TB attending MiraCosta College’s CLC

A student attending the MiraCosta Community Learning Center during the fall semester was diagnosed with tuberculosis. The period of possible exposure to TB for students of MiraCosta CLC is approximately from November 20 to December 27, 2011. According to Marge Reyzer, Coordinator of Health Services, tuberculosis is not a highly contagious disease and one would have to be exposed to someone with active tuberculosis for a large period of time to contract it.

San Diego Health and Student Services have been brought in and are already taking precautionary action. San Diego Health and Student Services have sent notifications to individuals who are suspected to be candidates for contracting the disease. These individuals mostly contain those who spent time in class with the student. According to Reyzer, there is a maximum of 44 possible people who are candidates for contracting the disease. “No, they [students] shouldn’t be worried,” they should have gotten a letter from the public health department recommending tuberculosis skin testing as a precaution. Even for those who received a letter chances of getting tuberculosis is very low.”

MCC offers free TB testing at the Community Learning Center’s Health Services office.

The San Diego Health and Student Services are taking precautionary action and no further cases of tuberculosis have been found. The symptoms include persistent cough, fever, night sweats, and unexplained weight loss. Students who are worried that they have TB should immediately get tested at the Community learning center. The Community Learning Center is located on Mission Street and gives TB Test from 9 a.m. to noon.

The method used to test for TB is the TB skin test. During the test an individual will get injected with a volume containing tuberculin PPD. A small red bump will form on the skin. The way in which Tuberculosis is confirmed or denied in this small procedure is by measuring the length of the swelling. If the measure of the swelling is greater than 15 mm then the test is considered positive. If the skin blisters as well the test is considered positive. The test itself is based upon the idea that tuberculosis creates a delayed type hypersensitivity reaction to the skin. There is an incubation period of two to 12 weeks after the exposure to TB to have an accurate test. The skin test is safe for individuals of any age including infants. It can only cause harm to people who have already had a bad reaction to a previous TB test.

Tests are walk in and require no scheduling in advance. Tuberculosis causing bacteria is transmitted through the air, via transmittal of saliva, so it is contagious. But, to get infected with tuberculosis, you have to be exposed to it consistently either by living or working in close quarters with someone who is infected with it. TB is a bacterial infection that spreads through the lymph nodes and bloodstream to all your other bodily organs.

You can be exposed to TB and never develop symptoms, for the bacteria can live dormant in the body. Symptoms of TB are a cough with blood-tinged sputum, fever, night sweats and weight loss. TB is treatable with antibiotics. However, antibiotic resistance is a growing problem in multi-drug-resistant tuberculosis which can only be treated by chemotherapy. The only way to prevent TB is to get screened and vaccinated with the Bacillus Calmette-Guerin vaccine. Prevention relies on people getting screened and vaccinated.

One third of people in the world are believed to have been infected with M. tuberculosis and someone else gets infected every second. In 2007 there were 1.45 million TB related deaths. TB is more of a problem in developing countries then in the United States. In almost nine million new TB cases that occur do not respond to the standard drug treatment.

TB is contagious and spreads through the air. TB infects on average 10 to 15 people each year.

2 billion people of the world’s population are infected the microbes that cause TB.
Chariot

“to preserve the freedom of the human mind then and forevermore, every spirit should be ready to devote itself to martyrdom; for as long as we may think as we will, and seek as we think, the condition of man will proceed in improvement.”

Thomas Jefferson

Chariot Staff

Editor in Chief
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Telephone: (760) 757-2121 x6254
FAX: (760) 795-6761
E-mail: mecchariot@yahoo.com

Newsmen:
MiraCosta College
One Barnard Dr.
Room 3441
Oceanside, CA 92056

AP Associated Collegiate Press award winner

Associated Collegiate Press

February 27, 2012
MiraCosta College

Scholarships Available

There has been an increase in the value of the annual scholarships given to MCC students in the fall. The annual MiraCosta College Foundation Fall scholarships will be giving away $40,000 to continuing students, students transferring to a 4-year institution in the Fall and graduating high school seniors who will be attending the college in the fall. There are over 140 scholarships available for Fall 2012. More than half of these scholarships have increased to $1000. In order to apply for them, you download the application from the scholarship website WWW.MIRACOSTA.EDU/SCHOLARSHIPS, and email the application and personal statement to DDANIELIEWICK@MIRACOSTA.EDU by no later than March 8. If you have any questions you can contact the scholarship office.

If These Walls Could Talk, Would You Listen?

MCC’s Equal Employment Opportunity Advisory Committee is sponsoring a film screening of the subject of diversity, minority drop out rates, and conflicts that arise due to diversity on college campuses. The nationally acclaimed lecturer and diversity and book author, Dr. Lee Mun Wah, will be featured through his discussions during the event. Lee Mun Wah is a Chinese-American community therapist, documentary filmmaker, special education teacher, performing poet, Asian folk teller, and author. He also directs StirFry Seminars and works to promote diversity and cross-cultural relationships. His lecture will focus on communications across cultures, and how to nurture and sustain diverse relationships.

Actress Evelina Fernandez Comes to Campus

Author, playwright, and actress Evelina Fernandez will be visiting MiraCosta College on March 2nd. She will be presenting a case study titled “Luminarias.” The film will be shown as a feature length film series. For students who wish to volunteer the screening of Luminarias can contact the Student Activities office by March 2nd at 6 P.M in room 204 at the San Elijo Campus.

Parking and admission is free, and the event is open to all. Luminarias is about four Latin women coming up to describe their lives, loves, and jobs. The film is directed by Jose Luis Alcaraz.

ASG Carries Power of the Purse

The Inter-Club Council (ICC) oversees student clubs on campus. According to Nicole Aimain, chair of the ICC, there are 42 clubs in good standing at MCC. Each of the 42 clubs received $174,126 for the spring semester.

“We’ve had quite a few new clubs this year compared to last year,” stated Aimain. The ICC uses funds to create incentives for student clubs to reach the college’s goal of 100 volunteer hours per each club on campus. According to Aimain, the most recent incentive is an ICC-sponsored pizza party for any club that reaches its 100-hour goal. The goal of the college is to reach 1000 volunteer hours through the clubs. The college’s incentive for achieving 100 volunteer hours is recognition from the White House in the form a letter and plaque, thanking MCC for service in common. The ICC also uses funding to sponsor club recruitment days, “for the student senate’s responsibility to give those students a voice at the state level,” stated Jim Gonzales, Student Activities Coordinator. A platform for the ASG to provide a voice is an event such as the Student Senate for California community colleges (CCC) Spring General Assembly that occurs in Sacramento this April. Students representing California community colleges gather in the Capitol to network on behalf of California’s system of higher education. “The ASG is designed to represent student concerns, involvement in activities such as the Spring General Assembly address student needs at the state level,” Gonzales said. Projected ASG spending for the 2012 year is $85,000. The decision of how student activity funds are divided up comes from the student senate. Article II of the ASG Constitution states, “student senate must take a position on pending local, state, and federal legislation on behalf of the students at MCC.” The student Senate consists of five elected officers, as well as appointed executive officers and senators. The elected officers and one senator are: the President, the Vice President, the Vice President of the San Eljio campus, the Vice President of the Community Learning Center and the Student Trustee. All legislative, financial and executive powers of the ASG are vested in the senate with the guidance of the Student Senate Advisor. The Executive Vice President provides general supervision and management of all ASG finances. The VP also has the primary responsibility for the preparation and development of the fiscal year budget for the ASG. There is one Senator representing the Oceanside campus for every 1,000 students enrolled by the first census date in the fall. There is one Senator representing the San Eljo campus for every 1,000 students enrolled. Two Senators represent the Community Learning Center. Two Senators represent the Inter-Club Council. The Constitution of the Associated Student Government of MiraCosta College states, “the ASG is created with the approval of, and is subject to the control and regulation of the Board of Trustees of the MiraCosta Community College District and the California Education Code.”

If MCC students are not happy about a proposed fee increase, it’s the student senate’s responsibility to give those students a voice at the state level.

“Last year the student senate was able to increase student scholarship funding, which has been a common. The ICC also uses funding to create incentives for student clubs to reach the college’s goal of 100 volunteer hours per club on campus. According to Aimain, the most recent incentive is an ICC-sponsored pizza party for any club that reaches its 100-hour goal. The goal of the college is to reach 1000 volunteer hours through the clubs. The college’s incentive for achieving 100 volunteer hours is recognition from the White House in the form a letter and plaque, thanking MCC for service in common. The ICC also uses funding to sponsor club recruitment days, “for the student senate’s responsibility to give those students a voice at the state level,” stated Jim Gonzales, Student Activities Coordinator. A platform for the ASG to provide a voice is an event such as the Student Senate for California community colleges (CCC) Spring General Assembly that occurs in Sacramento this April. Students representing California community colleges gather in the Capitol to network on behalf of California’s system of higher education. “The ASG is designed to represent student concerns, involvement in activities such as the Spring General Assembly address student needs at the state level,” Gonzales said. Projected ASG spending for the 2012 year is $85,000. The decision of how student activity funds are divided up comes from the student senate. Article II of the ASG Constitution states, “student senate must take a position on pending local, state, and federal legislation on behalf of the students at MCC.” The student Senate consists of five elected officers, as well as appointed executive officers and senators. The elected officers and one senator are: the President, the Vice President, the Vice President of the San Eljio campus, the Vice President of the Community Learning Center and the Student Trustee. All legislative, financial and executive powers of the ASG are vested in the senate with the guidance of the Student Senate Advisor. The Executive Vice President provides general supervision and management of all ASG finances. The VP also has the primary responsibility for the preparation and development of the fiscal year budget for the ASG. There is one Senator representing the Oceanside campus for every 1,000 students enrolled by the first census date in the fall. There is one Senator representing the San Eljo campus for every 1,000 students enrolled. Two Senators represent the Community Learning Center. Two Senators represent the Inter-Club Council. The Constitution of the Associated Student Government of MiraCosta College states, “the ASG is created with the approval of, and is subject to the control and regulation of the Board of Trustees of the MiraCosta Community College District and the California Education Code.”
February 27, 2012
MiraCosta College

**What do you think?**

**No. They’re trying!**

I don’t think they can enforce it. It makes me mad when I see people smoking underneath a smoke-free sign.

No. I see people smoking. For the most part, yes.

There’s smoking in the parking lot.

You can’t expect MCC community to do it.

No. I haven’t noticed anyone smoking, but I still see it.

They should at least enforce it, even if not, get rid of it.

It’s good if you ignore it, but there’s second-hand smoke. Yes. I’ve seen people getting tickets.

I see people smoking all the time, so obviously they’re not afraid to do that.

I don’t see anybody smoking.

I don’t think they are. There are a lot of people smoking.

I’ve been wondering if there’s a smoking area or they’re breaking the rules.

Seems like a lot of people smoking around the library. Don’t know if the school is doing anything about it.

No. On weekends yes, but Friday and Saturday no because I see a lot of smoking.

No. I still see people smoking.

Yes. I haven’t seen anybody smoking, maybe they are, I haven’t seen them. I think it’s a fascist law to begin with.

They’re enforcing it the right amount. I’ve seen smokers smoking and police officer telling them to go smoke somewhere else.

Cigarette smoke causes cancer. I think majority don’t smoke and you’re headed to majority.

No. People smoke anyway. I’ve seen people smoke. Should they? Yes. If enforcing it?

No. It’s great to be on campus without dealing with cigarette smoke.

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**Presidential candidates, can you set a better example?**

Olena Senchuk
Staff Writer

Just imagine that you were walking down the campus. It’s a clear sunny day and all of your homework is done on time. Then, suddenly there’s a cloud. It’s not just any cloud, but dark, monstrous, and suffocating. What might this cloud be like? Bad weather? Nope. Fruit flies? Nope. Smoke. Think. Dark, hellish, and suffocating. Cigarette smoking is prohibited on all MCC campuses. Yet here we are, in Spring 2012, the second semester of our campus being smoke-free, and still there are those few smokers walking around the campus, outside classrooms, or in the parking lots.

The campus is now one of 20 smoke-free schools in California. And yet there are those persistent troublemakers who make the air taste like tobacco and tar.

Secondhand smoke is the smoke from the burning end of a cigarette, pipe or cigar and the smoke that is exhaled by smokers. It can stay in the air long after a cigarette has been put out for many to inhale. Secondhand smoke kills tens of thousands of Americans alone. Imagine what it does globally. U.S. surgeon general says that there’s no safe distance from getting a secondhand smoke.

What is being done about the smokers? Who is in charge? Many have said it’s about same questions still don’t know.

If you are caught by the MCC police smoking, you would be asked “Do you know college is smoke-free now? You can’t smoke on the campus,” stated Police Chief Robert Norcross. Many students don’t know that MCC is, in fact, smoke-free. It is rather important to be told that, since not everyone on campus is a student and there are many visitors. It is also not permissible to smoke on campus or in the parking lots.

First we do ask them to not smoke, since this is a non-smoking campus,” stated Norcross. That is followed by getting your student ID and submitting a form to the vice president of Student Services. If you’re more then once or twice routed on, you will be “referred” to vice president.

There were a lot more smokers on the campus, now it’s going down to ten. The new policy is “small handful that we’re trying to wrangle in,” stated Norcross. How about we make it so those rebels decide to slap on a nicotine patch and respect the air of everyone else.

It’s what most people want. And isn’t breathing fresh air better than tar-filled lungs? Secondhand smoke causes lung cancer, increases the risk for heart disease, stroke and chronic lung problems.

Disrespecting the wishes of others in respects to smoke-free campus is like saying “here’s a big present I have for you, it’s called death. Enjoy!”

The staff is supposed to inform the students to not smoke. But not everyone can remember to tell their class that smoking is prohibited. There are lectures and immense amounts of information for them to fit into limited amount of time for the students to learn.

“This originated from the students. It’s kind of students’ work, but as well stated Norcross. It’s good for everyone’s health to not just stand around and breath that stuff.”

Gloring won’t change anything. If students wanted the campus to be smoke-free, they should vote. An Associated Student Government (ASG) survey, 67.6% of students wanted the campus to become smoke-free. The Academic Senate, Administrative Council, Associated Student Government and MiraCosta College all agreed upon passing of this rule.

If the students themselves won’t help enforcing the breathing of fresh air, and just stand around idly and watch as someone exhales ensuring that many others big get fresh secondhand smoke then why did the 67.6% make this campus to be smoke-free so badly?

And if smoking will it if it would come to the point of asking people and giving them tickets? Is it what takes for people to stop? For Tickets piling up high won’t look good on anyone’s record.

It is a part of not only MCC police and duty to enforce this rule, it is also up to the students themselves to make sure that this rule is being enforced.

Many have thought how to become one in order for this to work.

**OPINION**

Hey presidential candidates, can you set a better example?

Megan O’Brien
Copy Editor

In fourth grade, the word “bully” would have conjured in my mind the image of a crude, tall, “big kid,” probably pushing over little girls, perhaps breaking something, possibly more effeminate, boy’s glasses. Ten years later, these recollections of preteen bullies are incomplete without their patrons. We distinctly remember my mother telling me once that I should feel sorry for this one “mean girl” in my class, and furthermore to respond with the decorum and the sincerity that she clearly lacked. What I realize now was profound insight, my eleven-year-old self reacted to with incredibility and scorn. Unfortunately, where the gravity of bullying pettiness typically allays among people as they age, mature and develop perspective, the presence and mindset of bullying continues nevertheless to flourish but in a different arena.

Contention and enmity among human beings seems sadly inevitable, however the extent of expressed malice in these scenarios should theoretically decrease proportionally to the unfolding maturity and formality of the environment. Sure, manners get a little better on the high school playground. Nevertheless, this hypothesis is simply untrue. What is a better example than politics? The current presidential candidates and their stream of colorful insults and name-calling provides apropos illustrations to my thesis. But regardless of personal political standings, arguably every politician is guilty of backstabbing, slander, or at the very best, shameless self-promotion. (This is equally valid for media slants.) If none of this behavior is appropriate in any other social realm, what renders it overlooked and expected here? What example is this setting for society?

I will concede that hating on politics is nearly as banal as the stereotype of milky-money-stealing bullies. The novelty of the latter, is that it is rampant and the stereotype is guilty of backstabbing, slander, or at the very best, shameless self-promotion. (This is equally valid for media slants.) If none of this behavior is appropriate in any other social realm, what renders it overlooked and expected here? What example is this setting society?

The end of preventing bullying, according to the page, is to upright school as a “safe” environment? Certainly our government is likely filled with hypocry is ethically void, and that our government as a “safe” environment? Certainly our government is likely filled with hypocrisy is ethically void, and that our government as a “safe” environment? Certainly our government is likely filled with hypocrisy is ethically void, and that our government as a “safe” environment? Clearly our conclusion is that this hypocrisy is ethically void, and that our government is likely filled with furtively insecure individuals.

There is no intention this to sound like an emotionally charged Robert Burns –quatrain sentiment of government. But in the kindest way possible I hope that this is practiced communally, reform was directed towards politicians, and more effort on a personal level was practiced communally, reform would actually happen. This is far from an original concept, but it is worth reiterating, expressing and demonstrating. MCC’s efforts to enforce this are delightful. As students we can initiate the extra mile, not merely abstaining from bullying, but keenly watching my uncomfortable fourth-grade wisdom and “killing with kindness.”

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**Bullying Facts:**

**Statistics from NASP**

Bullying is the most common form of violence in our society, between 15% and 30% of students are bullied or victims.

Membership in either bully or victim groups is associated with school drop out, poor psychosocial adjustment, committing crimes and other negative long-term consequences.

Direct, physical bullying increases in elementary school, peaks in middle school, and declines or in high school. Verbal abuse, on the other hand, remains constant.

The U.S. Department of Justice reports that younger students are more likely to be bullied than older students.

Over two-thirds of students believe that schools respond poorly to bullying, with a high percentage of students believing that anti-bullying policies are inefficient and ineffective.

25% of teachers see nothing wrong with bullying or putting down and consequently intervene in only 4% of bullying incidents.
“Revolution of the Heart”

Zach Delicino
Staff Writer

Experience the power of a changed heart. The Heart Revolution written by Sergio De La Mora released on January first of this year is a quick intense read, at only two hundred and seventy eight pages. Discover testimony on how a changed heart can make a difference. Did you know the number one cause of death in America is heart disease? Did you know the number one reason marriages, businesses, relationships, and personal dreams fail is because of spiritual and emotional heart disease? Do you want to make a change? Then I encourage you to read this revolutionary book. Through keen biblical insight Sergio De La Mora will take you through many steps on how to be completely healed from any past or present pains. Get a new hope placed in your heart, and a refreshed purpose for your life. The book did so well, Sergio De La Mora just finished his tour around the world. After delivering the message in countless churches he has announced there will be a sequel. Not only is this a fantastic read, but you can also follow his chapter introduction videos online, which makes the book an especially anxious for his next release.

“Songs by an Angel”

Nicole Holmes
Staff Writer

Whitney Houston’s 1998 CD titled “My Love is Your Love” was nominated for the 2000 Grammy Awards as Best R&B Album. During her exciting adventure of life, Whitney Houston advanced her career by her true passion for music. Whitney Houston had an enormous amount of fans that followed her through decades. Although Whitney’s life had been full of ups and downs, she will always be remembered for her marvelous voice. Houston’s unique abilities allowed her to touch the lives of her fans through lyrics. Whitney’s talent and technique was rare, and gave her the privilege to perform with an endless list of celebrities.

The death of Whitney Houston had an impact nationwide. The famous star’s death unexpectedly occurred February 11, 2012. Whitney Houston’s album “My love is your love” is very fresh and upbeat. This album deals with the heart break and love that occurs in any woman’s life. Whitney does a great job at expressing herself as a strong woman, and many of the songs within this album encourages all women to expect respect. The melody with Whitney’s 1998 album is very hopeful. Over the decades Whitney Houston has always been an idyllic icon for matters of the heart. Her fans have appreciated all of the work she placed into her music. I would recommend this CD for any young women looking to make a change in her life or wanting to push past any resentment towards an old love.

“Flight of a Chronicle”

Olena Senchuk
Staff Writer

When I walked into the movie theatre to see “Chronicle” I had no hopes. The only reason I agreed to watch it was because my friends were excited about it. Why? I had no idea. From looking at the trailers I expected something shot with a “Paranormal Activity” camera, and boy was I in for a surprise.

The movie is shot through his camera as a sort of a documentary of his life. It started slow, who haven’t heard a story about an antisocial abused kid with a dying mother before. After some shots of how much Andrew Detmer’s (Dane DeHaan) life sucks, and the only way he has out is hanging out (more like being driven to and from high school) with his cousin Matt Garetty (Alex Russell). That’s when something wonderful happens: a party. At which you get to meet with the ability that becomes better each day and adding some awesome special effects that were completely unexpected, this one is a must-see.

Telekinetic powers start to begin (after a moment that puts the viewer on the edge of their seat) and the action starts. You can plug your brains in or unhook them, either way you’re going to enjoy what comes next.

Besides taking it to the next level by putting exactly what teens, or anyone for that matter, would do for a reason. And with Josh Trank as the director and Max Landis as the writer, making the choice of putting practically nobodies on the screen was the right one. Hollywood watch out, there are new stars on the rise!
Brandon Arnold  
Editor in Chief

Stem cell research has been the source of an ongoing and heated political debate which has raised ethical questions in the past. “Does a human embryo have constitutional rights?” “When does life start?” or “does a human embryo have a soul?” are among such questions. But today, if these kinds of questions are asked in regards to this type of research, it is largely due to misconceptions as to what it entails.

Stem cells are a collection of cells that can develop into any type of cell in the body. There are two kinds of stem cells, embryonic and adult. Embryonic stem cells are taken from a fertilized egg before implantation whereas adult stem cells are found in the body. These types of cells can create new neurons, blood cells, bone and cartilage, amongst other tissues.

In 2008, California became the first state in the country to legalize embryonic stem cell research. This was done in an effort to help treat diseases such as Alzheimer’s, Parkinson’s, and even spinal cord injuries. However, the U.S. government continues to restrict this type of research. The U.S. government currently only allows harvesting of embryonic stem cells from embryos that are less than 14 days old from clinics that have received approval from the Food and Drug Administration. This restriction limits the types of embryos available for research andarine controls of what can be studied.

A stem cell treatment can take place in two ways. A “lumbar puncture” is when doctors use a needle and push it directly through the bone marrow into the spine. The second alternative is “intravenous therapy,” in which doctors use a catheter to introduce stem cells into the bloodstream. Intravenous therapy is often used in tandem with lumbar puncture treatments.

Stem cell treatment, while we were getting supplies to get ready for the trip home, I realized I did not have a single muscle spasm. The spasms were replaced with soreness in the back of my calves and on the top of my legs from sitting in the chair all day. Approximately two weeks after stem cell research treatment, I began to gain more sensation for touch. I could feel someone who poked my leg. I could feel everything under my injury. I could tell the difference between hot and cold. It is indescribable how much it helped,” stated Armstrong.

Before the stem cell treatment, for her to crawl on her hands and knees, it took about 10 minutes. Prior to the treatment, she could not stand on her own or without a lot of assistance. Now, she has little or no support when she stands.

“Even though I’m not walking yet, my everyday mobility has increased in a way that is unexplainable. Like how much mobility I have I can carry myself around better. I wouldn’t be where I am at now without stem cell research,” stated Armstrong.

The lack of options in America is forcing people to gamble on foreign treatment centers. The Xcell-Center in Dusseldorf where Armstrong got her treatment was shut down after a scandal over the death of a baby after he was given an injection into the brain.

“People who try and stop stem cell research or say it’s not a good idea, you need to talk to someone who is in a situation similar to mine where stem cells can actually help. I can’t describe how much the difference is. You don’t know unless it actually happens to you. If someone like me can regain mobility to a point where I’m standing without anyone helping me imagine what it can do for millions of others of people with spinal cord injuries or any other type of injury it can help,” stated Armstrong.

Stem Cells Work Miracles

Brandon Arnold  
Editor in Chief

Stem cell research has been the source of an ongoing and heated political debate which has raised ethical questions in the past. “Does a human embryo have constitutional rights?” “When does life start?” or “does a human embryo have a soul?” are among such questions. But today, if these kinds of questions are asked in regards to this type of research, it is largely due to misconceptions as to what it entails.

Stem cell therapy has come so far that doctors can extract your own stem cells and inject them into the part of your body where you need them eliminating the need for human embryos. After a ban of close to eight years under George Bush’s religiously fueled policies, President Barack Obama lifted the restrictions with an executive order in 2009 allowing scientists to once again continue their stem cell research. While the restrictions on research have been loosened, stem cell treatment is still widely unavailable in the U.S., forcing Americans who need it to seek treatment abroad. Such was the case for former MiraCosta College student and Chariot Editor in Chief Crystal Armstrong.

In 2003, Armstrong was supporting the college’s dance program that was having an event in Orange County. On her way home tragedy struck. She was run off the road causing her car to crash. Upon impact, she was ejected from the car under my injury. I could tell the feeling in her legs began to return.

“I wouldn’t be where I am now without stem cell research,” said Armstrong.

Armstrong began seeking further help in her rehabilitation process, but she tried to find people who would help her walk again only to find reluctant and even resistant physical therapists.

“There are so many people in the medical field in the United States who say that it is something that you have to live with. I was in rehabilitation after my injuries, and the physical therapist I was working with didn’t want to help me stand or regain any kind of motor control. They told me that I have a spinal cord injury, and I am in a wheelchair and that is what I have to live with. I refused to accept that as an answer, because I don’t believe in someone else telling me what I can or can’t do (they don’t know anything about me except for what was written down on a piece of paper). I just continued to push on and tried to make improvements on my own,” said Armstrong.

She began looking into stem cell treatment. She found out that the only treatment with stem cells at the time and now is for acute spinal cord injuries and you have to be treated within 72 hours from the time of injury. People injured even a month before will not be considered for clinical trials or be able to get anything like that done.

“It was kind of interesting, because not all doctors are on board with stem cell treatment. So you kind of have to be careful who you talk to, because some doctors aren’t even willing to listen to your wants or your needs for stem cells regardless of its availability in other countries or not,” said Armstrong.

With no one to turn to for help in America, Armstrong was forced to find an alternative solution. She found a treatment center in Dusseldorf, Germany called the Xcell-Center and made plans to get the treatment done for $9500 during her six months studying abroad in Reutlingen, Germany. She went to Germany and, right before she came back, she got the lumbar treatment. During which the doctors took a needle and pushed it through her hip bone to get to the bone marrow. They extracted the bone marrow, and from that, they separated the bone marrow, the blood and the stem cells. They tested her stem cells for vitality so they would know how effective the stem cells were going to be when they put them back into her spinal cord. Her stem cell count was 4.3 million.

“The doctors said the average was about 2.2 million and my vitality rate was about 97 percent and the average in their patients was 89 percent,” stated Armstrong.

It takes about three days for the doctors to extract the stem cells and culture them, so she left and went back to the treatment center three days later. They took a needle and did a lumbar puncture on her. Meaning the doctors took a needle and injected the stem cells into her spinal cord. After the injection, she had to lie down for three days.

After three days of lying on her back, Armstrong began to immediately see the improvements. The feeling in her legs began to return.

“Prior to my stem cell treatment, I would get muscle spasms in my leg approximately every two hours. The spasms would last five to 10 minutes. It was the first day that I had gotten into my chair since the stem cell treatment, while we were driving supplies to get ready for the trip home, I realized I did not have a single muscle spasm. The spasms were replaced with soreness in the back of my calves and on the top of my legs from sitting in the chair all day. Approximately two weeks after stem cell research treatment, I began to gain more sensation for touch. I could feel someone who poked my leg. I could feel everything under my injury. I could tell the difference between hot and cold. It is indescribable how much it helped,” stated Armstrong.

“People who try and stop stem cell research or say it’s not a good idea, you need to talk to someone who is in a situation similar to mine where stem cells can actually help. I can’t describe how much the difference is. You don’t know unless it actually happens to you. If someone like me can regain mobility to a point where I’m standing without anyone helping me imagine what it can do for millions of others of people with spinal cord injuries or any other type of injury it can help,” stated Armstrong.

February 27, 2012
MiraCosta College

Stem Cells Work Miracles
Blessing with Baggage

Meghan O’Brien
Copy Editor

In the midst of the political, economic, social, familial and ethical dilemmas that plague the quotidien, “smaller” worries inevitable get swept under the rug of public interest. The aim of Casa de Amparo, an Oceanside shelter for abused and neglected children, is to seek out these “small,” but just as significant, victims of injustice and provide a safe and nurturing environment. The goal of Casa de Amparo is broader than simply acting as an “orphanage,” and intends to promote and provide resources for healthy families in the community.

Often these children, who are coming from abusive or neglectful backgrounds, are compelled to leave their homes for the shelter in a hurry and hastily pack their belongings in a trash bag. This poignant reality hearkens back a fictional image from a favorite childhood book of mine. The displaced protagonist Bud Caldwell from the Newbery Medal winning children’s novel, “Bud, Not Buddy” by Christopher Paul Curtis, unabashedly contributes his precious musings and observations to this clever first-person narrative. Early in the story Bud introduces one of his most precious possessions to the reader as a rickety, old suitcase, held together by twine. He proudly confides that, “most of the kids in the Home keep their things in a paper or cloth sack, but not me. I have my own suitcase.” In light of this, Bud guards the valuable chattel with fervor and maintains a strong connection to this suitcase throughout the story.

The Chariot staff is collecting bags for the children of Casa de Amparo. We want these children to have something safe and secure to house their possessions in despite their state displacement, abandonment and destitution. Many of them have nothing but a trash bag in which to keep their belongings. What a simple way to bless these impressionable and often overlooked members of society!

Please drop off new or gently-worn suitcases, duffel bags or backpacks in Room 3441 on the Oceanside campus. Or you may e-mail us at mccchariot@yahoo.com and we will pick up your donation.

Meghan O’Brien
Copy Editor

11:45 a.m. Student Ambassadors (TEMECAL)
12:30 p.m. Inter-Club Council Leadership (Club Room)
4 p.m. Chinese Club (AZTLAN B)

Thursday

10 a.m. Art Exhibit: David Johnson Photography (3400 Art Gallery)
12:15 p.m. OceanviewArt (ART 3400)
3 p.m. International Club (3601)

Photo by Emily Lewis
Internship Opportunities

Internship Studies is a credit course and offers flexible enrollment dates through mid-March. Applicants must have a completed resume and cover letter approved by the Career Center. Attend our resume workshop or call to schedule an appointment for review. 760-757-2121.

Graphic: Artist/Graphic Design Intern, Face it Up, Encinitas.
$15/hr., 10 hrs./wk. This home-based social media and marketing company is seeking an intern. Must have own laptop computer with Adobe Creative Suite 5 (ACS) and be proficient in Illustrator, Photoshop, Microsoft Word, PowerPoint and Acrobat Professional. HTML and CSS a plus. Experience in setting up files for printing, web content (cool colors) and for use in web sites. Prefer PC user but Mac ok. Duties include Logo, branding, Facebook landing pages, and development of marketing materials. Please provide portfolio of work for review. Must have own car for possible delivery and pick up of printed material. Must be able to work under pressure, prioritize, and meet deadlines.

Marketing & Event Management Internship, National Porsiaison Foundation, Carlsbad.
$100.00 stipend:10 1/2 hrs./wk. This home-based non-profit is seeking an intern. Must have knowledge of online communications and marketing practices, interest in non-profit or health care organization, must be able to work with volunteers. Intern will assist the Community Development Manager with established timelines in order to complete assigned tasks for each event including a Walk to Cure Porsiasis and a Healthy Living San Diego Expo. Assist with required logistics and resources, help organize, maintain and update all materials for each walk, attend walk and help with set up. Must have own vehicle and be available for the recruitment of walk participants, coordinate with Community Development Manager of the event that all supplies have been ordered, scheduled for delivery, provide committee members, volunteers and walkers with the necessary marketing materials requested for each walk and other special events.

Job Opportunities

Tutor, San Diego Boys and Girls Club, Solana Beach. Hourly Wage: $9.50-$10.50/hour, M-F, 40 hrs./wk. Bilingual (English/Spanish) is preferred, but not a requirement. Duties: 1. Assist students with homework. 2. Must take role model and likes kids. Send resume to Brett Wilson, Director of Operations at the Boys and Girls Club of San Diego: bwilson@PositivePlaceSD.org

Part Time Nanny, S. Carlsbad. Hourly Wage: $14/hour, T-Th, 2:30 p.m. – 5:00 p.m.
Looking for responsible and friendly person to help out with three children a few days per week after school.

Health Services

Free STD Testing
San Eliajo Campus: March 1, 11:30 a.m. to 1:30 p.m. Room 3526
Oceanside campus: Every Tuesday, 11:30 a.m. to 1:30 p.m. Room 3526
Are you thinking of moving out of your parents’ house soon? Wonder what you would like? Free Confidential Online Screening Go to: www.miracosta.edu/health/FaceClick on: Online Health Screening

Scholarship Info

Download applications: www.miracosta.edu/scholarships. Early applications accepted and encouraged.
You can find tips on how to complete a Scholarship Statement, ask for Letter of Recommendation, and complete a scholarship application on the website.

Writing Your Scholarship Personal Statement. The Personal Statement is a critical part of your scholarship application. For useful tips and techniques to get started, attend the workshop presented by Brandi Bluhnik, MCC Writing Center, on: Tuesday, February 28, 12-1 p.m., Room 1021; Oceanside Campus Wednesday, February 29, 12 p.m. – 1 p.m. at the San Diego College Center Conference Room, San Eliajo

MCCF Spring 2012 Other renewable scholarship.
Five (5) scholarships available for award. Eligibility: must be receiving a BOGW; completed 12+ units at MiraCosta; College, financial need, completed 12 transfer credit Art courses of your choosing, and earned a C or better in each course; Scholarship deadline: March 8, 2012.

MCCF Spring 2012 Scholarship.
$1,000 scholarship for students who have completed 12 units at MiraCosta, enrolled full-time; 3.0 GPA; transferring to a four-year college; College, financial need, completed 2 transfer credit transfer Art courses of your choosing, and earned a C or better in each course; Scholarship deadline: March 8, 2012.

MCCF 2012-13 Emerson Network Power $6,000 Transfer Scholarship
Students who have completed 12 units at MiraCosta, enrolled full-time; 3.0 GPA; transferring to a four-year college; College, financial need, completed 12 transfer credit transfer Art courses of your choosing, and earned a C or better in each course; Scholarship deadline: March 8, 2012.

MCCF 2012-13 Dorothy Pat McCoury STUDY ABROAD Fall Scholarships
$1,000 scholarships for students who have completed 12 units at MiraCosta, enrolled full-time; 3.0 GPA; transferring to a four-year college; College, financial need, completed 12+ units at MiraCosta, enrolled full-time; 3.0 GPA; transferring to a four-year college; Scholarship deadline: March 8, 2012.

MCCF 2012-13 Rotary Club of Encinitas Fall $1,000 Transfer Scholarship.
For a resident of Encinitas, Cardiff, Leucadia, or Olivenhain currently attending MiraCosta and transferring to a four-year college; College, financial need, completed 12+ units at MiraCosta, enrolled full-time; 3.0 GPA; transferring to a four-year college; Scholarship deadline: March 8, 2012.

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Transfer Services

Welcome to MiraCosta College.
There are some of you who may have questions about what law enforcement looks at when conducting a background check. Law enforcement background investigators check all areas of a person’s background prior to an offer of employment. Those who are employed in this arena must have a clean background, which includes their online activity. Activities online, such as social networking, can reveal how a person’s background. Law enforcement is not the only profession who checks a person’s online conduct. With the internet being so common, it is one of the first places many employers look when delving into a person’s behaviors. Employers want to ensure that they have hired a person who can be a good representation of their company. There are many people who have no idea that things they have written or posted on their social networks are going to come back and haunt them from gainful employment. People unknowingly think information they place on a “blocked” social site is confined to only those who allow to view it. That is not the case. By choosing various search engines, some things posted on blocked sites end up anywhere on the internet or platform on the web. Information posted online is somewhere on the web, in a cyberspace forever. Background investigators and others who are versed in this area have the knowledge and techniques necessary to uncover information many think is not available. Information found on the net about you can be used in other negative ways, such as identity theft. People can take information you share over several sites and create a profile about you used to steal your identity. This too can affect employment. It is important to regularly check the net to ensure you are not coming up about you is accurate. If information found is not accurate, there are ways to combat it. Like a resume, the web can draw a picture about someone. Think through everything you post and choose wisely what you say and/or upload.

Submit your law enforcement related questions to “The Fuzz,” Officer Rebecca Mahan at 760-757-2121 x 6519 or via email rmahana@miracosta.edu.

The Fuzz

Hello MiraCosta!

Officer Mahan

Answer: An accredited college is “accredited”? Does that mean it is one of the first places many employers look when delving into a person’s behaviors. There are many people who have no idea that things they have written or posted on their social networks are going to come back and haunt them from gainful employment. People unknowingly think information they place on a “blocked” social site is confined to only those who allow to view it. That is not the case. By choosing various search engines, some things posted on blocked sites end up anywhere on the internet or platform on the web. Information posted online is somewhere on the web, in a cyberspace forever. Background investigators and others who are versed in this area have the knowledge and techniques necessary to uncover information many think is not available. Information found on the net about you can be used in other negative ways, such as identity theft. People can take information you share over several sites and create a profile about you used to steal your identity. This too can affect employment. It is important to regularly check the net to ensure you are not coming up about you is accurate. If information found is not accurate, there are ways to combat it. Like a resume, the web can draw a picture about someone. Think through everything you post and choose wisely what you say and/or upload.

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Part Time Nanny, S. Carlsbad. Hourly Wage: $14/hour, T-Th, 2:30 p.m. – 5:00 p.m.
Looking for responsible and friendly person to help out with three children a few days per week after school.

Children are ages 10 and 11. Please call Kelly Roeke at 760-685-5052 or email kellyroeke@hotmail.com if interested.

Workshops this week:
Job Search Hour: Tues., Feb. 28, 11:00 a.m.-12:00 p.m.
Resume Review: Thurs., March 1, 12:15 p.m.-1:15 p.m. during college hours.
Resume Results: Thurs., March 1, 1:30 p.m. – 2:30 p.m. OCS105
For complete information on career resources, stop by the Career Center, Bldg. 3700/on the Oceanside Campus, or call 760-795-6772.

MiraCosta College, the San Diego Community College District’s public, 2-year college, serves more than 21,000 students each year, offering 64 associate’s degrees, 52 certificates, and 370-credit programs. MiraCosta College’s programs prepare students to enter the workforce, transfer to a 4-year university, or learn new and/or transfer requirements must also be met depending on transfer destination.

Question: What is an educational plan? What is a term-by-term? When should I schedule an appointment to complete these?
Answer: When you meet with a Transfer Counselor, you will receive a personalized educational plan. An educational plan includes specific courses tailored to your major and your transfer school. A term-by-term plan maps out the classes you should take each term.
Did you know that your Student ID card is one giant coupon?

These places will give you a discount:

SuperCuts
43 San Diego County locations
$2 off any haircut
1-800-SUPERCUTS

Papa Johns Pizza
1 large 1 topping pizza
$7.99
Card must be presented.
Delivery fee and tax will apply

Denny’s
Miramar, Del Mar, and Rancho Bernardo
20% off your entire check.

Warm weather
ASG’s College Hour
The MCC’s Cafe
breakfast burritos
Shorts and flip-flops
Quiet in the library

Jay walkers
Empty stomachs
Disruptive students
Pregnant? You’re not alone. We can help.

Rocks
Sucks

Your name here
Your Student ID #

Some of the cheaper gas prices in the area:

- Oceanside 76 1202 S. Coast Hwy
  $4.02
- Oceanside Arco 1501 N. Melrose dr.
  $4.03
- Vista Arco 1244 N. Santa Fe Rd.
  $4.03
- Vista Circle K 745 Shadowridge
  $4.03
- Oceanside Valero 1920 Mission Ave.
  $4.04
- Oceanside 76 3401 College Blvd.
  $4.07
- Carlsbad Arco 1991 Palomar Arpt.
  Rd. $4.09
- Cardiff Arco 633 Birmingham Dr.
  $4.09

Brought to you by your MCC Associated Student Government

Have a car? Need a ride?

Now it’s fun and easy to share the seats in your car or catch a ride. With Zimride, you can find MiraCosta friends, classmates and colleagues to split the cost of driving to school. Zimride integrates with Facebook to create a social and convenient form of transportation.

Life’s better when you share the ride.

zimride.miracosta.edu

Do you or someone you know suffer from:

- Anxiety?
- Depression?
- Bipolar Disorder?
- Schizophrenia?

You may be eligible to participate in a research study. All study related care provided at no cost. Compensation for time and travel, if eligible.

For more information please contact:
(760) 758-2222

Pregnancy Resource Center
1830 Hacienda Drive, #8
Vista, CA 92081
760-945-4673
24 Hr. Hotline: 800.395.4357
www.pregnancyresourcecenter.com

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- Options Counseling
- Ultrasound
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