which has also been an increase in the amount of online courses available. “It was

Tidepools offers writers and artists to call home

“Tidepools” is an anthology for aspiring writers who wish to submit their literary works every December to be published. “Tidepools” has been published for more than 30 years primarily with contributions by MiraCosta College students and faculty. All students are allowed to submit independent literary and artwork by e-mail as text files or scanned art. Writers are held to an open submission policy via e-mail. Artist’s submissions should submit “clear black-and-white photos and digital art, or crisp reproductions of fine art. If a scan of the artwork is muddy or blurry, it won’t work for us,” stated “Tidepools” editor Jane Mushinsky. Due to economically difficult times, it is very rare for hopeful writers to even be considered for publication due to low reading by the general public and the desire for bigger companies to print stories by established writers. This all means that there are fewer opportunities for writers and artists.

“I feel very strongly about making this opportunity available to the MiraCosta College community,” said Mushinsky. “Because [too few opportunities exist for new writers and visual artists]

To bring their work into the world.” “Tidepools” is located in the campuses’ libraries for a free reading or can be purchased in both Oceanside and San Elijo campuses’ student bookstores for “[less than] the price of a movie or two venti mochachinos,” said Mushinsky. The purpose of “Tidepools” is to inspire writers to showcase their creativity and self-expression in a first-rate matter. Despite hard economic times, “Tidepools” has been handed the opportunities needed to keep publishing and are appreciative for that. Submissions that are selected by a group of readers who are usually Letters Department faculty, are rewarded $50 cash prizes for the best student poem, essay, fiction and art students. The $50 cash prize for the cover. Deadline for submitting is Dec. 9, the last day of classes.

“Students who wish to be published should carefully proof-read their work before submitting it, to make sure there are no errors in grammar, spelling, or syntax. The “Tidepools” staff doesn’t have the time to edit manuscripts or make corrections, so it probably won’t be published,” stated Mushinsky. All submissions are can be sent to the secretariat, Tina Lezak, at the Oceanside campus.

To take a look at the stars

Oceanside Campus will be hosting “Star Parties,” or astronomical lectures, on the first Friday and Saturday of each month. Bring a blanket open up to a night under the stars. This event will be held from 8 p.m.-10 p.m. on the Oceanside Campus’ baseball field. This event is appropriate for all ages and is free and open to the public.
Bullying evolves from wedgies to Facebook

Chris Neufeld
Copy Editor

Do you remember back in the days of old when computers were just starting to come out and the internet only had like 14 websites? It was a time when people actually interacted with one another. Now, a majority of you reading this might be outraged to learn that at this point in time there was a Facebook. I know, horrible right?

I say all of this because it was also a time when a kid got bullied, not online, but in the school yard. It was a time of wedgie, wet willie, swishy-washy to name it. For the most part, the kids who got bullied were the nerds. Also, for those of us who were bullied, a stronger person came out and protected us because of it. Bullies in the school yard set up people for success in the real world. If a kid can handle the daily stress of being bullied in school, then the troubles of real life will be no problem to him or her one day. The things that bullies did were mostly for entertainment, or to hide some insecurities that they didn’t want anyone to know about. These activities were, for the most part, harmless and did not leave too many lasting scars. Well, it’s 2011 and times have changed. Kids have found a new way to bully each other, and it’s called cyber bullying. Cyber bullying can actually be much more damaging to a child than old school bullying was. The reason being is that kids can post anything they want about another kid with no restrictions. Cyber bullying starts when a child or teen is harassed, threatened or humiliated by another child using the internet as the medium to do it. Cyber bullying is so devastating to some kids that they have killed each other and committed suicide over these incidents. A person is very vulnerable during the years when cyber bullying takes root.
A concert a lifetime in the making

The concert, titled “The Journey,” is headed to MiraCosta College on Oct. 28. This concert will feature very unique styles of music, all of which was written by our very own professors, Christy Coobatis. This music was inspired by his long journey to relate classical music to college students. He wrote the music based on his own journey through life and the experiences that he has had along the way. The concert, titled “The Journey,” is written in such a way that the listener can understand the emotions and thoughts of what he was going through at that particular time in his life. He said “Writing this music was like having a déjà vu” because of how much the music that he was writing reminded him of his own life.

This concert was not the first time that he has written music, however. The professor used to write music for a living when he played in a band. He brought all of the experience that he learned while writing and playing in the band to the table to make this concert truly a masterpiece. He says that writing the music for this concert was great because he didn’t have to worry about whether or not he was going to eat based on what he wrote, like he did while in his band. “It was like releasing a kite into a new found wind,” stated Coobatis.

The professor spent last spring’s sabbatical writing all of the music for this concert. While on sabbatical, instructors take a semester to develop themselves professionally in their area of expertise so that they can come back to the college and give something back to the students. Professor Coobatis did just that.

Writing concert style music was no easy task for the professor. He spent every day of his spring semester working 14 hours a day, waking up at 5 a.m. on most of these occasions. Every instrument in the orchestra has its own piece of music, with different purposes throughout the concert. The professor wrote the music for each and every instrument and every singer that is performing.

The concert is broken down into two halves. The first half will be played by the MiraCosta College Orchestra, and will be played in concert music style. Then the musicians pull an old switcharoo on the audience and the orchestra stops playing, and singers come onto the stage. The people who will be performing the second half were recruited from all over San Diego, and were the best performers that he could find. This second half will be played in an esse-centric pop style of music. Professor Coobatis is overwhelmed by the sacrifices that the musicians have made to learn how to play his music. The musicians have to spend a lot of hours practicing because the music is unlike anything they’ve ever played before.

The remarkable thing about all of this music is that nobody has ever heard it before and it is all very unique. The main thing that he wants listeners to do when they go and attend his concert is listen to the music with an open mind. He also asks the audience to pay attention to the words in the second half of the concert because they really have deep meaning and tell the story of his life.

So, mark your calendars for Oct. 28 from 7 p.m. to 10 p.m. for a concert that will take you on a thrilling journey.

Photo by Christopher Neufeld

Just can’t beat that pound of meat

New life in the ring

New Jersey is known for the congestion of the Turnpike. Similarly, Jersey Mike’s is also packed with loud people paying too much attention to their cell phones. I entered the newly opened Encinitas location of this East Coast chain on a busy Wednesday afternoon with the rest of the lunch rush mob. Clad in dark slacks and Oxford shirts, we shuffled our way through the line. As I waited in the long but steadily moving line, I glanced at the menu overhead. Combo #2, #3, #14, #5, #7, and #10, the numbering system also fit the New Jersey name. I finally reached the spot where a young man behind the counter, working with the deli meat cutter, asked for my order. I chose the #13 “The Original Italian” and ordered it “Mike’s Way.” Several minutes later I reached the cash register along with a mound of meat wedged between two slices of bread, cheese and lettuce. I avoided the $7.25 for a regular sub by brandishing a “Free Sub” coupon that had been part of their new business promotion and sat at a small table facing the flat screen playing sports center. I sunk my teeth into the fat hunk of deli meat and numm it was tasty, fresh and much more hearty than the usual competition of Subway and Quizno’s. The flavor was excellent. The meat was thick. I could see myself coming back for a second run and you should definitely go swing by Mike’s for a sub run today.

Cut from a different cloth the fighters press on. Exchanging blow for blow, they don’t rest. Two hopefuls walk into the ring with murder in their eyes, ready to go in swinging like the ancient Greek boxers. Just like those ancient boxers, only one can be named the winner.

“The Set-Up” is an exciting RKO melodrama about a boxer named Bill "Stoker" Thompson (Robert Ryan), an old washed up boxer that’s seen better days. Stoker’s worried wife, Julie Nelson (Hal Fieberling) will go on to bigger and better things. Tiny thinks of Stoker as an old has-been so he doesn’t feel the need to tell Stoker to take the dive in the 2nd round. I won’t ruin the ending but suffice it to say it’s definitely bitterweet. I will say this about the ending though, it’s fantastic what the writer is telling the audience. Pay attention to it because we’ll all get to pay the piper someday as the old saying goes.
College landscape gets a little help from our friends

Michelle Maher
Assignment Editor

Many people on this campus are here just to get by. They get a parking spot, go to class and go back to their parking spot and leave. Every once in awhile they might stop by their professors’ office hours, go to the library to print out their copies of the homework or maybe they even step over the cafeteria for some grub. Either way, they aren’t paying very much attention to what goes on around them. The reason I know this is because I was one of them. One day, someone named Brian Stafford changed that. Brian, a worker here at MiraCosta College’s Oceanside campus, came up with his amazing smile and stopped to say hello in the cafeteria. After knowing him for a few years, I have been able to learn a lot about just him, but also his entire work program and the amazing people he works with. Did you know that for an hour a day, people with disabilities are in the best position to determine how they live.

Brian loves it here because he loves to be social. At home he just feels bored when he’s not working at the office or doing other activities such as t-ball or hockey. Although, he feels as though people could take a little more time to chat with him. Everyday he is in the cafeteria and people pass him by without even saying hello. “It just takes five to 10 minutes,” Brian said. He did, however, mention that he loves the friends he does have here.

Brian isn’t the only one who is involved in this work program. Carolyn Tainter also helps keep and make our campus beautiful. When she was younger and undergoing numerous surgeries, she was required to stay indoors a majority of the time. Reflecting on that, she said she likes the program because it helps her get out of the house for a couple of hours. One of her favorite things about campus is their wheelchair access. She admitted there are a few glitches, but that they are working on it so she can’t complain. Although she loves the people she works with, stating they “stick together as a group,” she did admit that she agrees with Brian in wishing more people stopped by to say hello. “We appreciate students and staff coming up and saying hello and treating us as human beings. Just because we use wheelchairs doesn’t mean you’re going to catch what we have,” she stated. Her identity isn’t just a volunteer here. She lives “at a house with a swimming pool, a sixty-five pound black lab that thinks she’s a poodle and a bike trail,” she said. She also occasionally occupies her time by taking a trail from her house to the beach—an hour and she’s there. Carolyn got the job a bit differently than Brian did. California Mentor got her involved. Their purpose is to provide homes for people with slightly limited abilities and gives them a household to help them get to doctors appointments, take medication and helps with everyday activities that may be more difficult because of her physical challenges. In order to be involved with this program, the client is required to either go to school or be in a day program—this is her day program. Carolyn wants to make it perfectly clear that it is difficult for her to get around when students are on skateboards. “For students on skateboards—get off. I collide with you and don’t want to get hit. It’s not high school. This is college,” she stated.

Harry Thompson is another great worker who loves and takes pride in the work he does. “I like it… I’m among friends and it is something to do. It feels good that I can be some help to the people here;” he stated and he indeed is. He came into the program with Brian ten years ago because of CIS as well. “This is a good place for me,” he stated. Harry wanted to make it known they love the people who work with them. “I think that if a student should decide they want to work with people like us then that’s great. We need all the help we can get,” he said.

Tyler Stoll is the Resource Counselor. He has only been here for about eight months and it wasn’t his original plan as his degree is in marketing. Even that short amount of time is enough to love the program and the people he works with. “I like it here. It’s really fun,” he stated. Tyler has even learned some amazing life lessons along the way. “It teaches you how to deal with a wide variety of people and teaches you a good amount of patience,” he said. His job is definitely different than your average eight to five office job. “I’m just here to help with whatever they need help with…I just assist where they need it. Essentially, I’m here to work myself out of a job,” he stated. His goal is to “get them to where they don’t need anybody,” Tyler said. He wants to break down barriers. “[There is] a conception [off] people with challenges, that they aren’t the same as us, that they don’t have the social [abilities], but they are. The only difference is that they have challenges that they overcome everyday—they are just like everybody else,” he said. “The only difference is God gave us a challenge to overcome and our responsibility is to overcome it.”

If there are three things about this group that I noticed right away, it would be their amazing sense of humor, welcoming attitude and beautiful outlook on life. From the moment I joined them, I felt as though I belonged. They pulled up a chair and started chatting with me. It was the most comfortable I have felt in a long time. The jokes weren’t limited and far between. I was laughing my head off from the moment I got there till the moment I had to leave. Carolyn joked Tyler is more of a slave driver while Harry said one of the reasons he loves the group so much is he gets to make fun of Carolyn along the way.

We could all take a lesson from my new friends, too. Life isn’t about the challenges put in front of you, it’s about how you overcoming them.
**STUDENT LIFE**

**Make a stop at the Transfer Center on your road to success!**

Nina Stevens  
Staff Writer

As a student at Miracosta College, I’ve found myself at the crossroads of my academic career. As a Marketing major, plan for my future is essential. To really take that leap to my future endeavors, I needed a map to guide me through the uncertainties of academic courses. That is, when I took the initiative to march myself to the Counselor Center at the Oceanside campus. When making an appointment with the Transfer counselor, I was ready for guidance. Counselors provide an educational plan that helps provide guidance to which courses are needed to fulfill your major’s core requirements.

If you don’t have or feel the need to have a ED Plan, consider reviving your educational goals because when I obtained one, I have taken all the necessary courses I needed without any extraneous classes.

An Educational Plan provides lists of courses and the number of units to check off to see if you are going in the right direction. “I really appreciated the counselors helpful input to getting me an Educational Plan, it put things into perspective for me where before I would have been like a rolling stone with no direction,” stated student Jaclyn O’Farrell. “Plan and have a direction – it saves time and money. Some people end up taking the wrong classes or courses [because] they do not understand the [academic] process,” said Transfer Counselor Lise Flocken.

If you are as serious about your education plans as I am, you ought to make a trip to the Counseling Center on the Oceanside campus building 3700. On the roadmap of your educational career you’ll make plenty of stops along the way. Make sure you stop by only the Career and pick up a map to your future!

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**Don’t just stand there--do something!**

*Here are some good ways to get involved with your college*

**Join a club**

Allied Health Club  
Amnesty International  
Anime Club  
Asian Student Club  
Backstage Players  
Ballroom Folklorico Xochiquetzal  
Barrio Arte Club  
Black Student Union  
Chinese Club  
Club Bloomed  
Communications Club  
Community Students Alliance  
Dance Club  
Encuentro Club  
The Energy Club  
Engineering Club  
Finance and Investment Society  
First Year Experience Club  
For Our Friends  
Freedom First  
Friends of ESPS  
Gay Straight Alliance  
Human Rights Council of Oceanside  
International Club  
Japanese Club  
Lamba Leadership Network  
Marine Art Club  
Math Club  
Mu Alpha Theta  
Natural Science Club  
Outdoors Club  
Parents on Campus (POC)  
Performance Writers Club

**Become a leader**

The Emerging Leaders Institute (ELI) is a noncredit certificate program dedicated to helping Miracosta College students become proficient and well-prepared leaders in their community. ELI will complement students’ education by teaching them skills and knowledge necessary for effective leadership.

By participating in the ELI certificate program you will:

- Acquire the building blocks to effective leadership
- Learn to take an active leadership role in your community
- Understand how to have meaningful interactions with a diverse group of people
- Learn techniques to communicate effectively
- Enhance important life skills
- Supplement your in-class education with out-of-class experiences
- Network with students, faculty, staff and local community members
- Become an advocate for change

The program consists of a series of one and two-hour workshops in leadership skill development and a service project. The workshops will become available during the fall and spring, each semester. After completing the program, students will receive a Leadership Certificate.

**Lend a hand**

Angel’s Depot in Vista needs volunteers on a weekly basis. Help them sort and pack food for seniors.

For more information on their services to the San Diego North County community visit their website: [www.angeldepot.org](http://www.angeldepot.org) or call (760) 599-7097.

Saturday, October 22, 7:30-3:00  
OCEANSIDE SUN 2011, join the Supporting Urban Neighborhoods (SUN) effort along the 101 Freeway. The project is held on “Make a Difference Day” and will make improvements to homes in the Oceanside neighborhood of Oceanview. Project activities will include house-painting, trash and debris removal, and other neighborhood enhancements. Register information will soon be available at www.csleeper@miracosta.edu or stop by at csleeper@miracosta.edu or stop by the Honors Lounge on the Oceanside campus.

**Honors program makes changes**

**Last summer the Honors Scholars Program made changes to the minimum qualifications for participating in the program. In order to ensure honors students are sufficiently equipped to handle the Honors course load and to increase their chances of being admitted to university, the program now requires a 3.25 G.P.A. instead of the prior 3.0. Additionally, Honors students are now required to complete 20 hours of Honors Enrichment Activities such as community service, excursions to California universities and presenting at honors conferences. “We are trying to make sure that we are developing the full student who can take what he or she learns in the classroom into the world,” stated Joanne Gonzales, secretary to the Honors Program. The program has encouraged students to appreciate college and to strive to do their best. “Their honors really helped me find my love for the sciences. Before the Honors Program I had no motivation to do well,” said Elliott Cole. “It’s allowed me to meet a lot of good people and motivated students,” Nick Gulino stated.

Last semester several Honors students planted a tree outside the dining room on the Oceanside campus. Located on the campus, students spent the day picking up debris off an area beach. The program has a “beach bash” planned for later this semester.

Students interested in joining the Honors Program should contact Christopher Sloper by emailing him at csleeper@miracosta.edu or stop by the Honors Lounge on the Oceanside campus in the Student Center in room 3484 from 9 a.m. - 2 p.m.

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**Bullying**

Continued from page 3

Bullying is a problem that kids need to look cool and fit in with their peers at school. When cyber bullies post stuff like “I hate you” or “I’m going to kill you” on social networking websites, it can devastate kids. Kids who commit the acts of cyber bullying are very little discipline for their actions. When a child harasses another online, a peer may feel like it is their duty to perform some action, only to realize that the child committed the act at home, where the school has no authority. Questions also arise for lawmakers for the First Amendment, and when do the rights of children that make constitute fighting words.

Cyber bullying can be prevented, and if you are parent reading this, be relieved. As a parent, let your child know that if they are a cyber bully their internet privileges will be cut off for a while, if not permanently. Above all, make sure that as a caretaker, or friend of someone being bullied, you talk to them for them. Let them know that someone is there for them to talk about what is going on.

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**Green is the new black**

**Michelle Maher**  
Assistant Sports Editor

Do you want to know something I enjoy doing? Of course you do because I’m well worth it. I enjoy keeping our environment healthy and green. I know that pretty much everyone does. I mean, other than perhaps an old man who is rocking chair sitting at kids go by because they are “so darn close to the freaking law!” Since I will not take it upon myself to assume you are not one of those people, I’m going to also take it upon myself to inform you that ever since the new class Miracosta College is offering.

**This free class is about green building and sustainable energy practices.** First off, that’s amazing and you know it. Secondly, it’s basically an intro to careers that are focusing on green jobs. Not only is it an awesomely free class (oh, it’s true, I said free!), but it is also a great way to gain work experience. That is totally enough and you’re already signing up, but then there’s more. It’s a certificate-based program, meaning that at the end of the class you definitely get a certificate.

There are two orientations you can go to. They are both at the North County Coastal Career Center in the lecastra Room and the honors room 1 from 1-3 p.m. The first is on Oct. 5 and the other is on Oct. 11. Don’t forget to register for these events. You can register online at miracosta.augsol.net then click on the courses link (because that’s the link you want) and then under “Business and Career” you will click on your handy-dandy clicker on “Green Built Pre Apprenticeship Training.” After you select the orientation you would like to attend, you will be asked to login, but you don’t have a login do you? Neither do I. Click “new student” and fill out your information. There are a few limitations, though. You must be 18 or older and eligible to work in the United States of America in the area of environmental energy practices. If the idea of a career in sustainable energy practices, head over to computer and sign up for an orientation today!

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**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**

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**Open Play**

**Volleyball Gym**

**Oct. 4, 5:30-8 p.m.**

**Oct. 11, 5:30-8 p.m.**

**Basketball Gym**

**Oct. 17, 6-8 p.m.**

**Oct. 24, 6-8 p.m.**

**Oct. 31, 6-8 p.m.**

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**Everyone is welcome. Just show up.**

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8 week Internship Opportunities
Financial Intern, Cornerstone Wealth Advisors
Intern will develop and present mutual fund performance data from Morningstar Premium containing fund data, portfolio analysis and back testing client holdings. Mutual fund and ETF research, writing marketing materials and seminar ads. Intern must have exceptional communication skills. Be proficient at MS Office. Ability to multi-task is a quick learner. Knowledge of the financial investment industry preferred but not required. Marketing Intern, SEO Marketing Team, Oceanside
Intern must possess skills in project management. Have knowledge of marketing principles. Understand new technologies and applying to marketing principles. Excellent copyright and presentation skills. High level of self-directed individual. Qualifications: High school degree, current college graduate with associate’s degree in business administration or marketing. Or currently taking classes in business administration or marketing.

Did you know?
CSU application filing period has officially opened as of October 1, 2011. Be sure to attend a workshop if you would like assistance with your online application.

Answer:
Drop in sessions are reserved mainly for quick questions. We realize some students may not need a full 30 minute appointment, in a drop-in you may have 15 minutes with a counselor, the counselor will not have your file or transcripts, however, many issues can be handled on a drop in. Check the drop in board for days and times.

Questions & Answers
Question: What can a drop-in session do for me?
Answer: Drop in sessions are reserved mainly for quick questions. We realize some students may not need a full 30 minute appointment, in a drop-in you may have 15 minutes with a counselor, the counselor will not have your file or transcripts, however, many issues can be handled on a drop in. Check the drop in board for days and times.

Questions: What is CC2U?
Answer: CC2U stands for CareerConnect2U. It is a free drop-in career center located in the Career Center. This is a great way to learn about transferability of courses.

Office of Community Relations
Be Prepared for Flu/Cold Season
Flu shots available in Health Services.
Free STD Testing
San Elijo Campus – Oct 5 and Oct 9, 3:30-5:30 p.m.
Oceanside Campus—every Tuesday 11:30 a.m. to 1:30 p.m.
Free Confidential Personal Counseling is available at Oceanside, San Elijo and El Camino. For information or to set up an appointment contact Health Services (760)795-6675

Don’t miss these events
On Thursday from 12:15-1:15, on the Oceanside campus, MCC’s Service Learning and Volunteer Center will be hosting an event called “From Service to Success”.

The Fuzz
The MCC Theatre presents “The Fuzz” to Off: Rebecca Arnold (760) 757-2124 x6519 or email rarnold@miracosta.edu.

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No Cost Health Screenings

(If you Qualify for the Family PACT Program)

Be Responsible, Get Tested!

STD Screenings & Rapid HIV Testing

Oceanside Campus

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

Dates:
Aug 30, 11:30-1:30
Sep 6, 11:30-1:30
Sep 13, 11:30-1:30
Sep 20, 11:30-1:30
Sep 27, 11:30-1:30
Oct 4, 11:30-1:30
Oct 11, 11:30-1:30
Oct 18, 11:30-1:30
Oct 25, 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

Fast Facts:
- Most women and many 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

MiraCosta Student Planner

Drop by the Student Activities Office in room 3445 on the Oceanside campus and in the Student Center on the San Elijo campus.